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Sumas First Nation Community Newsletter April 2021



In This Issue:

- Page 2: Office Closure
- Page 3: Acting General Manager
- Page 3: SA Reminders
- Page 4: Finance Manager Update
- Page 5: Trans Mountain Update
- Page 6: Community Highlights
- Page 7: EA to the General Manager
- Page 8: Internal Job Posting
- Page 10: Health Happenings
- Page 14: Why is Eating Traditional Food Important?
- Page 15: External Opportunities
- Page 16: External Information
- Page 19: Staff Contacts



Our Next Issue Dates

May 7, 2021

Office Closure



**All Sumas First Nation Offices will be Closed
Friday April 2 and Monday April 5, 2021 for
Good Friday and Easter Monday.**

We will re-open on Tuesday April 6, 2021.



IMPORTANT INFORMATION

Effective Monday, March 22, 2021, Richard Hall, who is our Governance and Natural Resources(GNR) Director, will assume the Acting General Manager responsibilities while performing his GNR Director Roles.

If you have any questions, you can email Richard Hall at richard.hall@sumasfirstnation.com

You can also contact our Communications Officer, Kevin O'Neill by email at kevin.oneill@sumasfirstnation.com or communications@sumasfirstnation.com.

Social Assistance Reminders

Renewals due: Thursday, April 15, 2021

Cheque Issue date: Wednesday, April 24, 2021



March 31, 2021

RE: Finance Manager Update

Attention Sumas First Nation Community and Staff,

Chief and Council wants to share some news with you, regarding our Finance Manager, Ahmad Sarfraz.

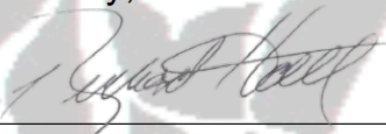
Effective March 31, 2021, Ahmad is no longer employed with Sumas First Nation. We want to thank Ahmad for his commitment to the Community, and we wish him success in his future endeavours.

Effective immediately, Neelum Buttar, who is our Finance Officer will be our Acting Finance Manager. Neelum can be reached by phone at 604-852-4041 or email at neelum.buttar@sumasfirstnation.com

If you have any questions regarding this notice, please contact our Acting General Manager, Richard Hall by email at richard.hall@sumasfirstnation.com

Or you can also reach out to our Communications Officer, Kevin O'Neill, kevin.oneill@sumasfirstnation.com

Respectfully,



J. Richard W. Hall,
Acting General Manager
Governance and Natural Resources Director

TRANS MOUNTAIN UPDATE

Attention Sumas First Nation Members,

Please join us on Tuesday April 6, 2021 at 6:00 pm for an update to the membership on the Trans Mountain activities. To protect our most vulnerable Members, this meeting will be streamed through zoom and we will post the video on the Facebook Group, for those who cannot watch live.

Who: Sumas First Nation Members.

What: Trans Mountain Update.

When: Tuesday April 6, 2021 at 6:00pm.

Where: Zoom.

Join Zoom Meeting

<https://us02web.zoom.us/j/89780555677?pwd=dDFtSTZQV3ZtdWx0L3QwenFzOVY2dz09>

Meeting ID: 897 8055 5677

Passcode: 837934

Speakers:

Michael Dowhopoluk;

Dr. Michelle Corfield;

Jonathan Westlake.

Facilitator:

Kevin O'Neill, Communications Officer.

If you have any questions, email communications@sumasfirstnation.com

Community

Sumas First Nation Administration and Governance and Natural Resources would like to raise our hands to Ashley Lamson, for her dedication to ensuring that our community stays clean. We want to recognize that Ashley cleaned up Lakeview Drive and sorted all recyclable, compostable, and trash separately.

As a community, we thrive when we work together to make our community clean, healthy and safe.





SUMAS
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March 26, 2021.

RE: Executive Assistant to the General Manager Announcement!

Good day Sumas First Nation Staff and Community,

At this time, we want to thank you for being patient as we have been looking for the right candidate for the EA to General Manager position. After the application and interview process, we are excited to say that we have found the right candidate to fill this position.

Please help us welcome Patricia Ned as our new EA to the General Manager. Patricia will be starting her new role on Monday March 29, 2021.

Patricia feels excited to have been selected to be the Executive Assistant to the General Manager. Patricia's journey started in High School when she held summer student positions with Lands and Community events, to attending University while filling in for staff on leave at the Health building and then later to being hired on as the EA for SXDL. She is ready to learn and looks forward to this new challenge.



