



# MERRY CHRISTMAS



## SFN Holiday Hours & Updates

Details on page 2

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*Christmas Break (Offices Closed): Dec 20  
- Jan 4. Offices re-open Jan 5.*

## **SFN Offices: Holiday Hours**

Please note that all Sumas First Nation offices will be closed from December 22nd – January 2nd. Our last full day is December 19th, and we re-open with regular hours on January 5th. We will also be closed on December 9th from 12:00pm – 2:00pm for our staff holiday lunch.

These holiday hours apply to the following Sumas First Nation locations:

- Sumas First Nation Administration
- Sumas First Nation Health Building (and Portable)
- Sumas First Nation Kilgard Business Park Offices

If you have questions or concerns regarding availability during the holidays, please contact Brian Jones (General Manager):  
[brian.jones@sumasfirstnation.com](mailto:brian.jones@sumasfirstnation.com)

*Happy Holidays!*



## 2025 Christmas Distribution

EFT's were direct deposited on Monday, November 17<sup>th</sup>. You will have seen direct deposits to your bank accounts by the end of the day Nov 17<sup>th</sup> if you have signed up for Direct Deposit.

If your banking information has not been verified then we were unable to prepare a direct deposit, there are a handful of Members who this applies to. We encourage all Members to sign up for Direct Deposit as it's a much faster and safer way to receive funds.

Cheques were initially available for pickup at the portable (near the Health Building) on Wednesday, November 19.

If you have not received your cheque by now, and you should have one waiting, please contact our Finance Department: (604) 852-4041

## 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!



## **Holiday Garbage Pickup Schedule Changes**

Due to the upcoming Christmas and New Year holidays, please note the following changes to our regular garbage pickup schedule:

- **Christmas Week: Thursday, December 25, 2025 → Pickup moved to Saturday, December 27, 2025**
- **New Year's Week: Thursday, January 1, 2026 → Pickup moved to Saturday, January 3, 2026**

We appreciate your understanding and cooperation. If you have any questions, please contact the Public Works Department.

Wishing everyone a safe and joyful holiday season!

## **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)**



## **New Website is Live!**

The Sumas First Nation website is now completed! If you have concerns or feedback, please send an email to Chantel H (Comms Officer):  
[communications@sumasfirstnation.com](mailto:communications@sumasfirstnation.com)

**There is a member-only portal that is not yet ready for launch. The member portal will be ready soon and membership will receive notice in the new year on how to create an account and how to access member-only content.**



## **Communications Team Holiday**

Please note that the Communications team will be on holiday from November 28 – January 5.

**If you have communications-related items for staff, please contact Brian Jones (General Manager):**  
[brian.jones@sumasfirstnation.com](mailto:brian.jones@sumasfirstnation.com)

## Busy Bear Club Preschool Newsletter: November Highlights & Looking Ahead to December

We've had a fun and busy November and now we're heading into a very busy month, December.

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.

### Important Dates

Dec 4: Last day of  
Afterschool Club

Dec 19–Jan 5: Daycare  
closed for holidays

Jan 5: Daycare  
re-opens



## **Busy Bear Club Preschool Newsletter: November Highlights & Looking Ahead to December**

We want to say a big thank-you to our Elder for visiting and sharing a beautiful story about the bear. The children were so engaged. We've even set up a bear den in our classroom, and the kids absolutely love playing in it!

We also want to thank John Taylor, Outreach Clinician with Aboriginal Child & Youth Mental Health (ACYMH/ICYMH), 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 visits us every month in daycare and Afterschool Club.



## Looking ahead: December at Busy Bear Club

December is a busy and exciting time at Busy Bear!

All of our programs have been having fun exploring Christmas activities, and the preschool children are working hard as they get ready to sing for their Christmas program.

Our annual Christmas luncheon and program is a special time for families to invite their loved ones and share in the joy our little ones bring as they sing in Halq'eméylem. We also have a very special visitor who joins us each year, you can probably guess who it is... the man in the red suit with the long white beard!



## 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.

## In Closing...

We've had a wonderful year together and are already looking forward to the next. Thank you to all our families for your incredible support, it truly means so much. We wish everyone a very Happy New Year!

Here are a few things to look forward to in the new year: we are planning an open house for our preschool families as well as some fun field trips for the children. We're excited for all that's ahead!

