

SEPTEMBER



Upcoming Community Events

- 2-3 **Scw'exmx Child and Family**
- 4 **Coldwater**
- 5-7 **Nooaitch**
- 8-11 **LNIB**
- 13-15 **Shackan**
- 16-18 **Upper Nicola**
- 19-22 **Urban (Partner Organizations)**



Men's Group



**MEN'S GROUP VIDEO CHALLENGE
SHARE YOUR STRENGTH & WIN!**

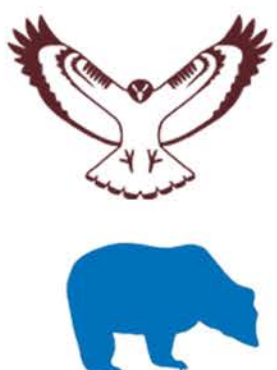
DEADLINE: SEPT-26-2025 @ 4 PM

Have you attended our Men's Group events? We'd love to hear your story!

- Have these events helped you gain clarity, build strength, or form connections?
- Share a short video about how the group has impacted your wellness, mindset, or relationships.
- Your story matters and could inspire someone to join us.
- To submit, contact Jason Ermineskin at (250) 315-7472.
- As a thank-you, you'll be entered to win one of four \$250 Visa Cards donated by Citxw Nlaka'pamux Assembly!

Let's support each other and show the power of community.

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



Scw'exmx Child & Family Upcoming Activities



TRUTH & RECONCILIATION COMMUNITY GATHERING

łək^wminne naʔip | ńłək^wak^w niʔipx | remember always
We remember. We reflect. We rise together.

**KNOBBY
BALL!**

**BOUNCY
CASTLES & KIDS
ACTIVITIES!**

**TRADITIONAL
CRAFTS!!**

**Tuesday,
Sept 30th
2025
10 AM - 3 PM**

**BEAR
DANCERS!**

**Q^wámq^wəmt he słéykt
WE DANCE BEAUTIFULLY
PERFORMANCE**

**LUNCH
PROVIDED!**

**AMAZING
DOOR
PRIZES!**

Event Schedule

- 10:00 AM - Opening Prayer & Welcome by MC Buck Sheena
- 10:15 AM - Activities Begin • Crafts • Knobby Ball • Workshops
- 10:30 – 11:30 AM - Bear Dancers Performance in the back field
- 12:00 – 1:00 PM - Lunch in the Portable
(Chilli & Bannock served by SCFSS Staff)
- 1:00 - 2:15 PM - q^wámq^wəmt he słéykt - we Dance Beautifully Performance
- 1:30 – 2:30 PM - More Crafts, Games & Workshops
- 2:30 PM - Closing Remarks

Door Prize Draws:

Happening at 11:30 AM, 12:30 PM, 1:30 PM, and 2:30 PM

Must be present to win!

**STAY TUNED TO OUR
SOCIAL MEDIA FOR
UPDATES AND
ANNOUNCEMENTS!**

Coldwater Band Upcoming Activities

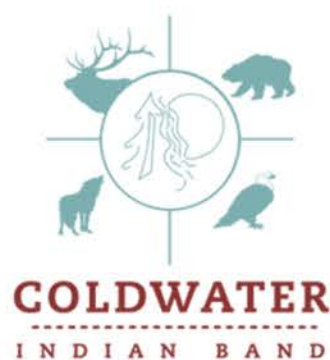


Weekly Activities	Location	Day of the Week	Times
Girls Group (9+)	Coldwater Health Building	Contact SCHSS for dates	
Kids Gym Night	Coldwater School Gym		
Women's Group	Coldwater Health Building	Biweekly Tuesday	5:30-8pm
Men's Group	Coldwater Health Building	Biweekly Wednesday	6-8pm

This Month's Activities	Location	Date	Times
Celebrating Grandparents Day - Planning Committee Meeting - Dinner Provided	Coldwater Health Building	Sept 23, 2025	5-7 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



Celebrating Grandparents Day

Grandparents are the heart of our families and communities. Let's show them how much they mean to us with a very special Grandparents Day celebration! We're looking for creative and enthusiastic **Grade 7's & up** on & off reserve to join our planning committee. **Elders who are interested in joining in to work with the youth are also very welcome!**

Your ideas and energy are essential to helping us organize our special day, where we will **honor our elders and bring everyone together.**

- **Plan the Event:** Bring your ideas for themes, decorations, music, and activities.
- **Volunteer:** Help with setup, running games, serving food, and cleanup on the day of the event.
- **Connect Generations:** Create a day where youth and elders can share stories and build new memories.

Date: August 19, 26 - September 2, 9, 16, & 23

Time: 5 pm – 7 pm Dinner provided

Location: Coldwater Health Building

To learn more or sign up, (sign-up sheets will be On & Off reserve offices)

Contact - Project Manager

Lorna Sterling - Phone # 250-936-8970.