**SUMAS
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Internal JOB POSTING – HOMEMAKER

TERM: Part time

START DATE: Open Until filled

WAGES: \$15 per hour

LOCATION: Sumas First Nation on Reserve.

Summary

The Homemaker performs a variety of duties as outlined in the care plan which could include but not be limited to, nutritious meal preparation, cleaning duties and friendly visiting.

Responsibilities

- Works well independently as well as in a team environment.
- Provides assigned duties according to care plan (household cleaning, laundry, dishes for example).
- Provides simple nutritious meals as directed.
- Advocates on behalf of Community Members when necessary, to ensure they receive needed services by reporting needs and concerns to Community Health Representative.

Knowledge, Skills and Experience

- Ability to apply and follow policy.
- Ability to develop and maintain effective working relationships.
- Knowledge of the SFN community and people.
- Patient, caring and empathetic.
- Strong communication skills.
- Completion and possession of valid CPR and First Aid Certificate.
- Valid B.C. class 5 driver's license.



**SUMAS
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- Access to and use of a reliable vehicle for work purposes.
- No formal education or training is required, but you must be comfortable in a health care type setting as many clients will have health issues.

Health and Safety

- Physically capable of performing household cleaning duties (lifting wet clothes, bending and stooping, standing for long periods for example).
- Able to operate required equipment (vacuum, washing machine, dryer, dishwasher, stove, oven, microwave for example).
- Must be comfortable around children and pets.
- Criminal Record clearance – Vulnerable Sector required.

Apply to Interim Health and Wellness Manager Laureen Duerksen
laureen.duerksen@sumasfirstnation.com

Here is what the Health Building will be offering for Sumas Members, and Community!

Nurse Practitioners

Every Wednesday Jamie Tourond and Lianne Bjornerud will be returning to regular on-site visits at the Health Centre starting April 21, from 9:00am - 4:00pm. Appointments can be in person or virtual – drop in appointments may be available but not guaranteed. Booking an appointment ensures you a time.

Visits can be booked through their office. Phone Number: 604-870-7557

Dr. Peter Eppinga

Begins his on-site clinics Friday April 9, 2:00pm - 6:00pm. Appointments can be in person or virtual, drop in appointments may be available but not guaranteed. Booking an appointment ensures you a time.

Appointments are to be booked through the Chilliwack office – 1-877-934-1076

Pharmacist

Dr Eppinga will be working with Eagle Landing Pharmacy to provide prescription services to Sumas until the new pharmacy opens in Kilgard. The pharmacists are well versed in the benefits system used by FNHA and will work with Dr. Eppinga and patient to ensure medications are covered wherever possible and discuss options when they are not. The Pharmacy also offers free home delivery of all prescriptions.

Eagle Landing Pharmacy (604) 392-5529.

Ernest Chorabik

Indigenous Addictions Counsellor is on site for in person visits at the Health Centre every Wednesday from 9:00am-12:00pm. Drop-in appointments may be available but not guaranteed. Booking an appointment ensures you a time.

For an appointment call 778-222-1963.

Sumas First Nation Homework Program

Beginning March, 25 2021 SFN will be hosting a homework program for youth at the Health Centre. This program will run from 2:30pm – 5:30pm and is organized as you see below:

Wednesdays will be for students 12 – 13 yrs of age.

Thursdays will be for students 14 – 19 yrs of age.

Health and safety precautions will be in place. Covid restrictions allow for a maximum of 10 students per group. As covid restrictions change we will adjust the groups to follow guidelines. Food and snacks will be provided. You must register to ensure a space.

Call or message Barb Kelly
604-621-5399 or email Barb.Kelly@sumasfirstnation.com to sign up.



Hi there! My name is Dr. Peter Eppinga. I have been in contact with Chief Dalton and Craig over the crazy pandemic times. Health care is on top of the list for Chief Dalton. The purpose of this introduction is to let you know that we are hoping to open up a new medical clinic and pharmacy in Kilgard, to look after your health care needs.

As a part of my introduction I grew up in Old Masset, Haida Gwaii. My mother is from the Chief Wiah Clan (Eagle Crest) in Masset. I currently live in Abbotsford now, in your territory on Sumas Mountain. I honor your land and will act as if I am a visitor to you on your land.

