



Semá:th

Sumas First Nation

Community Newsletter

November 2020



We remember... Henry Kelly, Fred Kelly, J.E. Williams, Dorothy Clarke, and a special thanks to Kenneth Ned and others who served and never returned.

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Want to be added to the Communication email list?

Email
communications@sumasfirstnation.com

Office Closure on Wednesday,
November 11, 2020 for Remembrance
Day.



Important Upcoming Dates

Community Burning

Sunday November 8, 2020 is the Community Burning held in front of Health Building.



Sumas First Nation will be closed for the Christmas Holidays from Wednesday December 23, 2020 and reopen on Monday, January 4th, 2021.

Sumas First Nation Christmas Community Dinner has been cancelled due to COVID-19 per COVID 19 precautions and standing order by Chief and Council to protect Band membership, gift cards will be distributed in December. For more information, please provide contact information to the Communications Department:

Communications@sumasfirstnation.com



Message from Constable Anderson



Did you know?

Call 911 if you and/or your property are in immediate danger or you observe a crime in progress
911 is to be used only for **emergencies** (police, fire or medical) where an immediate response is required for safety and security.

Call the Mission RCMP non-emergency (604) 826-7161

when immediate police response is not required and police response is requested either in person or by phone

Call Constable Melissa Anderson (604) 820-3548 if you want to discuss a policing issue that is not an emergency and you do not require attendance! Or if you just want to say hi.





General Manager **Announcement**



Aho! Wazani-wina hizaki-sana hinikaragi wi-no!

My name is Forrest Funmaker. I was born in Richmond, B.C. I was hired to be the new General Manager for Semá:th. I would like to take some time to introduce myself. I am enrolled member of the Great Ho-Chunk Nation of Wisconsin and the Anishinabek from Little Saskatchewan First Nation in Manitoba. My father, Walter Funmaker, had a Ph.D in Anthropology from the University of Minnesota and my mom, Marie Annharte Baker, is a successful poet here in Canada with a bachelor's degree in English. I was brought up in Minneapolis, Minnesota and went to very progressive schools myself. I eventually got a A.A.S degree in Supervisory Management, a B.S in Marketing and Education and a M.Ed in Arts Education. For the past 16 years, I have lived in the house my father gave me after he passed from cancer. I was told I needed to fill his roles within the Nation and that meant following our traditional ways. As the oldest son, I couldn't say no. I have worked in a variety of positions within my Nation, which include being both an Executive Director of Education and an Executive Director of Administration. I have also held positions on our Ethics Committee, Constitutional Reform Task Force, and our Trust and Investment Committee. I look forward to serving the membership at the highest level of honesty, integrity and sincerity.

Wa'ini-gi-napsana,



Communications **Officer**



Good day, Sumas First Nation Community. My name is Kevin O'Neill. I am the Communications Officer. I come from Tsleil-Waututh Nation; I am the great-grandson of Late Chief Dan George. I am excited to be working with SFN. I have fourteen years of experience working with BC First Nation Communities, both internally and externally. I have expertise in Social Media Marketing, Social Media Content Planning, Strategic Communications, Web Designing, Community Engagement and Public Relations.

Do not hesitate to contact me with any communication needs.

Email: kevin.oneill@sumasfirstnation.com or
Communications@sumasfirstnation.com

Phone: 604-852-4041 EXT 215

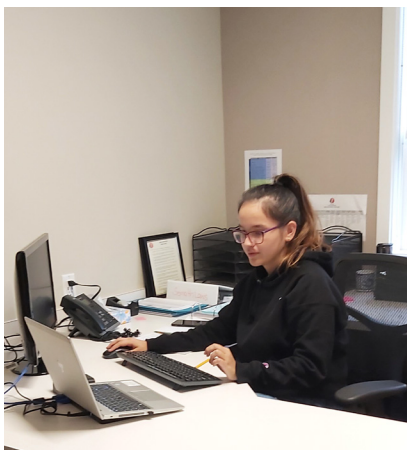


Human Resource Specialist



Carrie Lamb is a Sayisi Dene First Nation member with many years of HR experience supporting a variety of sectors. As an HR professional, her perspective is people focused in developing talents across all levels within organizations to create a organization built on unity. She looks forward to learning in her role and bringing her talents forward to help Sumas First Nation succeed.

