

SAY LANDS NEWSLETTER

February 2024 / Vol 05

IN THIS ISSUE:

- BC Code Update for March
- Cultural Programs & Community Language Classes
- Drop in sessions
- Events
- Employment opportunities
- Fitness Centre
- Hawk App
- Quarterly Open House
- Regional Health Survey
- SAY Maintenance Staff
- Skowkale Housing Project
- Skowkale Walking Path
- Tomiyeqw - Logo Contest
- Tomiyeqw - Meet the Board Members
- Upcoming events/programs flyers

S.A.Y January Open House!



More inside!

Coming soon!

New SAY WHAT VIDEO!!

The SAY Lands office is always looking for community members that would like to be featured/starred in the SAY WHAT video series; interested in starring? Contact Wanda Dartnell -

Wanda.Dartnell@skowkalefn.com

Next series will be focused around maintenance for homeowners!

SAY Health & Community Centre

7256 Chilliwack River Road, Chilliwack BC V2R-4L9



778-731-0776



www.skowkalefn.com / www.saylandsoffice.ca

BC CODES UPDATE FROM SAY BUILDING INSPECTOR

SAY communities adopted the BC Building Code for implementation in our community and has overseen the construction of many homes and buildings using this as the minimum to ensure safe and sustainable buildings. Last year, changes were made to the code to implement the 'Step Code', which we have at this time declined to adopt until more information is known on the impacts to costs. Following that, a proposed new version of the BC Building Code has been announced and is expected to be approved on March 8.

BC-specific changes effective March 2024

More complete and specific language for constructing extended rough-ins for radon subfloor depressurization systems adopting cooling requirements to provide one living space that does not exceed 26 degrees Celsius retaining existing ventilation requirements for systems serving single dwelling units.

SKOWKALE APRTMENT BUILDING CONSTRSTUON

As well 7249 Temelhem Cr. PL received their building permit for the 20-unit 2 story apartment building in Mid-January. Recently last week the footings for the apartment building have been placed and building is underway.



Cultural Programs & Community Language Classes

Program runs every Tuesday evening 5:30-7:30pm, and a supporting piece each Thursday 5:30-7:30pm with the community language classes.

In January cultural programs were able to secure additional 20 seats for belt-making which was a popular request from members who are trying to build their regalia, Dr. Jeanne Paul did multiple medicinal plant learning lectures, and groups completed drum painting!

Winter & Family topics were covered in Halq'emeylem Class and activities for language enrichment included Indian Ice Cream, oven bread, fish hash & more. We are coming to the end of our introductory period for language class and will be moving into a more structured immersion class going into the new fiscal year. Participants this year have been at a beginners level.



Interested in attending?

Please connect with Cultural Coordinator Sabrina Bob -
Sabrina.Bob@saylandsoffice.ca / 604-262-9835

LOOKING FOR A PAST ISSUE OF THE NEWSLETTER?

All newsletters are shared via email monthly, and delivered to elder households. To access past issues of newsletter, check out www.skowkalefn.com or www.saylandsoffice.ca.

LOOKING FOR MEMBERSHIP?

Check out Skowkalefn.com under the members login section for membership application form. For more information, please connect with Skowkale records clerk; Shayla Malloway via shayla.malloway@saylandsoffice.ca / 778-731-0776



SKOWKALE MEMEBER BENEFITS

member benefit program

Please direct all applications and inquires to:
Sarah Ewen, Child and Family Advocate



Sports Leisure & Rec



Extended Health



Education Incentive



Family Celebration Meal



Family Connection Activity



Elder's Benefit

● Application Deadline(s)

● Payment Date(s)

JANUARY

SU	MO	TU	WE	TH	FR	SA
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY

SU	MO	TU	WE	TH	FR	SA
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

MARCH

SU	MO	TU	WE	TH	FR	SA
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SKOWKALE CHILDCARE CENTRE HEADSTART PROGRAM

HEAD START PROGRAM

PARENT PARTICIPATION PROGRAM FOR CAREGIVERS WITH CHILDREN AGES 0-6 YEARS OLD. DAILY ACTIVITIES, CIRCLE TIME, OUTDOOR PLAY, & SNACK. OCCASSIONAL GUEST SPEAKERS, FIELD TRIPS, & MONTHLY FAMILY NIGHTS!

