

Welék'es March 23 - April 20

The sixth month, around March, is called Welék'es, little frog season because the welék' - little frog begins to croak about this time. The same month is also called Qweloythi:lem - making music, because the birds start singing then.

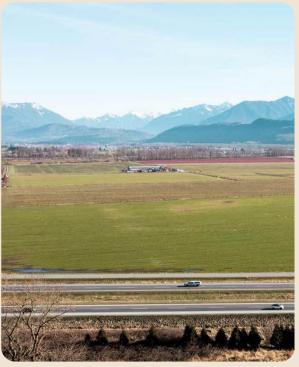
Topics

Community Events
Weekly Community Programs
Community Notices
Election & Nominations Info
Sumas Department Updates
Volunteer & Job Opportunities
Classes & SASET Programs



Office Closures

Friday, April 18 Monday, April 22



Community Events



FIRST AID TRAINING

Clarion Hotel – Mt. Baker Room – <u>Address</u>: 36035 N Parallel Rd, Abbotsford, BC V3G 2C6

> THURSDAY, APRIL 3RD 2025 8:00-4:00PM

LIMITED SEATS AVAILABLE SIGN UP IS REQUIRED FOR THIS TRAINING,
PLEASE EMAIL:

EMERGENCY.DEPARTMENT@SUMASFIRSTNATION.COM

Prerequisites:

Must be physically able to perform all of the First Aid tasks. No previous experience is necessary

Important Information:

- Certificate Valid for 3 Years
- Lunch will be provided
- Please sign up in order to take this course

What you will learn:

- Performing Cardiopulmonary Resuscitation for adults (CPR Level A)
- Airway breathing circulation (ABC) reassessments
- Describe the roles and responsibilities of a designated first aid attendant
- The WorkSafeBC regulatory requirement for first aid record keeping
- The procedures will follow the guidelines described in this guide.
- How to use an automated external defibrillator (AED)
- Assessing soft tissue injuries
- Clearing obstructed airways
- How to use a pocket mask





Sumas Wellness Days

Join us April 11 (staff) and April 12 (community) for Wellness Days! We will have a number of wellness practitioners and artists available throughout the day. Relax and enjoy a day of pampering!



Sumas Staff Wellness Day

April 11, 9am - 3pm SFN Health Building

Activities available

- Reiki with
 Shoneena Loss
- Massage with
 Johan Main
- Facials with
 Taylor Opheim
- Soul Portrait Artist: Laurie Anderson
- Tea Leaf Readings with Jenny Thorne

- Devil's Club bracelets with Eddy Williams
- Cedar weaving with Cheyenne
 Ned

...and more!



Sumas Community Wellness Day

April 12, 9am - 4pm

Plus, dinner at 4pm &

Truly Tina at 5pm

SFN Health Building



To register, please email Dionne Shaw (Healing Homes Manager): dionne.shaw@sumasfirstnation.com

Sumas First Nation

JOURNEY TO HEALING TRAUMA

3 DAY WORKSHOP

Workshop Overview

This interactive 3-day in-person workshop is designed for community members, workers, and caregivers who are on their journey to healing trauma. It will offer a foundational understanding and practical tools for healing trauma.

The foundation to healing trauma is "understanding how trauma impacts the mind, body, and spirit and knowing how to release the traumatic stress/emotion from the body (muscles/organs) in a safe way".

DATE: April 15, 16, & 17

TIME: 9:00 AM - 3:30 PM

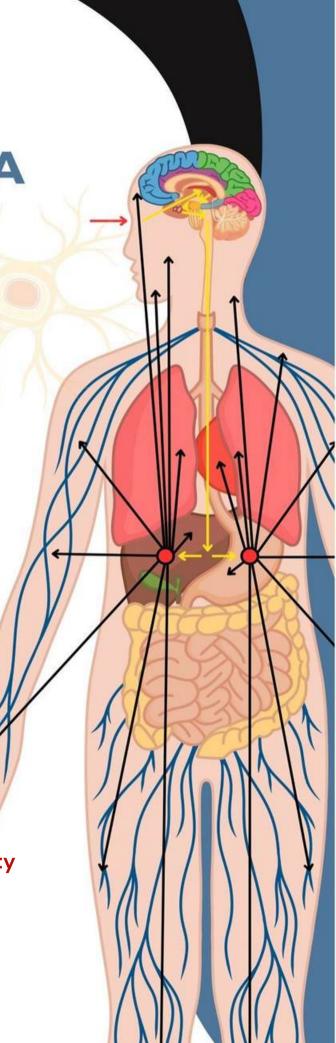
LOCATION: Sumas First Nation Community

Hall (2800 Sumas Mountain Rd)

