



Temthéqi *Sockeye salmon time*

Temthéqi
Aug 16 – Sept 14

The eleventh month, around August, is called Temthéqi – sockeye salmon time because of the run of sockeye salmon bound for the Adams River which passes the Upper Stó:lō area in August.

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.



Canning Day Photo Recap

Details on page 2!

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Sept. 1: Closed for Labour Day
Sept 30: Closed for the National Day for Truth & Reconciliation

Community Canning Day

On August 18th, the community gathered to participate in canning together. We had the biggest turnout in recent memory and canned over 300 salmon together! Everyone got to take home freshly canned salmon and connect through a day of culture and community.

A huge thank you to everyone who helped!





August Highlight Event

August 2025







Department Updates

You're Invited! Join SXDL Sept 25 for the Tilapia & Tourism Dinner with SXDL

Share a meal featuring locally raised tilapia from the fish farm!

Bring your voice – we look forward to hearing your thoughts on future tourism developments.

Interested in Touring Our Fish Farm?

Another fish farm tour is coming, and we would love to know who's interested!



If you'd like to take part, **please email dale.ganzeveld@sxdl.ca** so we can reach out to you directly once planning begins. We are planning far in advance to help ensure a good experience for everyone.

Sept 25, 2025

5:00 pm– 7:00 pm
Sumas First Nation
Community Hall



Follow Us on
LinkedIn!



Hover over the QR code using your phone's camera, then click the link.



Calling All Sumas First Nation Entrepreneurs!

We're building a **Qualified First Nation Resources List** to highlight and support member-owned businesses. This is a great opportunity to showcase your services and connect with future projects and partnerships in the community.

If you are a band member who owns a business and would like your business to be included, please reach out to dale.ganzeveld@sxdl.ca



Busy Bear Club Preschool Newsletter: August Highlights and Looking Ahead to September

We've had a fun and busy August — and now we're heading into September! Summer has flown by so quickly.

We're excited to share that our speech and language pathologist, Chelsea Van Tol, will continue visiting us in person throughout the upcoming school year. We feel so privileged to have her support — she has been a wonderful resource for our children and families.

Looking ahead, we have field trips coming up in October! We'll be heading back to Aldor Acres to see the animals and explore the pumpkin patch — always a favourite with the kids!

This month, we also said goodbye to our children heading off to kindergarten. We'll miss them but wish them all the best as they start this exciting new chapter!

Important Dates

Monday, Sept 8: First Day of Preschool

Thursday, October 2: First Day of Afterschool Club



Busy Bear Club Preschool Newsletter: Afterschool Club Registration

Our Afterschool Club is starting up again in October!

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.

Busy Bear Club Preschool Newsletter: 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.

We look forward to attending the Elder Luncheons and visiting Rae's Farm as part of our cultural programming – our children always enjoy these experiences so much!

Community Engagement Session – October

We are planning a community engagement session in partnership with the BC Aboriginal Child Care Society. There is funding available, and we want to hear from you!



Community Engagement Session – October (Cont'd)

The preschool would like to engage with Elders and community members to gather your feedback about what you would like our early learning and child care programs to look like.

Your voice will help us shape programs that reflect our values, culture, and community needs — now and for future generations.

We'll send out the session dates soon through our communications officer. There will also be door prizes and gift cards for completing the survey, plus a delicious meal to enjoy together.



