



Temkw'ó:lexw *Dog salmon time*

Temkw'ó:lexw
Sept 15 - Oct 25

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

Tempó:kw *Time for Chehalis Spring Salmon*

Tempó:kw
Oct 26 - Nov 24

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



NEW Financial Literacy Classes from BMO & IndigenousTech.ai

Details: pages 30-35

Navigate:

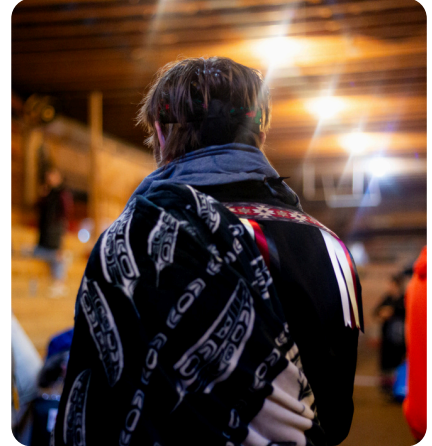
Page

Event Recaps & Photos	2-5
Department Updates	6-16
Sumas Events & Programs	17-28
Other Events & Programs	29-37
Community Notices	38-48
Classes, Drop-Ins, & SASET Programs	49-54

Tues, November 11: All SFN Offices will be CLOSED for Remembrance Day

Lightning Rock Celebration

On Oct 19, we gathered to celebrate the Lightning Rock land return. A heartfelt thank you to everyone who came out and helped support the recognition of this historic land transfer!





Marshall Lonzo Creek Elders Tour

On Oct 30, our Elders Group toured the restoration work at Marshall Lonzo Creek! We're delighted to share a few pictures from the day:



Halloween Paint Night Event

On Oct 30, staff and members got together for a fun, guided paint night hosted and organized by Alana James and Terri Johnston! Thanks, ladies, for your work arranging this delightful event.



SXDL: New Location!

We wanted to let everyone know that the Semá:th Xo:t'sa Developments Limited (SXDL) office has moved downstairs!

They are still in the same unit, but you'll now find our entry door around the right-hand side of the building — just around the corner from where they were before.

We will be getting window decals soon so that the new spot is easy to identify.



NOTICE

The SXDL Offices are now downstairs (in the same unit they were in previously)



Direct Deposit Forms

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

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

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



NOTICE

Canada Post is currently on strike.

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

Avoid postal delivery delays by signing up for direct deposit!

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

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

Just want to say thank you to our speech and language pathologist, Chelsea Van Tol. We feel so privileged to have her support — she has been a wonderful resource for our children and families.

We'd like to give a big thank you to our language teacher, Roxanne Dool, who continues to teach all of us Halq'eméylem. We're so grateful for her knowledge and the way she helps us keep our language and culture strong.

A big thank you to the Stó:lō Health nurses for stopping by to answer our health and wellness questions and provide immunizations. We also enjoyed a delicious meal made by one of our amazing parents, it was so appreciated!

Important Dates

Nov 6: Afterschool Club cancelled

Nov 11: Closed for Remembrance Day



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

We also want to thank all our dear Elders who joined us at the Clarion Hotel for an engagement lunch and session. We deeply appreciated you sharing your hearts and wisdom with us and for your continued love and support for our children.

A big thank you to our children for singing at the Lightning Rock Ceremony, we're so proud of them for singing with good minds and hearts.

We also want to thank John Taylor, Outreach Clinician with Aboriginal Child & Youth Mental Health (ACYMH/ICYM), and his colleague for visiting our program to teach about emotional literacy and help connect our centre with mental health supports for children and families. John will be visiting us monthly.



Afterschool Club Registration

And of course, our trip to Aldor Acres was a highlight! The children had a blast finding pumpkins, visiting the animals, and exploring together. Thank you to all the families who joined us. We had such a great turnout and a wonderful rainy day filled with laughter and learning.



Looking Ahead: November at Busy Bear

In the Infant and Toddler Program, we are exploring space! The teachers have planned many fun and engaging activities around this topic.

