



### Temkwikwexel *Time for baby sockeye salmon*

Temkwikwexel  
Apr 21 – May 19

The seventh month, around April, is called Temkwikwexel – time for baby sockeye salmon. By some people, kwikwexel is baby sockeye salmon. Some call the month Lhem't'oles, which means spring showers in the eyes.

### Tem'elile *Salmonberry time*

Tem'elile  
May 20 – Jun 17

The next month is around May, is salmonberry time, Tem'elile. These are the first berries out and signal the beginning of six or seven months of berry picking time.

### Event Highlights

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*And more!*

**Office Closure: May 17 (Victoria Day)**

### Sumas First Nation celebrates the results of the 2025 election

Congratulations to Chief Dalton Silver, Councillor Iris Point, Councillor Sam Kelly, Councillor Clint Tuttle, & Councillor Troy Ganzeveld

# 2025 General Election

A warm congratulations to our newly elected Chief and Council!

**Elected Chief:** Dalton Silver

**Elected Council:** Clint Tuttle, Troy Ganzeveld, Iris Point, Sam Kelly



We raise our hands in gratitude and respect to the newly elected and returning members of Chief and Council. May your term be guided by wisdom and unity. We stand with you in support as you carry this sacred responsibility. **Ey swayel te S'ólh Shxwelí** (*it is a good day for our leadership*).

**Th'íthométsel kw'ás xwe'ílem**

*We thank you for your work*



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# **Community Events**

# Women's Empowerment

With Pat Charlie

*Open to all First Nations women!*

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Starts April 2nd, 2025

Every Wednesday

4:00 PM – 6:00 PM

Community Hall

 Socializing

 Learning

 Pampering

 & more!

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





BC FIRST NATIONS  
JUSTICE COUNCIL

**MAY 06, 2025  
1PM - 4PM**

# JOIN OUR FREE CLINIC

**JOIN OUR DROP-IN LEGAL CLINIC  
TUESDAY, MAY 06 • 1-4PM**

## **Chilliwack Indigenous Justice Centre**

lawyers will be available for  
general legal advice for  
First Nation, Métis and Inuit persons.

New  
Address!

**Tuesday | May 06 | 1pm-4pm**

**Chilliwack Indigenous Justice Centre**

**201-9235 Sasquatch Alley (In District 1881 Above Emerson Park Resale)**

**Questions? Contact Natalie at 778.704.1666 or  
Natalie.Brandon-George@bcfnjc.com**



@bcfnjc



bcfnjc.com

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**

JOIN US FOR LOTS OF FUN!

Prizes

Bouncy Castle

Carnival Games

Kids Activity Table

Pop Corn

Demonstrations

Balloon Twisting

Face Painting

BBQ Dinnner



[Emergency.Department@sumasfirstnation.com](mailto:Emergency.Department@sumasfirstnation.com)

# Notice of Special Membership Meeting

## Updated Land Use Plan Ratification

**Date:** May 13, 2025

**Location:** Sumas Community Hall

**Presentation:** 5:00 PM – 5:30 PM

**Voting:** 5:30 PM – 8:00 PM



**Semá:th**  
Sumas First Nation

### What is the purpose of this meeting?

Please join us **May 13, 2025, from 5–8 PM** for a **special vote** to accept the **updated Land Use Plan** (recently updated by our Lands Department). The vote to accept the updated 2025 Land Use Plan will take place via secret ballot for eligible voters present at the Special Membership Meeting, in accordance with the Semá:th Land Code

### Door Prizes for Participants!



65" Hisense HQ TV, Sonos ERA 100 twin speakers, Propane Fire Pit, Dinnerware, Outdoor Lighting, Folding Wagon & more!

**May 13, 5:00 PM – 8:00 PM, Sumas Community Hall**

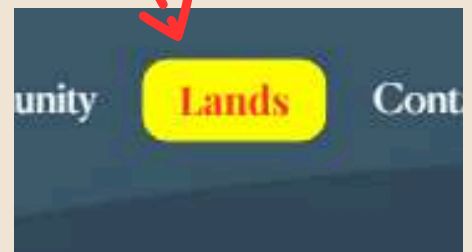
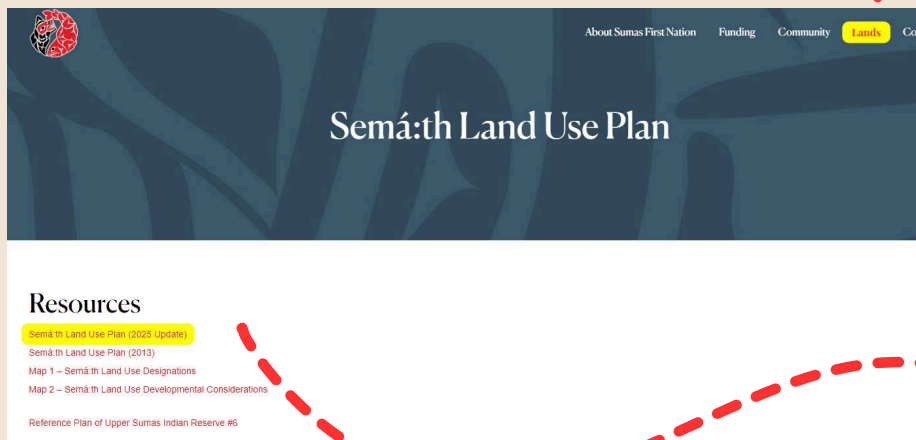


