

# SFN Community Newsletter

2788 Sumas Mountain Road, Abbotsford, BC, V3G 2J2

Tel: 604-852-4041 Fax: 604-852-4048



Busy Bear Preschool  
registration is opening up  
now for the 2018/2019  
year!

To ensure your spot is  
secure, please have your  
registration form in by  
April 15th. Beginning April  
16th, spaces will be  
available on a first come  
first serve basis.

Thank-you, Rachel

## Family Cultural Nights

Join us for weekly cultural workshop such as  
Salish weaving, beading drumming, dream  
catcher making or other cultural activities that  
are free for Aboriginal families. Light dinner  
provided.

**Monday**

**Jan 15-Mar5**

**5:50pm-8:00pm**

**@Mamele'awt Aboriginal Ed**

**Centre 3277 Gladwin Rd**

For more info or to register please contact Raven Little  
at [Raven.little@xyolhemeylh.bc.ca](mailto:Raven.little@xyolhemeylh.bc.ca) or call/text 604-798  
-6357

*Office Closure for Family Day February 12, 2018*

### BC Service Card Friendly Reminder

The OLD CARE CARD will NOT BE accepted as of February 2018.

To apply for the new BC Service Card with Photo for 18.5 years and older please attend the ICBC Office Monday to Friday, 12:00 PM to 4:00 PM. One primary ID (example Birth Certificate) and one secondary ID (example OLD Care Card).

Non-Photo under 18.5 year old Call 1-800-663-7100 or print form online and apply via Canada Post



# Sophie Farewell Lunch

Please come join us on Teacher Sophie's last day with Busy Bear as we thank her for the years (and years!) she has spent with the children of the community, and wish her so much Joy in her next chapter!

## Where and When?

- ♥ Friday February 2, 2018; noon to 3:30
- ♥ A catered luncheon will be served in the Community Hall, followed by time for reminiscing, individual good-byes and well wishes
- ♥ Please bring your children to say good-bye too! A play area and craft station will be set up to keep them busy.



# Health & Wellness Department Update ~ January 2018.

## A REMINDER: of the Following Regular Services at the Health Building

- Dr Allyson Cushing is here two Tuesdays each month offering individual counselling for adults. Please contact Kim or Sandy to arrange an appointment
- Kristen Kitamura offers Art Therapy to our youth at Upper Sumas Elementary and Fraser Middle schools. If your child would like to participate, please contact Kim and she will connect you to Kristen
- April is here Tuesdays offering massage to our Elders (and sometimes inner Elders!) Please contact April or Sandy to book an appointment
- Acupuncture services are sponsored by the Tzu Chi Society, and are here two Thursdays each month. Book your appointment through Janice or Sandy
- We have two Nurse Practitioners coming to Sumas! Jamie is here Monday mornings and Fridays, and Lianne is here Fridays. Appointments are booked by calling 1-844-827-2473, and there is a walk-in

***Our Youth Group continues to meet every Thursday from 330 to 530. We are working on a project with the TUOS Elders, and details will be out soon!***

Our funding application for new Childcare spaces was approved!! Plans are underway to design and build a New Early Childhood Education Centre! The centre will expand our preschool program, add full-day daycare, and an infant/toddler program. Stay tuned for more information coming to community, as we work together to ensure we build on our already excellent program in a thoughtful, culturally fantastic way!

We were also successful in an application to MCFD's Prevention & Family Support program. The Health department will be teaming up with the Traditional Use & Occupancy (TUOS) study to bring our Elders and Youth together on a project demonstrating resiliency through sharing stories, creating art, and active reflection on a hopeful future. Youth who participate in our Art Therapy program will also have an opportunity to create an art piece to contribute to the project. This project will launch a weaving group, and set the stage for further Xwe'Imexw activities and projects throughout the year.

As part of our ongoing Harm Reduction program, Kim has taken the first round of training to provide naloxone training to community members, and we have been accepted as a distribution site. A Take Home Naloxone training will be offered by Positive Living Abbotsford at the health building on Friday, March 9 at 1pm. If you already have a kit and need it re-filled, please let Kim know.