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

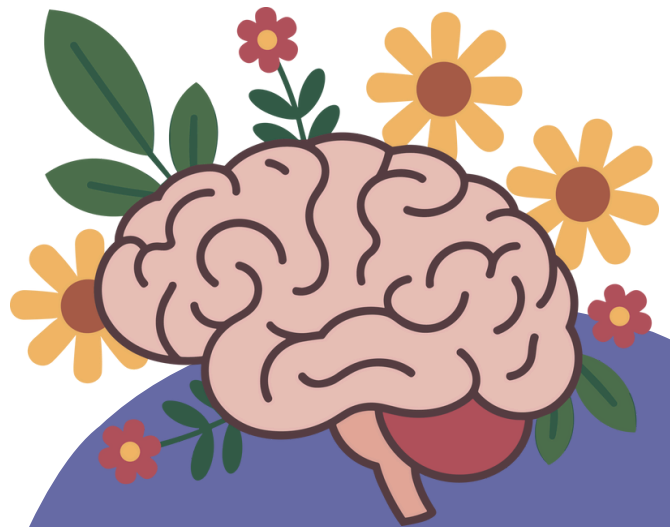


## MindWell U - FREE Services

Fraser Health offers Mental Health and Substance Use (MHSU) clients, patients, Clubhouse members, and supporters a FREE subscription to MindWell U.

MindWell U is an online education platform that provides you with tools and activities to reduce your stress levels and improve your wellness.

Go to [app.mindwellu.com/FANS](https://app.mindwellu.com/FANS) or use the QR code.

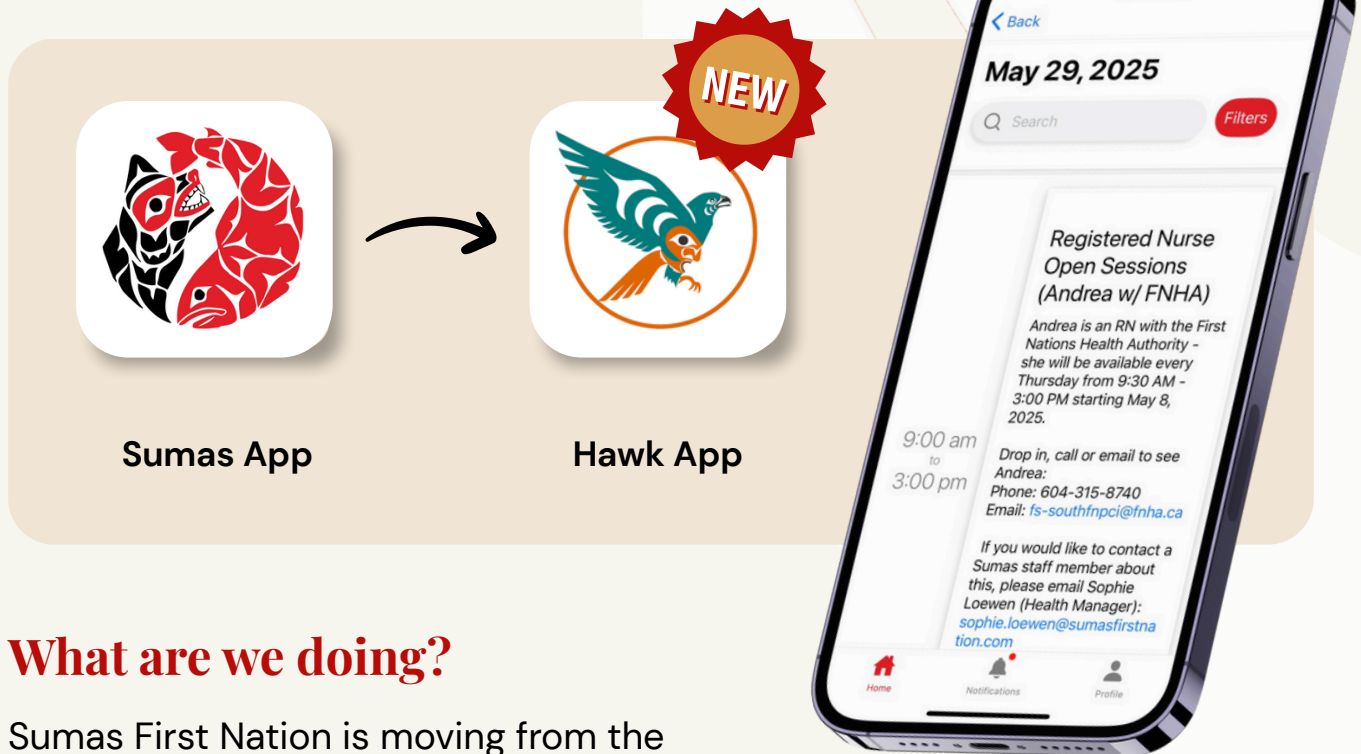


# We hear you!

## 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](mailto: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](mailto:communications@sumasfirstnation.com) at any time for assistance setting up a new account.