## What is the project background?

The 2025 Land Use Plan update builds on the original 2013 plan to reflect the evolving needs of Semá:th. A Background Report is also available, highlighting key land use data and community priorities. We strongly encourage members to review both documents to better understand current opportunities and challenges.

## Where can I see the important documents?

You can find the 2025 Land Use Plan and Background Report on the SFN website under Lands. Printed copies are also available at the Admin Building (Building 3, 2788 Sumas Mountain Rd). See below for website screenshots:





# MOTHERS DAY COASTAL JAM

Squiala First Nation

45005 Squiala Rd,  
Chilliwack

May 09, 2025

4:30 PM – 9:00 PM

Dinner provided

On this Mother's Day, we would like to honour the strength, love, and wisdom of our mothers—the ones who gave us life, nurtured our spirits, and walked beside us with unconditional care. Their teachings echo through generations, and their sacrifices are the roots from which we grow. Today, we are going to give thanks for their unwavering presence and celebrate the sacred role they hold in our hearts and communities..

**Hosted by: Marguerita Marchand(Jimmie) & Dionne Shaw**





# Sát'atqwa7/Stó:lō

## "Fraser River"

## Art Exhibition

**May 17th and 18th**

**10:00am -6:00pm**

**2800 Sumas Mountain Road, Semá:th First Nation**





# Stó:lō Bootcamp 2025

## May 14-15

We are bringing together Middle School Students from across the district to learn more about what it means to be Stó:lō. Food and snacks included! Bussing will also be provided.

Cultural Workshops

Learning on the Land



To Register

Click Here

or scan the QR code





**Semá:th**  
Sumas First Nation

# Traditional Medicine

*with Dr. Jeanne Paul*

**UPDATE**

**NEW DATES & TIMES**

## Spring Classes

Classes will cover harvesting, lecture, & 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](mailto:dionne.shaw@sumasfirstnation.com)

## Dates & Times

**2nd Class: May 17, 9am – 12pm**

## Location

Meeting at the Tim Hortons in  
Vedder Crossing Plaza: 6014 Vedder  
Rd Unit 27, Chilliwack, BC V2R 5M4

## 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.



# Coastal Jam

## Shxwhá:y Village



May 16, 2025



Starts 6:00 PM

*Dinner provided*



Shxwhá:y Village  
Cultural Centre  
B-44692 Skway Rd  
Chilliwack, BC



*Games, fun,  
& prizes!*



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

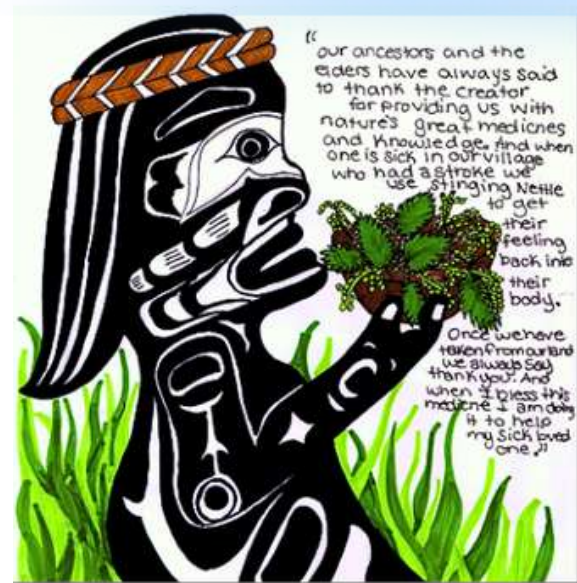


## PHOTO, VIDEO & ART CONTEST FOR CANADIAN INDIGENOUS YOUTH

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.* 💰

**DEADLINE:**  
**MAY 23, 2025**



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 [website](#).
- All entrants qualify for complimentary, honorary 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 [YouTube](#). **Follow us on social @foredbc.**
- Complimentary teacher & youth activities by age group on Indigenous culture available [here](#).

