



JUNE 2024 NEWSLETTER



IN THIS ISSUE

Feel The Beat is back with new sessions available for Regalia Making. For all the grad students we have shared some funding opportunities and resources that are available! Also we have a Women's Group Survey with prizes to be drawn for the participants!



Mission

We are all somebody's seventh generation. We are committed to work with our communities to create the necessary change to ensure children currently in care have the advocates they deserve and seven generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy.



Vision

Work collectively to exercise nte?k'epmx and syilx inherent rights as we empower children, young people and families.

tekm míns | tá k'wúl'əm - Our Call to Action

We are at a critical moment in time. A great deal of change is taking place within the current political climate in which we exist. Bold steps are required to actualize the changes necessary for the communities we represent. For the first time since colonization, our action will fundamentally alter the foundation upon which outside governments have imposed political interests of assimilation through the systemic removal of our children.

For generations, our children have been the ones on the front line of federally and provincially legislated cultural genocidal regimes. Our families and communities were fractured but never broken. To achieve healing, justice and hope for each child ever removed from their parents, families and communities, it is up to us to provide a new reality for generations to come.

Through the wisdom of our ancestors, we have been taught the ways to care for one another. We must work toward a future markedly different from the current state wherein there are more Indigenous children in care now than at the height of the residential school era. While the current system is derived of legislation and policy, not of the Indigenous origin at a community level or otherwise, we undertake the process of decolonization to bring traditional knowledge, guidance and practices of the nte?k'epmx and syilx people forward in collaboration and guidance of our communities.

It is our responsibility to create the necessary change to ensure children currently in care have the advocates they deserve; and seven generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy. nte?k'epmx and syilx ancestors have anticipated this change and passed on their wisdom as we respond to this call to action. This very legacy is now ours to nurture and protect as we build a new platform where today's children, young people, families and communities will remain together and rekindle their cultural ways of being.

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SCFSS STRATEGIC DIRECTIONS

CULTURE OF CARING

- Communicate with one voice
- Integrate language and traditional teachings into programs and services
- Grow caregiver networks in alignment with traditional and community values
- Incorporate learning from Elders and Knowledge Keepers
- Return rights and responsibilities to our people through the development and implementation of Governance and Laws



PROTECTION TO PREVENTION

- Bring and keep our children home
- Align programs and services with our vision
- Shift our focus from fear to love
- Build community engagement and capacity
- Build trusting relationships

GROWING OUR PEOPLE

- Engage community expertise to support our vision
- Retain those committed to our vision
- Adopt, embrace, and implement cultural practice frameworks
- Acknowledge Post-traumatic Growth (PTG)
- Build professional capacity

INFRASTRUCTURE ALIGNMENT

- Realign budgets to shift from protection to prevention
- Improve Information Technology support in current and post COVID-19 environment
- Structure change management to achieve our collaborative vision
- Improve prompt management reporting
- Integrate programs and services to build community capacity

Prepare to harvest (n̄teʔkəpmxcin)

What to include in your harvesting kit.



kəlkəlm̄n̄
scissors, shears



sxəlxáleʔxn
boots or rubber
boots



n̄tqʷáptn
Chair



kepú
coat



qemút
Hat



n̄kisémt̄n
bag or
pouch



qáleḅ
digging stick, root-digger



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

Prepare to harvest (nsyilxcən)

What to include in your harvesting kit.



k'it'mn
Shears



k'wɪk'wul'mxn
Boots



snkətmútn
Chair



lkapú
Coat



q^wacən
Hat



píca?
digging stick



ł'aqna?
Bag



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



REGALIA MAKING WITH THE CULTURE TEAM

For the last six months, community members dedicated time each month to learn powwow protocols and work on regalia for themselves and their family. This is an ongoing initiative with the goal of connection to culture and self for the powwow life. The culture team and facilitators are very proud of the accomplishments to date and look forward to further completions, additions, and beautiful creations.

We are excited to have new members join us for our **upcoming information session on Jun-11-2024**, and to start or continue their journey in the powwow circle. Scan the QR code below to register for the next round of Regalia Making at Feel The Beat.



"I am very thankful for all the time and support you made all of our nights, such a success. Regalia making was a great learning experience. All the support I have received and teachings are amazing. I am very happy I met new people and the powwow traditional dancers, and I wish to learn more for our children. If you continue with these teachings, I would love to take part."-Jessie Voght-Aljam

"Thank you so much for teaching how to make a regalia! It was such a great learning experience. We had so much fun. King T is so happy with it. If you continue with these traditional teachings we would love to learn more."-Sarah Voght

Thank you so much for the opportunity to make Hunter's first regalia. There is more to be done, but I wanted to share. She seems so proud of it."-Mindy Garcia

The team believes the benefits of this program is the passing and sharing knowledge of life on the powwow trail is a healthy option for members to choose.

"It's a great opportunity for people who have danced to reconnect to the powwow circle."- Jason E.

"It's exciting to watch the material turn into creations that will be seen by many at the powwows!"-Barb H.



Corrina Manuel, Cultural Program Coordinator



Barbara Huston, Cultural Program Coordinator



Jason Ermineskin, Cultural Program Coordinator





n̄teʔkəp̄mx̄cin | ns̄yilxc̄ən | English

áʷiʔcút | s̄x̄əslscút | Regalia

s̄léy | Traditional Dancer

str'qm̄ix | Dancer

**ʔe ws zə́ʷzoʷwt he n̄q̄wincútkt x̄wúy kiyeʔstém ʔeyt ʔe
us weʔe teteʔe k szə́ʷzoʷwts he sneńseʔ us**

Our language is important, we must keep it to the front.





FEEL THE BEAT

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

Please register by scanning or clicking the QR Code below.

