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# SCW'EXMX CHILD & FAMILY SERVICES SOCIETY

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## October 2023 Community Newsletter



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### FEATURES

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“Every leaf speaks bliss to me,  
fluttering from the autumn tree.”  
-Emily Bronte







**Scw'exmx**

**Child & Family Services Society**

## **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 towards 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 and bring traditional knowledge, guidance and practices of the nłeʔkepmx and syilx 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 (7) generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy. nłeʔkepmx and syilx ancestors have anticipated this change and passed their wisdom and knowledge on 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 and families will remain together and rekindle their cultural ways of being.





# September Staffing Updates



## **EMILY WESTON - COMMUNITY PREVENTION WORKER**

As a Community Prevention Worker, Emily will work directly in community to ensure the effective delivery of culturally appropriate community prevention supports. Emily will be responsible for providing community-based prevention services in one of our six (6) communities with an emphasis on education and early intervention. Emily will help support our communities to build their capacity to strengthen children, young people, and families within community by supporting the planning, development, coordination, facilitation, and assessment of community prevention programming and services. She will help develop positive working relationships with community partners and stakeholders and create meaningful relationships with members in community. Emily will be based in community and have access to a workstation at the Main Office. Emily will report to the Community Services Team Leader.



## **SHELLEY TOMKINSON - FAMILY WELLNESS NAVIGATOR**

As a Family Wellness Navigator, Shelley will offer holistic support to families through coaching and wellness planning. Shelley will be responsible for facilitating participant-centered support through the creation of Wellness Plans. Shelley will work collectively with participants to set goals in all domains of their life and relationships, identify a support network to help meet goals, set realistic timeframes, and implement healthy strategies to achieve their goals. Shelley will plan, develop, and facilitate workshops for families and communities to support the growth of skills identified in conversation. Shelley will be based in community and have access to a workstation at the Main Office. Emily will report to Lucinda Seward as the Family Wellness Team Leader.

## Employment Opportunities

Scw'exmx Child and Family Services Society (SCFSS) is family-centered and guided by nte?kepmx 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?kepmx and syilx communities, SCFSS prioritizes the hiring of nte?kepmx 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 Coming Soon



- Operations Coordinator
- Security Guard
- Community Planning Team Leader
- Family Circles Coordinator

\*Check our website regularly for the above postings, we will post there first!

**APPLY NOW**

See our full postings and apply on our website at [www.scwexmx.com](http://www.scwexmx.com)  
Submit your cover letter and resume on our website

# About Our Team

*As part of our commitment to building strong relationships with our communities, we are providing a team introduction page every month. Below you will learn a bit about the team and their roles in supporting our communities.*

## The Executive & HR Team



Lisa Post  
Executive Director



Rhonda Dunn  
Executive Assistant



Sarah Blonde  
Sr HR Generalist



Madison Holmes  
HR Generalist

## The Finance Team



Kathy Gray  
Sr Finance Coordinator



Kaylynn Dexel  
Financial Analyst



Robyn McDonnell  
Finance Clerk



Crystal Leier  
Payroll Clerk





# Harvesting



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



Steelhead Trout / cóḡwłe? / x<sup>w</sup>mína?



Blue Grouse / smúmtm̄ / x<sup>w</sup>a?x<sup>w</sup>a?yút



Mushroom / məłqí? / p̄łqin



Juniper / s<sup>x</sup>wýéxkn / stúłca?

*"The goal of life is living in agreement with nature!"*

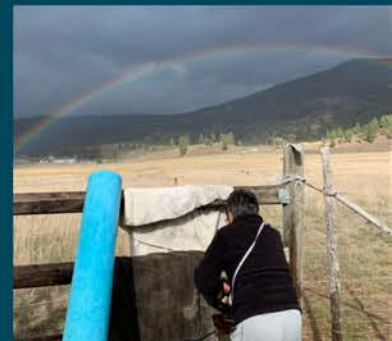


# Cultural Wellness

As part of Orientation Week, Scw'exmx Child & Family Services (SCFSS) incorporates a cultural day for our staff to have the opportunity to learn cultural teachings and connect with our Elders.

From September 26-28, our Culture and Language Team, along with our Elders, learned how to scrape, stretch, and tan hides. Staff that assisted included, Jason, Corrina, Barb, Lepika, Harmony, Satara, Emily and Cory. Elders who participated included Nettie, Cathy and Dorothy. Other community members who helped were Molly, Mary June, Rae Lynn and Corrina's children.

We are committed to revitalizing our culture and appreciate the opportunities to learn and share with each other.











