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Scw'exmx Child and Family Services Society

June 2022
Community
Newsletter



Letter from the Executive Director



nsyilxcen:
way' ǰast sǰl' ǰǰalt p
ǰsnəqsilx^w

(Hello good day my relatives)

nǰe?kepmxcin:
hǰnǰe? k^w ǰex k^w n' ǰu?

(How are you, are you well)

“As human beings, we have a gift of choice and what matters most is how we exercise those choices

”

Marcel Shackelly
k^wǰk^wpi? | Chief
Nooaitch Indian Band

hǰnǰe? k^w, way, hello

We have an exceptional opportunity to reflect upon our collective journey of change throughout the past year. In reflection of change despite the numerous challenges that existed, we mobilized our Strategic Plan through several priorities.

We built trusting relationships through engagement and case review sessions with Communities. We collaborated with Nicola Valley wide Indigenous partners and Community entities with a priority focus on Prevention, Culture and Community. We established connections to support the specialization of our programs and services while we assumed a position of advocacy and support through various environmental emergencies. We endorsed consistency in our approach of Prevention and Early intervention strategies through exceptional circumstances that included connecting Relations to supports. And we created unique, innovative and futuristic positions, programs and processes that mobilized our Strategic Plan, with priority on community capacity and collective decision making.

The following represent examples of these priorities:

- Reunification Team to facilitate the intentional return of “children in care” to their rightful home and belongingness within family, community and connection to culture;
- Elder advisors assigned to each Team to ensure integration of traditional values, decolonization of practice, and reflection on the wisdom of our Ancestors in our work;
- Knowledge keepers reviewed processes to reflect nǰe?kepmx and syilx traditional values in our approach to Prevention;
- Community Navigation Team created to tactically enact prevention as response to all community and self-referrals; effectively dismantling legislative perspectives, thus edifying and promoting community outreach for support;
- Weekly “triage” of community and self-referrals that represented collective decision making

- across SCFSS programs, community and family. No decisions are made in isolation;
- “Working together” sessions that mobilized collective decisioning and emphasis on shift from Protection to Prevention;
- Mobilized workforce, programs and supports IN Community versus in the office; Secondment of human resources into Communities;
- Delegated Advisor position created that effectively transitioned former “social work” positions into Prevention teams;
- Transitioned from crisis response in delegated services toward the conscious application of critical thinking and collective decision making together with family and community;
- Prevention & Reunification Circles conducted at every point of decision making; all Circles included Resident Elders and representation from Prevention team, Family and Community;
- Expansion of Administration services to ensure centralization of administrative responsibilities, quality of assurance and digitization of records;
- Emergency Services team to take proactive measures to prepare SCFSS Relations and Employees for inevitable environmental emergencies;
- Embraced and enacted change management one employee/leader at a time through intentional coaching and mentorship.

We have advanced tremendously in the past year in spite of the many challenges. I am so very proud of the journey we’ve taken together and I am excited for what lies ahead for our SCFSS Family, Relations and Communities. I lift my hands to all of you who accepted, embraced and even resisted change. Your action spoke volumes and you made a difference to the spirit of our people.

K^wǰk^wscemx^w | limlǰmt | thank you

Lisa Post, Executive Director

“

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.

”

Victor York
Elder

New SCFSS Family Members



Nkikaxni Grismer-Voght – Team Assistant

Way'

Hello, my name is Nkikaxni, I go by Xni, and I'm part of the Coldwater Indian band. My mother is Jaime Grismer of the Lower Nicola Indian Band. My Grandmothers are Sharon McIvor, the late Teressa Nahanee, and my grandfather the late Terry Grismer. My father is Jamie Voght Coldwater, with my grandmother Roseane Spahan and grandfather Tim Voght.

I was born and raised in Merritt, graduated from Merritt Secondary School and have attended NVIT and Thompson Rivers University. I have a passion for volunteer work, assisting with different organizations and political groups.

I am very excited to be working with the amazing people of SCFSS and continuing to help serve the community!

Arwinaya (Winnie) Johnny- Administrative Assistant

heŋte? k^w, my name is Arwinaya Johnny. The nickname given to me by my great grandfather is Winnie. I am a member of the nte?képmx Nation from the Lytton Indian Band. I am one of five children, my parents are Nicole and Reuben Johnny, my grandparents are Barry Jackson, Tamara Hartwig, Kimberly Bent and Jacob Adams.

Growing up in the community, I have developed a strong love of the land and culture. Throughout my youth I have enjoyed playing hockey, hunting, fishing, family and community events.

I was taught a strong work ethic from my parents, and it has served to create in myself someone who believes in doing a job well from start to finish. In the last couple years I have had the honour to work with numerous local Indigenous organizations, and through these opportunities a strong desire to give back to community has developed.

I hope to build a strong connection with the community and staff at SCFSS, as well grow my strength and knowledge so that one day I can become a leader in this nation. I hope that I may inspire other young adults to do the same.



Kayla Phillips – Team Assistant

Hi everyone, my name is Kayla Phillips and I'm from Nooaitch Indian Band. I am half nte?képmx and Tsilhqotin. My parents are late Richard Washington and Agatha Billy. My grandparents are Rose and the late Jimmy Fountain. My husband is Murray Phillips and we have two daughters and a son that we continue to raise.

I have two diplomas, in both Fashion and Business. I have had a few summers of experience as a Summer Literacy Camp Counsellor on my reserve, working with the youth while incorporating the nte?képmx culture. My most recent experience was with Teck Highland Valley Copper as an Intern for Site Engineering and the Environmental team for 2040 where I have used and gained more administrative experience.

