

# Sumas First Nation Community News



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

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

## February 18, 2019—Office Closure for Family Day



John Kelly Sr—TUOS Open House



Lyndy Silver, Hazel Silver, Mona  
Connal—TUOS Open House



Amber Ned—SFN Open House

### Save the Date:

SFN Community Mtg Feb.  
19, 2019  
5:30-7:30  
SFN Community Hall

### Watch for:

Upcoming TUOS events in  
March 2019

### B-Way Wishes:

Dalton Silver, Feb 6  
Rachel Guvi, Feb 8  
Lori Kelly, Feb 12  
Sandy Silver Feb 15

Welcome Alice Ned SFN's  
Youth Engagement Coordina-  
tor

### Health Services

- **Mon- Nurse Practitioners available, (am) apps only**
- **Tue- Elder Massage**
- **Wed- Employment Council-  
lor**
- **Thu- Acupuncture twice a  
month**
- **Fri- Nurse Practitioner, app  
in (am), walk-ins (pm)**



# Sumas Community Brunch



Wednesday, February 13, 2019  
@ SFN Health Building  
10:30 am - 12:30pm

*Come and join us for some brunch and great  
company!*

Please contact Patricia Ned at  
[patricia.ned@sumasfirstnation.com](mailto:patricia.ned@sumasfirstnation.com) or at 604-852-4041



# Spring Break March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 	18	19	20	21	22	23 Paint Night @ 6pm
Youth Conference						
24 	25 Hall Day 1 10:00-2:00pm Ice Cream & Movie	26 Hall Day 2 10:00-2:00pm Picnic at the Park	27 Hall Day 3 10:00-2:00pm Painting Flower Pots	28 Hall Day 4 10:00-2:00pm Capture the Flag	29 Hall Day 5 10:00-2:00pm Movie, Lunch & Games	30
31						





# Ladies Group

Wednesday, February 20, 2018  
@ Health Building  
12:00-2:00pm

Hey Ladies!

Come on down to our new monthly Ladies Group!!

We will have food, fun activities and some great conversation.

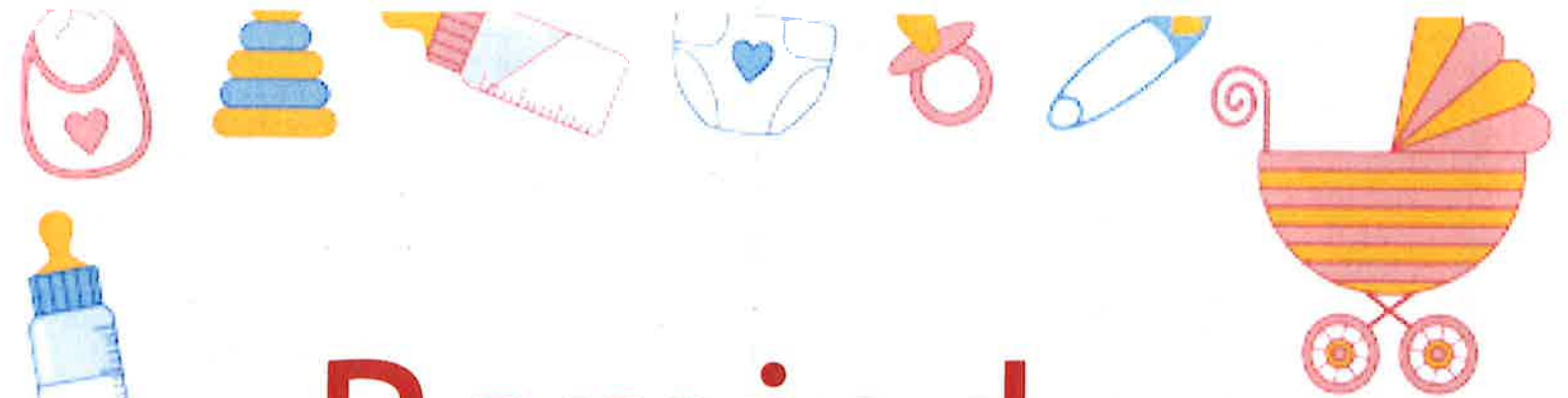
Ladies Group will be about women empowerment and connecting with each other.