## **What does Truth & Reconciliation mean to you?**

**“Means taking time to remember the things that happened and doing what we can to make it change.”**

**“Truth & Reconciliation to me means acknowledging and addressing the past & current harms done towards Indigenous people by various colonial powers so Indigenous people can thrive & hold power over their own affairs.”**

**“Being seen and heard.”**

**“Acknowledgement of the truths of Residential School.”**

**“Working together instead of against. Revitalizing traditions, ceremonies, and the language. Being inclusive.”**

**“Recognizing the history of the treatment of Indigenous people in Canada.”**

**“Accountability and recognition and the actions taken to make things right. What happened to our residential school children.”**

**“First Nations people and communities are treated and heard with respect and dignity and rights are protected no matter where they come from. All Indigenous people should have the right to have equal access to education, and health. Have the opportunity to be who they are without discrimination or judgement.”**





## **What does Truth & Reconciliation mean to you?**

**“Healing, truth....and respect for the future, moving forward.”**

**“When the truth of what happened is told and acknowledged. And everything that is needed to be done for the families to heal.”**

**“This is one of the things my dad’s been telling me he wanted to see before his time came. It’s here n past. I know this helps him a lot. And it makes me happy too knowing our future will change.”**

**“Recognizing the true raw history for what it truly was, not sugar coated or edited. Followed by accountability, integrity and respect.”**

**“Hope & healing.”**

**“Regaining the knowledge that was taken from us.”**

**“It means trying to repair relationships.”**

**“To improve the lives of all Indigenous people.”**

**“Truth and reconciliation means learning and understanding what our people have gone through and survived and how to understand it.”**



# Caregiver Appreciation Month



Caregivers are ordinary people with extraordinary Hearts.

They spend their time helping, listening, learning, and encouraging. The value of their work has no limit and knows no bounds. They plant tiny seeds of love in countless lives and know the unexpected joy of a simple hug. They are there when needed most and appreciated more than they would know.





In October, we appreciate and honour our Caregivers, in recognition of their continued dedication and service. On October 3rd & 4th, we held our Caregiver Appreciation Days where 15 caregiving families were in attendance. Caregivers enjoyed cultural activities and wellness sessions as well as a banquet with lively entertainment. The evening entertainment was well received and included an exciting game of Indian Bingo. The dance group, Sage Hills from Kamloops, performed various traditional dances with a bit of history and legend about each dance and everyone was able to join in a round dance, which ignited laughter from all.

Our Caregivers had a wonderful time getting to know each other while participating in the various cultural activities. While beading, the ladies enjoyed conversing with each other and commented on how relaxing the activity was even though it was the first time for some. Beading participants felt that it was therapeutic to have some quiet time to learn. They recognized the need to do more self-care and requested some kits to practice at home.

The wellness activities were also well received, and the Caregivers were very appreciative of the opportunity to step outside of their comfort zone to enjoy massages, body readings, and foot care.

The Caregivers also had fun making ribbon skirts and were very thankful for all the gifts and prizes. We wanted to remind our Caregivers of the importance of taking care of themselves because they are so good at taking care of others.

“It was quite beautiful and a surprise.” - Caregiver

“I wish they had this all the time.” - Caregiver

“I am grateful to our Elders and Ancestors, as they are who lead and steer us toward healing and togetherness. We celebrate our Caregivers, we honour your heart, your commitment of love, your tireless compassion and care of others before yourself. Please know how grateful we are for all you do. Our Ancestors are looking upon you at this moment – and they are smiling. I raise my hands to each and every one of you individually. k<sup>w</sup>uk<sup>w</sup>stéyp (kwukw-shteyp) - thank you from all of us.” - Lisa Post, Executive Director, SCFSS