I hope to bring my experience from my previous roles and I also hope to learn from my team. I'm really excited and can't wait to meet everyone.

nsyilxcən: isnəqsilx^w

(My Family)

nte?kepmxcin: nkseytkn

(My Family)

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

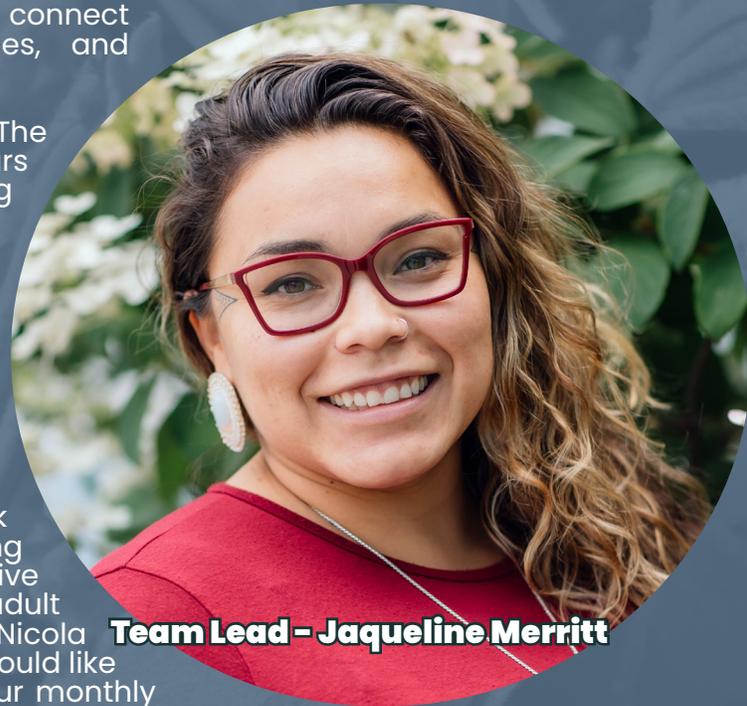
About the team

The Youth Prevention team is a support network grounded in land-based activities. Each Youth Prevention Worker uses their strengths in different areas of expertise, ranging from wellness to culture or community connections. Once the team receives a referral (from the community or in-house) it is then distributed to the Youth Prevention Worker with skills that best match the individual young person's needs. The Youth Prevention Worker will collaborate and connect with community representatives, other agencies, and organizations to develop a support plan.

It takes a community to heal and raise a child. The Youth Prevention Team ensures collaboration occurs throughout the Nicola Valley. From supporting School District field trips, to harvesting on the land, to gathering for hand drum circles, the Youth Prevention Team want to be sure they are always making the time to help our young people connect with their people and culture.

Team Update

Once again our Youth Outreach Luncheon was a fantastic success, this month held at the Honour House. It was attended not only by many young people, but also our community partners. We look forward to next month's Luncheon to continue building on our success. This will be an ongoing initiative throughout the year to share youth and young adult resources, and support to all young people in the Nicola Valley. If any other support or community agency would like to take part in this program, reach out to join in our monthly meetings on the first Monday of the month at 11 am.



Team Lead – Jaqueline Merritt

This month the Youth Wellness team also supported one another, wider SCFSS teams, and caregivers in fostering safe conversations within a nurturing environment. Collaboration tables shared this space specifically when addressing heavy issues young people face. These issues included the drug overdose crisis, the legal system, suicidal ideation, homelessness, poverty, and intergenerational trauma. Community and family engagement, supported by these collaboration tables, demonstrate and showcase to our young people how much love and support exists.

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 share the cultural values and beliefs of each individual. Our team members 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 nēkepmx/syilx ways of being.

As Scw'exmx Child and Family Services continues to step away from Protection and towards Prevention, the Child Wellness team remains focused on:

- Being inclusive of culture, language, and ceremony in our daily practice with each child, family, and community.
- Collaborating with other community supports and services that reflect the cultural values and beliefs of each child, youth, and family.
- Our social workers are actively engaged with community to build stronger working relationships which support families thrive and embrace their culture & language.
- Work to building trusting relationships through best practice in accordance with the nēkepmx/syilx ways of being.

Team Update

The Child Wellness Team is looking forward to the Scavenger Hunt! The Team had great fun participating in this wonderful and exciting event. They are very competitive and had great fun seeing the pictures of everyone jumping into Nicola Lake, dancing at Central park, and checking out local businesses.

The Child Wellness team entered their own team called the Wrecking Balls, and they were determined to win but did not, much to their dismay. The team took the competition so seriously they chose to remove the Child Wellness Team Lead! Win at any cost! Beverly is now looking forward to entering her own team in the next hunt to compete against the rest of the Child Wellness Team.

In June the Child Wellness Team faced a phenomenal number of challenges in its work, most posed by Covid-19 and the restrictions surrounding it. Despite the challenges faced, the team managed to continue its work and discussions. We continue our community based approach where the team works with the Family and Community on preservation of families, restoration of traditional practices, and reunification of children.



Team Lead – Beverly Van Der Weide

Child and Youth Mental Health (CYMH) Team



**On Reserve Clinician -
Kiya Giesbrecht**

About the team

Child and Youth Mental Health (CYMH) services are voluntary and provided on a consensual basis. Each young person is provided with mental health services unique and sensitive to their needs. Our program is a combination of both Western and Indigenous knowledge with cultural teachings utilizing trauma informed counselling techniques.

Our hope is to cultivate a safe space, recognizing the role and importance of family systems. In conjunction with western methods, cultural practices are used such as traditional language, prayer, smudging, teachings of the medicine wheel and crafts.

The best interest of the young person is always in mind, and they work to enhance wellness from a holistic perspective.

Team Update

Our lovely Team Lead, Amy, is currently on maternity and welcomed to the world a beautiful baby girl! This also means our team is very small right now with only one clinician.

Beyond seeing regular clients, we have been working hard at providing N'Kwala school with education support. The topics included general mental health, anxiety, depression & suicide, as well as eating disorders. This allowed for regular support to be available weekly in collaboration with N'Kwala's Principal.

Regular collaboration with Child Wellness Workers has continued.

We continue to work on building future collaboration, working with the Coldwater Band and Nooitch Band to gather information and seek out further supports.



**Team Toodles - Scavenger Hunt
Anything But Brushes challenge**



Team Lead – Natasha Fountain

Community Team

About the team

The Community Team was created to work with communities, focusing on our inherent rights, guidance, and capacity building. We work with our five Member Communities, the Urban Indigenous population of the Nicola Valley, community service partners, agencies, Elders and Knowledge Keepers. These efforts include communication, presentations, and supporting community prevention activities (and urban prevention activities). We also work with our communities on how to best support their inherent right to self-governance and decision making over children and families. This could be through new protocol agreements, Grandparent groups, or planning for the implementation of their own laws over children and family.

