



# SUMMER 2024 NEWSLETTER



## IN THIS ISSUE

Women's Group and Men's Group are hosting a movie night at NVIT, check out the poster and register. The whole family is welcome to attend!



## 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?kəpmx 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?kəpmx 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?kəpmx 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




# ON THE LAND


## AUGUST 16 & 23 , 2024

*(Weather Permitting)*

The Culture & Language team invite you to join us

 **Main office (1750 Lindley Creek Rd.)**

 **Time: 8:45 am, return 3:00 pm**

 **Lunch and beverages will be provided.**

Harvesting on the land requires equipment, please bring the following:

- Water Bottle
- Gloves
- Clippers
- Harvesting bag
- Dress in layers
- Hiking Boots/Suitable footwear
- Camping chair

To register scan the QR Code or click on the link in the original post.



**corrina.manuel@scwexmx.com | (250) 378-2771 | scwexmx.com**





# August Harvesting

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

Seek out an Elder to share stories of gathering and join us on our next "On The Land" to reconnect with nature and self.



**Oregon Grape / scólse? / sc̓cris**



**Raspberry / sʔeyicqʷ / ʔs̓álaʔ**



**Huckleberries / c̓əlc̓ále / st̓xałq**



**Chokecherry / zəlkʷúʔ / ʔəx̃ʷłəx̃ʷ**

*"Take a quiet walk with Mother Nature. It will nurture your mind, body and soul."*





# COMMUNITY PREVENTION TEAM UPDATES



Nooaitch Grad - blanketing ceremony June 26th



Willa and Jalissa helping at LNIB soup kitchen June 19th



SCF partnered with many organizations to host Indigenous Peoples day at the LNIB Shulus Arbour on Jun 21, 2024. Partners included: CNA, LNIB, SD58, SCHSS, and Ask Wellness.





UNB indigenous Peoples Day/Summer Solstice celebration. SCFSS had a craft table at event and provided bookmarks and craft kits.



Upper Nicola youth sports camp on June 9th, 2024



Upper Nicola hosted a youth "Future Leaders" Camp July 8-18th. Activities included: a bird watching presentation by Loretta Holmes; canoeing, kayaking and paddle boarding with CanoeKayakBC; traditional knobby ball; crafts, hair tinsel and beading with Willa and River; and leatherwork with Phillip Chillihitza.



LNIB Fish Distribution & LNIB family fun day on July 5th



Nooaitch youth trip to Kamloops Riverside Park to attend the Buskers Festival on July 26

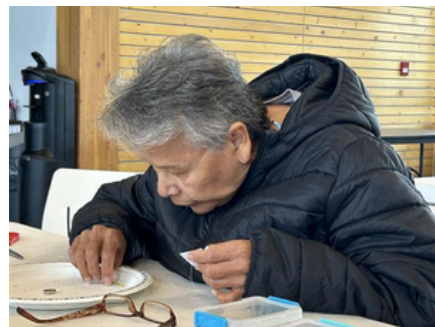


Satara and Daphne from SCFSS and Darlene from SCHSS in Kamloops for the youth movie trip on July 30. Community team making beading kits for the upcoming Coldwater Culture and Language Camp and Shackan trip to Desert Hills on July 3.





Community Team Day! Baking and making for Kwu stæmtíma?



LNIB Beading with Elders Workshop



Youth Outreach Lunch on June 7, 2024.



Satara Twan, Community Prevention Worker



Harmony Williams, Community Prevention Worker



Willa Ermineskin, Community Prevention Worker



Jalissa Weymouth, Community Prevention Worker

## Relationship Program – July 12-14, 2024

Seven couples attended the Sense of Culture: On the Land session from July 12-14, 2024. The group stayed at the Kumsheen Campground where the couples completed a full day of river rafting. Unfortunately, due to extreme weather the Stein Valley hike was cancelled. Everyone had an amazing time bonding over this experience and the couples have a great connection with each other and as a group.

As Indigenous people we are taught to always respect the water usually from a fishing perspective being on the land. This experience of being on the water opened the couples up to a new connection with the power of the water and its healing properties. Each couple experienced this differently, but it had a profound impact on all.

A new round of the Relationship Program will be starting in October where we will be excited to see new couples join. Please stay tuned for the upcoming meet and greet, and registration info.