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

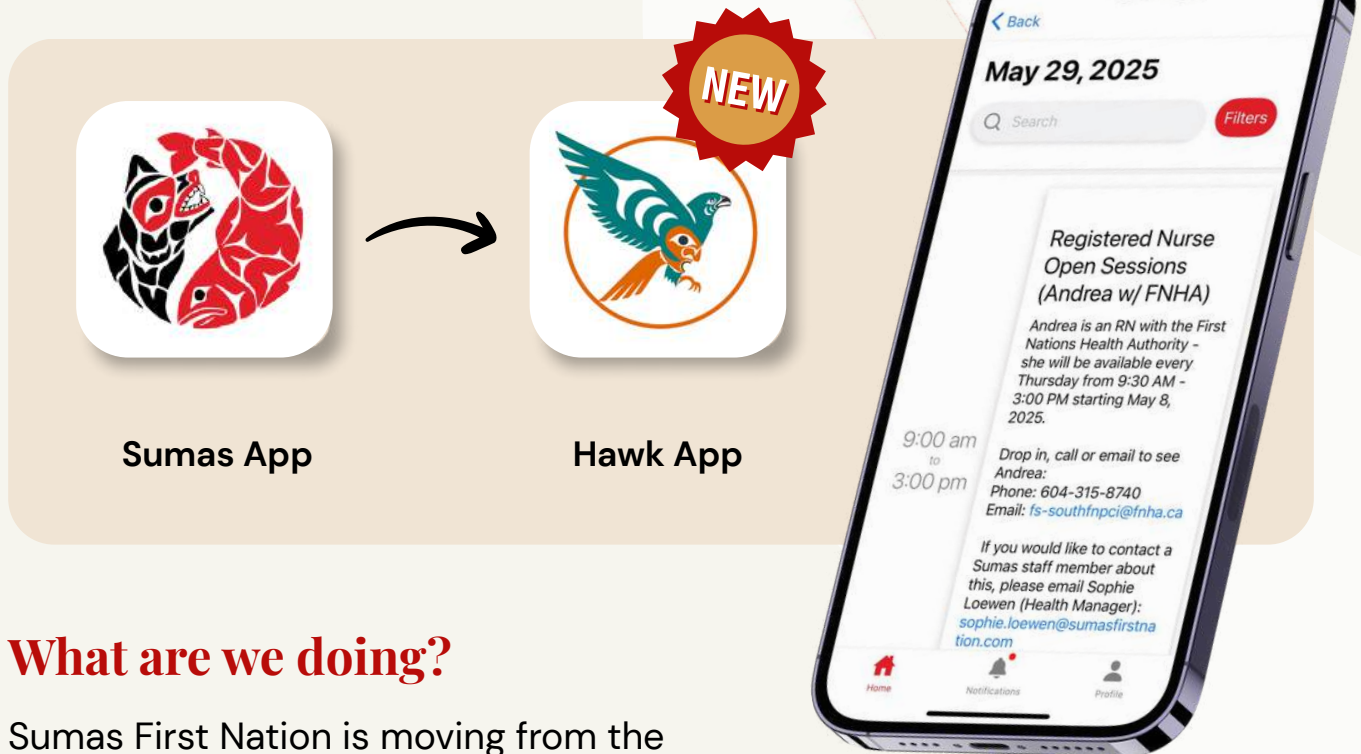


We hear you!

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

COMMUNITY YARD SALE

September 6th & 7th

10am – 4pm

Martin Way, Abbotsford

Electronics, Toys, Clothing, Baked Goods, Artisan
Crafts and much more...





Semá:th
Sumas First Nation

Traditional Medicine Classes

with Dr. Jeanne Paul

Goals of the Medicine Classes:

- Define Traditional use of the Herbs of that Season
- Learn one Body System related to the Season of the Herbs.
- Learn the Disease process
- Learn the Chemical Constituents of the Herbs.
- Study the herbal terminology, contraindications and its properties.
- Learn the Menstruums which extract the Medicines from an Herb.
- Learn how to create a Formula and Dosages.
- Learn to make a Final Product as a Cream or a Spray.

Dates & Times

June 17, 8:30 AM – 4:00 PM
July 15, 9:00 AM – 12:00 PM

Aug 12, 8:30 AM – 4:00 PM
Sept 9, 9:00 AM – 12:00 PM

Meet at 6014 Vedder Rd
#27, Chilliwack, BC V2R 5M4
(Tim Hortons Vedder
Crossing)

Supplies to bring to class:

- Clippers/Scissors/Loper
- Baggies large enough to hold leaves, branches, roots. Label each bag.
- Snacks/water (lunch provided).
- 3 ring binder to hold notes/index sheets of A,B,C, etc. Bring note paper pens/felt pens/ labels for your jars
- Cutting board, a sharp knife, scissors. Bring a Laundry basket to hold your Medicines and herbs to bring home.

Register

Please email Dionne Shaw (Healing Homes):
dionne.shaw@sumasfirstnation.com



PRODUCE DAY

FRESH FRUIT & VEGGIES

Monthly Produce Hampers. This is open to ON and OFF Reserve Members while supplies last. This will be set up for you to choose and pack your own hampers. If you can not make it, you can request a family member to pack a hamper for you.

BRING YOUR OWN BAGS

WEDNESDAY

SEPT 10TH

ELDER'S PICK UP 1:30-2:00PM

COMMUNITY PICK UP 2:00-4:30PM

Community Health Meeting

Tuesday, Sept 16 | 5-7 PM

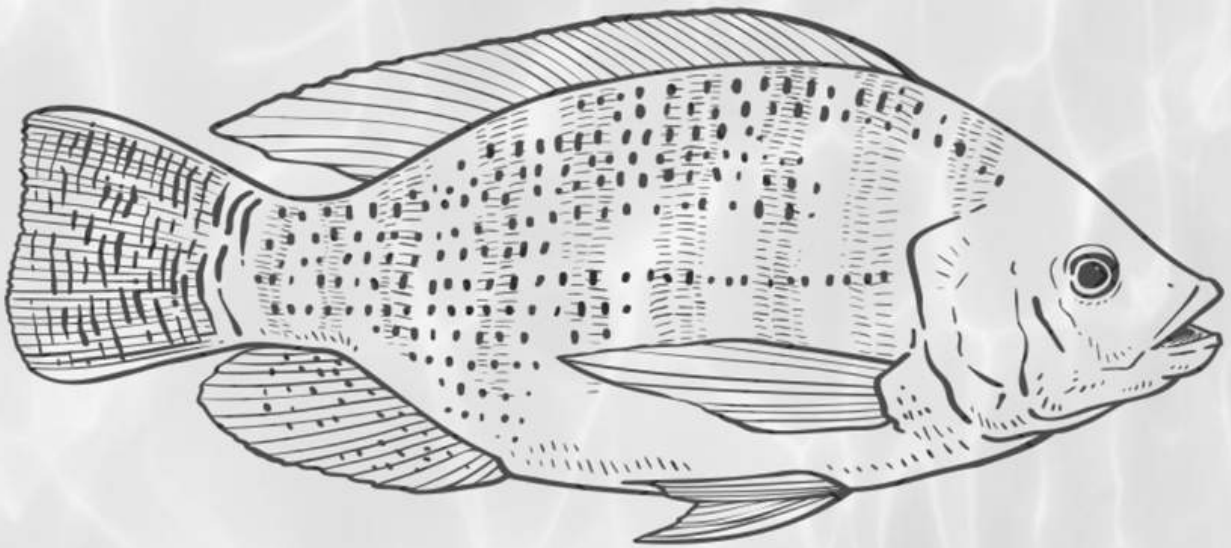
Join us for a meal and discussion about community health. Bring your ideas for creating a better and healthier community!