Team Update

The Community Team focused heavily on collaboration and relationship strengthening this month with numerous local organizations. Focused on inter-organizational support, we met with other groups across the Nicola Valley .

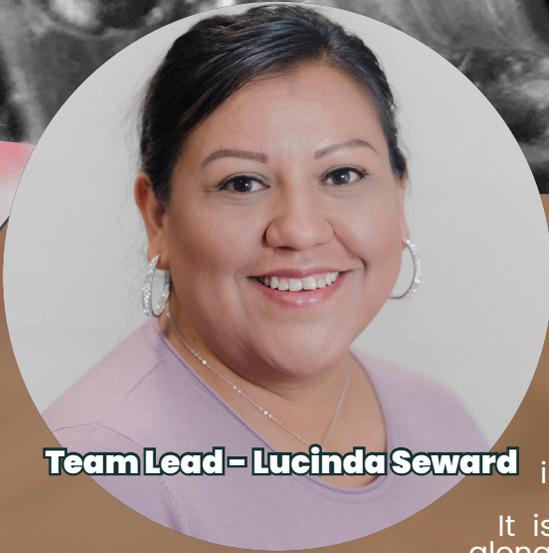
One of the regular tools we use when communicating with members of the communities is the virtual information session. On a regular basis, we host these sessions online or in person, to help explain who Scw'exmx Child and Family services is, what we do, and how we can support communities. One of these sessions was held in May with great turnout as we covered our teams, programs, and some of the impacts we've had on the Nicola Valley. We encourage everyone to attend future Information Sessions!

Planning is underway for the Summer Break Scavenger Hunt. The Spring Break Scavenger Hunt was enormous, with hundreds of competitors and over 200 challenges. Our hope is for the Summer Hunt to be even larger, challenging families and Young People on break to both get out on the land and have fun while at home!

We collaborated and co-hosted a Not Just Naloxone workshop with the First Nations Health Authority. This training was developed in response to the toxic drug crisis in BC, which continues to disproportionately impact Indigenous people. It took place on June 6th and 7th from at NVIT in Merritt.



Culture and Language team



Team Lead - Lucinda Seward

About the team

The Culture and Language Team intertwines the teams and programs within Scw'ëxm̓ Child and Family Services Society. Working in tandem not only with all internal teams but also many outside partners and agencies, the team works hard to ensure traditional culture and teachings are present in all that is done.

It is imperative SCFSS hold up our communities as they work alongside their members. The Culture and Language Team want to support in ways where we listen to suggestions and feedback. When team members are brought on, the Culture and Language Team instill values into their work immediately. Our culture team has an impact on new team members as soon as they come on board.

Team Update

The Culture and Language Team has been busy the past month, from workshops and public engagements to orientations of new staff.

In the month of June we stayed active, with medicine picking, Gill Net making, Drum Making, and supporting activities for National Indigenous People's Day across the valley.

The monthly Orientation provides an exceptional opportunity over two days to place emphasis and high regard of traditional values into all aspects of SCFSS. Each new employee is enriched through a snapshot of history of Indigenous people across the Nicola Valley. This is to ensure a strong understanding of the struggles and milestones experienced within young people, families and communities. New employees make their own Commitment Stick from red willow, with sap saved for medicine use. Each new employee also writes individual commitments on their stick as they begin their journey with SCFSS.

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

n̄te?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 proactively respond to 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, response, and recovery of emergencies we are faced with. We work in close collaboration with other SCFSS teams and community.



Team Lead - Kristy Joe

Team Update

In collaboration with the Operations manager, the Emergency Services manager continued to ensure the safety of our staff as we navigated the COVID-19 pandemic. The team updated and revised the SCFSS safety plan as needed, as per the directions from the Public Health Officers and Ministries Orders. This also included working through COVID-19 incidents from our staff, caregivers and children in care. We continue to assess risk mitigation and upheld stringent preventative measures within the workplace to ensure the health and safety of our staff and Relations.

The Emergency Services team is working on a Resource Guide for community members and caregivers. This includes information on preparedness, response, and recovery guidelines for emergencies.

In collaboration with the First Nations Emergency Services Society, we planned and set up Recovery Training for Community Reps, Emergency Service Reps and the SCFSS Emergency Operations Centre (EOC) Team



Family Wellness



Team Lead – Dan Jager

About the team

This team encompasses Family Wellness Navigators, a Relationship Navigator, and Family Circle Coordinators. Each navigator can work 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 facilitation of family circles to support families in creating their own family plans in addressing a concern or emergency. This prevents decisions being imposed onto the family and allows them to make plans for themselves, while including their extended family and support people in the process.

Team Update

The SCFSS Prevention Team promoted community advocacy by working together with communities to support children, young people and families at cultural events and activities throughout the Valley.

The Relationship Program utilized the language and culture integrated into the program, through local knowledge keepers, to assist couples within the program in reconnecting with their identities, family roots, and land resources. Both Men's Group and Women's Group were a success, with large turnouts. Women's Group spent the evening focused on self care, with young ones being cared for elsewhere to provide a small break for moms to focus on themselves.

Family Wellness Navigators utilized Resident Elders with each family who were provided support; as they reconnected identity to culture, traditional rights and values of being nle?kepmx and syilx people.



Program Updates & Upcoming Events





Metis Culture Camp

The kids came from schools far and wide to compete in Metis games, buffalo jerky was shared by all, and the echos of fiddles being played in the bandshell wave their way across Rotary Park in May as the Metis Culture Camp took place all day.



MMIWG2S National Awareness Day

In May, LNIB hosted the annual walk from Shulus Hall to Shulus Arbor to honour and bring awareness to this national day of mourning and awareness.

The day started with an opening prayer, and somberly moved its way down Highway 8 under the protection of police presence and drummers. Clad in ribbon skirts and jingle dresses, participants shared stories and memories with pictures of lost aunties and sisters in their hands.

At the Arbor, drummers performed the Warrior Women's song and Chief's Honour song before stories were shared and closing remarks.





