

# the Sumas Current



Sumas First Nation  
Vol 24 Issue 9

In the **Stó:lō lunar year**, September 15 - October 25 is called **Temkw'ó:lexw**, or *Dog Salmon Time*. This month is called that name every year even though the kw'ó:lexw only run every other year or every fourth year in great quantity.

## Event Highlights

Day	Item
Sep 19	Medicine Making w/ Jeanne Paul
Sep 24	Screaming Babies w/ Jeanne Paul
Sep 25	Soup Kitchen
Sep 25	Pre-season Canucks Game at Abbotsford Centre
Sep 26	Elders' Lunch
Sep 26	TFI Community Engagement Session at Raven's Brewing
Sep 29	Residential School Ceremony & community building events

## In This Issue

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## Office Closures

Sep 30	National Day for Truth and Reconciliation
Oct 14	Thanksgiving

# September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Walking Forward  
Residential School  
Ceremony (Community  
Hall)  
9:00 AM - 8:00 PM

Screaming Babies w/  
Jeanne Paul - Yarrow  
(Community Hall)  
7:00 PM - 9:00 PM

Soup Kitchen (Community  
Hall) 1:00 PM - 2:30 PM  
Canucks/Flames Game  
(Abbotsford Centre)  
7:00 PM - 10:00 PM

Elders' Lunch  
12:00 PM  
TFI Community  
Engagement Session  
4:30 PM - 7:30 PM

CDART Animal Evacuation  
Training (Community Hall)  
9:00 AM - 4:00 PM  
Soup Kitchen (Community  
Hall) 1:00 PM - 2:30 PM

Elders' Lunch  
12:00 PM  
Medicine Making (bring  
your own jars)  
(Community Hall)  
7:00 PM - 9:00 PM

# October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> STAFF Understanding Trauma Workshop Allyson Cushing (Community Hall) <b>9:00 AM - 3:30 PM</b>	<b>2</b> STAFF Understanding Trauma Workshop Allyson Cushing (Community Hall) <b>9:00 AM - 3:30 PM</b>  Soup Kitchen (Community Hall) <b>1:00 PM - 2:30 PM</b>	<b>3</b>  Elders' Lunch <b>12:00 PM</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> STAFF + COMMUNITY Trauma & Lateral Kindness Workshop Allyson Cushing (Community Hall) <b>9:00 AM - 4:00 PM</b>	<b>8</b> STAFF + COMMUNITY Trauma & Lateral Kindness Workshop Allyson Cushing (Community Hall) <b>9:00 AM - 4:00 PM</b>	<b>9</b> Soup Kitchen (Community Hall) <b>1:00 PM - 2:30 PM</b>	<b>10</b>  Elders' Lunch <b>12:00 PM</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> COMMUNITY Understanding Trauma Workshop Allyson Cushing (Community Hall) <b>9:00 AM - 3:30 PM</b>  Flu & COVID Vaccinations (Health Boardroom) <b>3:30 PM - 5:30 PM</b>	<b>16</b> COMMUNITY Understanding Trauma Workshop Allyson Cushing (Community Hall) <b>9:00 AM - 3:30 PM</b>	<b>17</b>  Elders' Lunch <b>12:00 PM</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> Screaming Babies w/ Jeanne Paul - White Pine (Community Hall) <b>7:00 PM - 9:00 PM</b>	<b>23</b> Soup Kitchen (Community Hall) <b>1:00 PM - 2:30 PM</b>	<b>24</b>  Elders' Lunch <b>12:00 PM</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> STAFF Trauma Support Training Gerald Keisman (Community Hall) <b>8:30 AM - 4:30 PM</b>	<b>29</b> STAFF Trauma Support Training Gerald Keisman (Community Hall) <b>8:30 AM - 4:30 PM</b>	<b>30</b> Soup Kitchen (Community Hall) <b>1:00 PM - 2:30 PM</b>	<b>31</b>  Elders' Lunch <b>12:00 PM</b>		



# News & Updates

**Sumas First Nation**

# Health Notices

## Harm Reduction Notice

Naloxone Kits and Harm Reduction Kits are available on request.

If anyone is looking to detox or for treatment referrals, please contact:

**Lori, Community Outreach Worker: 604-226-8483**

## Flu & COVID Vaccination Clinic

October 15th, 3:00 PM - 5:30 PM

Health Boardroom @ SFN Health Building

# New Employee

## Welcome, Farah Badhan!

Farah will be working with our Finance team as the Accounting Administrator. Below is a little bio written by Farah:

I am an experienced professional with over 15 years of expertise in financial management, accounting, and administrative operations. Throughout my career, I have successfully overseen complex budgets, managed payroll and accounts, and ensured fiscal accountability across various industries.

I hold a Bachelor of Arts Degree from the University of Fraser Valley, where I graduated with honors, and a Diploma in Business Administration and Accounting from the Association of Business Executives in UK. I am proficient in several accounting software packages, Microsoft Office Suite, various CRM software and fluent in 5 languages - English, Punjabi, Urdu, Hindi, and Kiswahili.

In addition to my professional achievements, I am dedicated to community service, actively volunteering with local organizations to support the homeless and contribute to various charitable initiatives.

**We are very excited to have her join the team! Please come on over to the Admin building when you get a chance and introduce yourself.**



# WE WANT TO HEAR FROM FIRST NATIONS IN BC

## Tell us about your experiences with health services

We are inviting First Nations in BC to take part in a survey about the programs and services funded or delivered by the First Nations Health Authority (FNHA) and health system partners.

Your feedback will inform the evaluations of the FNHA and the BC Tripartite Framework Agreement.

SCAN ME



Scan the QR code with your phone's camera, then tap the link that appears. Or access the survey online at [qatalyst.ca/FNHAevaluations](http://qatalyst.ca/FNHAevaluations)

CONTACT US

[evaluation@fnha.ca](mailto:evaluation@fnha.ca)

[www.Qatalyst.ca/FNHAevaluations](http://www.Qatalyst.ca/FNHAevaluations)



First Nations Health Authority  
Health through wellness

**QATALYST**  
RESEARCH GROUP

# Empowering Indigenous Entrepreneurs



***We are here to support you on  
your entrepreneurial journey!***

Contact us today to start your  
business journey!

**BOOK AN APPOINTMENT  
TODAY**





# Busy Bear Updates

## Éy Swayel, Families!

**Daycare closure:** Monday, October 14th, Thanksgiving, stat holiday

**First day of Afterschool Club:** Thursday, October 3rd

### Afterschool Club

The afterschool club is filling up quickly. The bus will be dropping off children on Thursdays, we will not allow any children to attend without a registration packet filled out as this is a licensing requirement so please submit your registration packets before October 3rd.

### Landscaping Work

The landscaper has been working at our preschool this month. We've now planted three beautiful cedar trees and also improved the grounds around our mini longhouse by filling in the divots

### Indigenous Training

We were honored to host an Indigenous Training for Early Childhood Education in September organized by Child Care Resource and Referral. Chris Kelly (ISW mentor of Indigenous Education) facilitated a workshop on Indigenous Plants. Brenda Redding from Many Voices One Mind taught a beading workshop. Additionally, we would like to thank you Derek Silver, John Kelly, and Trudy Watson for and sharing their cultural knowledge.

### Orange Shirt Day

We gave all our families a beautiful cup commemorating Orange Shirt Day.

# Busy Bear Updates

## August Family BBQ

Our August family BBQ event was well attended. We gave out summer activity kits to all our children and a special gift to honor all our parents/guardians.