For my credentials I have completed my degree in Kinesiology at the University of the Fraser Valley in Abbotsford. My medical degree was completed at UBC, and my master degree in Health Science was completed at the School of Population and Public Health at UBC....this can make me be the Indian version of Bonny Henry lol jk.

If you would like to learn more information about me, I have a blog (website) that will keep you up to date with interesting medical information. My website is www.drpetereppinga.com and our clinic website is www.gwaiimedical.com.

There are many health issues that I hold close to my heart in Canada. Some topics that are discussed on my blog are obesity, depression, diet and exercise, brain health and social determinants of health. I believe health and happiness should be for everyone and I hope to give some good ideas on how to live a complete and happy life.

Other topics of discussion in the blog will stem from an issue that has affected me in my personal life and that is suicide prevention. This is the top issue I discuss and my campaign to bring more awareness to this issue. In no way am I trying to discriminate anyone or any population. I am only wanting to educate and bring better health care to everyone who reads the website. I hope to leave every person that I meet better than I found them whether that be meeting through this website or in person. I hope you have a fantastic day and cheers to healthy and joyful life! Please feel free to add me as a friend Facebook, Twitter or Instagram. Howaa (thank you) for your time and for reading this introduction.

Our medical office phone is : (778) 704 – 0404

Pharmacy Phone : (604) 392 – 5529 (Sali is the Pharmacist)

Office Email : info@gwaiimedicalchilliwack.com

<i>B. Kin, MHS, MD</i> DR. PETER EPPINGA		
www.gwaiimedicalchilliwack.com #506-8236 Eagle Landing Parkway Chilliwack, BC V2R 0R5	Phone: 778-704-0404 Fax: 778-704-0370 info@gwaiimedicalchilliwack.com	
CALL OR EMAIL FOR APPOINTMENT		



Bio: Ernest Chorabik

Born and brought up in Poland, I came over to Canada, on a scholarship to attend Lester B. Pearson College near Victoria, BC. Their underlying philosophy was "International Understanding". As martial law was declared in Poland during my stay here, I made decision not to return and instead continue with my life on this side of the Iron Curtain.

In 1987 I completed a Bachelor of Arts Degree with Honours and moved with my soon-to-be wife - to Grande Prairie, Alberta. I worked in a number of roles, primarily as Executive Director of a Settlement Agency, working with newcomer immigrants and refugees. Over the years I have worked towards completing a Bachelor of Social Work degree, moved to Ontario, been a stay-home parent to my young children and moved back to BC. In Dawson Creek, I worked in various capacities, including at the Nawican Friendship Centre from 1999 to 2006 as a Youth and Families Addiction Counsellor. I then worked for SPCRS as a Family Support Counsellor and contracted to Corrections Canada as a Community Parole Supervisor.

In 2017 I re-joined my family in the Lower Mainland and was honoured to work for FRAFCA in Surrey as their Indigenous Domestic Violence Counsellor until 2019. In 2020 I joined Archway Community Services in Abbotsford where I'm a counsellor with the Abbotsford Addictions Centre. My role is primarily centered on working with Indigenous people in the local area through our Indigenous Addictions Pilot Project.

My goals are to increase the presence of Indigenous-specific counselling services in the Abbotsford area, assess the needs of underserved Indigenous people locally, provide counselling to those living on and off reserves, build bridges with community members and provide tools and groups for the 'Red Path' program, used in the federal prison system with Indigenous inmates, whose goal is to allow for and, actively follow an Indigenous spiritual path during recovery and counselling.

These are important and significant responsibilities at any time, let alone during the pandemic. By October of this year I had served 50+ direct clients, of whom over 50% were Indigenous, and I expect numbers will only increase. The number of indirect clients, through the outreach I have been doing through the Mission Friendship Centre, Hearthstone Residence, local Salvation Army, the Hub and more is much higher than that. A highlight for me has been that while the Alcohol and Drug Support and Recovery Group I helped create at the Mission Friendship Centre was unfortunately postponed during the pandemic, it is now being offered by Zoom so people can attend remotely.

While considerate of following guidelines during the pandemic for the safety of clients and coworkers, as an essential worker I have often remained on site at the Abbotsford Addictions Centre to help clients who are unable or hesitant to connect virtually. In addition to counselling sessions, I offer all Indigenous clients pre- and post-session smudging, as I believe "culture is healing." Non-Indigenous clients may also participate if they wish, and I hope it will open them up to new experiences and ways of thinking.

