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Scw'exmx Child and Family Services Society

May 2022
Community
Newsletter



Letter from the Executive Director



nsyilxcen:

**way' ǎast sǎl' ǎfalt p
ǎsnəqsilx^w**

(Hello good day my relatives)

nle?kepmxcin:

hénte? k^w ?ex k^w n' ǎu?

(How are you, are you well)

herfe? k^w, way, hello

We acknowledge the past twenty four (24) months as some of the most challenging in recent history as Indigenous people and particularly as a Society. As the global pandemic halted much of the world to a complete standstill due to Covid-19, overdose deaths among First Nations young people surged dramatically and disproportionately in the BC Drug Overdose Crisis. May 27, 2021 entered into Indigenous history as yet another humanitarian and existential crisis of Indigenous peoples; and BC Wildfires devastated and threatened lives, traditional land and food sources, residential and livelihood security as evacuation orders, alerts and fear held our people and communities' captive throughout the summer months. The November 15, 2021 Flood event that resulted in evacuations, left communities landlocked and cut off from basic needs across the Nicola Valley was nothing short of devastating. Our hearts and prayers extend to all of you as we continue to face seemingly insurmountable challenges. Hope is on the horizon and it is through our collective efforts, an extension of ongoing support and resiliency as Indigenous peoples, we will rise from these devastations.

Our communities impacted, Scw'exmx Child and Family Services Society (SCFSS) mobilized resources in every way possible. We provided support during these significant environmental changes while undergoing critical change management within four (4) strategic priorities as identified in our Board of Director's Call to Action and 2021-2026 Strategic Plan, developed in coordination with Community Leadership: ~ Culture of Caring | Protection to Prevention | Growing our People | Infrastructure Alignment ~ In midst of these challenges, our SCFSS Family demonstrated humble tenacity on behalf of our cultures, communities, families, young people, children, and one another.

We worked with communities toward the development of consistent engagement and fiscal support to identify needs and priorities through a prevention and community lens. We continued to move away from the historical approach of protection services toward a collective approach to building community capacity and resources. We acknowledge there is much to do to change the current position and perception of SCFSS as a delegated agency. We continue to evolve as a Family of professionals, community members and Relations who advocate for the overall health and wellness of family and community, through traditional values for the sake of our children and young people and families. We take action alongside our communities to identify key roles and responsibilities of SCFSS to support inherent rights over children and families. We continue to work in collaboration with Band representatives, Community Members, Relations and Elders to ensure our approach remains respectful, meaningful and represents the unique needs of nle?kepmx and syilx people.

Despite significant changes within SCFSS in midst of numerous environmental challenges, we demonstrate endurance to maintain the vision set before us by our Ancestors. We remain connected and united: healing does not exist in isolation or silos. It is imperative we draw together in these precarious times as our journey unfolds to work collectively to exercise nle?kepmx and syilx inherent rights as we empower children, young people, and families.

K^wuk^wscemx^w | lilməmt | thank you

Lisa Post, Executive Director

New SCFSS Family Members



Emily Lindley-Payou – Family Circles Coordinator

Way'

My name is Emily Payou, I am the proud mother of 2, Griffin & SaraRocky. My husband Rocky and I have been married for 14 years. I am the daughter of Cindy Tom-Lindley and Ivan Lindley. My grandparents were Margaret & August Tom and Ike & Lottie Lindley. I am syilx from the Upper Nicola Band, my husband is Cree.

I lived and worked in Fort Nelson for 9 years, then moved to Edson Alberta for 2 years, we finally returned home to the Nicola Valley 6 years ago. I worked with the Upper Nicola Kwu Xast department for almost 5 years, while also working with the Kwu Stemtima? Group for the past 3 years.

I am excited to start my new position as the Family Circles Coordinator and joining the team at Scw'exmx Child & Family Services Society.

nsyilxcən: isnəqsilx^w

(My Family)

nte?kepmxcin: nkseytkn

(My Family)

Darius Sam – Youth Worker

My name is Darius Sam, I was born in Salmon Arm, but fostered and raised here in the Upper Nicola and Lower Nicola of the valley. My great grandparents are Gary and Betty Ann Charters, my grandparents are Shane and Sandra Charters, my fostered parents are Danielle and Joseph McDougall.

I grew up on the land, so integrating that into my life and sobriety has been an instrumental part of my success, whether that be hunting on horseback, fishing down on the Fraser, tea or berry picking in the high country, or sweat lodging by the creek. These are some of the few things that are important to me. Occasionally I like to test my physical and mental endurance through races. I am coming from the Nicola Valley Shelter as my previous employment, so I am looking forward to the positive change of pace.

I look forward to bringing some of my traditional optimism alongside my youthful exuberance, integrating my cultural habits into activities and inspiring a lifestyle with anyone I may cross paths with. I understand that this line of work may require a lot of patience, I am aiming to be around for the long haul, so patience is not an issue. I am very excited to be apart of the team, K^{wuk}wscemx^w



New SCFSS Family Members

Corrina Smith – Family Wellness Coordinator

Hello, my name is Corrina Smith.

I am a member of the Ashcroft Indian Band in the n̄eʔkepmx Nation. My Grandparents are Arnie and Jeanette Renz and Carl and Diane Smith. My parents are Holly Renz and Don Smith. I grew up in the Lillooet and Ashcroft areas, I moved to Merritt in 1993 and have called it home since. I am a loving mother of fifteen year old twins, they are my life.

I have been a Nursing Assistant for Interior Health Authority since 2013 at the Merritt Gillis house. I truly loved my position there, caring and supporting individuals is my passion. A work injury lead me to re-train. In June 2021, I graduated from NVIT with an Indigenous Human Services Diploma.

I am excited to bring my skills and qualities to SCFSS and positively contribute to the health and well being of the n̄eʔkepmx and syilx peoples. I believe that the family dynamic is a central and critical piece of our overall health and wellness, both in a personal form and community; spiritually, physically, emotionally and culturally. I look forward to my filling my new role as a Family Wellness Coordinator within SCFSS and I am beyond grateful for this amazing opportunity.

Kʷukʷscemxʷ

Barbara Huston – Cultural Program Coordinator

heñteʔ,

I am Barbara Huston, daughter of Marjorie (Toodlican) and William Huston, and granddaughter of Celia (Moon) and George Toodlican. Mother to Ashleigh, Eric, Reanna, and grandmother to Alexis, Rae-Lyn, and Jameson. I was raised in the Nicola Valley and lived the majority of my life in this area. I did venture to Vancouver Island, Vancouver, and Kelowna, but there is no place like home!

As a child my mother, and sister, would take us out harvesting; we picked mushrooms, watercress, berries, and pine pitch. So, I grew up not realizing what I know but rather what we did at different seasons.

