



Temkw'ó:lexw *Dog salmon time*


Temkw'ó:lexw
Sept 15 - Oct 25

The last month is Temkw'ó:lexw – dog salmon time, around September. This month is called that name every year even though the kw'ó:lexw only run every other year or every fourth year in great quantity.

Tempó:kw *Time for Chehalis Spring Salmon*

Tempó:kw
Oct 26 - Nov 24

The first month is Tempó:kw which means "time for Chehalis Spring Salmon"; tem means time or season and pó:kw means Chehalis River spring salmon. This type of salmon begins to run about October and is smoke dried in smokehouses during this month.



**Direct Deposit
Form Info &
Postal Strike
Update**

Details on page 2!

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*Mon, October 13: Closed for Thanksgiving
(stat holiday)*

Direct Deposit Forms

Members who have not signed up for Direct deposit are encouraged to do so, with the current postal strike underway cheques will not be delivered by Canada Post.

Direct deposit forms can be picked up in the Administration building or you can request by email.

Please call the band office (604-852-4041) during business hours if you have questions for our Finance Department.



NOTICE

Canada Post is currently on strike.

While the strike is ongoing, we will not be able to mail physical cheques to members.

Avoid postal delivery delays by signing up for direct deposit!

Increased truck traffic notice

As part of the Sumas First Nation sponsored soccer field project, gravel will be delivered to the site over the next three weeks. Trucks will be transporting gravel down Sumas Mountain Road on Saturdays, with approx. 10 truckloads expected each Saturday.

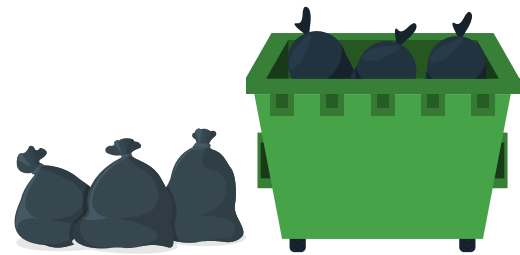
Please take note of the increased truck traffic and exercise caution when travelling in the area.

Garbage Bins: October 18-27

We will be providing large garbage bins at four locations across the Reserve to support members in clearing their homes of unwanted items and general garbage.

Please note: each site will start with one bin. As bins become full, they will be replaced with new bins for the duration of the cleanup period.

If you have questions or concerns, please contact Harmeet Rai (Capital, Housing, & PW Manager): harmmeet.rai@sumasfirstnation.com



DETAILS

Dates: October 18 – October 27.

Bin Locations:

- Kelly Road / Silver Way
- Lakeview Drive
- Kilgard Road
- Sumas Mountain Rd

Busy Bear Club Preschool Newsletter: September Highlights & Looking Ahead to October

We've had a fun and busy September— and now we're heading into October!

Licensing Inspection: We recently had our licensing officer from Fraser Health conduct a full facility inspection of our centre, focusing on health and safety. We are very pleased to share that we received no infractions and achieved a perfect score on the inspection.

We would like to sincerely thank Raphael Silver for welcoming us to his farm, for sharing his beautiful carvings, and for taking the time to explain the skill and dedication that goes into his work. It was a meaningful and memorable visit for both the children and teachers. We are especially grateful for the opportunity to pick plums and apples from his fruit trees, which made the day even more special.

Important Dates

Thurs, Oct 2: Elders Engagement Lunch @ Clarion Hotel

Thurs, Oct 16: First day of Afterschool Club

Fri, Oct 24: Aldor Acres Field Trip



New staff: We are excited to welcome 2 new teachers to the Busy Bear Club Preschool team!

Nicki Gauthier: Nicki has been working in the early childhood education field for the past 18 years. She brings both passion and valuable experience to her role, supporting young children in their growth and development each day. Her interests are hiking, camping, hunting and trying out new recipes!

River Ned: River is a community member and parent of a child in the daycare She is currently working in the Preschool Program, where she brings enthusiasm, creativity, and fun into the classroom. River will also be lending her support to the Afterschool Club. Her interests are sewing and going for walks. As well, she loves animals and coffee!



