

Sumas First Nation  
2788 Sumas Mountain Road  
Abbotsford BC, V3G 2J2

July 26, 2017  
Monthly Community Newsletter

## SFN Newsletter



### Youth-Family Inclusion Meetings

Many people in the public complain that they have no say in their community or that they are simply not heard.

Here at Impact on Wednesday nights we have the youth and family inclusion meetings or Y-FI for short. With Y-FI we listen to everyone's ideas and build off of all diverse perspectives.

From 5:30-7:30, these meetings offer snacks and honorariums while we discuss topics related to making things better for youth and family mental health and substance use in Abbotsford, and we develop Foundry Abbotsford. New members are always welcome to come and go as they please. Meetings open to all and any who desire to come

### Community Health

- August 8- Lower Limb Clinic from 12:00 – 4:00 @ Health Centre book appointment with Janice
- August 15-Immunization Clinic 1:00 – 3:00 Book appointments with Janice
- August 22-Pre & Postnatal 11:00 – 2:00 @ Health Centre lunch provided
- August 22-Immunization Clinic 2:00 – 4:00 book appointments with Janice



“togetherness, or the art of being together; and it means that we must practice good relationships with all living beings around us” This begins in our families and with our children

Quote from Dancing on Our Turtles Back  
by Leanne Simpson



## Student Transportation

If you haven't sent in your Student Transportation Request to the Abbotsford School District via

[www.sd34.bc.ca](http://www.sd34.bc.ca) please do so right away!! If you do not have an email address / access to the internet please bring your form to the Sumas Health & Administration Office and we can

fax it to the School District Office for you. Any questions please do not hesitate to call the SD #34 Transportation Office at 604-855-5278 or Jennette Pierre at 604-852-4041.

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*“Indigenous Storywork is not easy, but it is essential if First Nations stories are to be used to educate the heart, mind, body, and spirit, which is truly Indigenous education.” Indigenous Storywork by Jo-ann Archibald*

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### Youth Recreation Funding – Jennette Pierre

Please remember that each fiscal year children are eligible for Youth Recreation Funding in the amount of \$250 / child. Please remember that the funds are replenished every April 1<sup>st</sup> all you have to do is bring your original receipts to myself along with the completed Youth Recreation Application form, you will be reimbursed the following Thursday. A few ideas the Recreation Funds can help support you and your children are: Soccer fees, Football fees, sporting wear, swimming lessons, pool equipment, dance fees, singing lessons and so on. For more details please contact Jennette at 604-852-4041 ex. 105

### School Clothing & School Supply Allowance

I will begin working on the School Clothing & School Supply Allowances over the next few weeks and hope to have this ready for pick up no later than August 11, 2017. If you have any questions, please do not hesitate to call me at 604-852-4041.

### Dollywood Imaginary Library – Jennette Pierre

If you recently had a baby and are not receiving Dollywood Imaginary Library books, please come to the Health & Administration Office and fill out the registration form with Jennette. This will only take a moment of your time! Once you have done this I can add you to the program and your baby will receive a free book every month until their fifth birthday!

Thank you all for your support and understanding! I wish you a safe and fun filled summer

# EDUCATION NEWS— JENNETTE PIERRE

School has come to an end and summer is upon us. A lot has happened since school has been out; Busy Bear Preschool has closed for the summer, Sumas held the Education Transitioning & Graduation Recognition Dinner and a lot of movement has happened in the post-secondary program.

On Thursday, July 6, 2017 I hosted the SFN Education Transitioning and Graduating Recognition Dinner at the Community Hall. All who have ever planned an event, knows, the work that goes into hosting an event like this. I am so happy that there were only a few empty tables. Everybody left happy, feeling recognized and full! I look forward to next years' recognition dinner as this was a beautiful night, filled with a lot of chatter and laughter!

I have taken several Post-Secondary Applications, completed and sent in the Post-Secondary Sponsorship Forms to the Universities our students have been accepted into. I began and completed most processes for sponsorship acceptance for our students that have been accepted into Universities Sumas has not dealt with in the past. I look forward to creating great working relationships with the local and abroad (yes abroad!) universities and more importantly the students.

I have completed the Additional Funding Application to INAC with hopes we receive additional Post-Secondary funding so we are-able-to send more members of Sumas to Post-Secondary institutions thus shortening our waiting list!

As some of you may remember back in March, Sumas had put in a funding application for a NEW Daycare/Preschool building to MCFD for funding of *up to* \$500,000. This proposal call is a two-stage application process. Sumas has already submitted to the first stage in March and if we are invited to the second stage of the process we will be submitting a more detailed application with hopes we are granted the funding. We will find out this Fall if we are invited back to the second stage of the process.