REGISTRATION: Please email Dionne

Shaw (Healing Homes Manager):

dionne.shaw@sumasfirstnation.com





Traditional Medicine

with Dr. Jeanne Paul

Spring Classes

Classes will cover harvesting, lecture, and making of the final product over 2 sessions, focusing on plants & herbs available during the Spring season

Registration

Please email Dionne Shaw (Healing Homes): dionne.shaw@sumasfirstnation.com

(UPDATE)

NEW DATES:

Dates & Times

1st Class: April 26, 8:30 AM-4:00 PM 2nd Class: May 31, 9:00 AM-12:00 PM

Location

Sumas First Nation Community Hall

Supplies to bring to class:

- Dress appropriate for the weather, rain, or shine/boots etc.
- Clippers/Scissors/Loper, if you have one to cut the branches
- Bring Baggies large enough to hold leaves, branches, roots. Label each bag.
- Lunch will be provided, bring own snacks, water etc. Teacher will make tea for the day.
- Bring a 3 ring binder to hold notes/index sheets of A,B,C, etc. Bring note paper pens/felt pens/ labels for your jars
- Bring a cutting board, a sharp knife, scissors. Bring a Laundry basket to hold your Medicines and herbs to bring home.

Goals of the Medicine Classes:

- Define Traditional use of the Herbs of that Season
- Learn one Body System related to the Season of the Herbs.
- Learn the Disease process
- Learn the Chemical Constituents of the Herbs.
- Study the herbal terminology, contraindications and its properties.
- Learn the Menstruums which extract the Medicines from an Herb.
- Learn how to create a Formula and Dosages.
- Learn to make a Final Product as a Cream or a Spray.

The following will be provided for all students:

- Will provide the 200 ml jars for each student
- The Menstruums as: Olive Oil, Ribena Concentrate and Apple Cider Vinegar
- Lunch: on the first day of each of the season
- Will provide the notes for each of the 3 Sessions will be based on the Season of the Herb.
- Body System notes will be provided to correspond with the Season of that Herb.
- Will provide the Plastic Jars, Bottles and Medicine Bags necessary to make final products.





FREE Small Business Startup Workshop

Turn your Business Idea into Reality

Date: April 29th, 2025 **Time:** 9:00 am - 5:00 pm

Location: Bldg 10, 1st Floor Board Room - 7201 Vedder Road, Chilliwack, BC

Open to First Nations, Métis and Inuit entrepreneurs



<u>Facilitator</u> Cynthia Robinson MBA

Highlights

- Test the viability of your business idea
- Connect with Indigenous Entrepreneurs
 and Mentors
- Create a 1-page business plan.

Register today! Limited seating!



Facilitator Debra Hoggan MBA

To register call 604-858-0009, or Email bhill@stolocf.ca



SNACKS & LUNCH!







DOOR PRIZES



FRIDAY MAY 9TH 2025

3:00-6:00 PM SUMAS FIRST NATION



Emergency Preparedness Fair

2800 SUMAS MOUNTAIN ROAD



Meet first responders, emergency management stakeholders, community partners and the Sumas Emergency Department team!
 Enjoy hands-on activities, demonstrations, and the

chance to ask questions.

• Let's build a more prepared and resilient community together.

HOSTED BY: SUMAS FIRST NATION EMERGENCY MANAGEMENT

Bouncy Castle Carnival Games Kids Activity Table Pop Corn Demonstrations Balloon Twisting Face Painting BBQ Dinnner





PHOTO, VIDEO & ART CONTEST FOR CANADIAN INDIGENOUS YOUTH

Celebrating the rich cultural & heritage traditions of Indigenous people, FORED sponsors this annual contest with cash prizes for Indigenous youth.

Theme: Traditional Knowledge & Medicine Prize: 4 x \$150 prizes with at least one national winner. Group work shares prize.

§



Interview a local elder about homemade salal tea on video? Creativity of all kinds is welcomed.

Contest Details: Please submit entries via the easy entry form on our website. https://www.foredbc.org/traditional-knowledge-contest Entries may also be mailed to the address at bottom.

