



## CNA SUPPORTS CALLING OUR SPIRITS HOME



A participant in the walk, holding their fist up in solidarity

nle?képmx Territory - On May 22-25 2025, nc'etk'wu (Coldwater Indian Band) in conjunction with Nlaka'pamux Health Services, Scw'exmx Child & Family Services Society and Citw Nlaka'pamux Assembly hosted the “Calling Our Spirits Home” event. A ceremonial walk to help guide the spirits lost at the Kamloops Indian Residential School (KIRS) back home and finally lay them to rest.

The four day event started in Tk'emlúps te Secwépemc Territory at the former KIRS, beginning with an opening ceremony followed by survivors and community members sharing personal stories and reflections and offering prayers for the long walk and run that lay ahead.

Participants had the opportunity to offer tobacco to the sacred fire, and were smudged and painted with red ochre for protection. Following the ceremony, the runners set out from the Tk'emlups te Secwepmc, making their way toward Knutsford truck stop. Exceeding the day's original expectations, the runners continued and reached Shumway Lake before ending the first leg of the journey.

Day two began in Quilchena, where participants had breakfast before returning to Shumway Lake to resume their journey. The group of runners, walkers, cyclists, and a convoy of vehicles continued on Highway 5A, heading toward the historic Quilchena Church.

As everyone made their way from the check-in at the Peter-Hope turnoff to the church, a series of extraordinary encounters with wildlife captivated the group. Eagles soared above, fish leapt from nearby waters, and deer and rabbits crossed the highway—occurrences that many participants interpreted as spiritual signs. Most striking was the appearance of a herd of 10 to 12 horses cresting the hills just as the group approached the church, silently watching over from the top of the rolling hills above. “I've just never seen anything like it!” said one of the RCMP officers who was assisting in escorting the group, “How do you begin to explain something like that?”

The atmosphere upon reaching the church was emotionally charged. Many participants described an overwhelming sense of a spiritual presence walking beside them, offering comfort and strength. It was a moment of profound spiritual resonance that deeply moved all who were there. Residential school survivors and community members also offered stories, reflecting on the trauma and resilience tied to their experiences. A prayer was offered in honor of all those present, marking a powerful moment of remembrance and spiritual connection.

The day's journey concluded again at the Quilchena Hotel, where participants had a meal and rested after covering approximately 50 kilometers—the longest stretch of the journey so far.

Day three the runners set out along Nicola Lake towards Nicola Ranch. Despite the rising temperatures, physical fatigue, and the emotional weight of the journey, participants pressed forward with determination. Emotions remained high as the group completed the third day of their journey. The evening concluded with dinner and a much-needed period of rest, as participants played stick games, drummed, and shared lighthearted stories.

The fourth and final day began at Scw'exmx Child and Family Services Society, where participants gathered early to continue the last stretch of their journey home to Coldwater Reserve. Along the route, runners and participants stopped at the property of Mike & Jackie Smithers for a welcoming lunch and a small but meaningful drumming ceremony, serving as both a moment of gratitude and reflection before the runners resumed their journey toward the Coldwater cemetery, the final resting place for spirits brought back home.

While at the cemetery, a private ceremony was held to complete calling the spirits home from KIRS. This deep moment was reserved for Coldwater members only, while the other participants respectfully waited at the gates—praying, drumming, and singing traditional songs to honor the occasion.

A dinner and acknowledgment ceremony was held at the Coldwater School to recognize and honor the survivors of residential and day schools, as well as all those who took part in the run, including community members, support staff, and police officers. The sense of solidarity and mutual respect was palpable as those being honored were blanketed.

The ceremony was followed by a theatrical performance by students from the Coldwater School. Through their short but powerful play, they depicted a traditional story in which members of the village were taken away, and Coyote emerges to help bring villagers back. The performance was fun but also inspired hope that nle?képmxcín was not lost to the residential schools.

The final day concluded with a feast that brought everyone together, that served not only as a celebration but also as a closing gesture of connection and healing among those present. This event marked a significant moment of cultural remembrance and community strength, as participants carried forward the memory of the past while continuing to build a future rooted in unity and respect.