I have always wanted my own buckskin since I was little, but did not know how to ever acquire it, until six years ago when I was allowed to participate in a buckskin making workshop. Since then, I am scraping, stretching, and smoking every nice day when I can. My sisters and I created a "scraping and stretching center" in the backyard. We acquired a horse stall from my daughter, so we disassembled and then reassembled. In addition, I learnt how to make buckskin gloves with Nancy Saddleman; each pair I make I learn more finesse skills.

I also was able to participate with Dr. Jeanne, and learn more about our local medicines, harvesting, what they help heal, and how to process them. As I mentioned earlier some things my mom did so as a child, I learnt but did not realize what I knew as it was just what my mom did. Every chance I get I like to be out in "the wilds" just looking at our nature and I collect if I need but majority of the time I enjoy looking or taking photos. I learnt that we should only take what we need, and leave the rest for the little people, animals, and others.

I look forward to creating new friendships, sharing my knowledge, and watching the community grow as n̄eʔkepmx people. I plan to bring a bit of the Coyote's humour, creating laughter, and strengthening family connections.

Kʷukʷscemxʷ



New SCFSS Family Members

Way' inca iskwist Thelma Chillihitzia
Ken tl spaxmn
In sqwsi? Heath Chillihitzia
In mi'stem I Clifford Chillihitzia
In tum' Jackie Chillihitzia
In kik'wa? I sk'wiscelx twi William Chillihitzia ul twi Herb Manuel
In stentima? I Sk'wiscelx twi Mary Chillihitzia ul twi Dorthy Saddleman

Thelma Chillitzia – Executive Assistant

I am the 2nd youngest to Clifford and Jackie Chillihitzia, born and raised in Douglas Lake. I am a single mother to a wonderful son Heath and enjoy being around friends and Family. After graduating from Merritt Secondary school in 2010, I started as the receptionist for the Upper Nicola back in March 2014. By August 2015 I knew this was the kind of work I wanted to do, so I went to school at NVIT for my office administration certificate before continuing back at the Upper Nicola Band as the receptionist. In January 2019 I moved to the position Executive Assistant to the Chief and Council for the Upper Nicola Band, and in June 2020 I moved into the Office Manager Position. After 7 and a half years with Upper Nicola Band, I decided I needed a change and in August of 2021 I became the receptionist for Nlaka'pmux Health Services. Over the years I have learned so much, and it has made me who I am today. I work hard and I enjoy the hard work.

I look forward to my work with Scw'exmx Child and Family Services as the Executive Assistant. I have been wanting to work for SCFSS for quite sometime now. I am excited to start my career with the organization and learn new things. I look forward to what my future has in store for me.

way' Thelma Chillihitzia



Terry McRae – Operations Coordinator



My name is Terry McRae, I am from Upper Nicola of Syilx Nation. My wife is Ivy McRae and we have two children together Jalen and Eilee and I have twins Peyton and Daphne from a previous relationship. My parents are John and Charlehe McRae. Grandparents are William and Mary Chillihitzia on my mothers side and Patrick McRae and Eileen Tom on my fathers side.

My past employments I have various roles in supervisor/leads in different industries, such as, crew supervisor with ministry of forests in the wildfire management organization for nine years. As well, working for Lower Nicola Band as a falling supervisor on various projects within five years there. More recently working as a Environmental Technician, taking leads roles in areas such as a groundwater sampling program for the past five years.

I would like to use my skills and experience I have gained throughout my years of employment in different industries and the roles I have done to help in the Operations Coordinator role in a professional manner. I take pride in getting to know my role and responsibilities going above and beyond to help the organization. I look forward to meeting and working with everyone at Scw'exmx Child and Family and continue my journey of growing skill set with you all!

Kwuk'wscemxw

A woman with shoulder-length dark hair and a striped scarf is smiling. She is holding two woven baskets. One is a large, shallow, wide basket, and the other is a smaller, rounder basket with a colorful pattern on its side. The background is a plain, light-colored wall.

Team Updates

Youth Team

About the team

The Youth Team is a newly developed support network grounded in land based activities with teachings shared by the Nlaka'pamux Framework of Practice and C[A]ptlkw] Ethic Agreement. Young people can access these services either through self or community referral. Each support worker utilizes their strength in different areas of expertise from wellness, culture, and community connection. Our youth support programs include outreach, one on one support, community collaboration, a transition program, and cultural connections. Our programs are important to us, a place for youth to receive one on one direct support and take part in wellness activities. This may look like sage picking, ceremonial teachings, or paddle boarding depending on the youth. Our day-to-day tasks could range from connecting to youth in town or in a community, sharing resources and programs with youth, to even connecting and transporting them to programs.

Community collaboration involves supporting each of the five local Bands in youth programs to expand services and help with facilitating events, such as a girls and boys group, community events like the residential survivors walk or grief and loss workshops.



Team Lead – Jaqueline Merritt

Support Programs



Outreach Program

Connecting to youth out in the community and urban area. Sharing resources and programs with youth, connecting and transporting them to programs.



One on One

Direct support on identifying wellness activities and tools for each youth. Supporting connection through contemporary and cultural activities.



Community Collaboration

Youth Team Supporting programs in each five communities in youth programs to expand services and help with facilitating events. Such as Girls and Boys Group, Community Events.



Transition Program

Works with Youth 15 years and older to support them through transition to adult hood. From supporting them to engaging in education/training opportunities to creating ties to their community/lineage.

Team Update

The Nicola Valley Youth Outreach event was a great success with the collaboration of services from Scw'exmx Community Health, Nlaka'pamux Health Authority, Merritt Community Policing and Nicola Valley Restorative Justice.

There were approximately 65 youth that came by in February, and all 50 bagged lunches were handed out with harm reduction kits. 80 young ones attended in March. Many youths came by with their own lunches to check out the wellness resources as well as supports.

This will be an ongoing initiative throughout the year to share youth, young adult resources, and support to all youth in the Nicola Valley. If any other support or community agency would like to partake, join in our monthly meetings on the first Monday of the month at 11 am.

For more information, please contact Jacqueline Merritt at Jacqueline.Merritt@scwexmx.com or 250-378-2771.

Child Wellness Team

About the team

The Child Wellness Team is inclusive of culture, language and ceremony in our daily practice with each child, family and community. We collaborate with other community supports and services that reflect the cultural values and beliefs of each child, young person, and family. Our social workers are actively engaged with communities to build stronger working relationships which support families to thrive and embrace their culture & language. By doing this we build trusting relationships through best practice in accordance with the Nl̓eʔkepmx/Syilx ways of being

The Social Work Team uses best practice where each Team member strives to work collectively under the following practice frameworks:

- Nlaka'pamux Framework of Practice and CAptlkw] Ethic Agreement
- Working Agreements with the 5 Communities
- An Act respecting First Nations, Inuit and Métis children, youth and families
- Child, Family, and Community Service Act
- Aboriginal Policy and Practice Framework in British Columbia
- Aboriginal Operational & Practice Standards & Indicators



Team Lead – Beverly Van Der Weide

Team Update

Over this past quarter we've worked diligently at expanding services and have been very successful in collaborating between teams and communities. We have been vocal in our change of practice, and the families we are connecting with are acknowledging the supports they are receiving are less intrusive. Our team has been creative at thinking outside of the box to ensure our families are supported to become successful in their needs. An example ensuring that a single Mom of 3 children who had an empty fridge was able to fill her fridge, and referrals to multiple teams were made to support her in being successful in meal prepping, youth supports, daycare services, and assisting to ensure one of her children makes it to important doctor appointments. This in turn, will ensure she is able to cope with the demands of raising a young family, and to be able to reach out if she needs to.

