



MAY 2024 NEWSLETTER



IN THIS ISSUE

Our Culture & Language team has been gathering resources from the land. Discover effective harvesting techniques on page 5. The Relationship Group successfully finished the Sense of Culture: Hide Tanning Teachings workshop. The dedication shown by both instructors and participants was remarkable. Everyone collaborated diligently to complete their hides together.



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?k'epmx 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?k'epmx 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?k'epmx 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



Lets play simon says in nle?kepmxcin

Put your hand on your:

łéńl (ear)

nq^wzápstn (neck)

q^wmékst (elbow)

s'kəmk'méw'esxn (knees)

s'psaqs (nose)

téwńk (belly button)

ɥ^wgán (stomach)

s'képqn (hair)

s'łépcin (chin)

ləxłíxxn (toes)



Learn more by going to the First Voices website: <https://www.firstvoices.com/nlekepmxcin/>



Spring Matching Game

Look, read, pronounce and match in nle?képmxcin



nkíkaχíł (n-knee-kahhn-ee)
Butterfly



spzúzu? (shpz-ooz-oo)
Bird



spáqm (shp-ak-m)
Flower



paške? (push-ka)
hummingbird



scəkqíhke? (sl-k-kee-ah)
Pine-cone



st?ásze (stahh-za)
squirrel



Learn more by going to the First Voices website: <https://www.firstvoices.com/nlekepmxcin/>



CULTURE & LANGUAGE ON THE LAND

The SCFSS Culture and Language Team were out on the land harvesting wild celery, wild onion, wild potato, spruce tips, cedar boughs, kinickinick, rose bush, balsam sunflower, and tamarack on Stoyoma Mountain. Local plants have many various uses as traditional medicine and food. As such, it is important to be knowledgeable about the plants you are harvesting beforehand so you are not risking further illness, harm, or possible death. Some plants should be used sparingly and due to medicinal properties, and some can be harmful if you are taking pharmaceutical medications. Please reach out to knowledge holders that can share this important information when seeking advice and teachings. Another important reminder, as the plants are working hard, please only harvest what you need. Over-harvesting and improper harvesting have a huge impact on future growth, and could greatly impact future generations. Ensure you pack food, water, dress in layers, bring extra clothes, emergency items, and let someone know where you plan on going and approximately what time you should be back. Leave the land better than you found it. Look after the land, and the land will look after you. We welcome spring with open arms and the sun shining down on us, happy harvesting!



ncqalpgiqñ
spruce tip



sox'w'm
arrowleaf balsamroot
(sunflower)



tetúwn
Indian Potato



ʔik élp
kinickinick



Corrina Manuel, Cultural Program Coordinator





FEEL THE BEAT



Feel the Beat is a time to come together to learn, practice, and share language and culture. Our Elders share that learning language and culture is a form of healing as traditional practices naturally connect us to our Indigenous identity. Feel the Beat is open to the communities (Coldwater, Lower Nicola, Nooaitch, Shackan, Upper Nicola, and urban) and families of Scw'exmx Child & Family Services Society. This month we will be hosting storytelling, loom beading, and regalia making. Please register by scanning or clicking the QR Code below.

**DINNER & SUPPLIES
PROVIDED!**

4-8 PM



Tuesday, May 14th	Merritt Civic Centre	Regalia Making
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COMMUNITY PREVENTION TEAM UPDATES



Kʷu Stəmtíma? Women's Wellness Day - May-11-2024 at NVIT. Willa and River taught beaded heart keychains.



LNIB's MMIW Walk - SCFSS joined to take part in this community walk to honour and remember our Murdered and Missing Indigenous Women and Girls (MMIWG) on May 3, 2024 from the Shulus Hall to the Shulus Arbour.



Earth Day Clean up with LNIB: Willa joined Irene, Shirlee and Danielle for Earth Day clean up in Rocky Pines on April 22, 2024.



WEEKLY EVENTS

- Youth Walking group - Tuesdays & Thursdays at Central park from 4:30-5:30
- Calling Our Spirit Home - Walking & Exercise Group - Mondays, Wednesdays & Fridays | 5:30-6:30 PM



Calling Our Spirit Back
Running & Exercise Group

Call out for runners
 We are running for those who attended
 Kamloops Residential School
 Training Monday, Wednesday, Friday
 5:30pm to 6:30pm

We will start at the gym until weather change

Training will start March 4th

Event will start at Kamloops Residential School Sept.27/24 to
 Coldwater Reserve #1 Sept.30/24

Contact Information Lucy Henry
 & Jordan Collins
 Phone: 1-250-280-5489
 1-250-280-2287

MAY EVENTS

SCHSS EYE CLINIC

OUR OPTOMETRIST DR. AHMED IS RETURNING THIS SPRING
May 13 - 17, 2024

Register with reception
 250-378-9745

Coldwater Members - MAY 13-15, 2024
 @ CW Health Building
 Nooaitch and Shackan Members - MAY 16-17, 2024
 @ SCHSS Boardroom

Coldwater Indian Band

PO Box 4600, Merritt, B.C., V1K 1B8

2249 Quilchena Avenue, Merritt, BC #301-230th Street Coldwater Reserve
 Phone: (250) 378-6174 Phone: (250) 378-6174
 Fax: (250) 378-5353 Fax: (250) 378-6153
 Band Administrator, Public Works, Lands Wills & Chief and Council (Executive Assistant), Finance, Social
 Estates, Housing, Economic Development Development, Education

Coldwater Indian Band

PO Box 4600, Merritt, B.C., V1K 1B8

2249 Quilchena Avenue, Merritt, BC #301-230th Street Coldwater Reserve
 Phone: (250) 378-6174 Phone: (250) 378-6168
 Fax: (250) 378-5351 Fax: (250) 378-6153
 Band Administrator, Public Works, Lands Wills & Chief and Council (Executive Assistant), Finance, Social
 Estates, Housing, Economic Development Development, Education