Questions? Email [education@foredbc.org](mailto:education@foredbc.org).



#213 - 4481 W.10th Ave. Vancouver, BC V6R 4R8  
P: 604-737-8555 E: [info@foredbc.org](mailto:info@foredbc.org) W: [foredbc.org](http://foredbc.org)

Support balanced **education** about our **environment** & sustainable **natural resources**. Trusted since 1925.

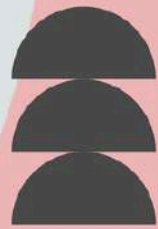




ALL AGES & SKILL LEVELS WELCOME

# JOB FAIR

YOUR NEXT  
CAREER  
MOVE  
STARTS  
HERE  
JOIN US AT  
THE JOB  
FAIR!



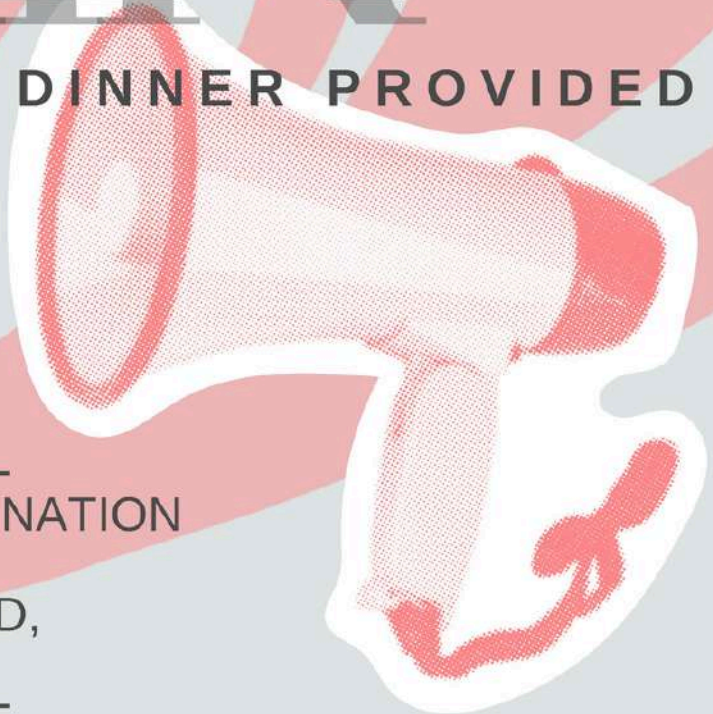
DOOR PRIZES & DINNER PROVIDED

THURSDAY  
JUNE 5TH

3:00PM - 7:00PM

**LOCATION:** SUMAS FIRST NATION  
COMMUNITY HALL  
2800 SUMAS MOUNTAIN RD,  
ABBOTSFORD, BC

DALE.GANZEVELD@SXDL.CA





FRASER SALISH REGION  
First Nations Health Authority

# Hello! I'm Andrea

I am a Registered Nurse with the First Nations Health Authority, and part of the First Nations-Led Primary Care Initiative (FNPCI)

The First Nations-Led Primary Care Initiative (FNPCI) is a partnership between participating Nations, the First Nations Health Authority (FNHA) and the Ministry of Health (MoH). Services will incorporate First Nations knowledge, beliefs, values, practices and models of health and healing along with western-based clinical health practices.

Watch for more services coming through the FNPCI including: Mental Health Counselling, Traditional healing and wellness and harm reduction.



**9:30 am - 3:00 pm  
Every Thursday  
Starting May 8, 2025**

**At Sumas First Nation  
Health Building**

- ✦ Health Promotion
- ✦ Chronic Disease prevention, screening and management
- ✦ Basic wound care
- ✦ Diagnosis education
- ✦ Advanced care planning and palliative care

**Drop in, or call / email:**

**604-315-8740 / [FS-SouthFNPCI@fnha.ca](mailto:FS-SouthFNPCI@fnha.ca)**

If you are in crisis, please call the KUU-US crisis line at 1-800-Kuu-US17 (1-800-588-8717) or 9-1-1





**A FREE LACROSSE CLINIC  
FOR FIRST NATIONS YOUTH**



# **SUMAS**

*First Nation*  
**LACROSSE CLINIC**

All Equipment  
Provided

**JUNE 14-15 1-4pm**

Abbotsford Rec Centre  
2499 McMillan Rd

Free T-Shirt while  
Supplies Last




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

**Click the link in the comments to sign up!**



# War Canoe Training & Racing



## Training: 13 & Under Group

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

## Training: 16+ Group





-  Monday–Friday, 5:30–7:30 PM
-  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](mailto:barb.kelly@sumasfirstnation.com)