DINNER & SUPPLIES PROVIDED!
****NEW SESSIONS STARTING****



Tuesday, June 11th	4-8 PM	The Boardroom (Unit # 2-2114 Nicola Ave.)	Regalia Making Info Session
Tuesday, June 18th	TBD	TBD	Regalia Making

SCWEXMX.COM | (250) 378-2771 | CORRINA.MANUEL@SCWEXMX.COM
 JASON.ERMINEKIN@SCWEXMX.COM

COMMUNITY PREVENTION TEAM UPDATES



Community Prevention Workers Harmony and Jalissa supported Coldwater relations with **Bitterroot harvesting**, followed by an afternoon at Desert Hills. Great time was had by all!
Picture above: June Andrew and Harmony.



Noaitch youth drop-in SCHSS youth worker Darlene, Prevention Worker Satara, and 10 youth helped make some delicious bannock last month!



Prevention Workers Harmony and Jalissa supported Coldwater Relations with attending the **MMIW Fashion Speaks Fashion Show** last month in Kamloops.
Above photo: Wilson Smith taking a picture of the models.



Harmony and Jalissa joined **SCFSS Culture Team to harvest sage in Monck Park** followed by a picnic at Peter Hope. Sage bundles will be used by Community Prevention Team during events as offerings.
Photo of Elder Amelia Washington.



Satara Twan, Community Prevention Worker



Harmony Williams, Community Prevention Worker



Willa Ermineskin, Community Prevention Worker



Jalissa Weymouth, Community Prevention Worker



INDIGENOUS PEOPLES DAY

ʔuyúʔs ʔe nsnəkʷnúkʷe?
All our friends gather



JUNE 21, 2024 • 10:00AM to 4:00PM
SHULUS ARBOR, LOWER NICOLA
ADMISSION IS FREE - LUNCH PROVIDED

TO REGISTER - <https://forms.office.com/r/XLm48zehqj>

For more information, please contact:

Scw'exmx Child & Family Services Society at (250) 378-2771 and ask for Satara Twan
or Citxw Nlaka'pamux Assembly at (250) 378-1864 and ask for Shannon Boyce





INDIGENOUS PEOPLES DAY

ʔuyúʔs ʔe nsnəkʷnúkʷeʔ
All our friends gather



SHULUS ARBOR, LOWER NICOLA
JUNE 21, 2024

MINI POWWOW & STICK GAMES



There will be a registration for dancers and drum groups.
Registered drummers and dancers will receive a small honorarium.

TO REGISTER : [HTTPS://FORMS.OFFICE.COM/R/XLM48ZEHQJ](https://forms.office.com/r/XLM48ZEHQJ)

For more information please contact:

Programs@cna-trust.ca or call (250) 378-1864



INDIGENOUS PEOPLES DAY

ʔuyúʔs ʔe nsnəkʷnúkʷe?
All our friends gather



VENDORS NEEDED!

WE ARE LOOKING FOR VENDORS FOR
JUNE 21, 2024 FROM 9:00AM TO 4:00PM
AT THE SHULUS ARBOR IN LOWER NICOLA



NO FEE TO SET-UP A TABLE!



(Instead we request a donation item that will go
towards the event's door prize items)

WE ALSO WELCOME INFORMATION BOOTHS AT THE EVENT!

TO REGISTER : [HTTPS://FORMS.OFFICE.COM/R/XLM48ZEHQJ](https://forms.office.com/R/XLM48ZEHQJ)

For more information please contact:

Programs@cna-trust.ca or call (250) 378-1864



Wellness Society



COMMUNITY UPDATES - LOWER NICOLA BAND

WEEKLY EVENTS

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

LNIIB ELDERS
Potluck Dinner

BRING A DISH THAT YOU COOKED YOURSELF! BAKED GOODS ARE ALSO ENCOURAGED!

THERE WILL BE TWO DOOR PRIZES!

This event is for the Elders in the LNIIB Community!

4pm - 6pm
June 10th at the Rocky Pines Community Centre!

Get ready to eat!

LOWER NICOLA INDIAN BAND

LNIIB ELDERS
CULTURAL HARVESTING

Join us for a day of cultural harvesting with Joe Shuter!

Lunch and snacks are provided, please bring your digging tools, chairs, and anything else you might need.

Registration is required, please call Courtney to find out more details at 256-575-2083

Tuesday, June 11th!

LOWER NICOLA INDIAN BAND

LOWER NICOLA INDIAN BAND

Community Potluck
Rocky Pines Community Center
Tuesday, June 25th
5:30-7:30

Bring your favourite dish down and joins us.
For more information call
Christie or Marilynne
250-378-5157



Eye Exams



Floater
Mobile Optometry Services

Brianna Krajnyak, O.D., Optometric Corporation

Eye Glasses

We will be visiting Lower Nicola **June 10th-14th** to provide complete eye examinations and offering a selection of eyeglass frames.

MSP EXAM COVERAGE YEARLY:
Children 0-18,
65 and older, &
Those with medical conditions (like diabetes)

FNHA COVERAGE: EXAMS
19-64 – every 2 years
GLASSES
18 and under – every year
19 and over – every 2 years

Your Optometrists:
Dr. Brianna Krajnyak, O.D.
Brianna was born and raised in Chilliwack, BC and attended the University of Waterloo followed by The New England College of Optometry in Boston, Massachusetts. After graduating optometry school, she completed a residency in Community Health Optometry.

Dr. Brandon Harris, O.D.
Brandon is a new Canadian Permanent Resident from Seattle, Washington. He received his undergraduate degree at Western Washington University and also attended The New England College of Optometry.

