

August



Upcoming Community Events

2-5

Coldwater

6-8

Nooaitch

9-11

LNIB

12-16

Shackan

17-19

Upper Nicola

20-24

Urban (Partner Organizations)

25-26

Scw'exmx Child and Family



Scw'exmx
Child & Family

Coldwater Band Upcoming Activities



Weekly Activities	Location	Day of the Week	Times
Girls Group (9+)	Coldwater Health Building	Paused until school resumes	
Kids Gym Night	Coldwater School Gym		
Women's Group	Coldwater Health Building	Biweekly Tuesday	5:30-8pm
Men's Group	Coldwater Health Building	Biweekly Wednesday	6-8pm
After School Drop-in	Coldwater Health Building	Paused until school resumes	

This Month's Activities	Location	Date	Times
Back to School Shopping Trip	Kelowna Westbank	Aug 20, 2025	10 am
Bamboo Panda Dinner & Movie @NVIT	Bamboo Panda & NVIT	Aug 26, 2025	5-8 pm
Back to School Dinner & Dance	Coldwater Band School	Aug 28, 2025	5 pm



SCHSS
SCW'EXMX COMMUNITY
HEALTH SERVICES SOCIETY



Contact

Main office

Phone

250-378-6174

Address

301- 230th Street
Coldwater Reserve #1



Scw'exmx
Child & Family

Coldwater Band Upcoming Activities



Coldwater Women's Group August



2025

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Elders Luncheon	6	7	8	9
10	11	12 Sharing Circle Dinner CW Health 5PM-8PM	13	14	15	16
17	18	19	20	21	22	23
24	25 	26 Bamboo Panda 5pm Movie at NVIT 6:30-8pm 	27	28	29	30
31						

Registration for Dinner and Movie Aug 26 call:
Harmony Williams, Coldwater Community
Prevention Worker SCFSS: 250-378-2771

Coldwater Band Upcoming Activities



back to school

DINNER

+ Dance

BY JERRY THE KARAOKE GUY

August 28, 2025

Celebrate going back to school and come dance, sing and be with the community!

Door Prizes!

Coldwater School!
5:00 PM - Dinner
6:30 PM - Dance

Questions?
Call Val or Tania
250-378-6174

Back to School SHOPPING DAY TRIP

Westbank (August 20, 2025)

Agenda

Kelowna Beach (10:00 AM - 12:30 PM)
Then shopping after.

Sign up with Velma Collins or Tania Stewart at the Band Office!
Phone: 250-378-6174

Contact Stephannie Archie (Education Coordinator) for the school startup allowance for the day trip!

Our Missions Statement is 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.

COLDWATER WOULD LIKE TO INTRODUCE

SNUK^wE? SECURITY INC.

PROTECTING OUR PEOPLE, SECURING OUR LANDS

Starting July 4, 2025
Phone number to be announced

We are proud to announce the transformation of our security company into SnuK^we? Security Inc., reinforcing our commitment to safeguarding our land and community.

JOIN US IN WELCOMING ROBERT MOSES JR., a dedicated community member and experienced protector.

As the owner of SnuK^we? Security Inc., Robert returns with renewed dedication to ensuring the safety and security of our people.

CONGRATULATIONS ROBERT!

We look forward to working with you!



Coldwater Summer Program

Starting July 29, 2025, we will be running Coldwater Kids/youth Summer Day Program. This is for ages 6 - 18 years old.

Place: Coldwater Health Center (on the reserve)

Days: Tuesdays, Wednesday & Thursdays

Time: 10:00am - 3:00pm

Lunch and snacks will be provided.
(please bring own water bottles)

If need more information contact Lucy Henry - Youth Development/Recreation Worker @ 250-280-5489

Coldwater Band Upcoming Activities



Coldwater Indian Band - August 2025 - Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2 Farmers Market Merritt
3 National Watermelon Day	4 BC DAY	5 Coldwater Summer Program	6 Coldwater Summer Program	7 Coldwater Summer Program	8	9 Farmers Market Merritt
10 National S'mores Day	11 Meetings with Vice Chief Cheryl Rule	12 Coldwater Summer Program	13 Coldwater Summer Program	14 Coldwater Summer Program	15	16 Farmers Market Merritt
17	18	19 Coldwater Summer Program	20 Back to School Shopping Day Trip Coldwater Summer Program	21 Coldwater Summer Program	22	23 Farmers Market Merritt
24	25	26	27	28 Dance, Dinner and Karaoke	29 Nicola Valley Fall Fair and Rodeo	30 Nicola Valley Fall Fair and Rodeo Farmers Market Merritt
31 Nicola Valley Fall Fair and Rodeo	1	2	3	4	5	6

Nooaitch Band Upcoming Activities



Weekly Activities	Location	Day of the Week	Times
Youth Drop In (ages 6+) Join us for crafts, games and snacks after school!	SCHSS Satelite Office (Across from Band Hall)	Tuesday	1-3pm Parents please pick up from the SCHSS Satelite Office!
Youth Swim	Nicola Valley Aquatic Centre	Thursday	1-3pm

**Check Sha-Noo Facebook group for changes*

Monthly Activities	Location	Date	Times
Language & Culture Camp	Chicken House & Red Ranch	Aug 12-14, 2025	Full Days
Vancouver PNE Fair & Playland & Back to School	Vancouver, BC	Aug 30-31, 2025	1-3pm Parents please pick up from the SCHSS Satelite Office!