Afterschool Club Registration

Our Afterschool Club is starting up again in October! Thursday, October 16 is the first day of preschool

Please note that registrations must be completed before your child can attend – this is very important. Due to licensing requirements, we cannot take any children who do not have their registration forms completed.

Registration packets are available at the main office and can also be picked up directly from the preschool.

We also need to know if your child will be dropped off by the bus so we can plan accordingly.

Spaces are filling up quickly and are available on a first come first serve basis so please submit your registration forms as soon as possible to secure your child's spot.

Preschool Update

Preschool has started, and it has been so much fun coming to class each day! Teacher Grace and Teacher River have planned many exciting activities, and the children are full of enthusiasm—eager to learn and experience new things.



Sports Day!

We had so much fun at our Busy Bear Sports Day! The teachers and children enjoyed relay races, balloon water throwing, an obstacle course, and even some playful punching-bag boxing. Laughter, teamwork, and lots of smiles made it a day to remember!



Salmonoids in the Classroom

We are excited to be getting ready for the Salmonoids in the Classroom program! A big thank-you to John from GNR for helping us get started and supporting this important learning experience for the children.

Halq'eméylem Language & Elder Visits

We are excited to share that our wonderful Halq'eméylem teacher, Ropxanne Dool will be teaching us for another year, and we couldn't be happier! The children love learning the language, and we are grateful for this continued opportunity to strengthen their connection to culture.

We are also in the process of planning our upcoming Elder/Knowledge Keeper visits. This year, we've adopted a new, more inclusive model to ensure that all Elders are welcome to participate and share their teachings.

Community Engagement Session

We are excited about our elder engagement luncheon in collaboration with the BC Aboriginal Child Care Society. There is funding available, and we want to hear from our valued elders!



In-House

You can find more information about the daycare in our in-house newsletters, which include important details about upcoming events. We've got some fun activities and updates you won't want to miss! Don't forget to also check the Lillo app regularly for the latest news and notifications about our programs and events.

We leave you with this Aboriginal Head Start Statement of Beliefs and Values about children ...

"We believe that children deserve opportunities to gain knowledge and experience of how to live a good life."

Ts'ithóme tsel – thank you from all of us at The Busy Bear Club
Preschool



SKAGIT HEADWATERS

Fieldwork Scoping Visit

On July 10-11, 23 members of the Technical Working Group (TWG) gathered for an overnight trip to the Skagit Headwaters, spending two days on the land together.

Objectives of this trip were:

- Build relationships and strengthen collaboration
- Spend time on and with the land
- Begin drafting goals and objectives for future fieldwork

Guardians from both the S'ólh Téméxw Stewardship Alliance and the Lower Nicola Indian Band joined the visit, exchanging stories and song from their respective Nations.

This sharing deepened relationships and helped ground the group's connection. Preliminary field activities included water quality sampling at five locations (including Smitheram Creek in an area heavily impacted by mining), deployment of a wildlife camera, and the installation of an acoustic/ultrasonic recording unit in a headwaters wetland area to monitor bird and bat species.

Multiple goals and objectives emerged, including:

- The importance of involving both youth and Elders throughout the process with interest in a future youth camp or Guardians exchange.
- The value of pairing Traditional Ecological Knowledge with Western science to guide the work ahead.
- To support ecological restoration and recognize that while our efforts matter, they are minor compared to the land's ability to heal.
- A shared interest in further water quality monitoring on Smitheram Creek and areas impacted by mining.

Technical Working Group Policy Focus

On August 12th, members of the TWG with policy expertise convened to further examine the proposed joint Indigenous Protected and Conserved Area (IPCA) and Conservancy designation. This initiative was identified for continued exploration during the April 2025 dialogue.



