



Temqwá:l *Mosquito time*

Temqwá:l
July 18 – Aug 15

The tenth month, around July, is called by any of three names: Temqwá:l – mosquito time; **Epolestel** – the tenth month; and at Yale it can be called **Temchalhtel** – time to wind dry fish.

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.



Thunderbird Caves Hike Photos & Recap

Details on page 2!

Navigate:

Page

Thunderbird Caves Hike Photos	2
Department Updates	3
Community Events & Programs	15
Community Notices	23
Classes, Drop-Ins, and SASET Programs	35



**August 4th: SFN Offices will be CLOSED
for BC Day**

Thunderbird Caves Hike

On July 10th, a group of staff and members hiked up to Thunderbird Caves, a sacred Semá:th site. Chris Silver graciously guided us and educated our group about the local plant materials and shared stories of the mountain and the ancestors. Thank you also to Donna B. for coordinating and planning the event.

Thanks to everyone who participated – we're excited to do this again!



Department Updates

Join us August 10 for the Weir Grand Opening!

Date: August 6, 2025

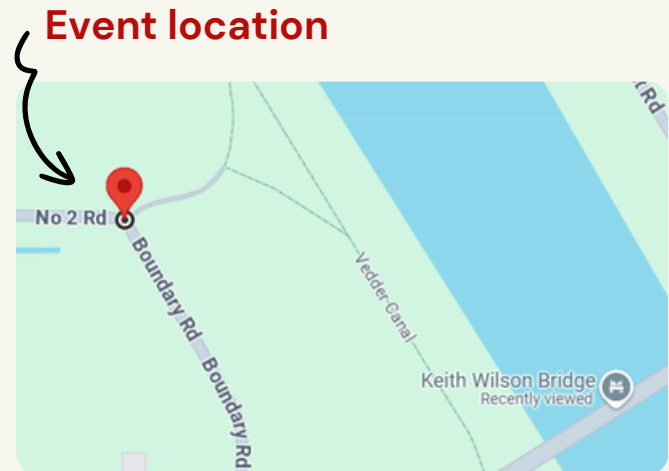
Time: 10:00 AM – 2:00 PM

Location: please park where Boundary Rd meets No. 2 Rd

Join us August 6th from 10am–2pm at the Weir Scientific Platform Site! We invite you to join us in celebrating the land we're conducting this scientific research on, preparing for the remainder of the season and starting the work in a good way. Our Natural Resources team will be on-site to answer all of your questions about this work.

We will have lunch and door prizes – make sure you join us for this fun and educational event!

This event info is also available on the Hawk App and in our Facebook Group. If you need more information, please email Chantel H (Communications Officer): communications@sumasfirstnation.com



Skagit River Headwaters Trip: July 10/11, 2025

On July 10th, 2025, a group of guardians and researchers assembled in the Skagit River headwaters as part of a project led by the Sto:lo Resource and Research Management Centre.

Surrounded by EC Manning Provincial Park to the east and Skagit Valley Provincial Park to the west, the project area is located in the area of Silverdaisy Mountain and was excluded from protection during the parkland creation process due to an active mining tenure. The mine has since closed, the tenure lapsed, and the project led by SRRMC is to create a vision for the long-term management of the area.

One idea proposed is to designate the area as an Indigenous Protected and Conserved Area (IPCA) which would give First Nations a lead role in the stewardship of this land. The July 10th trip was intended to bring people together to spend some time on the land, build our connection to each other and to the land, and start the conversation between partnering Nations and organizations about our vision for the future.



Skagit River Headwaters Trip: July 10/11, 2025

A high point of the trip occurred late in the evening, sitting around the campfire as guardians from the S'olh Temexh Guardians and the Lower Nicola Indian Band passed a drum back and forth to share songs, which led into a long conversation about our collective vision for the land and the lessons we learned throughout the day. The following day, we set wildlife cameras and acoustic recording units to monitor wildlife, paid a visit to the old mine site, and departed feeling invigorated and looking towards the future.

The group will meet again later in the summer to discuss our next steps.