Nooaitch Band Upcoming Activities



Weekly Activities	Location	Day of the Week	Times
After School Drop In (ages 6+) Join us for crafts, games and snacks after school!	SCHSS Satellite Office (Across Nooaitch from Band Hall)	Tuesdays	3:45 - 5:30 pm Please pick up from the SCHSS Satellite office!
Youth Gym Night	Nicola Canford School Gym	Wednesdays	6-7:30 pm
After School Skating	Merritt Arena	Fridays	5 pm

**Check Sha-Noo Facebook group for changes*

Monthly Activities	Location	Date	Times
Fire Smart Community Event	2760 Petit Creek Rd.	Sept 24, 2025	4 pm, Dinner @ 5:30 pm
Open House	2756 Petit Creek Rd.	Oct 3, 2025	10 am - 4 pm
Honouring Our Relations	2756 Petit Creek Rd.	Oct 4, 2025	3-7 pm
2 nd Annual Hunting Camp	Cow Camp towards Stoyoma	Oct 22-25, 2025	Full Days

Contact Name

Darlene Rodominski
(SCHSS)

Band Office

Phone

250-378-2300

250-378-6141

Location

SCHSS Satellite office
(across from the Band Hall)

2954 Shackelly Road



SCHSS
SCW'EXMX COMMUNITY
HEALTH SERVICES SOCIETY



Scw'exmx
Child & Family

Nooaitch Band Upcoming Activities



**NOOAITCH INDIAN BAND
2ND ANNUAL
HUNTING CAMP**
Oct 22-25

Join us for NIB's 2nd Annual Hunting Camp! This camp is open to everyone, with food provided throughout. We especially encourage youth to attend, learn, and take part in practicing important cultural traditions and skills. Come out, connect, and share in this meaningful experience together

Location - Cow camp towards Styoma (24 km)
Registration Instructions in caption or scan below

Hunting Camp Registration



Registration Ends: October 6, 2025

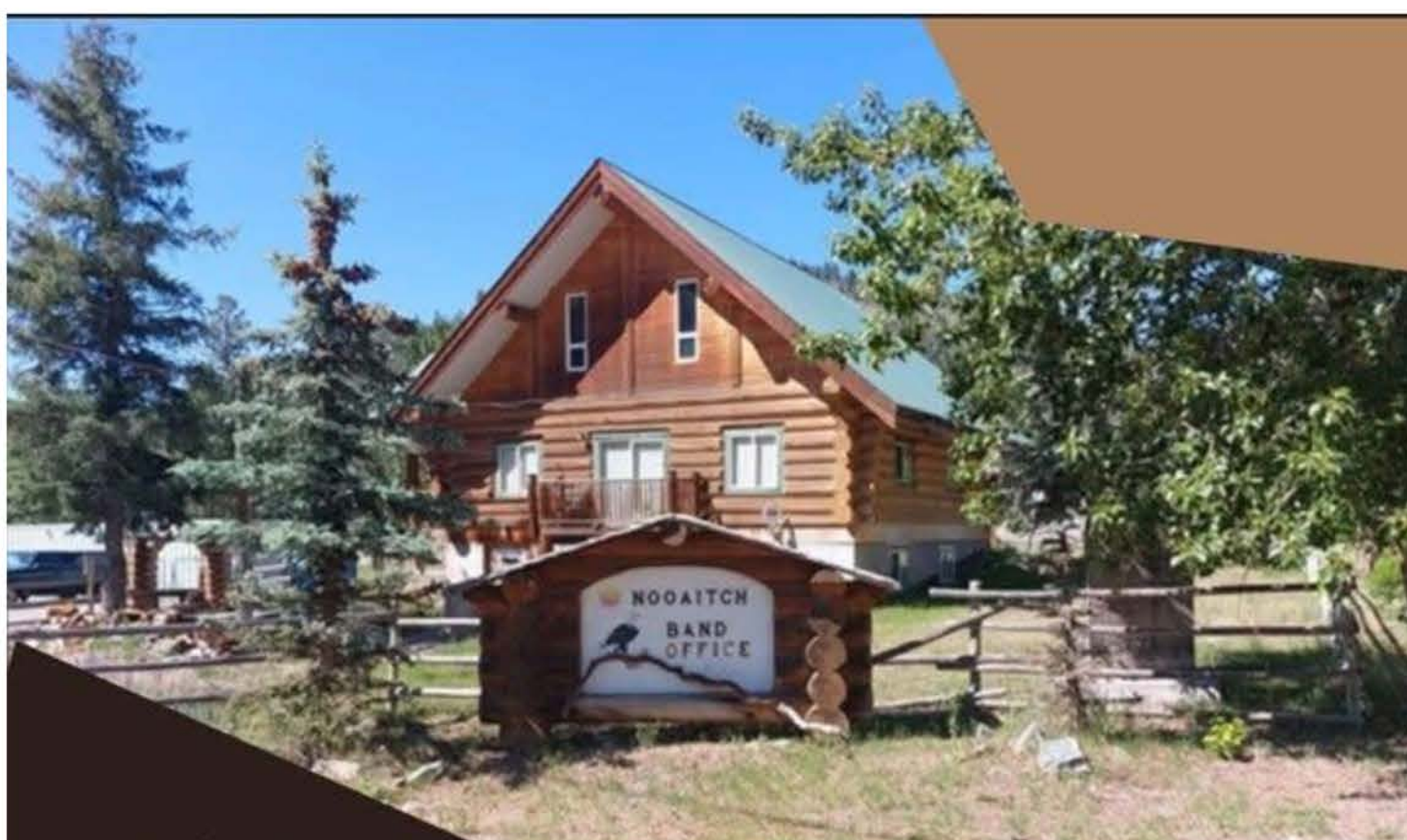
**Community Veggie
Donation Giveaway**
Tomatoes, Potatoes, Cucumbers

