



May 2025 NEWSLETTER



IN THIS ISSUE

Stay informed with updates from our teams, details about the upcoming Nicola Valley Canoe Pull, resources for Early Years - Indigenous Based Learning, safety tips, local training opportunities, and much 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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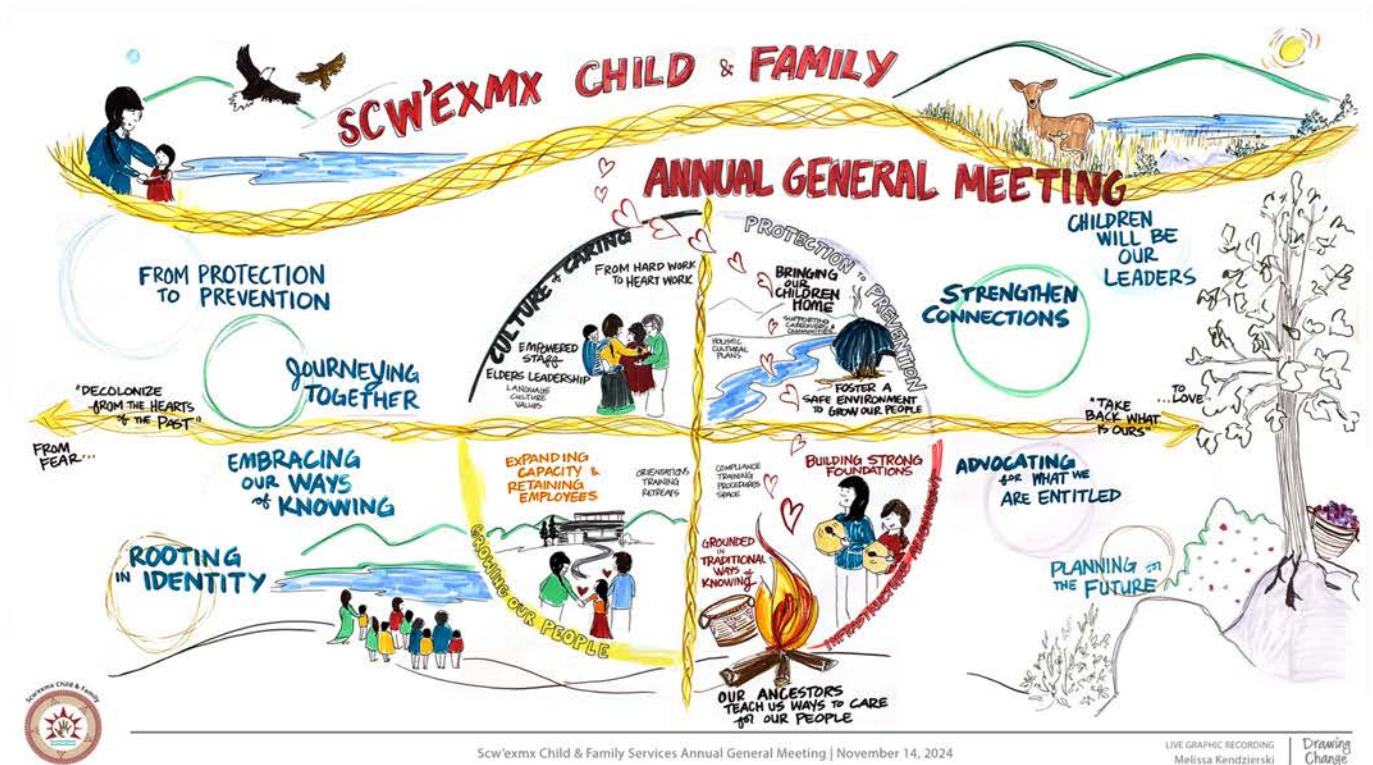
SCFSS STRATEGIC DIRECTIONS