Don't forget to mark your calendars!!

XOXO

CONTACT PATRICIA NED FOR MORE INFORMATION 604-852-4041  
PATRICIA.NED@SUMASFIRSTNATION.COM





# Reminder

# \*Baby Time\*

Tuesday, February 19, 2019

12:00 pm - 3:00 pm

Health Building Board Room



The Abbotsford School District invites you to

# ABORIGINAL ENHANCEMENT AGREEMENT

We invite you to share your ideas on how to best support the achievement and development of Aboriginal students as part of the consultation for the Aboriginal Enhancement Agreement

Tuesday, Jan 29 2019, 3 pm

Consultation meeting open to all Aboriginal families – treats served at Maméle'awt Aboriginal Centre 3277 Gladwin Road

Wednesday, Jan 30 2019, 6 pm

Community Dinner for families with Metis Ancestry  
Consultation for the Fraser Valley Metis Association at 3277 Gladwin Road

Tuesday, Feb 5 2019, 5:00 pm

Community Dinner for families from Matsqui First Nation 5720 Julian Road

Tuesday, Feb 12 2019, 6 pm

Community Dinner for families from Sumas First Nation 2788 Sumas Mountain Road

Wednesday, Feb 27 2019, 6 pm

Consultation meeting open to all Aboriginal Families, treats served, held at McMillan Elementary 34830 Oakhill Drive



Aboriginal  
Education

For more info, please contact  
Darlene.MacDonald@abbyschools.ca,  
604 859 1224



ABBOTSFORD  
SCHOOL DISTRICT  
ABORIGINAL EDUCATION



# 2019 Cultural Experience Series Event!

## BC Family Day Weekend Celebrations

Friday February 15th - 2:00 pm to 4:00 pm

**EXPLORE ARCHAEOLOGY THROUGH TREATS, CANDY AND CHOCOLATE!**

Everyone Welcome  
**FREE!!**

Hosted by the  
Stó:lō Nation Archaeology Crew

Where: Building 10, 7201 Vedder Road

Bring your  
appetite!

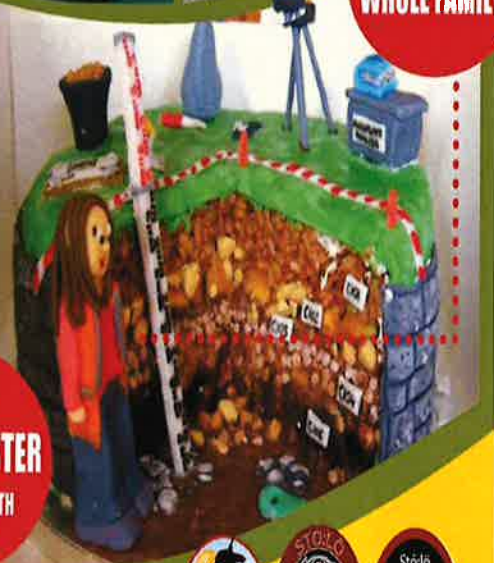
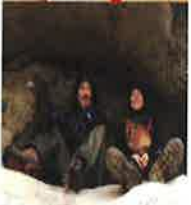
- Come sift through **'DIRT!'** (Oreo crumbs) for artifacts
- Watch tool making with **CHOCOLATE!**
- **DIG! DIG! DIG!** to excavate cookies!
- Learn to weave **LICORICE!**
- **PLUS...** make chocolate **ARROWHEADS!**

Register by February 13th: [admin@srrmcentre.com](mailto:admin@srrmcentre.com)

**NOTE!**  
**MUST REGISTER**  
**BY FEB 13<sup>TH</sup>**

Cookie Excavation

**FUN FOR THE  
WHOLE FAMILY!**



Funded by BC Museums Association  
in partnership with the Province of British Columbia