Contact Name

Darlene Rodominski
(SCHSS)

Band Office

Phone

250-378-2300

250-378-6141

Location

SCHSS Satelite office
(across from the Band Hall)

2954 Shackelly Road

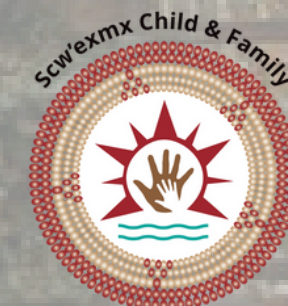


SCHSS
SCW'EXMX COMMUNITY
HEALTH SERVICES SOCIETY



Scw'exmx
Child & Family

Nooaitch Band Upcoming Activities



VANCOUVER PNE FAIR & PLAYLAND BACK-TO-SCHOOL TRIP

AUGUST 30 - 31 2025

PICK A DATE: AUG 30TH (SAT) OR 31ST (SUN)

- TICKETS AVAILABLE FOR BAND MEMBERS ON & OFF RESERVE
- TRANSPORTATION WILL **NOT** BE AVAILABLE, WE WILL PROVIDE GAS CARDS & A PARKING PASS PER-FAMILY

DEADLINE: JULY 15 2025 - NOON

shanice.shackelly@nooaitchband.ca
reception@nooaitchband.ca



WITH DARLENE RODMINSKI

DROP IN

THURSDAYS
JULY 3RD FROM
2:30PM - 4:30
PM

WHOES COMING




LANGUAGE & CULTURE CAMP

AUGUST 12-14, 2025
CHICKEN HOUSE & RED RANCH

PLEASE EMAIL OR COMMENT FOR REGISTRATION

sebastian.dexel@nooaitchband.ca



Citxw Nlaka'pamux Assembly x'wox'wstntemne ks kencin "We want to help you"

We invite you to join us for our 2025 CNA Open Houses



Nooaitch Band Hall
August 6th 2025 4pm-8pm

These events provide a valuable opportunity to ask questions and gain insights about the Citxw Nlaka'pamux Assembly. We are also excited to have K'en T'em and Cantex joining us to also provide information to our Community Members



Participate in our Open Houses for a chance to win some of these amazing prizes!

For any questions or concerns, contact us at 250-378-1864 or email us at kphillips@cna-trust.ca



Nooaitch Band Upcoming Activities



Nooaitch Language and Culture Camp 2025



Dates: August 12th, 13th and 14th

Your Invited!

This is a family-friendly event and an excellent opportunity to learn together as a community.

Day 2 Agenda

Wednesday August 13th

9:00-10:00

- Morning Prayer
- Registration & Continental Breakfast

10:00-12:00

- Session A: Salmon Workshop - Learn to cut, prepare & fillet Salmon
- Session B: Pictograph painting

10:30-12:00

- Special Lunch for Elders - Fish Head & Fish Egg Soup

12:00-1:00 - Lunch

1:00-3:00

- Session A: Exploring Nłe?kepmxcín Names for Band Properties with Vonnet Hall
- Session B: Beading Workshop

3:00-5:00

- Song Making with Leo Charlie

6:00 - Dinner

7:00

- Hand Drumming, Berry Dance & Storytelling

Day 1 Agenda

Tuesday, August 12th

9:00-10:00

- Morning Prayer
- Registration and Continental Breakfast

9:00-11:00

- Women's Sweat Lodge - Brian's Lodge

10:00-12:00

- Language Immersion Session

12:00-1:00 - Lunch

1:00-3:00

- Medicine walk
- Men's Sweat Lodge - Brian's Lodge

3:00-5:00

- Language Bingo

5:00 - Dinner

Note for Families: We encourage families to attend the camp together and share in the language learning and cultural activities. Children ages 0-11 must attend and remain with a parent or guardian.

For Children 12 and older, we will provide supervised child-minding during the day. They may be dropped off at 9:00 AM and picked up at 4:00PM each day. Evening events are open to everyone, and we welcome parents or guardians to join their children for these special cultural activities.

Day 3 Agenda

Thursday August 14th

9:00-10:00

- Morning Prayer
- Registration & Continental Breakfast

10:00-12:00

- Session A: Beading Workshop
- Session B: Language Immersion Session

12:00-1:00 - Lunch

1:00-3:00

- Language Lesson with June Shackelly & Andrew Dixel

3:00-5:00

- Song Making with Leo Charlie

5:15

- Door Prizes

6:00 - Dinner

7:00

- Hand Drumming, Berry Dance & Storytelling



Lower Nicola Band Upcoming Activities



Weekly Activities	Location	Day of the Week	Times
Youth Activities	Varies (See attached schedule)	Mon-Fri	11-3pm

*See Attached Monthly Recreation Calendar

Monthly Activities	Location	Date	Times
LNIB Education Summer Activities	LNIB Band School	July 14-August 15	TBD
Youth Summer Time Fun	Splash BC Waterpark, Kelowna, BC	Aug 6, 2025	9 am



**LOWER NICOLA
INDIAN BAND**

Contact

Health Centre

Phone

250-378-5157

Location

230 Hwy 8 West



Scw'exmx
Child & Family

Lower Nicola Band Upcoming Activities



**LOWER NICOLA
INDIAN BAND**



FIRST NATIONS CHILD AND FAMILY SERVICES AND JORDAN'S PRINCIPLE SETTLEMENT

Pre-registration required –
limited space available!
Dinner will be provided

Join us for an educational
session on the Jordan's Principle
Settlement – free of charge.

What You'll Learn:

- Free overview of the Jordan's Principle Settlement and eligibility
- How to submit a claim for compensation
- Q&A with Claims Helper: questions from the community answered

Discussion on:

- Removed Child Family Class (Jan 1, 2006 – Mar 31, 2022)
- Removed Child Class (Apr 1, 1999 – Mar 31, 2022)

**AUGUST
21**

4PM – 7PM

**Rocky Pines
Community
Centre**

250-378-5157

Speak to Aly Ledene



REGISTER NOW



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

To learn more about the settlement, visit www.FNChildClaims.ca
Contact the Administrator at 1-833-852-0755 for information or to be connected
with a Claims Helper

GOLD PANNING

with Kim
and Connie

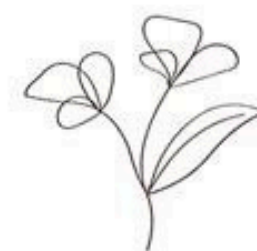
On Thursday August 14th, 2025

At Petit Creek

For youth ages 7-18

- Leaving Health Centre at 9 AM
- Leaving Petit Creek by 2:30 PM, to be returning by 3:30 PM
- Youth can bring own supplies if they have it
- Lunch and snack will be provided
- Please wear appropriate clothing - Hat, waters shoes, sandals, and please bring a towel
- Bring sunscreen
- Please call ASAP, as spots are limited