Pick up Location: Nooaitch Band Office
9am - 4pm (Monday - Friday)

Bring your own bag
We are grateful to Shackan Nursery for their generosity and support of food security in our community. Please stop by to pick up fresh produce while supplies last!
Stay tuned ---- We will update once the drop-off date is confirmed.

**Donated by Shackan
Nursery**





OPEN HOUSE

Nooaitch Indian Band

 October 3  2756 Petit Creek Rd
 10:00 am - 4:00 pm  250-378-6141

We are inviting community members and external organizations who work alongside our communities to join us for a day of connection and collaboration.

- Learn about each other's programs and services
- Membership will be utilizing a passport system, where you collect stamps from booths and be entered in a grand prize draw.

We look forward to spending this day together, learning from one another, and strengthening the ties that support our communities.



HONOURING OUR RELATIONS
OCTOBER
SATURDAY **4** 3-7 PM
2025

In addition to our Open House on October 3, we invite you to participate in nominating, acknowledging, and celebrating the achievements of our community members.

Dinner will be served at 5 pm, doorprize draws to follow

The nomination form can be accessed at the link in the caption or by scanning the QR code above.

Hardcopies available at office.

Please RSVP by commenting or email/call reception at reception@nooaitchband.ca / 250-378-6141

Nooaitch Band Upcoming Activities



Fire Smart Community Event

Sept 24, 2025
Address: 2760 Petit
Creek Road
Starts 4pm
Dinner 5:30pm

Celebration with Wildfire
Team Shares their success
in training
Demo of SPU equipment
Demo of fire extinguishers
and smoke detectors



 Citxw Nlaka'pamux Assembly 

 **MOVIE NIGHT** 

Featuring: Lilo & Stitch
(Live Action)

Date: September 25th, 2025
Time: 5PM
Location: Nooaitch Band Hall
2960 Shackelly Rd

Pizza, popcorn and snacks provided!

Any questions contact Cheyanne Shackelly
250-280-2764 or email cshackelly@cna-trust.ca



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
Yard Sale	LNIB Health Centre	Sept 19, 2025	9 am - 1 pm
Fall Equinox Pipe Ceremony with Johnny Jackson	LNIB Cultural Centre	Sept-19-2025	9 am
He Sqeytn (Salmon) Festival	LNIB Shulus Arbour	Sept 20-21, 2025	10 am - 5 pm
Every Child Matters - Orange Shirt Walk	LNIB Shulus Hall	Sept 26, 2025	10:30 am
Press Release on Trespass Prosecution & Allotment Law Ratification Special Community Dinner	LNIB School Gym	Oct-1-2025	5-7 pm



**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



Reiki Healing Sessions with Leah Mobbs



Sessions Available:

Thursday, September 18, 2025

9:00 am - 3:00 pm

Lunch Break at 12:00 - 1:00 pm

Please come heal with us

Call the LNIB Health Centre
Receptionist to book your
appointment at (250) 378-5157

EVERY CHILD MATTERS
 LOWER NICOLA INDIAN BAND

ORANGE SHIRT WALK

September 26, 2025 - 10:30 am, Shulus Hall

HAND DRUMMERS
WELCOME

MEAL TO BE PROVIDED AT THE
SHULUS ARBOUR

Questions: Carole Basil (250) 315-9158



CELEBRATING PROGRESS

Press Release on Trespass Prosecution
& Allotment Law Ratification

OCTOBER 1, 2025
5:00 PM - 7:00 PM

LNIB SCHOOL GYM
201 HORN RD

JOIN US FOR INDIAN TACOS! AND DOOR PRIZES!

We invite you to join us for a special Community Dinner as we celebrate the recent Press Release on the Prosecution of Trespass and the Ratification of our Allotment Law.

We've reached an important milestone in protecting our lands and shaping a strong future. Let's gather as a community to share a meal, celebrate, and honor this accomplishment together.