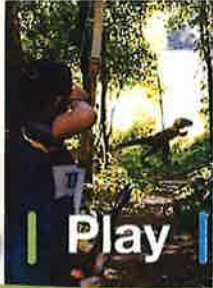
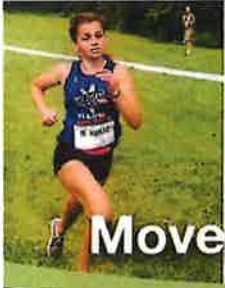
Stó:lō Research and Resource Management Centre • Building #10 - 7201 Vedder Road, Chilliwack BC







**ISPARC**  
Indigenous Sport,  
Physical Activity  
& Recreation Council



**Move | Play | Compete**



**Four Mondays!**  
Feb 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>,  
25<sup>th</sup>



**3PM – 5PM**



**Sts'ailes Community  
School Gym**  
School Road  
Agassiz, BC

OPEN TO INDIGENOUS YOUTH AGES 6-12

# SOCCER CAMP!



**EVENT INQUIRIES:**

Margaret Charlie  
Community Wellness Manager



Phone: 6047969601



Email: Margaret.charlie@stsailles.com

**Registration Link:**



<https://aboriginalsportbc.wufoo.com/forms/khe738x17vgfpa/>

*Interested in hosting a Sport Development Camp, Coaching Certification Course, and/or Officials Training Session in your community?*

Contact I-SPARC Regional Coordinator: Fraser Region  
Alana Cook (acook@isparc.ca)



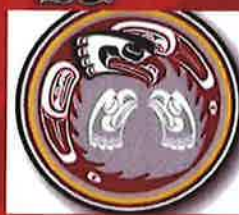


# Fraser Region Coaching Workshop

FRASER REGION



British Columbia  
Archery Association



*Spirit*  
OF THE CHILDREN SOCIETY

## Instructor of Beginner Archery



**Saturday February 9<sup>th</sup> and Sunday February 10<sup>th</sup>**  
**9:00am-5:00pm Free Lunch and Parking**

**H.D. Stafford School**  
**20441 Grade Crescent | Langley, BC | V3A 4J8**

**Are you interested in becoming an archery coach? Do you self-identify as Indigenous, or work in the Indigenous community? Are you at least sixteen years old?**

**Instructor of Beginner Archers:** By presenting several mini-lessons and demonstrations, as well as observing interventions during shooting throughout the course of this workshop, coaches/instructors will be prepared to introduce archery to athletes in a variety of settings, including: clubs, camps, schools, and other organized activities. As there is a practical component to the course, please wear active clothing, bring a waterbottle, and prepare to be moving around throughout the day. This course is **free** (funded by the Indigenous Sport, Physical Activity & Recreation Council).

**Please Fill Out Online Registration Link Before February 2<sup>nd</sup>**  
**<https://aboriginalsportbc.wufoo.com/forms/zlqzaakhlokpffr/>**

**Inquiries: Alana Cook 604-807-5334 [acook@isparc.ca](mailto:acook@isparc.ca)**  
**Ernie Cardinal 778-903-1002 [e.cardinal@sotcs.ca](mailto:e.cardinal@sotcs.ca)**



# Fraser Region Coaching Workshop

FRASER REGION

fortius  
sport & health

## Aboriginal Coaching Modules National Coaching Certification Program (NCCP)



**Saturday, February 23<sup>rd</sup> 2019**

**8:30am-5:00pm Ages 16+ Lunch Provided**

**Fortius Sport & Health**

**3713 Kensington Ave, Burnaby, BC V5B 0A7**

The ACM is an essential resource to those that work with, coach, and/or supervise Aboriginal people in physical activity, recreation, and sporting activities. This one-day workshop will provide a greater understanding of coaching through an Aboriginal lens, and is designed to motivate, inspire, and lead Aboriginal people in sport, recreation, and physical activity. This course is free (funded by the Indigenous Sport, Physical Activity & Recreation Council). Limited seats!