In the Preschool Program, we are learning about the longhouse. A special thank-you to Trudy Watson for visiting and sharing her knowledge with us about the longhouse and medicinal plants.

In the Daycare Program, our focus this month is on modes of transportation, this is a topic that our children have expressed great interest in. As well we are observing the beautiful fall leaves as they change color.

Licensing Inspection

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



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



Our Brand New Sumas Website is Coming Soon! Looking Forward to Changes in November.

Our brand new website (still sumasfirstnation.com) will soon be live and ready for members to check out!

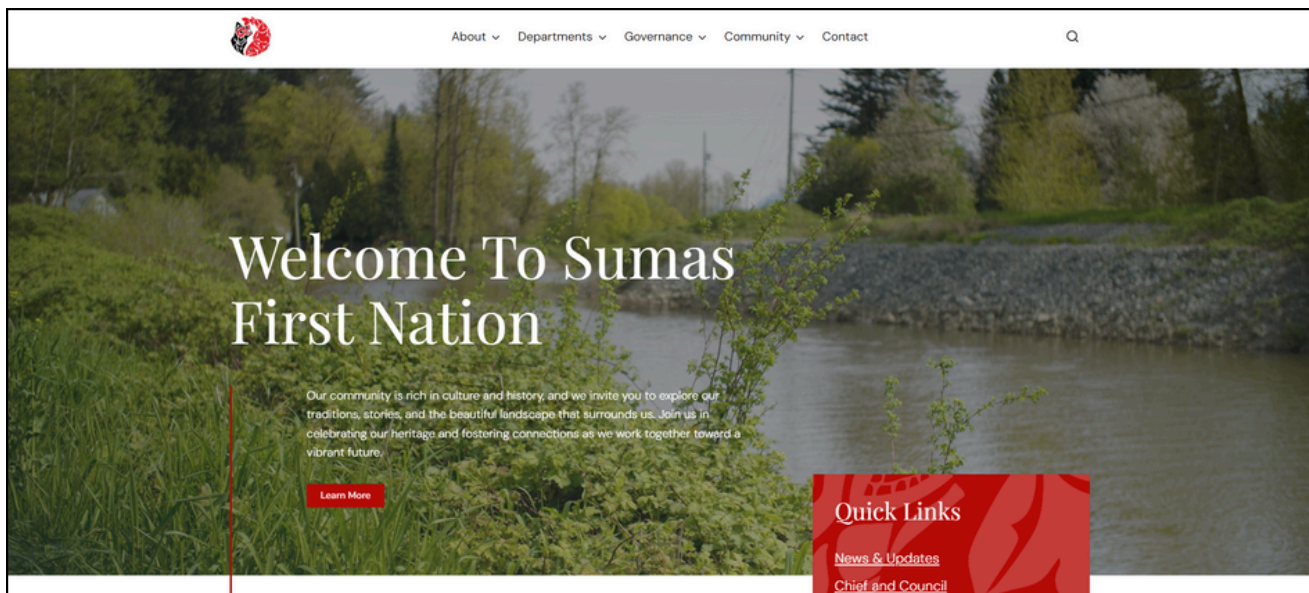
The new version you will see soon is what we call a SOFT LAUNCH. This means that the new website will be live for you to see, and you will have an opportunity to submit feedback or comments so that we can make additional changes.

IMPORTANT

New Sumas website coming soon!