## Preschool Program

Our preschool program for 3- and 4-year-olds runs daily. As we start a new preschool year, we're thrilled to welcome both new and returning families. We aim to create a supportive and nurturing community where children feel secure. Our goal is to build strong relationships and provide a fun, engaging learning environment. Additionally, our teachers have designed a rich curriculum, including special activities planned in collaboration with one of our Elders.

## Speech and Language Pathologist Visit

A Speech and Language Pathologist has started visiting our school twice a week to support all our children with communication and academic progress.

## Field Trips

We've planned some exciting field trips for the upcoming school year, so the new school bus will be busy with various activities and outings.

## Language Program

Roxanne Dool is continuing to teach staff and children Halq'emeylem twice a week. We are so grateful she is part of our school community.

# Busy Bear Updates

## Beautiful Treasures

We are always looking for things that we can create with. If you have beautiful treasures at home that you would like to share with us that would be much appreciated:

- Aluminum pie tins
- Beads
- Boxes
- Buttons
- Canvas
- Catalogues
- Clothespins
- Clear jars
- Clear plastic cups
- Coffee cans
- Cookie cutters
- Cookie sheets
- Cotton balls
- Crayon pieces
- Drinking straws
- Dry pasta
- Envelopes
- Egg cartons
- Fancy papers, pens, pencils
- Film containers
- Flowers
- Gems
- Glitter
- Greeting cards
- Keys
- Magazines
- Toilet Paper Rolls
- Paper towel Rolls
- Plastic Bags

## In-House Newsletters

Daycare families, please read the in-house newsletters that have been shared with you. There is important information about field trips, etc. Also, please check your Lillio App for messages.

## Notice

### Furnace & Central Air Maintenance Information

#### Furnace Filters

Furnace filter need to be checked regularly. The Central Air will shut down if the filter is too clogged.

The furnace filters need to be clean and changed at least quarterly to keep your furnace operating properly. Your furnace and vents need to be clear to keep air flowing.

Rental homes may call the SFN housing department for assistance from SFN Maintenance Crew for furnace filter inspections and maintenance.

#### Member Home New Central Air Unit Responsibilities

The Central Air Unit maintenance is your responsibility. Heat Pump filters require replacement regularly, call Kim Peters, Meer Mechanical for information on the filters or a maintenance package quote. (604-793-0169).

Please keep your exterior Central Air Unit Unit clean of any debris, black berries, shrubs, plants, etc. The unit can be damaged if clogged or jammed with leaves, branches, cottonwood fluff, garbage (Do not store anything on or around the unit). Damage is your responsibility and can be very costly.

Rental homes may call the SFN housing department for assistance from SFN Maintenance Crew for furnace filter inspections and maintenance.

#### Rental Home New Central Air Unit & Furnaces

Heat Pump filters require replacement regularly. You may call the SFN housing department for assistance from SFN Maintenance Crew for filter inspection and maintenance.

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***If there is an issue with your furnace or air conditioning units, and you have not followed the requirements the cost will fall upon you. It is very important to maintain your Furnaces and Air Conditioning unit as the Housing Department does not have the budget to repair.***



SUMAS FIRST  
NATION HOUSING  
DEPARTMENT

We thank you for your cooperation and for any assistance please call :

Paula Olmstead, Housing Officer –  
paula.olmstead@sumasfirstnation.com – 604-852-4041 – ext. 227

Nancy Murphy, Housing Administrator-  
nancy.murphy@sumasfirstnation.com  
604-997-9500

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# SUMAS FIRST NATION Pre-authorized Deposit Form

Direct Deposit Authorization

Community  
Member Form

Please complete the authorization form below and return to Finance

Name (as it appears on your acct):	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; border-bottom: 1px solid black;"></td> <td style="width: 33%; border-bottom: 1px solid black;"></td> <td style="width: 33%; border-bottom: 1px solid black;"></td> </tr> <tr> <td style="text-align: center; font-size: small;">Last Name</td> <td style="text-align: center; font-size: small;">First Name</td> <td style="text-align: center; font-size: small;">Middle Name</td> </tr> </table>						Last Name	First Name	Middle Name
Last Name	First Name	Middle Name							
Address:	<hr style="border-top: 1px dashed black;"/> <p style="font-size: small; margin: 0;">Street Address</p> <hr style="border-top: 1px dashed black;"/> <p style="font-size: small; margin: 0;">City <span style="margin-left: 100px;">Province</span> <span style="margin-left: 100px;">Postal Code</span></p>								
<p>I would like to have all payments owed to me to be directly deposited to my financial institution. I understand this is for deposits only (details below).</p>									
<hr style="border-top: 1px dashed black;"/> <p style="font-size: small; margin: 0;">Member Signature</p>		<hr style="border-top: 1px dashed black;"/> <p style="font-size: small; margin: 0;">Member Phone #</p>	<hr style="border-top: 1px dashed black;"/> <p style="font-size: small; margin: 0;">Date</p>						

Details of the account to which payments are to be deposited:

Bank or Financial Institution Name:	<hr style="border-top: 1px solid black;"/>		
Address of Branch:	<hr style="border-top: 1px dashed black;"/> <p style="font-size: small; margin: 0;">Street Address</p> <hr style="border-top: 1px dashed black;"/> <p style="font-size: small; margin: 0;">City <span style="margin-left: 100px;">Province</span> <span style="margin-left: 100px;">Postal Code</span></p>		
Branch Number: (5 digits)		Institution Number: (3 digits)	
Account Number:	<hr style="border-top: 1px solid black;"/>		

Please attach a sample cheque marked "VOID" if a chequing account or a direct deposit form issued by your bank/credit union.

Email Address for payment notifications to be emailed to [reception@sumasfirstnation.com](mailto:reception@sumasfirstnation.com) and to [reception.two@sumasfirstnation.com](mailto:reception.two@sumasfirstnation.com).

# SUMAS FIRST NATION

## Pre-authorized Deposit Form

Optional: My email address may be used to email other correspondence from the Nation ie.  
Newsletter Circle one:    Yes    No

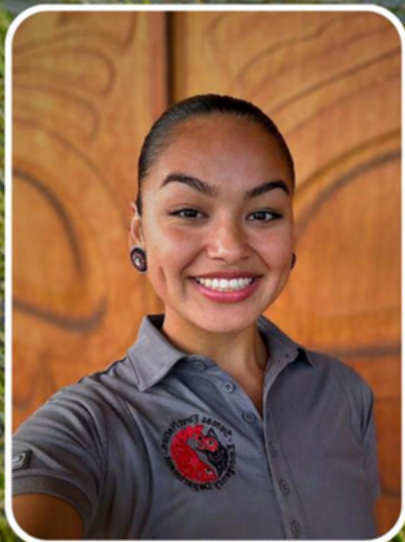
# Emergency Preparedness Bulletin

## Quarterly Bulletin

Julie de Decker and Jacqueline Silver have joined the Emergency Department!



Julie grew up in Nova Scotia, attended Dalhousie University, and began her career with the RCMP in 1993, serving in British Columbia for 29 years. Her roles spanned frontline policing, federal policing, leadership and training, and administrative positions, including BC RCMP Government Liaison Officer and Corporate and Client Services Officer. After retiring from the RCMP, Julie joined E-Comm 9-1-1 as Director of Operations Relationship Management, overseeing 9-1-1 service contracts and stakeholder relationships. Julie has two grown children, enjoys hiking with her golden doodle, biking, and spending time by the ocean with family and friends. She is honored to join the Sumas First Nation Emergency Management Department as the Emergency Policy and Safety Officer, she is excited to contribute to evolving our policy, increasing public safety and supporting the Disaster Recovery Manager



Hello everyone, my name is Jacqueline Silver and I am from Sumas. I have happily joined the Sumas First Nation Emergency Department as the Recovery and Preparedness Assistant! I will be assisting the Community Recovery Manager, Jenna Noppen. I have lived within the Sumas community all my life. My parents are Jennette Pierre (nee Silver) and Michael Ned. I have been attending the University of the Fraser Valley for three years and have completed my first level of Advanced Upper River Halq'emeylem. Last year I graduated the Intermediate Level of Upper River Halq'emeylem. I have been a competitive war canoe racer for five years, and I have been paddling with the Vikki-Lynn Canoe Club for four years. I also enjoy beading – I create earrings and keychains!