PLEASE SUBMIT YOUR NOMINATIONS FOR VOLUNTEER AWARDS TO BE ANNOUNCED JUNE 18, 2024, AT THE COMMUNITY AWARDS CELEBRATION

DO YOU KNOW SOMEONE WHO MAKES A DIFFERENCE IN THE COMMUNITY

WE ARE LOOKING TO CELEBRATE AND APPRECIATE THEM

PLEASE SUBMIT A NOMINATION IN A SEALED ENVELOPE

TO BOTH BAND OFFICES

CLOSING DATE
 JUNE 7, 2024 AT 4:30PM

Coldwater Indian Band
 Community Awards
 Celebration

Join us for a memorable Celebration as we Honor our Children and Youth as well as our High School and Post-Secondary Graduates and Community Volunteers.

DINNER AND ENTERTAINMENT WILL PROVIDED

June 18, 2024
 5:30pm-7:30 pm
 Coldwater School Gym

For More Information please Contact Stephanie at 250-378-6174 or email Stephanie@coldwaterband.org

MISSION STATEMENT
 To enhance and sustain our quality of life through wellness and culture, and to utilize and preserve all our resources for now and future generations.



COMMUNITY UPDATES - LOWER NICOLA BAND

WEEKLY EVENTS

- Soup Kitchen - Every Wednesday
- After School Rec Program
- Drumming Group every other Tuesday at the Rocky Pines Community Centre

LOWER NICOLA INDIAN BAND

SUMMER CAMPS 2024

The LNIB Education Department is providing a one-time Summer Camp reimbursement for LNIB Band Members attending school from K-12!

Your child can attend one of many camps in BC such as Eagle Bay, Gardom Lake, Sunnybrae, Tulahead, OAC, and many more!

Deadline for Reimbursements is **May 31st, 2024.**

Please Note that only the **first 100 members** that provide proof of registration will be reimbursed.
(Proof of payment must be provided before receiving reimbursement)

Each member is eligible to receive up to a maximum reimbursement of **\$500 for one camp** that is scheduled between **July & August only!**

For More Information, Please Contact the LNIB Education Department

Phone: 236-575-2100
Email: reception.education@lnib.net

YOUR TAP WATER IS NOW SAFE

First Nations Health Authority Health through wisdom

Click to add Nation logo

ATTENTION RESIDENTS OF Rocky Pines

As of May 13 2024 your tap water is once again safe to drink and use for household purposes.

CORRECTIVE MEASURES TAKEN:

You must run all taps until water is cold before you start using your tap water again.

- PLEASE FOLLOW THESE STEPS TO ENSURE YOUR WATER IS SAFE FOR DRINKING:**
- It's recommended to always run taps until the water is cold before drinking.
 - Remove all screens on your faucets and clean them in soap and water, then rinse.
 - If you have a water softener, run it through a regeneration cycle and be sure to check your owner's manual for additional instructions.
- AFTER YOU HAVE FOLLOWED ALL OF THESE INSTRUCTIONS, YOUR TAP WATER IS ONCE AGAIN SAFE TO USE.**
- TAP WATER CAN NOW BE USED FOR:**
- Drinking
 - Cooking
 - Making juice, drinks or infant formula
 - Brushing teeth or soaking dentures
 - Washing fruit and vegetables
 - Making soup, tea or coffee
 - Making ice cubes
 - Hand washing
 - Washing dishes
 - Bathing
 - Laundry



For more information, contact your: Health Centre, Environmental Health Officer and/or Chief and Council

Community Contact Information:
Public Works 250-315-8384

LNIB Men's Gathering

Sharing Wisdom

Every week we will discuss different aspects of being a man with ourselves, in our homes, at work, in relationships. No classroom teaching, just basic info shared for us to think about and share our learning, wisdom, stories and ideas.

10:30am Tuesdays @ RP's Community Centre
We will meet starting May 14th until end of June.
Light Brunch Provided.

Contact Tony Broman or Dustin Eberle
250-378-5157



Grief & Loss

Get-together & Coffee time

Every last Thursday of the month

9:30 - 10:30 am
Meet at Kekuli Cafe at

2051 Voght Street, Merritt, BC

If you have any questions or need transportation.
Contact Irene Howe (250) 378-7340

LNIB is hosting the 2nd Elders Engagement Session at Tunkwa Lake Resort

LNIB is looking for any type of feedback from all community members

What is it?
This session will be the 2nd engagement about LNIB Indigenous Protected and Conserved Areas Initiative (IPCA). Indigenous Protected and Conserved Areas are lands and waters where Indigenous governments have the primary role in protecting and conserving ecosystems through indigenous laws, governance and knowledge systems.

Culture and language are the heart and soul of the IPCA. Help us develop an initiative! This will be an all day workshop, presentation and breakout groups on the land at the resort regarding the IPCA.

When and Where?
Starting Date: May 28, 2024
Location: Tunkwa Lake Resort
Time: 10:00 am

Need a ride?
Pick up in Rocky Pines Community Centre - 8:30 am
Shulus at Main Office - 8:45 am

Lunch and dinner will be served and breakfast on May 29th

Any questions you can contact Jayda Clark at (250) 378-5157 or email jayda.clark@lnib.net

Cabins will be available if you would like to stay the night. Limited space please contact asap to secure a cabin




WEEKLY EVENTS

- After School Drop In - Every Tuesday - SCHSS Satellite office in Nooaitch 3:45 - 5:30 PM
- Gym Nights every Wednesday at Nicola Canford - SCHSS Pick up in Nooaitch from each child's home 6 - 7:30 PM
- Every Thursday Library & Swimming 2:30-5:30

MAY EVENTS

Inviting Parents to Register!