# Coldwater Culture & Language Camp



# Coldwater Culture & Language Camp

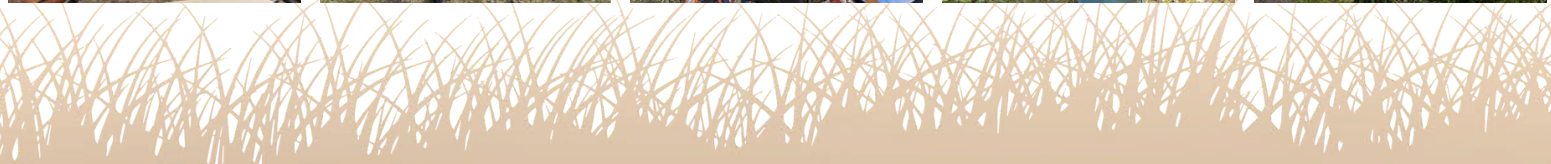


CULTURE OF CARING





# Coldwater Culture & Language Camp



# Coldwater Culture & Language Camp



CULTURE OF CARING



# Coldwater Culture & Language Camp





## 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



## PARENTS AND STUDENTS GRADES K-12

TO PREPARE FOR THE 2024-2025 SCHOOL YEAR  
PLEASE SUBMIT YOUR SCHOOL START UP FORMS TO THE EDUCATION DEPARTMENT



THIS IS FOR ANY STUDENTS LIVING ON RESERVE WHO ATTEND Nc'etk?u Band School or Schools in Merritt

SCHOOL START UP ALLOWANCES WILL BE PROCESSED IN THE MONTH OF AUGUST.  
Forms are available for pick-up at either Office and can be submitted to Stephanie Archie, Education Coordinator

**\*YELLOW SLIPS and Consent Forms MUST BE SIGNED BY ALL STUDENTS AND PARENTS\***

No Start-up Allowances will be issued without the forms submitted.

For more information, please call

Stephanie Archie at (250)378-6174 or by email at [Stephanie@coldwaterband.org](mailto: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

## UPCOMING EVENTS

**hłək<sup>w</sup>ək<sup>w</sup>mist**  
**SAVE THE DATE**

**SUMMER**  
**nq<sup>w</sup>lq<sup>w</sup>iltn**  
**CAMP**

UNB Language is in the planning stages of hosting a Summer Language Camp

**POSTPONED**

**UNTIL**  
**SEPT 27-30, 2024**

Contact info: [language@uppernicola.com](mailto:language@uppernicola.com)

**Coldwater Band invites Families for**  
**Back to School Shopping**

**Overnight in Westbank at Fairfield Inn & Suits!**  
**August 19-20th 2024**

**\*Limited Registration\***  
open to Coldwater Families on and off Reserve  
Deadline August 8th at noon!

**Sign up with Harmony Williams**  
SCFSS Community Prevention Worker  
**250-378-2771 ext. 168**



# COMMUNITY UPDATES - LOWER NICOLA BAND

## WEEKLY EVENTS

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



## FireSmart Awareness & Preparedness

"Fire-smarting our Indigenous Community and implementing, mitigation, strategies are crucial for protecting lives, preserving cultural heritage, and ensuring the sustainability of our lands and resources."

Meet & Greet LNIB Firefighters

Hot Dogs & Refreshments will be provided.

Interactive activities

### When and Where?

**Date:** August 29, 2024

**Location:** LNIB Fire Hall  
226, Hwy 8

**Any questions call  
Hayley Parsons  
(250) 378-5110**



## Back to School Wellness Day

Lunch will provided at 12:00 pm

**Wednesday, August 28, 2024**

**Shulus Arbour**

**10:00 - 2:30 pm**

**Come on out and join us for a day of fun activities**

Any questions call the LNIB Community Services Reception  
(250) 378-5157



**12<sup>th</sup>**  
*September*  
2024



## LNIB Women's Group

*Winter Wellness with Herbal Medicine*

**5:30 - 7:30 pm**

*Rocky Pines  
Community  
Centre*

*Any questions  
contact Irene Howe  
(250) 378-5157*



HERBAL  
MEDICINE



## Coffee with a Cop

**SEPTEMBER 10, 2024**

**10:30 - 11:30 AM**

**ROCKY PINES COMMUNITY CENTRE**

*Any questions you can contact Dustin Eberle  
(250) 378-5157*





## WEEKLY EVENTS

- Please contact Darlene or watch the Sha-No youth group Facebook page for updates on youth programming over the summer

## UPCOMING EVENTS

4



**48TH ANNUAL ELDERS GATHERING**  
**AUGUST 13-14, 2024**  
**VANCOUVER CONVENTION CENTRE**

Nooaitch Indian Band is looking for Elder's who want to sign up for the Elder's Gathering (Ages 55+).

We will be utilizing the Nooaitch bus so there is limited seating. There are 14 seats available.

To sign up contact Shanice Shackelly at 250-378-6141 or email [shanice.shackelly@nooaitchband.ca](mailto:shanice.shackelly@nooaitchband.ca)

**THEME: "WE ARE ONE"**

The 48th Annual First Nations Elders Gathering stands as a sacred occasion uniting the First Nations communities of British Columbia. This gathering is a profound opportunity to weave the threads of understanding between the wisdom of our Elders and the aspirations of the younger generations, fostering a circle of mutual respect and reverence.

