

píləxmxwúł

(pee-laxhm-oolth)
means to “inform”

MENS WELLNESS CONFERENCE AIMS TO END MALE LONELINESS AND PROMOTE HEALTHY HEALING



Coyote Brotherhood and Dude's Club leaders shake hands in solidarity.

nle?képmx Territory - On the weekend of February 16th, the halls of the Merritt Civic Centre came to life with the energy of men from various communities that gathered together for a transformative Men's Group Wellness Conference. The two-day event was hosted by Coyote Brotherhood in collaboration with the Indian Residential School Survivor Society, Dudes Club, Scw'exmx Child and Family Services, Nlaka'pamux Health and various nle?képmx bands, alongside Citxw Nlaka'pamux Assembly (CNA). Together, they created an environment that prompted creativity, healing and friendship among attendees.

Attendees were treated to an all-inclusive experience featuring three buffet-style meals a day, complete with an array of snacks to keep spirits high, as well as massages, hair dressing, sound baths and body healing therapy. The conference aimed to address important topics surrounding men's wellness, particularity focusing on the pressing issue of loneliness.

The events charismatic MC, Justin Young, engaged participants with humor, an insightful discussion about the dangers of male loneliness and the toxic coping mechanisms it can lead to. Emphasizing the need for connection and community among boys and men, Justin highlighted the vital role that such groups like the Coyote Brotherhood and Dude's Club play in creating community connection and support.

Attendees were immersed in numerous wellness workshops including group therapy circles, and activities such as soap stone carving, leather crafting, drum making, and ribbon shirt making.

Alongside such enriching workshops, CNA's very own Gerome Garcia, Employment and Training Coordinator, invited members to contact him for employment and training opportunities such as resume writing support, short-term training programs, driving lessons, and bursary application assistance. Several members connected with him over the weekend to access Employment and Training services.

Mealtimes featured drum circles, where attendees were encouraged to stand alongside the drummers to sing and learn traditional songs—not only of the nle?képmx, but also the Secwépmc and Tsilhqot'in. One guest, who traveled from central Alberta, even led the circle in sharing songs from his own traditional territory.

Participants were also treated to numerous door prizes, with many men receiving exciting rewards including Coyote Brotherhood sweaters, power tools, and gear such as fishing and hunting equipment.

The conference also featured an arcade area, complete with foosball tables, air hockey and various board games for attendees to sit down and enjoy some healthy competition with one another.

The conference expanded well beyond being just a workshopping event; it was a heartfelt commitment towards healing, self-discovery and the establishment of strong community among men. It left attendees with renewed spirits, a sense of purpose, and an understanding of the importance of coming together to support one another in the journey of wellness and brotherhood.

DISCUSSIONS OF MINING AND RANGELAND VALUES IN SPOKANE



Rachel Riley doing field work testing.

"Do you drive an electric car? If so, you depend on copper mining more than you might think."

With that thought-provoking question, Rachel Riley, Senior Technical Coordinator, captured the attention of 1,400 ranchers, scientists, and natural resource professionals at the Society for Range Management's Annual Meeting in Spokane, Washington. Rachel shared the findings of the CNA's nearly completed Cattle and Range Study, a project that highlights the vital role of grazing in the Highland Valley for nle?képmx ranchers.

Her presentation shed light on the long-standing loss of rangeland values due to mining in the valley—but it wasn't just about the challenges. She also shared hopeful solutions to restore grazing opportunities and rebuild connections to the land.

The response? Overwhelmingly positive. The audience—many of whom work at the intersection of land management and industry—appreciated the balance of science, history, and practical solutions.

Beyond the stage, Rachel spent the rest of the conference gathering new ideas from teaching tools to leadership strategies and cutting-edge restoration research. She left Spokane with fresh insights to bring back to the nle?képmx territory—helping shape the future of tmixw stewardship in mine-impacted landscapes.

E&T PREPARES FOR MARCH!