Responsible Adult In Child Care Settings Course

This is a multi-day course. Please ensure you are available for all the dates listed below:

Through online sessions, it covers concepts about child development from birth to 12 years of age, child guidance, health, safety and nutrition and programming

First Session:
Tuesday, May 21, 2024, 6-7:30pm

Following Sessions:
Mondays & Wednesdays: May 22, 27, 29; June 3, 5, 10, 12, 17, 19, 24. 9am-2pm

Course Requirements:

- Be at least 19 years of age at time of registration.
- All participants must have grade 8 English written and oral skills (or equivalent) to actively participate during class.

COURSE FEE: \$150

Course fees are covered by the scm'emi?t Nooaitch's HeadStart Program for Nooaitch community members.
To register please contact:
Catherine Holmes, Manager
he scm'emi?t Nooaitch Headstart
2951 Fountain St |Merritt BC| V1K 1R5
Phone: (250) 378-0017 Cell: (250) 280-4949
Email: ecemanager@nooaitchband.ca

Now Hiring

Join our Team!



Apply Now!

Deadline for Applications: Friday, May 10th, 2024

- Emergency Response Coordinator
- Ranch Manager
- Ranch Hand
- Structural Protection Unit Lead

Please send resume and cover letter to:

David@nooaitchband.ca &
reception@nooaitchband.ca




Scw'exmx Community Health Services Society

Healing From Grief and Loss

Facilitators: Karen Lara Elizabeth Perdok-Waboose

3 DAY WORKSHOP

May 31, 2024—6:00PM-8:00PM
June 1, 2024—10:00AM-3:00PM
June 2, 2024— 10:00AM-3:00PM

Nooaitch Band Hall -2960 Shackelly Rd
Call or email May George to sign up

250-378-9745 george.m@schss.com

Transportation and Food Provided



MAY UPDATES

- SCHSS Playgroup on Tuesday's from 12-2:30
- Wellness Circle - Buckskin glove making May 13th 1:30-3:30

Sxéxn'x invites you to:

BABY WELCOMING CEREMONY & FEAST

Join in welcoming the new babies to our community

May 29th, 2024
5:00-7:00 pm
Sxéxn'x Community Hall

Bring your handdrums!

Ceremony Conducted by Amelia Washington

Please contact the Community Wellness team if you have any questions:
250-378-5410 & 250-378-6074



SHACKAN INDIAN BAND

PO Box 1860
2099 Granite Avenue Merritt,
B.C. V1K 1M9
Phone: 250-378-5410 | Fax: 250-378-5219
www.shackan.ca

Casual Greenhouse Labor Job Position

Job Summary: Greenhouse Laborer

Responsibilities:

- Soil Preparation:**
 - Mixing Soil
 - Filling propagation trays and pots
 - Following the procedure for the most efficient tray filling.
- Planting:**
 - Planting with supervision
 - Properly labelling and placing plant product in the dedicated grow area
- Moving and relocating plant materials:**
 - Directed by the head grower, plants need to move around the growing facility in a productive manner.
- Weeding:**
 - An integral part of a greenhouse operation.
 - The greenhouse and outlying areas to be always free of weeds. Directed by Junior Grower.
- Pruning:**
 - Proper pruning techniques to help maintain plant shape, encourage growth, and remove dead or damaged parts.
 -
- Record Keeping:**
 - Maintain accurate records of plant care activities, culls, cutting back, counting blocks, relocation of plants recording daily production.
 - Production forms are provided for each task.

Qualifications:

- Valid and current Driver's License
- Knowledge of greenhouse operations and best practices are an asset.
- Attention to Detail individual.
- Knowledge of running equipment is an asset.
- Flexible schedule, on call
- Understanding safety protocols is vital.
- Willing to work with a team, must work well with others and ensure a positive work ethic.
- Physical Stamina is necessary for tasks like lifting and bending, standing for long periods of time.
- Must be reliable.
- Must be able to lift 50 lbs
- Must be able to repetitive work.

Work Conduct:

- Dependability:**
 - Being on Time
 - Working your scheduled hours
 - Meeting your daily tasks and goals
- Thoroughness:**
 - Be conscientious.
 - Pay attention to details and always strive for excellence.
- Emotional Intelligence:**
 - Must build strong relationships with Colleagues.
 - Lead positive interaction, collaborate effectively and build strong professional relationships.
- Commitment:**
 - Be true to your word.
 - Have a strong sense of Professional Ethics
- Planning Ahead:**
 - Go the extra mile.
 - Proactively plan and anticipate future needs.
 - Contribute to the overall success of the organization.
- Time Off:**
 - Need one weeks' notice and signed off permission from manager.

Specific Greenhouse/Nursery Policies

- No Smoking in the field:**
 - It is dangerous and a forest fire hazard to smoke in the heat of the summer, no smoking is permitted when out in the field.
- Smoking on the premises:**
 - In designated areas, smoking is permitted for the responsible individual who will remove their garbage and be safe in hot or dry conditions.

Production Requirements:

- Time Management and Productivity:**
 - Prioritize
 - Must work efficiently.
 - Minimize distractions.
 - Complete Tasks
- Preparedness:**
 - Arrive at your scheduled day and time.
 - Be ready to work.
 - Organize your workspace.
 - Bring lunch.
- Dress Code:**
 - Appropriate Attire.
 - Professionalism.
 - Safety.

Reports to: Head Grower
Casual labor, on call basis

Head Grower - Laura Martin
Print Name: _____

Signature: _____

Greenhouse Worker
Print Name: _____

Signature: _____



MAY EVENTS

- Medicine Monday's are back!