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



Scw'exmx Child & Family Services Annual General Meeting | November 14, 2024

LIVE GRAPHIC RECORDING
Melissa Kendzierski | Drawing
Change

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

MAY 2025



SUNDAY 27

LNIB - SKATEBOARDING 4

LNIB - SKATEBOARDING 11

LNIB - SKATEBOARDING 18

LNIB - SKATEBOARDING 25
CIB - CALLING OUR SPIRITS HOME

MONDAY 28

CIB - GIRL'S GROUP 5
LNIB - MMIW AWARENESS WALK
NLX H - RED DRESS DAY
SIB - GATHERING STEWETA

CIB - GIRL'S GROUP 12
SCF - WOMEN'S GROUP 5-8PM @KLC
SIB - WELLNESS CIRCLE

VICTORIA DAY 19
CIB - GIRL'S GROUP

CIB - GIRL'S GROUP 26
SIB - WELLNESS CIRCLE

TUESDAY 29

6
NLX H - HUMMINGBIRD LADIES DRUM & RATTLE MAKING
NIB - DRUM NIGHT
CIB - KID'S GYM NIGHT

13
NIB - DRUM NIGHT
CIB - KID'S GYM NIGHT
SIB - WALKING CLUB

20
NIB - DRUM NIGHT
SIB - BOCCE GAME
CIB - KID'S GYM NIGHT

27
NIB - DRUM NIGHT
SIB - WALKING CLUB
CIB - KID'S GYM NIGHT

- Coldwater:**
- Girls Group (9+) | Coldwater Health Building | Monday | 3:30-4:45pm
 - Youth Drop-in | Coldwater School Gym | Tuesday | 6-7:30pm
 - Walking Group | Coldwater School Gym | Wednesday | 3:30-4:30pm
 - After School Drop-in | Coldwater Health Building | Thursday | 3:30-4:30
- Nooaitch:**
- After School Drop-in | SCHSS Satellite Office | Tuesday | 3:34-5:30pm
 - Drum Nights | Nooaitch Band Hall | Tuesday | 5-7pm
 - Gym Night (6+) | Nicola Canford School | Wednesday | 6-7:30pm
 - Girl's Group | Nooaitch Band Hall | Thursday | 4-6pm
 - Youth Swim | Nicola Valley Aquatic Centre | Friday | 3-5pm
- LNIB:**
- After School Recreation | Varies | Sun-Wed | 2:30-4:45pm

COMMUNITY CALENDAR



WEDNESDAY

30

7

CIB - WALKING GROUP

SCF - FTB @N'KWALA SCHOOL

SIB - KIDS MOTHER'S DAY CRAFTING

UNB - VOLLEYBALL NIGHTS

14

SIB - DROP-IN BEADING

CIB - WALKING GROUP

LNIB - RIVER VISIT

UNB - VOLLEYBALL NIGHTS

UNB - GIRLS GROUP

21

CIB - WALKING GROUP

UNB - VOLLEYBALL NIGHTS

SIB - GATHERING

28

CIB - WALKING GROUP

LNIB - WOMEN'S GROUP

LNIB - GOLD PANNING

UNB - VOLLEYBALL NIGHTS

SIB - DROP IN BEADING

THURSDAY

1

SCF - FTB @KLC

CIB - AFTER SCHOOL DROP-IN

NIB - GIRL'S GROUP

8

NIB - FIRST AID LEVEL 1 & CPR

CIB - AFTER SCHOOL DROP-IN

NIB - GIRL'S GROUP

15

SIB - GATHERING

SCF - FTB @KLC

CIB - AFTER SCHOOL DROP-IN

NIB - GIRL'S GROUP

22

SIB - PLAY GROUP

CIB - CALLING OUR SPIRITS HOME

CIB - AFTER SCHOOL DROP-IN

NIB - GIRL'S GROUP

29

UNB - SPIRIT OF THE SYLX UNITY RUN

CIB - AFTER SCHOOL DROP-IN

SIB - GATHERING

FRIDAY

2

SIB - ELDER'S LUNCHEON

NOO/SHA- YOUTH SWIM

9

NIB - FIRST AID LEVEL 1 & CPR

SIB - MOTHER'S DAY BRUNCH

NOO/SHA- YOUTH SWIM

16

SIB - YOUTH SWIM

NOO/SHA- YOUTH SWIM

23

SIB - BBQ

NOO/SHA- YOUTH SWIM

CIB - CALLING OUR SPIRITS HOME

LNIB - MULTICULTURAL DAY

30

UNB - SPIRIT OF THE SYLX UNITY RUN

NOO/SHA- YOUTH SWIM

SATURDAY

3

10

UNB - WOMEN'S WELLNESS DAY

17

24

CIB - CALLING OUR SPIRITS HOME

SCF - MEN'S GROUP

31

UNB - SPIRIT OF THE SYLX UNITY RUN

Shackan:

- After School Drop In (ages 6+) | SCHSS Satelite Office | Tuesday | 3:45-5pm
- Drum Nights | Nooaitch Band Hall | Tuesday | 5-7pm
- Gym Night (ages 6+) | Nicola Canford School | Wednesday | 6-7:30pm
- Girl's Group | Nooaitch Band Hall | Thursday | 4-6pm
- Youth Swim | Nicola Valley Aquatic Centre | Friday | 3-5pm

UNB:

- Girls Group (ages 11-16) | Kwu Stemtima Office | Monday | 4:30-6:30pm
- UNB Volleyball Nights | Colletville Gym | Wednesday | 6-9pm

Legend:

- Event Name | Location | Day | Time






CULTURE & LANGUAGE TEAM UPDATES - APRIL

MEDICINE MAKING FOR 'CALLING OUR SPIRITS HOME' WALK - MAY

Barbara Huston, the Cultural Coordinator, and the community team worked together to prepare natural medicines for distribution at the upcoming 'Calling Our Spirits Home' Ceremony from May 22-25, 2025. This event aims to bring healing to the Coldwater community as they call home the spirits of those lost to residential schools. Starting the journey from the Kamloops Indian Residential School site, our communities will gather to trek home to the Coldwater Indian Band.

Understanding the length and difficulty of this journey—spiritually, emotionally, mentally, and physically—the team has prepared medicinal salves, bath salts, and lotions. The salves contain Devil's Club and Horsetail. The lotion includes Clary Sage, Devil's Club, Horsetail, and Stinging Nettle. The bath salts are made with Epsom salt, Eucalyptus oil, Lavender oil, Blackberry seeds, and Raspberry seeds.

Elders will be present at the ceremony and along the journey to help everyone process the event in a good way and to bring balance to everyone's spirit. We encourage participation in walking clubs to prepare for the walk and to stay connected with your local elders and representatives to ensure you have sufficient support after the ceremony.

 *Barbara Huston, Culture Coordinator*





CULTURE & LANGUAGE TEAM UPDATES - APRIL

ON THE LAND - APRIL 25, 2025

On April 25th, we traveled down to Petit Creek for a wash. The culture team had taken three of our team members out along with a couple of Elders. First, we went onto the land to learn how to brush ourselves off with fir trees to remove all negative, bad, and sad emotions. Then, we continued down to the water's edge by Petit Creek to wash ourselves off with the water. We had to select a certain number of rocks of our choice to throw into the water to ensure the flow of the water carried away what needed to be taken.



ON THE LAND - APRIL 28, 2025

On April 28th, the Culture Team and the Resident Elders embarked on a meaningful journey to connect with nature and harvest traditional plants. The day began with the team gathering at the first location to pick wild asparagus, starting around 11:00 AM and working diligently until lunchtime. As noon approached, the team decided to pack up and move to the next location, enjoying a well-deserved lunch break and sharing stories and experiences. After lunch, the focus shifted to harvesting bitter root, another significant plant in traditional practices, which was carefully collected until the end of the day. The day was made special by the dedicated members of both teams: Shannon, Ethan, Dan, from the Culture Team, and Ron, Casey, Cathy, and Nettie from the Elders Team. Their combined efforts and shared knowledge ensured a successful and enriching experience, celebrating culture, tradition, and community while preserving and honoring our natural heritage.















Ethan Sheena-Patrick



May Harvesting

This month is known as digging time, or slaʔáqʷám, with Morel mushrooms, Lightning mushrooms, wild onion, Indian celery, potato, sunflowers, and wild strawberries in season for harvesting. It is also the beginning of trout season, Minnie Lake and Peter Hope Lake are especially abundant with trout. Enjoy the bounty of May!

		
Mushroom	mə́łqíʔ	ṛ́łqín
		
Bitterroot	ʔkʷəpən	taḫt
		
Celery	ćeweteʔ	łáqʷa
		
Trout	péłuskʷu tək swéwł	xʷəxʷmínaʔ



COMMUNITY PREVENTION TEAM UPDATES - APRIL

SHACKAN COMMUNITY CLEANUP AND BBQ - APRIL 23, 2025

Sara, our new Communications Team Lead, and Satara, our Community Prevention Worker, proudly supported Shackan's community clean-up and BBQ. After enjoying a delicious lunch and reconnecting with relations through laughter and stories, we rolled up our sleeves alongside the Shackan Community Wellness Team, which includes Zach, Haylee, Karen, and Adrienne. Together, we collected over 25 bags of garbage! It was a meaningful day of connection and care, and the community looked cleaner and greener because of it.

"Every hand counts. If you see litter, take a moment to pick it up - Let's keep Mother Earth clean, together!"



SHACKAN EASTER CELEBRATION - APRIL 17, 2025

Community Prevention Worker Satara assisted with Shackan's Easter celebration, which was attended by over 30 community members, including the Easter Bunny! The Shackan Community Wellness Team, along with Satara, hid over 100 eggs in the beautiful greenhouse. The egg hunt was split into two groups: one for children aged 0-6, followed by another for those aged 6 and older. The Community Wellness Team also put together some amazing Easter baskets, ensuring every child left with one. After the hunt, everyone gathered back at the Hall to enjoy a delicious homemade turkey dinner, expertly prepared by Vinny. It was a wonderful afternoon filled with laughter, community spirit, and lasting memories for all.