Contact Justice Cisco @ (250) 378 - 5157 or justice.cisco@lnib.net if you have any questions



YARD SALE

9:00 am - 1:00 pm

SEPTEMBER 19
LNIB - Health Centre

Lower Nicola Band Upcoming Activities



He Sqeyeytn (Salmon) Festival September 20-21, 2025

Agenda

- | | |
|----------|--|
| 10:00 AM | Hand Drum Welcome |
| 10:15 AM | Elder Prayer |
| 10:30 AM | LNIB Welcome From Chief & Council |
| 10:45 AM | Hand Drum Set |
| 11:00 AM | Keynote Speaker – Arnie Narcisse |
| 11:45 AM | Hand Drum Set |
| 12:00 PM | Vendor – Booth
Walk Around & Presentations
Drying Salmon
Smoking Salmon
Canning Salmon
Gill Net Making
Dip Net Activity
Rod & Reel Activity |
| 4:00 PM | Bear Dancers |
| 5:00 PM | Salmon Feast–
Dinner Music Bobby Garcia Band |



Lower Nicola Band Upcoming Activities



September 2025

Culture Program with Joe Shuter
to sign up please call (250) 315-7487

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12 Pictograph Visit 3 Sister	13
14 Helmcken Falls Clearwater Site	15	16 8:30 am Culture Mtg 10:00 am Staff Wellness	17	18 5:00 Mens Group Dinner Conayt	19 9:00 am Fall Solistice Pipe Ceremony	20 Fish Festival Shulus Arbor
21 Fish Festival Shulus Arbor	22	23 8:30 am Culture Mtg 10:00 am Staff Wellness	24	25 5 pm Nle?képmx Language Group	26 10 am Orange Shirt Walk	27
28	29	30 8:30 am Culture Mtg 10:00 am Staff Wellness				

Lower Nicola Indian Band
Open House & Annual General Assembly

PROUD TO BE LNIB

SAVE THE DATE!!

November 26, 2025

at NVIT

Any questions contact Monica Charters
(250) 378-5157

LOWER NICOLA INDIAN BAND

Fall Equinox Pipe Ceremony with Johnny Jackson

Friday, September 19, 2025
9:00 am - LNIB Culture Centre
Light breakfast after ceremony

Any questions please contact Carole Basil (250) 315-9158

Lower Nicola Band Upcoming Activities



Elders Events September 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1 STAT Labour Day Office Closure	2	3 Water Aerobics and Lunch 11am - 1pm	4 RP Centre Unfinished Projects Catch Up Day 2pm - 4pm	5 RP Centre Movie Afternoon 12pm - 3pm	6
7	8	9 RP Centre Crocheting Project 2pm - 4pm	10	11 RP Centre Phone Training with Claire 10am - 12pm	12 Health Centre Pictographs Three Sisters All Day	13
14	15 RP Centre DIY Glasses Chain 2pm - 4pm	16 RP Centre Coffee with a Cop 10am - 12pm	17	18 Soup Kitchen Elders Luncheon 12pm - 2pm	19 (RSVP Deadline for Wildlife Park Trip by 12pm, no exceptions)	20
21	22 RP Centre Hanging Chime Project 2pm - 4pm	23	24 RP Centre DIY Felt Plant Making Kit 12pm - 2pm	25	26 Shulus Hall Orange Shirt Walk 10am - 12pm	27
28	29 Health Centre Wildlife Park 9:30am RSVP Required, please call HC reception to sign up. Deadline Sept 19 th @ 12pm	30 STAT National Truth and Reconciliation Day Office Closure				

If you have any questions or require a ride to any of these events, please call or text Courtney at [236-575-2083](tel:236-575-2083).

(RSVPs are required to go on the out-of-town trips)

The sign-up sheet will be at the Health Centre, please call the reception desk to sign up for the out-of-town trip BEFORE the deadline.

Shackan (sxéxn'x) Upcoming Activities



Weekly Activities	Location	Day of the Week	Times
After School Drop In (ages 6+) Join us for crafts, games and snacks after school!	SCHSS Satellite Office (Across Nooaitch from Band Hall)	Tuesdays	3:45 - 5:30 pm Please pick up from the SCHSS Satellite office!
Youth Gym Night	Nicola Canford School Gym	Wednesdays	6-7:30 pm
After School Skating	Merritt Arena	Fridays	5 pm

*Check Sha-Noo Facebook group for changes

Monthly Activities	Location	Date	Times
Monthly Dinner	Shackan Band Hall	Sept 25, 2025	5-7 pm
Ribbon Sweaters	Shackan Band Hall	Sept 29, 2025	4-6 pm

*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 Satellite office
(across from the Band Hall)