TO DANCE - Starqám

COME JOIN US IN REAWAKENING, RELEARNING AND RECONNECTING WITH SYILX TRADITIONAL DANCE.

WITH KNOWLEDGE KEEPER/FACILITATOR BILLIE – JO KRUGAR.

Traditional Syilx Dance Classes

Who: UNB Members all ages

When:

- 1st class May 08th
- 2nd class May 13th

Where: Spaxmn Language Trailer

Time: 4-7 Pm

Meals will be provided.

Make a Wingdress Sewing Nights

Who: UNB Members all ages

When:

- May 16th
- May 21st

Where: Spaxmn Language Trailer

Time: 4-7 Pm

Meals will be provided.

4 more info contact: Jeanita Lindley IS Moon Coordinator (250) 286-2225 or syilx2@uppernicola.com

Upper Nicola

MENS GROUP

Upcoming Events May 2024

MENS GROUP DINNER THURSDAY MAY 9TH, 2024
NKWALA SCHOOL GYM – 5:00 – 8:00 PM
 ONA PRESENTATION ON HUNTING, FISHING, & TITLE AND RIGHTS WITH JEREMIAH KRUGER

MENS WELLNESS DAY SATURDAY MAY 11, 2024
GLIMPSE LAKE – 10AM – 4PM
 CANOE / KAYAK, HORSESHOE TOURNAMENT, CRIB TOURNAMENT, BBQ, AND MORE....

MENS SWEATLODGE
 DATES TBA – CONTACT BUZZ OR SPIKE FOR DETAILS

FISH HARVESTING AND MEDICINE GATHERING
 WILL BE PLANNED AS THE SEASON CONTINUES, KEEP AN EYE ON UNB SOCIAL MEDIA POSTS... CONTACT BUZZ OR SPIKE FOR MORE DETAILS

FOR MORE INFORMATION CONTACT:

Buzz Manuel T: 250-315-3457 E: event.coordinator@uppernicola.com
 Tim 'Spike' Manuel T: 250-315-3692 E: cultural.coordinator@uppernicola.com

nsyilxcn BOOK CLUB

May 14th & May 28th
5-7 pm
UNB Language Trailer

Beverages, Snacks & Sandwiches
will be served

Contact Justine
syilx2@uppernicola.com
or call 778 694 1272

Important Notice:

All Upper Nicola Band Members are invited to a Douglas Lake Commonage Information Session. (Two Sessions – Same Information)

May 15, 2024
 1:00-3:00pm OR 5:00-7:00pm
 Dinner served at 5:00pm.
 N'Kwala School Gym

Topics to be Discussed:

- Legal Research and Submission
 - Land Law History
- Negotiation Mandate Process
- Negotiation Team Recruitment
- Commonage Advisory Council / Recruitment
- Principals of Negotiation Protocol Agreement
- UNB / Canada / BC Negotiation Process
- Negotiation Work Plan
- Land Back and Market Value Appraisal Process
- Alternative Land Back Options

This information will be brief and will be provided in the two community sessions. There will be other information either by mouth to mouth or as a need basis.

Any Questions? Please forward them to Councillor Scotty Holmes: holmes@uppernicola.com
 250-350-3342 Ext. 482 at the Governance Office.



YRC

RE;SILIENCY

YOUTH RESILIENCY CONFERENCE

MAY 15TH, 2024 | 9AM-2PM | SHULUS ARBOUR

GRADES 8-12
BUS TRANSPORT
FROM MSS

FREE EVENT

**SWAG
FOOD
BOOTH
SPEAKERS**

Highland Valley
Copper

Teck

LOWER NICOLA
INDIAN BAND

Citxw
Nlaka'pamux
Assembly



SCHSS WELLBRIETY GROUP

WILL BE HELD EVERY TUESDAY

Date	Location	Time
May 7, 2024	Shackan Hall	6:00PM-8:00PM
May 14, 2024	Nooaitch Satellite Building	6:00PM-8:00PM
May 21, 2024	Coldwater Health Building	6:00PM-8:00PM
May 28, 2024	SCHSS Boardroom	5:30PM-8:00PM

Any questions or if you need a ride, please contact:

Christine Provost, Wellness Counsellor or
Elizabeth Perdok-Waboose, Wellness Therapist
@ (250) 378-9745.

LOCATION CHANGES

Transportation & Snacks are provided.



SCHSS
SCW'EXMX COMMUNITY
HEALTH SERVICES SOCIETY

Final Yvonne Basil Memorial Pow-wow

May 31st, June 1st and 2nd 2024
(May 31st, 7pm is warm up night)
@ The SHULUS Arbor 7km West of Merritt



Specials:
Womens Tradition
(Hosted by Basil/Bent family)

SATURDAY
Breakfast 8-9:30AM
Grand Entry Saturday 12:30PM
Dinner Break 5-6:30 PM
Grand Entry 6:30PM
SUNDAY
Breakfast 8-9:30AM
Grand Entry Sunday 12:30PM
Retire the Colors final time 5PM
The committee will have sandwiches to go, over the years we have noticed the decline in numbers due to people travelling

ALL HAND DRUMMERS WELCOME

Vendor Tables Welcome \$50 for whole weekend or \$30 per day
Bring your own tables, chairs and gazebo (all vendors will be set up outside of arbor)
NO OUTSIDE FOOD CONCESSIONS OR RAFFLES
Committee will have concession on site
Any questions please call Kait Basil (250)280-9397 or Message Gina Basil or Joyce Cisco on facebook. Someone will get back to you.
Host Drum— TBA
MC— Buck Sheena
Arena Director— Oly Bent
Whipman— TBA

Pow-wow Committee is not responsible for lost or stolen items,
ABSOLUTLY No drugs or alcohol allowed.
Free Camping Available by arbor

WELLNESS WALK CHALLENGE

Get outside. Get active. Get fit. Have fun.

