
SCW'EXMX CHILD & FAMILY SERVICES SOCIETY

December 2023

Community Newsletter

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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 nłe?kepmx 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. nłe?kepmx 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.



November Staffing Updates



SARAH DICKIE | BUILDING PROCUREMENT PLANNER

As a Building Procurement Planner, Sarah will be responsible for exploring and sourcing building options with office space opportunities for our organization. Sarah will work to secure real estate or land to purchase or long-term leasing opportunities. Sarah will work to build effective professional relationships within SCFSS, our communities, associated agencies, governments, and the general public. Sarah will be based at the main office and report to Kelly Donaldson as the Operations Manager.



JENNIFER CASORSO | FINANCE MANAGER

As a Finance Manager, Jennifer will effectively manage the provision of financial services, accurate accounting and payroll, risk management services, administration of pension and benefit plans, and general administrative support for the organization. Jennifer will promote the achievement of the goals and objectives of Scw'exmx Child and Family Services Society by helping employees understand financial information, providing accurate and confidential information, and providing input to all planning cycles. Jennifer will provide leadership to the Finance team including performance management, human resources, and professional guidance. Jennifer will be based at the Language Nest and will report to Lisa Post as the Executive Director.



KIMBERLY BENT | JUNIOR ACCOUNTS PAYABLE CLERK

As a Junior Accounts Payable Clerk, Kim will be responsible for assisting the Finance Team data entry and filing services for the financial program database. Kim will assist in performing financial recordkeeping duties, including bookkeeping and accounting, and supports processing financial reports and the financial audit. Kim will also provide support in coordination with the Senior Accounts Payable Clerk to ensure streamlined financial processes, timely payments, responses to inquiries, and accurate recordkeeping. Kim will be based at the Language Nest and will report to Jennifer Casorso as the Finance Manager.



TERRI-LYNN COLTER | AGENCY NAVIGATOR

As an Agency Navigator Terri-Lynn will be responsible for providing high-level administrative and navigation support at SCFSS. Terri-Lynn will receive incoming calls, assess calls, and refer individuals to the appropriate staff member and/or team. Terri-Lynn will assess calls and inquiries based on a rating system of urgency and importance to streamline incoming communications at SCFSS. She will collaborate with the Community Navigators to ensure information is relayed accurately and documented appropriately. Terri-Lynn will take the lead on event and project committees and will build effective professional relationships within SCFSS, local organizations, government, our communities, and the general public. Terri-Lynn will be based at the downtown office and will report to Crystal Narcisse as the Administrative 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

Executive Assistant
Emergency Services Coordinator
IT & Asset Management Coordinator
Part-Time Administrative Assistant

*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
Submit your cover letter and resume on our website



YOUTH WELLNESS TEAM

The team provides individual support to young people, ages 13-29 years, through culturally safe and strengths-based strategies. The team guides our young people through holistic wellness, enhancing their family and cultural connections, and building their capacity on their journey to adulthood. The team works with young people and community resources to plan individual and group activities that promote connections to community and culture.



Kristen Stewart
Youth Team Leader



Caylan Barber
CYMH Wellness Navigator



Paula Moyes
Youth Wellness
Coordinator



Nolan Dyck
Youth Wellness
Coordinator



Travais Oppenheim
Youth Wellness
Coordinator



Cory Ermineskin
Youth Outreach
Worker



Shay Lee Jack
Youth Transition
Coordinator



Scw'exmx Child & Family

**Our offices will be closed from
Friday, December 22 at noon
until
Monday, January 1, 2024**

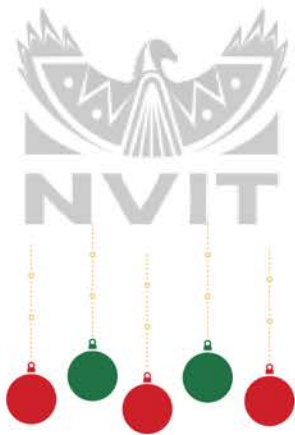
Staff are available on an on-call basis.
Please call **250-378-2771** for assistance.

Re-open: January 2, 2024 at 8:30 am

Child Wellness Concern After Hours? Please Call:

1-800-663-9122





NVIT's Continuing Studies schedule for December 2023 - April 2024

For further details, please visit the NVIT website:

<https://www.nvit.ca/continuingstudies.htm>



CONTINUING STUDIES

For December 2023 - April 2024

Foodsafe Level 1

March 15th, 2024

Occupational First Aid Level 1

Dec 8, 2023

January 24th, 2024

February 23rd, 2024

March 27th, 2024

April 26th, 2024

Occupational First Aid Level 3

Feb 26th - Mar 8th, 2024 (Weekdays)

Registration deadline: February 12th, 2023

Emergency Medical Responder Bridge

Mar 18th - Mar 22nd, 2024 (Weekdays)

Prerequisite: Occupational First Aid Level 3

Minimum Age: 18

Registration deadline: March 4th, 2024

All courses will be delivered in-person
at the NVIT Merritt Campus.

SCAN ME



Website: nvit.ca
Email: info@nvit.ca
Toll free: 1.877.682.3300



Traditional Nlaká'pamux Self Introduction

Sometimes you will be asked *ste? he? sk^wést* (shtah ha shkwesht), meaning what is your name? One of the ways Indigenous people like to connect with one another is through *nkseytkn* (family). A traditional introduction will include where you and your family come from, who your parents are, as well as your grandparents on both sides of your family. A traditional introduction should also be used in group settings, welcoming's, speeches, or where ever you feel necessary. This is a great way of connecting with your *nlaka'pamux* culture and people! You will soon get to learn more *nkseytkn*!