At this point Sumas, hasn't heard back as to whether we received the funding or not but fingers are still crossed as we did not receive a letter stating Sumas is *not* receiving the funding. Several bands have received notices stating they are not moving on to the second round of the application process – now, no news is good news because \$500,000 would *help* with the construction of the anticipated structure!!

## Busy Bear Pre-school

Happy summer everyone. July is quickly coming to an end and that means we are starting to get ready for preschool. I have kept returning students on our class list. However, as of August 1st anyone who has not registered their child will be taken off the class list. Spots will be available at first come first serve basis. PLEASE bring in your forms. You should also know that there are limited spaces for 3 years olds on Tuesdays and Thursdays. There are registration forms at the office. If you'd like me to email a forms to you let me know and I would be happy to do that!

Sophie Loewen

## ECONOMIC DEVELOPMENT

Economic Development is in need of a new logo for the Ec Dev Corp.

We would like to request all of our member artists who are interested to submit your ideas or concepts to Malonie Langthorne @ 604-852-4041 SFN Admin Building.

We would like a thunderbird. The winning design will be announced at the community BBQ on Aug 24. Winner will receive a prize.

## Community General Store

As you may be aware. SFN is developing a concept for a General Store in the old Fire Hall... Stay tuned for details.

Questions or comments can be directed to Craig Hougén (Economic Development Director) or Malonie Langthorne (Economic Development Officer) @ 604-852-4041

## MOU-LIGHTNING ROCK

Burial sites of the SFN dating back to 1782 have been saved with the signing of a MOU between SFN and the Province of BC. The province has recognized the cultural and historic significance of the Lightning Rock Site to our People



## ELDER EVACUEES DINNER

Sumas would like to thank all who helped make the Emergency Evacuee Dinner a success on Wednesday July 19, 2017.

Your donations, helping hands, special prayers, and kind gestures have been recognized and greatly appreciated.

## Come be a part of developing a Stó:lō focused Traditional Parenting Manual

August 8 & 9, 2017 @ Stó:lō Government House

- Breakfast, Lunch and Snacks-please let us know of any diet restrictions
- Please let us know if you need help with transportation costs
- Contact: Ramona Valenzuela

#7-7201 Vedder Rd. Chilliwack BC V2R 4G5

Phone 604-824-3200

Email: [Romona.valenzuela@stolonation.bc.ca](mailto:Romona.valenzuela@stolonation.bc.ca)

## LANDS DEPARTMENT

- **JULY 31, 2017 @ 5:30pm** at the SFN Admin Building - Lands Advisory Committee Meeting
- **AUGUST 3, 2017 @ 5:30pm** at the SFN Community Hall - Semá:th Declaration (presentation by Stephen McGlenn, Lands & Resources Manager)
- **AUGUST 24, 2017 @ 1PM** at the SFN Community Hall - Tribal Park Initiative (presentation by Stephen McGlenn)
- **AUGUST 25, 2017 4PM – 7PM** - Hike to Thunderbird Caves followed by Dinner & Discussion. The Hike will start at 4pm (we will meet in the parking lot in front of the Health Building), return by 6PM for dinner at the SFN Community Hall. At 6:30 PM there will be a presentation and group discussion regarding the Thunderbird Caves, which are at risk due to proposed development activities. Everyone is welcome but please call the Lands & Resources Dept. (604-852-4041) to let us know if you would like to participate in the hike. The hike is intermediate to advanced in difficulty, with some very steep climbs. Participants must be prepared with proper footwear, water, snacks, sunscreen, and bug spray.

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*“Wisdom Sits in Places” Quote from Wisdom sits in places by Keith Basso*

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### LANDS TEAM BUILDING/COMMUNITY HIKE TO THUNDERBIRD CAVES





## **Semá:th Harm Reduction Strategy**

**Harm Reduction is a term used to describe actions taken with the aim of supporting people's safety in an accessible and non-judgemental way, usually around substance use. The Health & Wellness department is here to support you and your family members in whatever way works best for you. ♥**

**Recently we have had reports of discarded needles on the ground in several areas around the community. As this raises concern for the safety of passers-by, we will be placing metal boxes for the safe collection of needles at these locations, and the Health department will remove and dispose of them. Sharps containers will also be available at the Health building for collection/ drop off of needles – no questions asked.**

**So far, two staff members have received Naloxone training, and a kit is available at the health building. Naloxone training is available free of charge to any community or staff member who is interested, and we are looking at implementing a 'block watch' style program so that naloxone is available in every neighbourhood 24/7.**