Shawn Bob – Reunification Coordinator

At the beginning of 2022, Shawn was seconded to the Reunification Coordinator role. Shawn emphasizes prevention measures to reunify family units, guided by n̓eʔkepmx and syilx traditional knowledge and principles.

In her new role, she works collectively with the family unit, other SCFSS teams, and community resources to preserve and reunify the family unit through culturally appropriate services to enhance the wellness of children, young people, and families in the Nicola Valley. She works closely with the Family Services, Child Wellness, Youth, Resources and Elders Teams to ensure that all families and communities needs are actively being met when seeking supports for children and families of our five communities including those who live in the urban area.



Reunification Coordinator – Shawn Bob

Child and Youth Mental Health (CYMH) Team



**On Reserve Clinician -
Kiya Giesbrecht**

About the team

CYMH Services are voluntary and provided on a consensual basis, where each child, youth and family are provided with Indigenous CYMH services that are unique and sensitive to their needs. Our program is built with a combination of both Western and Indigenous knowledge and teachings with trauma informed practice counselling techniques incorporated, such as: art and play therapy.

We use cultural practices such as traditional language, prayer, smudging, teachings of the medicine wheel and crafts, which can be in conjunction with western methods to enhance teachings. Our practice is to cultivate safe spaces and to recognize the role and importance of family systems.

Our team receives clinical supervision from Scw'exmx Health on a weekly basis.

Team Update

The Child and Youth Mental Health (CYMH) Team continues to provide voluntary, confidential, therapeutic services to our communities through the Band schools, Merritt Secondary School and elementary schools. The On-Reserve Clinician started to form relationships with each of the Band schools and recently started to provide psychoeducation to N'Kwala School students to make them more aware of mental health and provide support if and when needed.

The development of the CYMH Strategic Work Plan took priority over the last few weeks, ensuring the CYMH Team has a clear direction and actionable items for this fiscal year. Having clear, actionable items is of the highest importance, considering the CYMH Team Lead (Amy McKibbon) went on an 18-month maternity leave beginning April 18th, 2022.





Team Lead – Natasha Fountain

Community Team

About the team

The Community Team was created to align with our strategic directions which emphasize our nation's inherent rights and the importance of community guidance. Our work focuses on engagement and interaction with our five (5) Member Communities, the Urban Indigenous population of the Nicola Valley, community service partners, agencies, Elders and Knowledge Keepers. This includes communication and presentations, facilitating engagement meetings, supporting community prevention activities (and urban prevention activities), and working with our communities on how to best support their inherent right to self-governance and decision making over children and families, whether that be through new protocol agreements, Grandparent groups, or planning for the implementation of their own laws over children and family.

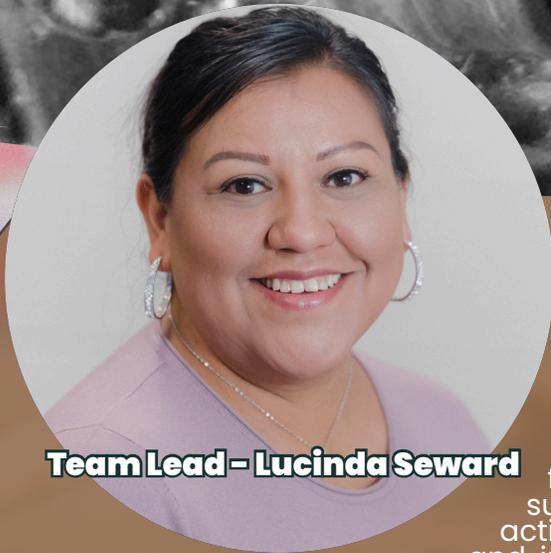
Team Update

For this month, the Community Team has been focused on planning, and building capacity with the communities and the SCFSS. There was an increase in communication such as prevention funding check-ins and implementation. The Community Team met with Upper Nicola in regards to prevention reporting and future programming (with the Director of Relations and the new Kwu Stemtima Assistant). The Community Team was able to assist with planning meetings in Coldwater for the Coldwater Olympics Meeting, along with organizing staff to volunteer (which was sadly cancelled due to icy conditions on the field). We met with Nooditch (including the Executive Director and Human Resources) to discuss support opportunities for the facilitation of prevention programs.

The Community Team has been working to remove silos in the Community. We presented at the Nicola Valley Restorative Justice Forum to increase awareness regarding our programs and services, and as a result of providing additional information to our Community Partners, there has been an increase in engagement and service and support requests. We had an increase in communication regarding Community events, and are encouraged by the eagerness to begin developing individual community plans. For this month we focused on Family Day activities and Spring Break Activities.



Culture and Language team



Team Lead - Lucinda Seward

About the team

This team includes Knowledge Keepers from all our communities and consists of Cultural Program Coordinators, Resident Elders, and the language nest program. Both the Elders Team and the Language nest are part of the Culture and Language Team.

The Culture and Language Team work within community, with families, youth, and the Society. Within the Society providing support, supporting language usage, supporting and leading activities, and working directly with our families. It also develops and implements staff cultural training and cultural events for our families and communities.

One of the foundations of SCFSS is to champion the culture of our communities, and it is the role of the Culture and Language Team to incorporate Culture and Language into all programs and services

Team Update

With the loss of our Resident Elder, late Sharon Lindley, we supported Upper Nicola Band Community and the Lindley family with love and support. We also spent some time in the Nooaitch and Shackan areas learning from an Upper Nicola Knowledge Keeper on where we could find Aiou shoots in the Nte?kepmx Territory.

We had the opportunity to support the Coyote Brotherhood Mens Group, by sharing 3 of our Male Resident Elders during their event that was hosted at Lower Nicola Indian Band Culture Center. We also supported the newly founded Coldwater Women's Group, by sharing our Cultural Program Coordinator to co-facilitate the 3 day Grief and Loss Trauma Workshop with counselor Kevin Ward. Coldwater Band Womens Group also requested to be trained by our Cultural Program Coordinator to learn how to perform their own Coldwater Headwater Ceremony.

Coldwater Band Women's Group also requested our Cultural Program Coordinator to learn how to perform their own Coldwater Headwater Ceremony. There were 20 community members there to witness, participate and learn how to respect their watershed, perform the seasonal headwater ceremony through the use of traditional practices and protocols. This was a community led process, and only those that are to take on this responsibility were present for the ceremony.