I am very excited to help our community as the Recovery and Preparedness Assistant by learning how to enhance preparedness and safety within Sema:th.



Emergency Support Services For Nations



Our very own Preparedness Coordinator, Dale Ganzeveld, created our ESS FN logo!

ESS FN's Mission is to foster collaboration, share best practices, and provide culturally sensitive emergency support services to Indigenous communities within the region. We are dedicated to fostering regional resource sharing, cooperation, and support, ensuring mutual aid and resilience in times of crisis. We prioritize training together so that our team is already equipped to support each other's communities.

Please Register for ERA

(Evacuation Registration & Assistance Tool)

For e-transfer during an evacuation

<https://ess.gov.bc.ca/>

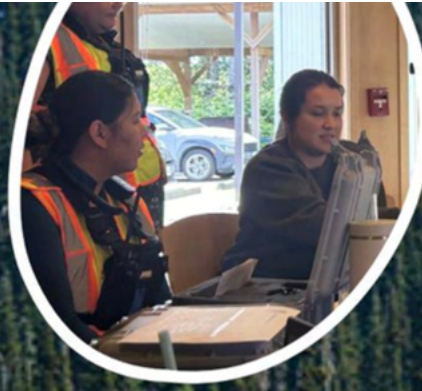
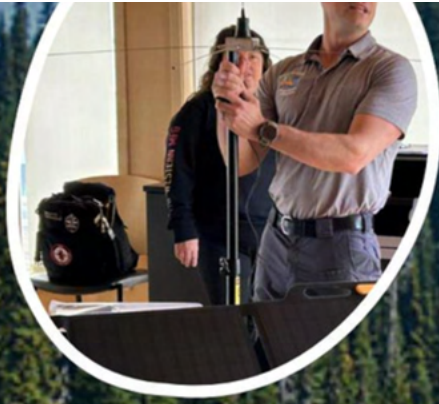


## Events

- Kamloops Network of Emergency Support Services Regional ESS FN Team April 11-14 2024
- Emergency Preparedness Fair May 10, 2024
- Chawathil FireSmart Fair May 31, 2024
- Leqa:mel FireSmart Fair June 7, 2024



Emergency Management Lead, Jenna Noppen, has been nominated for her work with Sumas First Nation for the Federal/Provincial/Territorial Emergency Management Exemplary Service Award and by Seabird Island First Nation in a joint nomination for establishment of ESS FN under the Federal/Provincial/Territorial Emergency Management Exemplary Service Award. Support letters endorsed by Skwah First Nation, and Chawathil First Nation. Both nominations include testimonials from partner agencies. Congratulations Jenna!



## Training

- Communication Equipment Holistic Training June 5 2024
- EOC Operations Training June 11, 2024
- AFRS Training June 18, 2024
- Holistic Emergency Evacuation Training June 27, 2024
- CDART Training TBA



## Upcoming Events

Cultural Safety and Humility Sharing Circles  
and Lateral Kindness Workshops

### Sharing Circle Dates

November 5th, 2024

November 19, 2024

November 26, 2024

### Lateral Kindness Workshop Dates

Date: October 7th and 8th

# Emergency Operations Centre Activation

## Stoney Creek Chemical Spill Update

June 4th to 12th

Firefighting foam from a fire truck spilled into a storm drain, leading to contamination of the nearby Stoney Creek system. While over 1,000 fish were lost, 12,000 live fish were successfully saved and relocated to Clayburn Creek.

To mitigate the contamination, the water system was flushed to remove excess chemical residue. The Sumas First Nation Emergency Department collaborated with several internal and external partners, including the City of Abbotsford Emergency Operations Centre, Sumas Governance and Natural Resources (GNR), the Lower Fraser Fisheries Alliance (LFFA), as well as neighboring communities Leq'á:mel First Nation and Matsqui First Nation.

Notably, GNR Natural Resources staff led the fish salvage efforts in coordination with GHD. The Emergency Department is now conducting an after-action review, with more details to follow.

## Extreme Heat Response

July 8, 2024

In response to the extreme temperatures that persisted in early July, our Emergency Department took action to support the community. We distributed water to vulnerable members and secured funding to provide portable A/C units to Elders, individuals with mobility issues, and young families. The deployment of these units throughout the community was coordinated with FNESS.

## Connect Rocket

Please register your family to our Sumas First Nation Emergency alerts notification system, Connect Rocket! When signing up for Connect Rocket, we will send you important notifications incidents that may pose a risk to your health, safety and/or property. In addition, you can opt-out at anytime. Keep your family safe, and join Connect Rocket!



Scan Here to Sign Up  
Now!

Contact

Emergency Department

[emergency.department@sumasfirstnation.com](mailto:emergency.department@sumasfirstnation.com)



# Events & Programs

Sumas First Nation

# 12 Screaming Babies



## *Naturopathic Workshop with Dr. Jeanne Paul*

Dr. Jeanne Paul is from the Tla'amin Band. She graduated from the University of Naturopathic Medicine in 1991.

All through her years of practicing she has specialized in studying and using the Traditional Medicines of BC. **She will be coming to Sumas to speak on the 12 Screaming Babies and traditional medicines to heal a sick baby.**

This is a monthly talk on the Traditional Medicine that is growing at that time of the month. This is a 2-hour lecture on the featured plant and what it does for one's health. Dr. Paul demo's the plant and makes tea for the class so that participants will get the experience/taste.



## Sept 24 Workshop

Workshop Focus: Yarrow (Nervous System)

**Time:** 7:00 PM - 9:00 PM

**Location:** SFN Admin Building Boardroom



## Oct 22 Workshop

Workshop Focus: Western White Pine (Immune System)

**Time:** 7:00 PM - 9:00 PM

**Location:** SFN Admin Building Boardroom



## Nov 19 Workshop

Workshop Focus: Devil's Club (Muscular System)

**Time:** 7:00 PM - 9:00 PM

**Location:** SFN Admin Building Boardroom

**Registration:** please email Dionne Shaw at [dionne.shaw@sumasfirstnation.com](mailto:dionne.shaw@sumasfirstnation.com)



# WALKING FORWARD

SEPTEMBER 29

9AM- 8PM

SEMÁ:TH FIRST NATION  
SUMAS MOUNTAIN RD.



Join Sto:lo Nation and Sts'elemeqw Residential School Thrivers Society for their annual September event to honour Residential School Survivors, and for the first time 60's Scoop and Day School Survivors.

We want to come together to listen to stories, share our culture, and find positives ways forward.

## Schedule

Slahal Tournament  
Info on next page

### 9:00 Opening Ceremony

- Survivors Panel
- Squidilitch Ceremony
- Lunch
- Xyólhmet ye Syéwiqwélh (Taking Care of Our Children) Panel
- Wellness Panel
- Thrivers Panel
- Closing
- Dinner - Salmon BBQ Feast
- Entertainment and Slahal Tournament

### Running concurrently:

Breakout Tents including raffles, Salmon preparation videos, gifts wellness tent, sharing tent

Contact: [darienj\\_85@live.ca](mailto:darienj_85@live.ca) for questions



**Semá:th**  
Sumas First Nation

# Slahal Tournament Info

Walking Forward Event on Sept 29 will include a Slahal Tournament at the end of the evening!