The fundamental intent of the Elders Gathering is to weave social and communal bonds, uniting Elders across the province into one collective Nation. It enables kindred spirits of similar ages and ideals, along with their families, to come together and discover shared foundations that fortify these bonds.

Our Elders possess the wisdom and experiences that younger generations need for guidance in life. It is essential that this event continues, ensuring the passing on of our Elders' legacy to each succeeding generation. In a rapidly modernizing world, we must maintain the balance that comes from honoring our Elders and remembering the past.



## UPCOMING EVENTS

### Sxéxn'x Culture Camp

<b>August 23, 2024</b> <b>Sxéxn'x Band Hall</b>	<b>August 24, 2024</b> <b>Nkseytkhelx<sup>w</sup></b> <b>(Community Wellness Building)</b>
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**10:00am -3:00pm**

**Activities for all ages**

- Drum & Drumstick making
- Cedar Basket Necklaces
- Indian Bingo
- Nle?kepmxcín Scavenger Hunt
- Rock Painting

**Breakfast, lunch, snacks & travel provided**



To register please call Haylee at 250-378-5410 or use the following link:  
<https://forms.office.com/r/YaXiqkf3JE>



## BACK TO SCHOOL

**SCHOOL SUPPLIES**

Please reach out for support purchasing school supplies in a timely manner. This ensures your child gets their supplies on time.

**CLOTHING**

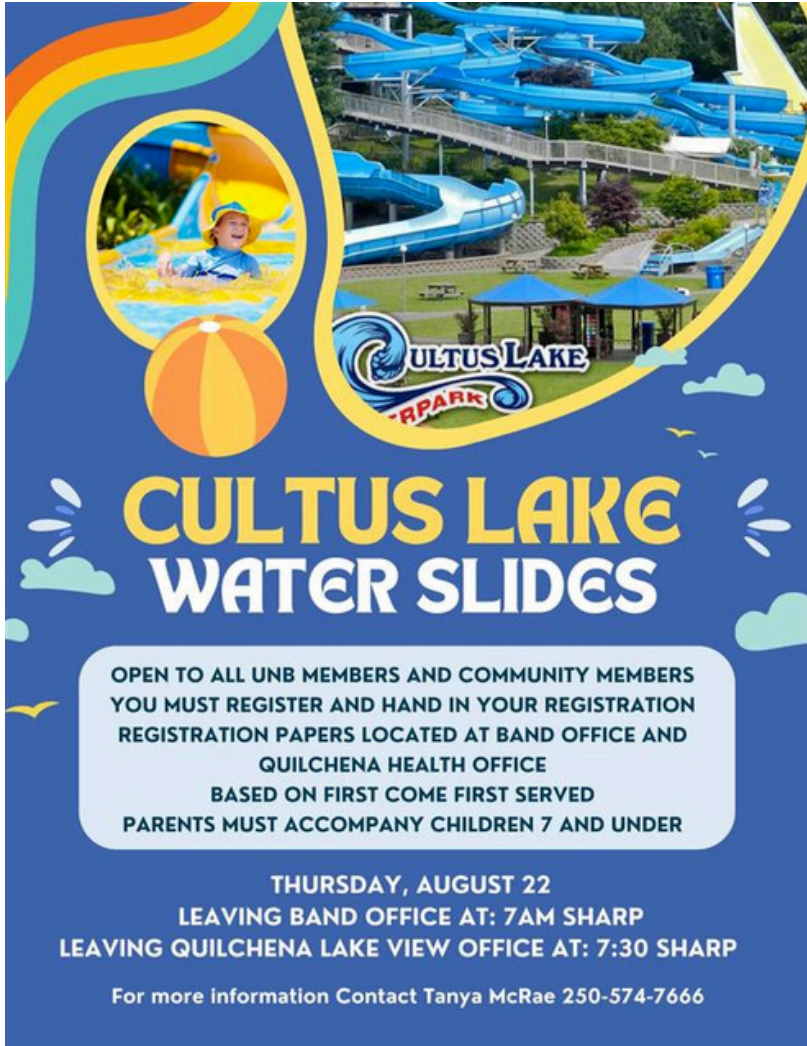
Shackan will be providing each K-12 student with a \$100 gift card for back to school clothes.

