



Temqwá:l *Salmonberry 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.

Temqogo; Temt'á:mxw *High water time; Gooseberry time*

Temqogo;
Temt'á:mxw
Jun 18 - Jul 17

The ninth month, around June, is **Temqogo** – high water time, when the rivers are high with melted snow water. Another name, less common, is **Temt'á:mxw** – gooseberry time.



Salmon Ceremony (June 19) Recap and Photos

Event details on page 3!

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July 1: CLOSED for Canada Day

Thank you to all of our members and coordinators for your work at the June 19th Salmon Ceremony

The community celebrated this special event with the hard work and help of our fishers, cooks, coordinators, and cultural leaders. Thank you to everyone that helped make the day and ceremony a success!



Salmon Ceremony (June 19)

July 2025





Department Updates

Upcoming Natural Resources Events

Sandbagging: July 18, 2025

Time: 10:00 AM – 2:00 PM

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

Join us July 18th from 10am–2pm at the Weir Scientific Platform Site! We invite you to help us fill the sandbags that will be used in the upcoming installation process. We are working on organizing honoraria for community member volunteers (16+) – details to come! We will also be providing food and drinks for all volunteers.



Sonar Site Setup: July 7 (tentative)

Time: TBD

The Natural Resources team will be setting up the ARIS Sonar site on the Chilliwack River, which runs until mid- or late-August (end date is dependent on the number of fish we see moving upstream).



2024 Conservation, Guardianship, and Harvest Plan Report and Updates

Our Natural Resources team is wrapping up the 2024 report for the Conservation, Guardianship, and Harvest Plan work, for year five. This executive summary refers to the ARIS Sonar site that our Natural Resources team manages:



*“For the fifth consecutive year, a single Adaptive Resolution Imaging Sonar (ARIS) was deployed under the Vedder Crossing Bridge in the Sumas-Chilliwack River. The feasibility of using ARIS to assess adult salmon (*Oncorhynchus* spp.) passage was previously evaluated for in-season, daily fisheries management, demonstrating its effectiveness in estimating passage across all tidal stages. Building on these past efforts and utilizing methods tested and proven in 2021, our fifth year of study focused on refining and repeating standard methodologies for long-term monitoring. Key objectives included improving project logistics and optimizing data processing, analysis, and reporting. To enhance efficiency, we also explored semi-automated methods for counting ARIS fish images, comparing them to manual tracking. During the summer census period, from July 14, 2024, to August 15, 2024, a total of 20,368 fish were estimated to have travelled upstream past the ARIS sonar site using manual counting. Using automatic counting, we estimated 16,608 fish, which included 586 large fish (Chinook) and 16,022 medium/small fish (Sockeye).”*

The full report will be available soon – stay tuned!

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

We want to Thank you for attending the first annual SXDL Job Fair!

We're grateful for the amazing turnout and community support. It was a great opportunity to connect local talent with exciting career paths. We look forward to continuing this tradition and hosting Job Fairs in the future to share opportunities, foster growth, and build a strong, self-sustaining future for our community.

If you would like to be emailed about future events that SXDL is hosting please email Dale.Ganzeveld@sxdl.ca



Sumas Elders Updates: Annual Distribution (from June)

Notice for Sumas Elders: Annual distribution EFT payments were sent out on Friday, June 20th. For those who receive cheques, they were mailed out if not picked up by Friday, June 27th. If you have not yet received your cheque, please contact our finance department – please email our finance department.

Please email our finance department if you have not yet received your payment: finance@sumasfirstnation.com

Distribution Cheques

Distribution cheques will be ready by July 18th. Please do not call the office about cheque status before then as we are working on the Distribution. Updates will be posted once cheques are ready for pickup – thank you for your patience!

This includes both physical mailed cheques, and EFT (direct deposit) payments.

Thank you for your patience!



Member Contact Information Updates

Just as general reminder to all, if you or loved ones have moved in the past year please reach out to Amber in the Membership Department to update your mailing address and contact information!

If you have questions or concerns, please reach out to Amber Ned (Education and Membership Programs Coordinator)

Email: amber.ned@sumasfirstnation.com

Phone: 604-852-4041 (ext. 107)



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

We've had a very full and exciting June — and now we're heading into July! It's hard to believe our preschool year has come to an end. Preschool will resume in September, along with our Afterschool Club.

Our preschool graduation ceremony was very special—thank you to everyone who attended and helped make it memorable.

Our speech and language pathologist, Chelsea Van Tol continues to visit us weekly to work with our little ones, and we are so grateful for her. She will be continuing to support our children in the summer months as well.