Lands Clerk



Hello everyone, my name is Chantal Douglas, I am the Sema:th Lands Clerk. Most of you know that I was the receptionist in the Lands and Admin building on Thursdays and Fridays, however I have moved on from that job and will now be working in the lands department. I look forward to continuing to work with not only the people in the office but also the people within the community.



In April 2020 Ahmad Sarfraz joined Sumas First Nation as our Finance Manager.

Ahmad's contact information is
Title: Sumas First Nation, Finance Manager, CPA, CGA

Email: Ahmad.sarfraz@sumasfirstnation.com

Tel: 604-852-4041 EXT 209

Cell: 778-347-3702



In September 2020 Laureen Duerksen joined Sumas First Nation as our Interim Health & Wellness Manager.

Laureen's contact information is
Title: Interim Health & Wellness manager, RN, BSN, M.Ed.

Email:

Laureen.duerksen@sumasfirstnation.com

Tel: 604-852-4041 ext 103

Cell 604-226-2704



Richard Hall
Director of Governance and Natural Resources
richard.hall@sumasfirstnation.com



J. Richard W. Hall has an Honours Bachelor of Arts in Geography (1977) from the University of Western Ontario, a Master of Science in Geography from the University of Western Ontario (1980) and a Bachelor of Laws (1983) from the University of Victoria.

After Articling with Canadian Pacific Limited in 1983, he was called to the Bar in 1984 and since then has been a Member of the Law Society of British Columbia.

From 1984 to 1989 he held various positions with Chevron Canada Limited dealing with arbitrations, finance, human resources, marketing, real estate development, refinery and regulatory matters - as an Associate Solicitor, a Personnel Specialist, a Benefits Administrator and a Market Development Representative.

From 1989 to 1994 on contract, he provided law and policy advice with various Administrative Boards and Tribunals in BC – the Labour Relations Board (Staff Lawyer), the Compensation Fairness Program (Legal Counsel to the Commissioner), the Transportation Financing Authority (Legal Counsel) and the Criminal Injuries Program (Legal Officer).

In 1995 to 1997 he was a Senior Labour Relations Officer for Vancouver Hospital and Health Sciences Centre addressing complex labour relations issues. After that, on contract, he was the inaugural Legal Counsel for the Vancouver School Board from 1997 to 2001 specializing in all aspects of education law.

In 2001 to 2005, he returned to health care as the Regional Director of Physician Human Resources and Compensation for the Vancouver Coastal Health Authority. From 2005 to 2009 he was a Consultant to the public and private sector providing business and legal assistance, including drafting legal opinions for First Nations on land issues and Residential School files.

In 2009, he was appointed as an Adjudicator by the Solicitor General of Alberta dealing with incarcerated persons in Alberta Correctional facilities. Shortly after that, he was appointed under a Governor In Council appointment to become the Chair and CEO of the Transportation Appeal Tribunal of Canada (2009 to 2013).

From 2013 to 2014, until the collapse in the world oil price, he was the President of the Tulita District Land Corporation in the NWT, assisting the Sahtu Dene and Metis in their shale oil resource development through interactions with the oil industry, the NWT Government and the Federal Government.

After short term contracts in 2015 to 2016, he became Independent Counsel with Lions Gate Law (2016 to 2020) providing mortgage and line of credit legal services to financial institutions in the lower mainland.



Home Energy Audits

SFN COMMUNITY ENERGY PLANNING AND HOME ASSESSMENTS



Sumas First Nation has applied for and received funding from the Federal Government to conduct up to 12 individual energy audits in homes here at Sumas First Nation. The intent of the home energy audits are to help us have a better idea of the efficiency of your homes and assist us in the development of Community Energy Planning. Once we have better understanding on your homes efficiency, we can plan to eventually

include improvements to homes that will eliminate drafts, reduce noise and provide consistent temperatures and cleaner air.

