

November Newsletter

In the **Stó:lō lunar year**, October 26 - November 24 is called **Tempó:kw**, or *Time for Chehalis Spring Salmon*. "tem" means time or season and po:kw' means Chehalis River spring salmon. Another name for Spring salmon is Chinook. This type of salmon begins to run about October and is smoke dried in smokehouses during this month.

Event Highlights

Day	Item
Nov 4	Ladies Night Hat Painting (w/ Nikki Larock)
Nov 5	STAFF Sharing Circle (w/ Marcia Turner)
Nov 6	Mini Queens (5-8 and 9-13 age group)
Nov 7	Mini Warriors (5-8 and 9-13 age group)
Nov 7	Halq'eméylem Lessons
Nov 7-8	Mapping Workshop
Nov 9	Elders' Garage Sale Fundraiser

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Office Closures




Nov 11 Remembrance Day

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
Ladies Night (Hat Painting w/ Nikki Larock) (Community Hall) 4:30 PM - 7:30 PM	STAFF Sharing Circle w/ Marcia Turner (Health Boardroom) 11:00 AM - 4:00 PM	Soup Kitchen (Community Hall) 1:00 PM - 2:30 PM Mini Queens 5-8 group (Youth Portable) 5:00 PM - 6:00 PM Mini Queens 9-13 group (Youth Portable) 6:00 PM - 7:00 PM	Halq'emylem Lessons (Health Building Boardroom) 6:00 PM - 8:00 PM Mapping Workshop (Community Hall) 9:00 AM - 1:00 PM Mini Warriors 5-8 group (Youth Portable) 5:00 PM - 6:00 PM Mini Warriors 9-13 group (Youth Portable) 6:00 PM - 7:00 PM	Mapping Workshop (Community Hall) 9:00 AM - 1:00 PM	Elders' Garage Sale Fundraiser (Community Hall) 9:00 AM - 4:00 PM	
10	11	12	13	14	15	16
Traditional Parenting (Community Hall) 9:00 AM - 3:00 PM	Traditional Parenting (Community Hall) 9:00 AM - 3:00 PM	Traditional Parenting (Community Hall) 9:00 AM - 3:00 PM Soup Kitchen (Community Hall) 1:00 PM - 2:30 PM Mini Queens 5-8 group (Youth Portable) 5:00 PM - 6:00 PM Mini Queens 9-13 group (Youth Portable) 6:00 PM - 7:00 PM	Halq'emylem Lessons (Health Building Boardroom) 6:00 PM - 8:00 PM Traditional Parenting (Community Hall) 9:00 AM - 3:00 PM Elders' Lunch (Comm. Hall) 12:00 PM Mini Warriors 5-8 group (Youth Portable) 5:00 PM - 6:00 PM Mini Warriors 9-13 group (Youth Portable) 6:00 PM - 7:00 PM	Community Info Session (Building Resilience - Climate Adaption Project) (Community Hall) 5:00 PM - 8:00 PM		
17	18	19	20	21	22	23
Dr. Gabor Maté Talk (Máthxwi First Nation) 9:00 AM - 4:00 PM	COMMUNITY Sharing Circle w/ Marcia Turner (Health Boardroom) 4:00 PM - 8:00 PM	Soup Kitchen (Community Hall) 1:00 PM - 2:30 PM Mini Queens 5-8 group (Youth Portable) 5:00 PM - 6:00 PM Mini Queens 9-13 group (Youth Portable) 6:00 PM - 7:00 PM	Halq'emylem Lessons (Health Building Boardroom) 6:00 PM - 8:00 PM Elders' Lorie Auction + Dinner Fundraiser (Community Hall) 5:00 PM Elders' Lunch (Comm. Hall) 12:00 PM Mini Warriors 5-8 group (Youth Portable) 5:00 PM - 6:00 PM Mini Warriors 9-13 group (Youth Portable) 6:00 PM - 7:00 PM			
24	25	26	27	28	29	30
		COMMUNITY Sharing Circle w/ Marcia Turner (Health Boardroom) 4:00 PM - 8:00 PM	Composting Community Engagement (Community Hall) 5:00 PM - 7:00 PM Soup Kitchen (Community Hall) 1:00 PM - 2:30 PM Mini Queens 5-8 group (Youth Portable) 5:00 PM - 6:00 PM Mini Queens 9-13 group (Youth Portable) 6:00 PM - 7:00 PM	Halq'emylem Lessons (Health Building Boardroom) 6:00 PM - 8:00 PM Elders' Lunch (Comm. Hall) 12:00 PM Mini Warriors 5-8 group (Youth Portable) 5:00 PM - 6:00 PM Mini Warriors 9-13 group (Youth Portable) 6:00 PM - 7:00 PM		

Decorative Stone Removal Notice




Please note that the decorative stone in front of the Health Building will be removed on Nov 6th; we kindly ask that members avoid parking in front of the Health Building on this day.

-  Nov 6th
-  All day
-  Health Building

Community Burning Ceremony




Please join us at the Community Hall on Nov 10th for a Burning Ceremony.

This is a community-only event.

-  Nov 10th
-  3:00 PM
-  Community Hall

Christmas Distribution

We're looking forward to the 2024 Christmas Distribution, which we expect to be ready for pickup on Friday, Nov 29th. Thank you for your patience, and please know we're working hard to prep everything by that date. *We kindly ask that members refrain from calling to check on availability, as we'll be sure to update everyone once it's ready!*




-  Nov 29th
-  8 AM - 4 PM
-  Health Building

Massage Therapist Reminder

Quick reminder about our Elders Massage Program! A massage therapist is available every Monday. If Elders do not fill all of the available spots, members and staff are welcome to book!