## Game: Red Rover!

**When:** Sept 29

**Where:** SFN Longhouse

**Time:** Registration at 4:00 PM,  
game starts at 6:00 PM

## Registration

Please contact Chris Silver to register: 778-347-3707

## Prize Money

**First:** \$900

**Second:** \$600

**Third:** \$300



# LIGHTING THE PATH

OUR STORIES OF RESILIENCE

## LIGHTING THE PATH EVENT

Sept 30, 2024

Syéxw Chó:leqw Adventure Park

7:00 PM - 9:30 PM

FREE Event

**Join Sq'ewá:lxw First Nation on Monday, Sept 30, for a unique interactive light experience in recognition of the National Day for Truth and Reconciliation.**

To obtain tickets for your tour, visit Eventbrite, and select a time slot of your choice. Space is limited per tour group.

This event runs from 7:00 PM - 9:30 PM, with tour groups leaving every 30 minutes. Register for any one of the 30-minute time slots. Be sure to book quickly - tickets are limited!

For more information and to register, visit [storiesofresilience.ca](https://storiesofresilience.ca)



**Semá:th**  
Sumas First Nation

# SOUP KITCHEN

*Open to all those in need of a hot meal*

## **About Our Program**

At the Soup Kitchen, our mission is to provide nourishing meals and support to those in need.

We are dedicated to serving homeless individuals and those struggling with addiction, or those that are simply in need of a hot meal. Our aim is to offer not just food, but also a caring & supportive environment for all those in need.

## **What we offer:**

- ▶ **Hot Meals:** Freshly prepared meals served every Wednesday.
- ▶ **Support Services:** Access to resources and information to help individuals on their path to recovery.
- ▶ **Safe Space:** A welcoming and non-judgmental environment where everyone is treated with dignity and respect.



**Every  
Wednesday**

**1 PM - 2:30 PM**

**Semá:th  
Community Hall**

## **Location**

Semá:th (Sumas) First Nation  
Community Hall:

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

## **How You Can Help**

Spread the word! Help us reach those who need our services. If you or someone you know is in need of assistance, please don't hesitate to reach out. Everyone deserves a helping hand and a warm meal

**For more information  
please contact:**

**Lyndy Silver**  
[lyndy.silver@sumasfirstnation.com](mailto:lyndy.silver@sumasfirstnation.com)

# Understanding Trauma - Staff Sessions

2-Day Workshop with Dr. Allyson Cushing

The *Understanding Trauma* seminar series is designed to assist and empower workers by enhancing their understanding of the history of Indigenous people in Canada and the resulting impacts of colonization. Inherent in the design is a strong commitment to trauma informed service delivery.

*It is important to note that those participating be committed to attending the full 2 days; each part builds on the other.*

## Day 1: Understanding Trauma

### *Seminar 1: Retracing History*

A historical review of Indigenous peoples in Canada

### *Seminar 2: Understanding Trauma*

Examining the current impacts of historical trauma and understanding how intergenerational trauma influences parenting.

## Day 2: Attachment & Lateral Kindness

### *Seminar 3: Understanding the Significance of Attachment*

Understanding the importance of early child development in our adult relationships.

### *Seminar 4: Lateral Kindness*

Exposing the unobserved harmful acts and practices associated with lateral violence and offer skills for healthy conflict management.



## What You Will Learn

The 4 seminars included in this 2-day workshop create a foundation upon which the primary skills required to address community concerns will be developed and/or enhanced.

## Staff Session Details

Date: October 1 & 2, 2024

Time: 9:00 AM - 3:30 PM

Location: SFN Community Hall

Cost: FREE

*Lunch will be provided*

## How to Register

Please email Dionne Shaw to register:  
[dionne.shaw@sumasfirstnation.com](mailto:dionne.shaw@sumasfirstnation.com)

## Community Member & Staff Registration

To register for this event, please contact our Emergency Department by emailing [Emergency.Department@sumasfirstnation.com](mailto:Emergency.Department@sumasfirstnation.com) to confirm your attendance.

# UNDERSTANDING TRAUMA & LATERAL KINDNESS WORKSHOP

SUMAS FIRST NATION COMMUNITY HALL (2800 SUMAS MOUNTAIN RD)

By Dr. Allyson Cushing

PLEASE NOTE: This workshop  
leads into our sharing circles.

Oct. 7 & 8TH  
9:00 AM - 4:00 PM



Learning Outcomes:

- Engage in discussions on the importance of respecting cultural practices, traditions, and diversity within our community.
- Understand the signs and effects of lateral violence, such as gossip, bullying, and undermining behavior.
- Develop empathy and awareness of how actions and words can impact others, fostering a more compassionate community response.

IF YOU HAVE ANY QUESTIONS PLEASE REACH OUT TO  
[EMERGENCY.DEPARTMENT@SUMASFIRSTNATION.COM](mailto:EMERGENCY.DEPARTMENT@SUMASFIRSTNATION.COM)

# Understanding Trauma - Community Sessions

2-Day Workshop with Dr. Allyson Cushing

The *Understanding Trauma* seminar series is designed to assist and empower workers by enhancing their understanding of the history of Indigenous people in Canada and the resulting impacts of colonization. Inherent in the design is a strong commitment to trauma informed service delivery.

*It is important to note that those participating be committed to attending the full 2 days; each part builds on the other.*

## Day 1: Understanding Trauma

### *Seminar 1: Retracing History*

A historical review of Indigenous peoples in Canada

### *Seminar 2: Understanding Trauma*

Examining the current impacts of historical trauma and understanding how intergenerational trauma influences parenting.

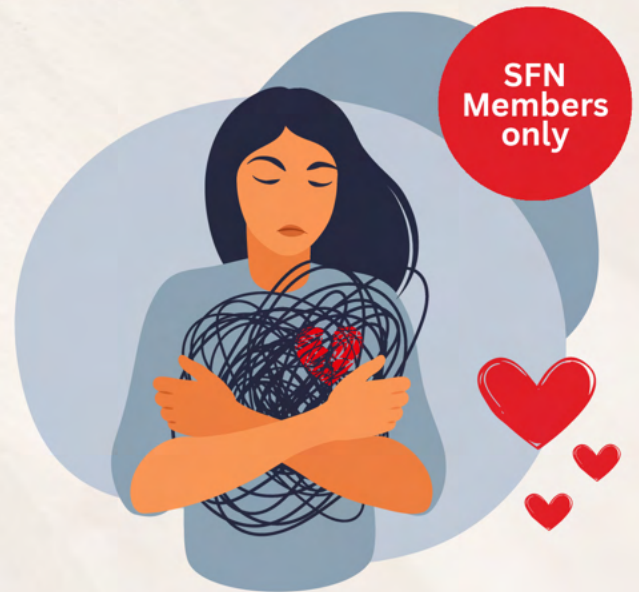
## Day 2: Attachment & Lateral Kindness

### *Seminar 3: Understanding the Significance of Attachment*

Understanding the importance of early child development in our adult relationships.

### *Seminar 4: Lateral Kindness*

Exposing the unobserved harmful acts and practices associated with lateral violence and offer skills for healthy conflict management.



## What You Will Learn

The 4 seminars included in this 2-day workshop create a foundation upon which the primary skills required to address community concerns will be developed and/or enhanced.