- Eligibility: youths aged 5-18 of First Nations, Inuit, Métis, or self-declared ancestry.
- Participants must include their name, band affiliation/ancestry, home address, phone & email address, parent & teacher contact, grade & school on website entry form or with mailed entries.
- Please include a brief description of how your artwork relates to traditional knowledge and medicine. DEADLINE: May 23/25
- All original artistic work accepted: i.e. pencil, crayon, paint, mural, collage, photos, animations, videos etc. (.jpg, .pdf, .png, .mp4, .MOV). **Minimum image size 2MB**. Videos must be less than 3 min. **Please have someone take a photo of you with your artwork if possible.**
- By entering, winners agree their names & entries can be published in local & social media, or displayed on BC Ministry of Education sites for Indigenous People's Day, June 21, & our <u>website</u>.
- All entrants qualify for complimentary, honourary youth membership. No commercial use of entries.
- Mailed entries won't be returned. Only winners will be notified.
- See how Indigenous volunteer mentors integrate traditional knowledge into natural resources practices on our <u>YouTube</u>. Follow us on social @foredbc.
- Complimentary teacher & youth activities by age group on Indigenous culture available here.

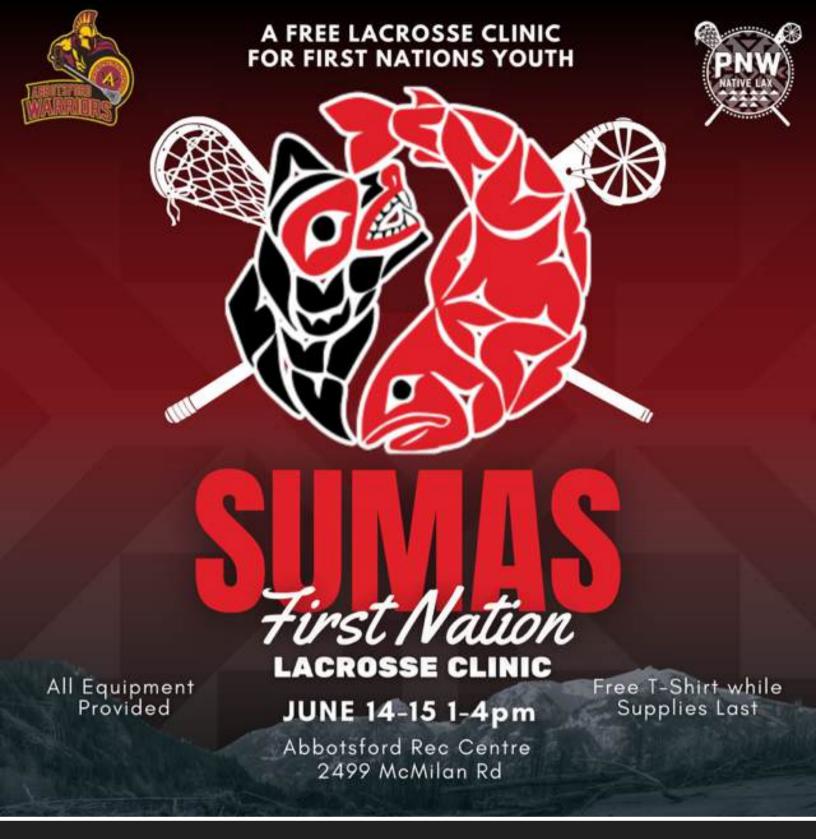
Questions? Email education@foredbc.org.



#213 - 4481 W.10th Ave. Vancouver, BC V6R 4R8 P: 604-737-8555 E: info@foredbc.org W: foredbc.org







Sign up now to secure your spot & grow the game among First Nations youth! Questions? Please contact Jenna Noppen: jenna.noppen@sumasfirstnation.com

Click here to sign up

Weekly Community Programs



Training: 13 & Under Group

- Tuesday & Thursday, 5:30-7 PM
- Oultus Lake Boat Launch Area
- Parents are encouraged to attend with their children

Training: 16+ Group

- Monday-Friday, 5:30-7:30 PM
- O Cultus Lake Boat Launch Area

Please note that there is limited parking at the Cultus Lake Boat Launch site. Additional parking is available at the Main Beach lot.



To register, please email Barb Kelly:

barb.kelly@sumasfirstnation.com

What to bring

- Water shoes
- Life jacket
- Towel
- Change of clothes



War Canoe Racing Schedule

August 22-24

Makah Days

Spectators welcome – please come and cheer on our Semá:th Warriors!