THE MORE WE KNOW THE SAFER WE ARE: VAPING AWARENESS AND ONLINE SAFETY - APRIL 24, 2025

Scw'exmx Child and Family Services, Day One Society, and Scw'exmx Community Health supported Coldwater staff in hosting another session of the monthly Speaker/Education Series in the Coldwater community. These monthly events aim to foster conversations around prevention, harm reduction, healing, connection, trauma, and awareness. This session featured two presentations: Vaping Awareness by Jim Laidlaw from Day One Society, and Online Safety by Chantelle Wacchan and Tatyana Davies from Children of the Street. Both presentations provided valuable information to youth and adults, encouraging meaningful engagement through questions, comments, and shared experiences.

The key benefits we hope relations gain by attending these events include access to helpful information that supports youth, adults, families, and caregivers, empowering them to support themselves and one another, while also building stronger community connections through shared conversations.

A total of 105 relations attended the evening, representing a wide range of ages from young children to Elders. This event saw a particularly strong turnout from youth.

Coldwater will be having the Children of the Street group return in the fall to present "It Can Happen to Anyone," a prevention-based workshop to discuss youth sexual exploitation in British Columbia.



Satara Twan, Community Prevention Worker



Jalissa Weymouth Community Prevention Worker



JURISDICTION JOURNEYS

We are continuing with our new newsletter section focused on supporting our communities 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

UNB JURISDICTION SUMMIT - APRIL 29-30, 2025

SCFSS was excited to join Upper Nicola's Jurisdiction Summit on April 29th and 30th to listen to community feedback and vision for the development of their law over their Relations (families).

The first day was an evening event where community members broke into small groups to answer questions such as:

- "What is your vision - how do things need to be different in the future once you have jurisdiction?"
- "What does a thriving sylix child embody in mind body and spirit?"
- "What future programs and services do you envision for UNB families?"
- "How should families/right holders be supported to uphold their roles in family wellness?"

The second day was focused on service delivery and how Upper Nicola community members want to see services move forward, the following were some considerations:

- What staff are needed to support the transition?
- Are there traditional dispute resolution models that can be embedded in the law?
- What buildings are needed? etc.

There was also a smaller follow-up with staff on May 1st discussing the next steps, but unfortunately SCFSS was unable to attend. It was uplifting to hear from a variety of community members on their vision for the future and how the community can use their law as a tool to replace the ministry's regulation and care for families in their own way. We are excited to support Upper Nicola in this transition and continue working together for the best interests of their families.



Stephanie Tourand, Community Planner



Lacey McRae Williams, Community Manager



NICOLA CANOE PULL - JULY 15-17, 2025

The Nicola Canoe Pull is an annual event in Merritt, British Columbia, that brings together Indigenous youth, the RCMP, and various community organizations to strengthen relationships and celebrate cultural traditions. Participants paddle together in canoes, fostering teamwork, leadership, and connection to the land and water. The event also includes cultural teachings and support from local elders, ensuring that traditional protocols and knowledge are honored throughout the experience.

NICOLA CANOE PULL 2025

The Merritt First Nations Policing Section (RCMP) is planning its Annual Canoe Journey for the Nicola Valley. Our goal is to help build positive community relationships with the RCMP and surrounding aboriginal communities, the various organizations and the youth. The event will be held July 15-17, 2025. Tuesday will have an arrival time of 2pm, with dinner being served. Youth will camp Tuesday and Wednesday night at the Douglas Lake Camp site (located at the Old Kamloops Sailing club—Quilchena, BC).

Our vision is to support the future leaders of the Nicola Valley in a healthy active environment by supporting youth, being respectful, demonstrating cultural awareness, working together and having fun. This is being planned in partnership with TECK (Highland Valley Copper). With the planning assistance of Scw'exmx Community Health, Upper Nicola Indian Band, Lower Nicola Indian Band, Coldwater Indian Band, Nooiatch Indian Band, Shackan Indian Band, Scw'exmx Child and Family, Nlaka'pamux Health and School District #58.

It will be held July 15-17, 2025. This event is for youth between the ages of 10 and 18 years. If you have any questions or wish to help, please contact Cpl Jason OLNEY, Cst. Tammy DENNING, Cst. Derek VERSTEEG or Cst John RYAN at the Merritt Detachment at 250-378-4262.