Scw'exmx
Child & Family

Shackan (sxéxn'x) Upcoming Activities



September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Jordan's Principle Settlement Information Session 1:00pm at the Nkseytknhetx Building	4	5	6
7	8	9	10 Elders Dinner At the Hall 5 – 7pm	11	12	13
14	15	16 Desert Hills See poster for more info	17 Canning 10-3 at Hall	18	19	20
21	22	23 Coffee with a Cop 10:00-2:00	24	25 Monthly Dinner 5-7pm Wellness Activity	26	27
28	29 National Elders Gathering – Edmonton	30 National Day for Truth & Reconciliation National Elders Gathering – Edmonton				



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

*** Check Facebook for updates ***

Shackan (sxéxn'x) Upcoming Activities



NLAKA'PAMUX HEALTH SERVICES SOCIETY

WELLNESS WORKSHOP

WELLNESS

RIBBON SWEATER



Date: September 29, 2025
Time: 4pm - 6pm

Location:
Shackan Band Hall
4943 Potatoeillshie Rd

To Register, Contact:
Julia Munro, Wellness Coordinator
C: 250-280-0078

- Dinner Served
- Supplies Provided (limited sizing available)
- Bring your own sweater

Dedicated to serving:

Ashcroft, Coldwater, Cooks Ferry, Kanaka Bar, Lower Nicola, Lytton, Nicomen, Nooaitch, Oregon Jack Creek, Shackan, Siska, and Skuppah



Merritt Office:
2088 Quilchena Ave

Lytton Office:
988 McIntyre Rd

Phone: 250-378-9772
Fax: 250-378-0283
Email: mhreception@nlxifn.com
Website: www.nlxhealth.com

Mailing Address:
P.O. Box 1624 Merritt B.C., V1K1B8

THIS IS A DRUG AND ALCOHOL FREE EVENT

Sxéxn'x

Monthly Dinner

September 25, 2025

5:00-7:00pm

Join the Community Wellness team for an evening focused on self-care & wellness. There will be good food, a wellness activity, and discussions on self care.



Shackan Band Hall



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

TRADITIONAL DRUM MAKING WORKSHOP

SPONSORED BY HWY 8 NVPA

Join us for a hands-on drum-making workshop led by an Nlaka'pamux knowledge keeper. Participants will craft their own traditional drum 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 and snacks will be provided

Date: Thursday September 25, 2025

Time: 9:00AM - 1:00PM

Location: Cook's Ferry Band Hall
3691 Deer Lane, Spences Bridge



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

Upper Nicola Band Upcoming Activities



Monthly Activities	Location	Date	Time
Nsyilxcn Language Camp	Glimpse Lake	Sept 26-28, 2025	Full Days
Every Child Matters - Huckleberry Pancake Breakfast	KwuStemtima Office (3212 Hwy 5A)	Sept 30, 2025	9:30 - 11 am



Upper Nicola

Contact

Main office

Phone

250-350-3342



Scw'exmx
Child & Family

Upper Nicola Band Upcoming Activities



Earth-based Solutions for Indigenous Housing

OPEN TO ALL UPPER NICOLA MEMBERS

Come explore our cultural connections to housing and the use of alternative earth-based housing materials.

We will be holding two En'owkinwixw sessions:

- 1) *Tmxulawx as our Home*
Sept. 13, 1:30-3:30pm @ Pithouse
- 2) *Our Homes, Our Health*
Sept. 20, 1:30-3:30pm @ N'kwala Gym

Join us for a meal afterwards!

FOR MORE DETAILS
scan QR code or click the link in the comments

UBC OKANAGAN
Primary Investigator: Dr. Lisa Tobber

NOTE: By commenting, liking or following this post, people will be publicly identified with the study. Ver. 8/11/2025



- September 5**
N'kwala School Community BBQ @ 12:00pm
- September 8**
UNB Vegetation Monitoring Zoom @ 1:00pm
- September 16 - 17**
Douglas Lake Commonage Community Engagement
- September 24**
General Band Hybrid Meeting (dinner 5pm/ mtg 6pm)
- September 26 - 28**
Nsyilxcn Language Camp

For more information:
Visit - www.uppernicola.com/events
Email - communications@uppernicola.com



ÑXA?CÍN (ELDER) GRATITUDE

As a sign of gratitude to the eldest in our Nation, the Okanagan Nation Alliance would like to provide a gift basket to Syilx elders 75 and over.