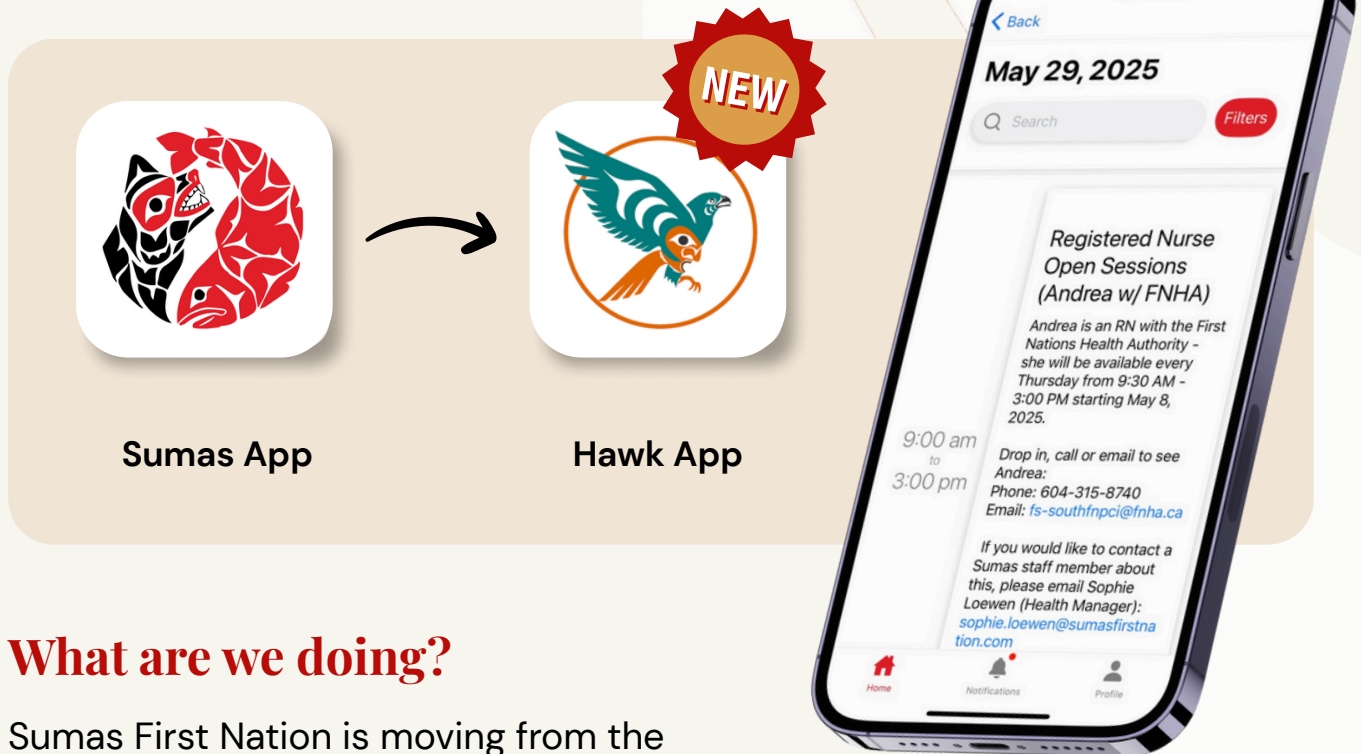
The next Governance Committee meeting is October 17, 2025. Leadership attendance is encouraged to help guide the next steps in this important work.

We hear you!

We're making the switch.



Semá:th
Sumas First Nation



What are we doing?

Sumas First Nation is moving from the **Communikit App** (the current app with the Sumas logo) to the **Hawk Communications App**.

This decision is based on valuable community member feedback. Based on said feedback, this app will better support community needs, such as cost savings, member information security, and organization.

The Sumas App will no longer be available after July 3, 2025. After July 3, only the Hawk Communications App will be used.

How can I switch?

Flip for instructions! The next page has all the details.



Please contact communications@sumasfirstnation.com at any time for assistance setting up a new account.

Steps to get the new app:

1. Go to the App Store (iPhone) or Play Store (Android) on your cell phone and search "Hawk Communications". Download this app.
2. Open the app and click on the **blue "Request Account" button**.
3. Fill out the required fields. Under Province, select BC. Under Type, select Nation/Band. **Under Nation, select Semá:th (Sumas First Nation)**. Click submit.
4. Once you submit, our Communications team will approve your request. After this approval, **you will receive an email that says "New Account Activation"** in the subject line. **Click this link to finish setting up your password.**
5. Now you can log into the Hawk app on your phone using your new password!