Your home energy assessment will show where improvements are needed and which ones are most important to improve your home's energy performance. Even small changes can help to reduce your energy consumption and the cost of your utility bills.

To learn more or sign up, please contact:
Malonie Langthorne
Employment & Training Manager
Sumas First Nation
Phone: (604) 807-1222





Kilgard Brick Plant Demolition

Attention Sumas First Nation Community members,

On November 12, 2020, we will be starting the demolition of the Kilgard Brick Plant.

We want to thank all of those who have a connection to the Brick Plant. We will be saving some of the historical pieces and pieces of significance for memorabilia purposes.

There is opportunity for members from the community to work with the contractors taking care of the salvage items that we plan on retaining.

Due to COVID, we cannot gather to perform our cultural duties. We will be hosting a Ceremony to Honour the Plant when it is safe to host gatherings.

If you have any questions, please contact:
Harmeet Rai @ 604-852-4041 ext 21
harmeet.raai@sumasfirstnation.com





Kilgard Business Park

This is a very exciting time for SFN and a very busy time for the Sema:th Xo:tsa Developments team. Kilgard Park is finally under construction after years of preparation, several membership presentations and working very closely with the Semá:th Lands Department. I am sure you can imagine all the work that has gone into the project thus far!

Kilgard Business Park presents 2.41 acres of prime leaseable commercial, retail, industrial and office space with 78,844 sq.ft. of leasable area. The development offers leasing opportunities in brand new multi-tenanted buildings with unit size's ranging from 609 sq.ft. to 2,603 sq.ft. with the opportunity to lease up to 21,808 sq.ft in a single building. 90% of the Business Park is leased to several different companies.

On Lot#130 you will notice that building 3 of the business park is amid construction. The lease for the entire building has been signed with the Indigenous owned Ravens Brewing Company, the footings are complete, and the precast walls are erect and exterior painting has begun. Soon you will notice the roofing of the building has begun. The grout and caulking of the panels will begin along side the electrical underground, and the mechanical underground work; then finally, the slab on the grade will be prepped and poured! This building is expected to be complete with paving and curbs installed by January 25, 2021 if the weather holds up for construction.

Building 2 precast walls will be erect by mid November as all the footings are near completion.

Several of the new Sema:th Xo:tsa Development Ltd. businesses will be located at this site, along with the new SXDL Office which will be opening in 2021.

We will keep you informed as the process of construction continues. If you have any questions, please feel free to contact Craig Hougen at 604-852-4041 ex: 201 or via email at Craig.Hougen@sxdl.ca or Jennette Pierre at 604-852-4041 ex: 106 or via email at Jennette.Pierre@sxdl.ca