WAIVER HERE



The committee has been actively meeting each month to plan the canoe pull. In anticipation of a possible algae bloom in the lake, we are proactively considering a backup plan to host the event in August. Of course, we're all hoping that this won't be necessary! We'll continue to provide updates, so be sure to follow our social media for the latest news.



EARLY YEARS - INDIGENOUS BASED LEARNING

DISCOVER RESOURCES FOR HOME LEARNING OPPORTUNITIES AND PURCHASE OPTIONS

Community Prevention Worker, Satara Twan along with Kelly Hanson, Child Wellness Team Leader put together a list of resources and suggestions for at-home learning resources.

4 GENERATIONS CREATIONS

Store Address: 143-945 Columbia St. West (inside Sahali Mall), Kamloops, BC

About the Owner & Founder of 4 Generations Creations:

Weytk(hello), my name is Ashley Michel and I am Secwepemc from the Tk'emlúps Indian Band. I am a Mother, Bachelor of Education Graduate (2023), & self taught Seamstress, Artist and Entrepreneur of 4 Generations Creations.

The inspiration for my business started in 2013 when my daughter was born. I wanted her to grow up with a positive sense of self identity and authentic representation - something many of us don't have growing up.

A better future, not only for my daughter but our future generations to come, meant providing access to supplies for traditional crafts (beads, fabric, hide, & more), creating wearable designs that inspire and educate others about Indigenous issues and resiliency, and empowering other Indigenous artists and businesses.

With our success throughout the years, we were able to open a brick and mortar store location in November 2023 & have since supported over 40+ other Indigenous businesses and artists in store.

When you shop 4 Generations Creation, you are actively participating in the Economic reconciliation and prosperity of Indigenous families.

<https://4generationscreations.ca>





EARLY YEARS - INDIGENOUS BASED LEARNING

TUMBLEWEED TOYS

Store Address: 1201 Summit Drive, Kamloops

ABOUT TUMBLEWEED TOYS

Welcome to **Tumbleweed Toys**, your local haven for all things playful and imaginative! Established in 2010, Tumbleweed Toys began as a small, independent toy store with just 800 square feet of space. Today, we are proud to have expanded to over 7000 square feet, serving Kamloops and the surrounding area with an extensive selection of high-quality, thoughtfully curated toys, games, puzzles, candy and gifts for all ages.

Our Story

Tumbleweed Toys was born from the passion and vision of our founder, a dedicated mom of three and an experienced Early Childhood Educator, Vanessa Gammel. Her commitment to providing children with quality toys that promote creativity and learning is the heart and soul of our store. From the very beginning, our aim has been to offer products that inspire joy, curiosity, and educational growth.



<https://www.tumbleweedtoys.ca/>



EARLY YEARS - INDIGENOUS BASED LEARNING

4GENERATIONS CREATIONS - MEDICINE WHEEL PUBLISHING



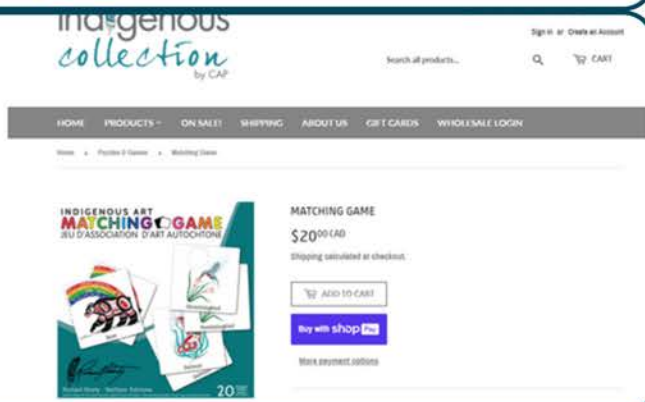
SCAN ME!



THE INDIGENOUS COLLECTION



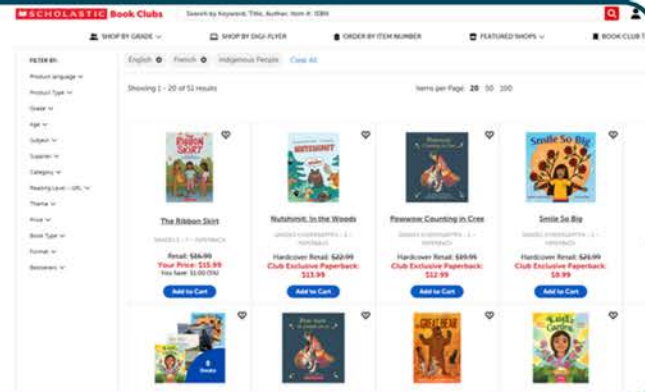
SCAN ME!



