



Monthly Newsletter

May | Issue 02

Thank you to everyone who continues to support and encourage our work here at the North Okanagan Friendship Center Society - it means so much to our team and community.

May is a month of reflection and honour, as we take time to remember our sisters or Missing and Murdered Indigenous Women, Girls & 2-Spirit people (MMIWG2S), and also to celebrate our mothers and female caregivers. Many Indigenous cultures are rooted in matriarchal systems, where women are respected and honoured as life-givers, leaders, and knowledge keepers.

We invite you to join us in remembrance on May 5th for MMIWG2S (Red Dress Day), and in celebration of the matriarchs in our lives on May 11th for Mother's Day.

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: April Highlights

April was a busy and exciting month! Our Early Childhood Program hosted an Easter Egg Hunt at Civic Park, welcoming around 30 families and over 75 participants for a fun-filled morning of chocolate egg hunting. We also hosted ribbon skirt workshops, where community members came together to create beautiful, meaningful pieces. On the same day as the Easter Egg Hunt, we welcomed the Grade 4 class from St. James School for a tour of the Centre. Their thoughtful questions about our programs and Red Dress Day sparked great conversations. Thank you for your visit- you're always welcome here!



Program Highlight: Aboriginal Infant & Child Development

The Aboriginal Infant & Early Childhood Development Program (AIECD) is a vital community hub for parents to connect and receive valuable resources. They are the busiest programs we have, with two weekly community lunch drop-in days, weekly swimming, and a monthly cultural craft. Rooted in supporting healthy family systems, AIECD also includes programs such as Aboriginal Supported Child Development, FASD Support, and Aboriginal Infant Development. Families can also access cultural programming like Hum & Drum and the clothing closet for baby and children items.



With Gratitude: A Tribute to Lorinda Patterson

This month, our Executive Director, Lorinda Patterson will be stepping away from her role at the North Okanagan Friendship Center. While it is with heartfelt sadness that we see her go, we are filled with deep gratitude for the leadership, kindness, and vision she brought to our organization. We will truly miss her steady presence, bright spirit, and inspiring leadership. Though her time with us was brief, the clarity, care, and direction she brought to our operations will have a lasting impact. As she moves forward with her next chapter, we hold gratitude for the improvements she helped create and the positive energy she brought to the space.

From all of us at NOFCS - Thank you, Lorinda. May your journey ahead be filled with joy and fulfillment.



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.

Community Resources Spotlight: Archway Society

The Archway Society for Domestic Peace offers a range of services for individuals affected by gender-based violence, including emergency shelter, counselling, outreach support, and advocacy. Their work helps break cycles of violence and creates pathways toward safety and healing. We encourage anyone in need of support - or looking to learn more - to connect with their services.

Learn more at www.archwaysociety.ca or call 250-558-350



Important Dates

May 5 - NOFCS MMIWG2S Gathering 10am-1pm

May 5 - MMIWG2S (Red Dress Day)

May 8 - CMHA Block Party BBQ. Civic Plaza, 3400 30th St 12-2

May 11 - Mother's Day

May 19 - Victoria Day *NOFCS Closed*

Looking Ahead to June

June 15- Father's Day

June 21 - National Indigenous Peoples Day

June 23- *NOFCS Closed*

June 24 - NOFCS Annual General Meeting

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Sylix Word of the Month

Word: **stəmtima?** (pronounced roughly: stuhm-tee-mah)

Meaning: Maternal Grandmother. In many Indigenous cultures, grandmothers hold deep knowledge, pass down traditions, and are often the heart of our families and communities.

www.firstvoices.com/sylix

Did You Know??

That red was chosen for MMIWG2S awareness because it is powerful and eye-catching, and represents both vitality and violence. It was also chosen because it is believed that it is the only colour spirits can see, and can be used to call the spirits of the lost back to reconnect with their loved ones.