Phase 1: Soft Launch

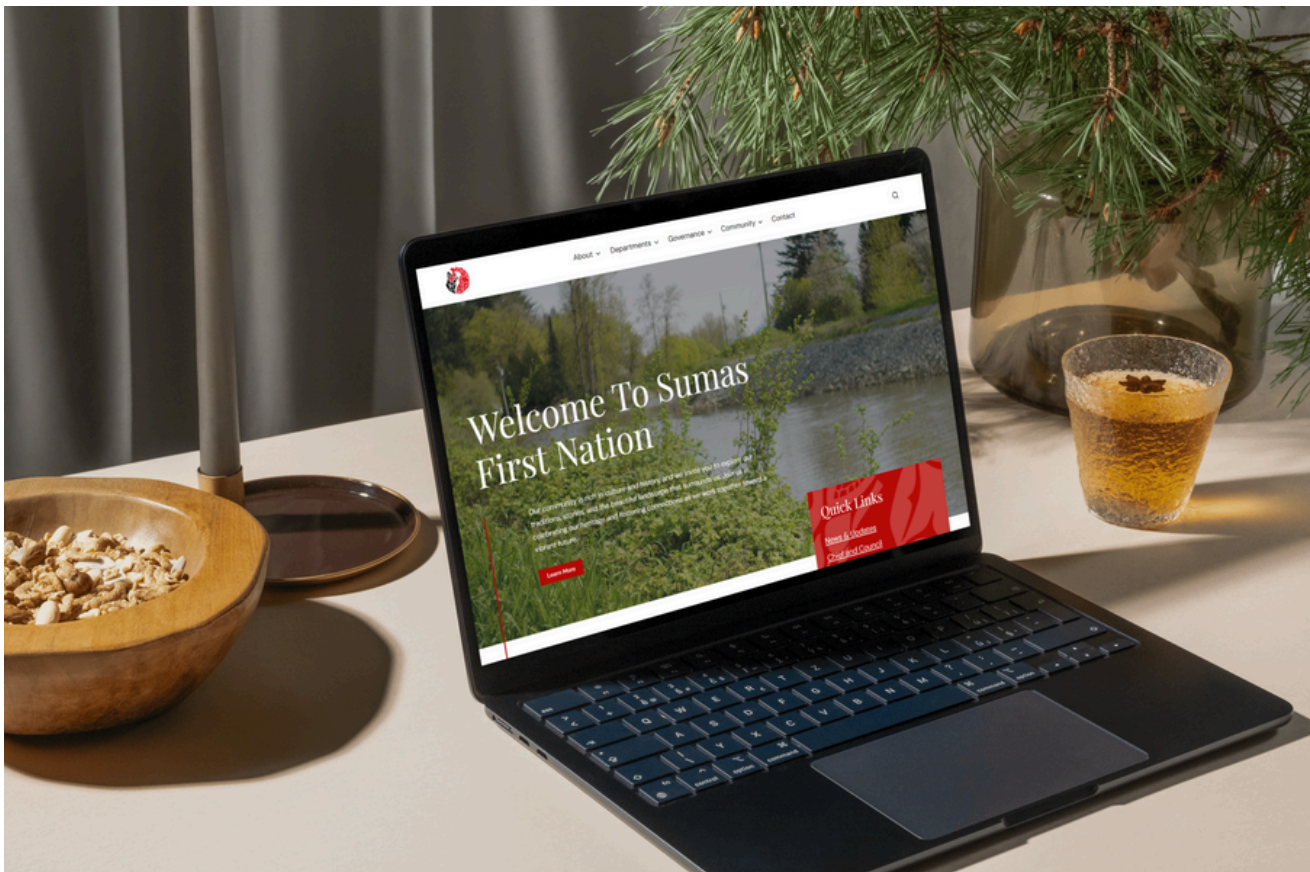
Member-only portal with login and access to member-only information coming in Phase 2



Member-Only Portal Included in Our Upcoming Website Changes.

Important Update: a member-only portal will be included on the site, but will not be visible during the Soft Launch period. The portal, where you will be able to see member-only information and documents, is still being built.