Father's
DAY LUNCHEON

June 14th, 2024
Shulus Hall
12:00 - 2:00 pm
50/50, Raffle,
Loonie Auction Items

Thank you LNIIB Community Services



WEEKLY EVENTS

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

JUNE EVENTS

GRADUATION CELEBRATION
CLASS OF 2024
WEDNESDAY, JUNE 26TH

Tyler Shackelly **Gavin Shackelly**

Phoenix Aspinall **Jamie Fountain**

Nooaitch Band Hall
 Dinner Served: 5:00pm
 SHANICE.SHACKELLY@NOOAITCHBAND.CA
 OLIVIA@NOOAITCHBAND.CA

FATHER'S DAY BREAKFAST

BAND HALL
JUNE 15 2024
10:00AM

DUCK RACE - 12:00PM
1ST PLACE: DIP NET - MADE BY LOUIS DICK
2ND PLACE: PORTABLE BBQ SET
3RD PLACE: \$50 CANADIAN TIRE GIFT CARD

shanice.shackelly@nooaitchband.com
 olivia@nooaitchband.com

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

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.

NOOAITCH HOUSING

WE ARE LOOKING FOR COMMUNITY MEMBERS WHO ARE INTERESTED IN DOING A TOUR OF THE TNRD ECO-DEPO DUMP SITE. IF YOU ARE INTERESTED CALL THE BAND OFFICE AND ASK FOR PATRICIA AND WE WILL SCHEDULE A DATE FOR A GROUP TOUR.

WE WILL BE HAVING A HOUSING COMMITTEE MEETING ON JUNE 10TH

FOR MORE INFORMATION PLEASE CONTACT PATRICIA
 PATRICIA@NOOAITCHBAND.CA



JUNE EVENTS CONTINUED

2024
June
he scm'emi?t Nooaitch Headstart

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 <i>Drop in 10-12</i> Fried Bologna, Rice, Hashbrowns, Eggs	5 <i>Children's Powwow</i> Doughnut Lab Children must be accompanied by caregiver.	6 <i>Drop in 10-12</i> Hamburgers & Hotdogs	7	8
9	10	11 <i>Health Days With Angela 10-12</i> Tomato Soup & Grilled Cheese	12 <i>Swimming</i> Pick up 10 am Children must be accompanied by caregiver.	13 <i>Father's Day Drop In 10-12</i> Stew & Bannock	14 <i>Centre Closed</i>	15
16 <i>Father's Day</i>	17	18 <i>Drop in 10-12</i> Chicken Alfredo Baby Carrots, Cucumbers, and Baby Tomatoes	19 <i>Library</i> Pick up 10 am Children must be accompanied by caregiver.	20 <i>Drop in</i> <i>Crafts with Carly 10-12</i> Pancakes & Smoothies	21 <i>Centre Closed For Aboriginal Day</i>	22
23	24	25 <i>Health Days With Angela 10-12</i> Pork chops w/ Mushroom Soup Mac & Cheese, Rice, Vegetables	26 <i>Water Park in Merritt</i> Pick up 10 am Children must be accompanied by caregiver.	27 <i>Drop in 10-12</i> Omelets & Fruit	28	29
30						

Important Dates to Remember:

- June 5th: Children's Powwow
- June 11th: Health Days with Angela Scwexmx Health
- June 12th: Swimming
- June 14th: Center Closed
- June 13th: Fathers Day Drop In
- June 16th: Fathers Day
- June 19th: Library
- June 21st: Centre Closed
- June 25th: Health Days with Angela Scwexmx Health
- June 26th: Water Park in Merritt

Field Trip Days:
A meal or snacks will be provided.
Fuel cards will be available to the participating families *if the bus is not available* for use.
250-378-0017
ecemanager@nooaitchband.ca

NOOAITCH INDIAN BAND

INDIGENOUS PEOPLES DAY

2760 Petit Creek Road
2:00 pm - 5:00pm
Nooaitch Ranch

- BBQ
- Bouncy Castles
- Sauna
- Horse Shoe pit
- Blow up pool/waterslide
- Equine Therapy Discussion

JUNE 21 2024

Please contact reception@nooaitchband.ca if you have any questions

Danger Tree Assessor's Course

June 25-28, 2024
Nooaitch Band Hall

Hello Nooaitch members, we are searching for 10 members who are interested in taking Danger Tree Assessor's course at the end of June. We need applicants to sign up as soon as possible to send the registration forms.

Please contact Rose McRae or Jonah Dick
250-378-6141
rmcrae@nooaitchband.ca or jonah.dick@nooaitchband.ca



COMMUNITY UPDATES - SHACKKAN BAND

CULTURE OF CARING



JUNE UPDATES

SCW'EXMX COMMUNITY HEALTH PARENTS & TOTS
SHACKKAN WELLNESS BUILDING
JUNE 13 12:00-1:30

PAPER FAN WATERMELON CRAFT
 PAPER PLATES
 LARGE CRAFTING STICKS
 MASKING TAPE
 PINK, GREEN, & BLACK TEMPERA PAINT
 PAINTBRUSH
 COTTON SWABS

WATERMELON SQUISH BAG
 CLEAR HAIR GEL
 ZIPLOCK BAG
 RED FOOD COLORING
 SMALL BLACK BUTTONS "SEEDS"
 GREEN PAINTERS TAPE

Save the Date

SHACKKAN INDIAN BAND

Band General Meeting

June 25th, 2024
 5:30pm to 8:30pm
 Shackkan Band Hall

COMMUNITY ENGAGEMENT DINNER

JUNE 12, 2024
 SHACKKAN COMMUNITY HALL
 5:30 PM

AGENDA

- Opening Prayer
- Meal, Door Prizes
- Presentation
- Discussion
- Q & A
- Close the Evening

NLAKA'PAMUX PRIMARY CARE CENTRE ENGAGEMENT

Please contact your Community Health Director for more information on the Nlaka'pamux FNPC

For more information contact
 Jim Adams, Operations Director
 Nlaka'pamux FNPC Ph: 250-315-3224
 Email: adams.j@schss.com



COMMUNITY ENGAGEMENT SESSION

TUESDAY
 June 18th, 2024

START AT
 6:00PM - 8:00PM

SHACKKAN BAND HALL
 4943 Potatoesishie rd.

