



# Monthly Newsletter

October  
Issue 06



## Happy October to the NOFCS community.

October is the month for thanksgiving, harvest and family connections, and Friendship Centre staff want to take this moment to thank you for being part of our thanksgiving. To our members, clients and local partners- your support makes all the difference, and we are honoured to share this journey with you. This newsletter allows us to share our story, offering a glimpse into our programs while reflecting on our organization's culture of learning, service, and connection through Friendship.

### 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

### September Highlights

September often feels like a new year- a time to reset into routine after a busy summer. At NOFCS, this was no different as we welcomed our new Executive Director, continued our weekly programs, and hosted a very successful Truth & Reconciliation Gathering: *Walking the Path Together*.

We are very pleased to welcome **Gareth Jones** as our new Executive Director. Gareth brings a wealth of experience in Indigenous education, cultural work, and non-profit leadership. We look forward to his direction and vision he brings as we continue to grow our programs that positively impact the North Okanagan community.

Our Truth & Reconciliation Gathering: *Walking the Path Together*, was about hope and creating space to listen, learn and build relationships rooted in respect and understanding. The event opened with prayer and drumming from OKIB Elder Virginia Gregoire, youth drummer Nakoda Parker, and storyteller Marnie Gregoire with her father, Adam Gregoire. We heard words of reflection from Mayor Victor Cumming and MLA Harwinder Sandhu shared her thoughts. The gathering was honoured by the presence of City Councilors, members of the Vernon Fire Department, and many other local service organizations.

As we reflect on the day, we encourage everyone to consider what Truth & Reconciliation means personally and what actions - big or small - we can carry forward to help create a more just and equitable future for all.



Signing rocks for NTRD Gathering



Mayor Victor Cumming giving acknowledgement to NTRD



Winning art piece by Spencer for our orange shirt design.

# With Gratitude to Tina Marie Christian

## NOFCS Values

### Respect

We honour 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.

Tina Marie Christian served as the Interim Executive Director of NOFCS from May to September, and we are deeply grateful for her leadership during this important transition. She was instrumental in the hiring of our permanent Executive Director, Gareth Jones, and provided steady guidance while supporting the growth of our programs.

During her time with us, Tina Marie secured an interim property manager for Kekuli Apartments, acquired a significant grant funding to renovate the Early Years kitchen- where we serve over 300 lunches each month- and played a key role in planning the Truth & Reconciliation Gathering.

Her contributions extend well beyond these few highlights, and we sincerely thank her for stepping up and lead with dedication and care. We wish Tina Marie every success.



Tina Marie Christian, June 2025

## Community Recognition

Continuing with our theme of thankfulness, we would like to recognize the following organizations, businesses, and partners for their generous support of the *Walking the Path Together* Gathering:

**Optimist Club**- for donating ice cream for the event

**Lake Country Alliance Church**- for providing all the beverages and financial support

**Wentworth Music**- for donating the sound system

**Sunbelt Rentals**- for donating fencing panels

**Associated Environmental**- for their monetary contribution

**Community Foundation North Okanagan** - for a monetary donation

**Heritage Fund of Canada**- for accepting our grant application which made this event possible.

A special thank you to **Cookem Catering** for preparing and serving 250 helpings of bannock and pulled pork- thank you, Ellie!

We also extend our heartfelt appreciation to the volunteers from Vernon & District Immigrant & Community Services Society and community members who gave their time and energy to help make this event a success. Your efforts were not unnoticed.



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## Lets Keep in Touch!

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## Important Dates

Oct 13 - Thanksgiving *NOFCS Closed*

Nov 11 - Remembrance Day *NOFCS Closed*

### Did You Know?

In many Indigenous cultures, every harvest is a time of thanksgiving - not just one day in the year. Giving thanks is a daily practice woven into ceremony, songs, and teachings.