

caᓃᓄ mi əᓃkəᓃkicntm iᓃ nəᓃspintk



MAY WE REACH AGAIN THE COMING YEAR

ta'tupa – Spirit Bear

MOON CALENDAR 2024

ONA WELLNESS MISSION STATEMENT

Reclaiming and restoring Syilx ways of being and knowing (world view) through the development of holistic wellness programs and services grounded in a Syilx-centered framework.

For Syilx People, Wellness is holistic and interconnected. Under the mandate of the Chiefs' Executive Council and the guidance of the ONA Wellness Committee the ONA continues to work towards and support the safety, health and well-being of our children, families, communities and land.

ONA Wellness continues to work toward implementing the Chiefs' Executive Council priorities:

- to improve the health, well-being, safety and quality of life of Syilx Okanagan Nation community members
- implement Syilx law into governance and operations planning, and
- preservation of Syilx laws, culture, language and education.

"Our children are sacred, they must be protected and cared for; they are our future."

ABOUT SPIRIT BEAR ta'tupa

A Spirit Bear was gifted to us from Cindy Blackstock and the First Nations Caring Society as part of the Reconciliation Ambearister program. The Syilx Indian Residential School Committee, comprised of Residential School Survivors or generational from throughout the Nation, said her name would be "tupa" or "tatupa" and said she has the great responsibility to protect, heal, look after, and care for all the Syilx children and grandchildren in the Nation.

This year tupa wants to encourage all families to practice culture and ceremony to strengthen our ties to the land and each other.

*"i? tnx^wúla?x^w, i? tmix^w na?l mni^wktət ti? k^wu snaqsx
The Land, all creation, and we as Syilx People are one."*



spaqt

JANUARY 11 – FEBRUARY 8
TIME OF EVERYTHING WHITE

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M

sʒaslásq̄t
T

skaʒʰlásq̄t
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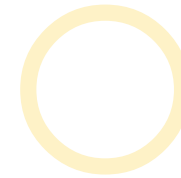
smasq̄t
TH

scl̄kstasq̄t
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skʰaʒásq̄t
S



Scan here to listen to tíʔtíʔmúʰ ttwít (Lazy Boy)
read by sʒamtícaʔ (Sarah Peterson).



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Groundhog Day



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kpux^wəx^wtan

FEBRUARY 9 – MARCH 9
TIME OF THE SNOW DRIFTING

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In the month of February, the ONA YES Team's #WeLoveLanguage Campaign brings awareness to issues of violence in our communities. Be mindful and use inclusive, appropriate, and loving language when we speak to one another. Keep posted for our social media contests and educational posts!



	9	10
	16	17
	23	24
	1	2
International Women's Day	8	9

			Valentine's Day Have a Heart Day 			
11	12	13	14	15	16	17
18	Family Day nəqsilt Day	19	20	21	22	23
			Pink Shirt Day			
25	26	27	28	29	1	2
	3	4	5	6	7	8

sknirmən

MARCH 10 – APRIL 7
TIME OF THE BUTTERCUPS

skʒaʔiʔws
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skixʷiʔws
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scl̄kʒtasq̄t
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skʔaʔasq̄t
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The Water Forum is an annual event hosted by the ONA Natural Resources Department that works to promote and create public awareness of Syilx Okanagan People and their sacred connection to siwʔkʷ.



 10	11	12	13	14	15	 16
St. Patrick's Day			Spring Equinox World Elderbeary Day		Syilx Water Forum World Water Day	
17	18	19	20	21	22	23
24	 25	26	27	28	29	30
Easter Sunday	Easter Monday 		Syilx Indian Residential School Gathering	Syilx Indian Residential School Gathering	Good Friday	
31/7	1	2	3	4	5	6

krəckʰtan

APRIL 8 – MAY 6
TIME OF THE BUDDING LEAVES

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	 8	9	10	11	12	13
14	 15	16	17	18	19	20
21	Earth Day	 23	24	25	26	27
28	29	30	 1	akʰxʷuminaʰ (Shingle Creek) Fry Release	2	3
5	6	<p>“We were not born with the instincts to know how to live in nature’s laws, instead we are given memory to remind us of what we could and could not be doing. Understanding the living land and teaching our young generations how to become a ‘part of it’ is the only way we, the Syilx, have survived.”</p> <p>– We Get Our Living Like Milk from the Land, Delphine Derickson</p>				

spił' mtən

MAY 7 – JUNE 5
TIME OF THE BITTERROOT

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skix'w'íw's
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sk'laʒ'ásq̄t
S

Our Syilx Nation Spirit Bear, named ta'tupa (tupa), was gifted to the Nation by the First Nations Caring Society and Dr. Cindy Blackstock.