May 2025					
May 3-4	OPEN				
May 10	Penn Cove	Coupville, WA			
May 10-11	Stzuminus	Chemainus, BC			
May 17-18	Pilalt Days	Skwah (Chilliwack Landing), BC			
May 17-18	Tulalip Days	Tulalip Sports Complex, WA			
May 24-25	Seabird Island Days	Seabird Island (Agassiz), BC			
May 31-June 1	Nooksack Days	Bloedel Donovan Park, WA			
June 2025					
June 7-8	Cultus Lake Water Sports	Cultus Lake, BC			
June 13-15	Musqueam	Musqueam Cultural Centre, BC			
June 20-22	Stommish Water Festival	Lummi, WA			
June 28-29	Sasquatch Days	Harrison Hot Springs, BC			
June 28-29	Tsawout	Tsawout, BC			
July 2025					
July 5-6	Ambleside	Ambleside Park, West Van., BC			
July 4-6	Whey-Ah-Whichen Festival	Cates Park, Tsleil-Waututh, North Van., BC			
July 11-13	Sqewlets	Squawkum Park, Harrison Bay, BC			
July 19-20	Quw'utsun	Cowichan Bay, BC			
July 26-27	Snuneymuxw Water Sports	Snuneymuxw (Nanaimo), BC			
August 2025					
August 2-3	Geronimo Days	West Saanich, BC			
August 9-10	Snaw-naw-as	Nanoose Bay, BC			
August 9-10	Swinomish	LaConner, WA			
August 16-17	Chief Seattle Days	Suquamish, WA			

Neah Bay, WA

Join Us CROSSFIT -KILGARD -

37459 KILGARD RD UNIT 106

How To Book Your Spot:

Download the app " PushPress Members "
The log in : alana.james@sumasfirstnation.com
Password: Sumas1

FOR AGES 14+

- We are only permitted one member per class,
- From the app, you will see the daily schedule of classes
- If you see that there is already a Sumas spot filled for the class you picked, it means another member has reserved that spot, and you will need to book a different class time.
- There are up to 10 classes a day.

If you need assistance registering or if you need more information, please contact Alana James: alana.james@sumasfirstnation.com

LUNCH with

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.



Every Tuesday & Wednesday

12:30 - 2:30 pm

Health Building Boardroom

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 nonjudgmental environment where everyone is treated with dignity and respect.



Location

Sumas First Nation Health Building Boardroom (2788 Sumas Mountain Rd, Abbotsford, BC V3G2J2)



🥯 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



Every Thursday

Running until June

Health Boardroom

6:00 - 7:00 pm

Taught by: Aiden Silver

All ages welcome

Free Class

Halq'eméylem Classes with Aiden Silver are back!

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.

This is a FREE language class, made possible and offered on-reserve through our Healing Homes Department. Special thanks to Dionne Shaw & Lyndy Silver with Healing Homes, and to Aiden Shaw for his instruction!





How to Register:



Women's With Pat Charlie Empowerment

Open to all First Nations women!

Starts April 2nd, 2025

Every Wednesday

4:00 PM - 6:00 PM

Community Hall

SocializingLearning

Pampering

🗱 & more!

Special thanks to Sumas First Nation's Healing Homes Department for helping to organize this group. For more information or if you have questions, please contact Dionne Shaw (Healing Homes Manager): dionne.shaw@sumasfirstnation.com



2009 Abbotsford Way

"Through our kid's fitness program, your child will develop qualities like trust, cohesion, self-accountability, and confidence, unlike anything we've seen elsewhere. We use age-appropriate skills, challenges, and equipment. By using a FUN combination of calisthenics, running, rowing, jumping, throwing, carrying, pushing, pulling, climbing and lifting we get kids to LOVE exercise."

Classes will run Tuesdays & Fridays at 6:00 pm

- 10 Students per class
- Parents can choose to sign up their child up for for one class or both classes
- Parents are responsible for supervision/ transportation

For info on how to sign up email: Alana.James@Sumasfirstnation.com





Stó:mex Smestíyexw

Learning how to take back your power, strength, and energy.

How to step into your authentic self! Discover and harness the inner strength, resilience, and sacred energy that young Indigenous women hold within them. Reconnect with your spirit and reclaim power from trauma.

Time: 5:00 PM (all dates) starting with dinner

Place: Sumas First Nation Community Hall

Dates: April 8th, 15th, 22nd, and 29th



Join us weekly on Tuesdays in the Community Hall with facilitator Nikki Larock, starting April 8th. Sessions will run every Tuesday in April. Register asap – limited availability for this group!



Register Now!

Email Dionne Shaw (dionne.shaw@sumasfirstnation.com)



4:30 - 6:30 pm

Every **Monday**

Sumas First Nation Community Hall

Enjoy songs and dinner with community members every week!

Join us **every Monday in April** from 4:30-6:30 PM at the Sumas First Nation Community Hall for a fun singing class that includes dinner. **All ages welcome!**

Location: We will now be meeting at the Sumas First Nation Community Hall (2800 Sumas Mountain Rd, Abbotsford, BC)





How to Register:

Community Notices



Sumas First Nation Semá:th

2788 Sumas Mountain Road, Abbotsford, BC V3G 2J2

Telephone: (604) 852-4041 Fax: (604) 852-4048

Notice for Member Homes Furnace & Central Air Maintenance Information

Member Home New Central Air Unit & Furnace Responsibilities:

The maintenance of your Central Air Unit is your responsibility. Heat Pump/furnace filters must be replaced at least every three months.