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# **Sumas Community Events & Programs**



BC FIRST NATIONS  
JUSTICE COUNCIL

DECEMBER 2ND, 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 | December 2nd | 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**





**Semá:th**  
Sumas First Nation

SFN HEALING HOMES

# WOOL SKIRTS & TUNIC MAKING

December 6: SFN Portable  
December 7: Community Hall

10:00 am – 4:00 pm (both days)

**Only 10 spots available!**

To register, please contact Lyndy Silver  
([lyndy.silver@sumasfirstnation.com](mailto:lyndy.silver@sumasfirstnation.com))

# Dr. Jeanne Paul's Diabetes Project

## INVITATION TO COMMUNITY MEMBERS

DATE:

Tentatively DEC 9

TIME:

7-9 PM

LOCATION:

TBA

Sumas First Nation Health & Wellness invites all community members who are living with:

- Type 2 Diabetes
- Hypoglycemia (Low Blood Sugar)

to participate in Dr. Paul's Diabetes Project.

This project focuses on improving wellness, understanding diabetes and low blood sugar, and offering support, education, and culturally-safe care.

### What to Expect

- Education on blood sugar management
- Nutrition & wellness information
- Opportunities to ask questions
- Support from Health & Wellness staff
- Community-based approach to chronic disease care

### Who Can Join?

- Any Sumas First Nation member diagnosed with Type 2 Diabetes
- Any member who experiences hypoglycemia (low blood sugar)
- Family members who want to learn more and support loved ones

### How to Sign Up

To register or learn more, please contact:

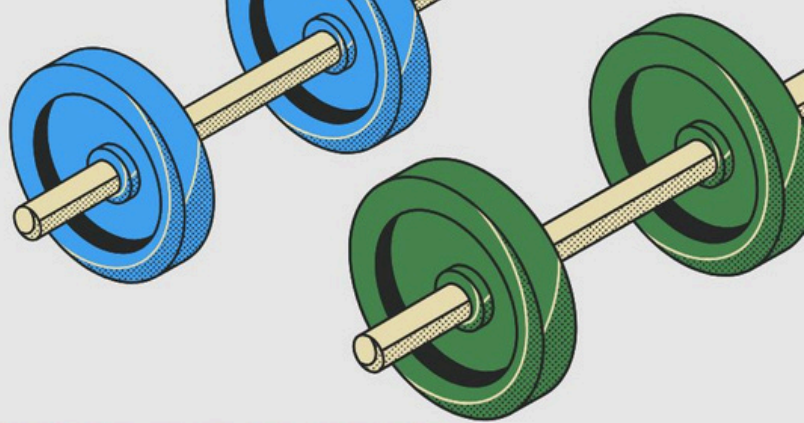
Sophie Loewen

Health Manager – Sumas First Nation Health & Wellness

☎604-852-4041

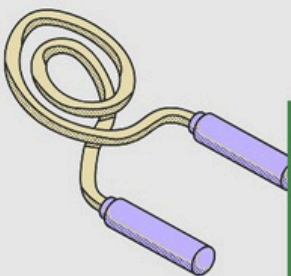
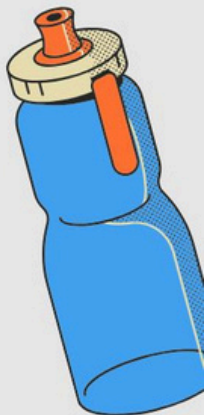
✉[sophie.loewen@sumasfirstnation.com](mailto:sophie.loewen@sumasfirstnation.com)