We continue to meet with our communities to share our challenges and successes. We met with Coldwater twice in the month of March. And we met once in Upper Nicola Band, Shackan and Nooaitch. Our sessions are becoming more and more in depth, each time we come together. The comfort level is moving in a more meaningful direction. However, we continue to strive for better each time.

nsyilxcən: x^wu^y kt péye? q^wincút
(We will speak as one)

n^wte?kepmxcin: k^wu_ksx^wúya?x nqilx^w naqs
(We are going to speak as one)

Emergency Services Team

About the team

The Emergency Services Team was created to better respond to these unprecedented times. SCFSS and the communities are still recovering from forest fires, the COVID pandemic, 215 announcement and opioid crisis. We assist in the prevention, mitigation, preparedness and response and recovery of emergencies we have been faced with. Working in collaboration with other SCFSS teams and organizations.



Team Lead - Kristy Joe

Team Update

During the past year, SCFSS identified a gap in services to the youth, young people, families, community members as well as our staff when we navigated through the following emergencies:

- Pandemic with COVID-19 and Variants
- 215 Announcement
- Opioid Crisis
- Wildland Forest Fires
- Atmospheric River Event and the Floods

During the atmospheric river and flooding event, it was decided that an Emergency Services Team be developed and implemented to assist SCFSS in the Prevention, Mitigation, Preparedness, Response and Recovery of emergencies we are faced with. Team members include, Kristy Joe, Emergency Services Manager and an Emergency Services Coordinator, Juanita Quewezance. SCFSS is currently working on recruiting for a second Emergency Services Coordinator and an Emergency Services Mental Health Clinician to be added to our team.

During the winter months the team took the down time to build capacity within our team with professional development opportunities and making headway on the recovery process from the floods in November for our organization, communities and staff members. We were also able to be proactive in the planning and development of our Annual Work Plan to coincide with SCFSS' Strategic Plan, Frameworks and Ethic Agreements. We also worked relationship building with other organizations within the Nation as we recover and prepare for the next emergency event. Our team and collaboration tables will work together to help build the capacity under the four pillars of emergency management (Mitigation, Preparedness, Response and Recovery) as we all work towards a safer and healthier communities. Though we cannot predict when a flood or wildfire will occur, we can be proactive and take steps to prepare ourselves with emergency evacuation plans, 72-hour kits, grab and go bag lists and information sharing to ensure we are as prepared as we can be.



Family Wellness



Team Lead - Dan Jager

About the team

This team encompasses Family Wellness Navigators, a Relationship Navigator, and Family Circle Coordinators. Each navigator works with approximately 10-12 families. They create self-directed wellness plans with the focus on building healthy families in addressing their unique differences and barriers. They also support the men's group and women's group. The Family Circle coordinators support the gathering and facilitating of a family circle to support families in creating their own family plans in addressing a family concern or emergency. This prevents decisions being imposed onto the family and allows them to make plans for themselves including their extended family and support people.

Team Update

Family Wellness Workers Mark Coutlee and Vanessa Buonanno dressed up as bunnies and hopped on over to each individual family to deliver Easter Baskets and chocolates. Each basket was filled with fun activities for the smaller children such as chalk, language colouring pages, crayons, bubbles, playdough, and some goodies.

The teenagers received big chocolate bunnies with a small bag full of goodies. As the Easter Bunny and his assistant visited each house, you could hear the cries of excitement echo through the houses visited; "THE EASTER BUNNY IS HERE!"

Parents, the Easter Bunny, and the Easter Bunny's assistant laughed together as children had the opportunity to take a photo with the Easter Bunny and give him a big hug!



Program Updates & Upcoming Events





Relationship Wellness

Look how dedicated these couples are to do the Traditional Hide Tanning Sessions! There was wind, there was rain, there was snow, and yet they continued through it all! Two couples spent two days scraping hides in early April. They learned communication and participation while working through frustration and eventually reaching success! Traditional Knowledge Keepers Dean and Cora Tom shared cultural teachings and knowledge.

Later this month, the couples will return to complete their hides.

At the start of the weekend, I asked each couple, 'What is your intention for your hide'? They were asked to think about how they communicated and were encouraged to compliment themselves and others.

The weekend was a fantastic success! This is a voluntary program, with the next intake session planned for September.

If you have any questions, please call Allyson Sterling at 250 315 7634



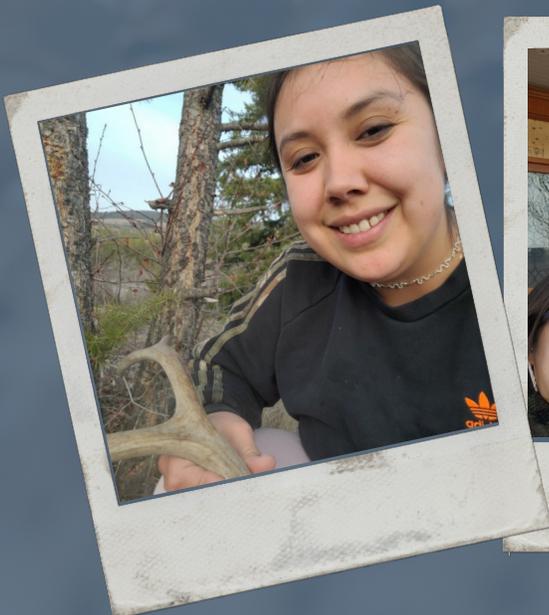
Spring Scavenger Hunt 2022

This spring break, SCFSS held a Scavenger Hunt open to the public with the intent of creating a fun and interactive outlet for families and friends. This event was the work of a SCFSS committee of 5 members, with weekly meetings over several weeks lead up. It included involvement with community agencies, businesses, and local government working together to create a fun, light spirited atmosphere for competitors.

Emphasis was placed upon family teams primarily, in an effort to create challenges and situations a family could perform together. These challenges were created with the hope they may bring a family together, over a movie or a hike or a drive to find an object together, to spend more time with each other over Spring Break.

According to registrations, we had a total of 37 teams, with an estimated involvement of 150 players total. Some teams were composed of co-workers and friends, but most were family units. We had representation from Nooatch, Upper Nicola, Lower Nicola, Coldwater, Lytton, and Rocky Pines. These teams completed a total of 3146 submissions, for an average completion rate of 54%.

Integral to this event was the involvement of local businesses and groups. Several prizes are being given away by businesses that embraced the game. The library and museum both loved the event. Some hiccups were had working with the city that could be ironed out going forward easily, but otherwise all involved would call this a great success.