Join anytime!
Incentive packets are available for first 100 Registered

MAY 1 - MAY 29

FREE Healthy exercise challenge
Track your steps for a chance to win!
Weekly and overall Prizes!

PLEASE STAY WITHIN YOUR LIMITS
REGISTRATION IS OPEN FOR AGES 8+

✉ munro.j@nlxfn.com ☎ 250-280-0078



MAY 2024



- Community Calendar -



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2 CIB Grocery Shopping Support 11 AM	3 MSS MMIWG2S Walk 11:27 - 12:44 PM Start at MSS Gym	4 CIB 'Red Dress fashion festival' in Kamloops 6-9
5 CIB 'Red Dress fashion festival' in Kamloops 2-5	6	7 LNIB MMIW Awareness walk @ Shulus Hall 10:30-1	8	9 LNIB Mother's Day Luncheon @ Shulus Hall 12-2	10 LNIB Women's Group Mother's Day Luncheon @ Bamboo Panda 11:30-2	11 UNB Women's Wellness Day @ NVIT gym (UNB Members only)
12	13 SIB Buckskin Glove making workshop 1-3	14 LNIB Hand Drumming 5-6:30 PM - Rocky Pines Centre Feel The Beat 4-8 PM Civic Centre	15 Youth Resiliency Conference & Youth Outreach Lunch @ Shulus Arbour 9-2	16 CIB Grocery Shopping Support 11 AM	17	18
19	20 Victoria Day (Offices closed)	21	22	23	24	25
26	27	28	29 SIB Baby Welcoming Ceremony & Feast Sxéxn'x Community Hall 5-7	30 CIB Grocery Shopping Support 11 AM	31	1



UNB:

- Medicine Monday's are back!

LNIB:

- Soup Kitchen - Every Wednesday
- After School Rec Program
- Drumming Group every other Tuesday at the Rocky Pines Community Centre

Nooaitch:

- SCHSS After School Drop In - Every Tuesday - SCHSS Satellite office in Nooaitch 3:45 - 5:30 PM
- SCHSS - Gym Nights every Wednesday at Nicola Canford - Pick up in Nooaitch from each child's home. 6 - 7:30 PM
- SCHSS - Library and swimming at the pool 2:30-5:30

Coldwater:

- Youth Walking group - Tuesdays & Thursdays at Central park from 4:30-5:30
- Calling Our Spirit Home - Walking & Exercise Group - Mondays, Wednesdays & Fridays | 5:30-6:30 PM

Shackan:

- SCHSS Play Group Tuesday's from 12-2:30 at the Wellness Building
- Wellness Circle - Buckskin glove May 13 1:30-4:30



CAREGIVER TRAINING

Monthly Reporting

Join us on the **first Tuesday** of every month for our Caregiver Reporting Sessions. Our team will offer guidance on filling out necessary monthly forms with ample time to complete them. We strongly encourage you to sign up for the sessions or reach out to our office with any inquiries. The training sessions will be held at our Downtown Office located at **1988 Quilchena Avenue in Merritt.**



Day	Time	Training Dates
Tuesdays	10 AM-12 PM	Jun 4

RECEPTION@SCWEXMX.COM | (250) 378-2771 | SCWEXMX.COM

INDIGENOUS YOUTH AWARDS



We appreciate the five youth nominations we received and look forward to recognizing and supporting our resilient Indigenous Youth, the iPad winners were selected through a voting process by our Youth Team. Our aim is to provide more opportunities for youth engagement to showcase their talents and introduce additional recognition awards as the school year concludes. The Youth Team is dedicated to inspiring all youth to display leadership and resilience. During the Nicola Valley Youth Gathering from March 19-22, 2024, 21 youth participated. Attendees received swag bags and had the chance to win door prizes such as inflatable kayaks, a BBQ, trampoline, badminton sets, soccer balls, and footballs. Swag bags included items like smudge bowls, lavender sleep spray, journals, toques, men's group sweaters, stickers, and Scw'exmx shirts.

One of our iPad winners was Isaac Manuel who is from Upper Nicola and is a great young person to be around. Isaac has shown excellence in participation and leadership at the Lunch and Learn programs at CLC. Isaac shows up to each session, engages, and is eagerly looking to learn more about his culture. Isaac is the go to youth that helps the staff when needed and is not shy. Isaac is a very good role model as he expresses his passion for traditional medicines and teas and is looking forward to starting his own business in this category. Isaac took it upon himself to sign up for entrepreneurs workshops to fulfill this passion.

Helen Haywahe was another of our iPad winners and is a Coldwater Band member, "She is kind, caring, and helpful individual ". She attends school and does amazing in her studies. She helps out when she can and listens very well. She received an award for being the kindest at school. She practices her traditional dancing and attends powwows. She loves to draw on her downtime.

Aleck Henry is a Coldwater Band member and demonstrates strong leadership skills with his peers and within his community. Aleck is very ambitious, has a strong passion for everything he does and holds a lot of pride in himself. Aleck not only actively participates in community events, but he also encourages others to join. Aleck attends CW gym night twice a week and does his best to include all youth. Aleck also delivers newsletter to CW community. Aleck currently represents his community in all his accomplishment. One of our proudest accomplishment Aleck has achieved is making the U-13 Rep Hockey Team. Unfortunately, last hockey season he did not make the rep team, but it was always a goal of his. With hard-work and determination Aleck managed to advance his skill level with practice and consistency and made the team this year. The U-13 Merritt Rep Team are Tier 4 Play-off Champions and are off to the Provincials in Revelstoke, March 15, 2024. Alecks positive energy, large sense of humor and social skills are a huge asset in a team setting. Despite all odds Aleck and his family have shown great commitment to all his sports. Aleck also loves dirt biking, his hobby quickly turned into competitive racing.