# Sparky's **HIDDEN PICTURE PUZZLE**



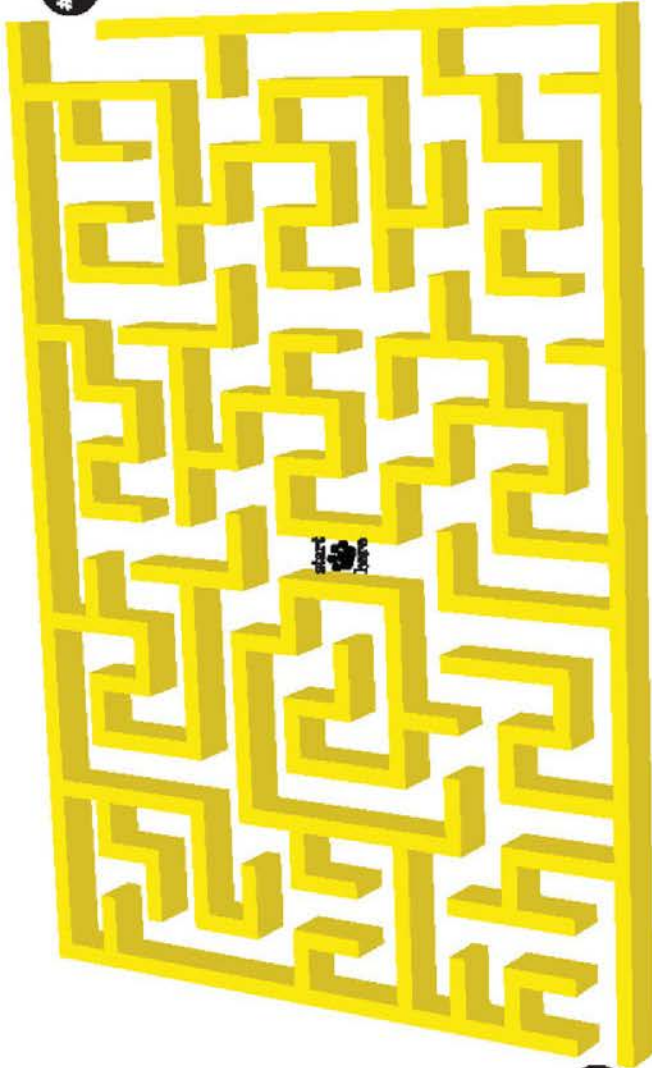
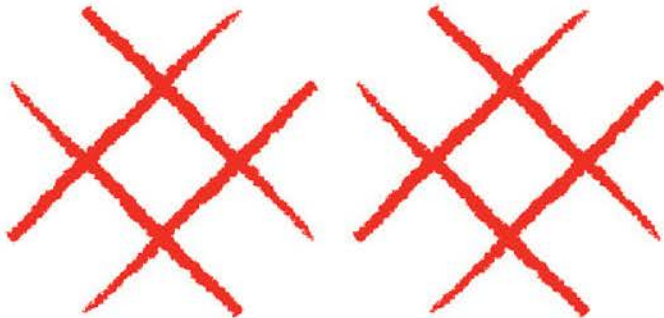
The following objects are hidden in this picture:  battery,  smoke alarm,  candle,  flashlight,  pencil,  sailboat,  banana,  golf club,  bell,  sock,  ruler,  ring,  cup, and a  button!

For more FUN STUFF, visit [SPARKY.ORG](http://SPARKY.ORG)

The name and image of Sparky are trademarks of the NFPA.



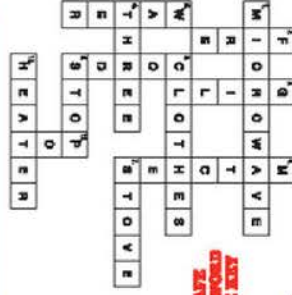
My Name: .....



Sparky® wants you to know **2 ways out** of every room in your home in case of a fire.

#2






Try to find **2 ways out** of this maze!









FIRE-SAFE CROSSWORD PUZZLE KEY

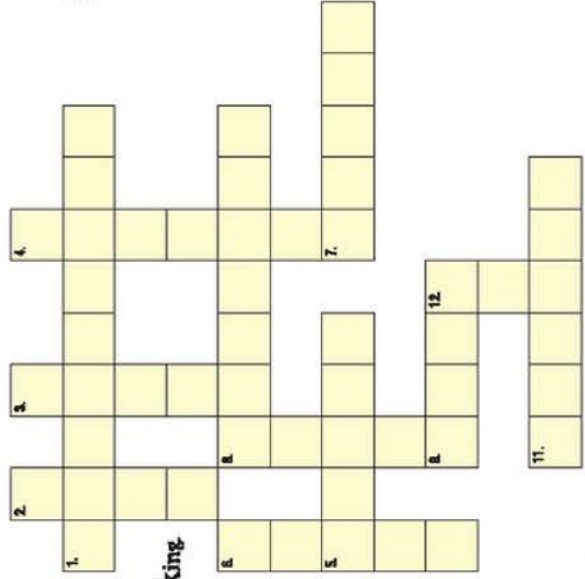
### FIRE-SAFE CROSSWORD PUZZLE

#### ACROSS

- Food cooked in a  should be opened slowly.
- Stay **"3"** feet away from the stove when grown-ups are cooking.
- Keep curtains away from the .
- Adults should wear tight-fitting  when cooking.
- . drop and roll if your clothes catch fire.
- Give a space  space.

#### DOWN

- If there is a  in your home, get **OUT** and **STAY** out!
- Use a barbecue  only outdoors.
- Keep lighters and  out of kids' sight and reach.
- Cool a burn with cool  for 3 to 5 minutes.
- Make sure there are no  under carpets.
- Turn all  handles toward the back.