## Community Session Details

Date: October 15 & 16, 2024

Time: 9:00 AM - 3:30 PM

Location: SFN Community Hall

Cost: FREE

*Lunch will be provided*

## How to Register

Please email Dionne Shaw to register:  
[dionne.shaw@sumasfirstnation.com](mailto:dionne.shaw@sumasfirstnation.com)

# Trauma Support Training Workshop

*2-Day Workshop with Gerald Keisman*



## When

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October 28 & 29  
8:30 AM - 4:30 PM

## Where

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Semá:th Community Hall  
2880 Sumas Mountain Rd.

**We're excited to announce an upcoming trauma training session at the Community Hall. This training aims to equip participants with essential skills for handling trauma-related situations effectively. This training is important for community workers who work with Indigenous, First Nations Inuit, and Métis people.**

## Agenda (Day 1)

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- Learning how to self regulate/release the traumatic stress from flashbacks of the trauma. (Creating Safety)
- Presentation on Understanding how imprints of trauma is created in the mind and body (brain and nervous system).
- Understanding of complex trauma, collective trauma, vicarious and secondary trauma, trauma bonding.
- Understanding how colonization (traumas) have impacted the developmental factors and development of the brain structure.
- Understanding the fight, flight freeze response.

## Agenda (Day 2)

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- Awareness of a self regulation exercise
- Understanding how the mind and body can stay stuck in trauma mode.
- Understanding Post Traumatic Stress Disorder and symptoms.
- Understanding Adverse Childhood Experiences, Substance Abuse Disorder, ADHD.
- Learn how to connect with the wounded spirit/inner child.
- Awareness of western and traditional healing exercises
- Developing a healing exercise list/medicine bundle
- Communication skills working with trauma survivors
- Understanding the Trauma Communication Model.

*For both sessions: Coffee breaks at 10:00 AM & 2:00 PM (15 minutes), lunch at 12:00 PM (1 hour)*

## Registration

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Please contact Dionne Shaw  
[dionne.shaw@sumasfirstnation.com](mailto:dionne.shaw@sumasfirstnation.com)

**SFN Staff**  
*training*



# YOU ARE INVITED TO OUR SHARING CIRCLE



MEALS AND DOOR PRIZES INCLUDED



when you attend all the events you will be entered to win the grand prize

WORKING TO IMPROVE EMERGENCY SUPPORT SERVICES

WORKING TO IMPROVE EMERGENCY SUPPORT SERVICES

01

Oct 7 & 8th  
9am - 4pm

2 day workshop with  
Dr. Allyson Cushing  
working on lateral  
kindness



02



Nov 19th  
4pm - 8pm

Sharing circle by  
Marcia Turner first day

03

Nov 26th  
4pm - 8pm

Sharing circle by  
Marcia Turner second  
day



**We are working towards improving our emergency support services, and we need your input!**

**This sharing circle is a space for our community members to share their experiences, ideas, and suggestions. Your voice matters in shaping a resilient and supportive future for all of us.**



For more information please contact  
[EMERGENCY.DEPARTMENT@SUMASFIRSTNATION.COM](mailto:EMERGENCY.DEPARTMENT@SUMASFIRSTNATION.COM)

# Sumas Community Garage Sale

## Elders Fundraiser

**Date:** Saturday, November 9th

**Time:** 9am-4pm

**Location:** Community Hall

**Details:** Donations and/or new items donated for this event. Donations include anything you would normally bring to the second-hand store and anything else you may want to donate (new items). Baking donations always welcome! All proceeds will go directly to Sumas Elders Group. There will a concession and lunch for purchase.

**Any questions please contact**  
**[sophie.loewen@sumasfirstnation.com](mailto:sophie.loewen@sumasfirstnation.com)**



**FAMILY  
EMPOWERMENT  
TEAM PRESENTS**

# **TRADITIONAL PARENTING**

**WHEN**

**November 12, 13 and 14, 2024**

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

**WHERE**

**HEALTH ROOM**

**Sumas First Nation**

**2788 Sumas Mtn. Road**

**Registration and for more information**

**CONTACT Lacey Paul or**

**Lacey.Paul@stolonation.bc.ca or**

**604-798-3129**

**REGISTRATION OPEN TO ALL**



Only **13 spaces**  
**available** for this  
workshop!






Dr. Gabor Maté

# Trauma, Illness, & Healing in a Toxic Culture

## How Materialistic Society Makes Us Sick

*In this workshop, physician and trauma expert Dr. Gabor Maté untangles common myths about what makes us sick, connects the dots between psychological pain and the warped values of our culture, and offers a compassionate guide for health and healing.*

### Date, Time, & Location:

-  Monday November 18, 2024
-  9:00 AM - 4:00 PM
-  Máthxwi First Nation (Address: 5720 Julian Dr, Abbotsford, BC V4X 3R2)


### How to Register (2 ways):


Use the QR code to the right to register for this event on Eventbrite using your phone!

Simply open the camera app, hover over the QR code, and click the link that pops up.



OR, please contact Dionne Shaw (Event Organizer) to register for this event

 [dionne.shaw@sumasfirstnation.com](mailto:dionne.shaw@sumasfirstnation.com)

 604-798-2298



We kindly ask that those interested in this event also participate in one or more of the on-reserve trauma training sessions happening in Oct.

### About Dr. Gabor Maté

Gabor Maté (pronounced GAH-bor MAH-tay) is a retired physician who, after 20 years of family practice and palliative care experience, worked for over a decade in Vancouver's Downtown East Side with patients challenged by drug addiction and mental illness.

Gabor is an internationally renowned speaker highly sought after for his expertise on addiction, trauma, childhood development, and the relationship of stress and illness. For his groundbreaking medical work and writing he has been awarded the Order of Canada, his country's highest civilian distinction, and the Civic Merit Award from his hometown, Vancouver.

[www.drgabormate.com](http://www.drgabormate.com)

### Books available for purchase

Select works by Dr. Maté will be available for purchase at this event, including:

- **The Myth of Normal: Trauma, Illness & Health in a Toxic Culture**
- **Scattered Minds: A New Look at the Origins and Healing of Attention Disorder**
- **When the Body Says No: The Cost of Hidden Stress**
- **Hold On to Your Kids: Why Parents Need to Matter More Than Peers**
- **In the Realm of Hungry Ghosts: Close Encounters With Addiction**

Dr. Maté will also be available for book signing.




# ARE YOU INDIGENOUS AND DEAF OR HARD-OF-HEARING?

Come to the National Indigenous Deaf Cultural Gathering in 2025!


- Workshops about cultural identity, empowerment, and traditional knowledge.
- Special performances and artistic showcases
- Learning Plains Indian Sign Language and Oneida Sign Language
- Hands-on activities (tobacco ties, acrylic painting, etc)
- Traditional healing and ceremonies
- Meeting other Indigenous Deaf, Hard-of-Hearing, CODA people from all across Canada.

**DATE: May 17, 18, & 19 2025**

**LOCATION: Maskwacis, Alberta**

 Instagram: [nidc.gathering](https://www.instagram.com/nidc.gathering)

 Facebook: [www.facebook.com/nidc.gathering](https://www.facebook.com/nidc.gathering)

 Website: <https://nidgathering.wixsite.com/my-site>



# *Education* & *Job Opportunities*

**Sumas First Nation**



# SEMÁ:TH FIRST NATION

## Job Posting

<b>POSITION:</b>	TEMPORARY HEALTH ASSISTANT
<b>HOURS:</b>	35 HRS PER WEEK
<b>SALARY:</b>	TO BE DETERMINED BASED ON EXPERIENCE AND EDUCATION
<b>TERM:</b>	TERM CONTRACT UNTIL OCTOBER 11th, WITH POSSIBILITY FOR EXTENSION
<b>REPORTS TO:</b>	SUMAS FIRST NATION TEMPORARY HEALTH AND WELLNESS MANAGER

### 1.0 PURPOSE & SUMMARY

Sumas First Nation is looking for a qualified individual to take on the role of Temporary Health Assistant to the Temporary Health and Wellness Manager. The Temporary Health Assistant reports directly to the Temporary Health and Wellness Manager and will be responsible for providing a wide variety of support functions. These support functions include reporting on various data, office administration duties, correspondence and interdepartmental communications with a wide variety of internal and external contracts. This role will be responsible for answering, screening, and directing calls, coordinating meetings, conferences, along with other supportive activities. This placement is short term and is expected to last until October 11th, 2024, with the possibility for extension.