Mental Health Resources

Not All Wounds Are Visible

Mental Health Contacts

Suicide Prevention : 1-800-SUICIDE (754-2433)
Youth In BC Distress Line : 1-866-661-3311
Crisis Text Line : Text HOME to 741741
Aboriginal People Crisis Hotline : 1-800-588-8717
Aboriginal Youth Crisis Hotline : 1-877-209-1266
Aboriginal Youth Support Online Chat : youthspace.ca
Youth Space Text Line : 1-778-783-0177
Kuu-us Crisis Line Society : 250-723-2040

Other Contacts

First Nation Virtual Doctor of the Day : 250-723-2040
Child Wellness Concern After Hours : 1-800-663-9122
Scw'exmx Child and Family Services : 250-378-2771

Band Representatives **Upper Nicola**

Rep Carol Smith
250-378-5058

Lower Nicola

Rep Bridget Labelle
250-378-4089

Coldwater

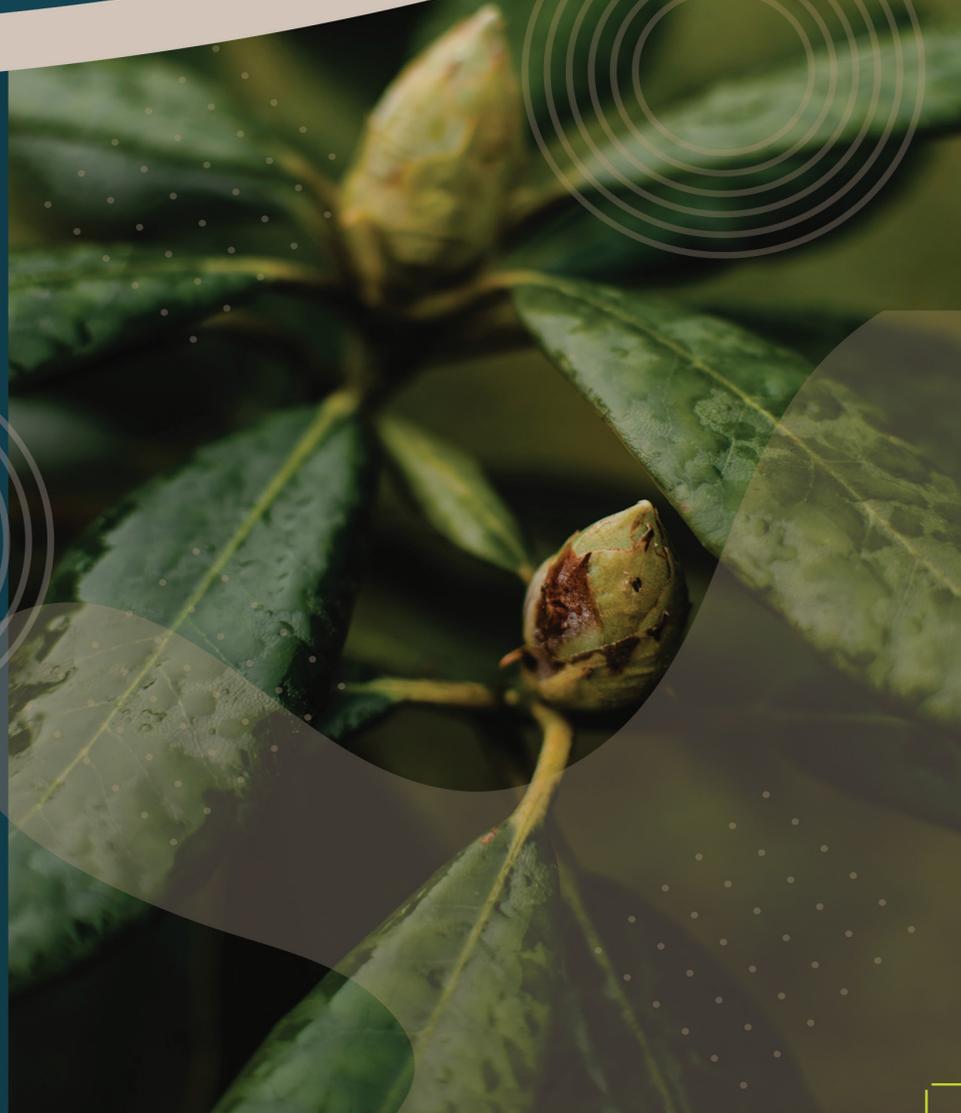
Rep Diana Norgaard
250-378-6174

Nooaitch

Rep Kathleen Jumbo
250-378-6141

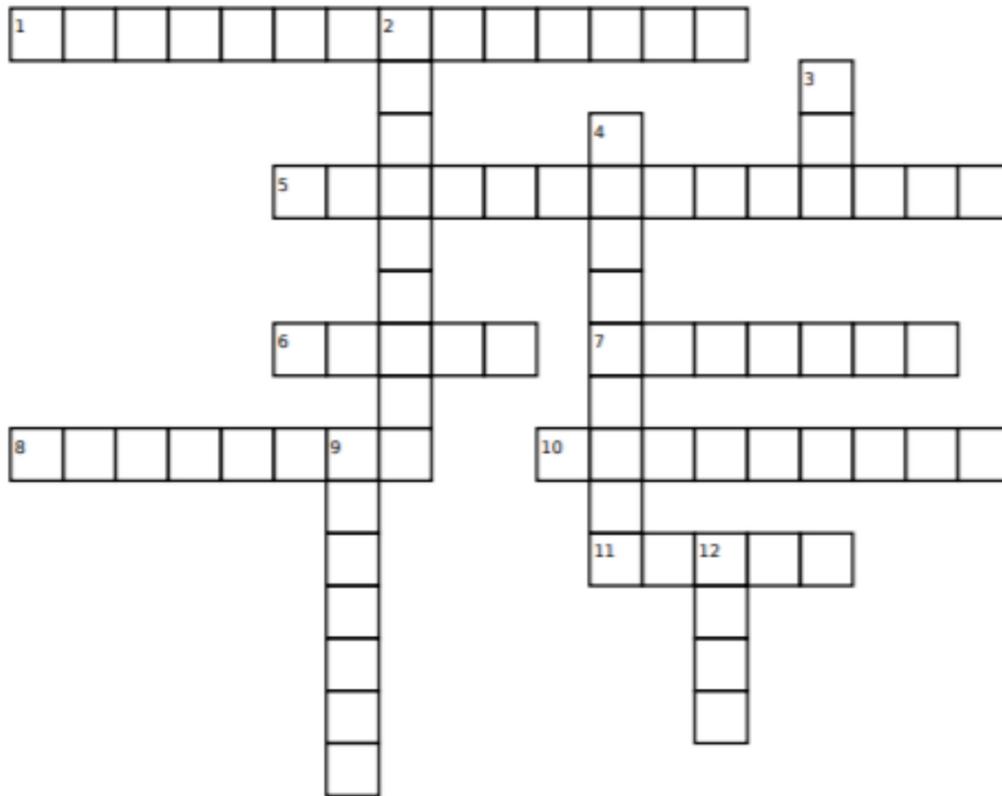
Shackan

Rep Lenora Starr
250-378-5410



Crossword

A digital copy of the strategic plan can be found at <https://www.scwexmx.com/documents-and-forms>. Complete and return to community team to be entered in a draw



Down:

2. what must be returned to community
3. the healing that occurs when we share and collaborate with each other and our communities
4. what the sunburst peaks represent on our logo
9. we must work toward a future markedly different from the _____ state
12. shift our focus from fear to _____

Across:

1. a guiding value
5. our vision is to collectively exercise our nations' _____
6. One _____
7. our communities will hold their _____ as we intertwine and build a better future
8. promote community and parent _____
10. the board of directors' message asks us to take
11. what we will remove through collaboration



We Are Hiring

Scw'exmx Child and Family Services Society (SCFSS) is family-centered and guided by nle?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.