Registration can be done by self or through family members

- SYILX NATION MEMBERS ONLY
- ELDERS MUST BE 75 OR OLDER
- 1 BASKET PER HOUSEHOLD
- NO DELIVERIES TO USA OR OUT OF PROVINCE

REGISTRATION CLOSES: SEPT 18, 2025



Register Now

Come join us in creating space for language sharing and gathering

NSYILXCEN LANGUAGE CAMP

SEPT 26 - SEPT 28, 2025
nkʷritkʷ - GLIMPSE LAKE

EVERYONE WELCOME

VISIT - FOOD - LANGUAGE - FUN

SEPT 26 - SET UP CAMP
SEPT 27 - LANGUAGE ACTIVITIES
SEPT 28 - LANGUAGE ACTIVITIES (AM)
- CAMP TAKEDOWN / FAREWELL (PM)

MEALS WILL BE PROVIDED <https://forms.office.com/r/ljSaTYmzXL3>

BRING YOUR OWN PLATES, BOWLS, & UTENSILS

DRUG / ALCOHOL FREE EVENT

For more information contact Maynard.language@uppernicola.com or Justine.syilx2@uppernicola.com

Upper Nicola Band Upcoming Activities



CALL FOR UPPER NICOLA BAND FAMILIES

BOSTON ARCHACHIAN LINDLEY
 JACK MOON/GARCIA MICHEL
 McRAE CHARTERS ALEXANDER STEWART
 SADDLEMAN COUTLEE PAUL MANUEL
 HOLMES MARSHALL McCAULEY STEWART
 SHEENA CHILLIHITZIA NED
 TOM
 SAUL/MCLEOD

As part of the 2025-26 budget, and to work towards implementation of our Strategic Plan to empower members - UNB will support with \$2,000.00 for Family Reunions/Gatherings.

Each one of our main families can make one application.

Come together - work on family trees, socialize, bond, tell stories, enjoy a meal together.

CRITERIA:

- UNB will not support purchase of drugs or alcohol
- Budget must be submitted
- Submission of receipts

Information for Application should include the following:

- Family Name
- Name for Payment
- Date of Family Reunion/Gathering
- Location
- Budget

Application and receipts are to be submitted before **March 31, 2026**.

Applications can be sent to and/or for more information contact:

Director of Our Relations - Debra Manuel - dor@uppernicola.com

Kwu'stemtima? Assistant - Sylvester Cohen - kwustem.assist@uppernicola.com

We encourage you to wear **orange** to show

Every Child Matters

Huckleberry Pancake Breakfast

Sept. 30 / 9:30 - 11:00

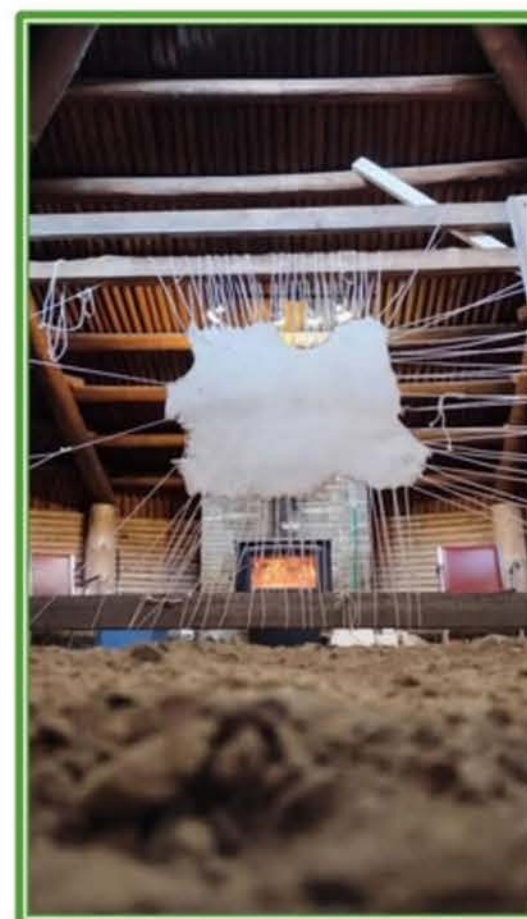
KwuStemtima Office - Quilchena (3212 HWY 5A)

The band bus will be available for rides from Douglas Lake Band office at 9:30.

Please call Christine at (250)280-4833 to arrange for a ride.



SPAXMN PITHOUSE EARTHEN FLOOR UPGRADE



HOW TO GET INVOLVED!

We're looking for 5-6 community members to join us for Stage One as **workers** for this project! This will involve mixing the floor material, laying it down, and smoothing it out. It's hands-on, creative work.

- > Learn valuable natural building skills that you can use on your own projects.
- > Be a part of creating something lasting and beautiful for our community.
- > Connect with others, share stories, and build relationships while we work together.

Visitors more than welcome to check out what we are doing, or even get your hands dirty!

For more information, please contact:
 Clare Paul at 250-280-4757, or
 Payton McRae at 250-350-3226



Urban/Community Partner Upcoming Activities



The Citxw Nlaka'pamux Assembly

YOUTH RESILIENCY CONFERENCE

September 18th 2025

9:00AM-2:00PM

Rotary Park - Merritt

FREE EVENT

Open to youth grades 10-12
Transportation will be provided
We will have speakers, information
booths, free swag, and a meal!



Highland Valley
Copper



Citxw Nlaka'pamux Assembly

2025 n̓eʔkepmxcín móqʷix Pre-Registration

We are asking our community members to pre-register so that we can prepare adequately. We will have door prizes for those that pre-register!