Contact Connie Moojelski @
(236) - 259 - 2687



Hair cuts by Amanda Shuter

August 14th

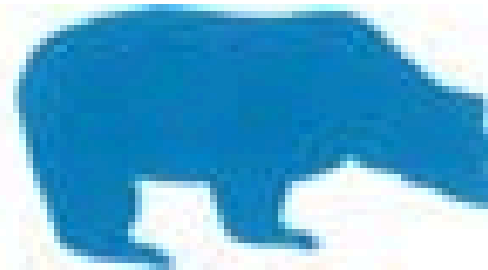
From 10am - 4pm

CONTACT HAIDYN CLARK AT THE
HEALTH CENTRE TO SIGN UP
@ 250 -378 - 5157



**LOWER NICOLA
INDIAN BAND**

Lower Nicola Band Upcoming Activities



LOWER NICOLA INDIAN BAND

LNIB Sponsored Driving Lessons

The Lessons:

- An application must be submitted to Darcie.debruyne@lnib.net and approved before any bookings can be made.
- The Lower Nicola Indian Band will sponsor LNIB Members for 8 Driving Lessons, a rental car, if needed, and road test fees.
- Members will be responsible for booking their lesson times through Citxw Nlaka'pamux Assembly
- After being approved, contact CNA Employment & Training to book your lessons. (250) 378-1864 administration@cna-trust.ca

Requirements:



- Have a valid Learners License
- Have Parent or Guardian consent unless of legal age.
- Fill out an application to be approved.
- Be on time for all lessons.
- Lateness will not be tolerated as it affects everyone that follows you. If you have a cough, fever, not feeling well or are exhibiting other suspicious symptoms please stay home and notify the instructor as soon as possible.

For more info contact
Darcie DeBruyne
Employment Coordinator
Economic Development
Darcie.debruyne@lnb.net
236-575-2119

Shackan (sxéxn'x) Upcoming Activities



Weekly Activities	Location	Day of the Week	Times
Youth Drop In (ages 6+)	SCHSS Satelite Office (Across from Band Hall)	Tuesday	1-3 pm Parents please pick up from the SCHSS Satelite Office!
Youth Swim	Nicola Valley Aquatic Centre	Thursday	1-3 pm

*Check Sha-Noo Facebook group for changes

Monthly Activities	Location	Date	Times
Culture Camp	TBD	Aug 21-22, 2025	TBD
BC Elder's Gathering	Vancouver, BC	Aug 25-28, 2025	Full Days
Stress & Your Health	Shackan Band Hall	August 27, 2025	1 - 3 pm
Sewing Drop In	Níkseytknhetx ^w Building	August 29, 2025	TBD

*See attached calendar



SCHSS
SCW'EXMX COMMUNITY
HEALTH SERVICES SOCIETY



Contact Name
Community Wellness
Team
Darlene Rodominski
(SCHSS)

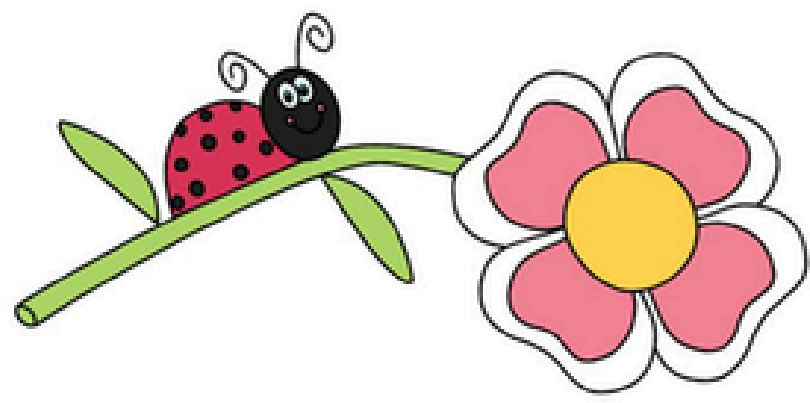
Phone
(250) 378-5410
250-378-2300

Location
Community Wellness Building
SCHSS Satelite office
(across from the Band Hall)



Scw'exmx
Child & Family

Shackan (sxéxn'x) Upcoming Activities



Weekly Reminders:

Monday August 4th, 2025 – Shackan Indian Band
Office closed for BC DAY

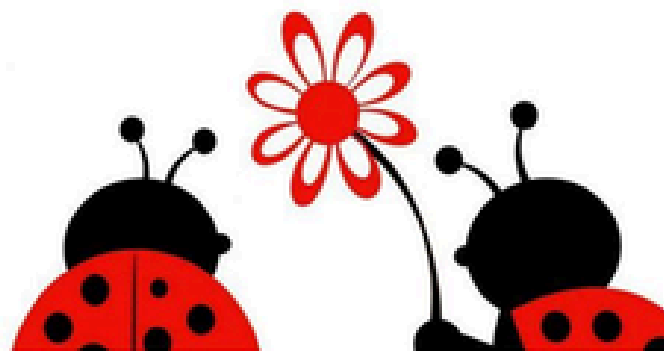
Tuesday August 5th, 2025 – Drop in at the
NKseytknhetx^w Building (Wellness Building on Sage
Way)

Wednesday August 6th, 2025 – Elders Dinner at the
Hall 5 – 7pm – Collaboration and share a meal.
Information about the Elders Gathering will be shared.

Thursday August 7th, 2025 – Gathering with the
Culture Team at Scw'exmx Child and Family Team –
Location and Time will be shared before this date.
Please call the Wellness Team if you would like to join!