To see the full write up about this event, please view our blog! - <https://www.cna-trust.ca/blog/default.htm>

## TSD's Rachel Riley awarded Agrologist of the Year for 2024!



We are congratulating Rachel Riley from our Territorial Stewardship Department on being awarded Agrologist of the Year for 2024 from the British Columbia Institute of Agrology!

Within the CNA, Rachel supports the 8 Participating Bands in making informed decisions around operations at the Highland Valley Copper Mine. She does a fantastic job translating the nle?képmx values and priorities into technical recommendations for mining proponents.

Recently, Rachel led the CNA's Cattle and Range Impact Study, which looked at how grazing has been affected over the life of the Highland Valley Copper Mine. She presented this research at the annual meeting of the North American Chapter of the Society for Range Management in Spokane, WA.

Rachel is also on the Board of Directors for the B.C. Chapter of the Society for Range Management, and played an integral role in organizing the 2024 Fall Field Tour for the chapter. She's previously served on the board of the Grasslands Conservation Council as well and still strongly supports the organization.

In addition to her professional work, Rachel is a mentor to many Agrologists, both formally and informally. She's always looking for ways to grow and stay up to date with new developments in the field.

On top of everything else, Rachel is passionate about inspiring young people to become future Agrologists and care for the environment. She leads the local NatureKids group and runs a FarmStart program, which introduces kids to agriculture and farm animals.

## How do you feel today?

Please enjoy these nle?képmxcín words on emotions

1. y'e kn λ'u? - I'm good
2. qíl - Angry
3. ʔwoy't mémn - Sleepy
4. q'nox'w nsx'awx'w - Sad
5. xani - Hurt
6. ce?c'ex'w - Happy
7. c'əxm'úʔ - Bashful
8. qʔaz - Tired
9. x'əkw e sx'awk'ws - Proud
10. qzíp - Shocked
11. k'ən'kən'míns - Worried
12. páq'w? - Scared

Scan the QR code to listen to the audio recordings on our soundcloud!



## nle?képmxcín words and phrases

- ste? x'wí? ke?scuw - What are you going to do?
- x'wí?kn nes pəxm - I am going to hunt
- x'wí?kn nes seýsi? - I am going to play





**June's colouring pages are out now! All youth that submit their completed colouring page will receive a prize either in office or by mail.**

View the pages: [www.cna-trust.ca/community\\_programs.htm](http://www.cna-trust.ca/community_programs.htm)

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## nłé?képmx Guardians Update

### nłíxqsm tək mašxetn (Budding Season) gathering!

Our nłé?képmx Land Guardians hosted another successful mášxetn (Moon) Gathering, where we gathered to harvest asparagus, q'wéwe (wild onion), and kéwk'w (sage). It was inspiring to be surrounded with such amazing people out on the tmíx'w, who shared stories, teachings, and deep knowledge. This was a vital reminder that these places and practices are connected to us and our identity, and we must ensure sustainable use of our tmíx'w for the next generations. We would love to see you at our next event in **Boston Bar Longhouse on June 10th** where we will be providing a full update on our program, information booths and an amazing dinner!

### nłé?képmx Guardians meet Kwanlin Dün First Nation!

Ariel Voght, nłé?képmx Guardians Manager, and Meghan Allan, nłé?képmx Guardians Coordinator, were invited to Kwanlin Dün First Nation (KDFN) from May 19<sup>th</sup> to the 23<sup>rd</sup> to exchange knowledge on each other's programs, and shadow KDFN's Land Steward Program. KDFN's Stewards showed us their typical day to day work plan which is rooted in respect and Indigenous knowledge and practices blended with western science to ensure proper protection and monitoring of their lands and waters takes place.

On their first day, the goal was to observe water levels South of Whitehorse. They launched a jet boat on Schwatka Lake and boated up the Yukon River through Miles Canyon. They stopped at Canyon City to have lunch and then stopped by the largest wooden fish ladder in the world - Whitehorse Rapids Fishway.

On their second day, they joined Dusk'a Headstart (KDFN's Early Childhood Education Centre) and the KDFN's Stewards on a chinook salmon fry release in Wolf Creek. The children have a tank in their center and watched these salmon grow since last fall. Thirty five salmon fry were released - Meghan and Ariel had the opportunity to release a few, too! After the release, they went on a small hike, before going to check out concerns on their settlement lands and the view at Long Lake. They ended the day with a tour of their office and a meet and greet with the rest of the Heritage, Land and Resource team at KDFN. At the end of the day, Ariel visited the MacBride Museum of Yukon History.