		Lower Vernon Creek Fry Release  7	nx'waq'waʒ'stn (Mission Creek) Fry Release 8	6 Mile Creek Fry Release 9	Bear Witness Day 10	11
Mother's Day 12	13	sn'luxwqnm (Castlegar) takli'ʒaickst (Slocan) Salmon Cermonies 14	snk'xykntn (Revelstoke) Fry Release  15	16	17	18
19	Victoria Day 20	21	22	 23	24	25
26	27	28	29	 30	Deadline: Building a Better Future Bursary 31	National Black Bear Day 1
2	3	4	5	Tupa loves to cheer for our children as they attend the Spirit of Syilx Unity Run, raising awareness for suicidality and violence that happens in our communities. Tupa is committed to protecting and supporting the safety and wellbeing of all our children.		

miktutən

JUNE 6 – JULY 4 TIME OF THE SUNFLOWER SEEDS

skʁaʁiʁws
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skixʁiʁws
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THE ANNUAL SPIRIT OF SYILX UNITY RUN raises awareness on issues of suicide and violence that continue to confront Syilx communities. The run is a prevention platform to de-normalize violence, while creating a healing space for participants. Our Youth are out on the land with our Elders, cultural knowledge keepers and supporters meeting other youth from across the Territory and building strength in each other, and in our Nation.

					Spirit of Syilx Unity Run: Violence and Suicide Awareness 	Unity Run continued
				6	8	
Unity Run continued						
9	10	11	12	13	14	15
Father's Day Salmon Calling Ceremonies – skʁyknʁn (Revelstoke)						
16	17	18	19	20		21 22
23	24	25	26	27		28 29
Canada Day						
30	1	2	3	Border Crossing Canoe Paddle 	4	

Each year on July 4th, Syilx Nation members paddle from the Nk'Mip Campground to the shoreline in Orville, Washington, following the visions of our Elders to practice our ancestral and territorial rights to cross the border without interference.

ksiyap̓tən

JULY 5 – AUGUST 3
TIME OF THE SERVICE BERRY

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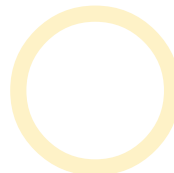



skaʔłásq̓t
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smasq̓t
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skłarásq̓t
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The Okanagan Nation Alliance, in partnership with FortisBC, EMB Management, and other organizations offer an annual bursary program, Building a Better Future, to support eligible Syilx Okanagan Nation members to continue their educational pursuits. The bursary recipients are announced each year at the Annual General Assembly.

					 5	6
7	8	9	10	11	12	 13
14	15	16	17	18	19	20
 21	22	ONA Annual General Assembly (hosted by OIB)	ONA Annual General Assembly, continued	25	26	 27
28	29	International Day of Friendship	31	1	2	

ǂəyǂaytan

AUGUST 4 – SEPTEMBER 1
TIME OF THE RED THORN BERRY

skǂa'íw's
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skix^w'íw's
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skaǂ'ílásq̣t
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sma'sq̣t
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skǂa'ǂásq̣t
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The Purple Ribbon Campaign is an annual campaign to raise awareness leading up to International Opioid Overdose Awareness Day on August 31. The campaign focuses on sharing resources, promoting discussion, and offering information related to the drug and opioid crisis and is a response to the urgent need to address the stigma that surrounds addiction.

 4	BC Day 5	6	7	8	9	International Day of the Worlds Indigenous Peoples	10
11	 12	13	14	15	16	17	
18	 19	20	21	22	23	24	
25/1	 26	27	28	29	30	International Opioid Overdose Awareness Day	31

sk'əlwistən

OCTOBER 2 – OCTOBER 31
TIME OF THE RED SALMON

skʒa'íw's
S

skix'wíw's
M

sʒaslásq̄t
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skaʔhlásq̄t
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F

skʔaʔásq̄t
S

Impacting Change – The Columbia River Treaty
– Rosalie Wilson-Yazzie



			2	3	4	5
						
6	7	8	9	10	11	12
	Thanksgiving			World Mental Health Day 		
13	14	15	16	17	18	19
		Jordan River Anderson's Birthday 		23	24	25
20	21					26
				Halloween		
27	28	29	30	31		



tk'ayikstən

NOVEMBER 1 – NOVEMBER 29
TIME OF THE LEAVES WITHERING

skʒa'íw's
S

skix'wíw's
M

sʒas'lásq't
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skaʒ'hlásq't
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sma'sq't
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sk'laʒ'ásq't
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Since 1990, World Children's Day has marked the anniversary of the date that the United Nations General Assembly adopted both the Declaration of the Rights of the Child (1959) and the Convention on the Rights of the Child (1989). Canada signed on to the Convention on the Rights of the Child in 1991.