Once the member-only portal is live, simply email Chantel Homme (Communications Officer) to have an account created for you: communications@sumasfirstnation.com

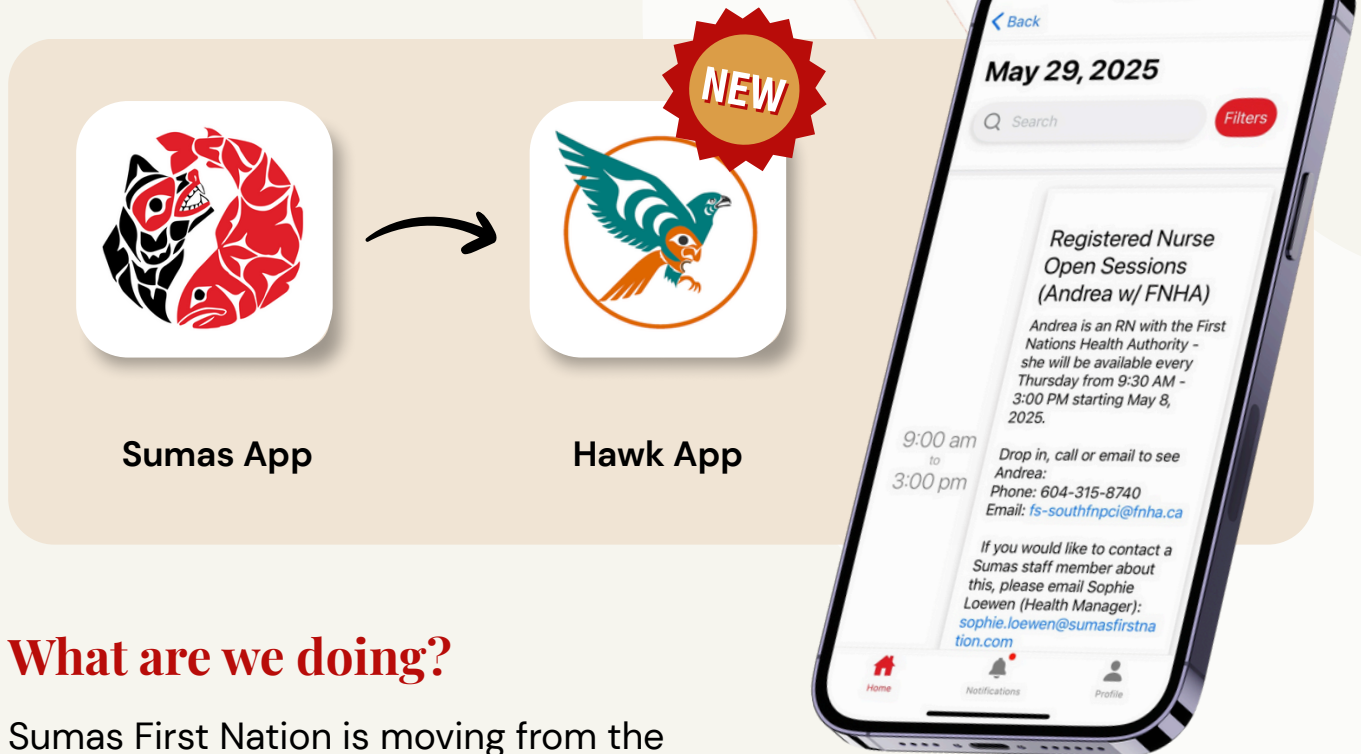


We hear you!

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


CONTACT: DIONNE SHAW:
DIONNE.SHAW@SUMASFIRSTNATION



COASTAL JAM



Details

- 
- Date: November 01, 2025
 - Where: Shxwhá:y Village Cultural Center
 - When: 5 PM doors open
 - Dinner provided



Games and Prizes



BC FIRST NATIONS
JUSTICE COUNCIL

NOVEMBER 4TH, 2025
1PM - 4PM

JOIN OUR DROP-IN LEGAL CLINIC

Chilliwack Indigenous Justice Centre

lawyers will be available for
general legal advice for
First Nation, Métis and Inuit persons.

Tuesday | November 4th | 1pm-4pm

**Chilliwack Indigenous Justice Centre
201-9235 Sasquatch Alley
(In District 1881 Above Emerson Park Resale)**

**Questions? Contact Jasmine Clarke at 778-704-1355 or
jasmine.clarke@bcfnjc.com**

Town Hall: Nov 18

5-8 pm, Community Hall

Please join us for a Community Meeting on November 18, 2025.