The Employment and Training Department is excited to celebrate yet another successful month of bringing the department's resources and supports into all eight of our communities. This has been an incredible opportunity for us to reach out on a more personal basis to our members while also providing them access to the supports of the Employment and Training Department that travel barriers may have prohibited in the past. We will be hosting another draw this month for a \$50 gift card, open to CNA members who access our supports, whether in office or in community during the month of March.

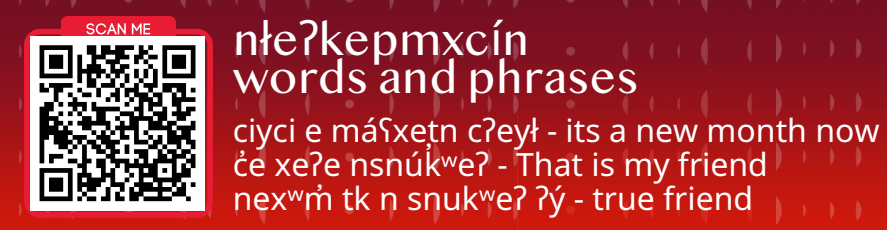
The department is also excited about our upcoming Employment and Education Fair, a collaborative event open to all. It will be taking place on April 9th at the NVIT gymnasium. Please keep an eye on our social media for exciting updates and more information! We can't wait to see you there!



Come Speak nle?kepmxcín With Us
Join Marty Aspinall in practicing, learning and speaking nle?kepmxcín!
March 6th, 2025
5:00PM to 7:00PM
citxw - 1840 Nicola Ave., Merritt, BC
For more information, please contact us at: language@cna-trust.ca or call 250-378-1864



nle?képmx
ARTISTS ART AVAILABLE
At Citxw Nlaka'pamux Assembly's
ARTIST GALLERY



SCAN ME
nle?kepmxcín words and phrases
ciyci e máfxetn c?eył - its a new month now
če xe?e nsnúkwe? - That is my friend
nexw'm tk n snukwe? ʔý - true friend



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Citxw
Nlaka'pamux
Assembly
March | 2025

tmíxw GUARDIANS HOST FULL MOON GATHERING



Crystal Swayze, Ariel Voght and Meghan Allan smiling wide next to their ice fishing hole!

nle?képmx Territory, Surrey Lake Resort - On a sunny February 13, 2025, the nle?képmx Land Guardians proudly hosted their monthly Full Moon gathering, this month was 'mús tək máʃxetn' (4th Moon Gathering) engagement at the scenic Surrey Lake Resort Property. The event spanned from 1:00pm to 7:00pm, and aimed to bring community members together for a day filled with engaging activities, reflection and connection with the culture.

The gathering kicked off with an ice fishing session from 1:00pm to 4:00pm, where seasoned fishers and novices alike could enjoy the thrill of the sport, toboggan, and take in the welcoming weather. Laughter echoed across the lake as some of the Land Guardians chose to show off their not-so-graceful tobogganing skills and even starred in some upcoming content for the CNA's TikTok and social media pages.

As the sun began to set, the attendees gathered around a warm fire for a hotdog roast, creating the most welcoming environment for storytelling and conversation. The overwhelming consensus as attendees left with full bellies and happy hearts was, “that was fun!”

The nle?képmx Land Guardians look forward to hosting this event every month, and would like to remind our community that the event is open to all CNA members, who are interested in a day of family fun out on the tmíxw.

EXCITING UPDATES FROM PEOPLE AND TALENT

The People and Talent Department is excited to share some fantastic news with our membership! Over the last month, CNA has welcomed many great new additions to the team.

Jerry Voght has joined on as an nle?képmxcín Advisor. Jerry's first language is nle?képmxcín, and he brings a wealth of knowledge and experience that will be invaluable to the nle?képmxcín team as they continue their important work. Desiree Collins has also joined our nle?képmxcín team as a nle?képmxcín Resource Support. She will be helping create and provide language resources for the public.

Mindy Garcia joined the Employment and Training Department as the new HVC Employment Coordinator on February 7th. Mindy brings extensive experience with HVC, having worked in various roles on-site. CNA is confident that her knowledge and skills will greatly contribute to our growing success.