DINNER WILL BE PROVIDED

Come on down for a chance to win some **DOOR PRIZES!**

URBAN SYSTEMS

AGENDA

- Clean B.C better homes qualified program - benefits, eligibility and application process.
- Launching Shackkan's Residential Solar Project - benefits, employment opportunities, other types of renewable energy etc.

If you are interested in attending this session, please call the SIB office and speak to Dani or reception to register.
 We are excited to introduce new opportunities to the Shackkan community!
 We look forward to seeing you all!

If you have any questions, please contact the office.

YOU'RE INVITED

NATIONAL INDIGENOUS PEOPLES DAY CELEBRATION LUNCH
Friday June 21st 2024
Nicomen Bridge Site
1:00pm - 2:30pm

Everyone Welcome!

parking is limited - shuttle service is available
 event will be catered - please RSVP by Fri June 14th to:
 Kara.Edwards@snwbc.com

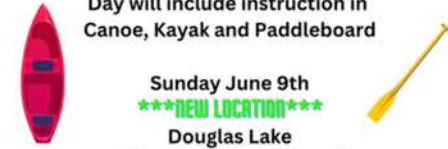
JUNE EVENTS

Upper Nicola Band Youth Sport Camp:



Learn to Paddle with Coaches from CanoeKayak BC

Day will include instruction in Canoe, Kayak and Paddleboard



Sunday June 9th
NEW LOCATION

Douglas Lake
at the Pumphouse turnout
10:00 AM to 1:00 PM

Open to Upper Nicola Youth ages 9 - 18

To register contact Buzz Manuel
T: 250-315-3457

E: event.coordinator@uppernicola.com

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 Chillihitzia officemanager@uppernicola.com



Screaming Baby: Cardiovascular System Presentation with Dr. Jeanne Paul

June 24, 2024

11:00 am to 1:00 pm

Lunch Included

LOCATION: QUILCHENA CHURCH

Please register early to ensure a seat in this popular subject of the 12 Screaming Babies and the Traditional Medicines to heal the a sick baby, ie. A Body System

Register with

Carol Smith: cfp@uppernicola.com or
Debra Manuel: der@uppernicola.com



UNB FAMILY GOLF DAY



★ New Date ★ ★ ★ ★ ★ New Date ★
Wednesday June 12, 2024
Tee Times Start at 3PM
Merritt Golf and Country Club

Cost: FREE for Upper Nicola Band Members Only
Includes 1 Round of Golf
BBQ Burger & Fries and a Door Prize



Limited Space Available
To register contact Buzz Manuel at
C: 250-315-3457
E: event.coordinator@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 (Gilmipse Lake)
- June 6 - Merritt *Postponed*
- July 23 - Kamloops
- August 20 - Kelowna
- October 26 - Vancouver (Venues - tbd)

For more information, contact:

Carol Holmes, kwu stemtima? Jurisdiction Manager
unlaws@uppernicola.com

Deb Manuel, Director of Relations,
250-378-7575, der@uppernicola.com

liml?mt

JUNE 7TH, 2024
12:30 to 2:00

**YOUTH
OUTREACH
LUNCH**

**LOCATION: SPIRIT SQUARE
MERRITT, BC**

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

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

Citxw Nlaka'pamux Assembly
cuñékstm
(CHOON EKSH-TM) / TEACH SOMEONE SOMETHING
Join us for cuñékstm!

**Indigenous Tattoo Marking
Education Session
with Robin Humphrey**

**June 11
2024**
From
4pm-7pm

Dinner provided: moose burgers and Caesar salad!

Happening at the CNA office -
2025 Granite Ave, Merritt, B.C.

"The objective of this session is to support the education and backgrounding of Indigenous tattoo markings in a shared environment of all ages. While gathering in a safe and protected space, children, youth, women, and men will explore the conversation of Indigenous tattoo markings." - Robin Humphrey

For more information, or to register, please contact
Winnie at 250-378-1864 or ajohnny@cna-trust.ca

CULTURE OF CARING



NLAKA'PAMUX HEALTH SERVICES SOCIETY

MEN'S MENTAL HEALTH DAY

**DRIVING
RANGE & BBQ LUNCH**

**Johnny's on
the REZ**

**BRING YOUR OWN CLUBS
& LAWN CHAIRS**

TO REGISTER: Julia Munro, Wellness Coordinator
Phone: 250-280-0078

TIME: **5:00pm** **June 13 2024
THURSDAY** Tokens for buckets

THIS IS A DRUG AND ALCOHOL FREE EVENT

**SUMMER
Day Camps**
AGES 6-11
GAMES + CRAFTS + ACTIVITIES

JULY 2 - JULY 5
JULY 8 - JULY 12
JULY 15 - JULY 19
JULY 22 - JULY 26
JULY 29 - AUG 2
AUG 6 - AUG 9
AUG 12 - AUG 16
AUG 19 - AUG 23
AUG 26 - AUG 30

REGISTRATION OPENS JUNE 1, 2024
▶ [MERRITT.CA/DAYCAMP](https://www.merritt.ca/daycamp)

Merritt
FLOURISH UNDER THE SUN

**COST | \$30/DAY OR \$130/WEEK
LOCATION: MERRITT CIVIC CENTRE**

**[HTTPS://WWW.MERRITT.CA/DAYCAMP/](https://www.merritt.ca/daycamp/)
REGISTER [HTTPS://WWW.MERRITT.CA/REGISTER/](https://www.merritt.ca/register/)**