****THIS IS NOT A BAND MEETING****

This Community Meeting is an opportunity to gather, but does not follow the same agenda and structure as a Band Meeting.

TIME AND LOCATION

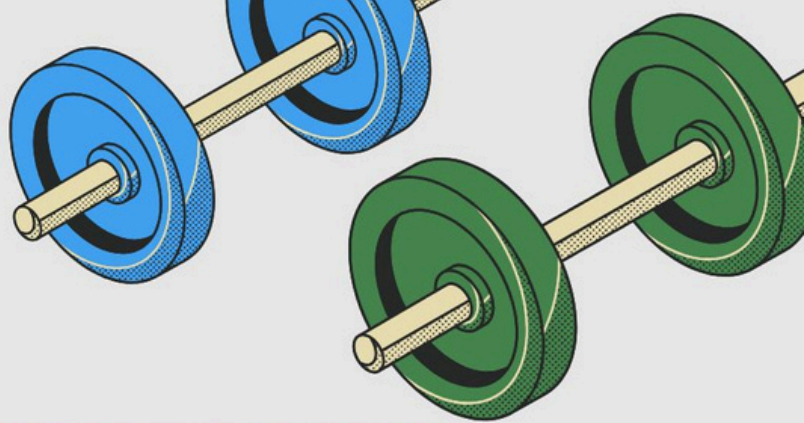
We will be meeting from 5-8pm on November 18 (dinner at 5pm) at the Sumas Community Hall. There will also be door prizes!

ONLINE/VIRTUAL OPTIONS

Please note that this meeting will not be available virtually. We apologize for any inconvenience.

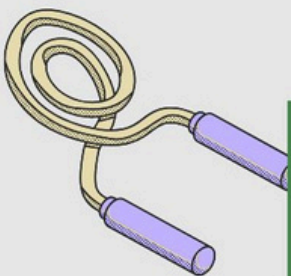
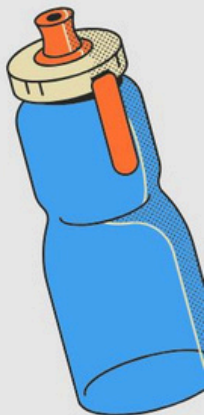
CONTACT

For questions or concerns, contact Brian Jones (General Manager): brian.jones@sumasfirstnation.com



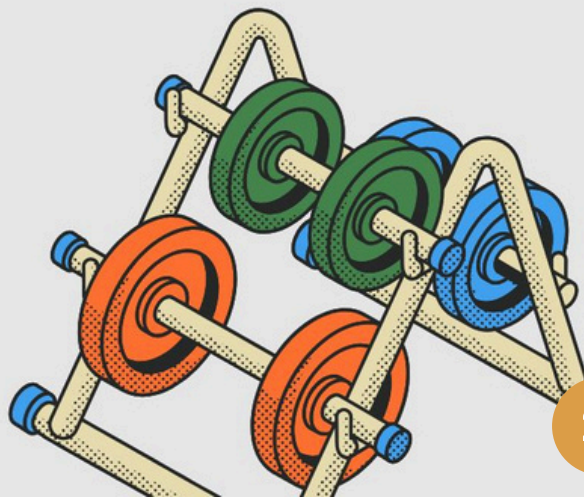
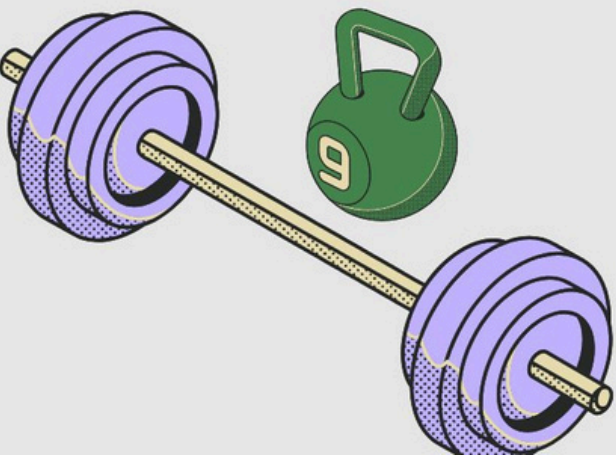
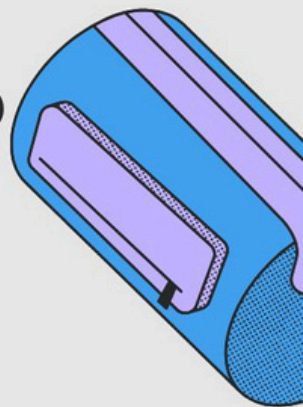
SFN REC CENTER PROGRAM