POSITIONS AVAILABLE

COMMUNITY NAVIGATOR

Permanent | Full-time (35 hours/week) | Closes April 29

COMMUNITY PREVENTION WORKER

Permanent | Full-time (35 hours/week) | Closes April 29

CHILD & YOUTH MENTAL HEALTH TEAM LEADER

18-Month Term | Full-time (35 hours/week) | Open until filled

FAMILY CIRCLES COORDINATOR

Permanent | Full-time (35 hours/week) | Closes April 29

HUMAN RESOURCES ASSISTANT

Permanent | Full-time (35 hours/week) | Closes May 6

HUMAN RESOURCES GENERALIST

Permanent | Full-time (35 hours/week) | Closes May 6

YOUTH WELLNESS COORDINATOR

Permanent | Full-time (35 hours/week) | Closes May 6

APPLY NOW!

See our full postings and apply on our website at www.scwexmx.com
Submit your cover letter and resume on our website

Pursuant to Section 41 of the Human Rights Code, preference may be given to qualified applicant of Indigenous ancestry

Three sisters Soup

PREP

COOKING

SERVES

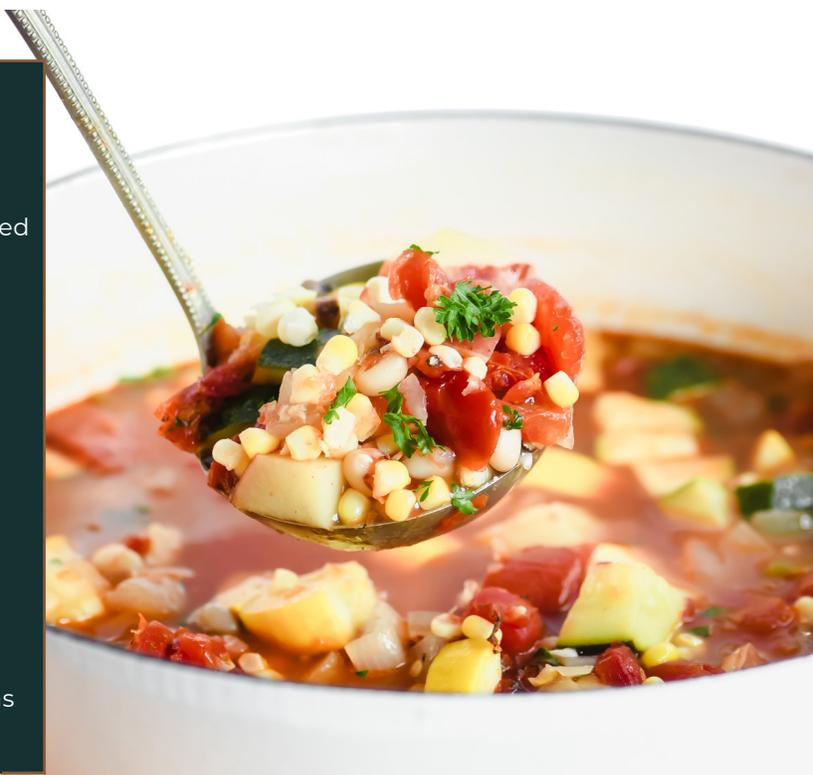
15 MIN

60 MIN

5 PORTION

INGREDIENTS

- 2 Tbsp olive oil
- 1 yellow onion, peeled and diced
- 2 cloves garlic, minced
- 1 lb red potatoes, diced
- 1 tsp chipotle powder
- 1 tsp cumin
- 2 bay leaves
- 32 ounces chicken broth
- 1 can diced tomatoes
- 1 zucchini, diced
- 1 summer squash, diced
- 3 ears corn, kernels removed
- 2 cups cooked black-eyed peas
- salt and fresh black pepper



DIRECTION

1. Heat the oil in a large soup pot or Dutch oven and add the diced onion. Saute for five minutes, stirring often, until the onion starts to soften. Add the garlic and cook a minute or two longer. Add the potatoes, chipotle powder, cumin, and bay leaves to the pot and cook a couple of more minutes, stirring almost constantly.
2. Add the broth and tomatoes to the pot and bring to a simmer. Add the jalapeños, if using, at this point too. Bring to a boil. Lower the heat and simmer just until the potatoes are just tender, about 8-12 minutes. You can cover the pot if you like, but make sure you're cooking at a simmer, not a full boil.
3. Add the zucchini, summer squash, corn and beans, and bring the soup back to a bubble. Season with salt and black pepper to taste. Add more chipotle or cumin at this point if you like. Cover and let the soup simmer for just a few minutes. You just want to take the raw edge off your veggies. When they taste just barely tender, the soup is finished. Add water if your soup seems too thick.
4. Serve the soup topped with fresh parsley, and a sprinkle of cheese, if you like.



EMERGENCY PREPAREDNESS WEEK! MAY 1-7, 2022 ARE YOU PREPARED?

Natural Disasters may be beyond our control, but there are ways to reduce the risk and the impact of whatever emergency we might face - whether natural or human induced

**SCFSS will be
having an
Emergency
Preparedness Week
Giveaway!!
May 2-6, 2022**

**Answer our
question of the day
on our Facebook
post to be entered
in for the prize of
the day!**

**One entry per
person, per day**



Spring Art Contest

Scw'exmx Child & Family Services invites all young people and children to participate in its Spring Art Contest. This contest's theme is "What does Family time mean to me?" Create artwork that tells the story of your family's special traditions, time spent together, or what is important to you when you celebrate family. Prizes will be awarded to winners and announced May 25th.

Please submit all entries to SCFSS by May 18th. For a list of contest rules, to enter, or for any questions please contact Collin at Collin.Budd@scwexmx.com



**SCW'EXMX CHILD &
FAMILY SERVICES SOCIETY**

TELEPHONE: 250-378-2771 | TOLL-FREE : 1-877-378-2773



Scw'exmx Child and Family Services Society Youth and Child Art Contest

What Does Family Time mean to you?