**If you would like to receive naloxone training, volunteer as a 'block watch' house, or have noticed discarded needles in the community, please come and see Kimberley at the Health building. (or call/ text/ fb message works too!)**

***We welcome your feedback! Please let us know your suggestions, concerns, and questions about this or any other health issue!***



# NVIT /Sumas First Nation

## Bridging to Trades Program

The Bridging to Trades program provides a greater opportunity for acceptance into trade school pre-apprenticeship upon completion. Bridging to trades students will be given greater access in 12 weeks of hands on experience in these trades:

- Bridging to Trades Electrical
- Bridging to Trades Plumbing/Pipefitting
- Bridging to Trades Millwright
- Bridging to Trades Welding
- Bridging to Trades Essential Skills
- Bridging to Trades Employment Readiness

Students that attend will also receive their certification in WHMIS, Occupational First Aid Level 1, and Transportation Endorsement

### Program Requirements:

- Grade 10 Math & English
- Math 040 & English 040

**NVIT Bridging to Trades certificate will be received upon completion.**

Starting early September 2017 – Completion at the end of November 2017 (Official dates TBA)

Training will be Monday to Friday 8am-3pm

There is no cost to attend this program. Students will need to bring a lunch daily.

Training will take place onsite at:

### Sumas First Nation

2788 Sumas Mountain Road, Abbotsford BC

To apply contact Malonie Langthorne – (604) 807-1222 or via email: [malonie.langthorne@sumasfirstnation.com](mailto:malonie.langthorne@sumasfirstnation.com)

### Electrical

Students will learn about safety requirements, tools and equipment.

### Essential Skills

Students will develop and increase skills such as reading text, applying numeracy applications and using documents relevant to the curriculum.

### Employment Readiness

Students will develop skills in resume writing, interviewing and other job search related areas.

### Millwright

Students will become familiar with basic millwright duties along with hands on practice. Skills and theory required for entrance to the millwright trade will be covered.

### Piping

Students will learn to fit pipe materials together along with basic plumbing procedures. Skills required for entrance to the piping trade will be covered.



## Childhood Vaccines are Safe

Protect your children. Get all their vaccines on time. The vaccines are free.  
Call your local public health unit or health care provider to make an appointment.

Check what **you know**.

Answer yes or no to the following sentences about vaccine safety.

I <b>know</b> that vaccines are safe for my baby.	Yes	No
I <b>know</b> vaccines are so safe that my baby can get more than one vaccine at a time.	Yes	No
I <b>know</b> every batch of vaccine is tested for safety.	Yes	No
I <b>know</b> vaccines are safe because they do not cause autism, multiple sclerosis, or diabetes.	Yes	No
I <b>know</b> vaccines are checked for side effects.	Yes	No

If you have answered 'no' to any of the above, read on to learn more.

### Are vaccines safe?

Yes. Vaccines are safe for your child. Some are made from weakened or dead germs such as bacteria or viruses, and some are made from proteins and/or polysaccharides (complex sugars). Vaccines allow your child to build protection from harmful germs without getting the disease.

Like healthy food and clean water, vaccines help keep your child healthy. All vaccines used in B.C. are approved by Health Canada.

### Are vaccines tested?

Yes. Making a new vaccine that is effective and safe for your child takes many years. Vaccines must pass many safety tests before they are ever given to people.

When a new vaccine is ready to be tested in people, it is first given to a small number of people to check the dose and its safety. It is then

given to larger numbers, such as hundreds or thousands of people, to make sure it is safe and effective. If there are people who should not receive the vaccine because of safety concerns, this is specified when the vaccine is approved.

After a vaccine has been approved for use, its safety is monitored. Every batch or 'lot' of vaccine is tested and approved by Health Canada before it is used. Adverse events, or possible side effects, following immunization are reported in each province and territory of Canada, as well as to the federal government and World Health Organization. Rates of these adverse events are analyzed and every serious event is reviewed in detail.

### Is it safer to get immunized than to get the disease?

Yes. The danger from the disease is much greater than the risk of a side effect from the vaccine. Health officials around the world take



vaccine safety very seriously. That is why every parent is asked to call their health care provider if any unusual or unexpected side effects happen after getting the vaccines.

There is an extremely rare possibility, less than one in million, of a life-threatening allergic reaction after getting a vaccine. If this happens, it is most likely to occur within minutes after the vaccine is given. This is why you are asked to stay at the clinic or health care provider's office for 15 minutes after your child has been immunized. Your health care provider is prepared to treat this reaction.

### **Is it safe for your child to get more than one vaccine at a time?**

Yes. Even when your child gets several vaccines at the same time, most side effects will be mild and will last for only a day or two. Common side effects may include a low fever or soreness where the vaccine was given.