To book a massage or ask about an appointment, please call or email Flora Silver (Community Health Representative):

flora.silver@sumasfirstnation.com
(604) 852-4041 (Ext. 118)

-  Every Monday
-  10 AM - 2 PM
-  Health Building

Personal Property Maintenance: Flood Risk and Pooling

A gentle reminder that with increase rain comes the risk of pooling/flooding, especially with leaf and debris accumulation on personal property.

By regularly clearing leaf debris buildup, you can help reduce potentially hazardous pooling from occurring during periods of heavy rain. If any Elders or other individuals need help clearing debris, please contact the Emergency Management Dept:

emergency.department@sumasfirstnation.com

**For more details,
please visit:**

[River Forecast Centre:
Flood Warnings and
Advisories](#)

Flood Watch Notice/Reminder

We want to inform you that the River Forecast Centre has issued a **Flood Watch for the Lower Mainland and Fraser Valley**.

A **Flood Watch** means that river levels are rising and may soon approach or exceed their banks. This could result in flooding in areas near the affected rivers. Please stay alert and take necessary precautions to keep yourself and your family safe.

For more details, please visit:

[River Forecast Centre: Flood Warnings and Advisories](#)

Advisory Warning Levels:

A quick reminder regarding the definitions related to water-level advisories and warnings:

High Streamflow Advisory

River levels are rising or expected to rise rapidly, but that no major flooding is expected. Minor flooding in low-lying areas is possible.

Flood Watch

River levels are rising and will approach or may exceed bankfull. Flooding of areas adjacent to affected rivers may occur.

Flood Warning

River levels have exceeded bankfull or will exceed bankfull imminently, and that flooding of areas adjacent to the rivers affected will result.



Semá:th Lands Department

S'ólh Téméxwte ikwe'lo. Xólhmet te mekw' stám ít kwelát.

This is our Land. We must take care of everything that belongs to us.

Reminder to Community – Dumping of Fish Scraps is Prohibited

On September 5th, 2024, April Schwartz, Archeological and Environmental Monitor, discovered fish scraps and plastic waste that had been dumped on Kilgard Road. Prior to this, filleted fish remains were found on the banks of Marshall Creek. Both of these incidences are violations of the *Prevention of Disorderly Conduct and Nuisance Law* (2015) as fish scraps are considered a waste that must be disposed of properly. While we recognize that it is tradition to return our leftover fish to the land, it is vital to remember the need to return these scraps to where the fish were captured to begin with. Sumas First Nation prohibits the dumping of fish scraps within our community as there are two major environmental concerns regarding this activity:

1. Attraction of scavengers:

Fish scraps, when dumped on roadsides and creek beds, attract scavengers like bears. If bears associate our community with food sources like fish scraps, they are likely to spend more time in the area, acclimating to the presence of people. This can lead to potentially dangerous human-wildlife interactions and/or the euthanization of the bear.

2. Pollution of Water:

The creeks that run through our community are shallow and have poor water quality as a result of agricultural activity in the area, among other anthropogenic-related impacts. When additional organic waste is added to the creeks, the decomposition process consumes oxygen in the water. This can be detrimental to the fish inhabiting these waterways and in extreme cases, lead to fish kill events. When fish scraps are returned to deeper, faster moving water, like the Fraser River, these problems do not occur as the scraps are more likely to sink and be consumed by bottom-dwelling organisms.

This is a reminder that as members of Sumas First Nation, we have a responsibility to pass our ancestor's traditions to future generations and to steward the land and its resources for future generations. If you are unable to return your fish scraps to the place where the fish was captured, we kindly ask that the fish scraps be placed in the garbage.

Please note that Sumas First Nation reserves the right to issue warning letters and fines (at a maximum of \$1000) to violators of the *Prevention of Disorderly Conduct and Nuisance Law*.

For more information or to request copies of the *Prevention of Disorderly Conduct and Nuisance Law*, please contact the Semá:th Lands Department:

Sasha Tuttle, M.Sc. in Zoology

Environmental Compliance Officer

Cell: (604) 226 - 6051

Email: sasha.tuttle@sumasfirstnation.com

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

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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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nancy.murphy@sumasfirstnation.com
604-997-9500

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Harm Reduction Notice

For anyone in need, please note that there are Naloxone Kits and Harm Reduction Kits available at the Health Building (free of charge).



If anyone is looking for information or resources related to detoxing or treatment referrals, please reach out to Lori Stromquist (Community Outreach Worker):

lori.stromquist@sumasfirstnation.com
604-852-4041 ext. 226

Housing: Cooking, Burn, & Winter Fire Safety Notices + 2024 Housing Committee Application

Please see pages 9-11 for posters from the First Nations' Emergency Services Society - quick reminders about safety in the home this winter!



