



**May 2018**

Volume 5, Issue 4

Kwantlen First Nation

Do you have a story or photos to share?  
Send them to [jayme@pictographic.ca](mailto:jayme@pictographic.ca)

In this issue:

- Dates To Look Forward To
- Health & Social Service Updates
- Headstart Updates
- Fisheries Update

*Front page photo credit to Scott Gabriel*

# KWANTLEN TIRELESS RUNNER



# HEALTH & SOCIAL SERVICES UPDATE



 Don't forget to check us out on Facebook:  
**Kwantlen First Nation Health**

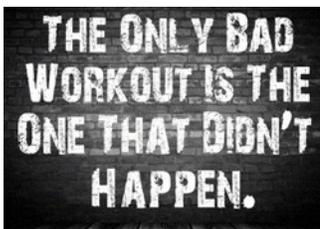
## DEPARTMENT UPDATE

Our team has been very busy with clients, programs, workshops and meetings. In April our team hosted our Annual Men's Health Day, Healthy Eating Workshop, an Integrated Health Mtg, COHI, Youth Outings and Fitness Classes.

We have also have been continuing to meet with Urban Arts Architecture and the Health and Admin Building Project Team to prepare for the community Vision Workshop in June.

In May we will be attending the Annual Gathering Wisdom Conference, assisting with the Salmon Ceremony, hosting a Wills and Estates Workshop and along with our Annual Women's Health Day.

Malissa Smith  
Health and Social Services Manager  
[Malissa.smith@kwantlenfn.ca](mailto:Malissa.smith@kwantlenfn.ca)



## Fitness Club

Fitness classes are now taking place on Tuesdays and Thursdays at the Cultural Centre at 5:45pm.

All Fitness levels welcome!

## CHILDREN'S ORAL HEALTH INITIATIVE

"A simple method to aid in healing sore mouths or sore throats caused by strep throat or bad cold; salt water rinse. Have a cup of warm water, add ½ teaspoon of salt, and rinse and gargle. Do not swallow the rinse. It's also a quick fix when you can't find any mouthwash or toothpaste nearby to freshen your mouth."

### **Infused Water Recipe Lemon Lavender**

- 10 slices of lemon
- 1 sprig of lavender
- 1 liter of water



Let the mixture steep for an hour before drinking.

Lemon has vitamin C that boots immunity and flushes out toxins. Lavender helps reduce stress and relieve spasms. You use other sprigs of lavender to keep mosquitoes away by hanging them by the windows and doors. Mosquitoes do not like the smell of lavender and will hopefully leave you alone.

Xyolhemeylh is a delegated agency through the Ministry of Child and Family Development. If you have any child protection concerns, please call 604-533-8826 and ask to speak to the



Duty Worker. If you need to make a report on the weekend or after 5pm please call 604 310 1234. It is the responsibility of each and every one of us to keep our kids safe. If you are unsure, please call and they will decide if they need to investigate further. You do not have to give your name. If you have any questions, contact Malissa at the office.

# HEALTH & SOCIAL SERVICES UPDATE

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## Counselling

Our team can connect you with Drug and Alcohol Counselors, Individual Counselling, Traditional Counselling, a Child and Youth Counsellor, Family Counselling or Mental Health Counselling. If you or someone in your family is interested in receiving counselling, please contact Malissa or pick up a referral form at the office. Completed referral forms can be submitted to Malissa in a sealed envelope.



## MEDICAL TRANSPORTATION

~ Things to keep in mind ~

- Please book your appointment 24 hours in advance.
- It is very important to submit claims by Thursday for payment on Friday
- If you need to cancel your appointment, please contact Michelle

Thanks,

PH: 604-888-2488

Cell: 778-772-6254

Email: michelle.saul@kwantlenfn.ca

For KFN members site or

Michelle J Williams (Saul)



## HOME AND COMMUNITY CARE

I will be on annual leave from May 7 to May 25, 2018 inclusive. During this time please contact CHR/HHA Chauntelle Fillardeau and/or Health Director Malissa Smith for routine home and community health matters. For more immediate health issues, please visit your family doctor. If you have an urgent health issue, go to Emergency. If you would like to talk to me about a non-urgent community health or home and community care concern, leave a message on my office phone and I will return your call upon my return.

## INCOME ASSISTANCE

### **Cheque Issue:**

May: May 1st

June: June 1st

### Attention Income Assistance Clients:

Please submit a copy of your 2017 Income Tax to Malissa. Declarations are due the 23<sup>rd</sup> of each month.

## FOOD BANK

If you require a ride to the Langley Food Bank please contact Chauntelle.

## NUTRITION VOUCHER PROGRAM

The Save On Gift Cards will be available the first week of the month. Please continue to keep us informed if your contact info changes.