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**

Carol Smith
250-378-5058

Lower Nicola

Bridget Labelle
250-378-4089

Coldwater

Diana Norgaard
250-378-6174

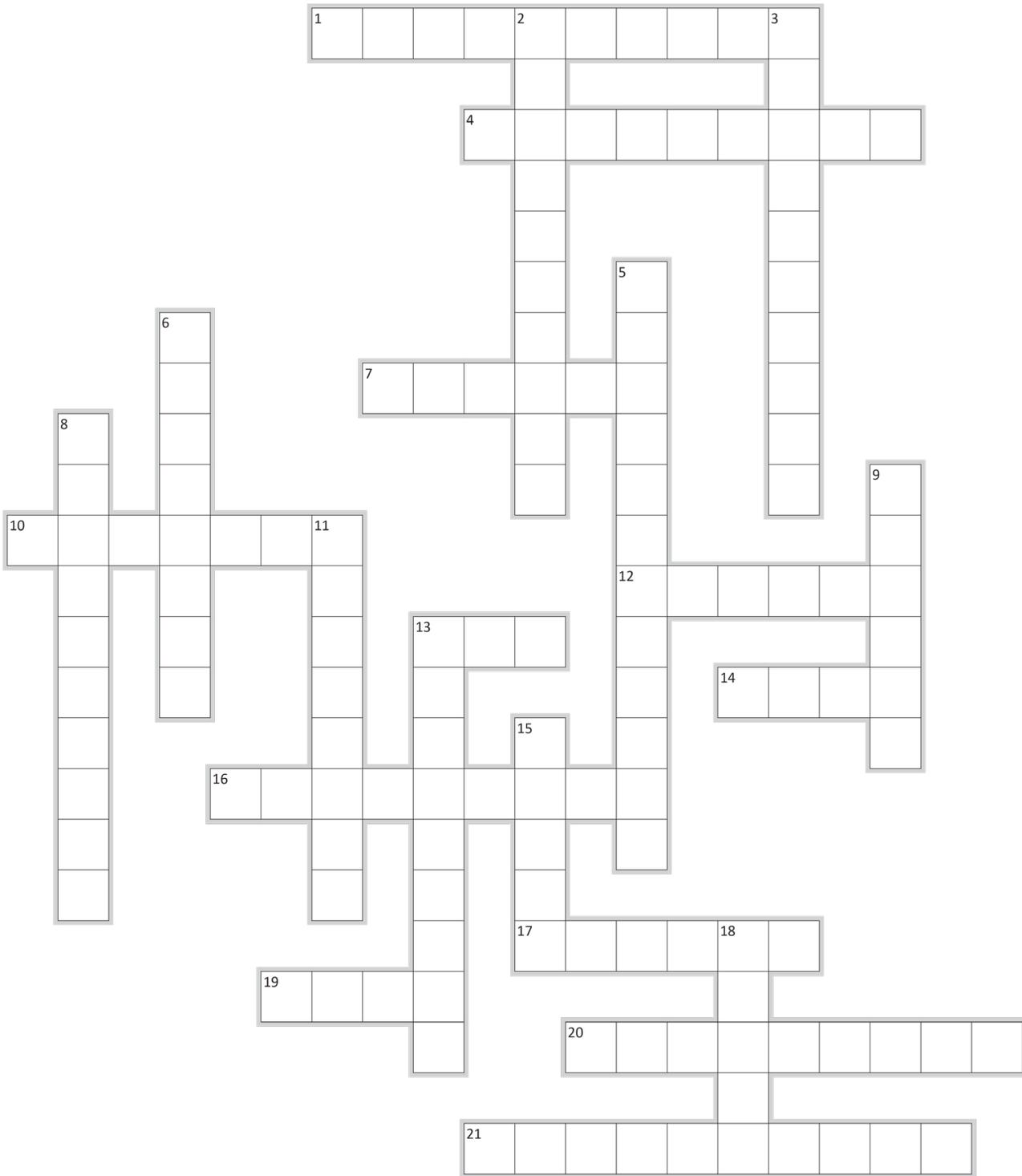
Nooaitch

Kathleen Jumbo
250-378-6141

Shackan

Lenora Starr
250-378-5410





Across

1. June 21 is National _____ Peoples day
4. ʔáʔaʔ or sʔeʔicqʷ, this berry is a favourite for jams
7. If you're born in June, you are a cancer or a _____
10. June 25 celebrates this band, named after bugs
12. scaʔáqʷ or spénck, June is the start of this
13. Glide across water or snow
14. If you were born in June, this is your birth flower
16. spéʔec or skəmixist, June 4th celebrates this animal
17. New staff member Arwinaya is a member of this Indian Band
19. Up and down, up and down, June 6th celebrates this popular toy
20. In her update, Lisa Post included a quote from Chief Marcel _____
21. June 19th celebrates this holiday

Down

2. A celebration for many students this summer
3. sáʷoqʷyép or tq'im'tq'm, June's first full moon is also named after this berry
5. On June 23rd, SCFSS will be hand drumming here
6. June 20 this happens, which heralds the start of summer
8. Our On Reserve Clinician is named Kiya _____
9. Plant growing area
11. Like Baseball, but with the ball pitched underhand
13. siyaʔ or scaqʷm, these berries can be picked in summer
15. If you were born in June, this is your birth stone
18. June 1st celebrates this Sesame Street grouch

Okanagan Sockeye Salmon Ceviche on Bannock

INGREDIENTS

- 400 grams Okanagan Sockeye Fillet, diced
- 1 Jalapeño Pepper, diced
- 1 cup Lemon or Lime Juice
- 1 Avocado, sliced
- 2 Roma Tomatoes, diced
- 1/2 White Onion, Large, diced
- 1/2 English Cucumbers, Large, diced
- 1 Red Bell Pepper, Large, diced
- Black Pepper, to taste
- Sea Salt, to taste
- Ground Corriander, to taste



DIRECTION

1. Dice Okanagan Sockeye Salmon into quarter-inch cubes. Dice Onion into quarter-inch cubes or smaller. Combine Sockeye, Onion and lemon juice into a glass mixing bowl (ensuring all salmon is completely covered). Add Salt and pepper, to taste. Cover and place in refrigerator, for 20 to 30 minutes.
2. While the Sockeye "cooks" in the lemon bath, dice the remaining Red Bell Pepper, Roma Tomatoes, Jalapeño, and Cucumber. Finely chop the Parsley and Combine with the diced vegetables in a glass mixing bowl. Lightly sprinkle the surface with coriander. Cover and refrigerate.
3. Cut out a whole in the middle of your Bannock (purchase Bannock from your local First Nation baker, we recommend Kekuli Cafe) for the Ceviche. Fill the center of the Bannock bread with the Ceviche.
4. Serve plated with thinly sliced Avocado garnish. Can also be served as an appetizer using Bannock wedges with Ceviche dip.