Kilgard Business Park



Clean slate of the site



Site before the footings of Building 3 began



Erection of Building 3 precast walls



Painting of Building 3 has begun



Footings of Building 2



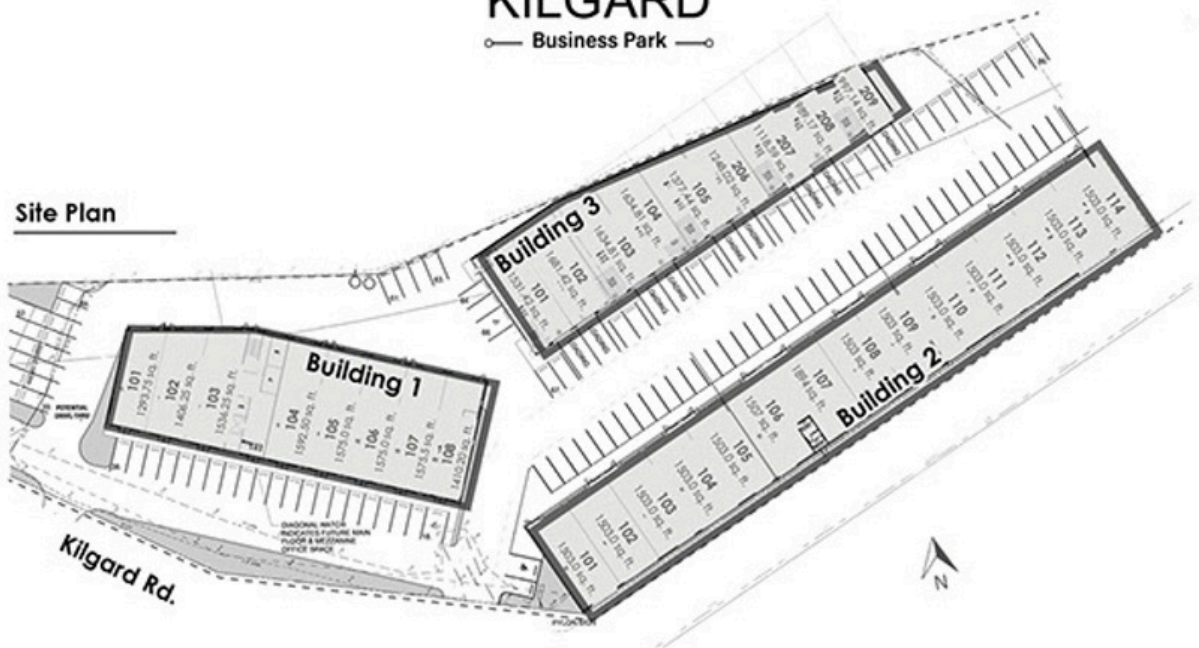
Footings of Building 2



Kilgard Business Park



Site Plan



Counseling Available

Every Thursday From 9:00am - 1:00pm

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





Foster Parenting Information Session



Tuesday, November 17, 1:30 to 3 pm
Virtual Online Meeting

Please register by calling
Norma Commodore
604-858-0113
1-800-663-9393
(Cell) 604-819-1995

Fraser Valley Aboriginal Children & Family Services Society

Different Ways to Become a Foster Parent or Caregiver with Xyolhemeylh (FVACFSS)

- The following are different titles that a Foster Parent or Care Provider with Xyolhemeylh could have:
 - Emergency Home Caregiver
 - For emergencies, max two weeks at a time
 - Out of Care Caregiver
 - For kids not in care, generally relatives or extended family
 - Restricted Caregiver
 - Must have previous connection with the children placed in the home
 - Regular Caregiver
 - Must not have any connection with the children placed in the home

Every child and youth need long-lasting relationships to flourish

- Our Goals
 - Support children to live safely with their parents
 - Find family to provide safety, security and support
 - Foster family to provide safety, security and support
 - Intended to be temporary while the parents are working to address the circumstances preventing the child from living at home
 - It can also be longer term, requiring the young person to come into care until other lifelong connections can be found

Basic Requirements

- A safe home that meets community standards
- A bedroom for a child, separate from your own kids
 - That bedroom must have a window that opens
- Be ready to abide by the Rights of Children In Care legislation
- Valid driver's license
- A vehicle with appropriate and enough seating

Becoming a Regular Home

- To become a Restricted or Regular Home the applicant will need to pass a SAFE Home Study
 - SAFE stands for Structured Analysis Family Evaluation and is a standardized assessment of the applicant's ability to provide safe and emotionally supportive care
 - Basic requirements are a clean Criminal Record Check, a Prior Contact Check, a Physician's Report and an Environmental and Safety Checklist
 - A Resource Social Worker will interview you, your spouse or partner and your children

Becoming a Community Emergency Home

- Identifying as a safe place in the community
- Children will stay a max of two weeks
- Criminal Record Check, Prior Contact Check, an Environmental and Safety Checklist, and 4 reference checks



November is Diabetes Awareness Month

Diabetes Fact Sheet

Type 1 diabetes is a chronic disease in which the pancreas does not produce enough insulin to allow your body to control the level of glucose (sugar) in your blood. Without insulin, sugar builds up in your blood instead of being used for energy that is required to do mental and physical tasks. The cause of type 1 diabetes remains unknown. The current thought is that the pancreas is not able to produce insulin because the body's immune system disrupts the cells that make insulin. Type 1 diabetes is not caused by eating too much sugar.