We are also looking for applicants for our Housing Committee! Join us in providing strategic advice and recommendations to the Sumas First Nation Council on housing policies, programs, and initiatives. **Full details & application form pages 12-16.**

THE 7 STEPS for COOKING SAFELY

COOKING FIRES are the leading cause of House Fires

Most Cooking Fires Involve the Stove

STEP 7

TURN OFF your STOVE WHEN COOKING IS DONE



STEP 6

PREVENT BURN INJURIES



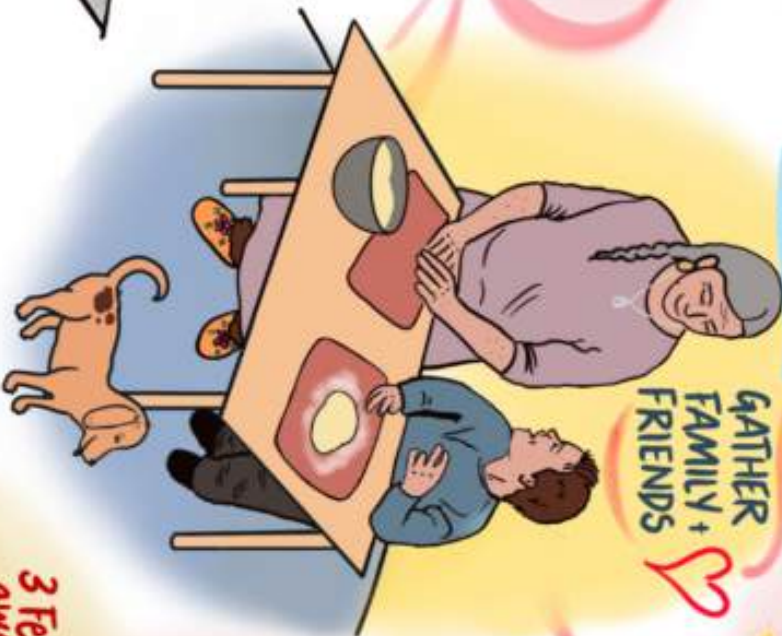
STEP 5

PUT A LID ON GREASE FIRES



STEP 1

GATHER FAMILY + FRIENDS



STEP 2

Test your SMOKE ALARM



STEP 3

CLEAN COOKING SURFACES



STEP 4

STAY Present & ALERT



3 Feet AWAY
KID & PET
Free ZONE

OUR JOURNEY THROUGH WINTER FIRE SAFETY

COOKING SAFETY



Keep a Fire Extinguisher in the Kitchen

Put a Lid on a grease fire & turn off the stove

Don't leave cooking food unattended

Keep kitchens clean & tidy

SMOKE ALARMS & CARBON MONOXIDE DETECTORS

Install Detectors & ALARMS in your Home

Change the BATTERIES as needed and

Test them MONTHLY

REPLACE ALARMS & DETECTORS every 10 YEARS

HAVE A HOME FIRE ESCAPE PLAN



HOME HEATING SAFETY

Never use oven, Gas Range or EBGA to heat your Home



Never Leave Space Heaters unattended

CHECK ON YOUR ELDERS & NEIGHBOURS

Spend time Together



102

Clear House Numbers

Shovel walks & driveways
Bring Food & medicine



Keep Wood Stoves and Chimneys CLEAN

CANDLE SAFETY

Always use DRY Firewood in Your Wood Stove

Put out Candles before going to bed or when leaving home

Don't Leave Burning Candles Unattended

Keep out of Reach of Children & Pets

Place in a sturdy holder

Keep candles away from flammable materials

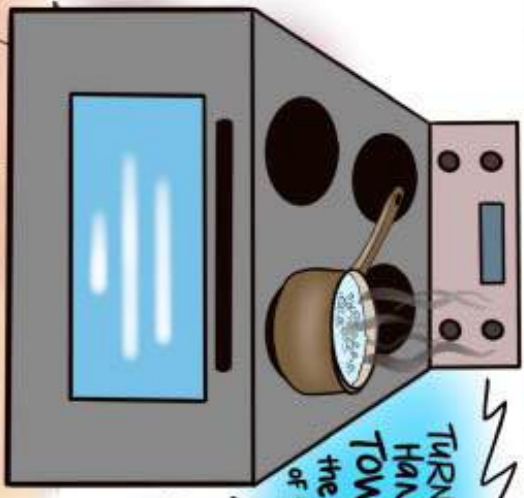


OUR JOURNEY to BURN SAFETY.....

BURN INJURIES ARE PREVENTABLE



OPEN MICROWAVED FOOD SLOWLY & AWAY FROM YOU



TURN POT HANDLES TOWARDS the BACK of the STOVE

CHILD FREE ZONE 3ft from STOVE

NEVER HOLD a CHILD WHEN HOLDING HOT LIQUIDS or FOODS

Place HOT LIQUIDS AWAY FROM the TABLE'S EDGE



YOUNG CHILDREN & ELDERLY are MOST at RISK of SEVERE BURNS

SUPERVISE CHILDREN in or NEAR the Bath Tub or SINK



Test Bath WATER Temperature before placing CHILD in

ALWAYS TURN the COLD WATER TAP ON FIRST

Treatment

Remove all clothing from INJURED area that is NOT STUCK to the SKIN

COOL the BURN with COOL WATER for 10-15 minutes

Seek MEDICAL HELP if NEEDED

COVER with a CLEAN, DRY BANDAGE





2024 HOUSING COMMITTEE APPLICATION

Oct. 31, 2024

Housing Committee Purpose

- a. To provide strategic advice and recommendations to the Sumas First Nation Council on housing policies, programs, and initiative.
- b. To ensure the housing needs of Sumas First Nation members are met in a fair, equitable, and sustainable manner.
- c. To oversee the development, implementation, and monitoring of the Sumas First Nation Housing Strategy, Plan and Policy.

Duties & Responsibilities

- a. The committee shall address all matters related to housing, including but not limited to:
 - Housing policy development.
 - Allocation of housing units.
 - Maintenance and repair of existing housing.
 - Development of new housing projects.
 - Engagement with community members on housing-related issues.

Committee Criteria

- a. Sumas First Nation registered member of voting age
- b. Must be in financial good standing with Sumas First Nation. *(This includes members that have signed an Arrears Recovery Agreement and have made the required payments.)*
- c. Must be willing to complete a basic finance training
- d. Must have a minimum of a high school diploma and post secondary education would be an asset
- e. Must aligned with the best interest of the Sumas First Nation Community and Housing.