We had the daycare professionally sanitized in June on a Saturday. This is something we plan to implement on a regular basis.

We just want to say thank you for the opportunity for our children to sing at the Salmon Ceremony. We were very proud of their strong and confident voices.



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

July is shaping up to be a fun-filled month! Here's a quick look at what's coming up:

- Family BBQ: We're planning a special family BBQ complete with a bouncy castle and fun summer activity kits. Stay tuned for more details!
- Center Field Trip: We're excited to take a trip to the Greater Vancouver Zoo in July. All details will be shared in our in-house newsletter and the Lillio app.
- Summer Safety: 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 July is also a busy vacation month for staff, and our kindergarten children will be with us for just two more months before they move on to their next adventure.

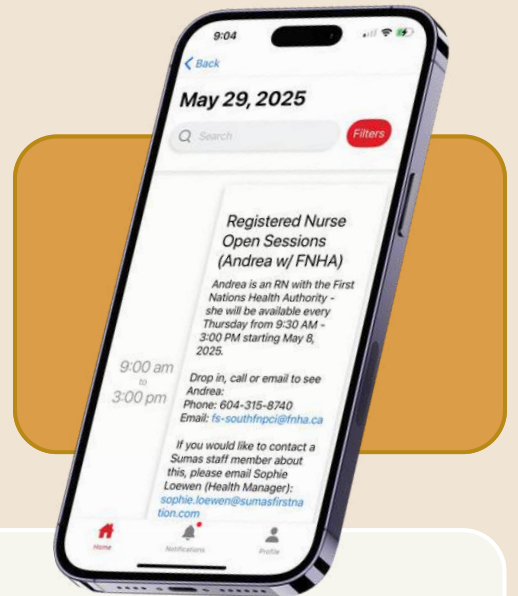
We're looking forward to a joyful and safe summer together!

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



It's July!

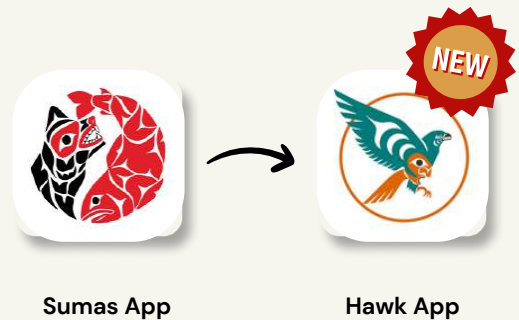
We have several key updates to the Communications Department this month. **These changes are being made based solely on valuable feedback from the community!**



New App: Hawk Communications

We will no longer be using the Sumas App (the app will no longer be available as of June 30th, 2025).

Instead, we are moving to a NEW app: Hawk Communications. All of the information for the NEW app is on the next two pages.



Hawk App Info Session, Registration, and Dinner

Join us for an informative, in-person presentation and information session with LIVE help getting our new Hawk App!

You'll get information from a Hawk staff member, plus help getting the app downloaded and set up on your phone. We'll also have dinner, door prizes, and more.



July 14th,
5–7pm

Sumas
Community Hall



Hawk App Community Gathering

Registration, Info Session, and Dinner

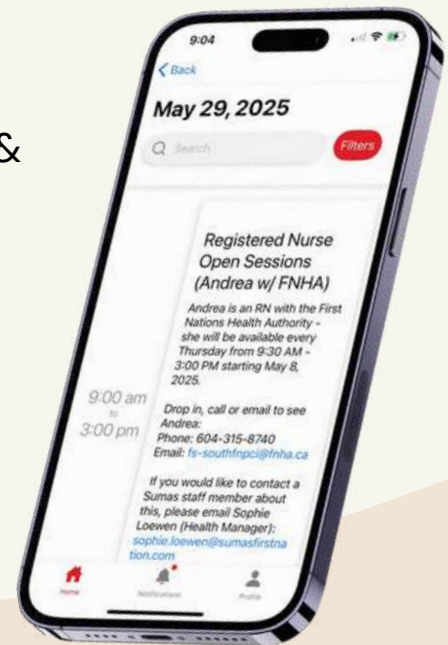


 **July 14, 5-7pm**

 **Sumas Community Hall**

Please join us for dinner, a brief info session, & **in-person registration and help** for our new Hawk App!

The Hawk App is a communications app that is available on your cell phone or tablet. It shows community events, calendar, job opportunities, & more.