This conference is a celebration of the incredible work being done across our territory to revitalize n̓eʔkepmxcín. It's an opportunity to connect, share, and strengthen our collective efforts.

In the spirit of immersion, you must be in attendance in order to win door prizes.

xʷiʔ y'enxʷ ʔeʔ nkʷincutn
ʔe ye enxʷus ʔeʔ
nkʷincutn
ʔe xeʔes umexstxʷ ʔe ʔeʔ
ʔes umexwiʔxs eʔ
nkʷincutn



You have to feel your language, because when you feel your language you live it and that's when your language comes alive.

October 10-12, 2025
NVIT - Merritt Campus
(4155 Belshaw St., Merritt, B.C.)

If you have any questions or concerns, please reach out to us at language@cna-trust.ca or call us at 250-378-1864

Citxw Nlaka'pamux Assembly

2025 n̓eʔkepmxcín móqʷix - Language Gathering

xʷiʔ y'enxʷ ʔeʔ nkʷincutn
ʔe ye enxʷus ʔeʔ
nkʷincutn
ʔe xeʔes umexstxʷ ʔe ʔeʔ
ʔes umexwiʔxs eʔ
nkʷincutn

You have to feel your language, because when you feel your language you live it and that's when your language comes alive.

Location: NVIT - Merritt Campus October 10th, 11th, 12th

The 2025 n̓eʔkepmxcín móqʷix - Language Gathering is dedicated to revitalizing n̓eʔkepmxcín and n̓eʔképmx culture. Knowledge keepers from across the n̓eʔképmx Territory 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.

For any questions, please reach out to us at 250-378-1864 or email us at language@cna-trust.ca



Citxw Nlaka'pamux Assembly



Gathering Our Voices March 17 - 20, 2026 Vancouver, BC

Gathering Our Voices is in Vancouver this year!

Citxw Nlaka'pamux Assembly is looking forward to bringing a group of our youth to participate in this conference!

This youth conference is intended to support our youth to become leaders, understand and celebrate their culture, take care of their personal well-being and plan for their future and education.

Over the course of four days, delegates gather from across Canada to participate in ceremonies, approximately 80 workshops, and engaging informative and educational experiences.

Citxw Nlaka'pamux Assembly will be taking youth on this four day adventure and are currently gauging interest to see how many youth would like to attend! Please know that we are only gauging interest at this time. **no tickets have been purchased yet!**

Please scan the QR Code provided or follow the link in this post!

Please understand that this application does not guarantee you will be a successful participant. The chosen youth delegates will be selected based on eligibility and previous opportunities to attend.



Questions or concerns regarding this, or other, Citxw Nlaka'pamux Assembly initiatives? Please contact our office at : 250-378-1864 and ask for Winnie

Urban/Community Partner Upcoming Activities



City of Merritt

FREE | REGISTRATION REQUIRED | WOMEN + NONBINARY | AGES 15 - 35

2025 Empower Protect + Connect

POWER SKILLS BUILDING + SELF-DEFENCE

WEDNESDAYS | WEEKLY
SEPT 10 - DEC 17
12 SESSIONS | 6:00PM - 8:00PM
FREE TRAINING | MERRITT CIVIC CENTRE
No session on October 22 and November 27, 2025.

► [MERRITT.CA/EMPOWER](https://merritt.ca/empower)
► [MERRITT.CA/REGISTRATION](https://merritt.ca/registration)

Merritt
FLOURISH UNDER THE SUN
Supported by the Province of British Columbia
* CIVIL FORTFEITURE GRANT | MINISTRY OF PUBLIC SAFETY AND SOLICITOR GENERAL

FALL 2025 Yoga

THURSDAYS
SEPT 4 - DEC 18

VINYASA YOGA
5:45PM - 7:00PM

YIN YOGA
7:15PM - 8:30PM

14 SESSIONS: \$140 | DROP-IN \$12.50
** NO CLASS OCTOBER 23 + NOVEMBER 27, 2025*

► [MERRITT.CA/YOGA](https://merritt.ca/yoga)

Merritt
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SENIOR'S FITNESS

Stand Tall Don't Fall

THURSDAYS + SATURDAYS
9AM - 10AM
FALL 2025 SESSIONS
SEPT 11 - OCT 11
NOV 6 - DEC 13

MERRITT SENIORS CENTRE
1675 TUTILL COURT | BEHIND RAILYARD MALL

DROP-IN
\$1

► [MERRITT.CA/SENIORSFITNESS](https://merritt.ca/seniorsfitness)

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FALL 2025

Tai Chi

MONDAYS
SEPT 8 - DEC 9
2:00PM - 3:00PM
MERRITT CIVIC CENTRE | DROP-IN: \$5

► [MERRITT.CA/TAICHI](https://merritt.ca/taichi)