Composition of the Housing Committee

- a. A Housing Committee member must be a registered member living on or off reserve who meets the criteria to be a committee member.
- b. The committee will be composed of five (5) members interested in working towards the goals and objectives of the Sumas Housing Policy, the Sumas Housing Plan and the committee

Terms of Reference. Community members with an interest, knowledge or experience in housing, construction, finance, or social services. Committee composition preferred:

- Two members living on Sumas First Nation.
- One member living off Sumas First Nation.
- One elder;
- One youth.

Note: If there are no applicants in one or more of these groups, 5 committee members will be selected from the applications.

Term: 3 years
Meetings: As required with a maximum of once per month.
Compensation: An honorarium for attending each meeting

Instructions:

Please email the application to Nancy.Murphy@sumasfirstnation.com or drop off with Paula Olmstead at the Sumas Office. **Deadline: 4:00pm, Friday, Nov. 28, 2024.** For further information

you may contact Paula Olmstead, Housing Officer, 604 852 4041, paula.olmstead@sumasfirstnation.com or Nancy Murphy, Housing Administrator, 604 997 9500.

Personal information on this form is collected under the authority of Sumas First Nation and will be used to determine the qualifications for appointment to the Housing Committee. Names of successful applicants may be made public, provided to the community and posted on the Sumas First Nation website.

Please note that not all participants may be selected, this will depend on the eligibility criteria established, the number of applications received, and the areas of interest represented. During the selection process you may be contacted for further information.

2024 HOUSING COMMITTEE APPLICATION FORM

1. Contact Information:

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Email Address: _____ Phone Number: _____

2. Please select your age category: circle

18-25 years old 25-34 years old 35-44 years old 45-54 years old
55-64 years old 65-74 years old 75 + years old

3. Please explain why you are interested in serving on this committee. Explain that you have the best interest of the Sumas First Nation Community and Housing. (If more space is needed use the back page.)

4. Please identify if you would represent any of the following groups in your capacity as

Committee member: Please circle
On reserve member off reserve member elder youth

5. List your education completed.

6. Are you in financial good standing with Sumas First Nation. (This includes members that have signed an Arrears Recovery Agreement and have made the required payments.)

Yes No

7. If you have no education or experience in finance. Are you willing to complete basic finance training?

Yes No

8. Have you read the committee description and eligibility criteria, and are you able to commit to the time required to carry out these duties?

Yes No

9. Have you previously been a member of any other Sumas committees?

Yes No

If yes, please identify which committee(s) and when you served.

10. Have you served on any committees elsewhere?

Yes No

If yes, please provide details. (where, which committee(s), your involvement, etc.)

11. Please provide any additional information and/or comments below.

Sumas Nation

Rental Housing Policy and Procedures Manual

6.0 Roles and Responsibilities

Policy: The housing policy will be implemented and supported as directed by Sumas First Nation Council.

Procedure:

6.1 Council

Council is responsible to:

- a) Oversee planning and community strategies;
- b) Approve budgets related to the delivery and administration of the rental housing program;
- c) Approve actions as required by the Housing Administrator or the Housing Advisory Committee;
- d) Approve housing policies, agreements, by-laws and related regulations; and
- e) Support housing policy enforcement.

6.2 Housing Advisory Committee




The Housing Advisory Committee provides advice and recommendations on housing activities to the housing department, in accordance with the Terms of Reference for the Committee.

We thank you for your interest and look forward to working with you!






Mapping Workshop

The Governance and Natural Resources Department will be hosting a traditional Mapping Workshop. **\$100 honoraria will be provided for all community members who choose to participate.** Lunch provided! **Full event details & flyer are available on page 18.**

-  Nov 7th & 8th
-  9 AM - 1 PM
-  Community Hall




Building Resilience Climate Adaptation Project

The Emergency Management Department will be unveiling their **Climate Adaptation Plan & Resiliency in Action - Managing Risk & Recovery Report!** Dinner, door prizes, and kids activities! **Full event details & flyer on page 19.**

-  Nov 15th
-  5 PM - 8 PM
-  Community Hall

Community Composting

The Lands Department will be hosting a community engagement and information session to inform members about a new composting program. Dinner provided! **Full event details & flyer on page 20.**

-  Nov 27th
-  5 PM - 7 PM
-  Community Hall



Mapping Workshop

Workshops on environmental and cultural areas of importance as part of the Sumas flood risk assessment. In collaboration with UBC & the Semá:th First Nation Governance and Natural Resources Department.

About the Work

As part of an ongoing assessment of flood risk in Sumas First Nation territories, we are planning two community workshops to consider how floods may impact different things that are important to the Nation. These two workshops are specifically designed to allow discussion and mapping of areas of environmental, cultural and spiritual significance. By mapping these things, we hope to better advocate for future flood management decisions that can align to Nation needs and interests.

In the workshops there will be between 6–12 attendees, and together we will discuss different key objectives that have been previously workshoped (see the list at the end for each workshop). We will seek to map these objectives together to understand where they might need to be protected. **These maps and the data from the workshops will remain the property of Sumas First Nation, any sensitive information on the location of significant sites will not be made publicly available.**

We encourage you to attend if you feel that you hold significant knowledge about some of the objectives of at least one workshop, this includes knowledge about where these things are currently (and perhaps where they have historically been). You may attend both workshops if you feel you have knowledge that extends across both.