Friday August 8th, 2025 - Drop in at the NKseytknhetx^w
Building (Wellness Building on Sage Way)

Wellness Team: Haylee Genaille
Zachary Woodcock
Adrienne Johnny
Phone 250-378-6074
Main Office 250-378-5410



Septic Tank Cleaning

MarKing is coming to the
Shackan Community
to perform septic cleaning.
Home Owners - If this is a
service you need please reach
out to MarKing via Phone call to
set your time. Please note this is
at home owners expense.
Cost per tank is **180\$**
MarKing # (250) 315-3055



Public Health VENDING MACHINE

We are excited to announce Shackan has
acquired a public health vending machine
to supply free, essential items to
community members. The vending
machine is located outside of the band hall
and will be accessible 24/7

Some items include:

- Health items
- Naloxone
- Snacks
- Hygiene products

Please only take what you need from the vending
machine so all members have equal access to supplies

A special thank you to First Nations Health Authority for
funding this project

Questions: Haylee Genaille -250-378-5410



Shackan (sxéxn'x) Upcoming Activities



In partnership with SCFSS, CNA, NHSS & SCHSS



SXÉXN'X

ANNUAL CULTURE CAMP

AUGUST 21 & 22, 2025

**8050 SURREY SUSSEX LAKE
RD. (CNA RESORT)**

Join us for two fun filled days of learning, activities,
fishing, and enjoying each others company

Please let the Community Wellness team know if
you will be needing a ride by August 14, 2025

Please see daily schedules for more information

**TRAVEL, MORNING SNACK, &
LUNCH PROVIDED**

COMMUNITY WELLNESS: 250-378-6074

DAY 1: SCHEDULE

8:30 AM: PICK UP IN SHACKAN
9:40AM: ARRIVE AT SITE
**10:00AM: COPPER ETCHING
JEWELRY MAKING**
12:00PM: LUNCH TIME
1:00PM: LANGUAGE UNO & BINGO
2:30: PACK UP/LEAVE SITE
3:40: ARRIVE BACK IN SHACKAN

**ALL DAY:
FISHING DERBY
SWIMMING
KIDS ACTIVITIES**



SXÉXN'X CULTURE CAMP 2025

DAY 2: SCHEDULE

8:30 AM: PICK UP IN SHACKAN
9:40AM: ARRIVE AT SITE
10:00AM: SOAPSTONE CARVING
12:00PM: LUNCH TIME
1:00PM: BEADING: ADULTS & KIDS
2:30: PACK UP/LEAVE SITE
3:40: ARRIVE BACK IN SHACKAN

**ALL DAY:
FISHING DERBY
SWIMMING
KIDS ACTIVITIES**



SXÉXN'X CULTURE CAMP 2025

Shackan (sxéxn'x) Upcoming Activities



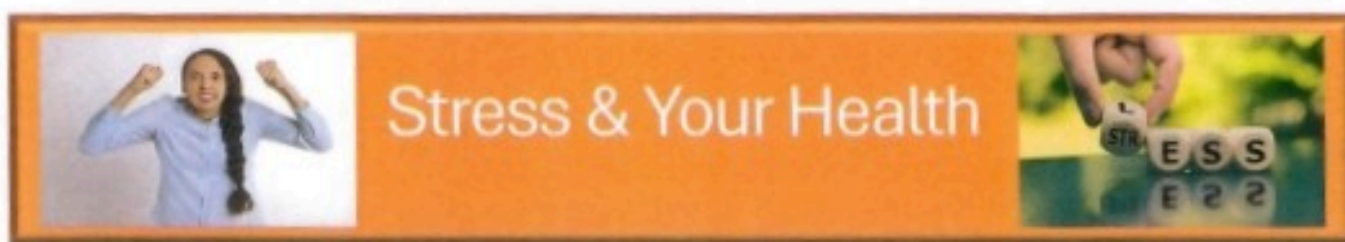
Monthly Dinner

JOIN US FOR SHACKAN'S MONTHLY DINNER

July 31, 2025
5-7pm

Shackan Band Hall

DOOR PRIZES & DINNER



You are invited to join us to discuss the topic of

Stress

and how it impacts our overall health.

Discussion will include:

- ✓ What are the *sources of stress*
- ✓ Identifying *symptoms of stress*
- ✓ Tips that *reduce stress*

Discussion will be followed by a hands-on



Aromatherapy
Activity



Ages 16+ Space is limited to 20

When: Wednesday August 27, 1:00 – 3:00

Where: Shackan Band Hall

With: Nlaka'pamux Health Services

Please contact **Julia Munro, Wellness Coordinator** to reserve a spot @ 250-280-0078



BACK TO SCHOOL

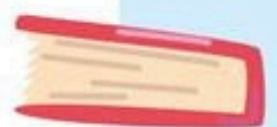
SCHOOL SUPPLIES

Parents of Shackan children, please reach out to Haylee for school supply support

CLOTHING ALLOWANCE

Shackan will be providing each K-12 student with a \$150 gift card for back to school clothing

EDUCATION@SHACKAN.CA



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

Information Session

Claims Helpers are available to help you complete your Claim for compensation in the First Nations Child and Family Services and Jordan's Principle Settlement.

Join Claims Helpers for a free information session to learn about the Settlement, eligibility, and how to submit a Claim for compensation.

Date: September 3, 2025
Time: 1 pm
Location: Community Wellness Building
4986 Sage Way

To register for the session, contact:

Please RSVP with Haylee at 250-378-5410 or socialdevelopment@shackan.ca

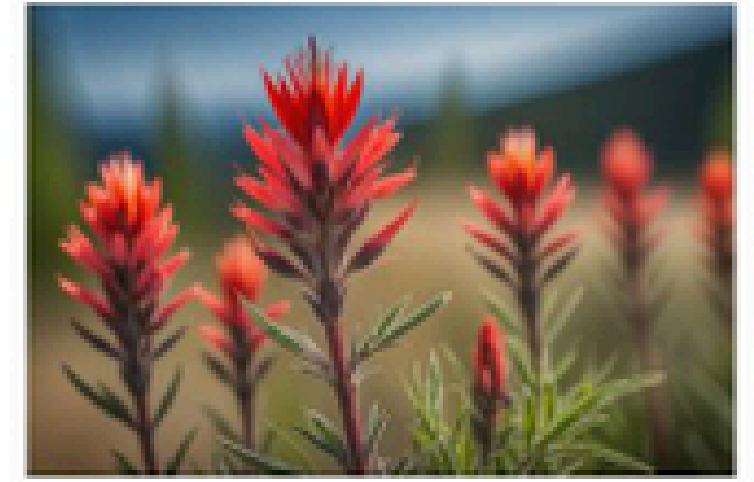
To learn more about the Settlement, visit www.FNChildClaims.ca.