Why are we switching apps?



Better Security

More privacy for Sumas Members – and your info!



Cost Savings

The Hawk App is FREE, saving the Nation \$\$\$.



Training & Support

In-person AND digital community support offered from Hawk (tutorials, training sessions, & more).



Organization

Better features, including chronological events & calendar view (requested by members)

Need assistance?

Please contact communications@sumasfirstnation.com at any time for assistance setting up a new account.

Sumas Community Events & Programs

Lightning Rock *Celebration*

We warmly invite you to join our community on Sunday, October 19, 2025, for the Lightning Rock Celebration. This event honours the formal return of the Lightning Rock site to the Semá:th.

Please join us as we come together to honour and commemorate this historic milestone for the Nation.



Formal agreement signing on March 31, 2025



Date

October 19, 2025

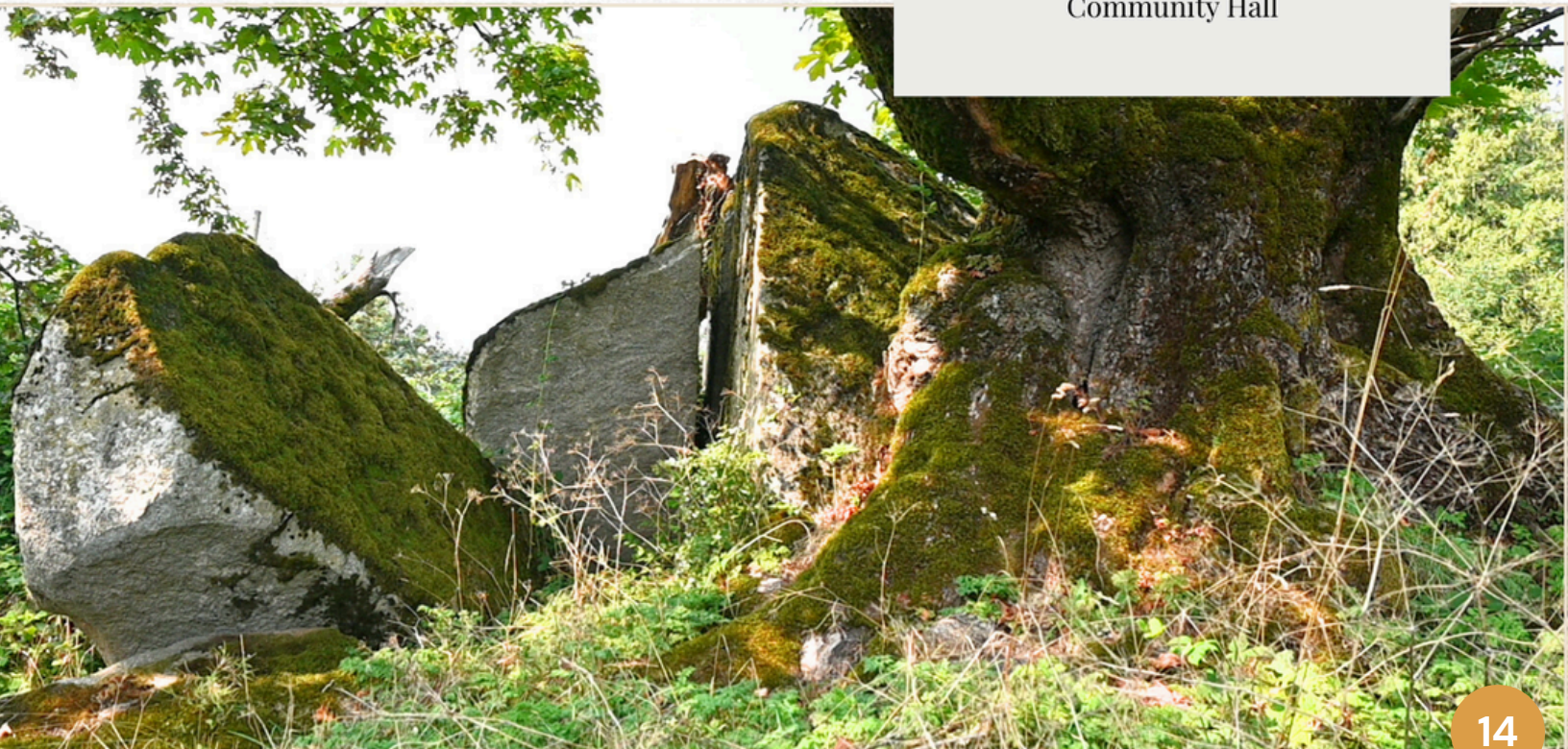
Time

12:00 pm - 4:00 pm

Location

2800 Sumas Mtn Rd,
Abbotsford, BC V3G 2J2

Semath Longhouse &
Community Hall





Sleep Presentation

For school aged kids



Join us **October 15th**
at the Community Hall
5:00pm-7:30 pm



Interactive games and activities for Bedtime routines to get a restful sleep

Swag bags

Musical chairs with
pillows

Freeze game with pillows

& More!



Contact Flora Silver
for more information

Flora.Silver@Sumasfirstnation.com



Food Justice Bulk Buy Collective

Are you interested in healthy and affordable fresh produce?

Join the Bulk Buy Collective for wholesale priced food all year round. For just \$15 you get 9-12 varieties of fruits and vegetables.

NEW! We now make bags **2x every month!**

Sign up for a monthly subscription or order as needed.

The program is open to everyone. We wouldn't be able to do this without you!

Save 30-40% on your produce bill!



How It Works

1. Order a standard or South Asian friendly bag at FoodJustice.ca