For information on filters or a maintenance package quote,

please contact Meer Mechanical at 604-793-0169.

The Housing Department does not have the funding to repair or replace furnace/central air filters or units for member-owned homes.

Maintenance Guidelines:

- Keep your exterior Central Air Unit clean and free of debris, including blackberries, shrubs, plants, and garbage.
- Avoid placing any objects on or around the unit to prevent clogging or damage from leaves, branches, or cottonwood fluff.
- Any damage caused by neglect or obstruction is the homeowner's responsibility and can result in costly repairs.

Important Notice

If there is an issue with your furnace or air conditioning unit, and maintenance requirements have not been followed, the repair costs will be your responsibility. Regular maintenance is essential, as the Housing Department does not have the budget for these repairs.

For assistance or inquiries, please contact:

Nancy Murphy, Housing Administrator

Nancy.murphy@sumasfirstnation.com or 604-997-9500

Paula Olmstead, Housing Officer

Paula.olmstead@sumasfirstnation.com or 604-852-4041 ext 227



Spring Cleaning Garbage Bins Available

April 5th to April 14th

Community garbage bins will be provided to residents from April 5th to April 14th to help improve local cleanliness, reduce house clutter and ensure efficient waste disposal.

These bins will be strategically placed at accessible locations within neighborhoods, allowing residents to dispose of their waste easily.

Income Assistance Notice

Please be advised that all Income Assistance recipients (PWD and otherwise) are due for an annual review of their Social Development File.

Please complete the Income Assistance Application and provide the required documentation (copies of identification, bank statement, new consents for Release of Information) by April 9, 2025. Please note that Deanne Ganzeveld is available to assist in the Health Building M-F, 8-4; however, we are closed for lunch daily from 12-1.

Incomplete applications will result in a processing delay as cheques for MAY 2025, CANNOT be issued without this information.

For help, please contact Deanne Ganzeveld: deanne.ganzeveld@sumasfirstnation.com



Free Clinical Counselling Available through Fraser Health

Dean Olenick, Indigenous Clinical Counsellor

Are you looking for safe and discrete clinical counselling sessions? Dean Olenick (BComm., MACP, RCC) is available to book through our very own Health Department. Services are available free of charge and are open to any member of Sumas First Nation.

Book a session quickly and easily by contacting Lori Stromquist (Community Outreach Worker).

Contact Info ——→

Email: dean.olenick@fraserhealth.ca

Phone: (604) 316-35125

Notice

Furnace & Central Air Maintenance Information

Furnace Filters

Furnace filter need to be checked regularly. The Furnace/Central Air will shut down if the filter is too clogged and will not warm or cool appropriately.

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 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 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.

Please keep your exterior Central Air 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 can be very costly and is a breach of the Rental Housing Policy.



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

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

Nancy Murphy, Housing Administratornancy.murphy@sumasfirstn ation.com 604-997-9500

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.



Are you in need of trauma support?



We are here to help.

We have a team of dedicated and trained staff available to support you at any time. They specialize in trauma-informed care and are here to ensure you receive the help you need in a safe and supportive way. Whether you need guidance on next steps or access to resources, they will walk alongside you to help you access the support that you need.

If you are in need of support, please contact one of the following Sumas staff members:

Tracey Stewart (Chief & Council Executive Assistant) tracey.stewart@sumasfirstnation.com 604-852-4041 ext. 203

Dionne Shaw (Healing Homes Manager) dionne.shaw@sumasfirstnation.com 604-852-4041 ext. 217

Lyndy Silver (Healing Homes Coordinator) dionne.shaw@sumasfirstnation.com 604-852-4041 ext. 216

Donna Blair (Legacy Project Administrator)
donna.blair@sumasfirstnation.com
604-852-4041 ext. 305

Lands Notice: Garbage Collection System



Dear Community Members,

We hope this message finds you well. As of December 19, 2024, our community has implemented a new garbage disposal system. To ensure a smooth and efficient process, we kindly ask that all disposal items be placed **inside the bins.** Unfortunately, materials left outside the bins, whether in bags or on top, **cannot** be collected.

To assist with the automated pickup system, please place your bins **near the road curb by 7:00 AM**, ensuring there is a minimum of **1 foot of space** between each bin. This small adjustment will allow the automated trucks to collect the bins with ease.