Contact the Administrator at 1-833-852-0755 for information or to be connected with a Claims Helper.

Shackan (sxéxn'x) Upcoming Activities



August 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 BC Day Office Closed	5	6 Elders Dinner At the Hall 5 – 7pm	7 Gathering Tbd	8	9
10	11 Sewing Drop In at the Nkseytknhetx ^w Building	12	13 CNA Employment Support 10:00am – 12:00PM at Hall	14 Gathering Tbd	15	16
17	18 Gathering Tbd	19	20 Play group 11-1:00pm At the Nkseytknhetx ^w Building	21 Cultural Camp Tentative with Details to come on a poster	22 Cultural Camp Tentative with Details to come on a poster	23
24	25 BC Elders Gathering – Vancouver *Deadline to sign up August 8 th , 2025	26 BC Elders Gathering - Vancouver *Deadline to sign up August 8 th , 2025	27 BC Elders Gathering – Vancouver *Deadline to sign up August 8 th , 2025	28 BC Elders Gathering – Vancouver *Deadline to sign up August 8 th , 2025	29 Sewing Drop In at the Nkseytknhetx ^w Building	30



All activities can change and cancel due to certain Circumstances.

For more information, please contact the Community Wellness Team

250-378-6074 and or the Main Band Office 250-378-5410



Upper Nicola Band Upcoming Activities



Monthly Activities	Location	Date	Time
Nicola Valley Indigenous Youth Hockey Camp	Merritt Nicola Valley Arena	Aug 15-17	Full Days
Annual Elders Gathering - Vancouver	Vancouver	Aug 26-27	Full Days
Youth Fundraiser Golf Tournament	Sagebrush Golf Course	Aug 28	8 am



Upper Nicola

Contact

Main office

Phone

250-350-3342



Scw'exmx
Child & Family

Upper Nicola Band Upcoming Activities



stxatq snpluxtn
Upper Nicola

HUCKLEBERRY CAMP

August 5,6,7,8th, 2025
Location: Manning Park 'Last Resort

LIMITED REGISTRATION FOR ACCOMODATION AND TRANSPORTATION

EVENING ACTIVITIES:

- PROCESSING & CANNING
- KNOWLEDGE SHARING
- BEADING & WEAVING AND MORE

MEALS PROVIDED
To Register Contact:
TRISH MAUEL
@(250) 575-4907 or
syilx3@uppernicola.com

Registration forms @ Band office,
Health office, Kwu Stimtema office

Calling all Upper Nicola Elders!

2025 Annual Elder's Gathering
26 -27 August 2025 at Vancouver BC
(travel days are August 25 and 28)

To Register, please complete the registration form and return to the Health or Band Office.

The deadline to register is July 25, 2025.
Spaces are limited! Register early!

Questions? Please contact:
Emily or Jamilynn - 250-350-3342.



July 1, 2025

Blue/Green Algae Advisory for Nicola Lake

Avoid All Contact



Community members should take these precautions:

- **Avoid all contact** with algae blooms. If contact occurs, wash with tap water as soon as possible.
- **Do not swim** (or allow your pets to swim) in any areas where algae are visible.
- For livestock if algae scum is floating on the water, block access to the affected water and provide another water source for them to drink

Weather and wind conditions can cause algae blooms to move from one location in the lake to another. Given the shifting nature of algae blooms and the ever-changing potential for toxicity from day to day, testing for toxins is not always reliable. Instead, it is safest to assume the blooms may contain toxins and adhere to the precautions.

If you have any questions contact Councillor Brian Holmes
bholmes@uppernicola.com

I-SPARC
Move | Play | Compete
Indigenous Sport, Physical Activity & Recreation Council

Nlakapamux Health Services

Upper Nicola

NICOLA VALLEY INDIGENOUS YOUTH HOCKEY CAMP

- Camp will feature on/off ice training and skill development
- Cultural Activities
- Light food and beverage provided
- Open to all Indigenous Youth (First Nations, Métis & Inuit) ages 6 - 18.
- Door Prize Raffle

Event Inquiries:
Parker Orchard
Sport & Physical Activity Coordinator,
Interior Region
porchard@isparc.ca
250-856-0868
<https://isparcbc.wufoo.com/forms/mpqjizi0aq2a83/>

Nicola Valley Memorial Arena Merrit
AUGUST 15, 16 & 17

FREE TO REGISTER



Upper Nicola Band Upcoming Activities



UPPER NICOLA BAND

Upper Nicola

Upper Nicola

YOUTH FUNDRAISER GOLF TOURNAMENT

FOUR-PERSON TEXAS SCRAMBLE

Join us for the Upper Nicola Band Golf Tournament, a fun filled day of 18 hole of golf, prizes and a dinner

SAGEBRUSH GOLF COURSE



THURSDAY

AUGUST 28TH 2025

Ranked in the **Top 10** in Canada soon after it opened, Sagebrush is a **modern masterpiece**. Wide rambling fairways fit in perfectly with the majesty of the location, with its long valley views and stunning setting overlooking Nicola Lake.