2. Pay \$15 before or on your pick-up date (credit and cash accepted)
3. Produce will be available to pick up between 12pm - 3pm on the 2nd Saturday, and 5pm - 7pm on the 4th Friday, every month at 33914 Essendene Ave. Late Pickup is also available after the weekend.
4. Deliveries can be made to house-bound clients

Members of the Bulk Buy Collective are expected to volunteer for a few hours every few months. This can include sorting and distributing food or making deliveries. There are other duties available to ensure accessibility and children are welcome.

 **Archway** | Food Justice



United Way
British Columbia

Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island


ABBOTSFORD

Other Events and Programs



QWÍ:QWELSTÓM



MEN'S RESPECTFUL RELATIONSHIPS



EVERY TUESDAY

SEPT. 9TH - NOV. 13TH 2025

1:00PM-2:30PM

A 10-WEEK MEN'S PROGRAM THAT PROVIDES INFORMATION ON HOW BEHAVIOR AFFECTS OUR RELATIONSHIPS. GAIN TOOLS AND SKILLS LUNCH IS PROVIDED AND GRADUATION CEREMONY.

VENUE:

STÓ:LŌ NATION PORTABLE 1A

7201 VEDDER ROAD, CHILLIWACK

TO REGISTER CONTACT HEATHER WALKER:
(604)798-3328 OR EMAIL: HEATHER.WALKER@STOLONATION.BC.CA



QWÍ:QWELSTÓM

September 10th-November 12th, 2025

HALQEMEYLÉM SQWELQWELTÉL

DROP IN LANGUAGE CLASS, COME JOIN US!

EVERY WEDNESDAY

9:00AM- 10:00AM

OPEN TO EVERYONE!

VENUE:

STÓ:LŌ NATION PORTABLE 1A

7201 VEDDER ROAD, CHILLIWACK

ANY QUESTIONS CONTACT HEATHER WALKER:
(604)798-3328 OR EMAIL: HEATHER.WALKER@STOLONATION.BC.CA



QWÍ:QWELSTÓM

SEPT 10TH-DEC 10TH, 2025

WELLBRIETY MEETING GROUP

DROP IN
EVERY WEDNESDAY
4:30PM-6:30PM



A welcoming place for anyone who is, or has struggled with addiction.
Come learn about wellbriety.

VENUE:

STÓ:LŌ NATION PORTABLE 1A
7201 VEDDER ROAD, CHILLIWACK

Community Notices



Semá:th
Sumas First Nation



HOUSING NOTICE

Update Your Rental Application!

NOTICE: If you have not updated your housing rental application within the last 12 months, please submit a new application.