CALL OUT TO **CATERERS** IN THE NICOLA VALLEY

Do you provide catering in the Nicola Valley? We want to know about you and your services for future events!



Events



Meetings



Workshops

WHAT DO WE NEED **TO KNOW?**

Scw'exmx Child and Family Services Society hosts a number of workshops, meetings, events and social occasions throughout the year and would like to compose a list of local catering companies interested in working with us in the future. Registering is simple!

- 1 Fill out the Microsoft Form letting us know about you and your business at <https://bit.ly/3yJLQLF>
- 2 We'll follow up with any questions we may have or contact you to arrange your services!





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 August 5, 2022. Winners will be announced online August 12, 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.

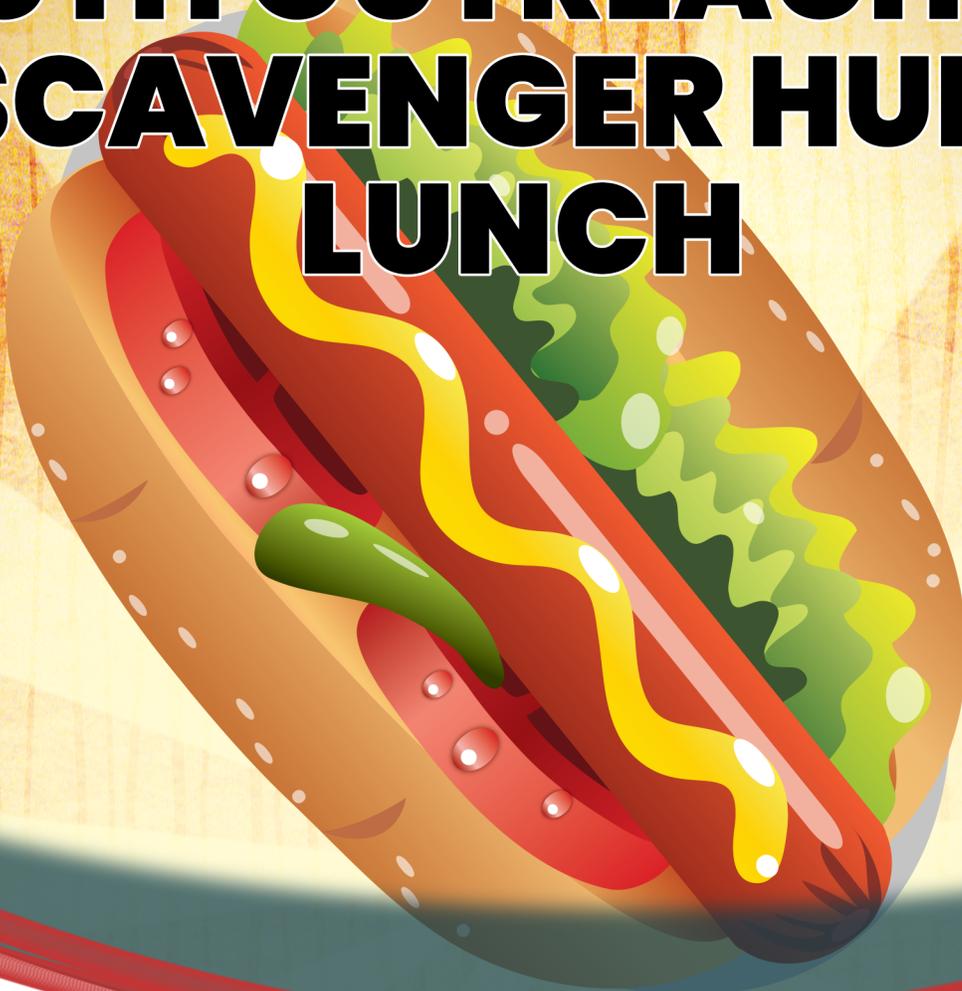
Parent's Signature: _____

Deadline: All entries must be received by August 5, 2022. Winners will be announced August 12, 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 AND SCAVENGER HUNT LUNCH



THIS MONTH WE COMBINE OUR TWO FAVOURITE PROGRAMS AS WE CELEBRATE OUR YOUTH OUTREACH AND SCAVENGER HUNT WITH FREE LUNCH, FLASH CHALLENGES, AND AS ALWAYS CONNECTING YOUTH WITH SUPPORTS, RESOURCES, AND EVENTS FOR THE SUMMER!

JULY 13 11:30AM - 1:30PM

SCW'EXMX YOUTH CENTRE - 1802 CHAPMAN STREET
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



SUMMER

MER

SCAVENGER HUNT

21 JUNE 2022

to

01 AUGUST 2022

Gather your team ONCE AGAIN and prepare yourselves for the Great Summer Scavenger Hunt! This time, Scw'exmx Child and Family Services Society is partnering with Citwx Nlaka'pamux Assembly to bring you the biggest hunt yet! With only your wits, your team, and your mobile device you will learn about nte?kepmx and syilx cultures and perform challenges in your home, on the land, and everywhere between! Register with your family, friends, or coworkers to prove YOU are the Scavenger Hunt Champion and win prizes along the way!

Register your team to compete with others across the nte?kepmx and syilx nations. Engage in silly dances, sing your heart out, race from mountain to riverbed, and score points to win BIG! Please fill out a Team Registration and Rules form, available at Scw'exmx Child and Family Services or by emailing Register@scwexmx.com



DOZENS OF PRIZES TO BE WON!!

SUMMER

MER

SCAVENGER HUNT

21 JUNE 2022

to

01 AUGUST 2022

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DOZENS OF PRIZES TO BE WON!!