Thanks,

Sherry and Malissa



# HEASTART UPDATE



## **Mental Health**

Mental health affects the way people think, feel and act. Taking care of our mental health is just as important as having a healthy body. As a parent, you play an important role in your children's mental health: You can promote good mental health by the things you say and do, and through the environment you create at home.



### **Help children build strong, caring relationships:**

- It's important for children and youth to have strong relationships with family and friends. Spend some time together each night around the dinner table.
- A significant person who is consistently present in a child's life plays a crucial role in helping him develop resilience.
- Show your children how to solve problems that arise. (Traditional teachings)
- Be a role model for your child.

### **Listen, and respect their feelings:**

- Encourage them to talk about how they feel.
- Keep communication and conversation flowing by asking questions and listening to your kids
- Mealtime can be a good time for talking.
- Help your child find someone to talk to if he/she doesn't feel comfortable talking to you. A teacher, a counsellor or an elder.

### **Create a safe, positive home environment:**

- Be aware of your child's media use, both the content and the amount of time spent. This includes TV, movies, Internet, gaming devices (whether hand-held, or played through a computer or TV). Be aware of who they might be interacting with in chatrooms and online games.
- Be careful about discussing serious family issues—such as finances, marital problems, or illness—around your children. Children can worry about these things.
- Provide time for physical activity, play, and family activities.
- Be a role model by taking care of your own mental health. Talk about your feelings. Make time for things you enjoy.

**MENTAL HEALTH  
MATTERS**

For Children

# HEASTART UPDATE CONT'D



## **In difficult situations, help children and youth solve problems:**

Teach your children how to relax when they feel upset. This could be deep breathing, doing something calming (such as a quiet activity they enjoy), taking some time alone, and going for a walk, yoga, art, or music.

How do I know if my child or youth has a mental health problem?

All children and youth are different. If you're concerned your child may have a problem, look at whether there are changes in how he or she is thinking, feeling or acting. Mental health problems can also lead to physical changes. Also ask yourself how your child is doing at home, at school and with friends.

## **Where do I go for help?**

There are many ways to help your child achieve good mental health. Sharing your concerns with your family doctor is one of them or talking with Kwantlen Social Services, talk to a counsellor, their teacher, don't feel alone there is help.

**If your child or teen talks about suicide or harming himself, call your doctor or local mental health crisis line right away.**

**FRASER HEALTH CRISES LINE IS AVAILABLE 24 HOURS A DAY  
604-951-8855 OR 1-877-820-7444**

## **Source:**

[The Canadian Pediatric Society Guide to Caring for Your Child from Birth to Age 5](#)

[www.anxietybc.com](http://www.anxietybc.com)



**Children's Mental Health Matters!**

# FISHERIES UPDATE



We have been fishing eulachons now for few weeks now as we have seen the catches increase then decrease just as quickly. We have had some great catches here in April, around the 15 and 16 of April we had seen some excellent catches by our crew out

fishing. Scott Gabriel and Charlie Savino have been the go to guys this season, our small crew of pickers on the shore were out for quite a few days helping with the nets as the fishers come in with loaded nets and packing and putting eulachons away.

We have caught the Kwantlen share and put them away for our First Salmon ceremony on May 4th coming soon. Also shared with 5 or 6 communities above us that don't get eulachons in their areas such as the canyon and above us. Keeping that tradition alive and keeping the generations and generosity of our First Nations people have done over the thousands of years of our existence on our river. We also need to thank the crew that helped as the boats came in to do the work as needed, we had Kathryn, Jace, Danessa, John and Verna and myself helping out on shore. It is a lot of work and time and effort to get the job done. We have shared with others the same as in Katzie, Sumas and Chehalis have been doing the same for over a decade now. The little fishes unite Stolo communities during their migration as they come in river to spawn. It has been a fairly good season as we are winding down now, with our allocations getting close to final. The overall total was 4400 pounds and we are within a thousand last time we had a teleconference with the biologists and DFO. Our

share of the total is 183 pounds and we had caught that during the last couple of weeks.

Chinooks have been entering the river now for a couple of weeks. We had our first opening on April 14 week, some chinooks caught above us, for example, 27 in Chehalis on set nets, no drift nets as the river had risen and debris, logs and deadheads filled the river. Not sure of the number taken. Some reports of small size salmon taken up there. We agreed to the overall plan of 2 openings in April and 2 openings in May to help the chinooks migrate through to spawn above in the interior of BC. This weekend will be the next opening for us on the lower river as we attempt to catch some of these prized salmon. Good luck to all that do get out there to fish.

The snow melt has started, as we see the river change color as the sediment and river silt is stirred up as volumes of water come down from the melt of snow above us in the interior. We want a long snow melt to happen to help alleviate a rush of water. It is hoped we have snow melt then dry warm weather, a bit of rain, then a bit more snow melt is the best recipe. We look forward to a good season as we move into spring and the summer weather is upon us as we start to plan for sockeye season, which starts after July 15. We hope and pray for the return to be abundant and we can put some fish in the freezers and get some canned this season.