Registration starts at 8:00 AM	\$1,000.00 per team	4 Person Scramble	✓ 18 Holes
Shotgun starts at 10:00 AM	\$250.00 per golfer		✓ Shared Cart
Dinner starts at 4:00 PM			✓ Prizes
			✓ Dinner

Please send the complete registration form and Payment to: Att. Diana Boston

Mail: Upper Nicola Band – General Delivery Douglas Lake, BC V0E 1S0

Fax: 350-3311 or Email: communications@uppernicola.com

E-TRANSFER

payments@uppernicola.com

NO VISA OR MASTERCARD PAYMENT

For more information contact:

Councilor Kevin Ned

kned@uppernicola.com

(250) 215-4612

Diana Boston, Communications Officer

communications@uppernicola.com

(250) 280-3772

Urban/Community Partner Upcoming Activities



The Citxw Nlaka'pamux Assembly

**YOUTH
RESILIENCY
CONFERENCE**

SAVE THE
DATE
SEPTEMBER, 2025

	THURSDAY	
17	18	19

Citxw Nlaka'pamux Assembly

Citxw Nlaka'pamux Assembly

2025 Elders Gathering

August 25 - 28, 2025
Vancouver Convention Centre, East Building
1055 Canada Place, Vancouver BC

Moving Forward Together

Are you an **Elder** who is a member of one of the 8 participating Citxw Nlaka'pamux Assembly bands? **Apply today** to attend the **Elders Gathering** in Vancouver, BC!

Hosted by the **BC Elders Communication Center Society**, the 49th Annual First Nations Elders Gathering stands as a sacred occasion uniting the First Nations communities of British Columbia

To register to attend the Elders Gathering with Citxw Nlaka'pamux Assembly please scan the QR Code provided to fill out our online registration form, or visit forms.office.com/r/r8jjBeKnX5

Food, transportation, and shared accommodations will be provided. Open to CNA Members 55+

For **more information** on this event or assistance with registering please contact us at ajohnny@cna-trust.ca or call our office at **250-378-1864**

Citxw Nlaka'pamux Assembly

SECURITY TRAINING

Citxw Nlaka'pamux Assembly members are fully sponsored every step of the way!

August 25th - 29th, 2025

cítx^w - 1840 Nicola Ave., Merritt, BC

8:30am - 4:30pm

For more information, please contact the Employment and Training Department at: administration@cna-trust.ca or 250-378-1864

Song Making
& Drumming

WITH LEO CHARLIE

Tuesday, August 5th 2025
5:00pm to 7:00pm

Join us weekly, on Tuesdays from 5:00pm-7:00pm

As we explore n̄eʔk̄épmx songs, practice drumming protocols, and how to create your own songs.

Dinner will be provided, and these Song Making and Drumming sessions are open to all n̄eʔk̄épmx!

Leo Charlie is n̄eʔk̄épmx and resides in Idaho

Available via zoom online, scan the QR code! or in person at **cítx^w - 1840 Nicola Ave., Merritt, BC**

For questions please call our office: 250-378-1864 Ask for Teresa or email tstomas@cna-trust.ca

Citxw Nlaka'pamux Assembly

Urban/Community Partner Upcoming Activities



As I Am, Is Enough is a powerful, engaging, healing, and motivational interactive workshop facilitated by Madelaine McCallum.

Through sharing her most fragile moments with participants, Madelaine will share the most fundamental lesson there is to learn: "As I Am, Is Enough."

M
Madelaine
McCallum

**AS I AM,
IS ENOUGH**

SEPTEMBER 4, 2025
9:30AM - 4PM
MERRITT CIVIC CENTRE
REGISTRATION:
May George
george.m@schss.com
250.378.9745



Limited Seats!



SCHSS NEW BUILDING – 1926 Quilchena Ave.
SCHSS WELLBRIETY GROUP
EVERY THURSDAY

Date	Location	Time
August 7, 2025	SCHSS	6:00PM-7:15PM
August 14, 2025	SCHSS	6:00PM-7:15PM
August 21, 2025	SCHSS	6:00PM-7:15PM
August 27, 2025	Coldwater Health Building	5:30PM-8:00PM

If you have any questions or need a ride, please contact:

Christine Provost, Wellness Counsellor
@ (250) 378-9745.

Transportation & Snacks are provided.



SCHSS
SCW'EXMX COMMUNITY
HEALTH SERVICES SOCIETY

Community Pressure Canning Workshops for August

All community members welcome to sign up.

Limited Spots Available.

Coldwater Band Hall: August 6th and 7th, 10 am to 3:30 pm

Nooaitch Band Hall: August 13th, 10 am to 3:30 pm

Shackan Band Hall: August 14th, 10 am to 3:30 pm

You MUST PRE-REGISTER: call Angela at

(Office)250-378-9745

(Cell)250-315-9535 (call or text)



We will provide the canners, ingredients, and jars to make canned fruit/veggies.

Members can bring their own pressure canners and/or fruit if preferred.

Lunch will be provided.

Door Prizes to be won as well!



Urban/Community Partner Upcoming Activities



The Citxw Nlaka'pamux Assembly

Citxw Nlaka'pamux Assembly
x^wox^wstmtemne ks kencin
"We want to help you"

We invite you to join us for our 2025 CNA Open Houses

Shackan Band Hall June 11th, 4pm-8pm	Coldwater Band School June 26th, 4pm-8pm
Nicomen Band Hall July 3rd, 4pm-8pm	Cook's Ferry Gymnasium July 9th, 4pm-8pm
Nooaitch Band Hall August 6th, 4pm-8pm	Boston Bar Longhouse August 12th, 4pm-8pm
Ashcroft Band Hall August 21st, 4pm-8pm	Siska Band Hall August 27th, 4pm-8pm

→ **Participate in our Open Houses for a chance to win some of these amazing prizes!**

For any questions or concerns, contact us at 250-378-1864 or email us at kphillips@cna-trust.ca



TRADITIONAL DRUM MAKING WORKSHOP SPONSORED BY HWY 8 NVPA

Join us for a hands-on drum-making workshop led by Nlaka'pamux knowledge keepers. Participants will craft their own traditional drums while learning about the cultural teachings, stories, & significance behind them. It will be a meaningful day of learning, connection, & cultural sharing. Space is limited so register now!

Drum kit, drum bag, snacks and lunch will be provided

Date: Thursday August 21, 2025
Time: 9:00AM - 4:00PM
Location: Shackan Hall



Contact Lily Shuter for any questions, or to register for the event
 604-312-4914 | lshuter@aecon.com



HWY 8 NVPA BRIDGE NAMING WORKSHOP & BACK TO SCHOOL DINNER

Join us for a legacy signage and bridge naming workshop in conjunction with a back-to-school celebration!