# OCTOBER 2023



## - Community Calendar -

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 SCFSS Youth Movie Night NVIT Lecture Theater 7 PM	5 LNIB Thanksgiving Dinner 5-7 PM Shulus Hall CW Grocery Support 11 - 1:30	6	7 SCFSS Culture Gathering @ Civic Centre
8 SCFSS Culture Gathering @ Civic Centre	9	10	11	12 Feel the Beat Shackan Fall Dinner 5 PM @ Shackan Band Hall	13	14
15	16	17	18 SCFSS Relationship Program Meet & Greet Civic Centre 6-8 pm Feel the Beat	19 CW Grocery Support 11 - 1:30	20 UNB - We Care For One Another Celebration Civic Centre 5-9:30 PM Nooaitch Pumpkin Patch Trip - Desert Hills Meet at Hall 1PM	21
Men's Group Bella Coola Trip						
22	23 Shackan Wellness Circle @ Nkseytknheb* building 5-7 PM SCFSS Women's Group Halloween Party	24 LNIB Halloween Extravaganza LNIB Fire Dept. 4 pm	25	26 Feel the Beat LNIB Halloween Party & Fireworks 5-8 PM Rocky Pines Community Centre, haunted house at the youth trailer	27 CW Monster Bash CW Band School 5-8 PM CNA Culture & Language móq'ix (Gathering)	28 Men's Conference Glimpse Lake Weekend Camp
29 Men's Conference Glimpse Lake Weekend Camp CNA Culture & Language móq'ix (Gathering)	30 Shackan Wellness Circle & Halloween Fun @ Shackan Band Hall 4-6 PM	31 Nooaitch Halloween Party 4-8 PM @ TBD	1	2	3	4



### NOTES

- Lower Nicola Band
- Hand Drumming every Tuesday 5-7:30 @ Rocky Pines Community Centre
  - Language Group every Thursday 5 PM @ Cultural Centre
- CNA
- Driving lessons four times per month contact CNA to book your lessons.

### NOTES

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





# FEEL THE BEAT

FEEL THE BEAT WILL BE RETURNING IN OCTOBER.  
JOIN US TO LEARN TO MAKE A BEADED POPPY,  
HAND DRUM BAG OR ELDERBERRY SYRUP & TEA!

**DINNER & SUPPLIES PROVIDED!**

**4 - 8 P M**



<b>October 12</b>	<b>Coldwater Hall</b>	<b>Beaded Poppies</b>
<b>October 18</b>	<b>Meeting Place in Spaxomin (Douglas Lake)</b>	<b>Drum Bag (Bring your drum)</b>
<b>October 26</b>	<b>Shackan Hall</b>	<b>Elderberry Syrup &amp; Tea</b>





# Women's Group

Women's Group is held the third Monday of every month, (adjusted for December). Sessions will be held at the Merritt Civic Centre with space for child-minding. A meal will be provided, and is open to our five communities. Each month will have a different wellness focus. Registration will be done online. If you cannot attend, please connect with Allyson so someone on the waitlist can be contacted.

## Upcoming Dates!

- October 23, 2023 - Halloween party!
- November 20, 2023 - Wellness
- December 11, 2023 - Christmas Party!
- January 22, 2024 - Health Restart
- February 19, 2024 - TBA



Questions, please contact:  
allyson.sterling@scwexmx.com  
(250) 378-2771



# Men's Group

**Oct 27-29, 2023**

## **Men's Conference Glimpse Lake, BC**

(Location may change based on weather)



**Click the link in the original post  
or scan the QR Code to register!**

**Guest Speakers, Sweat Lodge, Massage,  
Readings, Games, Traditional Games,  
& Prizes - Meals Provided**

**Friday 3 PM - Setup & Dinner**

**Saturday 8:30 AM - 4:30 PM - Workshops**

**Sunday 8:30 AM - 1 PM - Breakfast & Take Down**

**Questions Call: (250) 378-2771**



Upper Nicola

LOWER NICOLA  
INDIAN BAND







Scw'exmx Child & Family

# RELATIONSHIP PROGRAM MEET & GREET

Date: Oct-18-2023 | Time: 6-8 PM

Location: Civic Centre | Rm. 3

- This group is open to couples from the five communities we serve that are interested in a relationship building program. Join us to learn about the program.
- Snacks will be provided.
- Register to be entered into the door prize draw.



This program is offered annually.

Each session will explore different tools to build a strong and healthy relationship.