*Les Antone  
Statlomot*



# KWANTLEN COMMUNITY SERVICE DATES TO REMEMBER

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## YOUTH GROUP

Friday, May 4th - Fort Langley youth group meet at 4:00 PM

Friday, May 18th - Chilliwack youth group meet at 4:00 PM

## DATES TO REMEMBER

- **Wednesday, May 2nd** - 11:00 AM Footcare at Headstart; 1:00 PM Haircare at the Kwantlen Office
- **Thursday, May 3rd** - Elder's Meeting at 9:30 AM, Kwantlen Boardroom
- **Friday, May 4th** - Salmon Ceremony at 12:00 PM
- **Sunday, May 13th** - Mother's Day
- **Wednesday, May 16th** - School District #35 Aboriginal Awards at 5:00 PM
- **Monday, May 21st** - Victoria Day, Office will be closed
- **Wednesday, May 23rd** - Wills and Estates Workshop at 4:00 PM in the Kwantlen Office
- **Friday, May 25th** - Women's Day at the Kwantlen Office 10 AM - 4 PM
- **Monday, May 28th** - Community Burning at the Albion Cemetery - 3:00 PM, dinner to follow at the KFN Boardroom

## **Days to note:**

- May 7th - May 18th - Nurse Lynn will be away on vacation
- May 15th - May 17th - Malissa will be away at the Gathering Wisdom Health Conference
- Fitness – Tues & Thurs @ 5:45pm at Cultural Centre
- Children's Oral Health Initiative (COHI) – Tuesdays at 2:00 PM – 5:00 PM at Headstart
- Children's Cooking Classes – Fridays at 3pm at Headstart





First Nations Health Authority  
Health through wellness

*Info Tables from various  
Education and Trades,  
and Training Programs*

*Students 5—12, and Community Members  
Enjoy the day at Kwantlen First Nation!*



*“With an Open Mind and Open  
Heart: Exploring the  
Importance of Health and*

*Thank you to FNESC and FNHA Grant  
First Nations Health and Science Related  
Career Promotion Initiative*

*May 15, 2018*

*Raffles drawn  
throughout the  
day*

*10 a.m. - 3 p.m.*

*Kwantlen First Nation Cultural Center  
23907 Gabriel Lane, McMillan Island,  
Fort Langley, B.C.*

*RSVP to [cheryl.gabriel@kwantlenfn.ca](mailto:cheryl.gabriel@kwantlenfn.ca)*



*Refreshments, snacks,  
and lunch provided*



# Fraser Valley Aboriginal Children and Family Services Society

Head Office #1-7201 Vedder Road Chilliwack, BC V2R 4G5

Phone: 604-858-0113 Fax: 604-824-5326 Toll Free: 1-800-663-9393



## Summer Camp Leaders

**Chilliwack - Term Employment - \$13.00 per hour**

**3 post-secondary students starting June 25, 2018**

**3 secondary students starting June 25, 2018**

Xyolhemeylh - Fraser Valley Aboriginal Children and Family Services Society - is a fully delegated Aboriginal Agency providing culturally appropriate and holistic services through various programs to Aboriginal children and families residing on and off reserve communities in the Fraser valley. You can learn more about us at [www.fvacfss.ca](http://www.fvacfss.ca)

### POSITION SUMMARY:

Camp Leaders use traditional teachings and communication techniques to provide guidance, mentoring and support to children and families attending summer camps. They will work closely with FVACFSS Staff members, to ensure that summer activities for children and families are completed in a safe and culturally appropriate manner.

### DUTIES:

- Cultural Education
- Social and Recreational Leadership
- Reporting and recording

### REQUIRED SKILLS:

- Leadership dynamics, time management, and group facilitation
- Maintaining an attitude of caring, respect and optimism with self and others
- Commitment, flexibility, good problem solving and dispute resolution skills
- Excellent oral and written communication skills as well as willingness to expand Aboriginal communication techniques; report writing abilities.

### EDUCATION AND EXPERIENCE:

- Must have Aboriginal ancestry, full time student** in previous academic year, post-secondary or secondary student; minimum age of 15 years and returning to school in September 2018(as per SASET guidelines)
- Comprehensive knowledge of Aboriginal culture
- Building professional relationships with internal and external contacts
- Criminal Record Check required; BC Drivers License an asset.

**To best meet the needs of Summer Camp participants, applicants must be willing to work a flexible modified work schedule.**

If you are interested in a career like this with a great organization, please submit your resume and cover letter (**saved as one document**) referencing **Summer Camp Leader 2018** to our recruitment site [www.socialworkwithheart.com](http://www.socialworkwithheart.com), **no later than 4:30pm on May 8, 2018.**

Please indicate either Secondary or Post-Secondary on cover letter.