- The contest is open to all youth and children living in the Nicola Valley
- Contestants may submit only one entry of original, creative, unassisted artwork
- Entries containing either licensed or trademarked characters or images or celebrity likeness will not be eligible to win and the submission will be disqualified.
- Parents, guardians, or teachers need to print, complete, and sign an entry release form for their child's entry.
- To enter, contestants must email an image of their entry (in JPEG format with a minimum 300 dpi) to Collin.budd@scwexmx.com along with the Entry Release Form, or drop off the artwork at SCFSS office. Entries must be received no later than May 18, 2022. Winners will be announced online May 25th, 2022
- Any entries sent or dropped off at any of our offices will not be returned to the artists unless arrangements are made by the artist's guardians for pickup.
- Entries that do not comply with the contest rules and submission requirements will be disqualified.
- All entries will be judged by a SCFSS Elder.
- Non-selected entrants will not be individually notified of the results.
- Questions may be submitted by email to collin.budd@scwexmx.com

TO ENTER

Complete and attach a Youth Art Contest Entry Form to each submission.

MAIL OR DROPOFF

1988 Quilchena Ave. | PO Box 88 | Merritt, BC V1K 1B8
Register@scwexmx.com

www.scwexmx.com

DISCLAIMER: All entries become property of Scw'exmx Child and Family Services Society. SCFSS has the right to display, reproduce, or otherwise use the submissions. Artwork will not be returned – please take photos of your artwork before submitting.

ENTRY FORM

Please complete the fields below and mail or drop off your completed entry form along with your artwork submission to:

1988 Quilchena Ave. | PO Box 88 | Merritt, BC | V1K 1B8
collin.budd@scwexmx.com

YOUTH NAME: _____ ARTWORK TITLE: _____

PLEASE DESCRIBE YOUR ARTWORK:

ADDRESS: _____

COMMUNITY: _____ AGE: _____

PHONE NUMBER: _____ EMAIL: _____

I declare and avow that the artwork I am submitting to the Scw'exmx Child and Services Society Youth Art Contest is my own original work and was not copied from other artists' work or photographs.

Youth Signature _____

PARENT/GUARDIAN NAME (PLEASE PRINT): _____

Parent/guardian: I hereby grant, transfer and assign to the Scw'exmx Child and Family Services Society all my rights and interest in the artwork I have submitted. I acknowledge that this includes the right to use, re-use, publish, re-publish and otherwise use and display the artwork. I authorize SCFSS to include the artist name, image, quote, age and city to identify the work. I hereby release and discharge SCFSS from any and all claims and demands arising out of, or in connection with the use of the original artwork. I have read and fully understand the foregoing and fully consent to it.

I _____, being the parent or guardian of the above-named minor, hereby consent to and join in the foregoing release and consent on said minor.

Parent's Signature: _____

Deadline: All entries must be received by May 18, 2022. Winners will be announced April 25, 2022. **Questions?** Contact Collin at Scw'exmx Child and Family Services Society - Collin.Budd@scwexmx.com

Artwork will not be returned — please take photos of your artwork before submitting.

YOUTH OUTREACH LUNCH



JOIN US FOR LUNCH AND TO CONNECT
WITH YOUTH SUPPORTS, RESOURCES,
AND FIND EVENTS FOR THE SPRING!
MAY 20 12PM - 1PM

HOUSE OF HONOUR - MERRITT SECONDARY
CALL 250-315-7787 FOR MORE INFORMATION

HARM REDUCTION KITS, RESOURCE INFORMATION,
YOUTH EVENTS & MORE.

**SCWEXMX CHILD AND FAMILY
SERVICES SOCIETY**

1988 QUILCHENA AVE. | PO BOX 88 | MERRITT, BC | V1K 1B8
TELEPHONE: 250-378-2771 | TOLL-FREE NUMBER: 1-877-378-2773



stúk^wcn | mulmn (Dip Net)

Imagine, Design, and Create your Dipnet in this 12 day workshop

Join us for this 12 day workshop, learning to build an Nte?kepmx dip net from scratch. In this workshop, Charles Brown will guide you through the processes to build a handcrafted net from start to finish.

All materials and supplies are provided courtesy of Scw'exmx Child and Family Services Society. This workshop will be held at the LNIB Culture Centre. This workshop requires a committment for the full 12 days.

REGISTRATION INFORMATION

To register please email register@scwexmx.com or call 250-378-2771

Registration Deadline is April 27, 2022

Workshop runs daily 9AM-6PM from May 2, 2022 to May 13, 2022

Lunch and Snacks provided

Call Trish at 250-315-9176 if you have any questions



SCW'EXMX CHILD AND FAMILY SERVICES SOCIETY



MENS GATHERING LUNCH

FISH SPEAR MAKING CLASS
LUNCH AND SUPPLIES PROVIDED
PLEASE REGISTER IN ADVANCE

10 TO 2PM

Saturday MAY 14



LOWER NICOLA
INDIAN BAND



FISH SPEAR MAKING CLASS

Rides may be provided if needed. To register or for more information call or email:

Mark Coutlee
250-378-7520

Mark.Coutlee@scwexmx.com

Mothers & Daughters

rites of passage



Discuss the aspects and commitments of teaching and training with puberty and the Rites of Passage of your young lady. Times available between 9AM - 2PM and 3PM - 8PM. Lunch and dinner provided

May 9, 2022

Merritt Comfort Inn

Call Trish Manuel at

250-315-9176 to register



Scw'exmx Child and Family
Services Society

Telephone: 250-378-2771 | Toll-Free: 1-877-378-2773

Virtual Information

Session

May 25, 2022

1PM - 3PM

Scw'exmx Child & Family Services invites you to join us for a Virtual Information Session on May 25, 2022 from 1PM to 3PM. This session will help you learn more about our programs and services, and how to access them.

For more details or to register for this session, please contact us at Stephanie Tourand at Register@scwexmx.com or 250-378-2771



**SCW'EXMX CHILD &
FAMILY SERVICES SOCIETY**

TELEPHONE: 250-378-2771 | TOLL-FREE : 1-877-378-2773

Women's GROUP

Led by Allyson Sterling and
Emily Payou

*Join us for this month's Women's Group gathering,
with May's focus on self-care.*

Monday, May 16th

5PM to 8PM - Dinner included

Location TBD

Call Allyson Sterling at
250-315-7634 to register



1988 Quilchena Avenue | Merritt BC

250-378-2771

www.scwexmx.com

Community Updates

Nsyilxcen: way̓ ǰast sǰəlǰsált p̓ isnaqsílx^w

(Hello good day my relatives)

Nte?kepmxcin: hénte? k^w ?ex k^w n̓ ǰu?

(How are you, are you well)

sqilx^wlcawt

"An Okanagan concept that means our [...] indigenous way [...] the evolving knowledge and practices that have sustained the people culturally and ecologically for thousands of years."
Bill Cohen

THINKER

Learning involves generational roles and responsibilities.
Learning is embedded in memory, history, and story.
Learning involves recognizing that some knowledge is sacred and only shared with permission and/or in certain situations.

LEARNER

Learning involves recognizing the consequences of one's actions.
Learning requires exploration of one's identity.