Self-Introduction	Nłe?kepmxcin	Pronunciation
Hello	heñte?	hen-thla
My name is	nsk^west _____ (name)	nshkwesht _____
I am from	tuł he _____ kn (place)	tuthl ha _____ kin
My mother is	he/ł nskíxze? _____ (name)	ha/thl nshkee-zuh _____
<i>(note: he=transitive, present/ ł= transitive not present, can be used before or after term)</i>	nskíxze? ł _____ (name)	nshkee-zuh thl _____
My father is	he/ł nsqácze? _____	ha/thl nshgakzuh _____
My grandmother is	he/ł nkže _____	ha/thl nkith-ah nkah-zuh _____
My grandfather is	he/ł nspápze? _____	ha/thl nspup-zuh _____
Alright, done	húmèł cúkw	ho-methl choo-kh



Nsyilxcən words of the day

1	ᑕᑕᑦᑭᑦᑭᑦ	Cold
2	smik ^w t	Snow
3	smq ^w maq ^w	Be snowing
4	mq ^w maq ^w	Falling snow
5	sᑭ ^w ap i? sxuyant	Icicle
6	syiriwa?xn	Snowshoes
7	spikst	Glove
8	spəpikst	Gloves
9	ᑕ ^w ᑕ ^w uixn	Boots
10	lkapú	Coat
11	sqəqatlqs	Knitted sweater
12	q ^w acqn	Hat
13	nkᑕa ^w mn	Prayers
14	kaᑕncút	Pray
15	limləmt	Thank you, thanks
16	ᑕ ^w ᑕ ^w nim	Sing
17	nk ^w ak ^w intn	Song
18	lwliwlx	Bell
19	liwmst	A bell rings
20	sx ^w iččx	Gift
21	ha?ᑕᑕᑦᑭᑦᑭᑦ or ha?ám	Respect
22	?alu?scút	Gather together
23	kᑕᑕᑦᑭᑦᑭᑦ	Honour feast
24	ᑕᑕᑦᑭᑦᑭᑦᑭᑦ i? spúta? i? k ^w isnəqsilx ^w	Enjoy the holidays my friends
25	ca?k ^w niᑕᑕᑦᑭᑦᑭᑦ i? spúta?	Have a Merry Christmas
26	ca?k ^w way ti ᑕᑕᑦᑭᑦᑭᑦᑭᑦ ispúta? klanwi	May Christmas be good to you
27	nsicla?x ^w	New ground
28	číaiq ^w tn	Stick game set
29	śípála?q ^w	Stick game stick
30	sk ^w ᑕᑕᑦᑭᑦᑭᑦ	Stick game bones
31	xspus	Happy, at peace

December



Dennis Sam ł k'wmi?me? tk seytknmx spíləxms
Dennis Sam & Little People
by James Shuter



ł xiń us x'wuy' he tem xe?e ?es cuncms ci? he ł Dennis Sam, he cuncms łm...he łm...ł...cuws te cuncmswi? tem...səwne wi? Liza, "cke?e čiyē te?"...he cútš wi? tem... "he?ey čiyē te?...qe?nimes." ekwu tem tək tə?...u ci?e wuł he mamet lake u ci?e łəm...seye tk □u?sqáyxw...we?e łəm u ci?e pıxń u ci?e. we...?e...łəm te pıxń u ci?e

Long time ago, Dennis Sam told me ... I asked Eliza if that was how it was, and she said, "Yes, that is how it was." " Yes, that is how I heard it." That is at the Mamet Lake. There were two Indian men that were hunting.

...pı...xń...te he... ?es wikms łəm tem tk yśálxkn...yśálxkn tes wikms t?e. ?es cútš, wi? tem, "ǵúu, x'wuy' qáyne." qáyms wi? tem ...p..u...?!!! ?es qázix łm tem...?es x'wesit u ci?e... ?es x'wesitc u ci?e. ?es k'weńc te he tmixw te?e ?es wikc te he petəle...?es cútš, "ǵúu, qáy...qáyne." ?es cútš, "ǵúu, x'wuy' x'wi?ne." ?es x'wi?...es łm tem t?e...x'wi?es łm tem t?e...?es x'wesitc te?e t?e. ?es wikc tem...ne tem t?e sxeńx ne...ł x'wit wi? tem t?e sǵəp ne...?es x'wesitc u ci?e...u ci...?eł łəm he ł?ek us. ?es cútš t?e, "ǵúu, x'wuy' punmne." ekwu he scqəp wi? tm x'wuy' ?es wi? t?e te x'wesit u ci?e...he nčesqaxa? he ekwu... ?es q'wciyx u ci?e

They were hunt...ing, then one of them saw a moose, yes he saw a moose. He said, "Oh, I am going to shoot it." and he shot b...ang! The moose jumped and was gone... so he walked over to where the moose jumped... he walked that way and he was looking at the ground, and then he seen the blood on the ground. He said, "Oh, I... I did shoot it." Then he said, "Oh, I going to follow it."