Food, door prizes, and activities for the whole family!

Date: Wednesday August 20, 2025
Time: 4:30 PM - 7:30PM
Location: Nooaitch Band Hall
 2954 Shackelly Road, Merritt



Contact Ryan Malcolm with any questions about the event
 250-258-5550 | rmalcolm@emilanderson.ca

Urban/Community Partner Upcoming Activities



Community Futures



Unlock your Future through Entrepreneurship

A Full Day
Indigenous
Youth
Entrepreneurs
Workshop

Hosted by
Community Futures
Nicola Valley

August 14, 2025 • Merritt, BC

WHAT YOU'LL GAIN For Indigenous Youth Ages 18-39

- ✓ Connect with like-minded youth entrepreneurs
- ✓ Learn from Indigenous mentors and business leaders
- ✓ Explore funding opportunities up to **\$25,000** (includes non-repayable portion, subject to approval)
- ✓ Hands-on workshops and 1-on-1 business coaching
- ✓ Build confidence and community leadership skills

PROGRAM FOCUS Helping You Grow Your Business Vision

This workshop supports Indigenous youth with tools to turn ideas into thriving businesses through:

- ✓ Culturally grounded mentorship
- ✓ Community leadership training
- ✓ Real-world business planning
- ✓ Access to funding, training, and support

A light breakfast and lunch will be provided

Spots Are Limited – Register Now!

One day only!
August 14, 2025
Thursday

NVT: Nicola Valley
Institute of Technology
4155 Belshaw Street • Merritt, BC

Sign up today by contacting
Kearie Joe 250.214.2888
kearie@cfdcfcifn.com

For more information about the IYE program and upcoming workshops: iyp.ca



Indigenous Women in Entrepreneurship – Workshop Merritt, BC

August 15, 2025 9:00 am – 3:00 pm
Nicola Valley Institute of Technology
4155 Belshaw Street, Merritt, BC
Classroom U001

**REGISTER
NOW**

Unlock your entrepreneurial potential with:

- Tools and resources to launch or strengthen your business
- Access to IWE business supports and micro-loans

IWE Workshop Participants will receive:

- Light breakfast and lunch
- Honorarium
- Swag



Contact Trish Donald to register
Business Support Officer

iwe@cfdcfcifn.com OR Tel: 250.828.9727

Urban/Community Partner Upcoming Activities



Other Programs in Community



Nicola Native Lodge Society

2640 Spring Bank Avenue.

Box 188 Merritt B.C. V1K 0C6

Work Phone: (250)-315-1815 Cell Phone: 587-5897909

Email Address: nnlshousingmanager@scwexmxtribal.org

Website: www.scwexmxtribal.org Facebook: [scwexmxtribalcouncil](https://www.facebook.com/scwexmxtribalcouncil)

Job Posting

Janitor Assistant

Nicola Native Lodge Society is seeking a reliable and detail-oriented Janitor to join our team. The successful candidate will be responsible for maintaining a clean safe, and organized environment for staff, tenants and visitors.

Key Responsibilities:

- Clean and sanitize restroom, break rooms, common rooms, laundry facilities, entrances, hallways, Office and stairwells.
- Sweep, mop and vacuum floors.
- Empty trash and recycle bins
- Restock supplies such as soap, paper towel and toilet paper
- Clean windows at entrances, common area, break rooms and stair well windows
- Gather and empty trash cans
- Report any safety hazards or maintenance needs
- Follow health and safety regulations at all times

Position Terms: Part time up to 15 – 20 hours per week

Pay: \$15 - \$25 per hour depending on experience

Deadline for applications: Open until filled

Please drop off or email resume to Wade Sterling, Facilities Manager

nnlshousingmanager@scwexmxtribal.org

Are you Indigenous and looking to make a difference in your community?

Indigenous Child and Youth Care Classes Offered Online,
Evenings!

Beginning September 2025!

Join our Indigenous Pathway—supportive, culturally grounded classes designed to help you begin or continue your journey toward a Child and Youth Care degree.

What We Offer:

- Evening online classes
- Culturally relevant curriculum rooted in Indigenous knowledge and perspectives
- Supportive learning environment with Indigenous instructors and mentors -
- University credits toward a Child and Youth Care degree



Contact:
ipathway@douglascollege.ca



Do You Enjoy Helping Others?

Are You Home During the Day?

If you would like:

- to provide transportation for community members to medical and specialist appointments
- to get your errands done at the same time
- receive mileage reimbursement for your travel
- the opportunity to make a positive impact in someone's life

If you're interested in signing up to be on a list please contact

Angela Nordstrom
Phone: 250-378-9745
Email: nordstrom.a@schss.com

Together, we can help our communities thrive

CALL FOR ARTISTS

The Hwy 8 NVPA is looking for local artists to design an image for Orange Shirt Day

We are also looking for pieces of authentic art by Nlaka'pamux artists to purchase for an Art Auction!

If you'd like to participate, please reach out to Christine or Ryan by July 15, 2025:
Christine.Cziglan@gov.bc.ca
RMalcolm@emilanderson.ca

Scw'examx Child & Family Upcoming Activities



Men's Group



ENGAGEMENT DINNERS SCHEDULE

Date	Community	Location (tentative)	Time
July 10, 2025	Nooaitch	Nooaitch Band Hall	5-8 PM
July 24, 2025	Shackan	Shackan Band Hall	5-8 PM
Aug 7, 2025	Coldwater	Coldwater Health Centre	5-8 PM
Aug 14, 2025	Lower Nicola	Shulus Band Hall	5-8 PM
Sept 11, 2025	Upper Nicola	Glimpse Lake	5-8 PM
Sept 18, 2025	Urban	NVIT	5-8 PM

Questions? Call (250) 378-2771 Ask for Men's Group Coordinator



Men's Group



CULTURAL WELLNESS DAY & PAL COURSE

AUG-16-2025 | 9 AM - 5 PM

8050 SURREY SUSSEX LAKE RD.



We are partnering with Citxw Nlaka'pamux Assembly (CNA) to host a Cultural Wellness Day along with a PAL Course. Join us for a day filled with fun activities, including a sweat, mini stick games tournament, and fishing! Please note that seating is limited, and door prizes will be awarded to participants, meal provided by CNA's in house catering team.