**CONTACT HAYLEE:**  
250-378-5410  
[EDUCATION@SHACKAN.CA](mailto:EDUCATION@SHACKAN.CA)





## UPCOMING EVENTS



**CULTUS LAKE WATER SLIDES**

OPEN TO ALL UNB MEMBERS AND COMMUNITY MEMBERS  
 YOU MUST REGISTER AND HAND IN YOUR REGISTRATION  
 REGISTRATION PAPERS LOCATED AT BAND OFFICE AND  
 QUILCHENA HEALTH OFFICE  
 BASED ON FIRST COME FIRST SERVED  
 PARENTS MUST ACCOMPANY CHILDREN 7 AND UNDER

**THURSDAY, AUGUST 22**  
 LEAVING BAND OFFICE AT: 7AM SHARP  
 LEAVING QUILCHENA LAKE VIEW OFFICE AT: 7:30 SHARP

For more information Contact Tanya McRae 250-574-7666

April 1, 2024 to March 31, 2025

### Recreational Funding for UNB members.



**To be eligible**

- you Must be an UPPER NICOLA member with a registration number beginning with 697.
- Each UN member who is eligible and approved will be allotted up to the amount of three hundred dollars (\$300.00), maximum yearly amount.
- Receipts need to be dated between April 1, 2024 to March 31, 2025

**Eligible Activities:**

Any recreational activity that includes sports fees and equipment, gym fees and equipment, outdoor activities, equipment, ect

You are also able to submit for traditional supplies you may be buy to do: bead work, Hide tanning, fishing/ hunting and canning

**You can submit your applications to:**  
 Thelma Chillhitzia [officemanager@uppernicola.com](mailto:officemanager@uppernicola.com)



**Community Engagement Sessions**  
Way'

The Community Engagement Session align with the kwu stemtima?

Goal #5: Develop laws to be the basis for negotiations with the Federal and Provincial Governments to fully reassert inherent rights over Relations (children and families) which are appropriately funded by both levels of government in accordance with Bill C-92

The session will include:

**Presentation on the kwu stemtima?**

Please come and join us:

- May 23 - nkwr'itkw (Glimpse Lake)
- June 6 - Merritt
- July 23 - Kamloops
- August 20 - Kelowna
- October 26 - Vancouver (Venues - tbd)

**For more information, contact:**  
 Carol Holmes, kwu stemtima? Jurisdiction Manager  
[unlaws@uppernicola.com](mailto:unlaws@uppernicola.com)

Deb Manuel, Director of Relations,  
 250-378-7575, [dor@uppernicola.com](mailto:dor@uppernicola.com)

liml?mt



# AUGUST 2024

## - Community Calendar -

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7 NIB youth trip Bridal Falls waterslides CIB family trip Bridal Falls waterslides LNIB Women's Group	8 SCF Feel the Beat - Regalia Making CIB Grocery Shop support	9 UNB Beading @ Kwu stemtima? Lakeview office 1-3 pm SIB Grocery Shop support	10
11	12 Youth Outreach Lunch @ Rotary Park	13 NIB - Elders trip to vancouver for 48th annual Elders Gathering. CIB Culture Camp at Gwen Lake 13th - 15th	14	15 SIB Grocery Shop support	16 SCF On The Land 8:45 AM, must register	17
18	19 Women's Group & Men's group in partnership with Journey's into Tomorrow Transition House 5-8 PM @ NVIT Lecture Theater CIB Back to school shopping trip, overnight in Westbank	20 Nicola Canoe Pull @ Quilchena old sailing club	21 CIB Cooking Zoom Class	22 UNB Cultus Lake Waterslides 7 AM CIB Grocery Shop support	23 SCF On The Land 8:45 AM, must register SIB Culture Camp 10 am - 3 pm 1st day Sxexn'x Band Hall, 2nd Day Community Wellness Building.	24 Men's Group Breakfast 9-11 am - Nana's Hitch & Post in Lower Nicola
25	26	27	28 LNIB Back to School Wellness Day.	29 LNIB FireSmart Awareness & Preparedness Day. Hot dogs & Refreshments!	30	31

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**LNIB:**

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

# WOMEN'S GROUP & MEN'S GROUP

We invite you to a family  
movie night!

Monday Aug 19, 2023  
5-8 PM  
NVIT Lecture Theater

**\*\*Please note children  
must be accompanied  
by an adult\*\***

We will provide pizza in the  
mezzanine, please note snacks are  
not permitted inside the lecture  
theater.

Family Support will be on hand if  
needed.

Please register by clicking the link  
or scanning the QR Code below



Allyson - 250-378-2771  
allyson.sterling@scwexmx.com





# Men's Group



## MEN'S GROUP BREAKFAST

**SATURDAY - AUGUST 24, 2024**

**9-11 am | Nana's Hitch'n Post**

Come and join the Nicola Valley Men's Group Buffet Breakfast at Nana's Hitch'n Post restaurant in Lower Nicola. Seating available for 25-30 participants, click the link provided to register or scan the QR code below.



*Register Now*

Questions? Call SCFSS (250) 378-2771



Upper Nicola

LOWER NICOLA INDIAN BAND



## YOUTH TEAM - UPDATES

July was a very successful month for our youth who participated in the Stay Safe and Babysitting Course on July 9th and July 11th! The two-day course was a great success, both courses were attended at max capacity, and we are pleased to announce everyone passed and obtained their certificates.

