



January Community Programs

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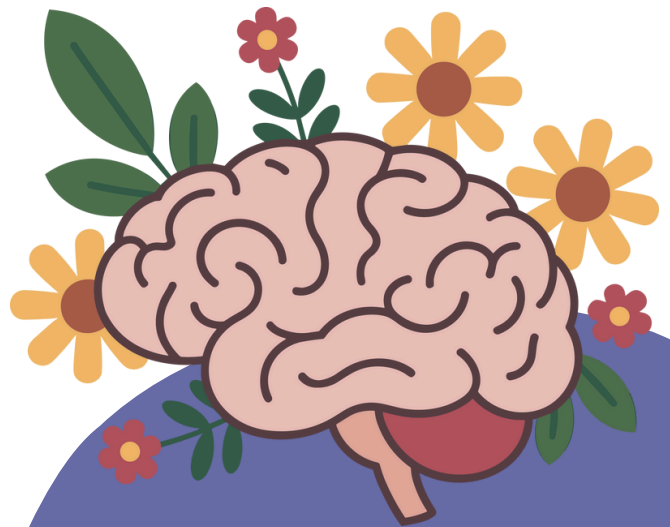
*SFN Offices re-open starting January 5th
(includes Busy Bear Club Preschool)*

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 or use the QR code.



Sumas Community Events & Programs

Lunch with Lyndy

Tues, Jan 6, 12 – 1:30 pm

Sumas First Nation
Health Portable



Keep It LOCAL



SXDL is working to compile a list of local businesses if you are a Sumas First Nation member and you own a business or want to learn more please reach out to Dale Ganzeveld (contact info below)

OPEN TO ANY INDUSTRY:

CATERING, HOSPITALITY, CULTURAL,
TRADES, TRANSPORTATION
LOGISTICS, RENTALS, JANITORIAL,
AGRICULTURE, RETAIL, CREATIVE
AND MORE!

Dale.ganzeveld@sxdl.ca

 Unit 109 Kilgard Business Park





Semá:th
Sumas First Nation

SFN HEALING HOMES

WOOL TUNIC MAKING WORKSHOP

January 31: Location TBD

February 1: Location TBD

10:00 am – 4:00 pm (both days)

Only 10 spots available!

To register, please contact Lyndy Silver
(lyndy.silver@sumasfirstnation.com)



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



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 20TH OR 28TH

Financial Capabilities in Entrepreneurship:
Day 2 - February 10TH
Day 3 - February 17TH

Digital Event & Marketing Strategies:
Day 4 - March 10TH
Day 5 - March 17TH



Limited Seating - Register Today!

Cynthia Robinson with Stó:lō Community Futures at
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

Other Events and Programs



BC FIRST NATIONS
JUSTICE COUNCIL

**JANUARY 6TH, 2026
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 | January 6th | 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**



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 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.

Community Notices



SUMAS FIRST NATION

COMMITTEE POSTING

Dec. 8, 2025

POSITION	HOUSING COMMITTEE MEMBER – 1 position, preference to a member not living in the Sumas First Nation
MEETINGS	MONTHLY
TERM	Feb 2026 – Oct. 2, 2028
1. PURPOSE AND SUMMARY	
<ul style="list-style-type: none"> a. To provide strategic advice and recommendations to the Sumas First Nation Council on housing policies, programs, and initiative. b. To ensure the housing needs of Sumas First Nation members are met in a fair, equitable, and sustainable manner. c. To oversee the development, implementation, and monitoring of the Sumas First Nation Housing Strategy. 	
2. DUTIES AND RESPONSIBILITIES	
<ul style="list-style-type: none"> a. The committee shall address all matters related to housing, including but not limited to: <ul style="list-style-type: none"> i. Housing policy development. ii. Allocation of housing units. Maintenance and repair of existing housing. iii. Development of new housing projects. iv. Engagement with community members on housing-related issues. 	
3. COMMITTEE CRITERIA	
<ul style="list-style-type: none"> a. A Sumas First Nation registered member of voting age b. Must be in financial good standing with Sumas First Nation c. Must be willing to complete a basic finance training d. Must have a minimum of a high school diploma and post secondary education would be an asset e. Must explain that they have the best interest of the Sumas First Nation Community and Housing. 	
4. COMPOSITION OF THE COMMITTEE	
<ul style="list-style-type: none"> a. A Housing Committee member must be a registered member living on or off reserve who meets the criteria to be a committee member and is interested in working towards the goals and objectives of the Sumas Housing Policy, the Sumas Housing Plan and the committee Terms of Reference. 	



SUMAS FIRST NATION

- b. Any member can apply to the Council to serve as a committee member, they must meet the criteria that will be listed in the posting.
- c. The committee will be composed of five (5) members.
 - Two members living on Sumas First Nation. Community members with knowledge or experience in housing, construction, finance, or social services.
 - **One member living off Sumas First Nation. A member with knowledge or experience in housing, construction, finance, or social services.**
 - One elder whom s interested in working towards the goals and objectives of the Sumas Housing Policy, the Sumas Housing Plan and the committee Terms of Reference.
 - One youth of voting age whom is interested in working towards the goals and objectives of the Sumas Housing Policy, the Sumas Housing Plan and the committee Terms of Reference.
- d. A member that is to be in financial good standing with Sumas First Nation.

5. COMPENSATION

- a. An honorarium for attending each meeting

6. APPLICATION DEADLINE

Jan. 16, 2025

7. CONTACT

Please email you're your cover letter and statement of how you meet the criteria.

Nancy.Murphy@sumasfirstnation.com

For further information you may contact Paula Olmstead, Housing Officer, 604 852 4041, paula.olmstead@sumasfirstnation.com or Nancy Murphy, Housing Administrator, 604 997 9500.



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



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!



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.**

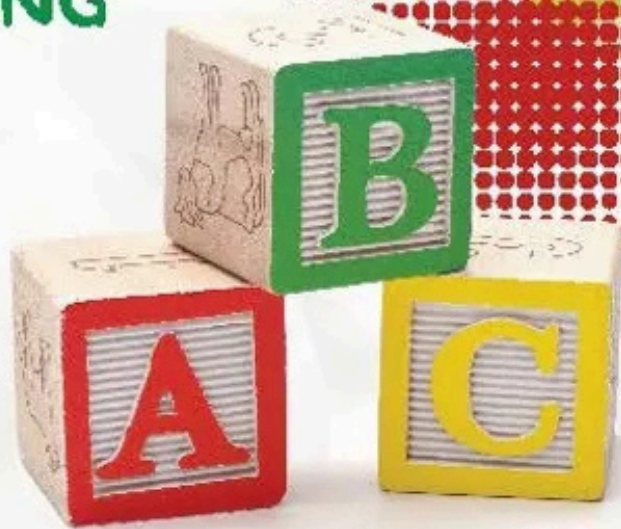
Various Start Dates

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

BASIC COMPUTER SKILLS TRAINING



Every Friday by Appointment

Are you looking to improve your basic computer skills? Join our workshop every Friday! Whether you're a complete beginner or just looking to brush up on your knowledge, our sessions are designed to help you navigate the digital world with ease. Call our office to book 604-858-3691!



**CALL NOW
TO BOOK!!**

SASET – Chilliwack Office
58-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

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

SASET – Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865

Canada