ARC/MRC REC CENTRE



Each SFN MEMBER CAN ACCESS THE ARC AND MRC REC CENTRE FREE OF CHARGE BY UTILIZING THE SFN SIGN IN SHEET LOCATED WITH THE RECEPTION OF EACH CENTRE. -Must show your SFN Status card. or Obtain a letter of authorization from

Alana.James@sumasfirstnation.com





Join Us
CROSSFIT
-KILGARD -



How To Book Your Spot:

Download the app " PushPress Members "
The log in : alana.james@sumasfirstnation.com
Password: Sumas1

- We are only permitted one member per class,
- From the app, you will see the daily schedule of classes
- If you see that there is already a Sumas spot filled for the class you picked, it means another member has reserved that spot, and you will need to book a different class time.
- There are up to 6 classes a day.



Abbotsford Dance Centre

37459 KILGARD ROAD



There are classes for all ages. Please take a look at their website to browse the classes.

All Registration Fee's covered.

*Child Must be a Sumas Community Member

REGISTRATION IS OPEN
UNTIL FUNDING RUNS OUT

REGISTER
NOW BY EMAIL


ALANA.JAMES@SUMASFIRSTNATION.COM



GEM ATHLETICS

Registration is Now Open
for Cheer or Tumbling

34100 SOUTH FRASER WAY #14,
ABBOTSFORD, BC



There are classes for all ages.
Please take a look at their website
to browse the classes. Contact
Alana.James@sumasfirstnation.com

All Registration Fee's covered.
*Child Must be a Sumas Member

limited spaces available

YOUTH ACTIVITY



ARTS & ACTION PROGRAM

This program provides short-term financial assistance for short-term program fees

- such as:
- art, dance, or music classes
 - fitness or recreation programs
 - swimming lessons and more

FOR MORE INFO:

ALANA.JAMES@SUMASFIRSTNATION.COM

* LIMITED FUNDING AVAILABLE *



ARTS & ACTION PROGRAM

Eligibility:

SFN Members under 19 residing in Abbotsford - The Majority of this funding is provided to Sumas for Nominal Roll Students.



Funding:

Covers short-term program fees only.

Payment:

The organization of your choosing must be able to accept a one-time registration payment. Can not accept monthly fee's.



Abbotsford Youth Commission Programs

BABYSITTERS - RED CROSS (11yrs - 15yrs)
This Red Cross program will teach youth the skills to care for infants to school aged children and help youth become responsible babysitters. Certificate provided upon completion.

FOODSAFE TRAINING (14yrs - 18yrs) This Level 1 course is for food service front line workers such as bus persons, servers, dishwashers and cooks. **FOODSAFE** certificate upon completion

YOUTH NIGHT (12yrs - 16yrs) Youth Night is 8 weeks of fun activities, that encourage youth to be active, such as bowling, laser tag, martial arts and more!

The programs are all run at

ARC & MRC. Dates and Times are all

chosen by AYC. Email

Alana.James@sumasfirstnation.com for more information.

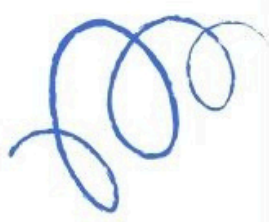


FOR ALL AGES

ABBOTSFORD DANCE CENTRE

37459 KILGARD ROAD

There are classes for all ages.
All registration fee's covered.
Choose a class from their website
and contact
Alana.James@sumasfirstnation.com
to sign up.