## What to bring

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



**Training starts April 1st | Races start May 3rd (flip for race schedule)**



# War Canoe Racing Schedule

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

August 22-24 Makah Days Neah Bay, WA

**Ey kwesé e'mi**  
WELCOME - IT IS GOOD THAT YOU ARE HERE  
b.wyse

## Halq'eméylem Language Class

Every Thursday

Running until June

Health Boardroom

6:00 - 7:00 pm

Taught by: Aiden Silver

# CANCELLED

**Halq'eméylem  
Silver**

Learn the words in 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!



Classes are geared towards all ages



Sumas First Nation

Healing Homes  
Department

### How to Register:

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



# LUNCH with LYNDY

*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 meal. Our aim is to offer support to those in need.

W

- ▶ **Hot Meals:** Hot meals are 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.



Sumas First Nation  
Healing Homes  
Department

**Every Tuesday &  
Wednesday**

**12:30 – 2:30 pm**

# CANCELLED

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.

**For more information  
please contact:**

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



# UBC Forestry

## **New Indigenous land stewardship degree will prepare the next generation of land protectors to restore ecosystems and take action on climate change**

The four-year, interdisciplinary Bachelor of Indigenous Land Stewardship (BILS) was created with Indigenous Peoples in Canada in response to the growing need for Indigenous-led land management and sustainable resource stewardship, especially important in the face of climate change. The program will integrate Indigenous science and ways of knowing with courses in ecological sciences, governance, law, economics, and business management.

The BILS program is unique in its Indigenous-led, experiential, and multi-access learning approach. Students will learn directly from Indigenous scholars, Elders, Knowledge Keepers and allies in a culturally safe space.

Full press release is below. Learn more about this unique opportunity [\*\*HERE\*\*](#)





News release  
FOR IMMEDIATE RELEASE

## **New Indigenous land stewardship degree will prepare the next generation of land protectors to restore ecosystems and take action on climate change**

*Partnership between the University of British Columbia Faculty of Forestry and the Mastercard Foundation will expand opportunity for Indigenous students in environmental management*

**Vancouver – British Columbia – April 8, 2025** – A new program co-developed by Indigenous leaders and the University of British Columbia's Faculty of Forestry will provide Indigenous youth with a unique opportunity to learn Indigenous science and land stewardship approaches. Part of a growing movement, this first-of-its-kind degree program will be part of a globally recognized standard for environmental management by 2050.

The four-year, interdisciplinary Bachelor of Indigenous Land Stewardship (BILS) was created with Indigenous Peoples in Canada in response to the growing need for Indigenous-led land management and sustainable resource stewardship, especially important in the face of climate change. The program will integrate Indigenous science and ways of knowing with courses in ecological sciences, governance, law, economics, and business management.

"Through the BILS program, we unite as Knowledge Keepers, community leaders, academics and the next generation of land stewards," said Dr. Garry Merkel, Director of the Centre for Indigenous Land Stewardship and a member of the Tahltan Nation. "We will embrace ancestral wisdom and collective action as we embark on this educational journey."

The BILS program is unique in its Indigenous-led, experiential, and multi-access learning approach. Students will learn directly from Indigenous scholars, Elders, Knowledge Keepers and allies in a culturally safe space. They will gain hands-on experience in environmental stewardship through select field-based courses, which will take them into the forests, waters, and territories they aim to protect. The program also prioritizes relational, community-based education that fosters meaningful connections between students, Indigenous communities, and the land.

“Respect for diverse knowledge systems is at the heart of BILS,” says UBC Forestry Dean, Dr. Rob Kozak. “By weaving traditional knowledge with current environmental management approaches, we create a learning environment where both knowledge systems are valued and integrated, empowering future leaders to develop truly sustainable practices and solutions.” The BILS program is designed to meet Indigenous Peoples where they live, so they have the option to learn and to continue supporting the self-governance goals of their Nations. Students with personal and family commitments will have options for remote learning from their home communities. In addition, learning hubs will be established in three regions of British Columbia to support remote learning. The first will be established in the Cariboo-Chilcotin region.

The program will be supported through a partnership with the Mastercard Foundation EleV Program. With an investment of \$8.5 million, the Mastercard Foundation collaboration will make the program more accessible while respecting cultural and geographic ties. This includes contributing to First Nations, Métis, and Inuit students’ tuition and relocation costs, as well as work support.