Event Agenda

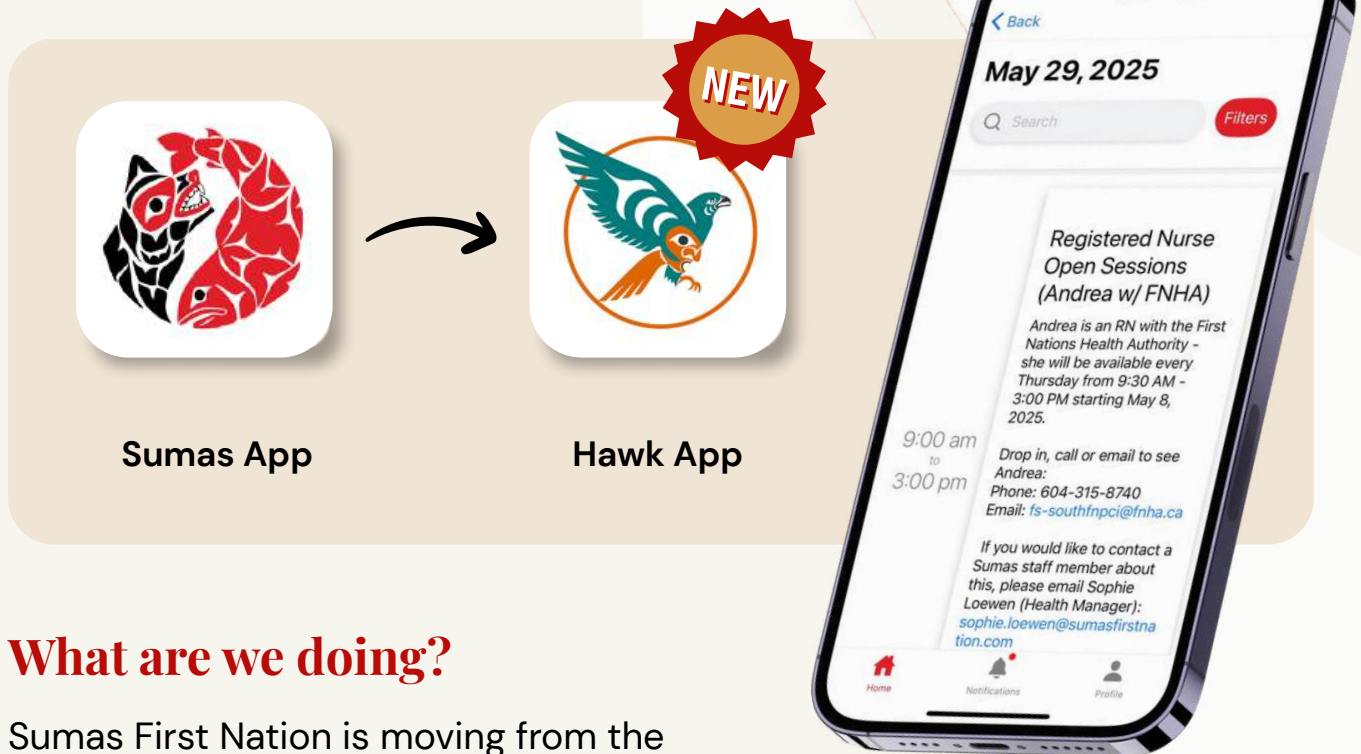
4:45 pm	Doors open (please sign in)
5:00 – 5:45 pm	Opening remarks & dinner
5:45 – 6:45 pm	Information & registration booths open. Learn more and get in-person help registering for the new app. Information Booth: Michelle with Hawk Registration Booth: Chantel with Sumas
6:45 – 7:00 pm	Draw for door prizes & closing remarks

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

JULY 2025



SUMMER EVENTS

Friday

Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

PRODUCE DAY
JULY 15TH



PLAY LAND 6



13



20

ISWIM

21

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ISWIM SCHOOL SWIMMING LESSONS



14



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31



1

NOTES:

- SUMMER SCHOOL WILL RUN FROM JULY 7TH -11TH ON MONDAY, TUESDAY, WEDNESDAY, AND THURSDAY OF EACH WEEK. IT WILL BE HELD AT IRENE KELEHER ELEMENTARY SCHOOL 9:00-2:00PM- BUSING WILL BE PROVIDED. EMAIL AMBER.NED@SUMMIFIRSTNATION.COM
- ISWIM SUMMER LESSONS JULY 21TH-25TH AGES 6-12 YEARS OLD, BRONZE AND SILVER LEVEL
- GEM ATHLETICS SUMMER CAMP JULY 28TH - AUGUST 1ST - 15 STUDENTS MAX K-6 (5-12)



GET READY FOR FUN

BEAT THE HEAT BINGO!!!