New applications and renewals can be sent via:

Email:

nancy.murphy@sumasfirstnation.com;
paula.olmstead@sumasfirstnation.com

Dropped off at:

Sumas First Nation Administration Office

ELIGIBILITY REQUIREMENT: You must be a Sumas First Nation member to qualify for a rental unit.

[CLICK HERE TO DOWNLOAD THE APPLICATION FORM](#)

If you have questions or concerns, please email Paula O. (Housing Officer): paula.olmstead@sumasfirstnation.com

Let's be **Bear Aware**

There has been bear activity recorded in the area lately; bears have been spotted walking along some of the reserve roads recently and getting into garbage on reserve homes.



Tips for staying safe and staying bear aware:



If you see a bear:

- Stay calm. Do not run.
- Back away slowly while keeping the bear in sight.
- Speak calmly and firmly
- Make yourself look big
- Keep pets indoors or leashed



Be sure to teach children:

- Teach them the “if you see a bear” tips above.
- Explain that bears are wild animals that need space.
- Encourage them to stay close to adults when outdoors.



When you're outside:

- Travel in groups & make noise to avoid surprising a bear.
- Keep dogs leashed.
- Avoid wooded or brushy areas where visibility is low.
- Carry bear spray and know how to use it.



Avoid attracting bears by:

- Secure garbage bins and compost containers. Store them inside a garage or shed if possible.
- Feed pets indoors and store pet food inside.
- Do not leave food, coolers, or scented items outside.

Do you have concerns? Please contact Brian Jones (General Manager) to report sightings or damage: brian.jones@sumasfirstnation.com



FREE Financial Literacy Classes!

Free classes available! Take the BMO Financial Literacy Online Class now - [CLICK HERE](#)

This is available to anyone of any age, we would like to **strongly encourage all members turning nineteen (19) who will be aging into their trust fund to review all the information provided in the financial literacy link.** There is a lot of valuable information available on opening a bank account, how credit works, and planning for the future.

Take this free class now to get educated on the fundamentals of financial literacy.

Are you interested in attending an in-person Financial Literacy session? Please email amber.ned@sumasfirstnation.com for more details.











NOTICE TO RESIDENTS

Help Us Conserve Water – Every Drop Counts!


Dear Community Members,

As we enter a period of increased demand on our water supply, **Sumas First Nation** is asking all residents to take simple but important steps to help **conserve water**. Your efforts make a big difference in preserving this vital resource for our community and future generations.

How You Can Help Conserve Water:

-  **Fix Leaks Promptly:** A single dripping tap can waste over **20 litres per day!** Please report any leaks in your home or around the community right away.
 -  **Turn Off Taps:** Don't let water run unnecessarily while brushing teeth, shaving, washing your face, or doing dishes.
 -  **Shower Smart:** Keep showers short. Consider using a **water-saving showerhead** or one with a **pause button**. Showers use far less water than baths.
 -  **Upgrade Toilets Economically:** Reduce water use by placing a **filled 1-litre jug** in your toilet tank. Make sure it doesn't interfere with flushing.
 -  **Cool Water Efficiently:** Keep a **jug of drinking water in the fridge** instead of running the tap until the water is cold.
 -  **Run Full Loads:** Only run **dishwashers and washing machines with full loads**. Use short cycles and low water settings whenever possible.
 -  **Car Washing:** Use a **bucket**, and wash in sections. During drought conditions, please **avoid car washing** altogether.
 -  **Garden Wisely:** Water gardens in the **early morning or evening**. Use **drip irrigation or soaker hoses**, not sprinklers. Avoid watering lawns during drought.
 -  **Pools & Fountains:** Use **covers to reduce evaporation**. During droughts, **filling pools, hot tubs, and fountains may be restricted or prohibited**.
-

Your cooperation is deeply appreciated.

 If you have any questions or need assistance with water-saving tips or repairs, please contact the **Housing Department**.

 **Thank you for doing your part.**

FortisBC Gas Advanced Metering Infrastructure Project



As part of our routine maintenance and ongoing upgrades, we will be replacing all gas meters connected to FortisBC gas customers' homes with a modern advanced meter (see image below) over the next few years.