“The Bachelor of Indigenous Land Stewardship shows us the innovation and ultimately the success, that is unlocked through co-creation with Indigenous Nations,” says Jennifer Brennan, Senior Director, Canada Programs at the Mastercard Foundation. “Indigenous youth will develop the skills and experience in their home territories to build meaningful livelihoods in sectors including natural resources, governance, and clean energy. The power of community-based delivery models, like this one, is their alignment with self-determination.”

Career opportunities for BILS graduates will span natural resource management, policy, environmental consulting, and community conservation, ensuring Indigenous leadership remains central to land stewardship.

“As Indigenous governments reclaim stewardship roles, BILS graduates will be prepared to protect lands, restore ecosystems and uphold Indigenous law,” said Dr. Merkel. “BILS is more than a degree – it is the future of land stewardship.”

### **About UBC Forestry**

UBC Faculty of Forestry is globally recognized for its award-winning programs, research, and initiatives. Home to innovative minds and approaches, our interdisciplinary team leads forward-thinking research, education, and community outreach to address today's pressing issues. Our students receive cutting-edge education from top forestry experts across various disciplines,



preparing them to be global citizens and leaders in their careers. We are united in our passion for supporting the health and well-being of the planet's forested ecosystems.

**About the Mastercard Foundation**

The Mastercard Foundation is a registered Canadian charity and one of the largest foundations in the world. It works with visionary organizations to advance education and financial inclusion to enable young people in Africa and Indigenous youth in Canada to access dignified and fulfilling work. Established in 2006 through the generosity of Mastercard when it became a public company, the Foundation is an independent organization separate from the company, with offices in Toronto, Kigali, Accra, Nairobi, Kampala, Lagos, Dakar, and Addis Ababa. Its policies, operations, and program decisions are determined by the Foundation's Board of Directors and leadership. To learn more, visit [mastercardfdn.org](https://mastercardfdn.org).

**Media Contact:**

Jillian van der Geest

Marketing & Media Relations Strategist

University of British Columbia, Faculty of Forestry

[jillian.vandergeest@ubc.ca](mailto:jillian.vandergeest@ubc.ca)

250.580.3654



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# **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](mailto:Nancy.murphy@sumasfirstnation.com) or 604-997-9500

*Paula Olmstead, Housing Officer*

[Paula.olmstead@sumasfirstnation.com](mailto:Paula.olmstead@sumasfirstnation.com) or 604-852-4041 ext 227



# 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](mailto:dean.olenick@fraserhealth.ca)

**Phone:** (604) 316-35125





**Semá:th**  
Sumas First Nation



## 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](mailto:tracey.stewart@sumasfirstnation.com)

604-852-4041 ext. 203

**Dionne Shaw** (*Healing Homes Manager*)

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

604-852-4041 ext. 217

**Lyndy Silver** (*Healing Homes Coordinator*)

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

604-852-4041 ext. 216

**Donna Blair** (*Legacy Project Administrator*)

[donna.blair@sumasfirstnation.com](mailto:donna.blair@sumasfirstnation.com)

604-852-4041 ext. 305

## 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.

***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@sumasfirst  
nation.com – 604-852-4041  
– ext. 227

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



# 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](mailto:sasha.tuttle@sumasfirstnation.com)

Harmeet Rai: [Harmeet.Rai@sumasfirstnation.com](mailto:Harmeet.Rai@sumasfirstnation.com)



**Acceptable Organic Bags**





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# **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'alles Office**  
4690 Salish Way  
Agassiz, BC  
Phone: 604-796-5536

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

**Canada** 



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**



Canada

To sign up call 604.858.3691 or email [info@saset.ca](mailto:info@saset.ca)



# LANDSCAPING TRAINING PROGRAM



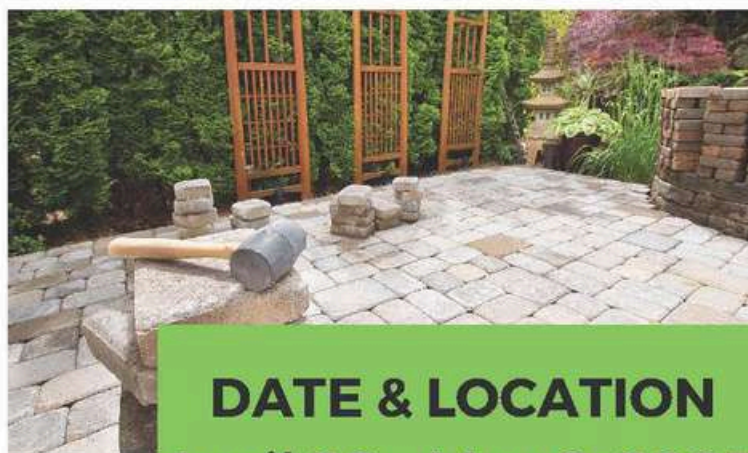
Lunch Provided



Are you an  
Indigenous  
individual residing  
in the SASET  
catchment area  
who has an interest  
in Landscaping?