We sincerely appreciate your cooperation and encourage you to take a moment to familiarize yourself with the new system. Your attention to these details helps keep our community clean and organized.

Garbage Collection (Black Bin)

- 1. **Keep Lids Closed:** Please ensure that the lids of all garbage bins are closed to prevent rainwater from filling them.
- 2. Garbage Placement: All garbage must be placed inside the bins, not on the lid.
- 3. Curbside Pickup Time: Please have your garbage bins at the roadside curb every Thursday by 7:00 AM.

Recycle Collection (Blue top bin)

- 1. **Keep Lids Closed:** Please make sure that the lids of all recycling bins are closed to prevent rainwater from accumulating inside.
- 2. Recycling Placement: All recyclables must be placed inside the bins, not on the lid.
- 3. Curbside Pickup Time: Please have your recycle bins at the roadside curb every Thursday by 7:00 AM.

Organics Collection (Green bin)

- 1. Keep Lids Closed: Keep the lids of all organic's bins closed to avoid rainwater collection.
- 2. Organics Placement: Please place all organics inside the bins, not on the lid.
- 3. Curbside Pickup Time: Please have your Organics bins at the roadside curb every Thursday by 7:00 AM.
- 4. Acceptable Materials: Only organic materials are accepted. No plastic or garbage. The only acceptable organic bags are the paper ones with a sucrose liner (available at Canadian Tire, Home Depot, etc. Please see the attached picture for reference.
- 5. **Contaminated Organics:** If non-organic items are found in your organic's bins, it will be yellow tagged and will not be collected. The organic bin will then be collected next Thursday, once the banned items have been removed.

Guidance on Disposal of Game, Meat, Bones, and Fish Viscera (guts)

We ask for your cooperation in following proper disposal practices for organic materials.

- 1. **Green Organic Bin:** For small quantities of kitchen waste that may include meat and bones, may be placed in the organic green bins.
- 2. **Black Garbage Bin:** Game meat, bones, and fish viscera(guts) should be securely double-bagged and placed in the black garbage bins.

Thank you for your cooperation in helping us keep our community clean and maintaining an efficient waste management system.

If you have any questions, please don't hesitate to contact:

Sasha Tuttle: sasha.tuttle@sumasfirstnation.com

Harmeet Rai: Harmeet.Rai@sumasfirstnation.com



Acceptable Organic Bags

Election & Nominations Information

SUMAS FIRST NATION FINAL LIST OF CANDIDATES

Notice is hereby given that the Sumas First Nation will hold an Election on **April 23, 2025,** in accordance with the *Sumas First Nation Election Regulations and Procedures (2017)* for the purpose of electing one (1) candidate to the Office of Chief and four (4) candidates to the Office of Councillor, for the ensuing term of office.

CANDIDATES FOR THE OFFICE OF CHIEF				
SILVER, BEATRICE				
SILVER, CHRISTOPHER				
SILVER, DALTON RICHARD				
CANDIDATES FOR THE OFFICE OF COUNCILLOR - FOUR (4) TO BE ELECTED				
GANZEVELD, TROY				
KELLY, SAMUEL (SAM)				
LOUIS, LUWANA				
OLMSTEAD (SILVER), PAULA JOANNE				
POINT (NED), IRIS				
SILVER, CHRISTOPHER				
SILVER, DEREK				
SILVER, GERALDENA (DENA)				
TUTTLE, CLINT DOUGLAS				

The listed Candidates have been duly nominated for the offices of Chief and Council for the Sumas First Nation in accordance with the *Sumas First Nation Election Regulations and Procedures (2017)*, and their names will appear on the respective ballots.

Dated March 20, 2025

For more information or assistance please contact:

Email: nominations@onefeather.ca | Toll Free: 1-855-923-3006

Phone support is available weekdays from 9:30 am to 4:30 pm Pacific Time
209-852 Fort Street, Victoria, B.C., V8W 1H8

www.onefeather.ca/nations/sumas



Election-Related Important Dates

Nomination Meeting Wednesday, March 5, 2025

Nomination Meeting will be held March 5, at the Community Hall, from 6:00 PM - 8:00 PM

Candidate Acceptance Deadline Wednesday, March 5, 2025

Candidate Acceptance must be done in person at the Nomination Meeting (held March 5, at the Community Hall, from 6:00 PM - 8:00 PM)

Candidate Deadline to Withdraw Wednesday, March 19, 2025

Any candidate wishing to withdraw after the nomination meeting must submit a signed letter to the Electoral Officer (OneFeather) at least 35 days prior to the Election.