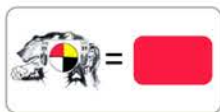
JUNE 2024

- Community Calendar -

CULTURE OF CARING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3 LNIB Rocky Pines bridge opening ceremony 12PM	4	5 SD 58 Indigenous Grad Ceremony at NV Arena 5pm UNB Nkwala School Pow wow at 9-2pm Glimpse Lake	6 UNB Kwu Stemtima? Community Engagement Session at Church	7 Youth Outreach Lunch 12:30 at Spirit Square SCFSS On the Land	8
9 UNB Youth Sports Camp at Glimpse Lake	10	11	12	13 CIB Grocery Shopping Support 11 AM SIB Parents & Tots program @ Shackan Wellness building 12-1:30	14 LNIB Father's Day luncheon	15 NIB Father's Day breakfast @ Band hall 10am
16 Father's Day 	17	18	19	20 SCFSS On the Land	21 Indigenous Peoples Day at Shulus Arbor 10-4 NIB Indigenous Peoples Day celebration 2-5pm	22 SD 58 Graduation
23/30	24	25	26 NIB Graduation Celebration @ Band Hall 5pm	27 CIB Grocery Shopping Support 11 AM	28	29



- UNB:**
- Medicine Monday's are back!
- LNIB:**
- Soup Kitchen - Every Wednesday
 - After School Rec Program
 - Drumming Group every other Tuesday at the Rocky Pines Community Centre
- Nooaitch:**
- SCHSS After School Drop In - Every Tuesday - SCHSS Satellite office in Nooaitch 3:45 - 5:30 PM
 - SCHSS - Gym Nights every Wednesday at Nicola Canford - Pick up in Nooaitch from each child's home. 6 - 7:30 PM
 - SCHSS - Library and swimming at the pool 2:30-5:30
- Coldwater:**
- Youth Walking group - Tuesdays & Thursdays at Central park from 4:30-5:30
 - Calling Our Spirit Home - Walking & Exercise Group - Mondays, Wednesdays & Fridays | 5:30-6:30 PM
- Shackan:**
- SCHSS Play Group Tuesday's from 12-2:30 at the Wellness Building



GRAD PARADE

happy GRADUATION

PROTECTION TO PREVENTION 

TRAFFIC CONTROL | 60 MINUTES

Grad PROM + VEHICLE PARADE

SATURDAY | 4:30PM
JUNE 22, 2024



[MERRITT.CA/GRAD](https://merritt.ca/grad)

Merritt
FLOURISH UNDER THE SUN

Class of 2024

Congrats you did it





WHAT THE "L" WORKSHOP

Indigenous Skills & Employment Training Program in partnership with Scw'exmx Child and Family Services Society will be hosting the What the "L" Workshop.


You Will Learn :

- Navigates through the Driver's Guide booklet step by step Highlights key points in each section
- Identifies useful clues in preparation for the exam
- Offers opportunities for participants to ask questions and learn through group discussions

Basic Eligibility:

- Must be 16 years old or older
- Must be of First Nations descent
- Currently unemployed or underemployed and reside in
- Merritt catchment area
- Hold 2 pieces of valid ID; 1 primary and 1 secondary
- Ability to complete ICBC parental consent form if under 19 No outstanding fines with ICBC

For more information Contact
ISETP Employment Counsellor
Jody John

 250-315-9465

 counsellor@scwexmxtribal.org

- 10 in-person seats are available
- lunch is provided
- Must be available to complete both sessions of the workshop
- On 2nd date, you can write the Learner's exam at ICBC

TRAINING WILL BE HELD ON :

July 8, 2024 @ 9:30-1:30

&

July 15, 2024 @ 9:30-1:30



Comfort Inn & Suites

3713 Dewolf Way, Merritt, BC



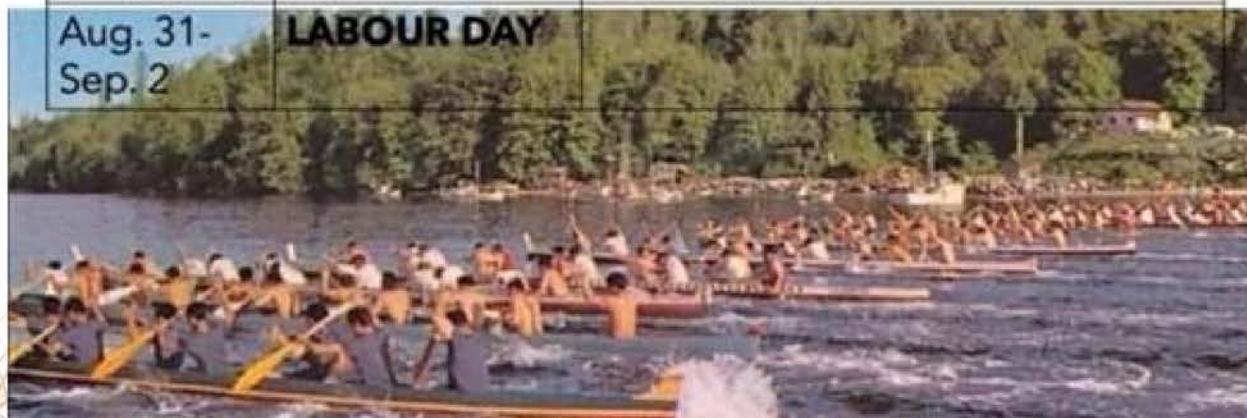
Shay Lee Jack, Youth Transition Program Coordinator



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





NICOLA CANOE PULL 2024

The Merritt First Nations Policing Section (RCMP) is planning its Annual Canoe Journey for the Nicola Valley. Our goal is to help build positive community relationships with the RCMP and surrounding aboriginal communities, the various organizations and the youth. The event will be held July 16-18, 2024. Tuesday will have an arrival time of 2pm, with dinner being served. Youth will camp Tuesday and Wednesday night at the Douglas Lake Camp site (located at the Old Kamloops Sailing club—Quilchena, BC).

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

It will be held July 16-18, 2024. This event is for youth between the ages of 10 and 18 years. If you have any questions or wish to help, please contact Cst. Tracy DUNSMORE, Cst. Tammy DENNING or Cst Derek VERSTEEG at the Merritt Detachment at 250-378-4262.