Scw'exmx Child and Family Services Society & Citxw Nlaka'pamux Assembly



SUMMER SCAVENGER HUNT

Rules and Conditions

- Teams may consist of up to 6 members, and members may not be on more than one team
- Submissions to the challenges will be accepted only by utilizing the GooseChase app, and within the prescribed range of June 21, 2022 and August 2, 2022.
- The contest is open to all people living in the Nicola Valley and/or a member of the eight participating CNA bands
- Parents, guardians, or teachers need to print, complete, and sign an entry release form for their child's entry.
- Pages 3 and 4 of this package, composing the Media and Liability Waiver, must be printed and signed by all members of each team
- The object of the game is to collect as many points as possible completing challenges using the 'GooseChase' app. A link to the app will be provided after your registration has been processed.
- Questions may be submitted by email to Register@scwexmx.com or call 250-378-2771
- All teams must play for fun. Sabotaging, lying, cheating, stealing or copying another team's work is ground for disqualification.
- The scavenger hunt begins at noon, June 21, 2022, and finishes at noon on August 2, 2022.
- Entries that do not comply with the contest rules and submission requirements will be disqualified.
- Bonus points are an unknown variable in this game. At any given point in time, judges may impartially award bonus points for entries deemed "Adorable, Incredible, or Above and Beyond".

TO ENTER

Submit a completed
registration form and
Terms and Conditions form

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 and Citxw
Nlaka'pamux Assembly
along with the right to display,
reproduce, or otherwise use the
submissions.

ENTRY FORM

Please complete the fields below and mail or drop off your completed entry form to:
1988 Quilchena Ave. | PO Box 88 | Merritt, BC | V1K 1B8
Register@scwexmx.com

Team Name: _____

First and Last Name - Team Captain _____

Mailing Address _____

Community (If Applicable) _____ Age _____

Phone: _____ EMAIL: _____

Team Member 2

First and Last Name _____ Age _____

Phone: _____ EMAIL: _____

Team Member 3

First and Last Name _____ Age _____

Phone: _____ EMAIL: _____

Team Member 4

First and Last Name _____ Age _____

Phone: _____ EMAIL: _____

Team Member 5

First and Last Name _____ Age _____

Phone: _____ EMAIL: _____

Team Member 6

First and Last Name _____ Age _____

Phone: _____ EMAIL: _____

What kind of team are you registering?

Other

Friends

Family

Coworkers

Terms and Conditions

- a. I acknowledge that I have voluntarily registered to participate in the Event and that I am voluntarily electing to participate in the Event.
- b. I acknowledge that I have read, understand, and accept the Event description, as it appears in the Event's advertising materials and the supplementary material I have received.
- c. I understand that the Event includes, without limitation, the following, all of which form part of the Event:
- Outdoor involvement in public areas and at privately owned businesses (searching for clues and completion of task at different spots throughout the valley)
 - Transportation to locations throughout the valley (at participants' expense)
- d. For any questions or more information related to this Waiver, please contact Collin Budd, at Collin.Budd@Scwexmx.com
- e. I understand and acknowledge that despite all precautions taken by the Hosts, there are inherent risks and hazards associated with my participation in the Event, including but not limited to the following:
- Terrain: Any manner of injury resulting from falls on steep, icy, slippery, or uneven terrain. There is a possibility of sudden impact with terrain features that can result in bodily injury or even death. Injury or death may be caused by, without limitation a) making contact with rocks, trees, obstructions, structures, and other participants, visible or non-visible, b) entanglement or impalement.
- Weather: Any injury or illness resulting from exposure to cold, wet or windy weather, or the effects of heat and sunlight.
 - Remoteness: The possibility of becoming lost and unable to access medical help in an emergency.
 - Medical Treatment: Any manner of injury resulting from first aid treatment or service rendered in connection with the event
 - Motor Vehicle Accidents.
 - Loss or Damage to Personal Property.
 - COVID-19-related risks.
 - Transportation: Any manner of injury resulting from travel and/or transportation that results in injury, accident, or even death
 - Other Hazards: any other risks and dangers not known or reasonably foreseeable at this time.
- f. I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I might incur as a result of participating in the Event, including any risk that might have been caused, directly or indirectly, from the negligence of a Released Party.
- g. I understand that Scw'exmx Child and Family Services Society will receive a copy of photos, video, and media submitted. I consent to the use of photographs or video taken of me and any minors I'm accompanying, without compensation. I further grant the Hosts and their employees, contractors, agents, sponsors, and representatives the right to reproduce, use, exhibit, display, broadcast and distribute and create derivative works of these images and recordings in any media as well as my name for promoting, publicizing or explaining the Event. I understand that the Hosts may use the aforementioned images and/or recordings with and without associating names thereto.
- h. I certify that I will abide by all rules and regulations of the event. I further acknowledge that failure to abide by all safety rules and the direction of staff or volunteers may result in my being disqualified from participating in the event and forfeiting eligibility for event prizes.

I further acknowledge and agree that the terms of this Agreement are fully understood by me, that I am not under the influence of alcohol or other impairing substances, and that this Agreement is voluntarily entered into by me. I have read this Agreement carefully and fully understand its contents. I understand that this is a consent and release from liability and constitutes a contract between me and the Hosts. I agree to participate in the Event on this basis. If I am providing consent on behalf of one or more minors (an individual under 18 years of age): I hereby represent that I am a parent with lawful custody or legal guardian of the minor participating in the Event (the "Minor"). I hereby agree that this Agreement binds me and said Minor to all of its terms now and when the Minor reaches the age of majority in their province of residence. For good and valuable consideration, the receipt and sufficiency of which is hereby acknowledged, I indemnify the Released Parties against all claims, liabilities, and expenses respecting this Agreement as if I were an original party thereto and pertaining to any future claims made by the minor in respect of the Agreement. I further certify that Minor is in good health and is capable of participating in the Program. In the event that the Minor is injured or suffers from illness and I am unable to be contacted, I authorize the Released Parties to seek medical attention on the Minor's behalf.

I have read and understand this agreement and voluntarily sign it.

Print Name

Date

Signature

If signing on behalf of a minor:

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: _____

Emergency Evacuee Guidance

Depending on the severity of the situation, an Evacuation Alert or Order may be issued. It is important to understand the different stages.