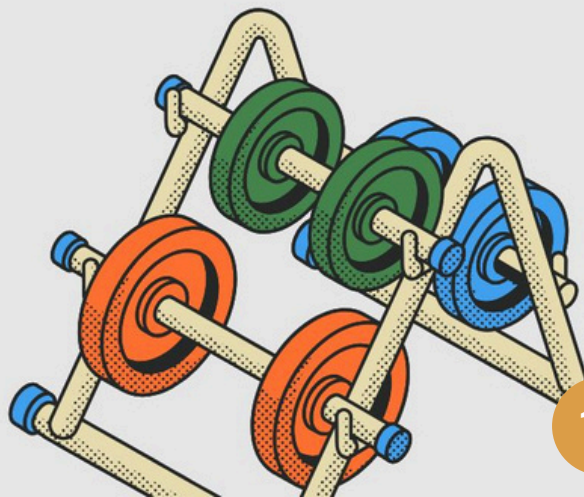
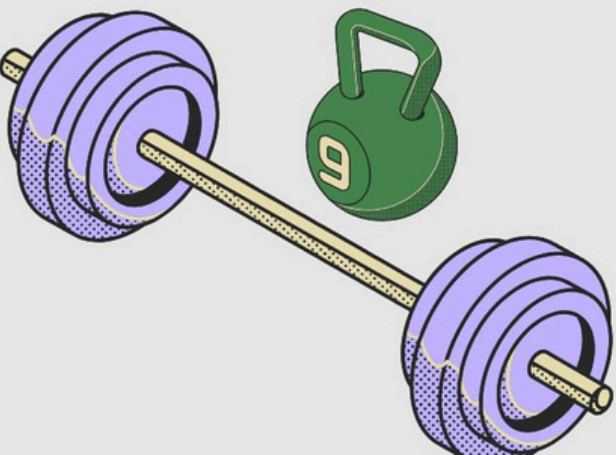
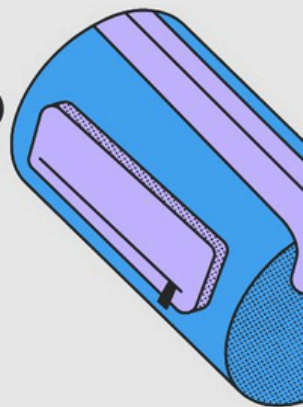
SFN REC CENTER PROGRAM

# 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](mailto: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](mailto: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

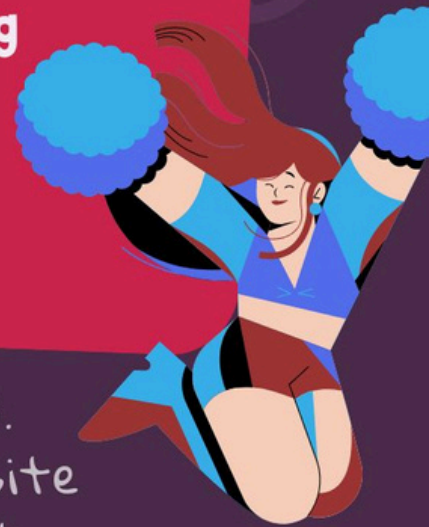
ALANA.JAMES@SUMASFIRSTNATION.COM



# 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](mailto: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](mailto: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.

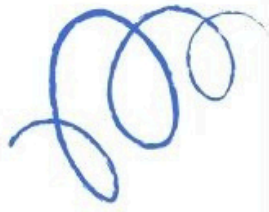


FOR ALL AGES

# 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](mailto: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](http://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



# INDIGENOUS WOMEN ENTREPRENEURSHIP WORKSHOP

EMPOWERING INDIGENOUS  
WOMEN TO BUILD, GROW,  
AND THRIVE IN BUSINESS

**LOCATION:**

**2788 SUMAS MOUNTAIN ROAD**  
(SFN ADMINISTRATION BOARDROOM)

LUNCH, SWAG & MATERIALS PROVIDED  
**COURSE DAYS WILL RUN FROM 12-7PM**  
**DATES ARE AS FOLLOWS :**

Introduction to Entrepreneurship:  
*Day 1 - January 20<sup>TH</sup> OR 28<sup>TH</sup>*

Financial Capabilities in Entrepreneurship:  
*Day 2 - February 10<sup>TH</sup>*  
*Day 3 - February 17<sup>TH</sup>*

Digital Event & Marketing Strategies:  
*Day 4 - March 10<sup>TH</sup>*  
*Day 5 - March 17<sup>TH</sup>*



**Limited Seating - Register Today!**

Cynthia Robinson with Stó:lō Community Futures at  
[CRobinson@stolocf.ca](mailto:CRobinson@stolocf.ca) or 604-824-9177



# ENTREPRENEURSHIP WORKSHOP COURSE BREAKDOWN



## DAY ONE: Introduction to Entrepreneurship

- Entrepreneurship: A promising pathway
- Stages of Business Development
- Effective Business Practices
- Adaptation Resilience
- Support Systems



## DAY TWO & THREE: Financial Capabilities in Entrepreneurship

- Financial Capability and Stress
- Goal Setting and Financial Capability
- Savings
- Setting a Savings Goal
- Income and Expenses
- Introduction to Budgeting
- Financial Institutions and Banking
- Credit