Download the registration form from our website by clicking [here!](#)



Raising awareness of men's mental health

Seeking help is a sign of **strength**.
Be **the voice** of change for other men.
Start **talking** about your mental health today.

Attention around men's health—particularly mental health—is gaining momentum in Canada. While men and women both live with mental health problems and illnesses, their experiences can be very different.

Although rates of mental illness are comparable between men and women, men are less likely to recognize, talk about, and seek treatment for their illness.

Did you know...

- **New fathers are susceptible to paternal postpartum depression.** While up to **10% of men experienced symptoms** within six months of their child's birth, men are not often screened for postpartum depression.
- Diagnostic methods for depression tend to assess symptoms more commonly presented by women—such as sadness and crying—and **ignore symptoms of depression that are common among men—including physical pain, anger or irritability.**
- In Canada, **80% of people who die by suicide are men.**
- The mental health of adolescent boys and young men **needs more attention and resources** because intervening early is the best predictor of a healthier adulthood.

Learn more:

- menshealthfoundation.ca
- cmha.ca/documents/men-and-mental-illness
- www.headsupguys.org
- movember.com/mens-health/mental-health
- mensdencanada.wordpress.com

Financial contribution from
Avec le financement de



Suite 1210, 350 Albert Street, Ottawa, ON K1R 1A4 • Tel: 613.683.3755 • Fax: 613.798.2989
mhccinfo@mentalhealthcommission.ca • www.mentalhealthcommission.ca

[@MHCC](#) [/theMHCC](#) [/1MHCC](#) [@theMHCC](#) [/Mental Health Commission of Canada](#)



Women's Group Survey

We are seeking feedback on our Women's Group Program. Please complete this short survey and be entered into a draw for:

- 1 of 3 Thai Massages
- 1 of 3 "Our Tellings" Books
- 1 Emergency Kit

SCAN ME

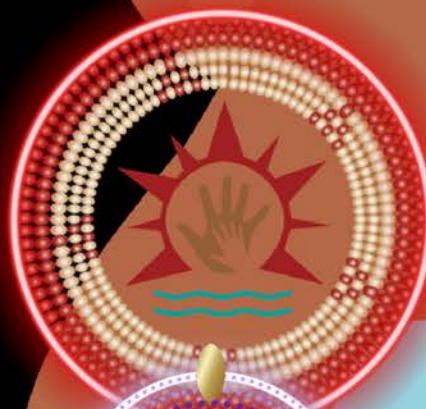


Deadline for submissions:

June 27, 2024

Draw Date:

June 28, 2024



In partnership with:



Honouring Our Children & Youth In-Care Week June 3rd - 9th



Sḵw̓xwú7mesh Úxwumixw (Squamish Nation) Territory

The Our Children Our Way Society recognizes and honours Indigenous children and youth during the 13th Annual BC Child and Youth in Care Week. We hold our hands up to all the communities, service providers, partners, and Nations who care for, walk with and celebrate our incredible, diverse young leaders of today and tomorrow.

In 2011, youth in and from care advocated for this special week so their brothers and sisters could grow up feeling celebrated for their strengths and accomplishments.

Many youth from and in care work hard to inspire other Indigenous children and youth in care and let them know they are not alone. **INVINCIBLE: Our Voices from Care** is an arts-based storytelling research project designed and written by the **Youth Council at Surrounded by Cedar Child and Family Services**. Their work draws on childhood memories, cultural stories, and first-hand journals of their experiences and emotions in the foster care system. The project name, INVINCIBLE, reflects the fact that they have survived the child welfare system and have many gifts and strengths to share.

Young people in and from care want to continue to raise awareness about the barriers they face and fight the stigma that comes with being a “foster kid.” In celebrating this week, we hope British Columbians take the opportunity to celebrate and support our incredible young people every week of the year.

Read about two of the many former youth in care who advocated for the first ever BC Child and Youth in Care Week **here!**

Go to Indigenous Child & Family Services to read this article and find more resources!

<https://ourchildrenourway.ca/honouring-our-children-youth-in-care-week-june-3rd-to-9th/>



Read the important stories as told by youth in care.



a storytelling project envisioned, written and created by Indigenous youth in care



We raise our hands with deepest respect to the ancestors, Elders, Chiefs and families of the ləkʷəŋən and WSÁNEĆ nations on whose sovereign territories we work and live.



EMPLOYMENT OPPORTUNITIES

Scw'exmx Child and Family Services Society (SCFSS) is family-centered and guided by nte?képmx and syilx traditional knowledge and principles. SCFSS utilizes prevention and protection strategies with the collective goal to keep children with their families and communities. SCFSS recognizes historical challenges and is guided by traditional strength and wisdom to build family and community capacity in a monumental shift from protection to prevention.

As an Indigenous organization serving the nte?képmx and syilx communities, SCFSS prioritizes the hiring of nte?képmx and syilx community members. Following community member priority and pursuant to Section 41 of the BC Human Rights Code, preference may be given to qualified applicants of Indigenous ancestry.

Job Postings

- Director of Relations
- Family Wellness Navigator
- Female Youth Wellness Coordinator
- Men's Group Coordinator

*Check our website regularly, we will post there first!

APPLY NOW

See our full postings and apply on our website at www.scwexmx.com
Submit your cover letter and resume on our website, you can also send inquiries to: opportunities@scwexmx.com



LOCAL TRAINING OPPORTUNITIES



Accepting applications for NVIT's

IMMEDIATE ENTRY BURSARY



APPLY TODAY!

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



HEAVY EQUIPMENT OPERATOR TRAINING

SEATS ARE LIMITED! **APPLY NOW!**



PROGRAM INCLUDES:

- EXCAVATOR
- GRADER
- LOADER
- DOZER

DID YOU KNOW...

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

Contact Indigenous Skills Employment Training Program Today!!

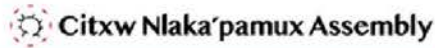


START DATE: TBD 2024
LOCAL MERRITT BC

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

WHY WAIT??