Event Details

WHEN: Nov 7th & 8th, 9am – 1pm

WHERE: Community Hall

WHAT: Environmental & Cultural Mapping Workshops

WHO: People who feel they hold knowledge on the subjects below

REGISTRATION: Please email or phone Cheyenne Ned (604-852-4041 ext 400, OR cheyenne.ned@sumasfirstnation.com)

An honorarium of \$100 will be provided as a thank-you for attending a workshop. Coffee and food will also be provided.

Thurs. 7th Workshop

- Aquatic harvesting and processing sites
- Terrestrial harvesting areas
- Traditional high-value plant species & habitats
- First Nations priorities for salmon habitat recovery
- Barriers to access along waterways and banks
- Future restoration of a viable portion of the habitat historically supported by Sumas Lake (discussion surrounding its historic extent and health)

Fri. 8th Workshop

- Areas of cultural sensitivity
- Areas of spiritual sensitivity
- The current and historical landscape generally
- Land used for celebration and education of First Nations history and tradition
- Areas where Sumas First Nation hold, or should hold, cultural and spiritual authority

COMMUNITY INFORMATION SESSION:

Building Resilience - Climate Adaptation Project

Join us for the unveiling of our Climate Adaptation Plan & Resiliency in Action - Managing Risk & Recovery Report!

Over the past year, through community engagement, the Emergency Department partnered with Clear Sky Consulting and the UFV CHASI Research Team. The Project team has enjoyed working together with community on this innovative and meaningful project — We can't wait to share the results with you

The Project Community Engagement Included:

- Disaster Risk Dinner
- Elders Lunch Session
- Staff Interviews and engagement sessions
- Preparedness Fair Tables

Door Prizes, Kids Activities and Dinner will be provided. If you require transportation please contact us.

Community & Staff welcome we hope to see you there!

Friday, Nov 15th
5:00-8:00 pm
Community Hall



Semá:th
Sumas First Nation

Community Composting Information Session

Sumas First Nation is pleased to announce that curbside waste collection services will be expanded to include organic waste collection.

About the Work

Compost bins will be distributed to members on reserve once the services are available. Until then, we will be sharing information on what organic wastes are acceptable for curbside pickup (we will have brochures available at the event).

We will be hosting a community engagement event at the community hall in November to give residents an opportunity to ask questions about the new composting program. Dinner will be served at 5 PM and door prizes will be drawn at the end of the evening! Door prizes include, but are not limited to, gift cards to Cabelas and Home Depot!

Event Details

WHEN: Nov 27th, 5pm - 7pm

WHERE: Community Hall

WHAT: Curbside Compost
Collection Services Info Session

WHO: Open to everyone (both
staff and community!)

MORE INFO: Please email or phone
Sasha Tuttle (604-226-6051, OR
sasha.tuttle@sumasfirstnation.com)

***Dinner and door prizes
will be available!***

Busy Bear Club Preschool Updates and Highlights for November 2024

The leaves are falling, the weather is cooler, children are back to school...it's Fall and soon we are heading into winter.


Fall offers us many blessings and we plan to find some of those and bring them back to our classroom. From fallen leaves to pinecones (and so much more!) The children will be able find something they love on our nature walks.

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

Our Halq'emeylem Teacher, Roxanne has been amazing! She continues to join us at circle time to teach the children more songs, words, and phrases. She also teaches staff Halq'emeylem every Tuesday morning.



School Closures

 Closed for Remembrance Day (Nov 11th)



Busy Bear Club Preschool Updates and Highlights for November 2024

We had so much fun at the Busy Bear Market, the children bought many special fruits and vegies to share with their families. Our children enjoy shopping!

The children are going on a field trip to Alder Acres. Thank you to our bus driver, Marlena, who is transporting us in the school bus. The children will be going on went on a hayride, pick pumpkins in the pumpkin patch, and visit the goats. All families are welcome to join us!

Welcome back to our Infant and Toddler teacher, Cheska, from her maternity leave.

We enjoyed a Thanksgiving lunch with the children. The children participated in the preparation of the lunch, especially baking special cinnamon cookies! Thank you to our cooks for preparing the turkey!



Busy Bear Club Preschool Updates and Highlights for November 2024

The children visited the Elders at their luncheon. The children all helped make a gift to say thank you to the Elders which they presented at the luncheon. The children also sang songs in Halq'emeylem with great enthusiasm.

Thank you to all our families for attending our preschool open house. We enjoyed a delicious meal prepared by our cooks. The children were so excited to spend time playing with their families. We would also like to thank John Kelly for opening our event in a good way with a prayer.

We are keeping up with maintenance at the preschool, which includes staining our fence and rebuilding our gate. Additionally, the sails that provide shade and cover from the rain have been taken down for winter.

After reviewing the surveys filled out by our families, we have started to plan some exciting new events for families which we will hold in the upcoming months. We will keep you updated.



Busy Bear Club Preschool Updates and Highlights for November 2024

Our AFTERSCHOOL CLUB is running at full capacity. We now have a wait list. Any children without complete registration packets will not be able to attend. A completed registration packet is a Fraser health Child Care licensing requirement.

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

Ts'ithóme tsel – thank you





Programs & Events

Ladies
HAT PAINTING

Sumas Community Hall

NOV 4, 2024 | 4:30 - 7:30 PM

Come spend an evening with the women of our community!
Join us for good conversation, socializing, snacks & dinner, and hat
painting with Nikki Larock.

Bring your own hats! Paint, brushes, and stencils provided.

Please email Dionne Shaw to register for this event:

dionne.shaw@sumasfirstnation.com

INCOME ASSISTANCE

NOVEMBER 2024

SA OFFICE HOURS

The Band Social Development Worker will be available Tuesday - Thursday 8:00 am to 4:00 pm.