On February 10th, we had two more staff join us. Melissa Hillis as our new First Cook and Mari Pelly in the new role of Urban Community Engagement Coordinator. Melissa will be working to cater and provide fresh, delicious food for our events while Mari will be working alongside our already established Community Engagement Coordinators to bridge the gap towards our community members living off-reserve.

On February 3rd, Marco Camastro enjoyed his first day as one of our new nle?képmx Land Guardians. Then on February 21st, we welcomed Joseph McDougall as another new nle?képmx Land Guardian and Jacob Ellacot as our newest Junior nle?képmx Land Guardian. We are excited to have them on board and look forward to their contributions towards patrolling the territory.

Citxw Nlaka'pmaux Assembly currently has several open job postings available, including positions for Technical Coordinator, Administrative Support Clerk (Temporary), Grant Specialist, Caretaker, Ashcroft Community Engagement Coordinator, and Certified Professional Accountant. We would love to see your application for any of our open positions!

The closing dates for these postings are:

- Administrative Support Clerk (Temporary) - March 6
- Technical Coordinator - March 6
- Caretaker - March 15
- Certified Professional Accountant - March 15
- Grant Specialist - March 31
- Ashcroft Community Engagement Coordinator - March 31

STAY TUNED FOR UPCOMING ANNOUNCEMENTS ABOUT SUMMER JOB OPPORTUNITIES, COMING SOON!

cíykst tək máʃxetn

qapc tək máʃxetn
(Weather gets warmer)

March 14th, 2025 | Merritt Civic Centre,
1950 Mamette Ave.
Mini-symposium | 4:00pm-7:00pm

Join us on March's full moon for presentations from our Guardians' program, guests, and visit different information booths.

Dinner will be served at 5:00 PM.

The nle?képmx Guardians gather on the full moon every month to share songs, stories, discussions about protocols and harvesting timeline/calendar. This month will be a mini-symposium!

To Register Scan Here!



For more info:
nlx.guardians@cna-trust.ca
or call 250-378-1864



MONTHLY IN-COMMUNITY EMPLOYMENT AND TRAINING SUPPORTS



GEROME GARCIA
Employment and Training Coordinator



MINDY GARCIA
HVC Employment Coordinator



NATASHA NEMETH
Employment and Training Coordinator

Members can stop by to access Employment and Training supports including: resume support, employment application support, Teck HVC online application and hiring process support, request for PPE, bursary application support, interview preparation, training inquiries and registration.

| Location | Date & Time |
|------------------------------------|----------------------------|
| Nicomen Band Hall | March 3rd, 10:30am-2:30pm |
| Nooaitch Band Hall | March 4th, 9:30am-3:30pm |
| Siska Band Office | March 10th, 11am-2pm |
| Ashcroft Indian Band Health Centre | March 12th, 10:30am-2:30pm |
| Coldwater Band Office | March 18th, 9:30am-3:30pm |
| Shackan Wellness Centre | March 19th, 9:30am-3:30pm |
| Boston Bar Long house | March 25th, 11am-2pm |
| Cook's Ferry (Merritt Office) | March 27th, 9:30am-3:30pm |

Appointments available but are not required!
Anyone who participates will be entered into a monthly draw!



Lets Drive.

Driving Lessons in Merritt:

March 4th, March 18th

Lessons available in Ashcroft upon request.

To book your lesson contact:
CNA Employment & Training
250-378-1864
administration@cna-trust.ca

Planning for the Future: Highland Valley

These workshops will support the development of a nle?képmx vision for the future closure of the HVC mine site. All CNA members are welcome to attend any of the upcoming meetings!

March 5th - citxw
(1840 Nicola Ave)
4:00pm-8:00pm

March 11th -
Cook's Ferry Gym
4:00pm-8:00pm

March 7th -
Virtual workshop
4:00pm-8:00pm

March 12th -
Siska Band Hall
4:00pm-8:00pm



nle?képmxcín words and phrases

ciyci e máʃxetn cʔeył - its a new month now
če xeʔe nsnúkwe? - That is my friend
nexwḡ tk n snukwe? ʔý - true friend