...?es tx'wúsm u ci?e łú? maśmaśm...?es cútš, "ǵúu cunm us nke łuk t?e...?es x'wuy'ce?s x'wesitc u ci?e...?es n?ułx'ws u ci?e wuł nes us smiyc... ?es u ci?e ?es x'wesitc ł łú?... ?es ciy te maśmaś ne... ?es n?ułx'ws n ci?e... ?es k'weńš... "ǵúu, łixweł n ci?e tk tmixw." ?es wikc n ci?e qəłx'will tk k'wmi?me? tk seytknmx...?eł he te łixweł te he x'we?pits...?ey...łixweł te he x'we?pits...nam ye...łú? te he x'we?pits. nam łú? te ye te x'we?pits... ?es nes u ci?e... ł nam ye te ?es q'wintm te sq'wintm...tem ł... kemeł tem us te?e x'wəktes he ste? us q'wincus...kemeł... t?e ciys te xəktes... qə?nimes ?es ciy us ?es xəktes wi? tem he s?es us te.

Then he seen...a rock, and there were lots of trees around. Then he walked over there, to where the moose went. He said, "Oh, I am going to find it." It was almost daybreak anyway... He was on his horse, and he continued to go where the moose had gone. Then he saw a lightening area. He said, "Oh, I wonder what happen." But that is where the moose went so he followed it, and he went into the cave following the moose and when he looked around, and it was bright in there and the land was different. He said, "Oh, this is a different land." Then he seen lots of little people, and their clothing was different... yes their clothes were very nice. He went over there. The little people were talking to him good, although he could not understand them; he sort of knew what they were talking about.

?es n ci?es ?es wi?es...he... he łáqmekst us tk siłqđt ciye... ?es we?es n ci?e... ?es cké? us. ?ex n ci?e...ł ta wi? tm te?e sx'wi?es temus smiycs... ?ex wi? tm cút t?e...t?e. "ǵúu, k'wuk'wsteyp he, k'wuk'wsteyp." ?es cutiyx łəm te?e... we?e nextm t?e te s?e us...sła?xans. ?es nam łəm te ye s'wak'wuk'ws u ci?e. ?es cútš tete,

He was there for about six days While he was there, he did not look for the moose that he followed there. The Little People kept saying, "Oh, we thank you, we thank you." Dennis was given all sorts of things plus food so they were happy. So he said,

ʔes cúts tete, “ʔúu.” ʔes cúts teʔe, ʔes cúntiyx ʔám tam... ʔes cúts teʔe, “ʔúu xʷuý kn xʷəst te weʔe.” “xʷuý kn xʷəst te weʔe, ʔex kn nes miltne u ciʔe wuʔ ʔ nsʔiʔtm, ʔex kn p̄ənt weʔe, nam ýemne neʔe, nes weʔe.” nam ýe sʷakʷukʷs nʔe... ʔám ʔes qʷicyx te ciʔy... ʔes qʷicyx te ciʔy. ʔes kʷens wiʔ ʔám te seʔlisc... ʔes u ciʔe... ʔes cəktes na syəp ʔex tames tʔe wiʔ kes piʔpetes... piʔpetes... ʔ p̄yəktes n ciʔe he sxeñx. ʔám ʔes qʷicyx te ciʔy... ʔes p̄əntc... ʔes p̄əntc wuʔ citxʷs...

Dennis said, “ Oh, I am going to go away.” “I am going to go home and I am going to visit my parents and then I will come back, because I really like it here.” He was really happy to be there, but he left anyway. He took his knife, and then he chopped a tree to mark the area so he would not lose the entrance when he came back, and to make sure, he also rolled a rock by the tree. So he left from there and went back to his house.

ʔes p̄əntc wuʔ citxʷs... cútit tete? ʔ cútit tete?, ʔes xək us he skixzeʔs he xək us he sp̄əpzeʔs ʔ Theresa... “ʔúu, kam kʷ nhen wiʔ tʔe, p̄yəp kʷ ʔ n̄iñ?” ʔes cuts, “tʔe wiʔ teʔe kn p̄yəp.” ʔes cúns ʔám tam he hens te nes us he cúts tʔe. “ʔúu, u ciʔe nwʔex wn u ciʔe... kicx kn u ciʔe hens... punmne tʔe kʷmiʔmeʔ tk seytknmx. ʔes cúts tʔe, “x̄uý kn p̄ənt u ciʔe... ʔes cuwes tʔe sqnoxʷ he sʷakʷukʷep, ýe kn ʔuʔ nceweʔ, xʷuý kn ʔuʔ p̄ənt u ciʔe ʔe kn wʔex n ciʔe.” tʔe wiʔ cúncms ʔ tam he smʔem us ʔ he scméýt us... cút wiʔ ʔám tem teʔe cút wiʔ tem... ʔes cút kn te teteʔ... xək us te scméýt teteʔ... xək us... cukʷ ʔ sqázeʔ kt p̄əʔ sp̄əpzeʔs xək us... skixzeʔs... heʔey... ʔa wiʔ ʔes yemins u ciʔe... ta wiʔ cúncms wiʔ ʔám Dennis ʔ teteʔ cúncms tem ʔ Liza... ʔuʔ ʔes qʷciyx ʔám ʔes nes u ciʔe... ʔes teteʔ kes p̄əntc. cúncms wiʔ tem he tʔe wiʔ te kes zóqʷs wiʔ Dennis, he cúncms te tʔe... “he wiʔ xʷuý kt neʔit u ciʔe... ʔes xəkstne n ciʔd nhen us u ciʔe tmixʷ... xəkstne... ʔes cúncms... “wiʔ tm.”... heʔey... ʔes cúne, “heʔey, xʷuý ʔuʔ u ciʔe kʷeñ he tem.”... ʔuʔ teteʔ kn snes, ʔuʔ ʔes zóqʷs ʔám... heʔey... heʔey... cíʔ he wa Logan Lake ʔám he weʔe wuʔ steciʔc ʔuʔ... heʔey... heʔey... weʔe wiʔ tem. Weʔe te séwne tm Smitty, cút wiʔ tem weʔe wiʔ tem p̄ix̄ñ... k̄émeʔ... ʔes cúts wiʔ tem teteʔ kes wikc n ciy tk ciy tʔe... heʔey... heʔey...

