



STÓ:LŌ BULLETIN

OCTOBER 2024

REMINDER: If you see any suspicious activity, please contact **Allegiance Security** at either **604-701-1692 OR 604-392-1692** and please state which property (Coqualeetza or St. Mary's) you are reporting from. If you believe it to be an emergency, please call 911.

A MESSAGE FROM THE OFFICE OF THE EXECUTIVE DIRECTOR (OED)

Office of the Executive Director (OED) staff hosted a successful Xá:ytem (Stó:lō Heritage Trust) AGM on September 18, 2024. This meeting was held to update communities on the work that continues to be done at the Xá:ytem properties site, which in turn keeps Stó:lō Heritage Trust Society's charitable status current and effective. All the current Board of Directors have agreed to run for another term.

Work continues with Indigenous Services Canada in the application process to secure funding for the St. Mary's, Pekw'xe:yles Properties. An update to communities will be sent this month with additional information on the progress to date.

The fourth annual Truth and Reconciliation ceremony was hosted at the Coqualeetza site on September 30, 2024 in collaboration with Stó:lō leadership and the Sts'élemeqw Residential School Thrivers Society. This event was well attended with many staff and volunteers doing the work in providing an opportunity for others to learn about, recognize and commemorate the legacy of Residential schools in Canada and to acknowledge the National Day for Truth & Reconciliation.

The next few months OED will continue preparing for:

- Upcoming Management team meeting;
- Stó:lō Nation Chiefs Council; and
- Stó:lō Service Agency Board of Directors meeting.

We need to continue to be mindful of the cooler months ahead. Please be considerate of your fellow office workers, limit your in-office interactions if you are not feeling 100% and stay home if you have a cough or cold.

STÓ:LŌ ALL STAFF CHRISTMAS LUNCHEON-SAVE THE DATE

Please join the SSA Board of Directors (BOD), Office of the Executive Director and the Senior Management Team for the All-Staff Christmas luncheon at The'i:tseliya - SAY building for Friday, Dec. 6, 2024 at 12:00pm. Please confirm your attendance with your Director/Manager/team lead and have them email abby.duncan@stolonation.bc.ca so we can have an approximate number of attendees for catering purposes.

STÓ:LŌ HALLOWEEN Costume & Door Decorating Contest is Back!

Prizes awarded for: Best Costume, Most Creative Costume, and Best Decorated Door

Photos must be emailed to Michelle Vantongeren by **NOON** on October 31.

- 1 entry for each contest (costume and/or door decorating) per employee.

- winners will be announced via email by 4pm on the 31.





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Xyólhmet ye Syéwiqwéh (Taking Care of Our Children) – [Community Update](#)

Investigating Unmarked Graves at Multiple Sites Associated with Three Former Residential Schools in S'ólh Téméxw

Stó:lō Nation Chiefs' Council (SNCC), under the leadership of Chief David Jimmie, President of the SNCC, has launched a broad-based and inclusive initiative to investigate potential unmarked graves and missing children related to three of the former Residential School sites within S'ólh Téméxw: the former St. Mary's, Coqualeetza, and All Hallows institutions in Mission, Chilliwack, and Yale. The project team will carry out archival, oral historical, and on-site remote sensing work in search of identifiable unmarked graves. We are also working with local Stó:lō First Nations including Sqwá, Sq'ewqéyl, and Ch'íyáqtel regarding unmarked burials known to have been relocated to each of their cemeteries from the Coqualeetza Grounds. For more about this work, please visit www.stolonation.bc.ca/residential-school-project-information

STÓ:LŌ GIFT SHOP

Online shopping is available 24/7 with in-store pickup!
Storefront is open Monday through Friday 9:00 am – 4:00 pm.



TELUS HEALTH

EAP newsletter, click on Telus icon.
Here are the instructions "how to use EAP"



SSA GROUP BENEFITS PLAN

MENTAL HEALTH NAVIGATOR

The Best Doctors Mental Health Navigator program offers you a discreet and confidential way to seek mental health support. If you or an eligible family member struggle with feelings such as depression, stress, or anxiety, contact Best Doctors. Supported every step of the way by your personal Mental Health Navigator and expert health professionals including psychiatrists and psychologists, we provide an assessment of your diagnosis and recommend an appropriate treatment plan, from the comfort of your home via phone or video conference. Your Mental Health Navigator will also provide you with support along your journey through the complex mental health care system. Please see the [MHN Employee Flyer](#) for more information.

YOGA WEDNESDAYS WITH INNER VISION YOGA

Every Wednesday, 11:30 - 12:30 pm

SSA staff are welcome to attend FREE yoga sessions on campus in Building 2C portable with instructors from Inner Vision Yoga, supported by the Stó:lō Research and Research Management Centre.