### 2.0 DUTIES & RESPONSIBILITIES

- 1) Provide sophisticated calendar management for the Temporary Health and Wellness Manager. Prioritize inquiries and requests while troubleshooting conflicts; make judgements and recommendations to ensure smooth day-to-day operations.
- 2) Schedule meetings, draft agendas, develop, compile, and distribute presentation materials, and record meeting minutes on behalf of the Temporary Health and Wellness Manager.
- 3) Complete a broad variety of administrative tasks that facilitate the Temporary Health and Wellness Manager's ability to effectively lead the Health Department, including assisting with special projects, designing and producing complex documents, reports, and presentations, collecting and preparing information for meetings with staff and outside parties, composing and preparing correspondence, maintaining contact lists, making travel arrangements and completing expense and mileage reports.
- 4) Serve as the primary point of contact for internal and external constituencies on all matters pertaining to the Health Department, including those of a highly confidential or critical nature.
- 5) Provide office reception coverage including coordinating access to the Sumas First Nation Health and Wellness Building.
- 6) Prioritize and determine appropriate course of action, referral, or response, exercising judgement to reflect Temporary Health and Wellness Manager's style and organization policy.
- 7) Work closely with the Temporary Health and Wellness Manager to keep them well informed of upcoming commitments and responsibilities, following up appropriately.
- 8) Maintain open communications with the Health and Wellness Department, including meeting regularly and providing information and documents as needed.
- 9) Complete projects by assigning work to appropriate staff within the Health and Wellness Department on behalf of the Temporary Health and Wellness Manager as directed.
- 10) Follow up on contacts made by the Temporary Health and Wellness Manager to cultivate ongoing relationships.
- 11) Manage all aspects of Sumas First Nation's Health and Wellness office services.
- 12) Assist in developing office policies and procedures for improved workflow and anticipate future needs as the organization grows.
- 13) Assist in the selection of vendors and purchase equipment, services, and supplies necessary for operation of the department.

- 14) Manage information systems operations including hardware, software, desktop support, internal telecommunications, and strategic systems development and planning.
- 15) Supervise IT consultants.
- 16) Prepare and process invoices for billings.
- 17) Replenish Health and Wellness office materials such as snacks, printer supplies, paper, and office supplies for example.
- 18) Provide hospitality to all guests and help to create a welcoming environment.
- 19) Invest in building long-lasting relationships both externally and internally.

### **3.0 QUALIFICATIONS**

- 1) Minimum of an Undergraduate Degree and/or an equivalent amount of education and experience.
- 2) Minimum of one (1) year work experience in office administration.
- 3) Strong administrative background skills.
- 4) Customer service orientated with ability to meet client expectations.
- 5) Prior experience working in a fast-paced office environment with the ability to prioritize.
- 6) Experience in working with First Nations communities and/or organizations an asset.
- 7) Proven ability to maintain confidentiality.
- 8) Working knowledge of office procedures, records management, and document processing.
- 9) Ability to develop and maintain effective working relationships with peers, managers, community members, contractors, and suppliers.
- 10) First Nations descent is considered an asset.
- 11) Advanced knowledge and expertise about Microsoft Excel, Word, Zoom, Go-To Meetings.
- 12) Appreciation of First Nations culture, traditions, procedures and protocols.

### **4.0 CONTACT**

Please email your cover letter & resume to [Human.Resources@sumasfirstnation.com](mailto:Human.Resources@sumasfirstnation.com)  
Deadline: Sept 27th, 2024.



## A workplace powered by you

At BC Hydro, we're working towards creating a cleaner and more sustainable future for all British Columbians and need people like you to help us. A career at BC Hydro is meaningful and provides you the opportunity to be part of a talented, inclusive, and diverse team. We offer a healthy work-life balance, competitive wages, a comprehensive benefits package, and training opportunities to support you in your career growth. We're proud to be ranked as one of B.C.'s Top Employers and one of Canada's Best Diversity Employers.

We invite you to join us as we build an even cleaner B.C. We welcome applications from all qualified job seekers. If you're a person with a disability, please let us know as adjustments can be made to help support you in your application process.

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### Power Line Technician Pre-Apprentice

Number of positions:16

Job Location:Surrey Trades Training Centre

Employment type:Temporary

Region: Various

Hours of work:Full-time (37.5 hrs/wk)

Flexible Work Role:Field

Hourly Rate: \$ 33.78

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### What you'll do

The successful Power Line Technician Pre-Apprentice will:

- Complete work assignments as a Level 1 Apprentice PLT and be able to perform work up to voltages of 120/240 Single Phase, following completion of ITA Level 1 Apprentice PLT Technical Training.
- Act as a driver/ground person, and as required, may operate a Line Truck (single or dual axle) during the construction, maintenance, and operations of the distribution system. This includes, but not limited to, climbing, and assisting in the installation and removal of poles/anchors and transformers.
- Work with the tradesperson crew or Journeyperson PLT to whom they have been assigned and shall, when required, attend to handling, and transportation of equipment and materials. They shall also be qualified to drive and operate a motor car, truck, truck winch or other similar truck equipment.
- Learn basic climbing skills, safety procedures, tool/material use and bucket truck operation.
- Work outside in all weather conditions at heights of 30 - 400 ft.

### What you bring

- High school graduation with the following courses: English 12, Math 11, and Physics 11 (or equivalents).
- Valid BC Class 5 driver's license or higher (Class 3 Manual Transmission preferred), with Air Brake Endorsement.
- Physically capable of performing the work, with normal colour vision.
- Strong interpersonal skills to deal with both internal and external customers.
- Demonstrated mechanical aptitude through construction experience, mechanics or exposure to trades.
- Applicants must meet the above requirements at the time of applying (by the job posting's close date) to be eligible to be considered.

### What we offer

You will receive:

- A comprehensive benefits package
  - A minimum of 15 paid vacation days
  - A lifetime pension
  - Flexible work model, depending on your role type - Training and development courses
- For more information on the benefits we offer, visit [bchydro.com/benefits](http://bchydro.com/benefits). Location: Surrey, British Columbia, Canada, V3W 3G2

### What else you should know

This position is affiliated with the international Brotherhood of Electrical Workers Union (IBEW local 258) [www.ibew258.bc.ca](http://www.ibew258.bc.ca)

- This Trade will interest those who enjoy working outdoors and performing hands on physical work.
- To develop the necessary line skills to be equipped and eligible for the PLT Apprenticeship, candidates must first participate in this PLT Pre-Apprentice program for twelve (12) months.