13
WED

BILL SUBMISSIONS DUE

SA Bills need to be submitted to the office by this date for them to be paid on your behalf. WE DO NOT MAKE PAYMENTS ON LATE BILLS OR OUTSTANDING DEBT

20
WED

SA DAY

Cheques will generally be ready by 10 am.

 **APPLICATIONS AVAILABLE AT THE HEALTH BUILDING** 

EMPLOYMENT COUNSELLOR

Please schedule an appointment as it is required to see the Employment Counsellor once a month. Penny Joe will be in on TUESDAYS from 10am to 3 pm. **Please contact her at email: penny.joe@saset.ca and Cell: 604-845-9882**

PLEASE CONTACT PATRICIA AT
PATRICIA.NED@SUMASFIRSTNATION.COM

Halq'eméylem Language Classes

With Aiden Silver



Let's learn to speak Halq'eméylem!

Learn beginner-level traditional phrases and words in Halq'eméylem, the language of the Semá:th people. Aiden Silver is a Semá:th band member and will be leading these classes.

5-Week free course

Starts: Oct 24, 2024

Runs: every Thursday until Dec 21, 2024

Time: 6:00 PM - 8:00 PM

Location: Health Building Boardroom

Cost: FREE

Registration

Please email Dionne Shaw:

dionne.shaw@sumasfirstnation.com

FREE 7-DAY WORKSHOP

Vancity



**WEALTH
MINDSET**

Indigenous Financial
Resilience



**Community
Futures** Stolo

*Free
to
attend!*

INDIGENOUS

FINANCIAL

RESILIENCE

*Advice you
can bank
on!*

WORKSHOP

FACILITATOR CYNTHIA ROBINSON



FACILITATOR DEBRA HOGGAN



**Lets talk
money!**

Date: November 15, 2024

Time: 9:00 am - 3:00 pm

**Location: 2788 Sumas Mountain Rd,
Health Building Board room.**



**Lunch
provided**



Prizes

**To register, please contact Bridgette Hill by email at
bhill@stolocf.ca, or call 604-858-0009
by November 14th, 2024.**

Upcoming Elders Fundraisers

Community Garage Sale

Help our Elders raise funds to attend the Tulalip Elders Luncheon in August 2025

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.

Date: November 9, 2024

Time: 9:00 AM - 4:00 PM

Location: Community Hall

For questions please contact Sophie Loewen: sophie.loewen@sumasfirstnation.com

Loonie Auction & Dinner

Help our Elders raise funds to attend the Tulalip Elders Luncheon in August 2025

Semá:th's Elders Group is raising funds to attend next year's Tulalip Luncheon in Tulalip, Washington (August 2025). The Elders Group will be fundraising for the next several months, and our next fundraising event is a Loonie Auction & Dinner!

Date: November 21, 2024

Time: 5:00 PM (dinner will be served first)

Location: Community Hall

For questions please contact Barb Kelly: barb.kelly@sumasfirstnation.com

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

Mini Indigenous Queens and Mini Warriors



Program Topics

A tailored youth program aimed at supporting Indigenous children and teenagers as they navigate the challenges of life, focusing on fostering a reconnection to their cultural roots while embracing the joys of youth. **Open to all Semá:th Community Members!**

Mini Warriors Groups: Ages 5-8 & 9-13

Mini Queens Groups: Ages 5-8 & 9-13

Program Topics

- Foundations of Self
- Leadership & Team Building
- Cultural Immersion
- Wellness & Self-Care
- Community Engagement
- Reflection & Celebration
- & many more

This program runs for girls (Mini Queens) and for boys (Mini Warriors).

The individual topics and components for each part of the program structure will vary slightly between groups.

**FREE
Program**

Open to all
Semá:th
Community
Members



Program	Start Date	Date & Time	Location
Mini Queens (Ages 5-8)	October 2nd	Wednesdays, 5:00 - 6:00 PM	Youth portable
Mini Queens (Ages 9-13)	October 2nd	Wednesdays, 6:00 - 7:00 PM	Youth portable
Mini Warriors (Ages 5-8)	October 3rd	Thursdays, 5:00 - 6:00 PM	Youth portable
Mini Warriors (Ages 9-13)	October 3rd	Thursdays, 6:00 - 7:00 PM	Youth portable

Registration:

Please contact Dionne Shaw
dionne.shaw@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!



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

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 passionate 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



604-798-2298



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

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.



ICS 100 TRAINING

INTRODUCTION TO THE INCIDENT COMMAND SYSTEM FOR ALL STAFF

Staff will gain foundational knowledge of the processes and procedures in emergency events at the nation.

- ✓ Door Prizes, Refreshments & Lunch Included
- ✓ All Participants will receive a ICS 100 Certification
- ✓ Justice Institute Of British Columbia Course

DATE:

December 10
9am - 4pm

LOCATION:

Community Hall

1. **Safety & Health of Responders**
2. **Save Lives**
3. **Reduce Suffering**
4. **Protect Public Health**
5. **Protect Critical Infrastructure**
6. **Protect Property**
7. **Protect Environment**
8. **Reduce Economic & Social Losses**

Why It's Important:

"ICS 100 is the foundation for all emergency response operations, ensuring that everyone speaks the same language and follows a coordinated approach during a disaster or emergency."