After having worked with Indigenous people for the last several decades, as well as other marginalized people, I would be honoured to offer my skills to the Sumas First Nation:

- Certified "Red Path" facilitator
- Certified "SMART Recovery" facilitator
- Practitioner of Brief Intervention Counselling
- Lived experience as a person in recovery
- Flexible schedule to best accommodate your needs

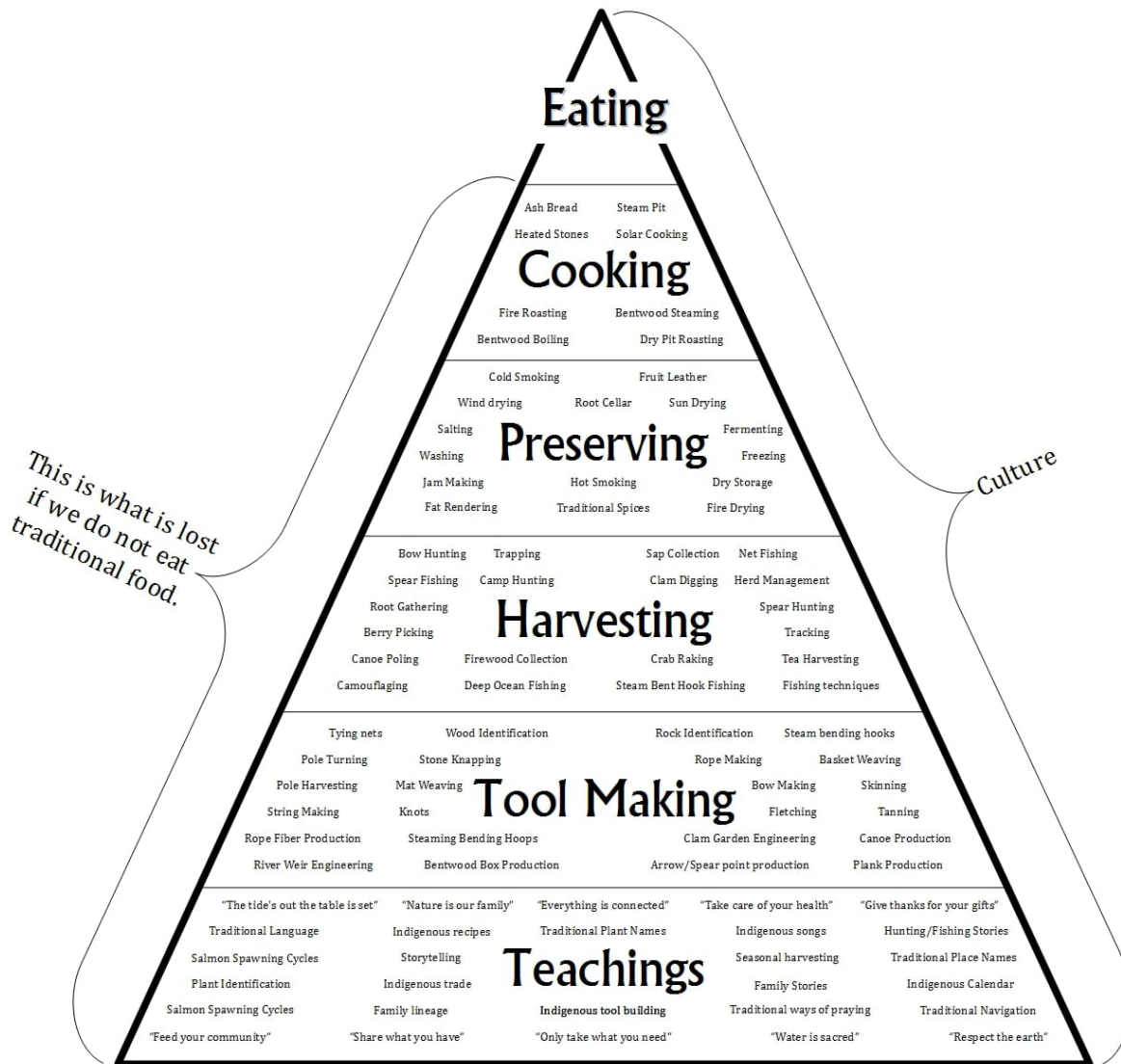
Migwitch!

