



# STÓ:LŌ BULLETIN

## MARCH 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)

I hope many of you were able to get out and enjoy the unusually warm temperatures we had earlier this month. As we move closer to Spring, we also get closer to the 2023-24 fiscal year-end. This coming month we will be reflecting on the past year as we assemble our department reports for submission for the 2023-24 Annual Report which highlights the many great programs, services and activities SSA has been able to offer throughout the year.

The SSA Board presented the September to November Quarterly Performance Report at the March SNCC meeting. [STÓ:LŌ SERVICE AGENCY \(SSA\) PERFORMANCE REPORT](#)

The SSA Board also approved the 2024-25 Budgets, Workplans, and Organizational Charts presented by the Directors, in preparation for the upcoming fiscal year.

**A friendly reminder: SSA offices will be closed for Easter Holidays: Friday, March 29 and Monday, April 1, 2024. We hope everyone enjoys the family time.**

### 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.

### Xyólhmet ye Syéwíqwéh (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](http://www.stolonation.bc.ca/residential-school-project-information)





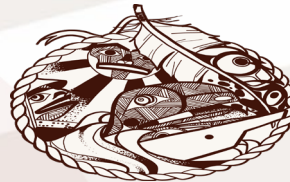
# STÓ:LŌ BULLETIN

## MARCH 2024

### SASET CDP Outreach Schedule



### Mémiyelhtel Program



### STÓ:LŌ ABORIGINAL SKILLS AND EMPLOYMENT (SASET)

- [Driver for Hire](#) - Get trained, get paid! Contact SASET
- [Spring Break Program](#) - March 25-28, 2024 at Seabird
- [Construction Training Program](#) - March 25-April 5, 2024 at T'szil Learning Centre
- [Construction Training Program](#) - April 15-26, 2024 at SASET
- [Traffic Control Training](#) - April 4&5, 2024 at SASET
- [Wildlands Fire Fighting Training](#) - April 22-May 3, 2024 at SASET
- [Pipe Fitting Foundations](#) - January 6-May 30, 2025
- [Asphalt Paving Training](#) - 4 week program in Maple Ridge



### 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](mailto:info@saset.ca). Next EAPs are due to be submitted to the SASET office by [March 5, 2024](#) along with your monthly renewal. Please see letter regarding inflation relief benefits.



To view the full income assistance client memos:

[Employment Action Plan](#)

[Food Allowance Memo](#)

### STÓ:LŌ GIFT SHOP

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



Stó:lō Gift Shop  
YOUR STORE  
FOR GIFTS & MORE!

[stologiftshop.com](http://stologiftshop.com)





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## MARCH 2024

### STÓ:LŌ HEALTH SERVICES

#### STÓ:LŌ DENTAL OFFICE

Kaylie will be joining us for her 1<sup>st</sup> Practicum for Certified Dental Assisting from the University of the Fraser Valley! Please call 604-824-3234 to book your appointment. **Office Closure for Easter: March 29, and April 1, 2024.**

#### STÓ:LŌ ACUPUNCTURE

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

#### STÓ:LŌ PHYSIOTHERAPY

Charise Conkin offers appointments Tuesdays at The'í:tse'lya Building and Fridays at Stó:lō Health Building. [Book an appointment with Charise Conkin here](#): or call 604-824-2681.

#### 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



#### A:LMELHAWTXW: Early Education Centre

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

#### ABORIGINAL FAMILY PLACE – March 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.

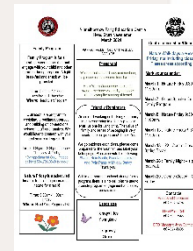
#### A:LMELHAWTXW: Early Education Centre

Head Start, Tuesday & Thursday 9:00am – 12:00pm

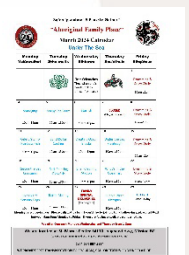
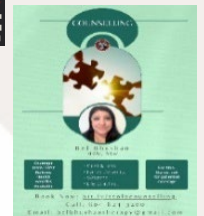
Please call for more information, 604-824-6505