If so, contact a SASET  
employment counsellor  
to apply for this  
upcoming training!

Canada



## DATE & LOCATION

April 28 - May 9, 2025

Bldg 5B 7201 Vedder Rd  
Chilliwack BC

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

SASET— Sts'ailes Office  
4690 Salish Way  
Agassiz, BC  
Phone: 604-796-2116

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



The **UA**  
**Piping Industry**  
College of BC

# TRADES AWARENESS

May 5 - May 30, 2025

**BOSTON BAR  
ELEMENTARY**  
47632 Old Boston Bar Rd.

Learn about different trades in the  
construction industry:  
Essential Skills, Piping, Electrical &  
Carpentry

Location: 47632 Old Boston Bar Rd  
Class Hours: 8:30-2:00pm

**PROGRAM SUPPORTS INCLUDE: CSA WORKBOOTS,  
MEAL & TRANSPORTATION ALLOWANCE**

**TUITION  
FREE**



FOR MORE INFORMATION AND  
OR TO REGISTER CONTACT  
CONTACT SASET OFFICE  
PHONE: 604-858-3691  
EMAIL: [INFO@SASET.CA](mailto:INFO@SASET.CA)



**SKILLEDTRADESBC**  
DESIGNATED TRAINER

Funded in part by the  
Government of Canada's  
Apprenticeship Services Program

**Canada**

Financé en partie par le  
gouvernement du Canada par le  
biais du Programme du service  
d'apprentissage

**Canada**





# Basic & Advanced Security Training



May 20 - 30, 2025

9:00am - 4:00pm

SASET EAS

5B 7201 Vedder Rd, Chilliwack BC

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

Canada

Contact Us:

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 host:



## SERVICE CANADA MOBILE CLINICS

SASET Chilliwack Office	10 am - 2 pm	May 6 <sup>th</sup> , 2025
Chawathil First Nation	10 am - 2 pm	May 7 <sup>th</sup> , 2025
Cheam First Nation	10 am - 2 pm	May 9 <sup>th</sup> , 2025
Boston Bar Secondary School	10 am - 2 pm	May 13 <sup>th</sup> , 2025
Soowahlie First Nation	10 am - 2 pm	May 14 <sup>th</sup> , 2025
Spuzzum First Nation	10 am - 2 pm	May 16 <sup>th</sup> , 2025
Sumas First Nation	10 am - 2 pm	June 3 <sup>rd</sup> , 2025
Squiala First Nation	10 am - 2 pm	June 4 <sup>th</sup> , 2025
Shxwowhamel First Nation	10 am - 2 pm	June 6 <sup>th</sup> , 2025
Sts'ailes First Nation	10 am - 2 pm	June 9 <sup>th</sup> , 2025
Skwah First Nation	10 am - 2 pm	June 10 <sup>th</sup> , 2025

**PLEASE NOTE: BRING 1 PHOTO ID AND  
YOUR SOCIAL INSURANCE NUMBER TO  
RECEIVE ASSISTANCE.**

- Employment Insurance, Canada Pension Plan & Old Age Security and Guaranteed Income Supplement
- Social Insurance Numbers (SIN)
- Other Federal Programs and Services

**FOR MORE INFORMATION PLEASE EMAIL [INFO@SASET.CA](mailto:INFO@SASET.CA)**

[www.saset.ca](http://www.saset.ca)

Canada 



# CONSTRUCTION READINESS PROGRAM



Are you an Indigenous individual residing in the SASET catchment area who has an interest in construction?

If so, contact a SASET employment counsellor to book an appointment and complete the application

Lunch Provided



## CERTIFICATES

- Confined Space Entrant
- Fall Protection
- Ground Disturbance Level 2
- Hoisting & Rigging
- Small Tools
- Skidsteer
- Telehandler
- Concrete Level 1



## DATE & LOCATION

June 9<sup>th</sup> - 27<sup>th</sup>, 2025  
Bldg 5B 7201 Vedder Rd  
Chilliwack BC