Dennis returned home and his mother, Theresa, and grandfather all asked him, “Oh, what happened, were you lost?” Then he answered and said, “No I was not lost.” He told them where he was all this time and told them that he found the Little People. Then he told his family. “I am going to go back there, don’t be sad, I am okay, I am going to go back and stay there.”

Dennis did not say if he had a wife or children at the time. He was probably a young man when this happened as he only mentions his mom, dad and grandfather. He really liked it there but Dennis and Eliza did not say if he went right back to the Little People again. Before he died, he used to tell me that we would go there, I know where the Land of Little People is. This is what he used to tell me but I never did go with him. Then he died.

This is past Logan Lake. I used to ask Smitty if he ever seen them when he was hunting but he never did see the Little People.

ACKNOWLEDGEMENTS

A. Laura Suchell, Translator of Story; Tracey Aljam & Bernice Garcia

This story is available on the First Peoples website. View & listen by clicking the following link or scan the QR code to follow along:

<https://www.firstvoices.com/nlekepmxcin/stories/804c2b34-773e-4d9c-9d6f-bb0217304a55>





First Nations
Health Authority

EHEALTH AND VIRTUAL HEALTH

The following information is found on the FNHA webpage:

<https://www.fnha.ca/what-we-do/ehealth>

FNHA Virtual Health Services

The First Nations Health Authority (FNHA) offers a variety of virtual health care services to First Nations people in BC who have limited access to health care services in their communities, who must travel long distances for appointments, or whose access to health care has been disrupted by the COVID-19 pandemic.

The FNHA works with health care professionals to ensure that services are aligned with the principles and practices of cultural safety and humility and trauma-informed care. The FNHA also actively recruits specialists with Indigenous ancestry.

Maternity and Babies Advice Line

The Maternity and Babies Advice Line provides services to expectant mothers and new parents, guardians or caregivers of newborn babies in rural and remote First Nations communities in BC. Family members and healthcare providers can also receive support.

Mental Health Counselling

First Nations Health Benefits provides coverage for clients to attend virtual and in-person counselling sessions. See Mental Health in Health Benefits (or view a list of approved mental health providers).

Telehealth

Your appointment with your doctor or specialist is done through video conferencing. You do not need to travel away from your home. See [Telehealth](#).

Virtual Doctor of the Day

Doctors are on call seven days a week to provide medical advice, prescriptions and referrals. See [Virtual Doctor of the Day](#).

Virtual Substance Use & Psychiatry Services

Specialists in addictions medicine and psychiatry are on call weekdays to support individuals and their family members with more complex mental health needs. The service requires a referral from a health care provider such as a doctor, nurse, mental health counsellor or traditional healer, or through the First Nations Virtual Doctor of the Day service. See [Virtual Substance Use and Psychiatry Services](#).



Need a doctor?

If you don't have a doctor, call the Virtual Doctor of the Day for an appointment or referral.

Phone: 1-855-344-3800
(toll-free, 7 days a week,
8:30 am to 4:30 pm)

YOUTH RESOURCES



Foundry Virtual BC

Young people aged 12-24 and their caregivers can access virtual services through the Foundry BC app from anywhere in British Columbia!

<https://foundrybc.ca/virtual/>

Kelty Mental Health Resource Centre

Online: www.keltymentalhealth.ca/

Telephone in Vancouver: (604) 875-2084

Toll free in BC: 1-800-665-1822

Provides information and support for BC children, youth and families on mental health and substance use topics, programs and services in BC, and resources for adults with eating disorders.



Child and Youth Mental Health Guide

Online Link: [Child and Youth Mental Health Guide.PDF](#)



If your child or a child you know is experiencing a mental health issue, you may not know where to turn for information, help or support. This guide can direct you to your first step.

CHRISTMAS Word Search



Find the hidden Christmas words.

N E W Y E A R N U R D C
H L S P N A L O C K A O
F F N H T R V F E T R U
I I O S F H O L L Y P N
R D W M I N U T E R A T
E N M T N T B H B K R D
W I A E S A N T A S T O
O G N R G A L D A Y Y W
R H R E S O L U T I O N
K T R A E I O O E R I S
S T O C K I N G R A F N
B P R E S E N T S N E L

ELF

STAR

PARTY

SANTA

STOCKING

PRESENTS

NEW YEAR

HOLLY

COUNTDOWN

FIREWORKS

RESOLUTION

SNOWMAN

CHRISTMAS WISH LIST



Dear Santa,





MERRY CHRISTMAS




NLAKA'PAMUX LOGO DESIGN COMPETITION


Rock Solid Industries is majority owned by 8 Indian Bands within the Nlaka'pamux Nation. We are seeking an alternate logo that effectively embodies our indigenous ownership.