Dinner served at 5:00 PM; meeting to follow.



Tilapia & Tourism

Dinner Provided - Tilapia from our local fish farm



Sept 25 | 5-7PM | Sumas Community Hall

A Community Dinner & Conversation
Bring your ideas. Bring your appetite.

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

Ki?su?k kyukyit,

Thank you to those who have reached out requesting permission or seeking guidance on harvesting and hunting in ?amak?is Ktunaxa. We recognize that expectation and protocols need to be shared to those visiting ?amak?is Ktunaxa. At ?aqam we recognize our responsibility to preserve, protect and exercise Ktunaxa rights and title and the need to communicate externally how we are doing that.

The health of the Ktunaxa Nation relies on the health of the ?amak & wu?u (land and water), and the natural resources in our territory are a vital part of that health and well being. Practicing the principles and values in our Ktunaxa Land Declaration (2025), ?a·knumu?tilil (Ktunaxa law), covenant with the Creator, and our own Ka Kni?witiyala (community strategic plan) we wish to communicate that we are exercising our Ktunaxa stewardship rights and responsibilities to maintain and protect our sacred resources, as many of these are integral to our Ktunaxa culture, ceremonies, and well being. This notice is pursuant to federal legislation under Section 35 of the *Constitution Act* (1982), Articles 4, 5, 11(1), 12(1), 24(1), 25, 26(2), 29(1) and 31(1) of the *United Nations Declaration on the Rights of Indigenous Peoples* (UNDRIP) and the provincial *Declaration Act* (2019).

Many of the resources in our territory have been significantly impacted in recent years. Cumulative effects from poor harvesting practices, drought, and wildfires are negatively impacting our lands. Out of respect for, and in alignment with, our responsibilities as Ktunaxa people we are not supporting any further harvesting of plants and resources (including, but not limited to tipi poles, berries, mushrooms, or traditional medicines). At this time we are continuing to issue hunting permits to indigenous hunters on an annual basis and it is our intent to continue that practice.

Guided by ?a·knumu?tilil, our covenant with the Creator: yaka? hankatihilki na ?amak, (our people care for the land, the land cares for our people), and the responsibility for ?a·kxamis qapi qapsin (All Living Things), ?aqam is taking time to ensure that our resources and harvesting practices within ?amak?is Ktunaxa reflect care, balance, and long-term sustainability.

We appreciate your understanding and will update our website once we've had the time and space for our internal reflections and planning. In the meantime, we suggest continuing to reach out to our Lands Department for any possible exemptions.



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

CULINARY ARTS PRE-TRADES PROGRAM



September 8, 2025

Course Includes

Certificates: FoodSafe, First Aid Level 1, WHMIS & WCB Awareness

- Occupational Skills
- Stocks, soups and sauces
- Vegetables and fruits
- Starches
- Meats & Poultry
- Seafood
- Garde-mange
- Eggs, Breakfast cookery and dairy
- Baked goods, desserts and beverages
- Basic kitchen management
- Two week practicum placement

Are you an Indigenous, Metis or Inuit individual residing in the SASET catchment area who has an interest in the cooking profession?

If so, contact a SASET Employment Counsellor to apply



Canada



SKILLED TRADES BC

This program is funded by the Government of Canada and the Province of British Columbia.

UFV

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

SASET— Sts'ailes Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-5536

SASET—Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6866



CARPENTRY

FOUNDATIONS

September 8, 2025 to March 20, 2026



Are you interested in learning the skills that form the backbone of the construction industry? Our Carpentry Foundations Training Program is designed to provide you with hands-on experience, essential techniques, and the confidence to start a successful career in carpentry.

Concurrent studies option!

The Carpentry program is located at the Trades & Technology Centre at the Canada Education Park in Chilliwack. Classes and shops may be scheduled 8am-3pm, Monday to Friday.

What You'll Learn:

- Reading and interpreting drawings
- Using specialty equipment
- Site and building layout
- Building concrete forms
- Framing a building
- Finishing internal and external details

Check Out SASET.CA or Contact Us At:

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

SASET— Sts'ailes Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-5536

SASET—Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-686

Canada 