INDIGENOUS PEOPLE | SCHOLASTIC CANADA BOOK CLUBS



SCAN ME!



INDIGENOUS COLLECTION - DILLY DALLY KIDS



SCAN ME!





FAMILY TEAM UPDATES - APRIL

APRIL WOMEN'S GROUP - ARP-14-2025

On April 14, 2025, we held our monthly Women's Group with a theme of planting and spring vibes. We had flowerpots, soil, flowers, vegetables, and tobacco seeds ready to be planted. Participants also had the opportunity to paint their pots before planting the seeds of their choice.

Our caterer provided all attendees and children with a roast beef dinner, complete with dessert. Meanwhile, our Child Wellness Navigators kept the children entertained with games, movies, and pot painting.

The main takeaways for the women were a sense of unity and friendship, empowering each other through various crafts and workshops. For some, this may be the only night away from their family, job, and other commitments, so we strive to make it as fun and special as possible. Elder Cathy Jameson attended, lending her gentle presence and kind smile to all. Additionally, Darlene Vallee from IRSSS offered smudging and support to anyone who needed it.

 *Krystal Langager, Family Wellness Navigator*



FAMILY TEAM UPDATES - APRIL

MENS GROUP BOWLING - APRIL 12, 2025

The Men's Group bowling event in Merritt on April 12th was a small gathering, as we are in between larger events with exciting plans in the works. Relations were invited to bring their children and relatives to bowl for a couple of hours. Afterwards, we went to UK Spice Cuisine, where everyone enjoyed each other's company, shared a meal, and had laughs before saying our goodbyes. We had members from almost all our communities: Lower Nicola - 7, Coldwater - 1, Upper Nicola - 3, Nooaitch - 1, Other - 3, with a total of 15.

“I had a good time, thank you again.” - Kurt Oppenheim

Men attending the Men's Group events are not expected to share their stories or open up about themselves. Our priority is creating safe spaces, while networking happens naturally. We encourage our men to support each other, and single women with male youth/relations are welcome. Our goal is to develop a directory of men who can learn from and teach one another in future events and collaborations. This is the direction I am committed to and moving towards.

If you are unsure about attending these events because you feel like an outsider or are shy, I assure you that the men here have been in your shoes. I encourage you to take a leap of faith and trust the process. Think of yourself as a catalyst if you are a visionary; come and meet like-minded men, be seen, and be heard with us. We are waiting for you.

Our next event will focus on Survival Skills, where a survival specialist will teach us about natural medicines. We will also hold a sweat lodge and learn the teachings around how this can contribute to your wellness. Register to join us for a full day on May 24, 2025.

Thank you to the men who came out to support the Men's Group; we hope to see you next time!

Men's Group

SURVIVAL SKILLS

Learn survival skills with Mi'kmaw survival expert Sajek Ward. Join us for a full day of instruction, medicine teachings and work on your spiritual connection while participating in a sweat.

Lower Nicola Indian Band Owned
Tunkwa Lake Resort

SATURDAY, MAY 24, 2025
9 AM - 5 PM

- Limited to 40 participants
- Transportation provided- Meet at No Frills 7:45 AM
- Lunch and snacks provided
- Please dress appropriately for the varying spring weather conditions
- Ensure you wear suitable footwear.

Register Now

Questions? Call (250) 378-2771
Ask for Mens Group Coordinator

Upper Nicola, Lower Nicola Indian Band, Coldwater logos

Jason Ermineskin, Men's Group Coordinator





YOUTH TEAM UPDATES - APRIL

We're proud to announce that our two new youth team recruits have successfully completed their onboarding period and are now full members of the team.

Our outreach workers conducted a walk-through in the community, distributing food and drinks while checking in on individuals experiencing homelessness.

Our youth program contributed by preparing and donating pre-cooked meals to both the local homeless shelter and the food bank.

Transition workers have been actively supporting youth in obtaining essential identification, including government-issued IDs and passports.

We have begun collaborating with two of our community partners to plan future events. In addition, we have initiated efforts with one of these communities to launch new youth programming.

We would also like to extend our best wishes to Terry McRae, Youth Team Leader, as he embarks on his next adventures.



WorkBC Centre

Benefits of Hiring Youth

- Fresh Perspectives & Innovation
- Resilience & Adaptability
- Increased Digital Proficiency
- Loyalty & Long-Term Growth
- Cost-Effective Workforce Development



Canada | BRITISH COLUMBIA

This program is funded by the Government of Canada and the Province of British Columbia.