Nurse Practitioner Location Updates

Due to the closure of the Sumas Health building the Fraser Health NPs, Lianne & Jamie, will be seeing patients at the **Abbotsford Primary Care Access Clinic on #100- 2296 McCallum Road.**

<https://www.fraserhealth.ca/Service-Directory/Locations/Abbotsford/abbotsford-primary-care-access-clinic>

To book an appointment call 604-870-7557.

For any Walk-ins at Sumas on Wednesdays – Sandy can contact the Abbotsford Primary Care Access Clinic to find out available times.



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: July Wrap-Up & August Preview

We've had a fun and full July — and now we're heading into August!

It's hard to believe summer is already winding down. August is our final month before preschool starts up again in September, and we're looking forward to making the most of it!

Our speech and language pathologist, Chelsea Van Tol continues to visit us weekly during the summer to work with our little ones, and we are so grateful for her.

We were excited to take our Infant and Toddler class on a field trip to the Vancouver Aquarium! Our little ones were fascinated by all the sea life, especially the fish. A big thank you to all the families who joined us—your presence helped make it a very special day!

Important Dates

Please note that we are closed August 4th for BC Day

We re-open with regular hours August 5th



Busy Bear Club Preschool Newsletter: July Wrap-Up & August Preview

With sunny days ahead, we'll be prioritizing sun safety and water play safety as we enjoy sprinklers, popsicles, and outdoor fun.

Please note that August is also a busy vacation month for staff, and our kindergarten children will be with us for just one more month before they move on to their next adventure.

We're excited to share that we'll be planning a special field trip for our 3–5-year-old program this August! We can't wait to head out on this fun summer adventure with the children and create wonderful memories together. Details about the destination and schedule will be shared with families soon.



Busy Bear Club Preschool Newsletter: July Wrap-Up & August Preview

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.”