Ernest



Why is Eating Traditional Foods Important?

Diagram by Jared Qwustenuxun Williams



Traditional Food Production Fosters Culture

#myexistenceisresistance



Sto:lo Aboriginal Skills & Employment Training is pleased to offer:

Wildfire Training

April 19th—30th, 2021

Program includes:

- First Aid Level 1
- Transport Endorsement
- WHMIS
- Power Saw Operators
- S-100 Basic Fire Suppression & Safety
- S-232 Pumps & Water Delivery
- S-185 Fire Entrapment & Avoidance
- S-212 Radio Communications
- S-230 Crew Leader
- ICS 100 Incident Command
- S-235 Burn Off & Backfiring/ Ignition Operations
- SPP-115 Structure Protection and Site Preparation



LUNCH, TRANSPORTATION AND SAFETY GEAR PROVIDED!

To apply:

BOOK AN APPOINTMENT WITH AN EMPLOYMENT COUNSELLOR TODAY BY CONTACTING US AT 604-858-3691 OR EMAIL INFO@SASET.CA

PLEASE VISIT WWW.SASET.CA FOR EMPLOYMENT ASSISTANCE SERVICE HOURS AT OTHER LOCATIONS

If you are an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 3 week full-time program
- Enjoys outdoor work in all types of weather
- Has an interest in Forest Fire Fighting
- Is in good health and physically fit

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

Training will take place on-site at SASET Chilliwack

Building 2D 7201 Vedder Road, Chilliwack, BC

April 19th to 30th, 2021



2021 SUMMER CONSERVATION CREW

Employment Opportunity with the Fraser Valley Conservancy

*Do you want to help restore and enhance habitat for wildlife?
Do you enjoy physical work and
-spending your summer working outdoors?
If so you may be a good fit for our summer conservation crew!*



JOB DESCRIPTION

Working under the supervision of Fraser Valley Conservancy (FVC) staff, the key areas of work this summer will include:

- Managing conservation properties, including controlling invasive species and assisting with ongoing surveys and maintenance;
- Monitoring of the juvenile Western Toad migration at Ryder lake;
- Assisting staff on a variety of other conservation projects, which may include surveys for species at risk, supporting the re-launch of our volunteer program, and promoting conservation values to the community through our online platforms;
- Working an average of 35-40 hours/week at \$18/hour.

QUALIFICATIONS

While we do not require extensive previous work experience, we will be looking for candidates that have some demonstrated ability (work, volunteer, or academic) in the following areas:

- Must be physically fit and comfortable working outside in all weather;
- A keen interest in local conservation issues;
- Some knowledge of native plant and wildlife species, as well as invasive plant identification and control methods;
- Follow instructions and ask questions when required;
- Highly observant and can take detailed notes;
- Excellent verbal and written communication skills;
- Comfortable talking to the public about conservation topics.

Must have access to a reliable personal vehicle as you will be required to commute to daily meeting locations in Mission, Abbotsford, Chilliwack, and Surrey that are not accessible by transit.

Must be able to work a flexible schedule which may include evenings and weekends to coincide with the toadlet migration and other events, from May 25th to August 28th, 2021 (pending funding approval).

ELIGIBILITY

These positions are funded through the Canada Summer Jobs program, therefore **candidates must meet the following qualifications:**

- Be between 15 and 30 years of age (as of May 25th, 2021)
- Be a Canadian citizen, permanent resident, or person to whom refugee protection has been conferred, and be legally entitled to work in Canada



ADDITIONAL ASSETS

- Experience controlling invasive plants. **Much of the summer will be spent managing them at our restoration sites.**
- Experience working outside during the summer months.
- Field work experience including surveys and monitoring, data collection, data analysis, and technical reporting.
- Knowledge of amphibian biology, wetland ecology, and species at risk issues - especially local species and ecosystems.



HOW TO APPLY:

Email your resume along with a cover letter highlighting how you meet the listed qualifications by midnight on Sunday, April 4th to Jon@fraservalleyconservancy.ca

March 2021

Overview of Stronger BC Action Teams
Indigenous Invasive Species Network



The Invasive Species Council of BC is rolling Stronger BC Action Teams in 10 regions of the province by June 2021. The main goal of the Stronger BC program is to provide training and employment to individuals who have lost employment opportunities due to the current pandemic. Indigenous people, women, youth, and applicants from economic sectors impacted by Covid-19 are encouraged to apply for Action Team positions. Action teams learn how to use ISCBC's remote communications (virtual) platform, participate in remote (virtual/online) orientation and training, and perform all duties according to the Provincial Health Orders with health and safety practices as a priority.

