



Semá:th

Sumas First Nation Community Newsletter: February 2021



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Our Next issue Dates

- March 5, 2021
- April 2, 2021
- May 7, 2021

IMPORTANT DATES

OFFICE CLOSURE

All Sumas First Nation offices will be closed on ***Monday, February 15th, 2021*** for Family Day.



COVID-19 Vaccine Information Sessions

The Health and Wellness Department will be hosting two information sessions on Friday, February 12th, 2021.

COMMUNITY LIAISON AND INFORMATION SESSIONS



Welcome Alyssa Villeneuve

Alyssa is our new Community Liaison. She will be our guide through the next few months getting us timely information on COVID-19 and the vaccine roll out, continuing the great work started by Carissa of booking the vaccine clinics and individual appointments.

She will be in contact with the community as new information comes up but, in the meantime, you will find her at 604-852-4041 local 111 or on her cell 604-217-6899.

Attention all On and Off-Reserve members,

We have some great news to share with you, we will be hosting two information sessions regarding the COVID-19 Vaccine Clinic. FNHA and Fraser Health Authority will be present at this meeting, where they will provide information to the community on the Vaccine and answer any urgent COVID-19 questions you may have.

This meeting will be presented through Zoom!

Info session #1: Friday February 12th, 2021 at 10:00 am

Join Zoom Meeting

<https://us02web.zoom.us/j/82030398158?pwd=THI3SitsRE95SkVxdnhKMmEr-cjhwdz09>

Meeting ID: 820 3039 8158

Passcode: 128705

Info session #2: Friday February 12th, 2021 at 6:00 pm

Join Zoom Meeting

<https://us02web.zoom.us/j/84601508164?pwd=U3p3WFM1ei81SUZOd004N-3JpSnNLZz09>

Meeting ID: 846 0150 8164

Passcode: 046599

SOCIAL DEVELOPMENT



The OLD ONES say that humility is the foundation of everything. Nothing can exist without it. Humility is the ability to see yourself as an essential part of something larger...

Without the spirit of humility there can be no unity, only discord. Humility lets us work together to achieve equality. Humility teaches that there are no greater or lesser beings or things.

Richard Wagamese

Please help us welcome Lori Kelly into her new position as our Social Development Worker.

Lori Kelly has joined Sumas First Nation's Health Department as the Social Development Worker on January 12, 2021. In her role as the Social Development Worker, she will be here to assist members with employment readiness programs, training opportunities, oversee the student employment program, and provide short-term or ongoing support for income assistance clients.

Lori will be working out of the Health Building, and her direct supervisor is Lauren Duerksen SFN's Interim Health & Wellness Manager.

Lori can be reached Monday-Fridays, 8:00am - 4:00pm

Email: lori.kelly@sumasfirstnation.com

Phone: 604-852-4041 ext 104

Cell: 778-908-9092

REMINDERS!!!

Social Assistance Renewal/Declaration Due
Thursday, February 11, 2021

Next Social Assistance Cheque Issue Date is
Wednesday February 17, 2021



2021 INDIGENOUS ROLE MODEL

Jacqueline Silver-Ned | Yale Secondary

I am Stó:lō, from Sumas First Nation. This year I am doing my schooling in my community, Semá:th Stó:mex Totí:lta:wtxw (Semá:th Warrior Place of Learning). I have grown up surrounded by my culture and traditions by learning and growing through my family. I participate in Coastal Jams which are huge gatherings where singing and dancing our traditional songs take place across the valley and the USA. I am involved in War Canoe Racing with this year being my third year, I am so excited to see what this year brings for my paddling. I began racing as bowman which is the person who sits in the first seat on the canoe and starts the stroke and help turns the canoe. It has taken me years to be proud of who I am as an Indigenous woman. Ever since my second year of high school, that is when I realized how amazing and beautiful it is to be Xwélmexw (First Nation). I would like to thank my relatives Christine Seymour and Leanne Julian for helping me, showing, and teaching me the beauty of our Halq'eméylem language. Since attending their language classes, I grew more in love with our language. I now want to attend UBC's NITEP program to get my teaching degree, and UFV to learn the language more. I would like to remind everyone to be proud of who you are and where you come from. Never lose hope in who you are and who you want to be.