Head Start Calendar



Head Start Newsletter







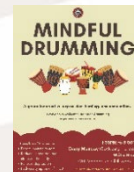
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### MINDFUL DRUMMING

Monday's (excluding holidays) 12-3pm

Location will either be at Metis House or Portable 1A, call to inquire: 604-828-2459



### STÓ:LŌ COMMUNITY FUTURES

Stó:lō Community Futures would like to invite you to this free Indigenous, Virtual Marketing workshop on April 11, 2024. To register, please contact Bridgette Hill, SCF Administrative Assistant, by phone at 604-858-0009, or by email at [bhill@stolocf.ca](mailto:bhill@stolocf.ca).



### 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.

### 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 support along your journey through the complex mental health care system. Please see the [MHN Employee Flyer](#) for more information.

### EMPLOYEE and FAMILY ASSISTANCE PROGRAM

#### WORKHEALTHLIFE BY MORNEAU Shepell

[Employee and Family Assistance Program](#) (EFAP) helps employees address personal and workplace day-to-day problems, such as caregiving, life planning, financial advice, legal advice, health management services, short-term counseling services, 24/7 Services Centre, and many more. Please visit [www.workhealthlife.com](http://www.workhealthlife.com) for more information on the services available under your EAP program.

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# STÓ:LŌ BULLETIN

## MARCH 2024

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

Building 8A, 1<sup>st</sup> Floor, 2<sup>nd</sup> door

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

Email [June.jimmie@stolonation.bc.ca](mailto:June.jimmie@stolonation.bc.ca) or call 604-824-3268 or 604-824-3266 to book

Building 8A – North Side Entrance | Registry is on the Main Floor, 2<sup>nd</sup> 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)





# STÓ:LŌ BULLETIN

## MARCH 2024

### 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](#)

### ANNOUNCEMENT TO ALL STAFF:

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](#)
- Building 10 Floor 3 - [Nancy Wasikowski](#)
- Longhouse Bookings -[Naomi Henry](#) (604) 824-2436

New VPN (Virtual Private Network) will make using your work laptop at home a similar experience to being at the office. Contact Garret MacAskill for information or assistance.

### FRIENDLY REMINDERS FROM FINANCE AND OPERATIONS

- To Request new or changes to existing access cards, please complete the online Access Form at: [www.stolonation.bc.ca/access](http://www.stolonation.bc.ca/access)
- 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.





# STÓ:LŌ BULLETIN

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### STÓ:LŌ SERVICE AGENCY

#### VISION

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A healthier, stronger, brighter future for all communities.

#### MISSION

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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

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

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



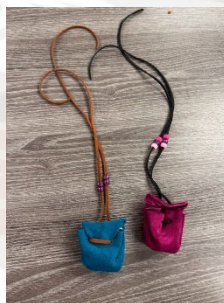
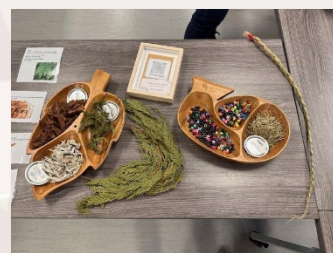
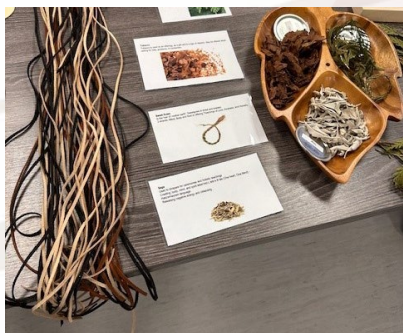




# STO:LO BULLETIN

## MARCH 2024

**Thank you to Jenn Carman for  
teaching us how to make  
Medicine's Bags**



**Wellness Wednesday- Celebrating Birthdays!**

