



Summer Newsletter

July & August

We wish everyone a very joyful and safe summer!

BIG MOMENTS, LOCAL IMPACT



Jack Spotted Eagle delivering Land Acknowledgement



Door prize winner- Blue Jean Jacket Day



St. James class visits NOFCS

June was an exciting and busy month at NOFCS, filled with opportunities to connect, learn, and honour our community. On June 4, we hosted our second annual **Blue Jean Jacket Day** gathering, a day of reflection, acknowledgement, and awareness for Indigenous men and boys who are missing, murdered, or exploited. Through ceremony, we honoured our loved ones and provided a safe space for guests to share their stories. We were also delighted to welcome the **St. James Grade 4 class** to the Center for a tour of our buildings and an opportunity to learn more about the programs and services we provide. Earlier this year, the class raised funds in support of our **Fathers Support Program**, and it was wonderful to thank them in person and share the impact of their generosity. June also marked an exciting milestone for the program, as participants celebrated the graduation of the first **5-week Anger Management Course**, facilitated by Henry and Cody. Congratulations to all who completed the course! Additional sessions are planned to begin this July. June also marked our **Annual General Meeting**, where members gathered to celebrate another year of growth, recognize the dedication of our staff and volunteers, and look ahead to the future of NOFCS. As summer begins, we're excited to continue expanding opportunities for connection with the return of **Mothers for Recovery** this July and many more community initiatives on the horizon. This summer, our **AIECD** program will be bringing families together every Tuesday at Lakeview Park for **Summer Fun Days**, offering opportunities to connect, play, and enjoy the outdoors.

NOFCS ANNUAL GENERAL MEETING



L-R: Eva Strom, Debora Conlin, Barb Marchand, Barry Parker, Frankie Charlie and Jerry Reitman. (Missing Jack Spotted Eagle)

The North Okanagan Friendship Center Society held its **49th Annual General Meeting** (AGM) on June 24 at the Prestige Vernon Lodge. We were pleased to welcome members, staff, and community partners as we reflected on another year of growth, celebrated our accomplishments, and looked ahead to the future. We are also pleased to introduce our 2026–2027 Board of Directors: **Barry Parker (President)**, **Jerry Reitman (Treasurer)**, **Eva Strom (Secretary)**, **Deborah Conlin**, **Jack Spotted Eagle**, and our newly elected Directors, **Barb Marchand and Frankie Charlie**. Thank you to our Board of Directors for your leadership, commitment, and dedication to the success of NOFCS. We look forward to another year of serving our community together.

Respect | Trustworthy | Integrity | Kindness

CULTURAL WORKSHOPS AT NOFCS

Our Cultural Workshops will be taking a short break over the summer while everyone enjoys the season. We look forward to welcoming you back in **September** with Ribbon Skirt Workshops, Drum Making Workshops, and more opportunities to connect through culture. Are you a Knowledge Keeper, artist or community member interested in sharing your skills? We are always looking for facilitators to lead **drumming, language, and traditional craft workshops**. Please contact Alyssa Miller at community@nofcs.ca.

SUMMER WELLNESS: STAY SAFE & COOL

Summer is a wonderful time to enjoy the outdoors, connect with family, and spend time on the land. As temperatures rise, remember to take steps to protect yourself and those around you:

- ☀️ Drink water regularly, even before you feel thirsty.
- ☁️ Wear a hat, sunscreen, and lightweight clothing when spending time outside.
- 🌳 Take breaks in the shade or air-conditioned spaces during the hottest parts of the day.
- 🧑🏻 Check in on Elders, young children, and neighbours who may be more vulnerable to heat.
- 🚗 Never leave children or pets unattended in a vehicle, even for a few minutes.
- ⚠️ Know the signs of heat-related illness, including dizziness, headache, nausea, excessive sweating, or confusion. Move to a cool place and seek medical attention if symptoms worsen.

MOTHERS FOR RECOVERY

We are pleased to announce the return of **Mothers For Recovery**, beginning **Wednesday, July 15** and continuing every Wednesday from **9:30-11:30 AM**, located at 2904 29 Ave. This free, confidential drop-in group provides a safe and supportive space for mothers who are navigating recovery, seeking connection or looking for encouragement on their wellness journey. Participants will have the opportunity to connect with other mothers, share experiences, build community, and access support in a welcoming and judgement-free environment. At Mothers For Recovery, we recognize that recovery is possible through connection, hope and mutual support. Whether you are at the beginning of your journey or have been walking the path for some time, you are welcome here. Join us Wednesdays at NOFCS and take part in a community of mothers supporting mothers.



Mondays:

AIECD Lunch
11:30-1:30

Tuesdays:

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

Wednesdays:

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

Thursdays:

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

Fridays:

AIECD Cultural Craft
once a month

Let's Keep in Touch!

Ph: 250-542-1247

Fax: 250-542-3707

Email:

Reporting@nofcs.ca

2904 29 Ave

Vernon, B.C. V1T 1Y7



Scan the QR code
and follow us!



SUMMER HAPPENINGS

July 1 - Canada Day **NOFCS CLOSED**

July 7 - AIECD starts Summer Fun every Tuesday! 10:30-1:30

July 10 - Lunch Hour Smudge

July 15 - Mothers For Recovery 9:30am-11:30am (Every Wednesday morning)

August 3 - B.C. Day **NOFCS CLOSED**

August 14 - Lunch Hour Smudge

DID YOU KNOW?

Many traditional medicines are gathered during the summer months. Plants such as yarrow, sage, fireweed, and wild mint have long been used by Indigenous Peoples for healing, food, and ceremony. When harvesting, always take only what you need and give thanks to the land.