							1	2
						National Indigenous Veterans Day		
3	4	5	6	7	8		9	
	Remembrance Day  lut ks_əcn'pəp'ts Lest We Forget	11	12	13	14		15	16
			World Children's Day					
17	18	19	20	21	22		23	
24	25	26	27	28	29			

kc'aʔc'aʔɬtan

NOVEMBER 30 – DECEMBER 29
TIME OF THE COLD WEATHER

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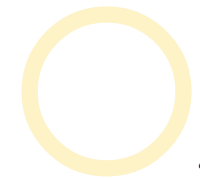
skaʔɬlásqʔ
W

smaʒqʔ
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scl̥kstaʒqʔ
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skɬaʒásqʔ
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“In our histories we are told that the creator sent senk’lip (Coyote) to help our people survive on this land. Coyote’s travels are a record of the natural laws necessary for our Syilx people to survive and essential to our ability to carry on.” – Okanagan First Peoples



30

1	2	3	4	5	6	7	
		International Human Rights Day					
8	9	10	11	12	13	14	
							ta'tupas Birthday age: 154 Winter Solstice
	16	17	18	19	20		
		Christmas Eve	Christmas Day npyilsment axaʔ iʔ sputa Enjoy the holiday.	Boxing Day			
22/29	23	24	25	26	27	28	

smuq^wəq^wtan

DECEMBER 30 – JANUARY 28, 2025
TIME OF THE SNOW FALL

skʰaʰiʷs
S

skix^wiʷs
M





sʰasʰasq̄t
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skaʰʰasq̄t
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smasq̄t
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scl̄kstasq̄t
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skʰaʰasq̄t
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		New Year's Eve	New Year's Day			
	 30	31	1	2	3	4
5	 6	7	8	9	10	11
12	 13	14	15	16	17	18
19	20	 21	22	23	24	25
26	27	28	<p>The ONA Chiefs' Executive Council (CEC) is committed to the preservation and practice of Syilx Okanagan language and culture. Through numerous nation-wide initiatives, the ONA has supported and promoted the development of nsyilxcən language and culture resources through partnerships with En'owkin Centre, Paul Creek Language Association and the Interior Salish Language Associations. This work is guided by the Elders and Speakers throughout the Syilx Okanagan Nation communities.</p>			

2024

JANUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

MARCH

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

We would like to thank the ONA Wellness Committee, all those who stand up for our children, and all those who have throughout history stood up to advocate for and take care of our children.





k^wu syilx

We are the Indigenous People of this land.

THE OKANAGAN SONG

aʔi k^wu swiwiʔnumtax

WE ARE BEAUTIFUL

aʔi k^wu suknaʔqínx

BECAUSE WE ARE OKANAGAN

aʔi axaʔ lʔ tmx^wulaʔx^w

BECAUSE OUR LAND IS BEAUTIFUL.

niʔsapp kus alaʔx We Have Always Been Here.

We are the Syilx Okanagan Nation, a trans-boundary tribe separated at the 49th parallel by the border between Canada and the United States.

Our Syilx (pronounced “see-yeel-x”) Nation is comprised of seven member communities in the Southern Interior of British Columbia and one in Northern Washington State. Our territory and home extends over approximately 69,000 square kilometres. It is a unique and beautiful landscape of deserts, alpine forests, endangered grasslands, mountains, rivers and lakes. This ecologically diverse land is a haven for many species and it has provided for our people since time immemorial.

We are a distinct and sovereign Nation, sharing the same land, culture, customs and nsyilxcən language. Our common language holds and defines the moral standards, expectations, and teachings for individuals and for the collective. Nsyilxcən

is the medium whereby we have accumulated our knowledge, governance, caretaking, teaching, and learning since the beginning of time.

Having emerged from this land, nsyilxcən is expressive of the land and is a virtual storehouse of information about all living things, reflecting the web of life found in Syilx Okanagan ecology.

Nsyilxcən language is embedded in the tmx^wulax^w (land) and siwʔk^w (water) and carries thousands of years of deep intergenerational knowledge.

Our language is complex, one word means many things. Take the word for land, tmx^wulax^w, when you break it down it means the sphere of living things that turn and rotate always creating a living future. The word tmix^w, which is the word that translates closely to ecology, includes everything alive — the land, water, insects, people, animals, plants and medicine.



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