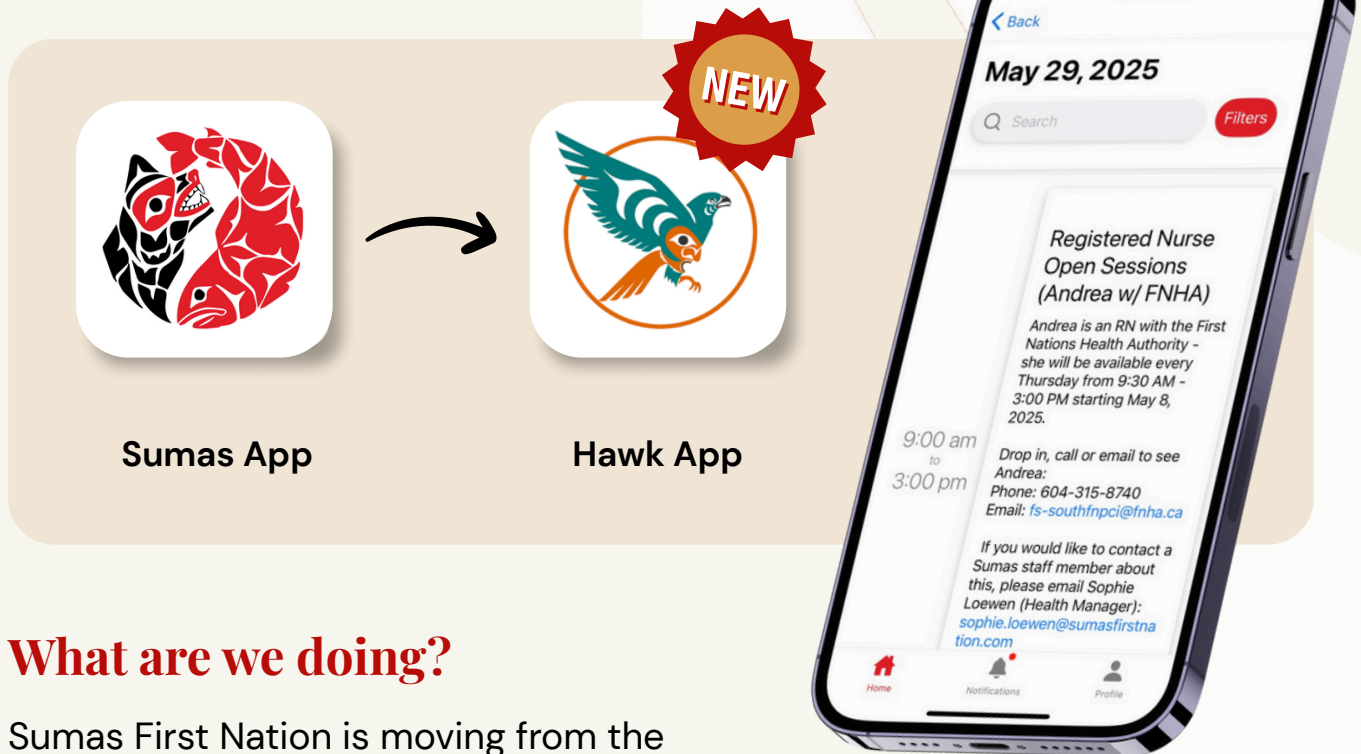


We hear you!

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

AUG 2025

PRODUCE DAY
AUGUST 19TH



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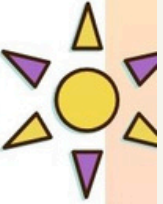
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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SUMMER EVENTS

Sorry We're CLOSED

ISWIM SCHOOL SWIMMING LESSONS

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

Abby Dance Centre
HIP-HOP GROOVE WEEK

Abby Dance Centre
HIP-HOP GROOVE WEEK

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Abby Dance Centre
HIP-HOP GROOVE WEEK

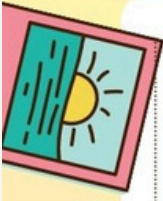
Aldergrove Water Park

REPLAY SCOOTER CAMP
AUGUST 11-14TH

Cultus Lake Waterslides

NOTES:

- ISWIM SUMMER LESSONS JULY 21TH-25TH AGES 6-12 YEARS OLD, BRONZE AND SILVER LEVEL - 12 STUDENTS MAX K-6 (\$1R-12YR)
- REPLAY SCOOTER CAMP - AUGUST 25TH - 28TH AT MC MILLAN SKATE PARK - 12 STUDENTS MAX K-6 (\$1R-12YR)
- ABBOTSFORD DANCE CENTRE SUMMER CAMP- AUGUST 18TH-22ND - 10 STUDENTS MAX K-6 (\$1R-12YR)
- GEM ATHLETICS SUMMER CAMP AUGUST 11TH - 15TH - 15 STUDENTS MAX K-6 (\$1R-12YR)



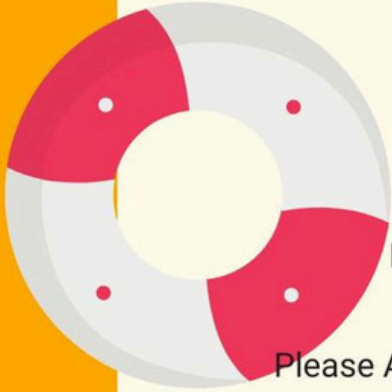
29
AUG



OTTER COOP OUTDOOR EXPERIENCE

**27032 FRASER HWY, ALDERGROVE,
BC V4W 3P6**

AUG 29TH @ 10:00AM

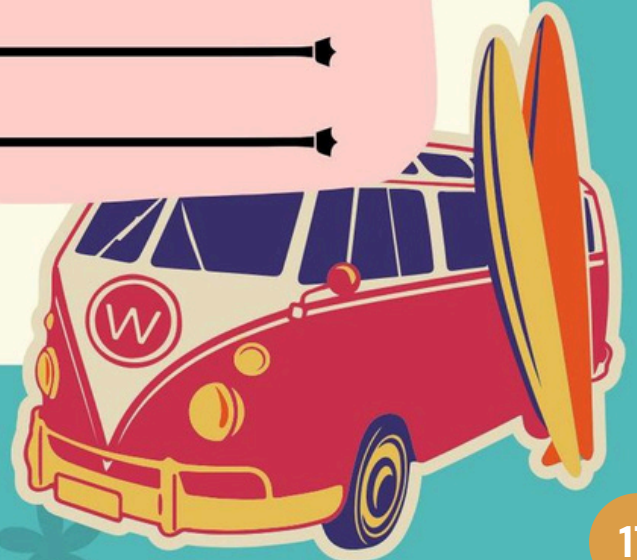


Due to ticket restrictions, this event is limited 60 people

Please Arrive at the venue by 10:00 am Sharp. We all have to enter as a group. Latecomers will not be permitted entrance.

name & age

Four horizontal lines with arrowheads at both ends, intended for writing names and ages.