As we prepare budgets for the new fiscal year, it is a perfect time to consider what our priorities are for 2018. We work for you, and we want to hear from you! Are there programs or services you Love and please don't want us to change? Maybe there are things we could do a little differently? And we'd especially Love to hear that Great Idea you've been Wishing for! Please come in to see Kim with your ideas, or call, or write your feedback down and put it in the New Suggestion Box in the Health Building reception area!



# HONOURING CEREMONY

SYDNEY NED

FRIDAY, FEB 9TH

10:40-11:40AM

WE INVITE YOU AND YOUR COMMUNITY  
TO ATTEND A SPECIAL HONOURING  
CEREMONY FOR SYDNEY NED

WA FRASER MIDDLE SCHOOL  
34695 BLATCHFORD WAY,  
ABBOTSFORD, BC V2S 6M6

FOR MORE INFORMATION PLEASE  
CALL 604.859.1224




ABBOTSFORD  
SCHOOL DISTRICT  
ABORIGINAL EDUCATION



# What's going on in the Health Building...

- *Next acupuncture Feb. 8 & 22*
- *Pre & Postnatal Feb 20 @ Health Centre 11:00 – 2:00*
- *Immunization Clinic 10:00 – 3:00 book appointments with Janice 604 – 852 – 4041 ext. 118*
- *Elder's breakfast & foot care Feb 6 10:00 am @ Health Center*

## Th'ále (Heart)- "Let's Take Care of Our Heart"



Schedule a Yearly Checkup ...Get  
Physical...Drink More Wa-  
ter...Control Cholesterol...Cut  
Down on Salt...Quit Smok-  
ing...Maintain a Healthy  
Weight...Stay Positive...Give Your-

Noy Khounviseth (nutritionist) is available for one on one appointments, days available January 29 to Feb 9 from 9:00 to 11:30 am . If anyone would like to see her please contact Janice Busby 604 – 852 – 4041.

**TABOULI SALAD**-3 cups of water, 3/4 teaspoon salt, 1 1/2 cups raw bulgur wheat, 1/2 cup cooked white beans, 2 tomatoes (chopped), 3 tablespoons olive oil, pepper to taste, 1 garlic clove (minced), 2 teaspoons chives (chopped), fresh mint leaves, juice of at least 2 lemons, 1/4-1/2 cup chopped parsley

This is a classic Lebanese salad makes a truly delicious luncheon dish. The combination of garlic, lemon, and fresh mint reverberates delightfully on the palate. Beans are not traditional but definitely tasty; omit them if you prefer

Bring water to a boil with salt. Add bulgur and return to boil. Remove from heat, cover pot tightly, and set aside for 15 minutes.

Drain off any excess water and chill the grain. Toss thoroughly with all ingredients, adjusting salt and lemon if needed.

Makes generous servings (6 1/2 cups).

# February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>*Show an Attitude of Gratitude everyday</i>	<i>*Reminder: Measure your progress of goals</i>			1 Youth Group	2 Nurse Practitioner AM&PM <i>Sophie's Farewell Lunch</i>	3
4 <i>Happy Birthday to SFN's fantastic TUOS Research Analyst!</i> <i>Amber Ned thanks for the great work!</i>	5 Nurse Practitioner AM	6 Elders Massage Elders Breakfast Elders Foot Care	7 Red Road Meeting	8 Youth Group <i>Vote Day</i> Acupuncture	9 Nurse Practitioner AM&PM Sydney Ned Honouring Ceremony	10
11	12 <i>Family Day</i> Office Closed	13 Counselling Elders Massage Behaviour Workshop	14  Red Road Meeting	15 Youth Group	16 Nurse Practitioner AM&PM	17
18	19 Nurse Practitioner AM	20 Elders Massage Pre & Postnatal	21 Red Road Meeting	22 Youth Group Acupuncture	23 Nurse Practitioner AM&PM	24
25	26 Nurse Practitioner AM	27 Counselling Elders Massage	28 Red Road Meeting <i>Pink Shirt Day</i>			<i>*Check out ARC/MRC website for fitness, gym, swim, and skating schedules</i>

*Order creates Peace... Peace creates Love... Love creates Abundance... Abundance creates Success... Success creates Confidence... Confidence creates Courage...∞*



FRIDAY, MARCH 9 & SATURDAY, MARCH 10

# Xyolhemeylh Annual Aboriginal Family Forum 2018

"FINDING YOUR WAY IN YOUR HEALING JOURNEY"