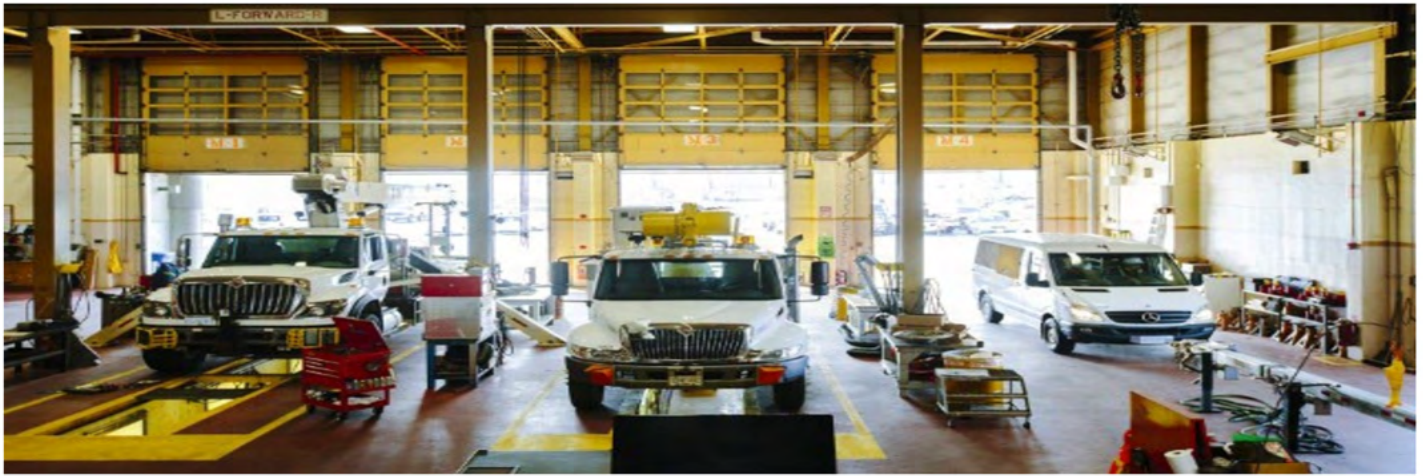
- As a Power Line Technician Pre-Apprentice, you may be asked to move anywhere in the province for the duration of your program. Upon assuming the role as an Apprentice Power Line Technician, you will typically be assigned to one or two headquarters anywhere in the province.
- Locations may include the following: Lower Mainland, Vancouver Island, Southern Interior, and Northern BC (i.e. Dawson Creek, Fort Nelson, Fort St. John, Prince George, Chetwynd, Mackenzie, Quesnel, Williams Lake, 100 Mile House, Vanderhoof, Burns Lake, Terrace, Hazelton, Smithers, Dease Lake, Kitimat, Masset and Prince Rupert).
- A condition of employment for the Power Line Technician Pre-Apprentice role is that you maintain your Class 5 Driver's License (with air brake endorsement). Before being eligible for the Power Line Technician Apprenticeship role, you must obtain your Class 3 Driver's License (with air brake endorsement).
- The IBEW Wage Rate for a PLT Pre-Apprentice is currently \$33.78 per hour.
- \* Please be advised that this role has been assessed as safety sensitive and pre-qualification alcohol and drug testing will be required as a pre-condition to employment.

In order for your application to be considered, please ensure that you update your Candidate Profile and provide the following documents with your application:

- Comprehensive resume and cover letter.
- Proof of educational pre-requisite completion: Copy of high school transcript indicating high school graduation and completion of English 12, Math 11, and Physics 11 (or equivalents). Where equivalent status is claimed at the high school or post-secondary level, acceptable documentation must be provided by the applicant that will show equivalency of courses taken. Either a letter from your place of education or your instructor indicating the course(s) and stating that the course(s) taken would be considered equivalent to or better than the requirement.
- A current copy of your Driver's Abstract confirming Class 5 Driver's License (or higher) with air brake endorsement, which can be obtained from a motor vehicle branch or government agency depending on the province you reside in. NOTE: the correct document from ICBC is titled "Personal Driving History".
- Please note, applicants may be required to provide a copy of their ICBC Claims History as part of the pre-employment process.

**Date Posted:** 2024-09-03 **Closing Date:** 2024-09-27

For internal use 51866082



## Are you interested in a BC Hydro career?

Currently accepting applications for the following trade:

Power Line Technician Pre-Apprentice

**Deadline to Apply**

**September 27th, 2024**

### Why BC Hydro?

We're investing more than \$2 billion per year in major capital infrastructure projects to help meet the growing demand for safe, reliable power. We're upgrading transmission lines, building new substations, and investing in our hydroelectric generation facilities. We aim to provide meaningful and challenging work, opportunities for growth and a healthy work/life balance. We've been recognized for excellence and been named one of B.C.'s Top Employers and one of Canada's Best Diversity Employers for four years in a row.

### HOW TO APPLY:

- Visit BC Hydro Careers Page
- Create or update your candidate profile
- Upload Resume, Cover letter & proof of pre-requisite completion, copy of ICBC Driver's Abstract and Claims History and required documentation listed in posting
- Click on the Apply Button in the posting and follow steps

See full postings, qualifications & application steps at:  
<https://www.bchydro.com/toolbar/careers.html>

### FOR INFORMATION OR SUPPORT WITH APPLICATION:

**Connie Strayer-Regional Specialist**

Indigenous Employment & Training

[connie.strayer@bchydro.com](mailto:connie.strayer@bchydro.com)

604-968-1690

 **BC Hydro**  
Power smart

# STEWARDSHIP COMMUNITY BURSARY PROGRAM

SELECTED STUDENTS ARE  
AWARDED \$2,500!



PACIFIC SALMON  
FOUNDATION



JUSTIN WILD  
2022 recipient

## ELIGIBILITY

- Be in at least the 2nd year of a post-secondary program related to Pacific salmon in B.C. or the Yukon.
- Demonstrate financial need with a budget or financial aid application.
- Be a resident of B.C. or the Yukon.
- Preference will be given to applicants with salmon stewardship experience.

**APPLICATIONS ARE OPEN  
BETWEEN AUG 1 AND OCT 30.**

## HAVE QUESTIONS?

Email [rmartins@psf.ca](mailto:rmartins@psf.ca) or call  
604-664-7665 ext 1002

**LEARN MORE**



**SCAN OR VISIT  
[PSF.CA/BURSARY](https://psf.ca/bursary)**



# Sqwá

## Adult Education Centre

29 Landing Drive. Chilliwack, BC



## Is Offering The Following Programs

In The 2024-2025 School Year

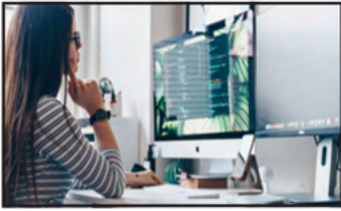
Academic Upgrading	Indigenous Entrepreneurial Cook
Early Childhood Education	Medical Office Assistant
Education Assistant	Mental Health & Addictions
Halq'eméylem	Residential Building Maintenance
Health Care Assistant	Welding
Heavy Equipment Operator	

### WHAT ARE YOU DOING THIS FALL?

Do you know that your tuition is *FREE* to First Nation students who have not completed grade 12 with a Dogwood Diploma

Do you know that your tuition is *FREE* to anyone who has completed grade 12 but were under 19 on July 1, 2024?

Please contact:  
Dianne Parkinson at  
[dianne.parkinson@skwah.org](mailto:dianne.parkinson@skwah.org)  
1.236.804.1182 | 604.793.3385



**Academic Upgrading:** Sqwá First Nation's Adult Education Centre, in partnership with the Chilliwack School District, is now offering the courses required to complete grade 12. If you have graduated, but are missing courses required by the of post-secondary of your choice, these courses are also available at no charge.