**CONTACT: ALLYSON STERLING**

**allyson.sterling@scwexmx.com / (250) 378-2771**





# Upper Nicola Band Update

Upper Nicola Band has some fun community events upcoming. SCFSS is working closely with Upper Nicola Band with community events.



Monthly Activities	Location	Date	Times
<b>kwu cxatnwix" (We Care For One Another Celebration) - Celebrating Past and Present Caregivers</b>	<b>Civic Center</b>	<b>October 2</b>	<b>5-9:30pm</b>
<b>Do you want to get your Driver's Licence? Register by contacting: Geneve McRae ec@uppernicola.com (250) 350-6642</b>	<b>Call to register!</b>	<b>Oct 23-Nov 9 (no class Oct 31st)</b>	<b>Call for more info!</b>

*kwu cxatnwix"*  
**"We Care For One Another Celebration"**

*To honour and recognize those who have cared for or those who care for another family or friend (i.e. Grandchild, Niece, Nephew, etc.)*

- *Caring for One Another was and continues to be our way.*

*Join us in this celebration as we honour those past and present who upheld the kwu cxatnwix" (We Care For One Another).*

Goal:  
 2.0 Build capacity and community relationships by supporting our Relations in a way that reflects Sylls culture and values and keeps children in the community  
 5.0 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

**FRIDAY, OCTOBER 20, 2023**  
**5:00 PM- 9:30 PM**  
**MERRITT CIVIC CENTRE**  
**1950 MAMETTE AVE,**  
**MERRITT, BC V1K 1R6**

Cancellation Notice:  
 Due to unforeseen and unavoidable circumstances (i.e. weather, death, health and safety) an event may be cancelled or postponed. The kwu stemtimA/ will take the necessary steps to ensure ample notice.

Upper Nicola Band  
**HELP WANTED:**  
**CELEBRATION OF OUR PAST AND PRESENT CAREGIVER'S EVENT**

**5 YOUTH WORKERS**  
 TO ASSIST WITH SERVING, CLEANING, AND FRONT ENTRANCE.

**Paid Honorarium**  
**Friday, October 20, 2023**  
**4:00 pm to 10:00 pm**  
**Merritt Civic Centre**

To Apply Contact: Kim Fuller  
 E: kwustem.assist@uppernicola.com



**Contact**

Main office

**Phone**

250-350-3342

**Address**

General Delivery, Douglas Lake, BC  
 V0E 1S0



# Lower Nicola Band Update

Lower Nicola Band has some fun community events upcoming. SCFSS is working closely with Lower Nicola Band with community events.



Weekly Activities	Location	Day of the Week	Times
<b>Soup Kitchen</b> Weekly get together to visit and eat delicious home made vittles.	<b>Elder's Trailer</b>	<b>Every Wednesday</b>	<b>12:00 PM</b>
<b>After School Recreation Program</b> Activities for children after school, call the office to sign up.	<b>Various activities weekly.</b>	<b>Mon - Thurs</b>	<b>3:45 - 5 PM</b>



Monthly Activities	Location	Date	Times
<b>Thanksgiving Dinner</b> There will be Loonie Auction and 50/50!	<b>LNIB Shulus Hall</b>	<b>October 5</b>	<b>5-7 PM</b>



## Contact

Main Office

## Phone

250-378-5157

## Location

181 Nawishaskin Ln.  
Merritt, BC V1K 0A7



# Coldwater Band Update

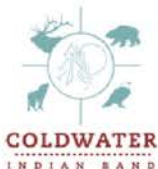
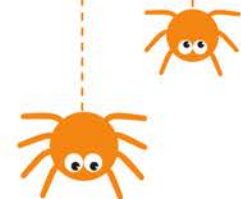
Coldwater Band has some fun community events upcoming. SCHSS, SCFSS & CNA are working closely with Coldwater Band with community events.



Weekly Activities	Location	Day of the Week	Times
<b>Gym Nights</b> Everyone is welcome to join us for some fun!	<b>Coldwater Band Gym</b>	<b>Tuesdays &amp; Thursdays</b>	<b>6:00 - 7:30 PM</b>



Monthly Activities	Location	Dates	Times
<b>Monster Bash!</b> Get your costumes on and get ready for some fun! Costume contests, dinner, dancing and treats!	<b>Coldwater Band School</b>	<b>October 27</b>	<b>5-8/9 PM</b>
<b>Grocery Shopping Support!</b> Join us twice a month for grocery shopping.	<b>Meet at Band office</b>	<b>October 19</b>	<b>11 - 1:30 PM</b>