Evacuation Alert

Be ready to leave on short notice.

Evacuation Order

You are at risk. Leave the area immediately.

Evacuation Recinded

All is currently safe and you can return home.

*Be aware
and stay
safe!*





Flood



Preparedness

Flooding is the most common natural disaster in Canada, affecting thousands of Canadians every year. Learn why you need to stay prepared, no matter where you live.

Did you know that Canadians are experiencing disasters such as floods more often now than ever before?

Flooding in Canada has increased 300% since the 1960s and it is the most frequent natural disaster in Canada.

And they aren't just getting more frequent - they're getting more dangerous, too.

The five most destructive floods in Canadian history happened between 2010 & 2020, with yet another devastating flood hitting BC in fall 2021

Don't wait for the water. Find out your flood risk and take simple steps to prevent flooding from damaging your home.

Be Flood Ready

Before:

- The key to staying safe is to prepare and have an emergency plan in place
- Know the flood risk in your community
- Know and practice evacuation routes
- Pack your to-go bags and 72 hour kits
- Monitor local weather alerts
- Protect your valuables in waterproof containers. Place them above potential water levels.
- Put sealant around basement windows and the base of ground level doors
- Raise large appliances in the basement above potential water level from flood
- Make sure sump pump is working and install a battery operated backup
- Talk with your family and neighbors about what you would do during a flood
- Have practice drills with your family, so you know what to do and are prepared

During:

- Listen to local radio and television for possible flood warning and reports of flooding in progress.
- Be prepared to evacuate at a moments notice
- Avoid walking or driving through flood waters. They could be deeper than you think
- Keep children and pets away from flood water

After:

- Return to home only when authorized and safe
- Examine exterior of home for damage before entering home
- Examine interior of home - could have holes in floor, broken glass, debris, etc
- Wear protective clothing during cleaning
- Do not use contaminated water to drink or clean

Wildfire Preparedness

The chance of a damaging wildfire has increased in recent years, due in part to hotter and drier summer conditions by climate change. It's important that you take time to be ready for one.

Before

Prepare your home:

- Clean your roof and gutters of leaves and pine needles
- Relocating propane tanks 10 meters from your house
- Remove bark mulch from around your home (highly flammable)
- Make sure your family knows where the gas, electric, and water mains shut off are
- Pruning lower branches of trees to 2 meters
- Moving your firewood 10-30 meters away from your house
- Clean under your deck to remove any combustible material
- Keep grass and weeds cut to below 10 centimeters
- Reduce the flammability of your landscaping and plant wildfire resistant vegetation

Camp Responsibly:

- Check for bans and restrictions
- Do not make a campfire larger than half a square meter
- Keep shovel or at least 8 litres of water nearby to extinguish your fire
- Create a firebreak by scraping down to the dirt and removing debris at least 1 meter around your fire
- NEVER leave a campfire unattended
- Ensure your campfire is completely out and the ashes cool to the touch before you leave the area

Stay safe during a wildfire

If there is a wildfire, the most important thing you can do is follow all evacuation alerts and orders. Follow instructions from your band office, municipality, regional district or local authority.

Band office, municipality, regional district or local authority. Find out in advance how they will share vital information, whether its via Facebook, Twitter, website, or phone number.

Provincial Information

Emergency Info of BC:

- **EmergencyInfoBC.ca**
- **@EmergencyInforBC (Twitter)**

BC Wildfire Service

- **BCWildfire.ca**
- **@BCGOVFireInfo(Twitter)**
- **BC Wildfire Service (Facebook)**

Wildfire Smoke and your Health

- **Stay indoors. Keep windows & doors closed.**
- **Reduce time spent outdoors & avoid vigorous outdoor activity**
- **People with asthma or chronic illness should ensure they have an adequate supply of inhalers/medications**
- **When in vehicle - keep windows closed**
- **Visit places with controlled air supply - malls, swimming pools, public libraries, etc.**

Women's GROUP

Join us for this month's Women's group.

Take a swing at the Driving Range

Monday, July 18th

5PM to 8PM

Join us at Johnny's On The Rez
Clubs available

Pizza and Prizes! Please bring a chair

**Please register for
Dinner and Childcare**

Register with Allyson Sterling at
250-315-7634 or
Allyson.Sterling@scwexmx.com



1988 Quilchena Avenue | Merritt BC

250-378-2771

www.scwexmx.com



Community Updates

nsyilxcen: way̓ x̓ast s̓x̓əl̓x̓ált p̓ isnaqsíl̓x̓w

(Hello good day my relatives)

n̓te?kepmxcin: hén̓te? k̓w̓ ?ex k̓w̓ n̓̓ ǰu?

(How are you, are you well)

Let's learn nłeʔkėpmxcin

Counting: 1-10 & 0

nłeʔkėpmxcin	phonetics	English
pėye	bey-a	one
sėye	shey-a	two
keʔłės	ka-lthesh	three
mús	moosh	four
cíykst	cheek-sht	five
łáqmekst	Tlhak-maq-sht	six
cúłkeʔ	chulth-kah	seven
piʔúps	bee-oopsh	eight
təmłpėye	tem-lth-bey-a	nine
ʔúpnekst	ooh-pin-eqsht	ten
təstėʔ	ta-stah	zero



ACTION
CAMPS

nicolavalleyefc.com
athletesinaction.ca

VOLLEYBALL CAMP



in partnership with



**NICOLA VALLEY
EVANGELICAL
FREE CHURCH**

July 18 - 22 ■ 9am - 3pm
at Merritt Secondary School
1561 Chapman St
For kids entering grade 6 - 9

Contact 250-378-9502 or
josh@nicolavalleyefc.com

\$140 (\$120 before June 20)
e-transfer payment available

Register at: aia.sh/nvefc

NICOLA CANOE PULL 2022

The Merritt First Nations Policing Section (RCMP) is planning its Annual Canoe Journey for the Nicola Valley. Our goal is to help build positive community relationships with the RCMP and surrounding aboriginal communities, the various organizations and the youth. The event will be held July 25-27, 2022. Monday will have an arrival time of 2pm, with dinner being served. Youth will camp Monday and Tuesday night at the Douglas Lake Camp site (located at the Old Kamloops Sailing club—Quilchena, BC).