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STÓ:LŌ ABORIGINAL SKILLS AND EMPLOYMENT (SASET)

Upcoming SASET Training Program

- [Driver for Hire](#) - Get trained, get paid! Contact SASET
- [Pipe Fitting Foundations](#) - Jan. 6 - May 30, 2025.
- [Guardians Cultural Training Program](#) - Sept. 3 – Dec. 6, 2024, at Seabird College
- [Pre-Trades Foundations Program](#) - Jan. 6 - May 30, 2025
- [Business Administration](#) - Oct. 7, 2024 – Jul. 11, 2025, at SASET Chilliwack
- [Career Fair](#) - Feb 5, 2025 at Chilliwack Landing Sports Centre
- [Employment Training](#) - Various communities & dates
- [Basic Computer Training](#) - Call to book! 604-858-3691
- [Call For Proposals](#) - www.saset.ca



[SASET CDP Outreach Schedule](#)



SSA MEMORANDUM – INCOME ASSISTANCE DEPARTMENT (SASET Client Memo)

This is a **friendly reminder** that you will need to continue to submit your monthly renewals and Monthly Employment Action Plan (EAP). You can arrange a meeting with a SASET Counsellor by calling 604-858-3691 or emailing info@saset.ca. Next EAPs are due to be submitted to the SASET office by [October 8, 2024](#) along with your monthly renewal. Please see the letter regarding inflation relief benefits.

To view the full income assistance client memos:

[Employment Action Plan](#)

[Food Allowance Memo](#)

STÓ:LŌ HEALTH SERVICES

STÓ:LŌ DENTAL OFFICE

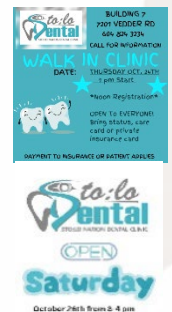
Walk in clinic date will be October 24th.

Any family on disability or Income Assistance should now be applying for the CANADA DENTAL BENEFIT PLAN. Notice to all patients went out: Have you heard about the Canadian Dental Care Plan, (CDCP)? Do you qualify for dental benefits or increased dental benefits? Please visit the link below to find out...

<https://www.canada.ca/en/services/benefits/dental/dental-careplan/apply.html>

We are open Saturday October 26, 2024!

Call to book an appointment: 604-824-3234





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Mémíyelhtel Program

Mémíyelhtel Exhibit at Brentwood Mall

Happening until end of October

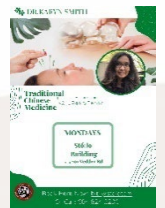
Click the link for more information:

<https://theamazingbrentwood.com/inner-worlds-of-memiyelhtel/>



STÓ:LŌ ACUPUNCTURE

Dr. Karen Smith, Dr. TCM, R.AC, offers appointments on Monday's, 9am - 4pm at Building 7 for the month of October. Book NOW! Jane App: [Book an appointment with Dr. Smith here:](#) or 604-824-3200.



STÓ:LŌ COUNSELLING

[Book an appointment with Bel Bhushan here:](#) or call 604-824-3200



CASCADE THERAPY

Massage Therapy & Chiropractor
S.A.Y Health Building- 8256 Chilliwack River Road
Call to book your appointment: 604-792-0158



QWÍ:QWELSTŌM Events

Wellbriety Group

Every Wednesday
Sept. 11 to Nov. 27, 2024
4:30-6:30pm



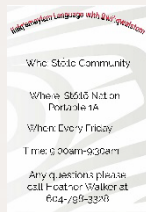
Pathway to Redroad Program

Tuesday, Wednesday, Thursday
Sept. 10 to Nov. 12, 2024
Call 798-3328 to register



Language Class

Every Friday
9-9:30am



Family Support Group

Every Wednesday
Sept 11-Nov 13, 2024





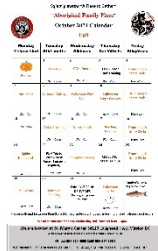
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ABORIGINAL FAMILY PLACE – OCTOBER 2024 Calendar

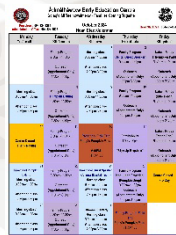
Sq'ep'ip awtxw "A Place to Gather"

This is just a reminder that we are currently only offering visits by appointment. Please call at least a day in advance to schedule your visit. If you are feeling unwell, please reschedule.

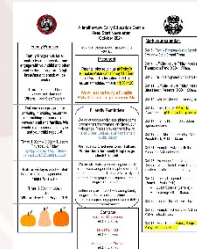


A:LMEHAWTXW: Early Education Centre

Head Start, Tuesday & Thursday 9:00am – 12:00pm
Please call for more information, 604-824-6505



Head Start Calendar



Head Start Newsletter

Looking for Nutrition Advice?