Competition Rules :

1. The design must be based on your **OWN** imagination. (Don't take other people's work.)
2. This logo **MUST** be suitable for use in various applications, regardless of size.
3. Submissions must be in **HIGH RESOLUTION**.
4. Logo Designs must be submitted by **December 29th, 2023**
5. All entries must be emailed with subject **"Logo Design"** to: **info@rsicontracting.com**

Contact Us

 @rocksolidind

 250-280-8999

 www.rsicontracting.com

\$500

CASH

PRIZE





DECEMBER 2023



- Community Calendar -

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
3	4 SIB Wellness Circle at Shackan Hall 12-4 pm (to finish moccasins)	5	6	7 Conayt Christmas Party 4-7 pm Civic Centre	8	9
10 LNIB Christmas Pictures 3-7 pm CIB Community Christmas Party-Doors open 1 pm @ Coldwater School UNB & K'u Stamlima? Christmas Party Breakfast 10:30 am, Santa 12:30 pm N'kwala School Gym	11 SCFSS Women's Group Christmas Party 5-8 pm Civic Centre	12 Feel the Beat Christmas Party 4-8 pm Civic Centre CIB Elders Christmas Party-Doors open - 12 pm @ Coldwater School	13 SIB Playgroup 2-3:30 pm Shackan Wellness Centre UNB Stocking Making NLX Health Youth Bingo 6-8 pm	14 LNIB Christmas Parade 5 pm	15	16
17 LNIB Christmas Dinner 1-5 pm LNIB Band School	18 SCFSS Men's Group Christmas Dinner 5-8 pm Civic Centre	19	20	21 CNA Winter Solstice Celebration 4-7 pm Nicola Canford SIB Winter Solstice Brunch 11-3 pm Youth Outreach lunch	22	23
24/31	25	26 CIB Ice Fishing Derby UNB Fishing Derby - Minnie Lake	27	28 UNB Wildlights	29	30



NOTES
<p>UNB:</p> <ul style="list-style-type: none"> • Medicine Mondays • Workout Wednesdays • Fish Fridays <p>LNIB:</p> <ul style="list-style-type: none"> • Hand Drumming every Tuesday 5-7:30 pm @ Rocky Pines Community Centre • Language Group every Thursday 5 pm @ Cultural Centre <p>CNA:</p> <ul style="list-style-type: none"> • Driving lessons four times per month contact CNA to book your lessons.

NOTES
<p>NIB:</p> <ul style="list-style-type: none"> • 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 <p>CIB:</p> <ul style="list-style-type: none"> • Gym Nights - Tuesday & Thursdays 6-7:30 pm

Women's Group

We welcome you to our monthly Women's Group!

5-8 pm December 21, 2023
Merritt Civic Centre

Our Women's Group comes together once a month to share a meal, check in, and have a monthly activity.

We will be having a Christmas Party. Join us for all things Christmas!

Supplies are limited so you must register and confirm! To register visit:

<https://forms.office.com/r/iicsTeh3Jp>
or scan:



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

If you register but cannot attend, please contact Allyson.



Registration is now closed.
This event is full.



Men's Group

Christmas Dinner

Registration is now closed.
This event is full.

Join Our Festive Christmas Celebration!

We cordially invite you to our upcoming Christmas event. Savor a delicious dinner, participate in fun-filled games, and get a chance to win exciting door prizes. We welcome families to join in on the festivities. However, door prizes are only available for registered attendees. Register now by scanning the QR code below, but hurry! Space is limited to **75 attendees**.



5 PM > DEC-19-2023

CIVIC CENTRE - MERRITT, BC

LANGUAGE IS LIFE sqáyx^w | sqəłtmix^w | man





FEEL THE BEAT *Christmas Party*

Registration is now closed.
This event is full.

Join us to celebrate the season with a catered dinner, entertainment and prizes. There are limited seats and you must register to attend! Out of respect of our Elders who will be in attendance, please only attend if you are feeling well.

 DEC-12-23

[Scan below or click here to register:](#)

 4-8 PM



 CIVIC CENTRE

SCWEXMX.COM | (250) 378-2771 | RECEPTION@SCWEXMX.COM



YOUTH OUTREACH LUNCH



DEC 21ST, 2023

12:30-1:30 PM

MERRITT SECONDARY
SCHOOL CAFETERIA

- Lunch will be provided
- Resources
- Connect with youth supports!

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

YOUTH (UNDER 18)

ReGeneration



Date: December 13th, 2023

Time: 6:00pm - 8:00 pm

To Register, Contact:

Julia Munro, Wellness Coordinator

C: 250-378-7631

O: 250-378-9772

E: munro.j@nlxfn.com

Location:

Coldwater Access Center

Contact - Lucille Henry

250-280-5489

Nooaitch Youth Center

Contact - Darlene Rodominski

250-378-2300

Dedicated to serving:

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



SCW'EXMX
COMMUNITY
HEALTH SERVICES SOCIETY

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

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

THIS IS A DRUG AND ALCOHOL FREE EVENT

Upper Nicola Band Updates

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



Monthly Activities	Location	Date	Times
Community Christmas Party Breakfast, fun and gifts.	N'kwala School Gym	Dec-10-2023	10:30 am

UPPER NICOLA BAND/KWUSTEMTIMA?
Community Christmas Party
Breakfast: 10:30 am
Santa Arrives at: 12:30 pm
December 10th
N'kwala School Gym
 This event is for UNB Members or those living in our community.
 If you are not able to attend please make arrangements for pick up of gifts or cards.
 Forms at Kwustemtima? Office in Quilchena
For more information contact:
 Charlene at 250-350-3342 or Debra at 250-378-7575
Deadline to submit forms: November 24

Upper Nicola Band Health Department Community Bus

Bus will run MONDAY, WEDNESDAY, and FRIDAY
 Bus run will start Monday, November 20, 2023

Pick up in Douglas Lake	9:25 Community Hall 9:30 Old Mom's Store
Pick up Quilchena	9:50 Quilchena Church 10:00 Lakeview Building 10:10 Bus stop on Nicola River Rd

Leave Merritt at **2:30** - Make arrangements with the Bus Driver about pick up location and time.