Course Overview

Introduction to the ICS structure
Basic concepts and principles of emergency response
Roles and responsibilities within ICS
The importance of a unified command in response scenarios

Key Learning Objectives

Understanding the ICS structure
Gaining familiarity with roles and responsibilities
Learning basic terminology and functions
Importance of inter-agency coordination
Preparedness for real-world emergencies



Education & Job Opportunities



SEMÁ:TH FIRST NATION

Job Posting

POSITION:	LANDS PERMITTING ADMINISTRATOR
HOURS:	FULL TIME (35 HOURS PER WEEK)
TERM:	3 YEAR TERM WITH POSSIBLE EXTENSION
WAGE:	\$45,000.00 TO \$54,600.00 DEPENDING ON EDUCATION AND EXPERIENCE
REPORTS TO:	SUMAS FIRST NATION LANDS MANAGER

1.0 PURPOSE & SUMMARY

Sumas First Nation is seeking an energetic and dedicated person to take on the role of Lands Permitting Administrator. Reporting directly to the Sumas First Nation Lands Manager, the Lands Permitting Administrator is responsible for reviewing and requesting revisions on permit applications as well as issuing the appropriate permits (business permits, development permits and/ or building permits) when finalized. The Lands Permitting Administrator will also be included in the process of conducting site inspections and assessing compliance with the Sumas First Nation Land Code and Laws.

2.0 DUTIES & RESPONSIBILITIES

- Ensures that the Sumas First Nation permitting process is administered in alignment with the Sumas First Nation land Code and Code of Conduct, Land Use Plans and related laws.
 - Reviews development permit, building permit and business permit applications to ensure compliance with land use plan, zoning law and Development and Subdivision Law.
 - Works directly with applicants on all steps of the permitting process - including that any reports, engineering drawings and service agreements are produced and included in applications as required.
 - Educates applicants, developers and community members on Sumas First Nation land laws and land management to build awareness and support compliance.
- Works with the Lands Department to actively monitor compliance with issued permits.
 Maintains a comprehensive tracking system for the permit application process and records and follows up on the issuance for all business licenses when required.
 Assists and provides input on the implementation and amendment of the Sumas First Nation Land Use Plan.
 Provides back-up and support to other Lands Department staff during peak periods or during vacation /leave.
 Other duties as required.

3.0 QUALIFICATIONS

- Post secondary diploma or degree in Land Management, Community Planning, or related
 - Field or an equivalent combination of education and experience.
 - 2-3 years related experience in Land Management, Community Planning and/or permit application management.
 - Ability to interpret engineered drawings and construction specifications.
 - Strong administrative background skills.
 - Knowledge of the BC Building Code.
 - Prior experience working in a fast-paced office environment with the ability to prioritize.
 - Experience in working with First Nations communities and/or organizations an asset.
 - Proven ability to maintain confidentiality.
- Working knowledge of office procedures, records management, and document processing.
 Ability to develop and maintain effective working relationships with peers, managers, community members, contractors, and suppliers.
 First Nations descent is considered an asset.

- Advanced knowledge and expertise about Microsoft Excel, Word, Zoom, Go-To Meetings.
- Appreciation of First Nations culture, traditions, procedures and protocols.
- Knowledge of Sumas First Nation's history, culture and tradition.
- Valid first aid certificate is considered an asset.
- Valid Class 5 BC Driver's License.

TO APPLY:

Please email your cover letter & resume to Human.Resources@sumasfirstnation.com
Deadline: October 25th, 2024



SEMÁ:TH FIRST NATION

Job Posting

POSITION:	BUSY BEAR ADMINISTRATIVE ASSISTANT
HOURS:	PART TIME – 2 DAYS PER WEEK (14 HOURS PER WEEK)
TERM:	TEMPORARY – 1 YEAR TERM
WAGE:	\$21.00 PER HOUR
REPORTS TO:	BUSY BEAR PRESCHOOL MANAGER

1.0 PURPOSE & SUMMARY

Sumas First Nation is seeking energetic and a qualified part time Administrative Assistant to work at our Busy Bear Preschool. The Administrative Assistant will work with the various Early Childhood Education (ECE) professionals as well as the Busy Bear Preschool Manager to provide aid in filling out daily reports and operational paperwork, plan events as well as shop for items to ensure that inventory is sufficient for daily operations. Other support functions include reporting on various data, preparation of budget, reports, correspondence and communications with a wide variety of internal and external contracts. Answering, screening, and directing calls; and coordinating meetings, conferences, and other supportive activities.

2.0 DUTIES & RESPONSIBILITIES

- Work closely with certified ECE’s and the Busy Bear Preschool Manager to ensure daily programs function efficiently.
- Provide sophisticated calendar management for the Busy Bear Preschool Manager. Prioritize inquiries and requests while troubleshooting conflicts; make judgements and recommendations to ensure smooth day-to-day engagements.
- Schedule meetings; draft agendas; develop, compile, and distribute presentation materials; and record meeting minutes on behalf of the Busy Bear Preschool Manager. Adhere to compliance with applicable Rules and Regulations set in Bylaws regarding Sumas First Nation matters.
- Complete a broad variety of administrative tasks, 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 as well as forms and reports that pertain to the daily operations of the Preschool.
- Provide specific aid to the ECE’s in the classroom as required.
- Monitor and maintain item inventory within the preschool by shopping for items as required.
- Provide assistance in planning preschool events to take place during and after school.
- Other duties as required.

3.0 QUALIFICATIONS

- One-year recent experience in administrative support.
- Proficient use of Microsoft Office (Word, Powerpoint, Excel, Etc.).
- One-year recent experience in early childhood education is considered an asset.
- Certification or diploma in administrative support.
- Clear Vulnerable Sector Criminal Records Check conducted under the Criminal Records Review Act.
- Valid first aid certificate is considered an asset.
- Valid Class 5 BC Driver’s License.