The intention of hosting this training opportunity is to provide opportunities for growth for our youth as this aligns with our vision: "We work collectively to exercise n̄e?kepmx and sylĭ inherent rights as we empower children, young people and families." We believe holding these types of learning opportunities empowers our younger generations towards supporting healthy children, healthy families and healthy communities.

The Stay Safe Training course trains children in how to stay safe in real world scenarios and how to respond to challenges with a big emphasis on First Aid. The courses included training on the following:

- Importance of responsibility and respect while being accountable for yourself.
- Importance of setting and following rules around safety when staying on your own.
- How to stay safe at home and within the community.
- How to prepare, recognize and respond to unexpected situations, (i.e. inclement weather, strangers, unanticipated visits)
- First Aid Content:
  - Check, Call, Care (includes phoning EMS/911), recovery position, conscious choking (adult/child/alone), feeling unwell, asthma (includes use of inhaler and spacer), anaphylaxis (includes use of EpiPen), poisoning, insect stings, wound care (i.e. minor cuts and scrapes, splinters, nosebleeds, bumps and bruises, life-threatening bleeding, burns).

One of the attendees' mothers had this to say about the instructor, "The instructor was amazing, my children really enjoyed her." One of the SCF Child Team Staff also had good things to say about the instructor, "The instructor was really good with the classroom and works well with the children".

Some of the benefits of this program are learning life-long skills, obtaining certificates and training, as well as a chance to earn income from future babysitting opportunities.

We would like to thank all the attendees for participating in this course, and we look forward to hosting more opportunities for our youth in the future.





## COMMUNITY LEARNING CENTRE (CLC) BBQ JUNE 20, 2024

Lunch and Learn at CLC gives students a chance to plan for their future, practice making decisions, and learn self-advocacy. Life skills give students an opportunity to prepare them with the necessary life skills and resources prior to graduating and leaving their learning environments as young adults.

Life skills are based on executive functions; they bring together our social, emotional and cognitive capacities to problem solve and achieve goals. Studies have found they are critical to success in school and life. Scw'exmx Child & Family developed the Lunch & Learn program coordinates cultural teachings, employment readiness, cooking classes, health workshops, language lessons and more.

End of the year celebrations were held at CLC to recognize the students' accomplishments for the year with a gift and certificate.

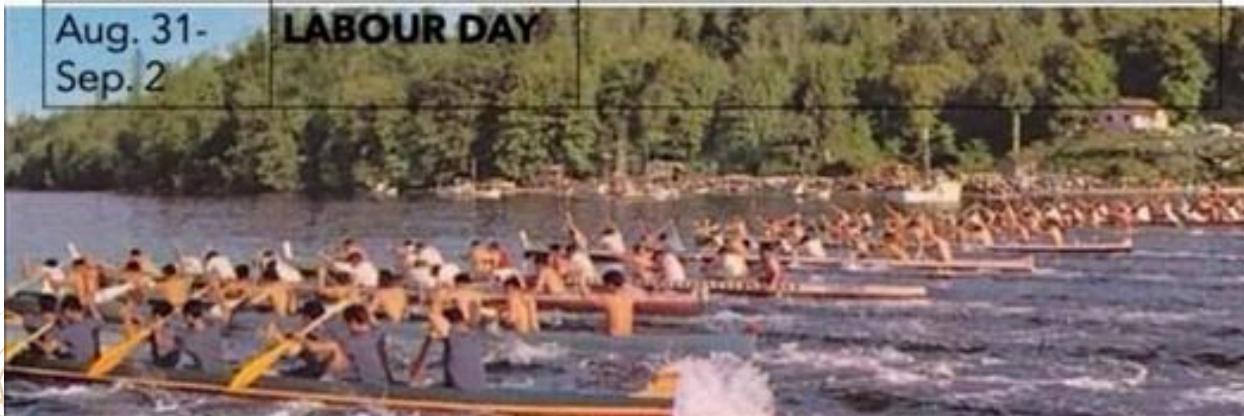


Shay Lee Jack, Youth Transition Program Coordinator

# 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 <sup>th</sup>	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	Snuwnuwus	Nanoose Bay, BC (Van Island)
Aug. 22-25	Makah Days	Neah Bay, WA
Aug. 31- Sep. 2	<b>LABOUR DAY</b>	





# INTERNATIONAL OVERDOSE AWARENESS DAY EVENT

Wednesday, August 28

10:00 AM to 2:00 PM

**Spirit Square**

2012 Granite Avenue  
Merritt, BC

YOU'RE NOT ALONE.  
**TOGETHER  
WE CAN.**

Join us for an event to raise awareness about overdose, to promote education around Naloxone and to learn about available support in the community.

People with lived experience will share stories, there will be live music, refreshments, and opportunities to engage with service providers.