46363 YALE ROAD, CHILLIWACK (NEIGHBORHOOD LEARNING CENTRE)

Free to Attend - Limited Registration

## Open to Aboriginal Families/Individuals

Pre-Registration Deadline is Thursday, March 1

Keynote Speaker and Workshops - Friday (9:00-3:30)

Activities for the Whole Family! - Saturday (11:00-3:00)



[WWW.FVACFSS.CA](http://WWW.FVACFSS.CA)

Return completed registration forms to

**Natalie Brandon**

1-7201 Vedder Road, Chilliwack V2R 4G5  
via email [Natalie.Brandon@Xyolhemeylh.bc.ca](mailto:Natalie.Brandon@Xyolhemeylh.bc.ca)

Telephone: 1.800.663.9393

# HELP US MAKE A DIFFERENCE

## PATIENT – PARTNERS RESEARCH PARTICIPATION

**HIGHLIGHTS** • Help inform culturally safe care for Aboriginal People's • Help give a voice to those who may not have one • Share your thoughts, concerns and hopes for primary health care in an open and safe space •

**ALL STÓ:LŌ  
PRIMARY HEALTH  
CARE PATIENTS  
WELCOME**

### CONTACTS

**Trudy Blair, Coordinator**  
778.878.0411  
Blair.holistic.health@gmail.com

**Alisha Tushingham**  
Alisha.tushingham@stolonation.bc.ca

### PARTNERS

- Fraser Health Authority
- Stó:lō Nation
- First Nations Health Authority
- Simon Fraser University





# ATTENTION

A reminder that a referendum vote will be held by secret ballot to determine if a majority of the electors of Semá:th are in favour of and agree to approve the Semá:th CP Law. Electors are members of the Semá:th First Nation who are at least 18 years of age on the voting day. Please bring one piece of Picture ID: Status Card, BCID, Driver's Licence, Passport, Firearms Acquisition Card or Picture Care Card.

Vote day: Feb 8th, 2018

Vote location: Semá:th

Administration Office

Poll opens: 9am

Poll closes: 7pm

Ratification Officer: Leona Sam





## Early Childhood Educator/ Preschool Teacher

Sumas First Nation, located in Abbotsford, BC, requires the services of a qualified **Early Childhood Educator** for the Busy Bear Club Preschool.

Sumas First Nation is working towards a major expansion in our Early Childhood Education program, and are currently in need of a preschool teacher to join our team on a part-time basis to start, with the potential for full time employment in our new centre scheduled to open in the fall of 2018. The ideal candidate will bring a passion for working with young children and their families, a dedication to fostering confident learning, and a willingness to infuse play-based early learning curriculum with Aboriginal Language and Cultural elements.

### Qualifications/Requirements

- ECE certificate & a current BC License to Practice
- Current First Aid Certificate
- Knowledge and understanding of Child development, including mental, physical, social, emotional and spiritual needs, is essential
- Experience of six months or more working within a childcare centre is preferred
- Appreciation of Sto:lo culture, and experience working in a First Nations setting is an asset
- Excellent oral and written communication skills
- Good organizational, planning and team-building skills
- Willingness to engage in the planning and implementation of community and other events hosted by Sumas First Nation; a desire to become part of the community fabric
- Creativity, enthusiasm, flexibility and a good sense of humour

Successful candidates will be required to provide the following if screened for an interview:

- Proof of Education and License to Practice
- References: Three names and phone numbers of recent supervisors
- Must successfully pass the required criminal records check
- Must possess a valid BC Class 5 Driver's License and reliable transportation.

**Salary:** Commensurate with qualifications & experience

**Type of Position:** Flexible part-time; classroom assistant, provide transportation locally for preschool students using Sumas vehicle, assist with delivery of the Aboriginal HeadStart program.

**Application Deadline: Open until filled**

**Anticipated start date: February 2018.**

Candidates will be screened according to the qualifications/requirements. Interested candidates are required to submit a resume and cover letter. Please include position title on subject line.