Food Justice Bulk Buy Collective

Are you interested in healthy and affordable fresh produce?

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

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

Sign up for a monthly subscription or order as needed.

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

Save 30-40% on your produce bill!



How It Works

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

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

Archway | Food Justice



United Way
British Columbia

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



Other Events and Programs



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.

FREE Online Courses At:



<https://lms.indigenoustech.ai/m/>

Create an account
and away
you go!

Self
Registered

And

Self Paced



IndigenousTech.ai

Canadian Government (PSIB) Certified Indigenous Controlled Company

E-Learning Platform

100+
First Nations
Communities
across Canada
have participated

700+ Participants

For More Information, Please Contact:
Cheyenne Aitken
cheyenne@indigenoustech.ai

For More Information, Please Contact:
Cheyenne Aitken
cheyenne@indigenoustech.ai



IndigenousTech.ai

Canadian Government (PSIB) Certified Indigenous Controlled Company

Self-Registered and Self Paced

E-Learning Platform

“Never too late to learn!”

Financial Literacy 101: Credit

A 7 module course that teaches how to effectively manage money, improve/correct credit scores and maximize credit success among other topics.

Financial Literacy 102: Business Fundamentals

A 6-module course that teaches the fundamentals of different business aspects to support growth and best practice. Modules teach about cash flow management, bookkeeping, financial institutions and cybersecurity, among others.



Create an account and Learn today!

<https://lms.indigenoustech.ai/m/>

IndigenousTech.ai E-Learning Platform

Available courses

Financial Literacy 101 - Credit

IndigenousTech.ai
Canadian Government (PSIB) Certified Indigenous Controlled Company

This course is intended for ages 14 and up to begin understanding the world of credit used for while also placing them onto a successful path to understanding financial institutions. This course should leave with the understanding of the definition of credit, all the way to the interest rate on a mortgage or loan.

Financial Literacy 102 - Business Fundamentals

IndigenousTech.ai
Canadian Government (PSIB) Certified Indigenous Controlled Company

This course focuses on supporting small businesses and entrepreneurs. The focus is on helping them better loans at lower interest rates. Other key areas of learning will be on small business cybersecurity best practices and credit ratings.



IndigenousTech.ai Financial Literacy Classes

IndigenousTech.ai strongly advocates accessible education, especially for youth and entrepreneurs.

ANYONE can take these classes. You'll learn:

- What credit is,
- How you get it,
- How to build up credit, and
- Why it's something you need to have.

The courses would also help individuals that are interested in starting a small business (**Financial Literacy 102**). The modules we built are to help with the bookkeeping and other financials to help start their business.

Courses

Financial Literacy 101 – Credit – (For Ages 14+)

A 7-module course that teaches how to effectively manage money, improve and correct credit scores, and maximizing credit success among other topics. The course will be self-paced, and the participant will earn a certificate on completion.

Financial Literacy 102 – Business Fundamentals – (For Ages 18+)

A 6-module course that teaches the fundamentals of different business aspects to support growth and best practice. Modules teach about cash flow management, bookkeeping, financial institutions, and cybersecurity, among others. The course will be self-paced, and the participant will earn a certificate on completion.

IndigenousTech.ai

Questions? Email:
cheyenne@indigenoustech.ai

Courses

Currently 700+ Participants have taken the courses and counting! There are currently 100+ First Nation Communities across Canada that have participated!

The perks:

- Self-registration online
- Online courses 24/7
- Self paced (Can log out and log back in and finish where you left off)
- Multiple choice questions
- Takes roughly 2 hours to finish each course (Everyone learns different, no time limit!)
- Multiple choice exam (Only need 80% to be able to receive certification)
- Teaches everything you need to know on Credit and Business Fundamentals
- Receive 2 PDF Certificates

How to Register

Go to the URL <https://lms.indigenoustech.ai/m/> and click on "log in" in the top right corner. From there, you will register a new account by clicking "create new account".