Aleck worked hard to receive 1st place in the Coastal Division in Kids Intermediate and 2nd place overall in the Interior Kid Intermediate in January 2024. Aleck has also placed in top 3 for his past 8 races. Aleck also plays basketball, volleyball, snowboards etc. Aleck embraces our culture and tradition by hunting, fishing, harvesting. Aleck is so happy and proud to be an indigenous warrior. At Alecks very young age of 13 he comprehends the responsibilities and the roles he plays within his family and his community. Aleck has a great sense of identity and purpose. Alecks leadership skill that positively impacts others is leading by example. He shows commitment by applying himself and taking others along the journey.



Daystar Erminskin is a Coldwater Band member, she is a kind and thoughtful individual with a loving heart that extends to people around her. Daystar as a youth depicts strong leadership skills by doing the right thing for her community. Her involvement at community events is only one attribute that has shown her outstanding leadership. Her kindness towards others gives her a strong leadership ability. The support of her family gives her the confidence to take a leadership role.



Rayna Fountain-Hall is a Nooaitch Band member and was our third Ipad winner. She has been dedicated to school and extra-curricular activities. She is a planner and forward thinker. In Grade 7, she played an important in the implementation of planning at Nicola Canford. She is now transitioning to Grade 8 and doing very well. She has been in Volleyball and Basketball and now Soccer, while remaining dedicated to her studies.



We encourage all youth between the ages of 15-19 who have interest in joining the Scw'exmx Youth Committee to email your name, contact info and age to Sebastian or Shay Lee. We are in the planning stages of developing a youth committee that will meet 1-2 times per month over dinner. Start date is to be determined.



Shay Lee Jack & Sebastian Abbott, Youth Transition Program Coordinators

RELATIONSHIP PROGRAM: SENSE OF CULTURE - HIDE TANNING TEACHINGS



The recent SCF Relationship Group sessions on April 13th-14th and April 20th-21st were filled with laughter and valuable experiences with a focus on “Sense of Community and Culture” as our couples learned to hide tanning teachings. This workshop was an amazing opportunity for our couples to practice patience, perseverance, communication and support for each other. Each day started with an opening prayer by a support person from IRSSS and a sharing circle, this set the group into the best mindset for working on their hides.


There was participation of 5 couples (4 couples being new to the program!), each representing a different community. The couples were enthusiastic about working on and completing their hides, understanding the significance of respecting the animals, and being mindful of the intention from community donations. The K^wu Stəmtíma? (Upper Nicola Grandmothers Group) provided catering throughout the workshop.

Throughout the program, the couples demonstrated growth in communication and teamwork, inspired by the facilitators' commitment and example. They were encouraged to be mindful of their words and practice giving compliments, which led to personal reflections and expressions of gratitude. Despite challenges and physical discomfort, the couples remained determined and supportive of each other.

Highlights of the sessions included completing hides, receiving support from helpers, and emphasizing the importance of commitment and follow-through. The collaborative effort to finish the remaining hides showcased incredible teamwork and dedication, resulting in a rewarding 12-hour day. The completion of the hides symbolized not just a physical task but also a journey of growth and healing for the participants. All the couples now have foundation skills to bring this teaching back to their communities.

The children present also shared their gratitude and joy for the opportunity to learn and try new things. Their presence as witnesses highlighted the impact of the program on individuals and families alike. Overall, the sessions were marked by resilience, learning, and a sense of accomplishment, leaving attendees with cherished memories and a deeper appreciation for tradition and togetherness.



 Allyson Sterling, Relationship Navigator



Allyson Sterling, Relationship Navigator

COMMUNITY EVENTS/UPDATES



YRC
RE;SILIENCY
YOUTH RESILIENCY CONFERENCE
MAY 15TH, 2024 | 9AM-2PM | SHULUS ARBOUR

GRADES 8-12
BUS TRANSPORT FROM MSS

FREE EVENT

SWAG FOOD BOOTHS SPEAKERS

Highland Valley Copper / Teck / LOWER NICOLA INDIAN BAND / Citxw Nlaka'pamux Assembly

MAY 15, 2024
YOUTH OUTREACH LUNCH!

LOCATION: SHULUS ARBOUR, IN COLLABORATION WITH NLAKA'PAMUX YOUTH RE;SILIENCY CONFERENCE

LUNCH WILL BE PROVIDED **RESOURCES WILL BE AVAILABLE**
YOUTH SUPPORT AVAILABLE UPON REQUEST

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

Citxw Nlaka'pamux Assembly

LAPTOP DISTRIBUTION APPLICATION

We are now accepting applications for the distribution of the 300 Chromebook laptops that will be given to member households of the eight CNA communities in need of a device.

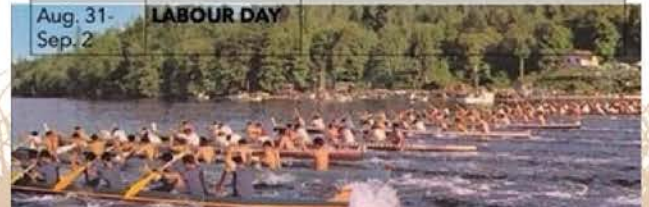
Please submit only one application per household.