Submit Application packages to:

Sumas First Nation  
2788 Sumas Mountain Road  
Abbotsford, BC V3G 2J2

Attn: Human Resources  
Email: [Human.resources@sumasfirstnation.com](mailto:Human.resources@sumasfirstnation.com)  
Fax: (604) 852-4048

*We regret that only those applicants chosen for an interview will be contacted.*





# SUMAS FIRST NATION

is a progressive organization looking to fill the position of:

## Early Childhood Education Manager (Director)

Sumas First Nation is building a new Early Childhood Education Centre [the Centre] to open in September 2018. Our existing and successful preschool and Aboriginal HeadStart programs will move into the new centre, to which will be added full-day daycare and an infant/ toddler program.

We are seeking a qualified, effective and enthusiastic Manager for our new Centre. Working with our management team, the successful candidate will play a lead role in recruitment of additional staff needed for our expanded programs, and will ensure the new building, grounds, fixtures and equipment meet the licensing requirements of the *BC Community Care and Assisted Living Act*.

The success of our current preschool is grounded in our family-centered, inclusive, culturally rich programs, led by our passionate and highly skilled staff. As our new ECE Manager, you have a solid foundation to build upon, and we look forward to your fresh perspective, experienced guidance, and tremendous team-building approach as we move forward in this exciting new chapter!

### POSITION SUMMARY:

The ECE Manager oversees the day to day operations of our Early Childhood Education programs. This includes ensuring compliance with licensing, supervision and scheduling of staff, policy development and implementation, orientation of new families, budgeting and financial oversight, and coordinating special occasion centre-wide events.

As a member of Sumas First Nation's Executive Management Team, you will work with department heads to coordinate services, and contribute to initiatives across the spectrum of the Nation's operations.

### QUALIFICATIONS AND EXPERIENCE:

- Early Childhood Educator diploma or degree, with a current License to Practice in BC
- Minimum of two years supervising an ECE program /centre, in addition to at least 5 years teaching ECE
- Administrative experience, including policy development and budgeting is required
- Current First Aid & CPR, immunization and TB test up to date
- Successful completion of a Vulnerable Sector Criminal Records Check is required
- Demonstrated leadership and team-building skills essential
- Familiarity & willingness to learn about Indigenous culture, language, history and current issues is vital
- Excellent communication skills and computer literacy required

Salary Range: Commensurate with qualifications and experience

Type of Position: Permanent full-time, with competitive benefit package, subject to a 6 month probationary period.

**Applications will be accepted until February 28, 2018 at 4:00 pm**

**Anticipated start date: April 1, 2018.**

**Please send application packages to the attention of Sumas Human Resources**

**Email: [human.resources@sumasfirstnation.com](mailto:human.resources@sumasfirstnation.com)**

**Internal Post: January 29 – Feb. 6, 2018**

**External Post: Accepted after Feb. 7, 2018**

**Please refer to our website for more information on this position: [www.sumasfirstnation.com](http://www.sumasfirstnation.com)**

*We appreciate all applicants, however, only those candidates selected for interviews will be contacted.*

*Preference will be given to Aboriginal applicants. Please self-identify on your cover letter or resume*



## Sumas First Nation

Internal Posting: January 29, 2018 – February 5, 2018  
Employment Opportunity

Job Title: Capital, Housing & Public Works Manager  
Reports To: General Manager  
Team: Capital & Infrastructure  
Date: January 2018 (V1.0)

### Position Summary

The Capital, Housing & Public Works Manager is responsible for the planning, organization, direction and integration of the community's capital projects, public works and housing programs and services.

This position has primary responsibility for the administration, management and delivery of all housing programs, services and property management for SFN and supervisory the public works department

### Working Relationship

The Capital, Housing & Public Works (CHPW) Manager reports directly to the Sumas First Nation (SFN) General Manager (GM), and must develop and maintain effective working relationships with other staff and SFN members

The CHPW Manager works as part of the SFN Management Team; as such each team member contributes towards the leadership, planning, direction and vision of the organization, ensuring clarity around organizational priorities and goals, and collaboration for shared goals.