International Overdose  
Awareness Day

**#END OVERDOSE**





## Prenatal Health and Your Baby

Did you know that having a healthy pregnancy and baby actually starts before you get pregnant? Taking care of yourself when you're thinking about becoming pregnant is important. Some things to consider:

- Eat healthy foods and get regular exercise. [Canada's Food Guide](#) offers tips and advice for healthy eating at all stages of life.
- Aim for at least 30 minutes of moderate exercise, 5 days a week.
- Make sure your vaccines are up-to-date. Check with your doctor to ensure you are properly protected against illnesses like rubella, chickenpox, influenza and COVID-19. Getting flu and COVID-19 shots are especially important for pregnant women, who are at higher risk for complications of the diseases. Getting these vaccines will help protect your baby.
- Talk to your doctor about any prescription drugs you are taking to find out whether they are safe during pregnancy.

## Vitamins before pregnancy

If you are planning to get pregnant, you should be taking folic acid. Folic acid (also called folate or folacin) is a vitamin that helps a baby's neural tube develop properly during pregnancy. The neural tube becomes your baby's brain and spinal cord.

- Although certain foods (fortified grains, spinach, lentils, chickpeas, asparagus, broccoli, peas, Brussels sprouts, corn, and oranges) have folic acid, it can be hard to get enough from diet alone.
- Most healthy women should take a daily multivitamin with 0.4-1.0 mg of folic acid, for at least 2 to 3 months before getting pregnant, throughout pregnancy, and then after birth for as long as they breastfeed.
- Some women may need a higher daily supplement. Talk to your health care provider if you aren't sure how much you should take.

## Vitamins during pregnancy

- You should take a multivitamin during pregnancy that includes between 16 and 20 mg of iron.
- You should also take vitamin D. If you are pregnant, talk to your doctor about whether a supplement of up to 2000 IU/day is right for you. Not getting enough vitamin D during pregnancy will affect how much vitamin D your baby has at birth. A baby born to a mother who is vitamin D deficient is more likely to have vitamin D deficiency (which could lead to rickets, a bone abnormality).
- Cow's milk, margarine and some soy beverages produced in Canada are fortified with vitamin D. Even if you use these products, you may still not be getting enough vitamin D, especially if you aren't getting much exposure to sunlight or your skin is covered much of the time outside.





## How much weight should I gain during my pregnancy?

- Weight gain is an important part of supporting your growing baby and placenta, which provides your baby with the nutrients he needs. Women who gain the recommended amount of weight during pregnancy have fewer complications that can lead to things like caesarean section, high blood pressure, gestational diabetes, and low or high birth weight for your baby.

## How much should I eat during pregnancy?

Your baby is counting on you to provide all the nutrients they need to grow healthy and strong. Making smart choices about food will help you both stay healthy during and after pregnancy. Canada's Food Guide suggests how much you should eat from each food group.

## Is there anything I should avoid consuming while pregnant?

- NO amount of alcohol is considered safe during pregnancy.
- Doctors recommend that you not use cannabis if pregnant. Studies show that cannabis use during pregnancy can harm your baby.
- Fish with higher levels of mercury (such as shark, swordfish and fresh or frozen tuna) should be avoided, because mercury can harm a developing baby.
- Health Canada advises women who are or may become pregnant as well as breastfeeding women to limit their intake of canned albacore tuna to no more than 300 grams (10 ounces) per week. Pregnant women (and all others) do not have to limit the amount they eat of canned light tuna, which contains other species of tuna such as skipjack, yellowfin, and tongol, which are low in mercury.
- Raw fish (especially shellfish such as oysters and clams), which may contain bacteria or parasites that can make you sick.
- Limit caffeine. Consider cutting it out of your diet completely while pregnant.
- Unpasteurized milk, cheese, and dairy products
- Soft cheeses (like Brie or Camembert), even if pasteurized.
- Uncooked hot dogs, non-dried deli-meats, refrigerated pâté, meat spreads and refrigerated smoked seafood and fish are all associated with an increased risk of food poisoning
- Raw egg, egg dishes with runny yolk (e.g. eggnog)
- Raw or undercooked meat or poultry
- Unpasteurized juices like apple cider
- Raw sprouts
- Certain herbs (e.g., aloe, black and blue cohosh, coltsfoot, comfrey, dong quai, evening primrose oil, lemon balm)

Article shared from [caringforkids.cps.ca](https://caringforkids.cps.ca) scan the QR code for more info!





# 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**

- Community Services Team Lead
- Community Prevention Worker
- Prevention Advisor
- Family Wellness Team Lead
- Delegated Advisor
- Culture and Language Teacher

\*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: [opportunities@scwexmx.com](mailto:opportunities@scwexmx.com)





# LOCAL TRAINING OPPORTUNITIES

**NEW COURSES RELEASED!**  
REGISTER TODAY

FOR MORE INFORMATION, VISIT OUR WEBSITE  
[nvit.ca/continuingstudies.htm](http://nvit.ca/continuingstudies.htm)

Download the registration form now!