WWW.IHESCHOOL.COM



PESTICIDE APPLICATION CERTIFICATION WORKSHOP

INDUSTRIAL VEGETATION & NOXIOUS WEED CONTROL

LOCATION: Merritt (venue TBD)

WORKSHOP:

June 25th-27th @ 9:00AM-3:30PM

EXAM INVIGILATION:

June 28th @ 9:00AM-12:00PM

WHY TAKE THIS COURSE?



This comprehensive 3-day workshop equips participants with the necessary skills and knowledge to apply pesticides safely and effectively, while complying with environmental standards. Whether you're aiming to achieve certification or simply enhance your professional capabilities, this course provides valuable information on safety, equipment, application techniques. This workshop is an essential step for anyone committed to best practices in the field of pesticide

WORKSHOP BENEFITS

- Greatly improve success rate of passing the Pesticide Applicator Certification exam
- Enhance your understanding of pesticides, impacts, safety, legislation, and more
- Learn from experienced instructors and participate in hands-on, practical activities
- Ease of a 'one stop package' for studying, preparing for, and writing the exam

INCLUDED IN THIS WORKSHOP

- Three days of in-person presentations, demonstrations, and interactivity
- Access to online pesticide applicator learning modules and other resources for additional learning and exam support
- One-on-one support from instructors
- Study materials provided: two books – Canadian Pesticide Applicator Core Manual & Supplementary Information for Industrial Vegetation and Noxious Weed Control
- Ease of a 'one stop package' for studying, preparing for, and writing the exam

To register or for more information, contact Lara Phillips:

(250) 833-8271

lphillips@BCinvasives.ca





Who we are, where we come from

BACK TO OUR ROOTS

Photo-viewing day!

June 19, 2024
11 AM - 4 PM



NVIT Gymnasium

4155 Belshaw St.
Merritt, BC

**Everyone is welcome
to listen or share!**

Got photos to share?

Book a table with:

Pat Brown Lesley Manuel

pabrown@nvit.ca lmanuel@nvit.ca

250 378 3306 250 378 3315



FUNDING OPPORTUNITIES

Indigenous Bursaries Search Tool (Search: British Columbia)

The Indigenous Bursaries Search Tool is being updated. Students should confirm that the information listed in the tool is accurate by contacting each organization offering support.

The Indigenous Bursaries Search Tool is a searchable list of 537 bursaries, scholarships, and incentives that target Indigenous students across Canada.

Go to their website or scan the QR Code for more information and links to each listing: <https://www.sac-isc.gc.ca/eng/1351185180120/1351685455328?sb=bn&q=&bp=NATL&fs=000&ag=000&srcDC=20#result>



Name	Province/Territory	Institution	Field of Study	Indigenous Group	Deadline
New Relationship Trust Bursaries and Scholarships	British Columbia	All	Applies to all areas of study	First Nations	
Aboriginal Graduate Scholarship in Economics	British Columbia	University of Victoria	Economics and Statistics	All Indigenous People	May 31
All - Camosun College - Indigenous Scholarships, Bursaries and Awards	British Columbia	Camosun College	Applies to all areas of study	All Indigenous People	
All - Okanagan College - Indigenous Scholarships, Bursaries and Awards	British Columbia	Okanagan College	Applies to all areas of study	First Nations	
All - Thompson Rivers University - Indigenous Scholarships, Bursaries and Awards	British Columbia	Thompson Rivers University	Applies to all areas of study	All Indigenous People	
All Nations Trust Company / Bank of Montreal Bursary	British Columbia	Thompson Rivers University	Applies to all areas of study	All Indigenous People	August 15 to September 30
Anthony Dawson Justice Award	British Columbia	Camosun College	Law	All Indigenous People	October 30
Awards for Aboriginal Women	British Columbia	Simon Fraser University, Thompson Rivers University, British Columbia Institute of Technology, College of the Rockies, Douglas College, Justice Institute of British Columbia, North Island College, North Island College, Northern Lights College-Fort St. John/Fort Nelson, Northern Lights College-Fort St. John/Fort Nelson, Northwest Community College, Northwest Community College, BC Housing	Applies to all areas of study	All Indigenous People	
B.C. Hydro Bursary	British Columbia	University of Northern British Columbia	Business and Administration	First Nations	October 15 to April 01
B.C. Hydro Indigenous Scholarship Program	British Columbia	All	Applies to all areas of study	All Indigenous People	Spring
BMO Bank of Montreal Aboriginal Scholarship	British Columbia	University of Northern British Columbia	Indigenous Studies	First Nations	October 15 to April 01
BMO Bank of Montreal Award for Aboriginal Students	British Columbia	Capilano University	Applies to all areas of study	All Indigenous People	
Bud Mintz Memorial Bursary	British Columbia	Langara College	Applies to all areas of study	First Nations	
C.H. Dowling Memorial Award	British Columbia	University of Victoria	Human Sciences; Social Sciences	First Nations	February 15 to April 30
Canadian Federation of University Women (CFUW) - Saanich Peninsula Award for First Nations Women	British Columbia	Camosun College	Applies to all areas of study	First Nations	January 22
Cannon Memorial Bursary	British Columbia	University of British Columbia	Education	First Nations	
Chief Joe Mathias of British Columbia	British Columbia	All	Any field of study	First Nations	
Clarence Ludwig Musclow Bursary	British Columbia	All	Indigenous Studies	First Nations	
Cliff - Marcel Trust Fund Scholarship	British Columbia	University of Northern British Columbia	Applies to all areas of study	First Nations	October 15 to April 01
CN Gold Medal Scholarship	British Columbia	University of Northern British Columbia	Economics and Statistics; Management; Marketing; Transportation	First Nations	October 15 to April 1

FUNDING OPPORTUNITIES

Indigenous Bursaries Search Tool (Search: National)