Questions? Call (250) 378-2771 Ask for Men's Group Coordinator



ON THE LAND

AUGUST 7 & 14, 2025

(Weather Permitting)

The Culture & Language team invite you to join us

- KLC (2475 Merritt Ave.)**
- Time: 8:45 - 4 PM**
- Lunch and beverages will be provided.**
- Huckleberries and more!**

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

We will be cleaning and preserving on Aug 8 & 15, 2025, we request you join us to learn this important part of the process.

Scan the QR Code to register!



reception@scwexamx.com | (250) 378-2771 | scwexamx.com

* Please note - as part of our Elders teachings, if you are on your moon time please refrain from attending

We welcome you to our monthly

Women's Group

Aug 18, 2025 | 5-8PM | KLC Gym (2475 Merritt Ave.)

Our Women's Group comes together once a month to share a meal, check in, and have a monthly activity. This is open to our five bands and urban.

Get ready to unleash your inner Picasso at our paint night! Join the artistic escapades with the fabulous Linda Suzuki. Expect a splash of fun, a swirl of creativity, and a canvas full of artistic expression!

We can accommodate up to 20 participants to allow the instructor the ability to assist all participants equally.



Child minding is available for ages 2 and up, babies are welcome to stay with the mothers.

For More info or help with registering call (250) 378-2771

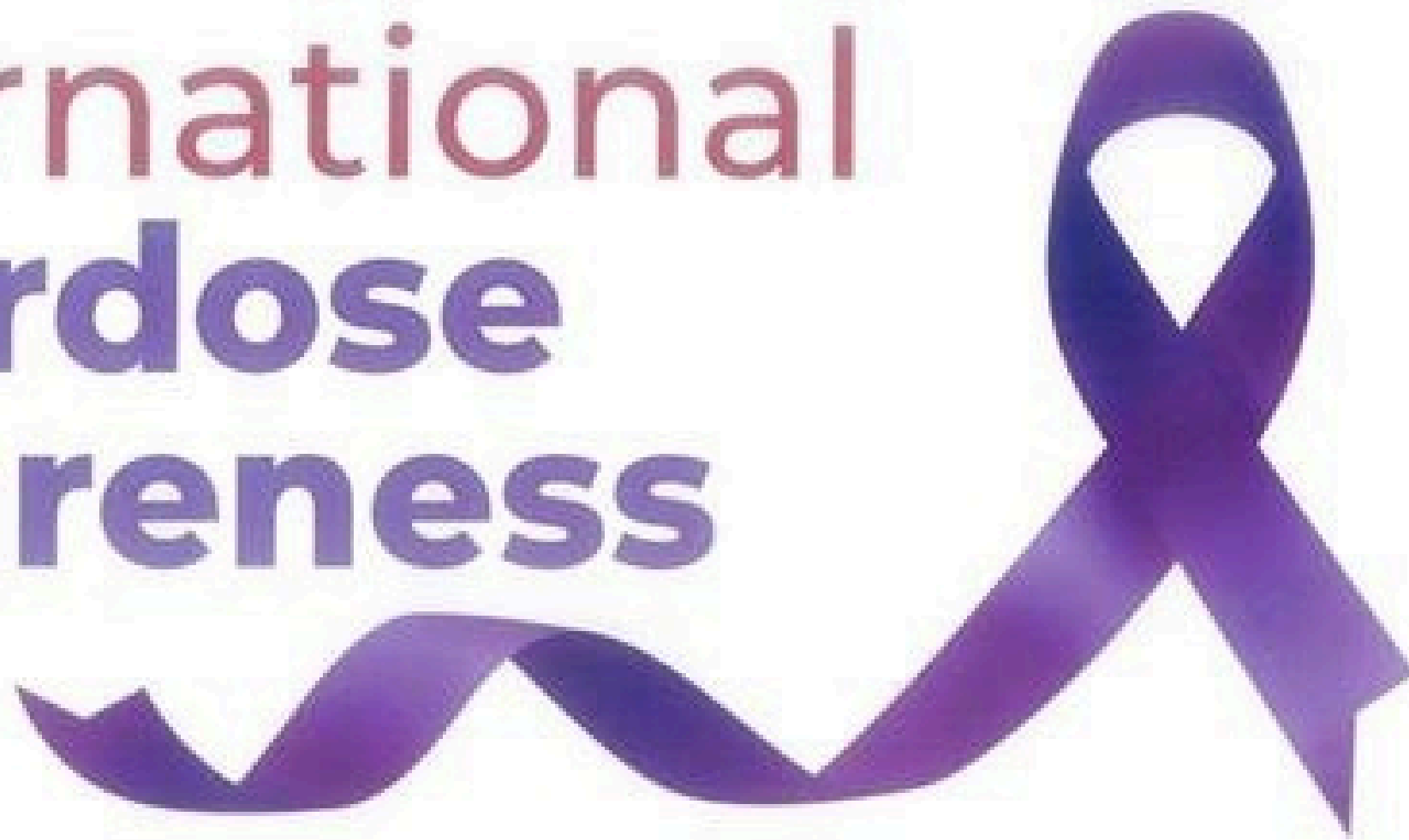


IN PARTNERSHIP WITH:

Scw'exmx Child & Family Upcoming Activities



International Overdose Awareness Day



Join us as we stand together to reduce stigma and raise awareness!

AUGUST
29

N'kwala Park | 10:00 AM - 2:00 PM

A memorial to remember and honour the lives lost to overdose within our community and beyond, while supporting those affected.

Spirit Square | 12:00 PM - 2:00 PM

Join local organizations to raise awareness about overdose, reduce stigma, connect with the community over a free BBQ lunch.

This free community event includes:

- Naloxone training
- Local service providers and information booths
- A safe space to connect, share, and support one another



Wellness Society
ASKWELLNESS.CA

Cleanup support provided by the Rise Up Merritt team