If you have any questions, please contact Emily or Duane at 250-378-5058



Contact

Main office

Phone

250-350-3342

Address

General Delivery, Douglas Lake, BC
 V0E 1S0

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ongoing Child and Youth & Healthy Living throughout the month					1	2
3	4 Community Cookie Baking @ Nkwala School 3:30	5	6 Children / Youth Gingerbread House Making @ Lakeview @ 4pm (Tanya/ Christine)	7	8 Christmas Tree Enhancement	9 Christmas Tree Enhancement
10 Christmas Tree Enhancement Breakfast with Santa and Christmas Party	11 Christmas Tree Enhancement	12 Christmas Tree Enhancement	13 Christmas Tree Enhancement Christmas Stocking Decorating Tanya/ Christine @ 4pm Lakeview	14 Christmas Tree Enhancement	15 Christmas Tree Enhancement	16 Christmas Tree Enhancement
17 Christmas Tree Enhancement	18	19	20	21	22 Last Day of School For Merritt Students	23
24	25	26 Family Fishing Derby	27	28 Family Wild Lights @ Wildlife Park & Boston Pizza	29 Youth Movie Night	30
31 Charcuterie Board Work shop Tentative						



Upper Nicola Band Christmas Tree Enchantment Fundraiser December 8 - 17, 2023



PRIZES
15 Decorated Trees & the presents under them!!
Trees valued between \$500- \$2500

Funds raised will benefit:
Upper Nicola Band Volunteer Fire Department, Syilx (Okanagan) Language, Youth and Elders.

TICKETS: \$1.00 EACH

Location:
Quilchena Church, Quilchena

TICKET SALES:
 Friday, Dec 8 10:00 am – 8 PM
 Saturday & Sunday Dec 9 & 10 10:00 am – 6:00 PM
 Monday-Thursday Dec 11-14 10:00am- 6:00pm
 Friday December 15 10:00am- 8:00pm
 Saturday December 16 10:00am- 6:00pm
 Sunday December 17 10:00am – 4:00 pm

For more information contact:
Collette Sunday @ 250-350-3342 or admin@uppernicola.com



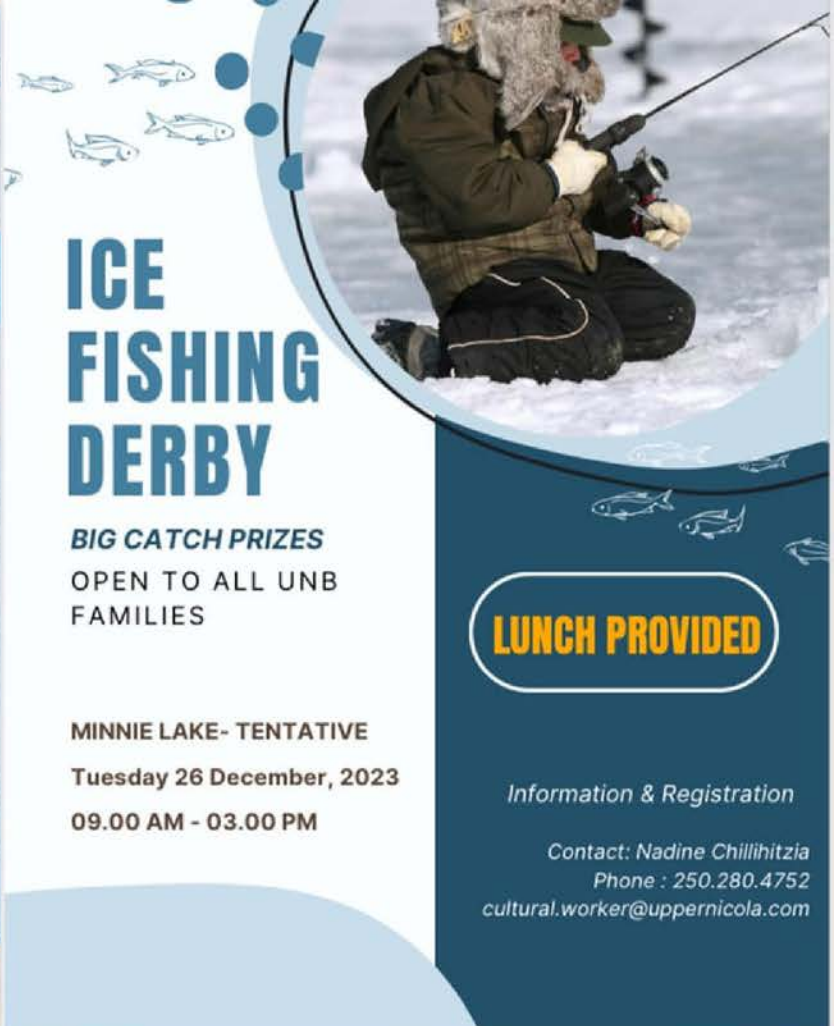
HARPER TUBING

UNB FAMILY EVENT

03 JAN
2024
8 AM - 4 PM

HARPER MOUNTAIN

For more information and to register contact
Christine Anderson- 250.280.8556



ICE FISHING DERBY

BIG CATCH PRIZES
OPEN TO ALL UNB
FAMILIES

MINNIE LAKE- TENTATIVE
Tuesday 26 December, 2023
09.00 AM - 03.00 PM

LUNCH PROVIDED

Information & Registration

Contact: Nadine Chillihitzia
Phone : 250.280.4752
cultural.worker@uppernicola.com