COLLABORATOR & CONTRIBUTOR

Learning is holistic, reflexive, reflective, experiential and relational (focused on connectedness, on reciprocal relationships, and a sense of place).
Learning involves patience and time.

INNOVATOR

Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.
Learning recognizes the role of indigenous knowledge.



Chief skamxist
BLACK BEAR

Chief spitlem
BITTER ROOT

Chief n'tyxtix
SALMON

Chief siya?
SASKATOON BERRY

Chief n'tyxtix
SALMON
The Perspective of Action

Chief skamxist
BLACK BEAR
The Perspective of Wise Reflection

Chief spitlem
BITTER ROOT
The Perspective of Inter-connectedness and Relationships

Chief siya?
SASKATOON BERRY
The Perspective of Creativity

LEARNER
One who is engaged, resilient and seeks to understand.

THINKER
One who analyzes, makes connections, inferences, asks questions and transfers knowledge.

COLLABORATOR/ CONTRIBUTOR
One who excels in working with others to create new understanding. A citizen who participates in the local

INNOVATOR
One who sees possibilities and generates original ideas with value.



TRAINING ROOM

CITXW NLAKA'PAMUX ASSEMBLY

Z



CƏCUŃÉKSTM

trying to teach
oneself how to do
something



YƏXYIᖃSTÉS

develop
someone's
intelligence, train
someone's
mental capacities

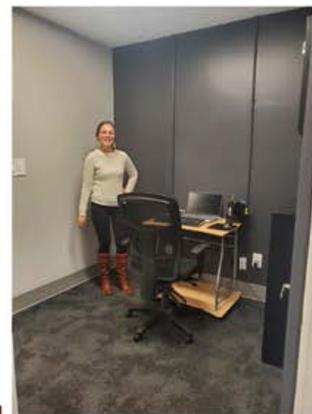


CWƏM

do, make,
prepare
something, work

We have a new in office training room!

Complete online training, update your resume, connect with local resources and more. Our Training room is cleaned between uses and socially distanced from the rest of the office for your safety. You will also have the support of our Employment and Training department one-on-one. Contact our office to schedule a time spot.



Contact us

☎ 250-378-1864 ✉ malbert@cna-trust.ca ● employment.cna-trust.ca/



SAVE THE DATE

SYILX WELL-BEING:

SYILX NATION DRUG FORUM

The Syilx Nation Drug Forum is a space for important sharing of information, resources, tools, stories & personal experiences - as well as a space for meaningful discussion around what is needed for the Nation going forward and promote healing for the people.

OPEN TO SYILX NATION MEMBERS, COMMUNITY MEMBERS, AND COMMUNITY STAFF

MAY 13, 2022

PRESTIGE VERNON HOTEL

The Syilx Nation Drug Forum brings leadership, frontline workers, ONA staff, and community members together to continue the work of responding to this devastating crisis.

The Forum is a collaborative effort with contributions from partners including First Nations Health Authority and Interior Health.

For more information contact:
Madison Terbasket, Event Planner
communication.admin@syilx.org
250 707 0095 ext. 127
www.okanagannation.com



Understanding **...WHEN THERE'S A LOSS**

**with Doreen Sterling
and Trish Manuel**

*Spend time with us Talking about Traditional
Practices When our Communities Suffer Loss*

2 sessions to choose from:

May 04, 2022 9am to 3pm (lunch included)

or

May 04, 2022 4pm to 8pm (dinner included)

Held at the Quilchena Church

For sign up contact Alyssa McNain at

kwustem.assist@uppernicola.com



INFORMATION SESSION



POTLUCK AND FUNDRAISER

Shulus Arbour

Wednesday, May 18, 2022 @ 6:00 pm

Bring your favourite dish and your family!

AUCTION AND 50/50

Exciting! Terrific!

We are planning to relocate the existing boulder monument and build a new granite monument with funding support from the Veterans Affairs Canada (VAC). We will:

- * Inscribe the names of our local FN veterans
- * Include a ceremonial fire pit and benches
- * Include Nlaka'pamuxcn, Nsyilxcen, English and French languages

**Now, we have a lot of work to do.
The FN Veterans need your support. Yaaa!**

For more information, contact:

Carol Holmes 250-378-7809
Richard Jackson 250-280-2424

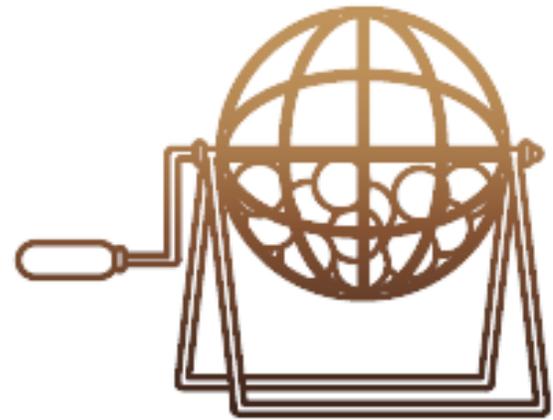
Percy Joe 250-315-8402
Heather Shuter Trosky 250-378-5746



Upper Nicola

Language Department

invites you to join
us for nsyilxcən
bingo



Dates:
April 20th
April 25th
May 2
May 9

Starting @
6pm



prizes
available

Meeting ID: 858 4135 5921
Passcode: 658587

sessions will be held via zoom & links will
be available to collect a bingo card
knowledge of nsyilxcən is not required

Common Greetings



stim ancáwt?
How have you been?/
What have you been up to?

ćkin asnqsilx^w?
How's your family?

ha ti k^w ǵast?
Are you good? /
How are you?

ti kn ǵast
I am good

niñwís twikntsn
See you Later

way sláxt
Hello friend.

taft ti k^w swínump^{tx}
You look good!

way
Hello / Goodbye

ǵast tk^wek^wast
Good Morning

ǵast sǵlǵfalt
Good Day

ǵast nyak^wqín
Good Afternoon

ǵast sklax^w
Good Evening

ǵast snk^wek^w?ac
Good Night

ǵast wikntsn
Good to see you

way kn ckicx
I'm here!

way k^w ckicx
You arrived



Common Sayings

ci? !
Stop it! / Don't!

x^wustx ! / x^wustwí !
Hurry up! / Y'all hurry up!

xǵtmistx !
Careful!

nikaná?
Gee!

ha_k^w wi?cín ?
Are you finished eating?

ka?kín k^w _sx^wúya?x ?
Where are you going?

ha uł ?
Oh really?

kl ____ kn_ksx^wúya?x
I am going to ____.

taft uł !
Gee!

x^wstcinx !
Eat quickly!





Itkwu uł skm̓xist



hello, my name is otter,
what is your name?

hello, my name is bear



how are you?

i am fine, and you?



i am really hungry

where are you from?



i am from douglas
lake, and you?

i am from glimpse lake



where are you going?

I am going to the lake



good! i am going to
the store

okay, see you later

bye, see you later