GAME - PRIZES - FUN

Join Us For an Evening of Fun, Games and Tips
At The Beat the Heat Bingo!

-  **2nd July, 2025**
-  **Start 4:30 - 6:30 pm (Dinner @ 5:00pm)**
-  **Sumas First Nation Community Hall**

**Hosted by: Sumas First Nation Emergency
Management Department**



PLAYLAND

Sunday, July 6TH



- Return forms by Friday, JUNE 20TH
- Only a Maximum number of **80 TICKETS** will be purchased for this event. Due to the limit, priority will go to SFN Members first.
- Tickets will be available for pick up on Wednesday July 24th.
- Parents/Guardians are responsible for transportation and supervision of all children in their care.
- Email Alana.James@sumasfirstnation.com for more information.

Chaperone:	Contact #:
Driver:	
Names:	Age:

11
JULY



OTTER COOP OUTDOOR EXPERIENCE

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

JUL 11TH @ 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.





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

Private 2 hour Rental at Play Abby

Thursday July 18th, 2025, between 6:30pm-8:30 pm

- Dinner will be provided
- UNLIMITED LASER TAG for all ages
- All children must be accompanied by a Parent or Legal Guardian.
- All children must wear socks.

Please return sign up sheet to Alana @ SFN Health Building. For any more information contact Alana, alana.james@sumasfirstnation.com



Name/Chaperone:	Contact info:



JULY



Important Information:

There are two cultus lake events.
This Form is for the JULY 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 July 19th

10:00am At Cultus Lake Water Park

A Maximum total of 100 Tickets will be purchased.

Driver:	Contact Info:
Name:	Age:

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








DIY Air Filter Workshop

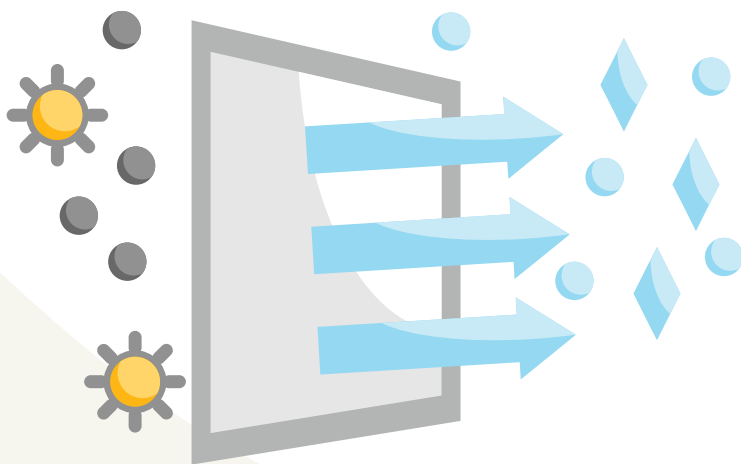
Build DIY air cleaners that improve air quality!

Participants will be provided with all of the materials required to build your air cleaner. You will be able to take your new air cleaner home for free at the end of the workshop!

Register now! We only have 10 spots available for this workshop, so please sign up asap if you're interested. **To register, please email Sasha Tuttle** (Environmental Compliance Officer): sasha.tuttle@sumasfirstnation.com



-  July 24, 2025
-  5:00 – 7:00 PM
-  Sumas Health Building Boardroom



*In partnership with **First Nations Health Authority** and **Simon Fraser University's Building Resilience to Airborne Threats and Heat Events (BREATHE)** team.*



COMMUNITY HEALTH MEETING

PRIZES!!!

LET'S HEAR YOUR IDEAS TO CREATE A BETTER
AND HEALTHIER COMMUNITY

EMPOWERING OUR COMMUNITY WITH COMPASSION, COLLABORATION AND
CARE.

FOOD!!!

MONDAY JULY 28 2025

DINNER AT 5:00PM

MEETING AT 6:00PM

📍 COMMUNITY HALL

TRIVIA!!!

WINGERZ
FOOD TRUCK






LET'S DO THIS





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



First Aid Level and Food Safe Training at Yale FN!

June 26 and 27, 2025

Are you an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area

If so... we are presently accepting applications for this training opportunity. There are a limited number of seats, so don't delay in scheduling an appointment with your Employment Counsellor!

Training will take place at
Stullawheets
26106 River Road,
Hope BC VOX 1L3

June 26th & 27th, 2025
8:30 AM TO 4:30 PM

Canada



TO APPLY PLEASE CONTACT SASET

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: 604-796-6865



Summer Certificate Week

Seabird Island

July 7 - 11, 2025
9:00am to 3:00pm

2812 Chowat Road Room #8
Agassiz, BC

Want to Register? Contact Us

 info@saset.ca

Course Includes

- First Aid
- WHMIS
- Food Safe
- And so much more!!