**NICOLA VALLEY INSTITUTE OF TECHNOLOGY NVIT**

**Standard First Aid with CPR 'C'**  
8:30 AM - 4:30 PM | Merritt Campus  
August 28 - 29, 2024  
(2 days, Wednesday - Thursday)  
Registration Deadline: August 14th, 2024

**Basic First Aid**  
8:30 AM - 4:30 PM | Merritt Campus  
Friday, September 20, 2024  
Wednesday, October 16, 2024  
Friday, November 22, 2024  
Wednesday, December 11, 2024

**Advance First Aid**  
8:30 AM - 4:30 PM | Merritt Campus  
October 28 - November 8, 2024  
(2 weeks, Monday - Friday)  
Registration Deadline: October 15th, 2024

**NICOLA VALLEY INSTITUTE OF TECHNOLOGY NVIT**

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[nvit.ca](http://nvit.ca) | [info@nvit.ca](mailto:info@nvit.ca) | 1.877.682.3300

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

# CNA Member Development Program Application

We are thrilled to announce three positions available under the CNA Member Development Program.

These positions are designed to be tailored to the interests of the individual members selected, providing valuable experience in up to four different departments of their choice. It's a chance to learn and grow professionally, regardless of age or experience.

The program will run for 12 weeks, at 20 hours per week



Scan the QR code to apply or visit the link: <https://forms.office.com/r/jywBKh6VaR>

SCAN HERE

If you have any questions, concerns or issues with the application process:

Please contact [HR@cna-trust.ca](mailto:HR@cna-trust.ca) with the subject line "CNA Member Development Program Application Help"

or  
Call the CNA office at 250-378-1864



## 2024 LANGUAGE AND CULTURE móq'wix AND ANNUAL CNA MEETING: SEPTEMBER 27-29, 2024

### Language and Culture móq'wix


September 27-29, 2024

Merritt Civic Centre



Scan the QR code, or visit our website, to view current callouts and conference information!

The móq'wix (Gathering) 2024 Language & Culture Conference is dedicated to revitalizing nleʔkepmxcín and nleʔk'épmx Culture. Over three days, Knowledge keepers from across the Nation will share their wisdom with all generations present. The event serves as a platform to showcase revitalization programs throughout the territory, fostering networking and resource sharing. Workshops, keynote speakers, cultural activities, and various engaging events centered on language and culture will enrich the experience. Participants will also shape future planning and raise awareness within the community.

 All are welcome at this event!

### Annual CNA Meeting (ACM)

September 29, 2024

Merritt Civic Centre



The 2024 Annual Community Meeting (ACM) offers members of the 8 Participating Bands an opportunity to delve into the comprehensive work undertaken by the CNA. This includes efforts in language and cultural preservation, mining and regulatory engagement, territorial stewardship, and more. Participants can expect a day filled with informative presentations, interactive booths from each department, and the chance to ask questions directly. K'én T'em Limited Partnership, the CNA's for-profit corporation dedicated to fostering economic opportunities for membership, will also be showcased providing insights and opportunities for engagement. The event will feature a meal, entertainment, door prizes, and activities designed to celebrate and strengthen the community's unity and vision.

 Open to CNA members only.

For updated information, check our website at [www.cna-trust.ca/languageconference.htm](http://www.cna-trust.ca/languageconference.htm)

nleʔkepmxcín Department  
[language@cna-trust.ca](mailto:language@cna-trust.ca)  
[www.cna-trust.ca](http://www.cna-trust.ca)

Communications and  
Engagement Department  
[communications@cna-trust.ca](mailto:communications@cna-trust.ca)

2025 Granite Ave.  
P.O. Box 618  
Merritt, BC V1K 1B8  
Ph: (250) 378-1864

# CALL FOR INDIGENOUS ARTISTS

National Day for Truth and Reconciliation and Orange Shirt Day Edition

Teck is looking to commission artwork designs that represent National Day for Truth and Reconciliation and Orange Shirt Day. To learn more about this opportunity, please email [VHOIndigenousRelations@teck.com](mailto:VHOIndigenousRelations@teck.com).



### Call for Catering Bids

Catering bids are now being accepted by the Lower Nicola Indian Band for the **LNIB Community Services - Back to School Wellness Day, August 28th**

- Lunch for approximately for 300 – Served at 12:00 pm
- Cost estimates for guaranteed people including plates, utensils, napkins, cups, condiments.
- Caterer to ensure that acceptable number of crew has Food Safe Certificates.
- Ability to serve meal on time.
- 50% of bid could be advanced to successful bid to assist with preparation.
- Responsible to clean-up tables, garbage, responsible for full organization for entirety of meal preparation (shopping, serving, recruiting helpers)
- Lowest bid may/may not be considered.

