



Summer Newsletter

July | August
Issue 04

☀️ Welcome to our Summer Newsletter

As summer unfolds, we hope you're enjoying the sunshine, time with loved ones, and the chance to rest and recharge. All of us at the North Okanagan Friendship Centre Society want to extend our heartfelt congratulations to the Indigenous graduates in School District #22 – we are so proud of your achievements and excited for what comes next.

While summer often means a slower pace, please remember that NOFCS remains here for you. Whether you need support, connection, or simply a friendly face, our doors are open to the community. We wish you a safe, joyful Summer!

Weekly Events

Monday:

AIECD Lunch
11:30-1:30

Tuesday:

Fathers Circle
10:00-11:30
Wellbriety
5:30-7:30



Wednesday:

Mothers For Recovery
9:30-11:30
Seniors Lunch
11:30-1:30
AIECD Lunch
11:30-1:30
Father's Group
5:00-7:00

Thursday:

Prenatal Drop-In
9:00-3:30
POP Lunch
11:30-1:00

Friday:

AIECD Cultural Craft
once a month

Community Recap: June Highlights

June was a month of connection, reflection, and growth. On June 6, our Father's Support Worker hosted the region's first **Blue Jean Jacket Day**—a powerful event aligned with Red Dress Day, created to honour and raise awareness for **Missing, Murdered, and Exploited Indigenous Men and Boys (MMIEMB)**. It was a meaningful space to remember loved ones, share in drumming and singing, and gather over a BBQ meal. We hope to see this important initiative grow in the years ahead.

On June 20, Vernon Native Housing hosted a vibrant **Indigenous Peoples Day** celebration. NOFCS was proud to participate with an info booth and beverage station—thank you, VNH, for bringing the community together and allowing us to be part of it. Certainly not least, on **June 24**, we held our **48th Annual General Meeting**, where we welcomed new members to our Board of Directors and reflected on another year of service and connection.

Meanwhile, the **Seniors Outreach Program** had their own summer fun, with a day of cycling hosted by a team from Adaptive Adventures Kelowna at Kekuli Bay. Spirits were high, and participants are already looking forward to the upcoming Paddling Day on July 29!



Autrey Bell performing at Vernon Native Housing Event



NOFCS 48th Annual General Meeting 2025

NOFCS Values

Respect:

We honor and respect our individual and collective values and beliefs

Trustworthy

We conduct ourselves in an honest, fair and accountable manner.

Integrity

We adhere to moral and ethical principles in our actions and decisions.

Kindness

We demonstrate devoted and unselfish concern for the health and well-being of all people.

Lets Keep in Touch!

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On June 24, the North Okanagan Friendship Centre Society held its 48th Annual General Meeting, bringing together members, staff, and community partners. This year, we welcomed three new members to our Board of Directors and look forward to their guidance and leadership in the year ahead.

Our 2025–2026 Board includes Kim Louis as President, Barry Parker as Vice President, Jerry Reitman as Treasurer, Eva Strom as Secretary, and Deb Conlin and Jack Spotted-Eagle as Directors. This board brings a strong mix of experience, community connection, and cultural knowledge, and we're excited for the positive direction ahead.

Becoming a member of NOFCS is a great way to stay involved, support our work, and have a voice in our direction—including voting or being nominated for Board positions. If you're interested in joining, we invite you to stop by the office Monday to Friday to pick up an application form.

Community Resources Spotlight: Upper Room Mission

The Vernon Upper Room Mission works to support individuals and families in need across our community by offering a warm, welcoming place and essential services rooted in compassion and hope. www.upperroommission.ca

Their key programs include: **Daily Drop-in Day Shelter** (Mon-Fri, 9am-4pm): hot meals, showers, laundry, clothing, hygiene supplies, and help accessing resources. **Winter Shelter** (Nov-Mar): nightly beds, evening meal, breakfast and housing support. **Boutique Thrift Store** (Mon-Fri): affordable goods that help fund the Mission's programs.



Indigenous Business Spotlight: Sharing Mela'hma



At the AGM, each guest was presented with a swag bag, including tea and bath salts from Splatsin member and maker, Crystal Morris from Sharing Mela'hma. "Crystal is a knowledge-keeper of traditional medicinal practices and properties, operating an Indigenous business that offers sustainably sourced and ethically harvested medicines in an array of botanical health and wellness products." -indigenousresurgenceproject.ca

Important Dates

July 1 - Canada Day *NOFCS Closed*

July 8-August 26 - AIECD Summer Fun Program Every Tuesday 10am-1pm

July 29 - Elder's Paddling Day at Kekuli Bay.

August 4 - BC Day *NOFCS Closed*

Sylix Word of the Month

sca?áq^w means *summer*

In Sylix culture, sca?áq^w (summer) is a time of gathering, berry picking, fishing, and connecting with the land. Families traveled to harvest food, share stories, and pass down teachings - traditions many continue today.

www.firstvoices.com/sylix