August



Important Information:

There are two cultus lake events. This Form is for the August date.

Please return this form by July 2nd.

Parents/Guardians are responsible for transportation and supervision of all children in their care.

If you require any additional information, contact Alana James 604-852-4041 ext. 202 / alana.james@sumasfirstnation.com

Saturday August 23th

10:00am At Cultus Lake Water Park

A Maximum total of 100 Tickets will be purchased.

Driver:	Contact Info:
Name:	Age:



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

Canoe Journey: Paddle to Elwha

July 21 – August 5, 2025

We are tentatively planning our summer canoe journey for July 21 – August 5, 2025.

Please email Lyndy Silver (Healing Homes Coordinator) to register or to get more information:
lyndy.silver@sumasfirstnation.com



✂ Must bring birth certificate and status card

These documents are required for crossing the border.

✂ FREE - no fee for participating

✂ Open to youth ages 18+

Youth younger than 18 are welcome to participate, but must be accompanied by a parent/guardian/adult family member.

✂ All meals, gas, and transportation covered for participants 18+

If you are accompanying a youth under 18, you may be required to provide your own transportation. Please mention this when inquiring to make sure.

Information & Registration:

Please email Lyndy Silver (Healing Homes Coordinator):
lyndy.silver@sumasfirstnation.com



War Canoe Training & Racing



Training: 13 & Under Group

- Tuesday & Thursday, 5:30–7 PM
- Cultus Lake Boat Launch Area
- Parents are encouraged to attend with their children*

Training: 16+ Group

- Monday–Friday, 5:30–7:30 PM
- Cultus Lake Boat Launch Area

Please note that there is limited parking at the Cultus Lake Boat Launch site. Additional parking is available at the Main Beach lot.



To register, please email Barb Kelly:
barb.kelly@sumasfirstnation.com

What to bring

- Water shoes
- Life jacket
- Towel
- Change of clothes



Training starts April 1st | Races start May 3rd (flip for races)

War Canoe Racing Schedule

Spectators welcome –
please come and cheer on
our Semá:th Warriors!

May 2025

May 3-4	OPEN	
May 10	Penn Cove	Coupsville, WA
May 10-11	Stzuminus	Chemainus, BC
May 17-18	Pilalt Days	Skwah (Chilliwack Landing), BC
May 17-18	Tulalip Days	Tulalip Sports Complex, WA
May 24-25	Seabird Island Days	Seabird Island (Agassiz), BC
May 31-June 1	Nooksack Days	Bloedel Donovan Park, WA

June 2025

June 7-8	Cultus Lake Water Sports	Cultus Lake, BC
June 13-15	Musqueam	Musqueam Cultural Centre, BC
June 20-22	Stommish Water Festival	Lummi, WA
June 28-29	Sasquatch Days	Harrison Hot Springs, BC
June 28-29	Tsawout	Tsawout, BC

July 2025

July 5-6	Ambleside	Ambleside Park, West Van., BC
July 4-6	Whey-Ah-Whichen Festival	Cates Park, Tsleil-Waututh, North Van., BC
July 11-13	Sqewlets	Squawkum Park, Harrison Bay, BC
July 19-20	Quw'utsun	Cowichan Bay, BC
July 26-27	Snuneymuxw Water Sports	Snuneymuxw (Nanaimo), BC

August 2025

August 2-3	Geronimo Days	West Saanich, BC
August 9-10	Snaw-naw-as	Nanoose Bay, BC
August 9-10	Swinomish	LaConner, WA
August 16-17	Chief Seattle Days	Suquamish, WA
August 22-24	Makah Days	Neah Bay, WA

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

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



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



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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
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Canada 

Job Opportunities