Deadline for bid is **August 19th, 2024**, by noon and the successful candidate will be notified.

Submit your bids to: Bridget LaBelle at LNIB Community Services, 230 Hwy 8 in person or email [bridget.labelle@lnib.net](mailto:bridget.labelle@lnib.net) or call (250) 378-5157 for more information.

NLAKA'PAMUX HEALTH SERVICES SOCIETY

## CALL OUT Orange Shirt Pins

WE ARE CURRENTLY SEEING LOCALS NLAKA'PAMUX ARTISTS WHO HAVE BEADED ORANGE SHIRT PINS IN STOCK.

IF YOU ARE INTERESTED PLEASE CONTACT: JULIA MUNRO FOR MORE INFORMATION BY 12:00 AUGUST 19, 2024

Questions or to learn more, contact:  
Julia Munro, Wellness Coordinator  
(c) 250-280-0078  
(o) 250-378-9772  
(e) [munro.j@nlxfn.com](mailto:munro.j@nlxfn.com)



Merritt Office:  
2088 Quilchena Ave  
Lytton Office:  
888 McIntyre Rd

Phone: 250-378-9772  
Fax: 250-378-0283  
Email: [merritt@nlxfn.com](mailto:merritt@nlxfn.com)  
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## FUNDING OPPORTUNITIES

The Canada Council for the Arts is committed to reaffirming and revitalizing its relationship with First Nations, Inuit and Métis peoples in Canada. The Canada Council believes that an approach that respects First Nations, Inuit and Métis artistic expression, cultural protocols, Indigenous rights and Indigenous worldviews will stimulate First Nations, Inuit and Métis artists, artistic practices, and communities. Creating, Knowing and Sharing acknowledges the cultural sovereignty of Indigenous peoples and respects the concepts of First Nations, Inuit and Métis self-determination.

### Creating

Creating provides support for research, production, and creation of new works of art. The Canada Council acknowledges the depth and breadth of First Nations, Inuit and Métis artistic and creative production in customary as well as contemporary milieus.

### Knowing

Knowing provides support for the retention, maintenance, innovation and transmittal of cultural knowledge and creative practice. This includes contemporary and historical critical discourse, arts/cultural training and initiatives that seek to pass cultural knowledge to younger generations through artistic practice, and the renewal and maintenance of customary art practices.

### Sharing

Sharing provides support for the dissemination, exhibition, presentation and distribution of works of art by First Nations, Inuit and Métis peoples, which enrich and engage communities in Canada and abroad.

The Canada Council, through this program, affirms the following guiding principles:

- respect Indigenous worldviews, and the rights of Indigenous Peoples, as articulated in the United Nations Declaration on the Rights of Indigenous Peoples (2007)
- support and uphold the principles of reconciliation, articulated through the report of the Truth and Reconciliation Commission of Canada (2015)
- support artistic activities that respect and encourage First Nations, Inuit and Métis cultural self-determination and the vitality of Indigenous artistic practices and communities
- recognize the distinct and unique place of First Nations, Inuit and Métis artists in Canada as creators, interpreters, translators and transmitters of an inherent Indigenous cultural continuity, as well as unique contributions made to Canadian cultural identity
- recognize and support customary and contemporary artistic practices by First Nations, Inuit and Métis artists
- support and develop a Canadian arts landscape that is deeply ingrained with perspectives, voices, stories, struggles and aesthetics of the First Nations, Inuit and Métis Peoples of Canada
- recognize the distinctiveness of the many unique and self-defining First Nations, Inuit and Métis communities in Canada
- recognize a wide variety of artistic and cultural practitioners within First Nations, Inuit and Métis communities

This program supports Indigenous individuals, groups, Indigenous-led arts organizations and arts/cultural sector development organizations that foster a vital and resilient Indigenous arts ecosystem.

First Nations, Inuit and Métis individuals, groups and organizations may apply to Creating, Knowing and Sharing (or to the other 5 Canada Council programs) for funding for artistic and cultural activities. Canada Council stands by Indigenous artists through a variety of programs and initiatives, such as {Re}conciliation. This program functions using a self-determined, Indigenous-centred approach. This means that it will be guided by Indigenous values and worldviews, administered by staff of First Nations, Inuit and Métis heritage, and assessed by First Nations, Inuit and Métis individuals.

Collaborations between Indigenous and non-Indigenous artists, that are led by Indigenous artists/organizations are encouraged and facilitated in Creating, Knowing and Sharing.

<https://canadacouncil.ca/funding/grants/creating-knowing-sharing>

LEARN MORE  
CLICK OR SCAN



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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!



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# Scw'exmx Child & Family Closed for Labour Day



**Monday, September 2, 2024**

**Re-open: September 3, 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

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)



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