What are the Customer impacts?

The replacement work will take about one hour per home and occur Mon-Fri between the hours of 8:30 a.m. – 4:30 p.m. In some circumstances, the FortisBC technician may need to turn off the gas to your home during the meter exchange and relight impacted gas appliances in your home after the replacement.

Homes without FortisBC gas service will not be impacted.



The new meter will have future customer service benefits and safety enhancements that include:

Increased convenience

- Customers will be able to access information online about their daily gas use.
- We won't need to access customers' properties to read meters manually in most cases.

Safety enhancements

- We'll have the ability to disconnect gas remotely if we are made aware of an emergency situation such as a gas leak, wildfire, flood, tsunami or earthquake.

When is the Work Taking Place?

FortisBC will be starting the exchange work on TBD, with meter exchanges at approximately 103 homes to be completed by the end of TBD.

If a new Advanced Meter has already been installed at a property, FortisBC will be connecting it to our privately owned wireless network as part of the Gas Advanced Metering Infrastructure Project.

Notification has been provided to the Nation Housing Team in advance of any meter exchange activities.

How do the Meters Work?

The meters use ultrasonic technology (sound waves) to measure gas use, then send this information through a private wireless, low-bandwidth network. That means we'll no longer need to read most individual meters manually.

We appreciate your ongoing cooperation!

Regards,

FortisBC Indigenous Relations - AMI,
Brianna, William & Greg

Email: advancedgasmeters@fortisbc.com
Phone: 1-888-224-2710
FortisBC Energy Inc.



Scan here or visit
fortisbc.com/newgasmeters to learn more



Left: Existing Meter; Right: New Advanced Meter

Meter Exchange timeline: TBD will notify as soon as we receive the dates

NOTICE: FortisBC will be replacing gas meters connected to FortisBC customers' homes with NEW advanced meters.

There are several homes on the reserve that will have this upgrade; FortisBC will be reaching out by mail to notify customers.

For more information or if you have questions, please reach out to Paula Olmstead (Housing Officer):
paula.olmstead@sumasfirstnation.com



Hello! I'm Andrea

I am a Registered Nurse with the First Nations Health Authority, and part of the First Nations-Led Primary Care Initiative (FNPCI)

The First Nations-Led Primary Care Initiative (FNPCI) is a partnership between participating Nations, the First Nations Health Authority (FNHA) and the Ministry of Health (MoH). Services will incorporate First Nations knowledge, beliefs, values, practices and models of health and healing along with western-based clinical health practices.

Watch for more services coming through the FNPCI including: Mental Health Counselling, Traditional healing and wellness and harm reduction.



9:30 am - 3:00 pm
Every Thursday
Starting May 8, 2025

**At Sumas First Nation
Health Building**

- ✦ Health Promotion
- ✦ Chronic Disease prevention, screening and management
- ✦ Basic wound care
- ✦ Diagnosis education
- ✦ Advanced care planning and palliative care

Drop in, or call / email:

604-315-8740 / FS-SouthFNPCI@fnha.ca

If you are in crisis, please call the KUU-US crisis line at 1-800-Kuu-US17 (1-800-588-8717) or 9-1-1



Sumas First Nation Semá:th

2788 Sumas Mountain Road, Abbotsford, BC V3G 2J2

Telephone: (604) 852-4041 Fax: (604) 852-4048

Notice for Member Homes Furnace & Central Air Maintenance Information

Member Home New Central Air Unit & Furnace Responsibilities:

The maintenance of your Central Air Unit is your responsibility. Heat Pump/furnace filters must be replaced at least every three months.

For information on filters or a maintenance package quote,

please contact Meer Mechanical at 604-793-0169.

The Housing Department does not have the funding to repair or replace furnace/central air filters or units for member-owned homes.

Maintenance Guidelines:

- Keep your exterior Central Air Unit clean and free of debris, including blackberries, shrubs, plants, and garbage.
- Avoid placing any objects on or around the unit to prevent clogging or damage from leaves, branches, or cottonwood fluff.
- Any damage caused by neglect or obstruction is the homeowner's responsibility and can result in costly repairs.