### Contact

Main office

### Phone

250-378-6174

### Address

301- 230th Street  
Coldwater Reserve #1





# COLDWATER MONSTER BASH



LOCATION: CW BAND SCHOOL

**27**  
**OCTOBER**

5 - 8 PM

DINNER SERVED AT 5: 30

**COSTUME CONTEST!**  
**PRIZES FOR:**  
BEST, SCARIEST, FUNNIEST, GROUP  
COSTUMES

TRICK OR TREATING STATIONS PROVIDED  
BY: SCFSS, SCHSS, COLDWATER,  
TRANSITION HOUSE & CNA

QUESTIONS YOU CAN CONTACT:  
CYNTHIA JAGER (250) 378-6174  
CYNTHIA@COLDWATERBAND.ORG  
JAZMIN SPAHAN 250-378-6174










# Nooaitch Band Update

Nooaitch Band has some fun community events upcoming. SCHSS, SCFSS & CNA are working closely to support Nooaitch with community events.



Weekly Activities	Location	Day of the Week	Times
 <p><b>After School Drop In (ages 6+)</b> Join us for crafts, games and snacks after school!</p>	<b>SCHSS Satellite Office (Across from Band Hall)</b>	<b>Every Tuesday!</b>	<b>3:45 - 5:30 PM</b> Parents please pick up from the SCHSS Satellite Office!
 <p><b>Gym Night (ages 6+)</b></p>	<b>Nicola Canford School (pick up in Nooaitch from each child's home)</b>	<b>Every Wednesday!</b>	<b>6 - 7:30 PM</b>
 <p><b>After School Swimming (ages 7+)</b> And a quick stop at the library before swimming!</p>	<b>Nicola Valley Aquatic Center</b> Transportation provided (Contact Darlene for more details)	<b>Every Thursday!</b>	<b>3:30-5:00 PM</b>

Monthly Activities	Location	Date	Times
 <p><b>Desert Hills - Pumpkin Patch Trip</b> Meet at the Nooaitch Band Hall at 1:00</p>	<b>Nooaitch Band Hall</b>	<b>October 20</b>	<b>1 PM</b>
 <p><b>Nooaitch Community Halloween Party</b></p>	<b>TBD</b>	<b>October 31</b>	<b>4-8 PM</b>



Contact Name	Phone	Location
Kathie Jumbo	250-378-6141 Ext. 103	Nooaitch Band Office
Darlene Rodominski	250-378-2300	SCHSS Satellite office (across from the Band Hall)





# Nooaitch Band

DESERT HILLS TRIP

## PUMPKIN PATCH

FRIDAY OCTOBER 20, 2023

Join us to pick your own pumpkin!

Meet at the Band Hall

Meet at 1:00, transportation leaves at 1:15

All children receive a pumpkin as well as pumpkins will be available for other community children from the band office the following week.

CALL THE OFFICE IF YOU HAVE QUESTIONS:  
NOOAITCH BAND OFFICE: (250) 378-6141



*Please join us for a  
Dress up for the  
Costume Contest!!*



# Halloween PARTY



TUESDAY OCT 31



4 - 8 PM

**Location: To Be Determined**

For questions Call:  
Kathie (250) 378-6141 Ext. 103  
or Darlene (250) 378-2300



**Hot Dogs  
& Hot  
Chocolate  
Provided!**





# Shackan Band Update

Shackan Band has some fun community events upcoming. SCHSS, SCFSS & CNA are working closely to support Shackan with community events.



Weekly Activities	Location	Day of the Week	Time
<b>Wellness Circles</b> Dinner provided!	<b>Níkseytknhetx<sup>w</sup> Building</b>	<b>October 23</b>	<b>5-7 PM</b>



Monthly Activities	Location	Date	Times
<b>Fall Dinner</b> Join us to welcome fall.	<b>Shackan Band Hall</b>	<b>October 12</b>	<b>5 PM</b>
<b>Wellness Circle &amp; Halloween Fun</b> Indian Taco's and Indian Bingo!	<b>Shackan Band Hall</b>	<b>October 30</b>	<b>4-6 PM</b>

**Income Assistance Update!**

INDIGENOUS SERVICE CANADA HAS ANNOUNCED A MONTHLY SHELTER RATE INCREASE FOR INCOME ASSISTANCE RECIPIENTS

Please send in proof of any unmet shelter costs. Coverage includes utility bills or proof of rent/mortgage

Email or Call Haylee at the admin office:  
socialdevelopment@shackan.ca  
250-378-5410 ext. 211



**Contact Name**

Adrienne Johnny

**Phone**

(250) 378-5410

**Location**

Shackan Band Office





# Health & Wellness

## Wellness Circles for October:

Everyone is welcome to join us.