Lunch Provided!!



SASET—Chilliwack Office
5B-7201 Vedder Road
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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: 604-796-6



STOLO ABORIGINAL SKILLS & EMPLOYMENT TRAINING
IS PLEASED TO HOST

CHEAM CERTIFICATE TRAINING

July 8 - 11, 2025

Certificates Offered:

- Food Safe
- Customer Service
- Basic First Aid
- WCB Awareness
- WHMIS



Training will take place at
52161 Victor Drive,
Rosedale, BC V0X 1X1
Tuesday to Friday
8:30 AM TO 3:30 PM



**Lunch
Provided!**

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: 604-796-6865



Summer Certificate Week

Tzeachten First Nation

July 15 - 18, 2025
8:30am to 3:00pm

45855 Promontory Road
Chilliwack, BC

Course Includes

- First Aid
- WHMIS
- Food Safe
- And more!!

Want to Register? Contact Us

 info@saset.ca



Lunch Provided!!



SASET—Chilliwack Office
5B-7201 Vedder Road
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Phone: 604-796-2116

SASET—Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6



STOLO ABORIGINAL SKILLS & EMPLOYMENT TRAINING
IS PLEASED TO HOST

Youth in Trades Summer Program

Starts July 2025!



Learn the following Trades:

- Welding
- Culinary
- Carpentry
- Automotive

Training also Includes:

- Employability Skills
- Food Safe
- First Aid
- WHMIS
- WBC Awareness

Are you an Indigenous Youth (15+) residing in the SASET catchment area who will be returning to secondary school?

Call 604-858-3691 to apply!



Location: SASET EAS & UFV Trades Center

Canada

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: 604-796-6865

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



Job Opportunities



SEMÁ:TH FIRST NATION

Job Posting

POSITION:	BUSY BEAR ADMINISTRATIVE ASSISTANT
HOURS:	PART TIME – 2 DAYS PER WEEK (14 HOURS PER WEEK)
TERM:	TEMPORARY – 1 YEAR TERM
WAGE:	\$21.00 PER HOUR
REPORTS TO:	BUSY BEAR PRESCHOOL MANAGER

1.0 PURPOSE & SUMMARY

Sumas First Nation is seeking energetic and a qualified part time Administrative Assistant to work at our Busy Bear Preschool. The Administrative Assistant will work with the various Early Childhood Education (ECE) professionals as well as the Busy Bear Preschool Manager to provide aid in filling out daily reports and operational paperwork, plan events as well as shop for items to ensure that inventory is sufficient for daily operations. Other support functions include reporting on various data, preparation of budget, reports, correspondence and communications with a wide variety of internal and external contracts. Answering, screening, and directing calls; and coordinating meetings, conferences, and other supportive activities.

2.0 DUTIES & RESPONSIBILITIES

- Work closely with certified ECE’s and the Busy Bear Preschool Manager to ensure daily programs function efficiently.
- Provide sophisticated calendar management for the Busy Bear Preschool Manager. Prioritize inquiries and requests while troubleshooting conflicts; make judgements and recommendations to ensure smooth day-to-day engagements.
- Schedule meetings; draft agendas; develop, compile, and distribute presentation materials; and record meeting minutes on behalf of the Busy Bear Preschool Manager. Adhere to compliance with applicable Rules and Regulations set in Bylaws regarding Sumas First Nation matters.
- Complete a broad variety of administrative tasks, including assisting with special projects, designing and producing complex documents, reports, and presentations; collecting and preparing information for meetings with staff and outside parties; composing and preparing correspondence; maintaining contact lists; making travel arrangements; and completing expense and mileage reports as well as forms and reports that pertain to the daily operations of the Preschool.
- Provide specific aid to the ECE’s in the classroom as required.
- Monitor and maintain item inventory within the preschool by shopping for items as required.
- Provide assistance in planning preschool events to take place during and after school.
- Other duties as required.

3.0 QUALIFICATIONS

- One-year recent experience in administrative support.
- Proficient use of Microsoft Office (Word, Powerpoint, Excel, Etc.).
- One-year recent experience in early childhood education is considered an asset.
- Certification or diploma in administrative support.
- Clear Vulnerable Sector Criminal Records Check conducted under the Criminal Records Review Act.
- Valid first aid certificate is considered an asset.
- Valid Class 5 BC Driver’s License.

TO APPLY:

Please email your cover letter & resume to Human.Resources@sumasfirstnation.com
 Deadline: July 7th, 2025