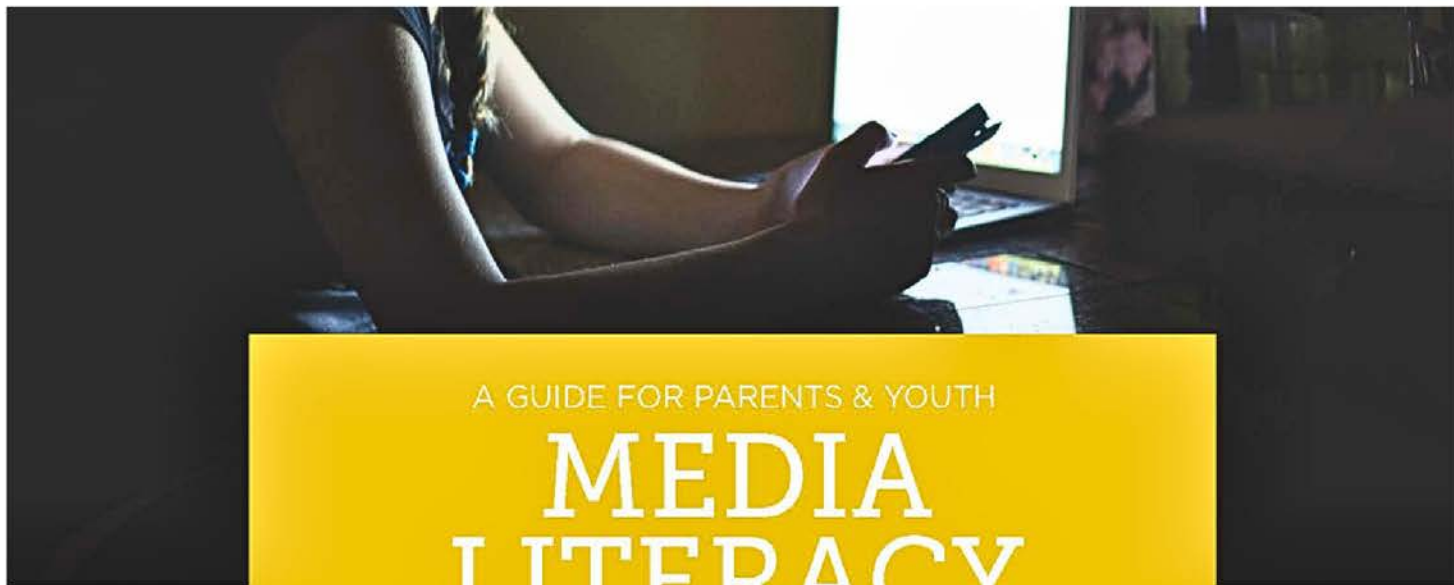


Scan the QR code or use the link: <https://forms.office.com/r/wAZv9jGeZK>
Those needing support with filling out this application form and those who prefer to give verbal responses, please call the CNA Communications and Engagement Department at 250-378-1864 or email us at communications@cna-trust.ca.

War Canoe 2024

Date	Race	Location
May 4-5	Tulalip Days	Tulalip Sports complex, WA
May 11-12		
May 18-19	Pilalt Days	Skwah, Chilliwack Landing, BC
May 18 th	Penn Cove	Coupeville, WA
May 24-26	Nooksack Days	Bloedel Donovan Park, WA
May 24-26	Seabird Days	Seabird Island festival, Agassiz, BC
Ma.31-Ju.2	Cultus Lake	Chilliwack, BC May 31, Jun. 1&2
Jun. 8-9	Musqueam	Musqueam Cultural Centre, BC
Jun. 14-16	Stommish	Lummi, WA
Jun. 22-23	Sasquatch Days	Harrison Hot Springs, BC
Jun. 28-30	Whey-Ah-Whi-chen Festival	Tsleil-Waututh, Cates Park, North Vancouver, BC
Jul. 6-7	Ambleside	Ambleside Park, W. Vancouver, BC
Jul. 12-14	Sqewlets	Squawkum Park, Harrison Bay, BC
Jul. 13-14	Stzuminus	Chemainus, BC (Van Island)
Jul. 20-21	Quw'utsun	Cowichan Bay, BC (Van Island)
Jul. 26-28	Snuneymuxw	Nanaimo, BC (Van Island)
Aug. 2-4	Geronimo Days	West Saanich, BC (Van Island)
Aug. 10-11	Swinomish	LaConner, WA
Aug. 17-18	Chief Seattle	Chief Seattle Days Suquamish WA
Aug. 17-18	Snunuwus	Nanoose Bay, BC (Van Island)
Aug. 22-25	Makah Days	Neah Bay, WA
Aug. 31- Sep. 2	LABOUR DAY	





A GUIDE FOR PARENTS & YOUTH

MEDIA LITERACY

How do I know if advertising and media are influencing how I see myself?

- Seeing an ad makes you feel dissatisfied or depressed about your body and weight.
- Your role models for beauty are fashion models and celebrities.
- You read and believe articles or commercials that tell you the perfect body is just a diet away.

The media: how does it influence us?

Do you sometimes look in the mirror and not like what you see? You aren't alone. We all have days when we feel awkward or uncomfortable in our bodies.

We feel the pressure to measure up to the way a model looks in a magazine, or how an actor or actress looks on a TV show. Through the internet and social media, we are exposed to these unrealistic beauty standards in our everyday life.

The models and celebrities we see in these images seem so happy, rich, and popular. It's an image of beauty and lifestyle that most of us can only dream about. When we are confronted with these ideals of attractiveness that we can't achieve, it can feel isolating. It can change the perception we have about how our own bodies look.

It's not just girls and women who are influenced by these images. As men's magazines become more popular, there is increasing pressure on boys and men to look like the images of well-built guys.

The powerful effect of media images on self-esteem and body image can lead to disordered eating.

But we can learn to understand that these images—whether they come from magazines or Facebook—don't tell the whole story. This is called "media literacy."



Jessie's Legacy, a program of Family Services of the North Shore, provides web-based resources on eating disorder prevention to support BC youth, families, educators, and professionals.



MEDIA LITERACY



Did you know?

AS CONSUMERS, WE CAN REJECT THESE ARTIFICIAL IMAGES OF BEAUTY.