Candice Dolman, Youth Transition Coordinator



SUNBURN SAFETY

Spending time in the sun can be beneficial for your health. Sunlight has the ability to lift your spirits and contribute to a sense of well-being. However, it's important to be mindful of the amount of ultraviolet (UV) rays you are exposed to, whether from natural sunlight or indoor tanning. Excessive exposure to UV rays can damage your skin, leading to immediate issues as well as long-term problems that may arise years later.

Short Term Exposure:

Excessive sun exposure can lead to heatstroke or other heat-related illnesses. Additionally, allergic reactions may occur due to sun exposure, sunscreen products, or certain medications, such as antibiotics, some acne treatments, and diabetes medicines. Vision problems, including burning pain, decreased vision, or partial or complete vision loss, can also result from too much sun exposure.

Long Term Exposure:

Long-term issues include an increased risk of skin cancer, more frequent cold sores, and heightened risk of complications related to health conditions like lupus. Not protecting your eyes from direct or indirect sunlight over many years can lead to cataracts, one of the leading causes of blindness. Skin changes, such as premature wrinkling or brown spots, are also common long-term effects of excessive sun exposure.

Sunburn Self-Care Tips:

- Cool cloths: Apply to sunburned areas.
- Cool showers/baths: Take frequently for relief.
- Lotions: Use aloe vera or 1% hydrocortisone cream (consult doctor for children under 2 or use in sensitive areas). *Peeling skin is part of healing; lotion can help with itching.*
- Rest and fluids: For headache and mild fever, rest in a cool room and stay hydrated.
- Other remedies: Try oatmeal baths or calamine lotion for itching.
- Blisters and infection: Protect small blisters with loose bandages. If a blister opens, wash with clean water and cover with a non-stick bandage. Watch for signs of infection: increased pain, swelling, redness, warmth, red streaks, pus, or fever.



Several factors can increase your risk of getting a sunburn:

- Time of day: You are more likely to get a sunburn between 11 AM and 3 PM, when the sun's rays are the strongest. Even on cloudy days, the sun's damaging UV light can pass through clouds.
- Reflective surfaces: Being near water, white sand, concrete, snow, or ice can increase your risk of sunburn, as these surfaces reflect the sun's rays.
- Season: The position of the sun during summer days can cause more severe sunburns.
- Altitude: Higher altitudes have less of the earth's atmosphere to block sunlight, increasing UV exposure and the risk of sunburn.
- Latitude: The closer you are to the equator, the more direct sunlight passes through the atmosphere, increasing sunburn risk.
- UV index: The UV index of the day indicates the risk of getting a sunburn, with higher values showing greater risk.

When to seek help:

- Vision problems: Eyes hurt and are sensitive to light.
- Facial swelling: Noticeable swelling in the face.
- Dehydration: Unable to drink fluids, worsening dehydration.
- Skin changes: Pale, clammy, or cool skin.
- Infection signs: Swelling, pus, fever, nausea, or severe chills.
- Rapid pulse/breathing: Increased heart rate or breathing.
- Headache/confusion: Feeling faint, dizzy, or confused.
- Symptom severity: Symptoms occur more often or are more severe.





BARBECUE SAFETY

Welcome to barbecue season in the windy Nicola Valley!

As the weather warms up and we head into barbecue season, it's important to keep safety in mind, especially with the windy conditions we often experience here in the Nicola Valley and surrounding areas. Follow these guidelines to ensure a safe and enjoyable grilling experience.

Outdoor Use Only:

Barbecues should only be used outside. They produce carbon monoxide (CO), a dangerous, invisible, and odorless gas that can cause unconsciousness or death in enclosed spaces. Never use a barbecue in a garage, tent, or any enclosed area.

Storage:

Always store your barbecue and propane cylinders outdoors, upright, in a stable and well-ventilated location.

Preparing Your Barbecue for Use:

1. Clean: Ensure burner ports are free of rust, dirt, spider webs, or debris using a pipe cleaner or wire.
2. Check: Inspect the hose from the tank to the burners and replace it if cracked or damaged.
3. Test: Apply a mixture of water and dish soap to propane connections and hoses to check for leaks. If bubbles appear, tighten the connection, or replace damaged parts and retest. Never use matches or lighters to check for leaks. Contact a qualified technician if you suspect a leak.



Barbecue Do's and Don'ts:

- **Do:** Have a certified individual fill your propane cylinder. In Canada, propane cylinders must be inspected or replaced every 10 years. Dispose of cylinders properly by contacting your municipality.
- **Don't:** Leave the barbecue unattended while in use. Allow grease to accumulate, as it can cause fires. Use lighter fluid or accelerants on the grill. Store spare cylinders near the barbecue or heat sources. Use a barbecue on an apartment balcony unless authorized.