Indigenous
Education



2021 INDIGENOUS ROLE MODEL

Dezirae Ned-Nash | Yale Secondary

I am a member of Sumas First Nation and I grew up on the traditional lands of the Semá:th Nation with my family where I learned most of my Indigenous knowledge from Elders and community members. I have been learning Halq'eméylem; the traditional language of my people. I am a peer tutor for younger students and volunteer with the Busy Bear afterschool program where I also teach the children about culture, language and traditional songs and drumming. I am inspired by using my voice to advocate for Indigenous rights. My dream is to obtain a social work degree and become an addictions counsellor. I want to help people with addiction so nobody else has to lose a father, mother, husband, wife, or child.



Indigenous
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Semá:th Stó:mex Totí:lta:wtxw – February Update

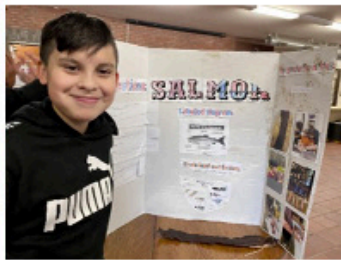
We have spent some time taking care of our hearts and one another this month. Some activities that students enjoyed were making projects with their hands, spending time in the forest, playing kindly with one another, learning about cedar brushing, and being mindful.



Students completed their Salmon Skin Leather projects. Students worked together stretching and massaging oil into the leather. They then came up with ways that they could use the salmon leather and created their own designs. Many students decided to create key chains. They had fun hammering in grommets and attaching rings to their designs. Many students chose to give their creation to someone in their lives, and some students have chosen to keep their piece close to them.



Our students have been actively engaged in their learning this month. The middle school students have completed the Science Salmon Fair and have begun looking at graphing and poetry. Our younger students have been learning about Black History and inclusion and our school reflected on the meaning of Black Shirt Day this month. Our senior students have completed their second quarter and ended with the physics of cardboard roller coasters. Lots of fun!



Our Grade 12 students wrapped up their Foods course this month. They learned to make buns in different ways, spaghetti, shepherd's pie and chicken lasagna. It was delicious to be able to taste their creations. They were able to cook both at school and at home, so many people were rewarded by their learning.



Exciting news – Two of our students have been recognized Abbotsford School District's 2021 Indigenous Role Models: Dezirae Ned-Nash and Jacqueline Silver-Ned. We are so proud and grateful to have these role models at our school inspiring our students. To read their bios, please visit the website: <https://indigenous.abbyschools.ca/news/2021-indigenous-role-models>. Please help them celebrate this wonderful achievement.

FIND THE BIOGRAPHIES ON PAGES 5 AND 6

Upcoming Learning Goals:

- Grades 1 – 3 will continue to focus on Black History and learning about other cultures.
- Grades 4 – 8 will be creating a book and learning about ancient civilizations around the world following personal inquiry questions.
- Grades 9 – 11 are starting Quarter 3 with Math and English First Peoples with a focus on Literacy Studies and New Media.

We value your ongoing support and encouragement with our school and our students learning. Kw'as ho:y!





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Pharmacy Hours:

Mon - Fri 9:00 am - 5:00
Sat - Sun Closed



Our Pharmacy Newsletter

We are a new local pharmacy located in Chilliwack, our aim is to focus of serving the health and wellness needs of communities all over Fraser Valley.

We take a customized approach to health and we are committed to achieving the best outcome to each of our patients here is an example

Missing or Mixing your Medication?

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SPENCER

If you want to hear about those options and more please give us a call today

604-392-5529



Gratitude Art Contest

for Indigenous Children & Youth in BC



What are you grateful for? Express in art (a drawing or a painting) what you are thankful for. Winning entries will be made into a Thank you card for the Agency. Age Categories: Age 3 to 12; Age 13 to 19

Prizes: 1) \$150; 2) \$100; 3) \$50 in each category

**Send your art with your name, age, and phone number to:
info@xyolhemeylh.bc.ca with a subject line "Gratitude Contest"**

Deadline: February 12, 2021

**Fraser Valley Aboriginal Children & Family Services Society
www.fvacfss.ca**