Candidates Forum Thursday, April 10, 2025

We invite all nominees that accept candidacy on March 5, 2025, to join with your community to express your position and participate in important discussions (held March 13, at the Community Hall, from 6:00 PM - 8:00 PM)



2025 Sumas Election

April 23, 2025

9 AM - 7 PM

Community Hall

Polls will be set up in the community hall

Make your voice heard! Your participation is crucial for helping shape the future of our community.

For questions or concerns regarding the upcoming election, please email Cheyenne Ned (Governance and Policy Coordinator): cheyenne.ned@sumasfirstnation.com

Department Updates

Smart Financial Moves

As we get into the second month of 2025, we will continue with the theme of Smart Financial Moves, this month we are going to chat about Income Tax Filing in order to receive the GST Credit payment.

Even if you have no income, you should file an income tax return in order to qualify for the GST Credit payment. Payments start right after your 19th birthday.

Tip for those of you who are 17 or 18 years old:

- 1. Start filing a tax return in the year that you turn 18 if your birthday is between July to December.
- 2. Start filing a tax return in the year that you turn 17 if your birthday is between January and June.
- 3. Why do this? So you qualify for the GST credit right after your 19th birthday

If you have filed your tax return and you are entitled to the GST credit, the CRA will issue your first payment on the payment date that comes after your 19th birthday.

The CRA usually send the GST credit payments on the fifth day of July, October, January, and April.

The GST credit payments are based on your income (family income if you are married) and get phased out once you reach approximately \$60,000 - \$66,000 in income.

Remember you have to file a tax return each year in order to qualify for the GST credit payment.

Base year and payment period

Base year (tax return)	Payment period			
	July to September	October to December	January to March	April to June
2023	2024	2024	2025	2025

SFN Tax Filing Session (For Members with No Income)

If you would like to catch up on your tax filings and you have no income, a session will be held for SFN Members:

Date: Tuesday, April 15th, 2025

Time: Noon to 1:00pm

Place: Administration Office Board Room Requirements: No income to be reported

Paper tax returns will be onsite for 2023 and 2024 tax years

Classes & SASET Programs

BASIC COMPUTER SKILLS TRAINING



Every Friday by Appointment

Are you looking to improve your basic computer skills? Join our workshop every Friday! Whether you're a complete beginner or just looking to brush up on your knowledge, our sessions are designed to help you navigate the digital world with ease. Call our office to book 604-858-3691!



CALL NOW TO BOOK!!

SASET-Chilliwack Office 58-7201 Vedder Road Chilliwack, BC Phone: 604-858-3691 SASET— Sts'ailes Office 4690 Salish Way Agassiz, BC Phone: 604-796-5536 Canada

SASET-Seabird Office 2895 Chowat Road Agassiz, BC Phone: 604-796-6865





STOLO ABORIGINAL SKILLS & EMPLOYMENT TRAINING
IS PLEASED TO HOST

EMPLOYMENT PREP TRAINING

March 31 - April 3, 2025

Certificates Offered:

- First Aid
- Aerial Lifts
- Forklift
- Confined Space
- Fall Protection

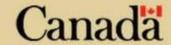




Training will take place at Sto:lo Nation Building 5B, 7201 Vedder Rd Chilliwack Monday to Friday 8:30 AM TO 3:30 PM

Lunch, Transportation Supports and Safety Gear Provided!

SASET-Chilliwack Office 5B-7201 Vedder Road Chilliwack, BC Phone: 604-858-3691 SASET – Sts'ailes Office 4690 Salish Way Agassiz, BC Phone: 604-796-5536 SASET—Seabird Office 2895 Chowat Road Agassiz, BC Phone: 604-796-6865





Traffic Control Training

April 1 & 2, 2025 (8:30am - 4:00pm)



This training is open to all Indigenous unemployed and underemployed people living in the SASET catchment area. Regardless of origin in Canada.

info@saset.ca 5B - 7201 Vedder Rd, Chilliwack BC 604-858-3691

CALL NOW TO BOOK YOUR SPOT

Lunch, Transportation Supports and Safety Gear Provided!