October 2nd, 2023 – Shackan Indian Band is closed for the **National Day of Truth and Reconciliation**

October 9th, 2023 – Shackan Indian Band Administration is closed for **Thanksgiving.**

October 16th, 2023 – No Wellness Circle

October 23rd, 2023 – Scw'exmx Community Health Nursing Team  
**Topic:** Flu and COVID 19 Immunizations  
**Location and Time:** Nkseytknheix<sup>w</sup> Building 5 – 7pm  
**Dinner Menu:** Lasagna and Caesar Salad served at 5pm

October 30th, 2023 – Scw'exmx Community Health & Wellness Team  
**Topic:** Indian Bingo! Come and win some good prizes!  
**Location and Time:** Shackan Band Hall 5-7pm  
**Dinner Menu:** Indian Taco's served at 5pm

**Contact Adrienne Johnny Health Navigator at:**  
250-378-5410 Main Office or at 250-378-6074 Nkseytknheix<sup>w</sup> Building





**MERRITT ICS 1ST ANNUAL CHILLI & COATS**

27 OCT 2023

taking place at  
SPIRIT SQUARE  
Corner of Voght St. & Granite Ave.  
Merritt

11:00 - 2:00

**FREE!**

COME FOR A CUP OF CHILLI & PICK UP WARM WINTER WEAR

WINTER WEAR FOR ALL AGES TO CHOOSE FROM

INTERIOR COMMUNITY SERVICES  
ENRICHING LIVES. STRENGTHENING COMMUNITIES



**CITXW NLAKA'PAMUX ASSEMBLY**

**Ashcroft ELDERS WELLNESS DAY**

Open to all CNA members

October 24th, 2023 10am to 4pm

Citxw Nlaka'pamux Assembly will be hosting an Elders Wellness Day in Ashcroft. We will be located at the Ashcroft Indian Band Hall from 10:00am to 4:00pm. We will be playing bingo for prizes, having lunch and enjoying some amazing company. Please come on out and have some fun! You will also meet your new Community Engagement Coordinator, Cynthia Hewitt, as well. Let's welcome her!

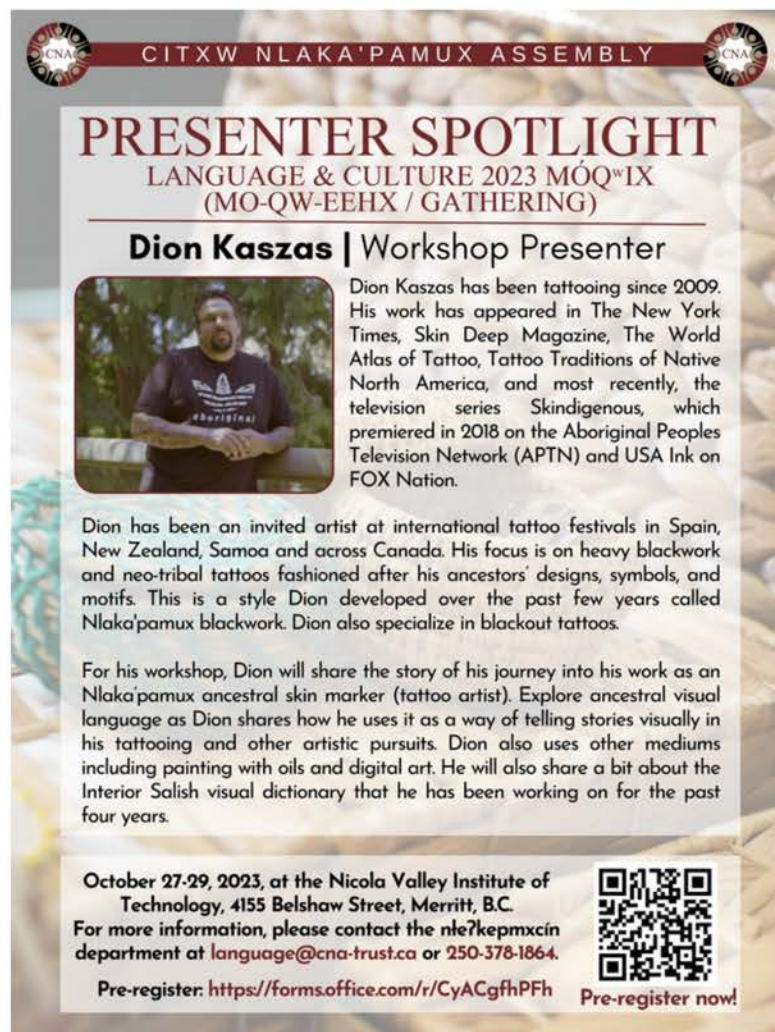
To register, please contact: Shannon Boyce at  
Email: [sboyce@cna-trust.ca](mailto:sboyce@cna-trust.ca)  
Phone number: (250)378-1864