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

**SASET—Sts'ailes Office**  
4690 Salish Way  
Agassiz, BC  
Phone: 604-796-2116

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





STOLO ABORIGINAL SKILLS & EMPLOYMENT TRAINING  
IS PLEASED TO HOST

# Youth in Trades Summer Program

## Starts July 2025!



### Learn the following Trades:

- Welding
- Culinary
- Carpentry
- Automotive



### Training also Includes:

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

**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!**



**Location: SASET EAS & UFV Trades Center**

**Canada**

**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



# 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



Canada



SKILLED TRADES BC

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

UFV

**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





# **CARPENTRY**

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# **FOUNDATIONS**

**September 8, 2025 to March 20, 2026**

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

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

**Canada** 



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# **Department Updates**

## Éy Swayel, Families

May is shaping up to be an exciting and enriching month at the daycare! We have many fun activities, special visitors, and meaningful learning opportunities planned. Here's a look at what's happening:



## Daycare Closure

May 19<sup>th</sup>, 2025  
Victoria Day

## Upcoming Events & Activities

- **Nature Field Trip:** We're heading to Aldergrove Regional Park for a nature-themed adventure! This will be a great chance for the children to explore the outdoors and connect with nature.
- **Elders Tea at the Preschool:** We're honored to host an Elders Tea, giving the children and elders a time to connect.
- **Auntie/Grandmothers/Mothers Day Tea:** We're celebrating the amazing women in our children's lives with a special tea at the daycare. The children have been working hard on heartfelt gifts to share!
- **Spring Garden Planting:** With help from a knowledgeable elder, we are getting our garden ready for spring. The children are learning how to plant and care for vegetables and flowers.

## Earth Day

We spent time learning about Mother Earth and the many ways we can take care of her. The children had meaningful discussions about protecting the environment and why it's important to be kind to the planet. As part of our Earth Day activities, we went on a field trip where the children used tongs to pick up litter, helping to clean up the area around them. Afterward, we gathered to sort the items we found and talked about what could be recycled, reused, or needed to go in the garbage. It was a fun hands-on learning experience for the children.





## A Warm Welcome to our New Staff Member!

We're excited to welcome a new staff member to our Infant and Toddler program. Her name is Anastasia Nahanee, and her ancestral name is Na7aliya. She comes from the Skwxwú7mesh Úxwumixw (Squamish Nation). She is 32 years old and a mother of two children. She obtained her Early Childhood Educator (ECE) license in July 2022. Anastasia is very passionate about working with children, as she strongly believes that "this is where it all begins".

## Weekly Library Visits

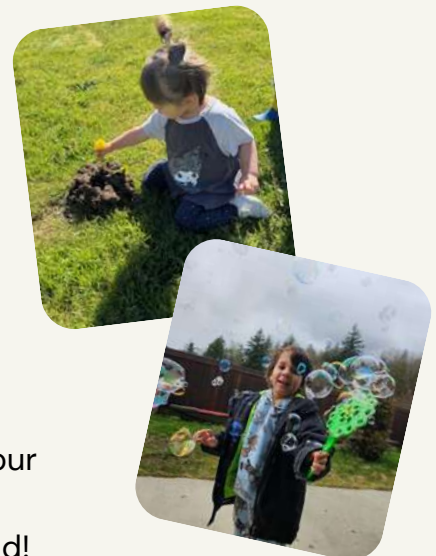
Each week, a librarian Ray & Millie Silver Indigenous Library, joins us during circle time to share stories with our infants and toddlers — a special time that fosters a love of books from the very beginning!

Our Book Club also continues in the 3–5-year-old program: every month, children bring home a new book to enjoy with their families.



## Visit from Our Aboriginal head start on Reserve (AHSOR) Advisor from FNHA

We were happy to welcome our AHSOR advisor for a visit. It was a great opportunity to share ideas and learn about new resources available to us. We look forward to building our programs even further with their support.



## Afterschool Club Guest

We're excited to have a guest, soccer star Bruce Silver joining our Afterschool Club to play soccer with the kids. They're looking forward to the visit and can't wait to build their skills on the field!



## April Farm Field Trip Recap

Last month, our children enjoyed a fun and educational trip to the farm. They met cows, horses, sheep, goats, pigs, rabbits, and more — and even got to milk a cow! A big thank you to our bus driver, Barb Kelly. We are thankful to have received funding for our bus from First Nations School Education Steering Committee (FNEESC) and Jordan's Principle. Both organizations have been a great support to Busy Bear Club Preschool.



## Language Learning in Full Swing

Our language program continues to thrive thanks to our dedicated language teacher, Roxanne Dool. Each child received a language book to take home, which is updated monthly with new words and phrases. Be sure to check for the latest additions.