Important Notice

If there is an issue with your furnace or air conditioning unit, and maintenance requirements have not been followed, the repair costs will be your responsibility. Regular maintenance is essential, as the Housing Department does not have the budget for these repairs.

For assistance or inquiries, please contact:

Nancy Murphy, Housing Administrator

Nancy.murphy@sumasfirstnation.com or 604-997-9500

Paula Olmstead, Housing Officer

Paula.olmstead@sumasfirstnation.com or 604-852-4041 ext 227



Free Clinical Counselling Available through Fraser Health

Dean Olenick, Indigenous Clinical Counsellor

Are you looking for safe and discrete clinical counselling sessions? Dean Olenick (BComm., MACP, RCC) is available to book through our very own Health Department. Services are available free of charge and are open to any member of Sumas First Nation.

Book a session quickly and easily by contacting Lori Stromquist (Community Outreach Worker).

**Contact
Info** —————>

Email: dean.olenick@fraserhealth.ca
Phone: (604) 316-35125



Semá:th
Sumas First Nation

Are you in need of trauma support?

We are here to help.

We have a team of dedicated and trained staff available to support you at any time. They specialize in trauma-informed care and are here to ensure you receive the help you need in a safe and supportive way. Whether you need guidance on next steps or access to resources, they will walk alongside you to help you access the support that you need.

If you are in need of support, please contact one of the following Sumas staff members:

Tracey Stewart (*Chief & Council Executive Assistant*)

tracey.stewart@sumasfirstnation.com

604-852-4041 ext. 203

Dionne Shaw (*Healing Homes Manager*)

dionne.shaw@sumasfirstnation.com

604-852-4041 ext. 217

Lyndy Silver (*Healing Homes Coordinator*)

dionne.shaw@sumasfirstnation.com

604-852-4041 ext. 216

Donna Blair (*Legacy Project Administrator*)

donna.blair@sumasfirstnation.com

604-852-4041 ext. 305

Join the

STÓ:LŌ BUSINESS DIRECTORY!

www.stolocf.ca



Community
Futures Stó:lō

Your free listing can include:

- Business contact information
- Link to website/social media
- Description of services
- Pictures and videos



This is a free business listing on the SCF website for businesses that are at least 51% Indigenous owned/controlled operating within the SCF service area, between Kwantlen First Nation and Yale First Nation, on both sides of the Fraser River!

Contact SCF Business Analyst, Shannon Smith, at 604-824-5278 or by email ssmith@stolocf.ca

Click below to learn more:

[Sto:lo Business Directory – Stó:lō Community Futures](#)

Classes, Drop-Ins, & SASET Programs



YOUTH DROP-IN

OPEN TO ALL INDIGENOUS YOUTH!

STOP BY THE DROP IN TO:

- DO LAUNDRY
- GRAB A SNACK OR COOK A MEAL
- CHARGE YOUR PHONE
- ACCESS **FREE** HYGIENE PRODUCTS AND CLOTHING
- SHOWER
- GET SUPPORT WITH JOB AND SCHOOL APPLICATIONS
- FIND RESOURCES AND GROUPS
- TALK TO A YOUTH WORKER

**OPEN EVERY
TUESDAY
&
THURSDAY
1 - 4:30PM**

#200 - 9345 MAIN ST.

CHILLIWACK

CHECK IN WITH RECEPTION!



QUESTIONS? EMAIL RAVEN!

Raven.Little@Xyolhemeylh.bc.ca

Indigenous Labour Market Information (ILMI) Survey



**\$50 GIFT CARD
FOR EVERY
COMPLETED
SURVEY!!**

Responses are confidential, surveyor must be over the age of 15, no SIN required and only takes 15 - 30 minutes to complete!

Can be done at one of our offices or request an email link to complete it at home!

info@saset.ca

REQUEST
SURVEY HERE



Canada 

Benefits of the LMI Survey:

- Providing essential skills
- Linking you with exciting careers
- Creating real change
- Investing in our youth
- Offering vital information for growth
- Educating our communities
- Discovering our strengths

SASET—Chilliwack Office
5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

SASET— Sts'ailes Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-2116

SASET—Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6867