Merritt
FLOURISH UNDER THE SUN

Urban/Community Partner Upcoming Activities



Scw'exmx Community Health

September Workshops

Shackan Band Hall

September 18
9:00-3:00
Making Soup and Freeze Drying Workshop

September 22
11:00-2:00
Learn To Use Freeze Dryer Workshop



SCHSS Eye Clinic 2025

Dr. Ahmed is Returning This Fall
September 29-October 3, 2025

Locations & Dates:

Coldwater Health Building
September 29-October 1, 2025
810-200th Street Coldwater Reserve
Civic Centre - October 2-3, 2025
1950 Mammette Avenue, Merritt, BC

Book your appointments with SCHSS:
250-378-9745, reception@schss.com
K'uk'scémx' - Thank You



Annual General Meeting
Scw'exmx Community Health
Services Society



Date: October 23, 2025
Location: Nooaitch Band Hall
2960 Shackelly Road
Time: 5:00 PM

A G M
ANNUAL GENERAL MEETING



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

Date	Location	Time
September 3, 2025	SCHSS	6:00PM-7:15PM
September 11, 2025	SCHSS	6:00PM-7:15PM
September 18, 2025	SCHSS	6:00PM-7:15PM
September 25, 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

Urban/Community Partner Upcoming Activities



Fueling Youth Performance

2025 September-October
Location: Merritt BC

For more information and to register email kprimus@pacificsport.com



TITLE & RIGHTS STEWARDSHIP DEPARTMENT INVITES YOU TO ATTEND

Our Inherent Right to Self-Governance Workshop – PART 2



CIVIC CENTER

1950 MAMETTE AVE,
MERRITT

September 18th & 19th

9:00 am - 4:30 pm

FACILITATED BY:
SATSAN (HERB GEORGE)
& CHRIS ROBERTSON



Open to all Band Members

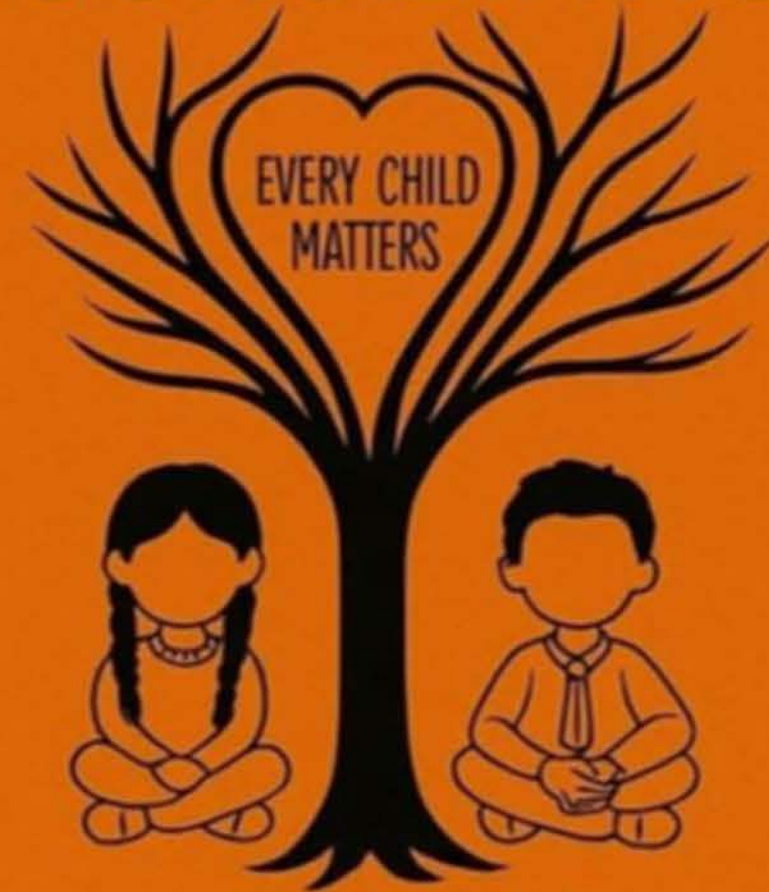
Lunch Provided Both Days

Transforming the way First Nations Govern

Registration Required at : analysttr@scwexamxtribal.org

Carol McCauley

IN RECOGNITION OF NATIONAL DAY FOR TRUTH AND RECONCILIATION



SEPTEMBER 23, 2025 11AM-2 PM
LYTTON BATTLEFIELD HALL

- Guest speaker Phyllis Webstad, founder of Orange Shirt Day
- Prayer / Song by the Sacred 7
- Performance by Native Thunder
- Women's Warrior song by Martina Pierre

LUNCH WILL BE PROVIDED EVERYONE IS WELCOME! WEAR YOUR ORANGE SHIRT!



Nicola Valley Partners
ALLIANCE

Contact Christine with any questions
(250) 318 7774