Once you have registered, you will be able to click on either course and enroll. When you have enrolled in a course you will be brought to the Course Summary screen where instructions can be read, and you can begin it.



QWÍ:QWELSTÓM



MEN'S RESPECTFUL RELATIONSHIPS



EVERY TUESDAY
SEPT. 9TH - NOV. 13TH 2025
1:00PM-2:30PM

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

VENUE:

STÓ:LŌ NATION PORTABLE 1A

7201 VEDDER ROAD, CHILLIWACK

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



QWÍ:QWELSTÓM

September 10th-November 12th, 2025

HALQEMEYLÉM SQWELQWELTÉL

DROP IN LANGUAGE CLASS, COME JOIN US!

EVERY WEDNESDAY

9:00AM- 10:00AM

OPEN TO EVERYONE!

VENUE:

STÓ:LŌ NATION PORTABLE 1A

7201 VEDDER ROAD, CHILLIWACK

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



QWÍ:QWELSTÓM

SEPT 10TH-DEC 10TH, 2025

WELLBRIETY MEETING GROUP

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



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

VENUE:

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

Community Notices



Semá:th
Sumas First Nation



HOUSING NOTICE

Update Your Rental Application!

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

New applications and renewals can be sent via:

Email:

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

Dropped off at:

Sumas First Nation Administration Office

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

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

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

Let's be **Bear Aware**

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



Tips for staying safe and staying bear aware:



If you see a bear:

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



Be sure to teach children:

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



When you're outside:

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



Avoid attracting bears by:

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

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












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



TRY - A - TRADE PROGRAM

JOIN US!

IN THIS 4-WEEK TRAINING PROGRAM YOU WILL LEARN ABOUT DIFFERENT TRADES IN THE CONSTRUCTION INDUSTRY : ESSENTIAL SKILLS, PIPING, ELECTRICAL AND CARPENTRY!




PIPING INDUSTRY COLLEGE of BC

Canada

STARTING NOVEMBER 2025 AT STS'AILES COMMUNITY SCHOOL



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

**STO:LO ABORIGINAL SKILLS & EMPLOYMENT
TRAINING IS PLEASED TO ANNOUNCE:**



EARLY CHILDHOOD EDUCATION TRAINING

**Are you unemployed or underemployed
and interested in Early Childhood
Education? If so, please reach out to
SASET to learn more. You can call 604-
858-3691 or email info@saset.ca.**

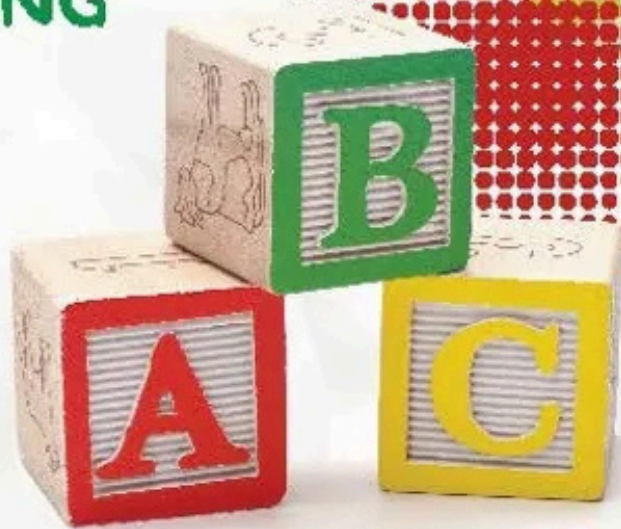
Various Start Dates

APPLY NOW

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: 604-796-6866



Canada

EMPLOYMENT 101

Join our Employment 101 workshop to gain the confidence you need to secure and thrive in your career!

- Effective Communication
- Teamwork & Collaboration
- Problem Solving
- Professionalism & Work Ethic
- Time Management
- Accountability



Canada

WHEN:
October 31th
2025
9:00am to
2:00pm

WHERE:
SASET Chilliwack
Office
Bldg 5B-7201
Vedder Road
Chilliwack, BC

To sign up call 604.858.3691 or email info@saset.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