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

It will be held July 25-27, 2022. This event is for youth between the ages of 12 and 18 years. If you have any questions or wish to help, please contact Cst. Rose GRANT, Cst. Tracy DUNSMORE, Cst. Tammy DENNING or Cpl. Rick AIRD at the Merritt Detachment at 250-378-4262.



Highland Valley
Copper

Teck



Education Department Sponsored Summer Learning Program



Register your student
Today
For 5 weeks of fun!!

***Exclusive to
LNIB Members*
Ages 7-15**



For More Information Please
contact LNIB Education:

Lenessa or Mackenzie: (236)-575-2013

Jenn Johnson: (250)-936-8369

Sharon Parsons: (250)-378-5157



**LOWER NICOLA
INDIAN BAND**



INTERIOR REGION
First Nations Health Authority

A GUIDE TO INDIGENOUS HARM REDUCTION

With you in healing and growth

Greetings Interior Region Nations:

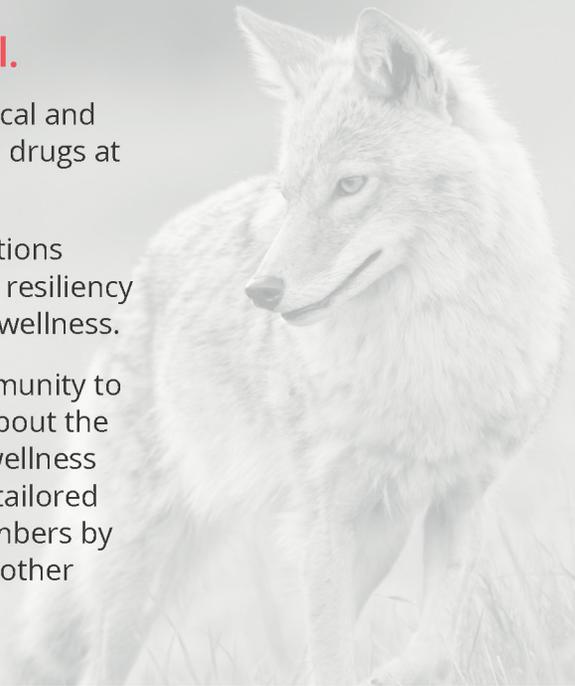
Dakelh'Dene | Ktunaxa | Nlaka'pamux | Secwepemc | St'at'imc | Syilx | Tsilhqot'in

The toxic drug crisis has profoundly affected us all.

The increasingly toxic drug supply, combined with the harms of historical and present-day colonialism, leads to First Nations people dying from toxic drugs at five times the rate of other BC residents.

With the support of the First Nations Health Authority (FNHA), First Nations communities are responding to this toxic drug crisis with strength and resiliency as they adopt community-based approaches grounded in culture and wellness.

This Guide to Indigenous Harm Reduction is an invitation to your community to start a conversation with our Indigenous Harm Reduction Educators about the issues you are facing. We can then work with you as your health and wellness partner to reduce the harm of toxic drugs. This could include offering tailored engagement workshops that inform your leaders and community members by connecting you to programs and services developed by the FNHA and other health system partners.



Indigenous Harm Reduction is a Path to Wellness

Indigenous harm reduction is walking with our people where they are at and supporting their healing journey by weaving culture and resilience into conventional harm reduction strategies and services.

Harm reduction is an approach that tries to minimize the negative impacts associated with substance use. A First Nations approach to harm reduction strengthens conventional strategies by weaving in culture, teachings, community and connections to the land and each other.

The harm reduction approaches that work for your Nation will be unique to your community and culture.

They might include:

- > Increasing access to, and inclusion in, cultural activities
- > Directly providing and working with partners to expand access to substitutional therapies
- > Providing Indigenous harm reduction services and promoting the expansion of related strategies, practices and services
- > Developing a peer support program where people with lived experience help design and implement harm reduction strategies, practices and services



Our invitation to you

We are here to learn from your leaders, health care staff and community members about your Nation's strengths and challenges.

We can then help you develop or access the culturally safe harm reduction strategies, practices and services most appropriate for you.

Alice George and Tonya Robitaille, our Indigenous harm reduction educators, supporting communities with a two-eyed seeing approach – one that blends the latest evidenced-based research on harm reduction with cultural teachings and land-based healings.

Our one-hour presentation on Indigenous harm reduction is meant to start a conversation: we will share information with you about harm reduction and then work with you to identify the person-centred, strengths-based services that you would like to provide to your community.

We also offer a range of customizable workshops on topics that include:

- > Land-based healing
- > What are substitutional therapies?
- > Safer drug-use and stigma-free zones
- > Not Just Naloxone
- > Decolonizing substance use
- > Storytelling and Ways of Knowing: facilitating Indigenous harm reduction
- > Prohibition and decriminalization in the community
- > Understanding stress effects and biological responses

Let's talk

Our introduction to harm reduction presentation is a great way to start a conversation in your community about harm reduction. Together, we can build a network of knowledge and support as we come together on this journey to promote healing and wellness.

Please contact us

Ktunaxa, Syilx, and Nlakapmux:
Tonya.Robitaille@fnha.ca 250-502-7001

Secwepemc, Tsilqotin, Statimc, and Dakelh Dene:
Alice.George@fnha.ca 250-318-7970

We look forward to hearing from you.

Please visit [FNHA.ca/harmreduction](https://fnha.ca/harmreduction) for videos, resources and more information.



INTERIOR REGION
First Nations Health Authority

Resources

KUU-US Crisis Line Society

A 24-hour provincial Indigenous crisis line.

Adults & Elders: 250-723-4050

Children & youth: 250-723-2040

Toll-free: 1-800-588-8717

www.kuu-uscrisisline.com

Indian Residential School Survivors Society

Toll-free: 1-800-721-0066

www.irsss.ca

First Nations and Inuit Hope for Wellness Help Line:

Toll-free: 1-855-242-3310

Chat online: hopeforwellness.ca

Tsow Tun Le Lum

Toll-free: 1-888-403-3123

www.tsowtunlelum.org

The Métis Crisis Line

Available 24/7 1-833-638-4722