We can think critically about how the images we see make us feel dissatisfied with our bodies and doubt our own self-worth. And we can decide to avoid or pay less attention to media that makes us feel anxious about our bodies. These steps can prevent us from holding up our bodies to unhealthy comparisons or treating our bodies as objects, instead of as an essential part of ourselves.

If we refuse to accept damaging, unattainable images of “the ideal body,” we will help to create new, more realistic standards of who we are and how we look. Changing these standards can contribute to making our lives healthier.

What can I do?

- 1 Be aware of how the bodies presented in ads are distorted or manipulated—photographed with special lighting and then retouched and enhanced using computer software.
- 2 Question why these companies and their advertisers create false standards of beauty. Make the money you spend reflect the person you are, not the person you’re told you should be.
- 3 Be a role model to yourself and others. Develop your own style and celebrate who you are. Break free from the restrictive ways media and advertising say we should look.
- 4 Avoid media that makes you feel anxious about yourself or your body.
- 5 Become a critical consumer of media. Protest the negative images and messages you see by writing letters to advertisers, television stations, and movie studios.
- 6 Encourage media and advertising to showcase bodies of all sizes and backgrounds.
- 7 Remember that the media and beauty industries want to make money, not to help you to reach your full potential. Only you can decide what the “best you” looks like.

Media literacy means understanding the images that we are presented with have often been changed with computer software to make the models look “perfect.”

For a great example of this, check out the [Dove Evolution of Beauty video](#) (on YouTube), which shows a model from beginning makeup to finished “product.”

For more info
jessieslegacy.com
heretohelp.ca

Jessie’s Legacy is proud to be affiliated with HeretoHelp. HeretoHelp is a project of the BC Partners for Mental Health and Addictions Information, a group of non-profit agencies providing good-quality information to help individuals and families maintain or improve their mental well-being. The BC Partners are funded by BC Mental Health and Substance Use Services, an agency of the Provincial Health Services Authority.





EMPLOYMENT OPPORTUNITIES

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

Job Postings

Director of Relations

HR Manager

HR Generalist

HR Assistant

Men's Group Coordinator

*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: opportunities@scwexmx.com





NEW TEAM MEMBERS



CASEY HOLMES | RESIDENT ELDER

As a Resident Elder, Casey 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, Casey will develop and deliver culturally acceptable practices to preserve and promote tradition and enhance a strong cultural identity within the aboriginal community. Casey will be stationed at the Lakeview Office and will report to Lepika Saddleman, Culture and Language Team Leader.



RONDALD NED | RESIDENT ELDER

As a Resident Elder, Ronald 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, Ronald will develop and deliver culturally acceptable practices to preserve and promote tradition and enhance a strong cultural identity within the aboriginal community. Ronald will be stationed at the Lakeview Office and will report to Lepika Saddleman, Culture and Language Team Leader.



MAKAYLA BALES | TEAM ASSISTANT

As the Team Assistant, Makayla will be responsible for general administrative, clerical, and program support to the Prevention and Protection Teams at Scw'exmx Child and Family Services Society (SCFSS). Makayla will play a key role in carrying out client file management, data entry, and technical support. She will support effective communications between frontline staff, relations, community resources, and other SCFSS team members. Makayla will build trusting relationships with staff, relations, community, and elders, incorporating nłe?kepmx and syilx traditional values into all aspects of the role while maintaining a high level of professionalism, confidentiality, and ethics. Makayla will be based at the main office and will report to Crystal Narcisse, Administrative Team Leader.



COMMUNITY OPPORTUNITIES



Accepting applications for NVIT's

IMMEDIATE ENTRY BURSARY



APPLY TODAY!

<https://www.nvit.ca/ieb.htm>



BC Scholarship Society

Indigenous Scholarships & Awards

Helping Indigenous Students Succeed

Application Deadline: April 4, 2024

Need help with your application?
Connect with an Academic and Financial Planner at <https://bit.ly/NVIT-AFP>



HEAVY EQUIPMENT OPERATOR TRAINING

SEATS ARE LIMITED! APPLY NOW!



PROGRAM INCLUDES:

- EXCAVATOR
- GRADER
- LOADER
- DOZER

DID YOU KNOW...

- AVG. ANNUAL WAGE FOR HEOS PER STATSCAN IS \$63,492 AS OF JAN 2022
- THOUSANDS OF JOB OPENINGS CURRENTLY AVAILABLE FOR HEAVY EQUIPMENT OPERATORS

Contact Indigenous Skills Employment Training Program Today!!



START DATE: TBD 2024
LOCAL MERRITT BC

CONTACT:
Jody John, Employment Counsellor
Ph: 250-315-9465
E: counsellor@scwexmxtribal.org

WHY WAIT??

WWW.IHESCHOOL.COM




ENTRY-LEVEL CORE & SKILLS TRAINING

FORKLIFT OPERATOR TRAINING

1 INDUSTRY RECOGNIZED CERTIFICATES




Date:

MAY 24
8:30 AM - 4:30 PM
Lunch will be provided

Location:

Civic Center
Room #2
1950 Mamette Ave

Apply:



Indigenous Skills Employment and Training Program (ISET)
Employment Counsellor Jody John
Phone : 250-315-9465
Email: counsellor@scwexmxtribal.org

Steel toe boots are required

DELIVERING THE HIGHEST STANDARD OF FULL-CYCLE SAFETY SERVICES
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CALGARY • EDMONTON • HIGH LEVEL • PRINCE RIVER

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

Closed for Victoria Day

Monday, May 20, 2024

Re-open: May 21, 2024

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

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

www.scwexmx.com

Facebook Page: facebook.com/scwexmxchildandfamily



Healthy Children



Healthy Communities



Healthy Families