Type 2 diabetes occurs when the body can't properly use the insulin that is released (called insulin insensitivity) or does not make enough insulin and as a result, sugar builds up in the blood. High levels of sugar can damage organs, blood vessels and nerves. About 90 per cent of people with diabetes have type 2 diabetes. Type 2 diabetes **is preventable**. If you make healthy food choices, limit your intake of sugar, saturated fats and salt, be physically active, type 2 diabetes can be prevented.

What happens if you have diabetes, either type 1 or type 2 diabetes?

- Diabetes complications are associated with premature death. It is estimated that one of ten deaths in Canadian adults was attributable to diabetes.
- People with diabetes are over three times more likely to be hospitalized with cardiovascular disease, 12 times more likely to be hospitalized with end-stage renal disease and over 20 times more likely to be hospitalized for a non-traumatic lower limb amputation compared to the general population.
- Thirty per cent of people with diabetes have clinically relevant depressive symptoms.
- Diabetes rates are 3-5 times higher in First Nations, a situation compounded by barriers to care for Aboriginal people.

Lifestyle choices that reduces the likelihood of developing type 2 diabetes include:

- **Exercise:** Physical activity has many benefits—one of them being that it can help you avoid type 2 diabetes.
- **Healthy meal choices:** A meal plan composed of fruits, vegetables, whole grains, dairy, and protein foods as part of your daily meals and snacks decreases the likelihood of developing type 2 diabetes. It is also important to limit added sugars, saturated fats, and sodium in your drinks and foods.
- **Exercise and healthy meal choices helps maintain a healthy weight that reduces your chances of acquiring diabetes.**

Shingles

Shingles – the common name for herpes zoster – is a painful blistering rash caused by a re-activation of the varicella-zoster virus (the same virus that causes chicken pox). The pain of shingles can persist after the rash has healed – for weeks, months, or even longer. Shingles can occur in anyone who has had chickenpox, however it is more common – and more likely to cause complications and long term effects – in older people.

“Shingles can be extremely painful and it is preventable. When it happens, treatment requires immediate medical care and antiviral drugs. Many First Nations clients live in remote areas where it’s difficult to get this quick treatment. We also know that there are cultural safety issues with some of our Elders that impede them from seeking the urgent response this condition requires.”

- Dr. Evan Adams, Chief Medical Officer, First Nations Health Authority

Shingrix® Vaccine Coverage

- Coverage is for eligible Health Benefits clients (<https://www.fnha.ca/benefits/eligibility>) who are between the ages of 65 to 69.
- The 65 to 69-year-old age group was selected for the benefit coverage because the vaccine has a high impact on this age group. People in this age group are more likely to get shingles and to have higher rates of hospitalization from it.
- The vaccine may be administered by a pharmacist, community health nurse (CHN) or physician. It requires two doses to be fully effective.

Accessing Coverage

Shingrix® is available at your local pharmacy. Pharmacy providers can process the claim through Pacific Blue Cross for clients who meet the eligibility criteria.

Talk to your physician, nurse practitioner, pharmacist, or CHN about the risks and benefits of this vaccine.

Nursing Process

BC First Nations health service organizations with Registered Nurses (RNs) who have current Immunization Competency Program (ICP) certification are encouraged to work with their local pharmacist to support access to the vaccine for their eligible community members.

For clinical immunization support, RNs and CHNs can contact the Communicable Disease Population & Public Health (CDPPH) team at immunize@fnha.ca

For coverage and benefits information, please contact Health Benefits at healthbenefits@fnha.ca

Exceptional review for clients outside the 65 to 69 age group

For case-by-case review, the request must:

- include supporting medical documentation with rationale from the prescriber indicating why you are at increased risk from getting shingles or receiving complications from the disease; and
- be faxed to FNHA Health Benefits at 1.888.299.9222 in its entirety.

Clients with any questions about this or any other aspect of the coverage are encouraged to contact First Nations Health Benefits at 1.855.550.5454 or email healthbenefits@fnha.ca