TO APPLY:

Please email your cover letter & resume to Human.Resources@sumasfirstnation.com
 Deadline: October 11th, 2024



SEMÁ:TH FIRST NATION

Job Posting

POSITION:	Responsible Adult
HOURS:	8 hours per week
TERM:	Temporary Contract
SALARY	\$19.00 per hour
REPORTS TO:	Busy Bear Preschool Manager

1.0 PURPOSE & SUMMARY

Sumas First Nation is seeking a qualified and experienced Responsible Adult to provide part time/ casual coverage for the Busy Bear Preschool Afterschool Program every Thursday starting in October 2023. Reporting to the Busy Bear Preschool Manager, the Responsible Adult will provide assistance in the delivery of the Busy Bear Afterschool Program and will not be left alone with children at any time. The Responsible Adult will help facilitate programming for children while following best practices of the Aboriginal Head Start components.

2.0 DUTIES & RESPONSIBILITIES

- Provide coverage and facilitation for the Busy Bear Preschool Afterschool Club every Thursday from 2:30pm to 6:30pm.
- Work with the Busy Bear Preschool Staff and Manager to develop and prepare the components involved with the Afterschool Club.
Provide care and mature guidance to children attending the Afterschool Club.
Other duties as required.

3.0 QUALIFICATIONS

- At least 19 years of age
- Completion of Responsible Adult Training course (SFN to provide if necessary)
- Completed Criminal Records Check and appropriate medical clearance
- Valid first aid and CPR certification
- Completed at least 20 hours of training related to Early Childhood Education (beneficial but not necessary)
- Ability to effectively plan and manage time wisely
- High professional and ethical standards
- Proven ability to maintain confidentiality

TO APPLY:

Please email your cover letter & resume to Human.Resources@sumasfirstnation.com

Deadline: October 11th, 2024



Semá:th Xo:tsa Developments LP/LTD

Job Posting

POSITION:	STH'OQI AQUACULTURE LP TILAPIA FISH FARM ASSISTANT
HOURS:	40+ HRS PER WEEK
SALARY:	\$50,000.00 to \$60,000.00 BASED ON EXPERIENCE AND EDUCATION
TERM:	PERMANENT
REPORTS TO:	STH'OQI AQUACULTURE LP TILAPIA FISH FARM MANAGER

1.0 PURPOSE & SUMMARY

Sth'oqi Aquaculture LP (SALP) is an aquaculture company that is jointly owned by Semá:th Xo:tsa Development LP (SXDLP), the development Corporation for Semá:th First Nation (SFN) and Lower Fraser Enterprises Limited Partnership (LFELP), which is comprised of 23 First Nation communities across the Fraser Valley. Sth'oqi Aquaculture focuses on sustainable freshwater fish production and operates in accordance with the cultural values and traditional knowledge of the Semá:th people. Sth'oqi Aquaculture LP (SALP) is looking for a qualified individual to take on the role of Fish Farm Assistant. This role is responsible for assisting in the daily operations of the fish farm. This includes production, maintenance, security as well as assisting the Manager in the various projects associated with SALP. As this position is required to be on site in case of emergencies, the candidate must be willing to work weekends and live within a 15-minute travel to the farm. 9722 McLeod Rd Rosedale BC. This is a hands-on operation that has employees working shifts to cover seven days per week.

2.0 DUTIES & RESPONSIBILITIES

- 1) The is a hands-on operation that requires that you do physical work activities
- 2) Assist in the management and adjustments of daily fish feeding rates and diets.
- 3) Sort and ship Tilapia according to wholesale demand.
Clean facility as required including daily cleaning of filters and drains.
- 5) Assist in the maintenance fish health as directed.
- 6) Assist in the maintenance all equipment, pumps, generators and work directly with third party contractors to maintain equipment as needed.
- 7) Keep log of working hours and submit weekly time sheets to the Manager for approval.
- 8) Monitor Alarm calls and be available to respond to alarms after hours when on-call.
- 9) Provide Assistance with the installation of new equipment, raceways, and other upgrades.
- 10) Ensure inventory of fish feed and other consumables are stocked and reordered in a timely manner when required.
- 11) Ensure daily operations are completed according to fish farm licencing and appropriate regulations, including the Department of Fisheries and Oceans Canada (DFO).
- 12) Other duties as required.

3.0 QUALIFICATIONS

- 1) Experience in working with First Nations communities and/or organizations an asset.
- 2) Proven ability to maintain confidentiality.
- 3) Ability to develop and maintain effective working relationships with peers, managers, community members, contractors, and suppliers.
- 4) First Nations descent is considered an asset.
- 5) Appreciation of First Nations culture, traditions, procedures, and protocols.

4.0 CONTACT

Please email your cover letter & resume to Human.Resources@sumasfirstnation.com
Deadline: Until position filled.

**Innovate your way,
at no cost to you.**

Digital skills for
careers and life.



Course

Program

Dates

GIS/GPS Mapping	Foundations	Nov 4-15, 2024
Data Analytics	Foundations	Nov 4 - Dec 13, 2024
Drone Stewardship	Futures	Nov 18-29, 2024
Intro to Web Development	Foundations	Nov 18-29, 2024
Web Development	Focus	Jan 13 - Feb 7, 2025
Exploratory	Foundations	Jan 13 - Apr 4, 2025
GIS/GPS Mapping	Futures	Jan 20 - Mar 14, 2025
Network Technician	Focus	Feb 24 - Mar 28, 2025
Digital Transformation	Foundations	Feb 24 - Mar 7, 2025
Digital Transformation	Focus	Mar 17 - Apr 11, 2025

Scan this or visit
technologycouncil.ca to apply



First Nations
Technology Council



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
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:

Sqwa' 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 Sqwa' 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 Sqwa' 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 _____