Using the Barbecue:

1. Open the lid.
2. Open the propane cylinder valve.
3. Turn on grill/burner valves.
4. Step back.
5. Push the igniter button or use a long match/barbecue lighter through the side burner hole, then turn on the heat control knob.
6. If the burner doesn't ignite immediately, turn off the propane and wait five minutes before trying again.

After Barbecuing:

1. Turn off the valve first, then the burner controls to ensure no propane remains in the hose.
2. Let the barbecue cool completely before closing the lid or covering.



Heather Fairley, Occupational Health & Safety Specialist



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

- Children & Youth with Support Needs (CYSN) Support Worker
- Community Services Team Leader
- Delegated Manager
- IT Technician (Tier 1)
- Operations Manager
- Social Work

*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



THE
**OUTLAND
YOUTH
EMPLOYMENT
PROGRAM**

FIND US ON





EQUITY & OPPORTUNITY

FOR INDIGENOUS YOUTH THROUGH

1. EDUCATION

OYEP offers alternative, land-based education to support all forms of learning styles.

- Opportunity to tour active natural resource operations
- Energy, mining and forestry education
- Science Week - spend a week living at and attending class as a post secondary student at a College and/or University!
- Two high school credits

2. WORK

Gain valuable work experience in Silviculture, Forestry and Mining!

- Tree planting
- Brush cutting/Juvenile spacing
- Trail clearing/Building
- Construction
- Surveying/GIS
- Mining
- Forestry

Earn wages while having fun and learning new things!

3. TRAINING

During the 6 weeks, complete various training with accredited certifications that focus on employment Natural Resources sector:

- WHMIS
- First Aid
- Canoe Safety
- Tree Planting
- Brush Cutting
- Forest Fire Fighting
- Chainsaw Safety
- Learners driving permit training and more!

A REMOTE CAMP EXPERIENCE:

- Semi-private male and female accommodations
- On-site chef
- 3 meals and snacks
- Bi-weekly pay schedule
- Free time after work:
 - workout spaces,
 - volleyball, swimming, canoeing, etc

WHO CAN APPLY:

- Indigenous youth
- 16 to 18 years of age
- Eligible to work in Canada
- Must have a Social Insurance Number

HOW TO APPLY:

- Email: OYEP@outland.ca
- Visit: www.OYEP.ca
- Speak to your school guidance counsellor!



SIX WEEKS ON THE JOB



SAFETY



FORESTRY



SCIENCE WEEK



ENERGY



MINING



FIELD WORK

LOCAL TRAINING OPPORTUNITIES

Experience NVIT

Indigenous Business Diploma Program Info Session (Virtual)
May 14th, 2025 | 4:00 PM - 5:00 PM

Register today!
nvit.ca/experiencenvit.htm

Get that Bachelor of Education Degree closer to home

Seeking future teachers committed to Indigenous Education! The Bachelor of Education Degree program will be offered at NVIT in partnership with UBC this coming January 2026.

Prerequisite courses will be available at the Merritt Campus in Fall Term 2025.

Applicants must have completed a minimum of two years (60 credits) of post-secondary coursework, which must include:

- 6 credits in English Literature and Composition;
- 3 credits in Canadian Studies;
- 3 credits in a Laboratory Science;
- 3 credits in Mathematics (not statistics);
- 15 credits of upper-level coursework (300- or 400-level);
- 100 hours of practical experience working with age-appropriate students or youth.

Connect with an Academic Planner today!
bit.ly/NVIT-AFP

nvit.ca info@nvit.ca 1.877.682.3300

Experience NVIT

Trades Programs Virtual Info-Session
April 29th, 2025 | 6:00 PM - 7:00 PM

Trades Programs List

- Bridging to Trades
- Carpentry Level 1 & 2
- Culinary Arts Professional Cook Level 1 & 2
- Electrician Pre-Apprenticeship
- Residential Construction Foundations Program
- Welder Foundation
- Youth Explore Trades Sampler

RISC & CMT INVENTORY COURSE
May 20th - May 24th
Location and Times to be determined

LIMITED SEATS. CONFIRM YOUR INTEREST TODAY!

TO QUALIFY YOU MUST:

- Be of Indigenous Ancestry (Status/Non-status).
- Be unemployed or under employed.
- Live within the Nicola Valley.
- Be 18 years or older.
- Have a valid SIN.

Interested Candidates can email ISETP Admin Assistant. at: isetassist@scwexmxtribal.org

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