## DAY FOUR & FIVE: Digital Events & Marketing Strategies:

- Indigenous Women in Entrepreneurship: Traditional International Trade
- Marketing Channels & Target Audience
- Setting Goals
- Building a Brand & Your Why and The Buyer Journey
- Email Marketing
- Social Media Marketing
- eCommerce Sales & Marketing
- Offline Marketing: In-Person Events & Networking

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# 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](mailto: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](mailto:cheyenne@indigenoustech.ai)

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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 get 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](mailto: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

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

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# **Community Notices**

November 24, 2025

### **Reminder to Community: Prevention of Human Bear Conflict**

The Sumas First Nation Lands Department has received multiple complaints regarding:

- Black bear sightings and access to garbage
- Discharge of firearms within residential areas

Black bears naturally inhabit Sumas Mountain and are opportunistic in their search for easy meals. Human bear conflicts arise when black bears become accustomed to feeding on garbage, compost, bird seed, pet food, and unharvested fruit. Even unrinsed pop cans and dirty barbeques can attract bears. Once a bear becomes accustomed to accessing human resources for food, addressing the human bear conflict becomes incredibly difficult. Black bears that are relocated often return to their original territory or go on to disturb other communities. Many black bears conditioned to human food are ultimately destroyed. **A fed bear is a dead bear.**



The best way to avoid conflicts with black bears is to reduce attractants. This is a reminder that we must work together to avoid attracting black bears to our community. To avoid attracting black bears, please remember to:

- place garbage and compost outside your home the morning of collection
- ensure unharvested fruit and vegetables aren't left on the property

- avoid leaving pet food or bird seed outside
- ensure barbeques are cleaned after use

Further, the use of firearms to frighten or harm black bears within the community is strictly prohibited (unless a bear is a direct threat, meaning it is approaching or charging you) under the *Wildlife Act* (1996) and the *Firearm Violence Prevention Act* (2021). All owners of firearms have a legal obligation to comply with regulations related to public safety and conservation. For the safety of the community, firearms must not be discharged within 100 meters of houses or roads.

Sumas First Nation is searching for opportunities to host additional bear awareness training sessions to ensure both the safety of our community and wildlife. Please stay tuned for more information and contact Sasha Tuttle, Environmental Compliance Officer, should you have any questions.

Sasha Tuttle, RP Bio

**Environmental Compliance Officer**

**Semá:th First Nation**

*Cell:* (604) 226 - 6051

*Email:* [sasha.tuttle@sumasfirstnation.com](mailto:sasha.tuttle@sumasfirstnation.com)



**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](mailto:brian.jones@sumasfirstnation.com)**




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## 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.

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### 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](mailto:advancedgasmeters@fortisbc.com)

Phone: 1-888-224-2710

FortisBC Energy Inc.



Scan here or visit  
[fortisbc.com/newgasmeters](https://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](mailto: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](mailto: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](mailto:Nancy.murphy@sumasfirstnation.com) or 604-997-9500

*Paula Olmstead, Housing Officer*

[Paula.olmstead@sumasfirstnation.com](mailto: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](mailto: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](mailto:ssmith@stolocf.ca)**

Click below to learn more:

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

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# **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](mailto:Raven.Little@Xyolhemeylh.bc.ca)

**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](mailto:info@saset.ca).**

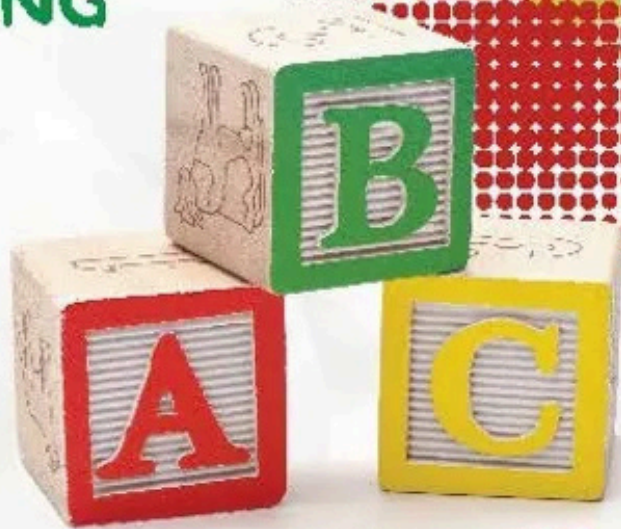
*Various Start Dates*

**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 31<sup>th</sup>**  
**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](mailto: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](mailto: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