YOUTH Christmas STOCKING MAKING PARTY

13 DEC / 4:00 PM

LAKEVIEW OFFICE
FOR MORE INFORMATION
CONTACT CHRISTINE
ANDERSON 250.280.8556



YOU ARE INVITED

Christmas WILD LIGHTS

DECEMBER

THURSDAY | 28 | At 4:00pm

BUS WILL LEAVE QUILCHENA
LAKEVIEW OFFICE AT 4PM OR
MEET AT THE WILD LIFE PARK IN
KAMLOOPS AT 5:00 PM

FOR MORE INFORMATION
CONTACT CHRISTINE ANDERSON-
250.280.8556

Lower Nicola Band Updates

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



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



Monthly Activities	Location	Date	Times
Band School Elders Luncheon	LNIB Band School	Dec-8-2023	11:30-1 pm
Photos with Santa!	Rocky Pines Community Centre	Dec-10-2023	3-7 pm
LNIB Christmas Parade	Starts at the Rocky Pines Community Centre	Dec-14-2023	5 pm
Elders Christmas Luncheon	LNIB Shulus Hall	Dec-15-2023	11-4 pm
LNIB Community Christmas Party!	LNIB Band School	Dec-17-2023	1 pm



LOWER NICOLA INDIAN BAND

Contact

Main Office

Phone

250-378-5157

Location

181 Nawishaskin Ln.
Merritt, BC V1K 0A7

Photos with Santa

Sunday, December 10, 2023

**Rocky Pines Community Centre
3:00 - 7:00 pm**

Any questions call Christie Hill (250) 315-3661

LNIB Christmas Parade

Thursday, December 14, 2023

**Starts at the Rocky Pines Community Centre
5:00 pm**

**Any questions contact Christie Hill
(250) 315-3661**

**You're Invited to the
LNIB Elders Christmas Luncheon**



December 15, 2023

**Shulus Hall
11:00 am - 4:00 pm**

Lunch will be served at 12:00 pm

**If you have questions contact the Elders Coordinator
Lani MacKenzie at (250) 280-0070**

You're Invited to the LNIB Community Christmas Party

Sunday, December 17, 2023

LNIB Band School at 201 Horn Rd

1:00 pm - Doors Open

2:30 pm - Gifts

***Dinner served after distribution of gifts
(You must be in attendance to receive your gift)***

Raffle, 50/50 & Loonie Auction

Any questions call Christie Hill at (250) 315-3661



LNIB SCHOOL IS HOSTING AN

 ***Elders*** 
Luncheon

**December 8th, 2023 • Friday • 11:30 am to 1:00 pm
Lower Nicola Band School Gym**

**CALL ANGIE OR SIOUX AT 250-378-5527
FOR A RIDE**

Coldwater Band Updates

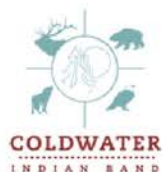
Coldwater Band has some fun community events upcoming. SCHSS, SCFSS & CNA are working closely with Coldwater Band and collaborating on community events.



Weekly Activities	Location	Day of the Week	Times
Gym Nights Everyone is welcome to join us for some fun!	Coldwater Band Gym	Tuesdays & Thursdays	6:00 - 7:30 pm



Monthly Activities	Location	Dates	Times
Coldwater Community Christmas Party	Coldwater Band School	Dec-10-2023	1-7 pm
Holiday Train & Kamloops 25th Annual Wildlights	Kamloops, BC Sandman Hotel & Kamloops Wildlife Park	Dec-16-2023	2-8 pm



Contact

Main office

Phone

250-378-6174

Address

301- 230th Street
Coldwater Reserve #1

COLDWATER
INDIAN BAND

ANNUAL CHRISTMAS PARTY

COUNTRY CHRISTMAS

10 DECEMBER 2023

NC'LETK'U SCHOOL GYM

1 pm - Doors Open

2 pm - Santa Gifts

4:30 pm - Dinner

6 pm - Dance

PARTY HIGHLIGHTS:

Country Music with DJ Bobby Garcia

Vendors

Open to ALL Coldwater members!
Children must be in attendance to receive gifts.

FOR MORE INFO CONTACT
CYNTHIA JAGER 250-378-6174
CYNTHIA@COLDWATERBAND.ORG



COLDWATER INDIAN BAND
FAMILIES ARE INVITED TO THE

Holiday Train & WILDLIGHTS
Registration is now closed,
this event is full.

DECEMBER

SATURDAY

16

At 2:00PM

2 pm - Departure from Coldwater Band Office
4:30-5:30 pm - Sandman Centre for Holiday train
6-8 pm - Kamloops - 25th Annual WILDLIGHTS

- Food will be provided
- Please dress appropriately
- *Children must be accompanied by adults*
limit to first 50 people including children
- Please register by scanning/clicking the QR code below
- Deadline to register: **December 11, 2023**

BC
WILDLIFE
PARK

SCAN
ME!