On their third day, they did a UTV ride to Fish Lake. The view of Fish Lake was incredible, and the view of Whitehorse, Lake Laberge and Marsh Lake was equally incredible. On their final day, Meghan and Ariel watched as salmon fry were loaded onto the helicopter and flown away to Michie Creek. Ninety thousand chinook salmon fry will be released under the watch of KDFN and DFO.

We hope to host Kwanlin Dün First Nation's Land Stewards in the future, so that we can show them our program out on the tmíx'w.

## pi?úps tək mášxetn

yiqm tək mašxetn (Planting garden)

June 10th, 2025 | Boston Bar Longhouse | 4:00pm-7:00pm

Join us on June's full moon for presentations from our Guardians' program, guests, and visit different information booths, and a Bat Engagement! Dinner will be served at 5:00 PM.

The nłé?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! SCAN ME

For more info: [nlx.guardians@cna-trust.ca](mailto:nlx.guardians@cna-trust.ca) or call 250-378-1864

## Employment and Training Update

With warmer weather and a beautiful summer on the horizon, the Employment and Training Department is excited to bring you another update!

The Department has had another successful month of visiting the beautiful communities of our eight Participating Bands, bringing our Employment and Training supports directly to our members. These visits continue to be excellent opportunities to connect with our members on a more personal basis and better understand the unique and specific wants and needs of each community. This has also supported us being able to personalize the courses and training we offer to the direct interest of our members.

The training we've been able to facilitate is an Intermediate First Aid course in Siska on June 7th-8th. We have also been able to provide more personalized driving lesson packages to many of our members who live outside of Merritt, giving them the ability to schedule lessons that better fit their busy lives.

Are you interested in participating in any of these exciting training opportunities? Or can you recommend some training that we can organize and bring to your community?

Feel free to reach out to the Employment and Training Department with any questions, we're happy to help!

We are looking forward to hearing from you!

## Current CNA Job Opportunities

### CNA Job Postings

- Cook's Ferry Community Engagement Coordinator
- Certified Professional Accountant (CPA)
- Kitchen keykix (hands)

All current job positions are closing on June 15th 2025. Benefits, pension, and professional development available for full time employees!

Scan the QR code view the job postings!

Visit: [https://cna-trust.ca/nlx\\_trust.htm](https://cna-trust.ca/nlx_trust.htm) or use the QR code below!

## Let's Drive.

**Driving Lessons in Merritt:**

June 3<sup>rd</sup> & June 17<sup>th</sup>

Lessons available in Ashcroft upon request.

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



## Monthly In-Community Employment and Training Supports Dates

**GEROME GARCIA**  
Employment and Training Coordinator

**MINDY GARCIA**  
HVC Employment Coordinator

**JOCELYN JACOE**  
Employment and Training Administration Assistant

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

	Location	Date and time
1.	Nicomen Band Hall	June 2 <sup>nd</sup> 10:30am-2:30pm
2.	Nooaitch Band Hall	June 3 <sup>rd</sup> 9:30am-3:30pm
3.	Siska Band Office	June 9 <sup>th</sup> 11:00am-2:00pm
4.	Ashcroft Health Centre	June 11 <sup>th</sup> 10:30am-2:30pm
5.	Coldwater Band Office	June 17 <sup>th</sup> 9:30am-3:30pm
6.	Shackan Wellness Centre	June 18 <sup>th</sup> 9:30am-3:30pm
7.	Boston Bar Anderson Creek Health Clinic	June 24 <sup>th</sup> 11:00am-2:00pm
8.	Cook's Ferry Merritt Office	June 26 <sup>th</sup> 9:30am-3:30pm

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

**CONTACT US!** 250-378-1864 | [employment@cna-trust.ca](mailto:employment@cna-trust.ca) | [administration@cna-trust.ca](mailto:administration@cna-trust.ca)

SCAN ME

**nłé?képmxcín words and phrases**

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x'wí?kn nes pəxm - I am going to hunt  
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