Action Teams are learning new skills and gaining experience in the natural resource sector by participating in formal training sessions and on-the-ground invasive species management projects. Each team has a supervisor and 3 crew members. Each team works for 3-4 months in their project area.

Action Teams are tasked with field work which involves surveying, documenting, reporting and the removal of invasive species at a variety of sites. Timing of the field work is aligned with the stages of plant growth and invasive species presence in each management region.

Action Teams are receiving a suite of training, including on-line course work provided by ISCBC's Learning Centre and practical applied training in the field. Skill development ranges from computer proficiency and plant and other species' identification to record-keeping and documentation (including photography), and manual, mechanical, and chemical invasive species removal. The Action Team members are awarded certification for pesticide application, first aid, and other courses important to field workers.

The first cohort of Action Teams are working in areas surrounding Nanaimo, Victoria, Metro Vancouver, Fraser Valley, Grand Forks, Nelson, Vernon, Salmon Arm, Ashcroft, Williams Lake and Prince George. The Nanaimo team is wrapping up on April 30th; Metro Vancouver and the Fraser Valley teams start up on April 6. Victoria and the southern Interior teams are beginning work in May; Williams Lake and Prince George teams are starting up in June.

Invasive Species Council of BC

#72 Seventh Avenue South
Williams Lake, BC, V2G 4N5

P 250-305-1003
E info@bcinvasives.ca

CHARITY # 856131578RR0001

BCINVASIVES.CA

Recruitment for Action Team supervisors and members is ongoing.

The Victoria, Vancouver and Chilliwack teams have been selected.

Action Team jobs for Nelson, Vernon, Grand Forks, Salmon Arm, Ashcroft, Williams Lake and Prince George areas are posted.

General Applications are also welcome for future Action Teams.

For more information please visit the ISCBC web site <https://bcinvasives.ca/about/careers/>

Indigenous communities are invited to reach out to Theresa Denton to discuss ways to connect with the Invasive Species Council of BC. Email: connection.coord@bcinvasives.ca

Invasive Species Council of BC

72 Seventh Avenue South
Williams Lake, BC, V2G 4N5
BCINVASIVES.CA

P 250-305-1003
E info@bcinvasives.ca

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p. 2

Staff Contacts

Governance and Natural Resources

Acting GM/ Governance and Natural Resources Director Richard Hall:
richard.hall@sumasfirstnation.com

Communications Officer Kevin O'Neill:
kevin.oneill@sumasfirstnation.com and;
communications@sumasfirstnation.com

EA to GNR Director Jenna Noppen
jenna.noppen@sumasfirstnation.com

Health and Wellness

Interim Health and Wellness Manager Laureen Duerksen
laureen.duerksen@sumasfirstnation.com

Youth and Cultural Coordinator Barb Kelly:
barb.kelly@sumasfirstnation.com

Health and Wellness Executive Assistant Carissa Silver:
carissa.silver@sumasfirstnation.com

Community Health Representative Flora Silver:
flora.silver@sumasfirstnation.com

Community Events Coordinator Alana James:
alana.james@sumasfirstnation.com

Education and Member Services Coordinator Amber Ned:
amber.ned@sumasfirstnation.com

Social Development Worker Lori Kelly:
lori.kelly@sumasfirstnation.com

Reception Sandy Silver:
reception@sumasfirstnation.com

Staff Contacts

Finance

Finance & Payroll Administrator Kimi Kim:
kimi.kim@sumasfirstnation.com

Accounts Payable & Contracts Luwana Louis:
luwana.louis@sumasfirsnation.com

Acting Finance Manager Neelum Buttar:
neelum.buttar@sumasfirstnation.com

Lands

Lands Manager Valarie Sam:
lands@sumasfirstnation.com

Lands and Resource Biologist Carrie Milsop:
carrie.milsop@sumasfirsnation.com
Cell is 604-226-2352

*Please note, we are missing some emails from SXDL, Housing, Administration
and a few more from Lands.*