Mana Bayanzadeh, Registered Dietitian
Call or text: 778-926-9451



CLASS ACTION LAWSUIT-INDIAN BOARDING HOMES

Please email: claims@boardinghomesclassaction.com or
Leslee Picton: Leslee.Picton@stolonation.bc.ca for more information



STÓ:LŌ COMMUNITY FUTURES

Stó:lō Community Futures offers business loans for Indigenous entrepreneurs located within the Stó:lō Traditional Territory. For more information, please see link below.

www.stolocf.ca





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CERTIFICATE OF INDIAN STATUS CARD AND ASSISTANCE WITH THE APPLICATION FOR THE SECURE CERTIFICATE OF INDIAN STATUS CARD

Building 8A, 1st Floor, 2nd door

BY APPOINTMENT ONLY. Tuesday, Wednesday, and Thursday from 9:00 am – 3:30 pm

Email June.jimmie@stolonation.bc.ca or call 604-824-3266 to book

Building 8A – North Side Entrance | Registry is on the Main Floor, 2nd door

PROTOCOLS FOR THE APPOINTMENT

- Give yourself enough travel time
 - Arrive on time
 - No walk-ins

CERTIFICATE OF INDIAN STATUS CARD

- Two pieces of valid ID, one with a photo
- Bring your own 1"x1" picture

ASSISTANCE WITH APPLYING FOR SECURE CERTIFICATE OF INDIAN STATUS CARD

- One valid picture ID
- Two recent passport photos

Valid Identification is required for applying for Status Cards, Registration, & other Personal Information Updates.

ISC is **no longer accepting expired ID** for registration, status card issuance, or for requests to update personal information in the Indian Register. All ID must be valid, that is, not expired.

Since provincial and territorial authorities that issue ID (such as health care cards and driver's licenses) across Canada have reopened, applicants with expired ID are encouraged to obtain valid ID as soon as possible.

For more information on the ID, requirements to apply for registration, and the status card, visit [What is considered valid acceptable identification.](#)

Bands that will be issued Certificate of Indian Status Cards and assistance with the Secure Certificate of Indian Status Cards

Aitchelitz First Nation	(558)	Shxw'ow'hamel First Nation	(587)
Kwaw Kwaw Apilt First Nation	(580)	Skawahlook First Nation	(582)
Matsqui First Nation	(565)	Soowahlie First Nation	(572)
Popkum First Nation	(585)	Sumas First Nation	(578)





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STÓ:LŌ WORKPLACE INCIDENT REPORTS

A friendly reminder to All Staff:

If a workplace Incident occurs, please follow the link to follow the procedure on how to report an incident:

[Workplace Incident Report Form](#)

FRIENDLY REMINDERS FROM FINANCE AND OPERATIONS

For meeting-room bookings, staff are encouraged to **book meeting rooms in the building they have an office in**. For bookings, please contact the following:

- Building 7 Boardrooms – [Sheradon Roberts](#) / [Heather Walker](#) / [Lauralee Campbell](#)
- Building 8B (SGH) Small and large Boardrooms will be closed until further notice. [Abby Duncan](#) / [Kelly Willmets](#)
- Building 10 Floor 1- [Abby Duncan](#) / [Kelly Willmets](#)
- Building 10 Floor 2 – [Tracey Joe](#) / [Tara Green](#)
- Longhouse Bookings - [Abby Duncan](#) / [Kelly Willmets](#)

- To Request new or changes to existing access cards, please complete the online Access Form at: www.stolonation.bc.ca/access
- Tent rentals please contact June Jimmie at June.Jimmie@stolonation.bc.ca
- Cell Phones and Landlines! Contact Brianna Nakagawa for all things related to cellphones and landlines.
- **To review current operational policies and other general information, please go to N:\Info.**
- Reminder for all staff to submit any announcements/invitations to [Michelle Van Tongeren](#) for the monthly bulletin and to refrain from sending “all-staff” emails.
- Staff are reminded to avoid publishing phone numbers – work or personal – on Facebook or any other social media. Recently SSA experienced harassing phone calls from someone who obtained a staff’s cell number – as well as their relative’s numbers - on Facebook.

COVID-19 PROTOCOLS

SSA continues to reinforce in-place preventative measures. Variants of COVID-19 spread the same as the original COVID-19 so the measures already in place continue to be effective at reducing the spread. Please be diligent in doing your part to help reduce the spread which include doing your daily health check, staying home when feeling sick, using available space to spread out and respect personal space, wearing masks if required, cleaning hands, and disinfecting work surfaces regularly. If you are feeling ill or test positive for COVID-19, notify your supervisor and stay home.





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STÓ:LŌ SERVICE AGENCY

VISION

A healthier, stronger, brighter future for all communities.

MISSION

We empower, support, and contribute to the health and well-being of all people by providing leadership and delivering a broad range of quality services.

VALUES

We strive to act in accordance with our seven core values at all times.

Honesty	We communicate internally and externally with clarity, honesty, and openness.
Accountability	We accept responsibility for our decisions and actions and answer to our partners openly and transparently.
Pride	We feel and demonstrate pride in our actions and accomplishments.
Professionalism	We act professionally as an outward reflection of our internal values.
Integrity	We do our best work, hold ourselves to the highest standards of conduct and act in the interest of our communities and partners.
Empathy	We work to understand and relate to the feelings, experiences, and situations of others and are non-judgemental.
Respect	We respect others' ideas, experiences, and ways of thinking and treat all people as equals.





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Truth and Reconciliation Day