- Citxw Nlaka'pamux Assembly -

2025 Granite Ave. PO Box 618 Merritt, BC V1K 1B8

[cna-trust.ca](mailto:cna-trust.ca)  
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250-378-1864  
250-378-2910



**CITXW NLAKA'PAMUX ASSEMBLY**

**PRESENTER SPOTLIGHT**  
LANGUAGE & CULTURE 2023 MÓQ'IX (MO-QW-EEHX / GATHERING)

**Dion Kaszas | Workshop Presenter**



Dion Kaszas has been tattooing since 2009. His work has appeared in The New York Times, Skin Deep Magazine, The World Atlas of Tattoo, Tattoo Traditions of Native North America, and most recently, the television series Skindigenous, which premiered in 2018 on the Aboriginal Peoples Television Network (APTN) and USA Ink on FOX Nation.

Dion has been an invited artist at international tattoo festivals in Spain, New Zealand, Samoa and across Canada. His focus is on heavy blackwork and neo-tribal tattoos fashioned after his ancestors' designs, symbols, and motifs. This is a style Dion developed over the past few years called Nlaka'pamux blackwork. Dion also specializes in blackout tattoos.

For his workshop, Dion will share the story of his journey into his work as an Nlaka'pamux ancestral skin marker (tattoo artist). Explore ancestral visual language as Dion shares how he uses it as a way of telling stories visually in his tattooing and other artistic pursuits. Dion also uses other mediums including painting with oils and digital art. He will also share a bit about the Interior Salish visual dictionary that he has been working on for the past four years.

October 27-29, 2023, at the Nicola Valley Institute of Technology, 4155 Belshaw Street, Merritt, B.C.  
For more information, please contact the nle7kepmxnc department at [language@cna-trust.ca](mailto:language@cna-trust.ca) or 250-378-1864.  
Pre-register: <https://forms.office.com/r/CyACgfhPFh> Pre-register now!



**CITXW NLAKA'PAMUX ASSEMBLY**

**VENDOR REGISTRATION**

We are excited to offer a space to showcase nle7képmx created art, beadwork, tools, basketry, apparel and more at the 2023 Language and Culture Conference 2023 MÓq'ix (Gathering)

?es kiyestem he naq'incutn kt - We are putting our language first (Phonetics: esh keeya-shtem ha n-qwine-choot-n kt)

When: **October 27-29, 2023**  
Where: **Nicola Valley Institute of Technology, Merritt campus 4155 Belshaw St.**

\*\*Due to space limitations, we only have space for twenty(20) vendor tables. Please pre-register to save your spot!

language@cna-trust.ca  
250-378-1864

**Vendors can scan this to register for the upcoming language and culture gathering.**

Vendor registration for the Language and Culture Conference 2023 MÓq'ix (Gathering)





# Scw'exmx Child & Family Services Society

## Mission

We are all somebody's 7th generation. We are committed to work with our communities and Relations to create 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 ne?kepmx and syilx inherent rights as we empower children, young people and families.

## Strategic Directions



## Guiding Values

**LOVE:** Supporting families by loving and nurturing our children

**ACCOUNTABILITY:** We are honest and ethical in all our interactions

**RESPECT:** We role-model respect and actively engage in solution oriented dialogue

**CULTURE & LANGUAGE:** We practice our cultural teachings and identity

**RESPONSIBILITY:** We look out seven generations, doing the right things for the right reasons

**HOLISTIC:** We utilize community driven and strength-based approach

**ADVOCACY:** We advocate for community rights and responsibilities with culturally grounded prevention supports

*We are all somebody's 7th generation*



"We are grateful our path is woven by our ancestors, through the stories and wisdom of our Elders and guidance of our communities. Healing does not exist in isolation nor silos; it is imperative we draw together in these precarious times as our journey unfolds together with Community."

Lisa Post | Executive Director

*We are all somebody's seventh generation.*







Children's Help Line for Children and Youth  
If you don't feel safe, as a young person you can call this  
number 24 hours a day.

**310-1234**



**Child Wellness Concern  
After Hours?  
Call 1-800-663-9122**



**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: 183 Nawishaskin Lane, Lower Nicola, BC V1K 0A7**

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

**Telephone: 250-378-2771**

**Website: [www.scwexmx.com](http://www.scwexmx.com)**

**Facebook Page: [facebook.com/scwexmxchildandfamily](https://facebook.com/scwexmxchildandfamily)**



**Healthy Children**



**Healthy Communities**



**Healthy Families**