## Gratitude Corner

- **Thank You, Elders:** We are so grateful to the elders who visit us each week. Your guidance, teachings, and kindness enrich our children's lives deeply.
- **Thanks to Our Speech & Language Pathologist:** Our weekly visits from the speech and language pathologist, Chelsea van Tol are invaluable. She also led a professional development workshop for staff to support language development in young children.
- **Nurses' Visit:** A big thank you to the nurses from Stó:lō health Services who visited our 3- 5-year-old program. They held a wonderful session on health and nutrition and provided immunizations for children who needed them. We also enjoyed a delicious supper together catered by one of our families whose children attend the daycare.



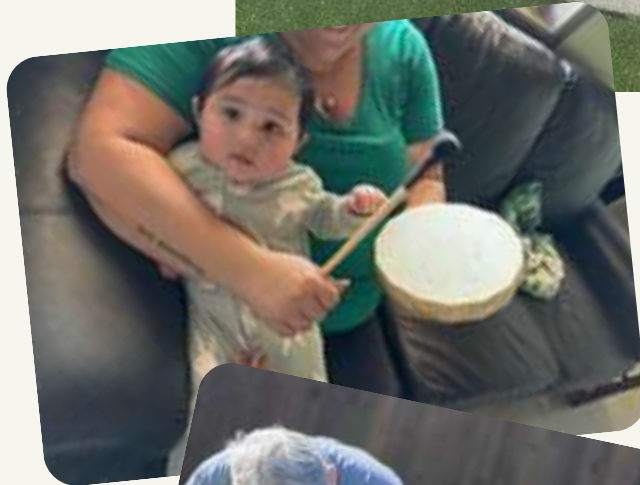
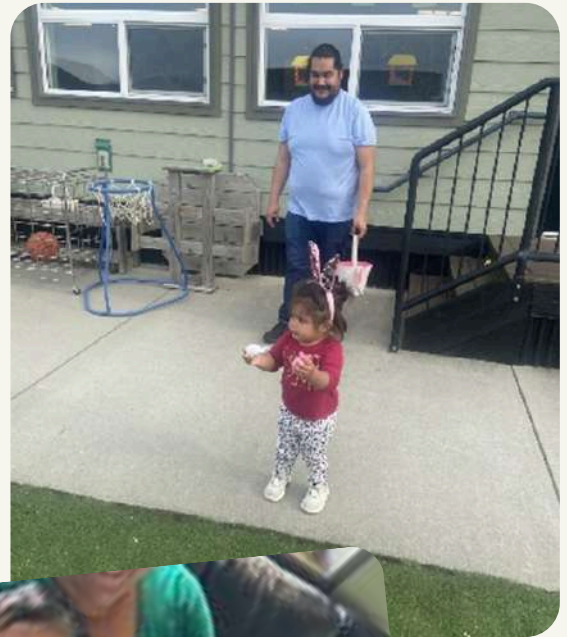
## In-House Newsletters & Updates

Please remember to check your in-house newsletters and the Lillio App regularly for any messages or important info about programs, etc.

We're looking forward to another wonderful month of learning, growth, and connection. We leave you with this Aboriginal Head Start Statement of Beliefs and Values about children ...

*"We believe that adults are community role models who are to teach children how to live a good life."*

**Ts'ithóme tsel – thank  
you from all of us at  
The Busy Bear Club  
Preschool!**





## Happy May, Community!

I want to first thank you all for your participation in the recent Sumas General Election. We had an AMAZING turnout of voters; thank you for taking the time to vote in-person, or to send your mail-in ballots.

-Chantel H, Communications Officer



## New Sumas First Nation Website

I want to take a few moments to remind everyone that we will be getting a brand new website for Sumas First Nation (estimated completion is September 2025).

Your feedback is very important! We invite you to take a short survey to leave us feedback that we can use while we build this website.

**[Click here to take the survey!](#)**



## Healing Homes Workshop/Class Survey

We are also still taking submissions for our Healing Homes survey! We want to know what days and times work best for members, and we want to know which programs are most important to you.

**[Click here to take the survey!](#)**



## Sacred Land Returned to Semá:th

Abbotsford, BC, March 31st, 2024 – Sumas First Nation (Semá:th) and the Province are strengthening their relationship through the return of the sacred Lightning Rock site.



[Read the Full Press Release Here](#)



## Chief Dalton Silver represented Semá:th for the official return of the Lightning Rock land parcel.

Province has now successfully returned the 36-hectare Lightning Rock site to Semá:th Nation. This land holds deep cultural and spiritual significance to Semá:th and serves as a repository of traditions and narratives passed down through generations.

Semá:th and the Province have worked in close collaboration to chart a path forward for the site's protection since signing a memorandum of understanding (MOU) in 2017. In March 2024, the Province announced the purchase of the Lightning Rock site as part of ongoing negotiations with the intention to transfer the lands to Semá:th First Nation.

[\*Read the full press release here!\*](#)