**Please Fill Out Online Registration Link Before February 16<sup>th</sup>:**

**<https://aboriginalsportbc.wufoo.com/forms/zoko7vb0ormicu/>**

**Inquiries:**

**Jennifer Wills 604-292-2543**

**[jennifer.wills@fortiussport.com](mailto:jennifer.wills@fortiussport.com)**

**Alana Cook 604-807-5334**

**[acook@isparc.ca](mailto:acook@isparc.ca)**





# Fraser Region Coaching Clinic

PACIFICSPORT  
FRASER VALLEY



ISPARC  
Indigenous Sport, Physical Activity & Recreation Council

Indigenous Sport,  
Physical Activity  
& Recreation Council

## Teaching and Learning

A Free Coaching Clinic for Indigenous Coaches



## National Coaching Certification Program

**Saturday, February 23<sup>rd</sup> 2019**

9am-2pm

**Pacific Sport Fraser Valley**

7888 200 St #230, Langley, BC V2Y 3J4

\*Light lunch provided by ISPARC\*

Upon completing the Teaching and Learning module you will be able to: assess your own beliefs regarding effective teaching, analyze certain coaching situations to determine if they promote learning, create conditions that promote learning and self-esteem, use words and methods that relate to an athlete's preferred learning style, use well-formulated feedback at the right time and with the right frequency, and develop an action plan to enhance your own effectiveness as a teacher and coach. This course is free for ISPARC coaches (funded by the Indigenous Sport, Physical Activity & Recreation Council and PacificSport Fraser Valley).

**Please Fill Out Online Registration Link Before Feb. 21<sup>st</sup>:**

<https://www.eventbrite.ca/e/nccp-course-teaching-learning-tickets-55089404893>

Discount Code for Free Registration for ISPARC Coaches: FEBTLISPARC

**Inquiries:**

**Alana See**

**604-746-0603**

**asee@pacificsport.com**

**Alana Cook**

**604-807-5334**

**acook@isparc.ca**





**ISPARC**  
Indigenous Sport,  
Physical Activity  
& Recreation Council



**Move**



**Play**



**Compete**



Three Saturdays:  
January 26<sup>th</sup>  
February 23<sup>rd</sup>  
March 23<sup>rd</sup>



**10AM – 3PM**  
*Free Lunch Provided*



**Scowlitz First Nation**  
12892 Moses Dr,  
Lake Errock, BC



**Registration Link:**

<https://aboriginalsportbc.wufoo.com/forms/zmzcsun0kvriyh/>



## You are invited to attend three sessions of the Indigenous Athlete Winter Fitness Program!



Are you an Indigenous athlete age 10-17 living in the Fraser Region? Join us once a month this winter for free fitness testing, an introduction to a strength and conditioning program, and basic dry-land training! All fitness levels are welcome!

### EVENT INQUIRIES:

Chrystal McCallum

orange\_evil@hotmail.com

778-598-1703

*Interested in hosting a Sport Development Camp, Coaching Certification Course, and/or Officials Training Session in your community?*

Contact I-SPARC Regional Coordinator: Fraser Region  
Alana Cook (acook@isparc.ca)







# Job opportunities

await you at

## Indigenous Services Canada

Indigenous Services Canada is **looking for Indigenous candidates** for various job postings. Salary ranges from \$47,729 to \$107,619.

Apply today on [jobs.gc.ca](http://jobs.gc.ca)!



Scan the QR code or visit <http://ow.ly/KxMk30npxU> for direct access to the job postings



# *Indigenous Forestry Careers*

## 2019 BC FORESTRY Career Fairs

**NANAIMO | Feb. 20th**

10 am - 3 pm @ Coast Bastion Hotel

**KAMLOOPS | Feb. 27th**

10 am - 3 pm @ Coast Kamloops Hotel & Conference Centre

**NORTH VANCOUVER | Mar. 12th**

10 am - 3 pm @ Pinnacle Hotel at the Pier

[workforce@forestrycouncil.ca](mailto:workforce@forestrycouncil.ca) | [forestrycouncil.ca](http://forestrycouncil.ca)