### Specific Responsibilities

Infrastructure Management	Communication and Public Relations	Project Management
Administration	Human Resources	Housing
Planning & Organizing	Financial & Asset Management	General

### Knowledge, Skills and Abilities

- Knowledge of principles of project management
- Knowledge of regulations and standards for construction and on-going maintenance of major facilities.
- Knowledge of financial management systems to a working level, principles and practices of budget preparation, ongoing financial planning for multi-year activities, processes for purchasing and the maintenance of records and administration
- Ability to provide effective leadership through management, supervision and direction to facilitate a comprehensive community infrastructure maintenance and operation program



- Ability to analyze and assess complex programs, policies and operational needs and make appropriate adjustments to ensure effective service delivery
- Ability to identify and respond to sensitive community and organizational issues, concerns and needs
- High level of competency in computer software including MS Outlook, Word, and Excel
- Effective verbal, written and presentation communication skills
- Ability to work independently and self-manage

#### **Training, Education and Experience**

- Bachelor's degree from an accredited college or university with major coursework in construction management, engineering, or a related field or an equivalent combination of education and experience. or
- 10+ years of increasingly responsible project management experience in public sector construction management, public works maintenance management, or related activity including three years of management and administrative responsibility in a municipal setting or a First Nation community.
- Valid BC Class 5 Driver's License

#### **Critical Success Factors**

- Ability to work independently without supervision and in a team environment where mutual support is essential
- Able to deal with individuals in different situations including situations where complex, high pressure, difficult decisions, or emergencies; interacts with others in a tactful, compassionate and sensitive manner

**Internal Posting: January 29, 2018 – February 6, 2018**

**Note: (SFN Policy 6.2) Employment opportunities will be communicated internally to SFN employees and SFN members for five (5) working days prior to external advertising.**

**If after five (5) working days there are no applicants that meet the required qualifications for the position, the employment opportunity will be advertised externally**

**Internal Applications will be accepted until February 5, 2018 at 4:00 pm  
Please send application packages to the attention of Sumas Human Resources  
Email: [human.resources@sumasfirstnation.com](mailto:human.resources@sumasfirstnation.com)**

*For More information and detailed job description please visit our web site: <http://www.sumasfirstnation.com/>*

*We appreciate all applicants, however, only those candidates selected for interviews will be contacted.*

*Preference will be given to Aboriginal applicants. Please self-identify on your cover letter or resume*

# UNDERSTANDING YOUR CHILD'S BEHAVIOUR WORKSHOP



Facilitated by: Dayna McCracken, M.A., RCC and Rhonda Zachary, M.A., RCC  
Early Childhood Mental Health Clinician from Child and Youth Mental Health

All behaviour has meaning and communicates a need. Understanding what the underlying needs of your child are and responding to that underlying need is the key.

Come join us and discover ways in which to enter your child's physical and emotional world and see and sense the world through their eyes. Learn hands on strategies for managing those challenging emotions and behaviours that will make a difference to your child right away.

## LOCATION AND REGISTRATION

Kwantlen Cultural Centre: 23907 Gabriel Ln, Fort Langley

**Date:** Tuesday, February 13, 2018

**Dinner:** 5:00—6:00 pm

**Workshop:** 6:00—8:00 pm

To register, please contact Kristen at [khoneybourne@langleycdc.com](mailto:khoneybourne@langleycdc.com)

604-534-1155 ext. 113 Child minding and transportation will be provided.





# Spring Break Program

**Sto:lo Aboriginal Skills & Employment Training (SASET) is having a one week certificate training & employment program!**

**Are you an Aboriginal Youth? In Highschool?  
Interested in the Customer Service field?  
Willing to commit to a one-week program?**

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

## **Training Includes:**

**Customer Service 1 & 2,  
Emergency First Aid, WHMIS,  
FoodSafe, WCB Awareness,  
Effective Communication &  
Workplace Ethics**

**When: March 19 – 23, 2018**

**Where: Sumas First Nation  
2788 Sumas Mountain Road  
Abbotsford, BC**

**Time: 9:00am-3:00pm**

**Call us today at 604-858-3691  
Toll free 1-888-845-4455 or drop by  
SASET Employment Office**



*Morning snack and lunches provided*

**Canada**



# Traditional Kitchen

With Chris Kelly

January 18-March 8 2018

Thursdays 4:30pm-7:30pm

Mamele'awt Aboriginal Ed  
Center

3277 Gladwin Rd, Abbotsford BC

Free Program for Parents or Caregivers and Children

ages 8 or older