Millions of vaccines are given every year in Canada. The vaccines are very safe. Serious side effects from vaccines are very rare.

### **Do vaccines cause illness or disease?**

No. The best available scientific evidence indicates that vaccines do not cause autism, multiple sclerosis, diabetes, sudden infant death syndrome (SIDS), or other illnesses. These studies are posted at the Institute of Medicine of the National Academies  
<http://iom.nationalacademies.org/Reports.aspx>.

### **Are newer vaccines safer than older vaccines?**

Yes. Advances in science have improved how vaccines are made. Vaccines now contain fewer substances to stimulate just the part of the immune system needed to provide protection. The best example of such a change is the pertussis (whooping cough) vaccine. The 'whole cell' vaccine used before 1997 contained about 3,000 proteins and polysaccharides from the whole pertussis bacterium. The vaccines used in Canada today contain only 3 to 5 proteins. These stimulate only the parts of the

immune system needed for protection, and they cause fewer side effects.

### **For More Information**

For more information on immunizations, visit ImmunizeBC [www.immunizebc.ca](http://www.immunizebc.ca).

For more information on childhood immunization, see:

- [HealthLinkBC File #50a Your Baby's Immune System and Vaccines](#)
- [HealthLinkBC File #50b The Benefits of Immunizing Your Child](#)
- [HealthLinkBC File #50d Childhood Vaccines: What is in the Vaccines and Why](#)
- [HealthLinkBC File #50e A Better Immunization Experience for Your Child](#)

For more HealthLinkBC File topics, visit [www.HealthLinkBC.ca/healthfiles](http://www.HealthLinkBC.ca/healthfiles) or your local public health unit.

Click on [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca) or call **8-1-1** for non-emergency health information and services in B.C.

For deaf and hearing-impaired assistance, call 7-1-1 in B.C.

Translation services are available in more than 130 languages on request.



ImmunizeBC



BC Centre for Disease Control  
An agency of the Provincial Health Services Authority



## Art Therapy @ Sumas!!

Kristen Kitamura has been doing Art Therapy with Sumas members for well over a year now! During this past school year, she worked primarily with our kids in their schools, and has built relationships with many of our families.

For the summer, Kristen is in the Sumas Health Building every Monday offering one on one sessions. These are open to Adults and Children!

For more information and to find out how to book an appointment, please contact Kimberley at the Health building!



Art therapy is a practice based on emotional health, wellbeing and healing. Art therapy uses art, play, dance, drama, story-telling and music to promote healthy lifestyles.

Art Therapy encourages self-worth and positive self-esteem in a safe place. Art therapy focuses on equality, interconnectedness and experiential learning.

Art Therapy is a great way to promote growth and healing from within through creativity.



# **TRADITIONAL PARENTING IN A GOOD WAY BASED ON THE SEVEN SACRED TEACHINGS**

**Co-Facilitated by Dave Rader & Herb Joe**

Calling all parents of children 0 – 6 years old (or almost 0!) Come join us for an 8 week Traditional Parenting class!

Each class will open with a Prayer, a Sacred Teaching Principle, Circle discussion, and of course, Food!

Childcare provided – infants are welcome to attend with Mom/Dad. Local transportation provided too!

Class will begin June 12 (this class will be co-facilitated by Elder Marlene Silver), and will run 8 Monday mornings through August (please see sidebar for dates)

***Class Times: 9:30am - Noon***

**June 12 ~ Eagle  
Love / Self Care**

**June 19 ~ Salmon  
Respect / Healthy  
Attachment**

**June 26 ~ Bear  
Courage / Self-  
Esteem**

**July 24 ~ Sasquatch  
Honesty / Positive  
Communication**

**July 31 ~ Beaver  
Wisdom / Stress  
Management**

**Aug 14 ~ Wolf  
Humility / Child  
Development**

**Aug 21 ~ Turtle  
Truth / Discipline**

**Aug 28 ~ Celebration  
& Wrap up Session**

To Register or for more  
Information, please  
contact Kimberley  
Laing at the Health  
Building.

604-852-4041

[Kimberley.laing@sumasfirstnation.com](mailto:Kimberley.laing@sumasfirstnation.com)



# AUGUST Summer Events

# 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 DAY HIKE	2 HALL DAY	3	4	5
6	7 STAT (OFFICE CLOSED)	8 WATERSLIDES	9	10 HALL DAY	11	12
13	14	15 DAY HIKE	16	17 MOVIE NIGHT AT THE HALL	18	19
20	21	22 CASTLE FUN PARK	23	24 End of Summer BBQ	25	26
27	28	29	30	31		