**Early Childhood Education (ECE):** As part of your training as an Early Childhood Educator, you will learn to engage children in many different creative and social activities that build a young person's intellectual and social needs. Early Childhood Educators are careful to select materials and activities that promote the social, emotional, physical, cognitive, and early literacy development in each child. Your training will also include classroom management, curriculum planning, daycare administration, and more

*This program is offered online, at Sqwá First Nation Adult Education Centre with the option for daytime and evening programs.*



**Education Assistant:** The Education Assistant works with teachers to support students with exceptionalities at all educational levels. They help support students with physical, emotional, and learning needs. The Education Assistant's job is to implement individual and group instruction in communication, life skills, and behavior management. Education Assistants help to modify/adapt curriculum, assignments, and tests, to accommodate the diverse needs of their students. Educational Assistants also provide personal care which may include toileting, positioning, mobility assistance, feeding, grooming, dressing, and transfers to and from wheelchairs, desks, special equipment, and/or other work areas.

*This program is offered online, at Sqwá First Nation Adult Education Centre with the option for daytime and evening programs.*



**Halq'eméylem Instructor's Diploma:** The Halq'eméylem Language Fluency Certificate & Diploma programs are foundational and innovative programs with a focus on Halq'eméylem Language content. Admission is open to all learners within the respective Halq'eméylem communities, particularly those wishing to enhance their knowledge, understanding and conversational ability. The expected start date for this program is late fall 2024 or early 2025.



**Health Care Assistant (HCA):** The HCA program is designed to provide students with opportunities to develop the knowledge, skills, and attitudes necessary to function effectively as a front-line caregiver, and respected members of the healthcare team in a community or facility setting. Under the direction and supervision of a health care professional, graduates will provide person-centered care aimed at promoting and maintaining the physical, emotional, cognitive, and social well-being of clients. Graduates of the HCA program may proceed to the licensed Practical Nurse/Registered Practical Nurse program.

*This program is offered at the Chilliwack campus of Sprott Shaw College.*



**Heavy Equipment Operator:** Students will learn what is required to safely and effectively operate excavators, loaders, dozers, graders, articulated rock trucks, and rubber tire backhoes. The students will be required to log their hours while they are training. These hours will include daily machine training, classroom training, and safety training. As student's progress through the course, the tasks, they are required to perform on the machines, become more involved and challenging. This is to ensure that graduates of the program have the skills required to safely operate the machines in their future work environment.

*Heavy Equipment Operator will be offered in person at Sqwá Adult Education Centre in the 2024-25 school year.*



**Mental Health and Addictions Care Worker:**

This program has been designed to provide students with the theoretical and practical knowledge and skills required for employment as an Addictions Worker, Women's Shelter Worker, Community Support Worker, or Residential Support Worker. Students will learn to apply the principles of pharmacology and relapse prevention. The students will gain practical skills in intake, psychological assessment, interviewing and treatment planning, with a strong emphasis on case management and professional ethics. The program focus is on developing skills in group facilitation, as well as entry-level skills in one-to-one counselling.



**Medical Office Assistant:** This program is designed to provide students with the skills, training, and knowledge required to work within a medical office. Students will learn how to create and maintain patient records, as well as perform coding and billing duties. Students are taught how to assist physicians with examinations, prepare patients for clinical procedures, and carry out other administrative duties within various health care settings.

*This program is offered at Sqwá First Nation Adult Education Centre.*



**Indigenous Entrepreneurial Cook:** (Indigenous Entrepreneurial Focus) Chef Gerry Is Back! Get a very hands on approach to the Professional Cook Level 1 program. Learn the skills of the trade while working in a industrial kitchen, and catering to a wide variety of Indigenous functions You will also prepare to write the newly developed level 1 Indigenous focused Professional Cook Level 1 exam. Chef Gerry uses his extensive experience as an entrapreneur in the food industry, to teach his students the business side of the industry. Graduates of this program will be prepared to become a self-employed cook or to become employed as a cook in a restaurant kitchen.

*This program is offered at Sqwá First Nation Adult Education Centre.*



**Residential Building Maintenance:** A Residential Building Maintenance Worker is a “Jack of all trades” who maintains and repairs residential buildings including single-family units, multi-family units and high rises. Repairs include minor carpentry, drywall, electrical, floor-laying, painting, plumbing, refrigeration, roofing repairs, inspections, testing and troubleshooting. Level 1 will be offered in person at Sqwá First Nation Adult Education Centre in January 2025 and will be twelve weeks in length. Level 2 (8 weeks) will be offered in January 2026 and Level 3 (8 weeks) will be offered in January 2027. There is an exam at the end of each year and the exam at the end of Level 3 is your Red Seal Exam.

*Level 1 will be offered in person at Sqwá Adult Education Centre in January 2025, Level 2 will be offered January 2026 and Level 3 will be offered January 2027.*



**Welding Level 1:** 8–12 weeks of in class training. Simply put, Welders attach all sizes of metal together with precision. Trainees in Level 1 of the Welding program will learn how to perform basic trade related mathematical calculations, how to use automatic and semi-automatic cutting machines, how to read and interpret welding drawings, how to perform welding inspections and testing procedures. In levels 2 and 3, Trainees progress to become proficient in the areas of pressure welding, custom fabrication and more. Over three years, welders will complete 26–30 weeks of in class (technical) training and 4620 hours of paid work based experience. At the end of level 3, trainees will write the Red Seal Exam.

*Level 1 will be offered in person at Sqwá Adult Education Centre in the 2024-25 school year.*



Program Choice \_\_\_\_\_



PERSONAL INFORMATION

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Middle Name: \_\_\_\_\_ Maiden Last Name \_\_\_\_\_

Chosen Name:(Optional) \_\_\_\_\_ DOB: YYYY \_\_\_\_\_ MM \_\_\_\_\_ DD \_\_\_\_\_

Gender: \_\_\_\_\_ Pronouns: \_\_\_\_\_

Social Insurance Number: \_\_\_\_\_ Status number: \_\_\_\_\_

Reserve Name: \_\_\_\_\_ Reserve living on: \_\_\_\_\_

Full Address \_\_\_\_\_

Mailing Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

EDUCATION

Last grade completed \_\_\_\_\_

Did you complete English 12 or First Peoples English 12? yes/no

If you completed English 12 or First Peoples 12, please indicate your mark \_\_\_\_\_

Do you have a Math 11 or Accounting 11? yes/no.

If completed, please indicate your mark \_\_\_\_\_

Nominal Roll \_\_\_\_\_ 1701 \_\_\_\_\_

VOLUNTARY DECLARATION

Do you identify yourself as an Aboriginal? Yes

No

If yes, check all that apply.      Metis      Inuit      Status      Non-Status

CITIZENSHIP STATUS

Canadian:      Yes      No

If No country of citizenship is \_\_\_\_\_

Primary Language \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please explain your interest in taking this course:

Sqwá Adult Education Centre  
**Media Release Form**

29 Landing Drive. Chilliwack, BC, Canada



1. **Use of Media:** I authorize the use of photographs and video recordings of me in various media formats, including but not limiting to promotional videos, advertisements, and social media accounts. 2. **No Personal Information:** I understand that my name or any other personal information will not be disclosed unless I expressly provide permission in writing.
3. **Educational and Promotional Purposes:** The media may be used for educational and proportional purposes, including but not limited to the school's website, social media accounts, brochures, and other marketing materials. 4. **Release Validity:** I understand that this release is valid indefinitely, and I understand that I may revoke it at any time by providing a written notice to Sqwá Adult Education Center. Revoked permission will not apply to media already in use or published. 5. **No Compensation:** I understand that i will not receive any compensation for the use of my photographs or video recordings.

I, \_\_\_\_\_ (Print Name), am a student at Sqwá First Nation Adult Education Center. I hereby grant permission for you and school affiliates to use photographs and video recordings of me for promotional and educational purposes. I understand and agree to the following terms listed above.

Signature \_\_\_\_\_ Date \_\_\_\_\_