## BC Hydro Indigenous Scholarship and Bursary application

### **BC Hydro offers scholarships and bursaries in the following areas:**

- \$8,000 Randy Brant scholarship for the top overall applicant.
- \$5,000 scholarships for full-time students in an undergraduate or graduate program in BC.
- \$2,000 bursaries for full-time students in certificate, diploma, or trades programs or part-time students in a degree program

### **Eligibility**

- You must be from a BC First Nation or an Aboriginal permanent resident of BC.
- You must be registered for classes between September 2018—April 2019.
- Full-time (4 class minimum per semester) and part-time (2 class min per semester) college, university, trades, or technical program are eligible. for a full list of eligible programs visit **[bchydro.com/scholarships](http://bchydro.com/scholarships)**.

### **Personal information of applicant**

The information provided will be kept confidential and will be used only for the purpose of assessing the applicant's eligibility for BC Hydro scholarships and bursaries, and other relevant opportunities.

Full name: \_\_\_\_\_

Permanent address: \_\_\_\_\_

Indigenous Affiliation: \_\_\_\_\_

Email address: School Name: \_\_\_\_\_

Phone number: Student Number: \_\_\_\_\_

I declare that the information provided in this application is complete and correct. By signing, I agree to BC Hydro contacting me with opportunities related to employment, training, scholarships, and bursaries. And, I agree to BC Hydro using my name and photo in external and internal communications including websites and social media.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Consent of parent or guardian for applicants under the age of 18:

I, (print name) \_\_\_\_\_, of (address) \_\_\_\_\_, the parent or guardian of the person named above, consent to the above-named student applying for a BC Hydro award and to the disclosure of personal information for use during this application process.

Date: \_\_\_\_\_

Signature of parent or guardian: \_\_\_\_\_

**You must include the following in your application package:**

1. Proof of registration in a post-secondary program in BC
2. Answer the following questions in 100 words (each) or less:
  - a. Describe your program and why it interests you.
  - b. What activities do you participate in outside of school (community service, sports, work, recreation)?
  - c. What makes you a good candidate for a BC Hydro scholarship or bursary?
3. Proof of Indigenous ancestry; photocopy of status card or letter from band.
4. Unofficial transcript from most current year of studies.

**Evaluation**

Applications will be evaluated based on the responses in your personal summary. Grades will also be taken into consideration.

All applicants will automatically be considered for the Randy Brant scholarship. The Randy Brant scholarship is awarded to the top overall applicant—based on grades, community service, and career path.

**Submit your complete application by May 15, 2018 to [Indigenous.Awards@bchydro.com](mailto:Indigenous.Awards@bchydro.com)**

\*Only electronic submissions will be accepted. Include all attachments in 1 email. We will send you an email notification when your application has been received.

# Kwantlen Member Training

## Fish and Water Quality Monitoring on McMillan Island

Thursday & Friday, May 10<sup>th</sup> & 11<sup>th</sup>, 2018

From 1:00 pm - 4:00 pm each day  
Outside hands-on experience



This one-time training is for KFN members who are interested in gaining knowledge and an understanding of the fish and water quality monitoring requirements by DFO for the fish habitat channel north-west of Glover Road. The channel has been named George's Crick in honor of Kwantlen's Elder George Antone.

Monitoring is required to evaluate the success of the channel to provide fish rearing habitat. Rolf Sickmuller, the Senior Project Biologist from Envirowest Consultants Inc. who designed the channel, will provide the training.

Rolf would like KFN members to assist with the annual monitoring over the next five years. Twelve weekly visits are required each year during March, April and May. This can provide members with a great employment opportunity.



An honorarium of \$100 per day and a Certificate will be provided to each participant who signs in and completes the training.

### Monitoring Includes:

- Thursday, Obtain water quality readings/set out 10 fish traps
- Friday, Collect, identify and document the captured fish
- Visual assessment of planted vegetation
- Visual assessment of the physical stability
- Hands-on experience

### What to expect:

Rain or shine, this training will take place! Be prepared if it rains. The channel slope can get muddy and very slippery. Be mindful of any health conditions you may have.

### What to Bring:

Rain jacket and suitable clothing/footwear for the weather and slippery slopes. Unfortunately, we can't provide any of the above.

### Registration Information:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Location:

Kwantlen First Nation Cultural Centre

### To Register:

Email or drop off this completed form to Christine Loewen or reception at the Kwantlen Administration Office. Or call Christine to register.

### Questions:

Please contact Christine Loewen at 604-888-2488 or [Chrisne.Loewen@kwantlenfn.ca](mailto:Chrisne.Loewen@kwantlenfn.ca)

**Sign up now!**