For more info contact Harmony Williams - SCFSS
Community Prevention Worker at 250-315-3081

Nooaitch Band Updates

Nooaitch Band has some fun upcoming community events. SCHSS, SCFSS & CNA are working closely with Nooaitch and collaborating on community events.



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



Monthly Activities	Location	Date	Times
Pick up your Christmas Turkey!	Nooaitch Band Hall	Dec-16-2023	4-7 pm
Community Christmas Party!	Nooaitch Band Hall	Dec-16-2023	5-7 pm



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)



CHRISTMAS TURKEY PICKUP

NOOAITCH BAND HALL

Saturday | **16** | December
4:00-7:00 PM | 2023

olivia@nooaitchband.ca

shanice.shackelly@nooaitchband.ca

Community Wellness Team



Party Time



Christmas Party

You're invited for some holiday cheer to
celebrate this special time of year!

Saturday, December 16 2023

Nooaitch Band Hall

Dinner is served at 5:00pm

Santa Arrives at 6:00pm

Any questions contact:

olivia@nooaitchband.ca

shanice.shackelly@nooaitchband.ca

education@nooaitchband.ca

Community Wellness Team

Shackan Band Updates

Shackan Band has some fun upcoming community events. SCHSS, SCFSS & CNA are working closely with Shackan and collaborating on community events.



Weekly Activities	Location	Dates	Time
Wellness Circle Lunch provided & Moccasin making	Shackan Band Hall	Dec-4-2023	12-4pm
Wellness Circle Winter Solstice Brunch	Shackan Band Hall	Dec-21-2023	11-3 pm



Monthly Activities	Location	Date	Times
Shackan Playgroup	Nkseytknhetx ^w Building Shackan Wellness Centre	Dec-13-2023	2-3:30 pm



Contact Name

Adrienne Johnny

Phone

(250) 378-5410

Location

Shackan Band Office



Scw'exmx Community Health Services Society

Healing From Grief and Loss

FACILITATORS: Karen Lara Elizabeth Perdok-Waboose

Dec 8, 2023 - 6:00pm - 8:00pm
Dec 9, 2023 - 10:00am - 3:00pm
Dec 10, 2023 - 10:00am - 3:00pm

#103-2090 Coutlee Ave.

Call or email May George to sign up

250-378-9745 george.m@schss.com

Transportation and Food Provided



IRON MOUNTAIN

YOUTH LOUNGE

2040 Granite Avenue, Merritt, BC

FREE

DROP-IN

ALL YOUTH AGED 12 THRU 18 YEARS WELCOME
FRIDAYS 3:30 to 6:30pm



OFFICE CLOSURE

The Shackan Indian Band Office will be closed for Holidays -

@ 12:00PM - FRIDAY, DECEMBER 22, 2023

And will return to regular hours -

TUESDAY, JANUARY 2ND, 2023

8:30am - 4:30pm

Happy Holidays!

Shackan Playgroup



Come join Scw'exmx Community Health for crafts and fun activities
Healthy snacks provided

Located at the Shackan Wellness Center

November 27 - 2:00 - 3:30 PM
December 13 - 2:00 - 3:30 PM
January 18 - 2:00 - 3:30 PM





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.



SCW'EXMX CHILD & FAMILY NEWSLETTER SIGN UP!

SCW'EXMX CHILD & FAMILY

September 2023
Community Newsletter

FEATURES

- Staff Updates & Employment Opportunities PAGES 3 - 5
- About our Team PAGE 6
- Final Settlement Agreement on Compensation PAGES 7 - 8
- Harvesting PAGE 9
- Community Events PAGES 10 - 26
- The Story of Orange Shirt Day PAGE 27
- Kids Activity Sheets PAGES 28 - 30
- First Voices Keyboards for your iPhone or Android PAGES 31 - 32
- Recipes PAGE 33 - 34
- Elder's Gathering PAGES 35 - 36
- What Guides Us PAGES 37 - 38

"Each one of us can make a difference together. We can make change for the future. By touching so many lives, we are able to change the spirit of our people."
the late Kwukwpi? Victor York - Elder (Lower Nicola Indian Band)



SCW'EXMX CHILD & FAMILY SERVICES SOCIETY

July 2023
Community Newsletter

FEATURES

- Call to Action PAGE 2
- Staffing Updates PAGES 3 & 4
- Job Opportunities PAGE 5
- On The Land Photos! PAGE 6
- Community Calendar & Event Posters PAGES 7 - 23
- Community Team PAGE 24
- Goldwater Culture Gathering PAGE 25
- Emergency Numbers PAGE 28

"We need to intertwine our strengths become stronger."
yilmixwm Harvey McLeod



SCW'EXMX CHILD & FAMILY SERVICES SOCIETY

August 2023
Community Newsletter

FEATURES

- Call to Action PAGE 2
- Staffing Updates PAGE 3
- Job Opportunities PAGE 4
- On The Land Photos! PAGE 5
- Community Calendar & Event Posters PAGES 7 - 17
- Community Team PAGE 18
- Wellness Retreat PAGES 19 - 21
- Guides Us PAGES 22 - 25

"As human beings, we have a gift of choice and what matters most is how we exercise those choices."
Kwukwpi? Marcel Shackelly (Nooatich Band)



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!



SCAN ME





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

www.scwexmx.com

Facebook Page: facebook.com/scwexmxchildandfamily



Healthy Children



Healthy Communities



Healthy Families