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Phone: 604-858-3691

SASET – Sts'ailes Office 4690 Salish Way Agassiz, BC Phone: 604-796-5536 SASET-Seabird Office 2895 Chowat Road Agassiz, BC

Phone: 604-796-6865

Stolo Aboriginal Skills & Employment Training is please to host

First Aid & Transportation Endorsement

Learn Life-Saving Skills! Join Our First Aid & Transportation Endorsement Training



ONSITE AT SASET CHILLIWACK OFFICE 8:30AM - 4:30PM



Canada

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BUDGETINGWORKSHOP

A BEGINNER'S BUDGETING WORKSHOP TEACHING BASIC SKILLS FOR MANAGING MONEY AND CREATING A BUDGET

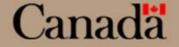


April 17th, 2025 9:00am - 3:00pm

LUNCH INCLUDED

SASET Chilliwack Office 5B - 7201 Vedder Rd, Chilliwack BC

CALL ONE OF OUR EAS OFFICES TO APPLY OR EMAIL INFO@SASET.CA



SASET—Chilliwack Office 5B-7201 Vedder Road Chilliwack, BC Phone: 604-858-3691 SASET— Sts'ailes Office 4690 Salish Way Agassiz, BC Phone: 604-796-5536 SASET—Seabird Office 2895 Chowat Road Agassiz, BC Phone: 604-796-6865 STO:LO ABORIGINAL SKILLS & EMPLOYMENT TRAINING IS PLEASED TO ANNOUNCE:

Getting Your "L" Workshop

Friday
April 25th, 2025
9 am - 3 pm

JOIN US

SASET Chilliwack Office Bldg 5B-7201 Vedder Road Chilliwack, BC

> LUNCH INCLUDED



To sign up call 604.858.3691 or email info@saset.ca



5B 7201 Vedder Rd, Chilliwack BC

This free training opportunity is open to Indigenous individuals who live within the SASET catchment area...

Canada

SASET—Chilliwack Office 5B-7201 Vedder Road Chilliwack, BC Phone: 604-858-3691

Contact Us:

SASET— Sts'ailes Office 4690 Salish Way Agassiz, BC Phone: 604-796-5536 SASET—Seabird Office 2895 Chowat Road Agassiz, BC Phone: 604-796-6865





FOR MORE INFORMATION AND OR TO REGISTER CONTACT CONTACT SASET OFFICE

PHONE: 604-858-3691 EMAIL: INFO@SASET.CA Funded in part by the Government of Canada's Apprenticeship Services Program



Canada



Youth in Trades Summer Program



Learn the following Trades:

- Welding
- Culinary
- Carpentry
- Automotive

Are you an Indigenous Youth (15+)
residing in the SASET catchment area
who will be returning to secondary
school?

Call 604-858-3691 to apply!

Starts July 2025!



Training also Includes:

- Employability Skills
- Food Safe
- First Aid
- WHMIS
- WBC Awareness



Location: SASET EAS & UFV Trades Center

SASET-Chilliwack Office 5B-7201 Vedder Road Chilliwack, BC

Phone: 604-858-3691

SASET— Sts'ailes Office 4690 Salish Way Agassiz, BC

Phone: 604-796-5536

Canada

SASET-Seabird Office 2895 Chowat Road Agassiz, BC

Phone: 604-796-6865

CULINARY ARTS

PRE-TRADES PROGRAM



Course Includes

Certificates: FoodSafe, First Aid Level 1, WHMIS & WCB Awareness

- Occupational Skills
- Stocks, soups and sauces
- Vegetables and fruits
- Starches
- Meats & Poultry
- Seafood
- Garde-mange
- Eggs, Breakfast cookery and dairy
- Baked goods, desserts and beverages
- Basic kitchen management
- Two week practicum placement

September 8, 2025

Are you an Indigenous, Metis or Inuit individual residing in the SASET catchment area who has an interest in the cooking profession?

If so, contact a SASET Employment Counsellor to apply







SKILLED BC

This program is funded by the Government of Canada and the Province of British Columbia.

SASET—Chilliwack Office 5B-7201 Vedder Road Chilliwack, BC

Phone: 604-858-3691

SASET— Sts'ailes Office 4690 Salish Way Agassiz, BC Phone: 604-796-5536 SASET-Seabird Office 2895 Chowat Road Agassiz, BC Phone: 604-796-6865



Are you interested in learning the skills that form the backbone of the construction industry? Our Carpentry Foundations Training Program is designed to provide you with hands-on experience, essential techniques, and the confidence to start a successful career in carpentry.

Concurrent studies option!

The Carpentry program is located at the Trades & Technology Centre at the Canada Education Park in Chilliwack. Classes and shops may be scheduled 8am–3pm, Monday to Friday.

What You'll Learn:

- · Reading and interpreting drawings
- · Using specialty equipment
- Site and building layout
- Building concrete forms
- Framing a building
- · Finishing internal and external details

Check Out SASET.CA or Contact Us At:

SASET—Chilliwack Office 5B-7201 Vedder Road Chilliwack, BC Phone: 604-858-3691 SASET – Sts'ailes Office 4690 Salish Way Agassiz, BC Phone: 604-796-5536 Canada

SASET-Seabird Office 2895 Chowat Road Agassiz, BC Phone: 604-796-6865