Name	Province/Territory	Institution	Field of Study	Indigenous Group	Deadline
Nutrien Indigenous Youth Financial Management Awards	National		Business and Administration	All Indigenous People	November 18
Arctic Institute of North America – Jim Bourque Scholarship	National	University of Calgary	Communications and Media; Education; Environmental Studies	All Indigenous People	July 9
ATCO Indigenous Education Awards Program	National	All	Applies to all areas of study	Métis; First Nations	August 15 of each year
Bill and Elsie More First Nations Bursary	National		Any field of study	All Indigenous People	October 31
Canadian Aboriginal Writing Challenge – Our Story	National	All	Applies to all areas of study	All Indigenous People	March 31
Cenovus Indigenous Scholarships	National	All	Earth Sciences and Natural Resources	All Indigenous People	August 1, November 1 and February 1
Ch'nook Scholars Program	National	All post-secondary institutions in BC and University of Calgary	Business and Administration	All Indigenous People	
Gillis Purcell Memorial Journalism Scholarship for Indigenous Peoples	National	All	Communications and Media	All Indigenous People	November 1st of each year.
Harvey Bell Memorial Prize	National	All	Law	All Indigenous People	
Helen Bassett Commemorative Student Award	National		Applies to all areas of study	All Indigenous People	Spring
Indigenous Graduate Student and Post Doctoral Awards	National	All	Applies to all areas of study	All Indigenous People	
Indspire - Bursaries, Scholarships and Awards	National	All	Applies to all areas of study	All Indigenous People	August 1, November 1 and February 1
Jean Goodwill Scholarship	National		Health Careers and Services	All Indigenous People	July 1st of each year
Joan and Dean Sandham Scholarship in Aboriginal Health Professional Leadership	National	University of Manitoba	Health Careers and Services; Medicine	All Indigenous People	
Jose Amaujaq Kusugak Scholarship	National		Graduate and Postdoctoral Studies	Inuit	
KPMG's Indigenous Student Awards	National	All	Applies to all areas of study	All Indigenous People	August 1, November 1, February 1
Michael Melancon - Koffend Student Award	National	All	Applies to all areas of study	All Indigenous People	July 15
Modern Métis Woman Scholarship (Metis)	National	All	Applies to all areas of study	Métis	October 31st
Native American Scholarships for Archaeology (includes indigenous peoples of Canada)	National	Accredited colleges and universities	Human Sciences	All Indigenous People	
NSERC Indigenous Student Ambassadors	National	All	Agriculture; Animal Sciences; Computer Sciences; Earth Sciences and Natural Resources; Engineering and Architecture; Environmental Studies; Sciences	All Indigenous People	Between two and six months before start of activity

FUNDING OPPORTUNITIES

 **TELUS** Business *#StandWithOwners*

More info



Apply for a chance to win \$200,000 in prizeing!

As a business owner, your passion, purpose and perseverance push you forward, determined to succeed. You believe in your business, and we believe in you.

#StandWithOwners

Is your business eligible to apply?

Before you start your application, check to see if you meet the eligibility criteria.



Are business startups eligible?

Yes, business startups are eligible to apply. While they are not required to be in a specific stage of startup, they must demonstrate revenue streams either current or anticipated (e.g. pre-orders).



Are nonprofits eligible to apply?

Nonprofits, including charities, are eligible to apply.



Are franchisees eligible to apply?

Franchisees are eligible to apply. However, they must demonstrate how their business is standing out from the competition, including other franchisees.

Application entry period

The *#StandWithOwners* application period begins at 12:01 a.m. Eastern Daylight Time (“EDT”) on June 4, 2024 and ends at 11:59 p.m. EDT on September 4, 2024 (the “Application Period”).

Application eligibility

The application is open to revenue-generating Canadian businesses with 0-100 employees. Employees are individuals who are officially employed by the business and have the necessary payroll deductions managed by the business owner. For-profit, not-for-profit and social enterprises are considered eligible to apply. Applicants must be residents of Canada and have reached the age of majority according to the laws of the Province where they reside. Additionally, applicants must be either:

1. the owner of a company or business; or
2. an employee of an eligible business who has obtained written permission to participate in this application from the owner, president or chief executive of the business.

The application excludes employees of TELUS Corporation, its affiliated companies or subsidiaries (collectively “TELUS”), its advertising and promotional agencies and members of their respective immediate households and any person domiciled with any of the above.

Upon request by TELUS, each entrant must provide proof of their identity and qualification as an eligible entrant. Application may be disqualified where such proof is not provided upon request.

SCW'EXMX CHILD & FAMILY NEWSLETTER SIGN UP!



Would you like to receive newsletters and updates from Scw'exmx Child & Family? Scan or click the QR code below to sign up for our newsletter today!



www.scwexmx.com / facebook.com/scwexmxchildandfamily / Instagram.com/scwexmxchildandfamily

Scw'exmx Child & Family

Closed for National Indigenous Peoples Day



Friday, Jun 21, 2024

Re-open: June 24, 2024



Child Wellness Concern After Hours? Please Call:

1-800-663-9122

Children's Help Line for Children and Youth

Do you need help?

If you don't feel safe or you have a concern, you can call this number 24-hours a day for free from any phone.

310-1234

Scw'exmx Child & Family Services Society

Office Hours: Monday-Friday 8:30 a.m. - 4:30 p.m.

Downtown Address: 1988 Quilchena Ave., Merritt, BC V1K 1B8

Mailing Address: 1750 Lindley Creek Rd, Merritt, BC V1K 0A3

Language & Culture Address: 2475 Merritt Ave, Merritt, BC V1K 1B8, Canada

Quilchena Address: Unit #2 - 3512 Highway 5A, Quilchena, BC V0E 2R0

Telephone: 250-378-2771

www.scwexmx.com

Facebook Page: facebook.com/scwexmxchildandfamily



Healthy Children



Healthy Communities



Healthy Families