MONDAY-THURSDAY 9:30AM-11:30AM,
SEPT-JUNE

CHILDCARE SERVICES

INFANT TODDLER CARE, 3-5 YEAR OLD CARE, & OUT OF SCHOOL CARE (5-12 Y/O); WHICH OFFERS AFTER SCHOOL CARE & FULL DAY SPRING/SUMMER/PRO DAY CARE.



QUESTIONS:
JEMMA.BOWEN@SKOWKALEFN.COM
604-991-0307
46337 SMOKEHOUSE RD

DROP-IN SESSIONS

We now have a monthly drop in where our doors are open to answer your questions. Just stop by anytime between 9-3pm pm February 21st to ask questions, get assistance with forms, leave a message, or just have a look around. If you're looking to spend a few minutes with Stacy McNeil, our Executive Director come by between 1-2pm.

SKOWKALE HOUSING UPDATE

Skowkale is currently underway construction of five small homes geared towards elders or singles. Applications opened in early December 2023 with a submission deadline of January 19,2024. All that submitted applications will receive communications from the SAY Lands office on January 31,2024 regarding next steps. Small homes are planned to be move-in ready mid-summer 2024. The SAY Lands office will provide an update in December 2024 regarding the apartment building and townhomes, at this time they are not accepting applications and there will be no waiting list.

CURBSIDE COLLECTION PROGRAM


Please have your items curbside no later than 7:00 am on collection day

- Sq'ewqéyls Scheduled collection occurs Tuesday (Sq'ewqéyl Zone A) Thursday (Sq'ewqéyl Zone B) and 7:00 am and 5:00 pm.
- Our service provider is Emterra and our program mirrors the City of Chilliwack's
- If you do not receive collection by 5:00 PM, please notify Property Manager; Jesse Fraser.
- Households were provided with a starter set of bins, any additional bins can be purchased as needed by the household.
- Compostable Waste (food waste, food-soiled paper and yard waste) is collected weekly from Green Carts (120L)
 - In addition to your green cart, you can place up to 10 EXTRA yard waste bags or bundles per week.
 - Green Carts are registered to the address
- Recycling is collected weekly (unlimited containers, up to 121L ea)
 - The following items are not accepted: Blue Bags, soft stretchy plastic bags & overwrap, foam packaging, chip bags, Ziploc, Batteries, electronics, light bulbs, paint cans, other hazardous waste.
- Garbage is collected bi-weekly (Two Bags or up to two 121L containers every second week)
 - Extra Bag tags can be purchased by homeowners from Save-on-Foods as needed
- Glass is collected bi-weekly
 - Remember to rinse containers, remove lids & place in your grey bin

Suites/Rental units are not included as separate households unless the address is set-up separately & is member inhabited.

DOG WASTE COLLECTION

Recently the SAY Lands office has been receiving complaints about dog waste not being properly taken care of. A friendly reminder to all that your animals should be leashed at all times and you are required to clean up after them. At this time we would like to remind all that our SAY building, community cemetery and parks are not pet friendly areas, signage will be posted soon. Be a good neighbor and clean up after your four legged friend, and if you see someone not following guidelines please remind them!



Keep dogs on-leash
and pick up after
them!



EMPLOYMENT OPPORUNITIES



www.skowkalefn.com
www.saylandsoffice.ca

[Halq'eméylem Language & Heritage Preservationist / Skowkale First Nation](#)

[Community Safety Coordinator / SAY Lands](#)

[Early Childhood Educator - Infant Toddler / Skowkale First Nation](#)

[Recreation Coordinator / SAY Lands](#)

SAY HEALTH & COMMUNITY - FITNESS CENTRE

Interested in using the fitness gym?


Gym is available 24/7 with access card.

Contact Skowkale Community service & programs manager Ashley Lockerby for 4:00pm-7:00am key scan access -
Ashley.Lockerby@skowkalefn.com



REGIONAL HEALTH SURVEY

Skowkale will be participating in a voluntary nation-wide survey for First Nations people living on and off reserve. Questions will focus on health conditions/behaviors, wellness, housing, food, security, water quality and effects of Colonialism. Skowkale Chief and Council did provide the go ahead to participate in this survey however opted for our nation to randomly select its members and conduct the survey. This will ensure personal contact information will not be shared and only the survey result will be shared with FNHA. If you are selected to be apart of this survey, you will be contacted between Jan 15th-March 15th with results compiled and submitted by March 31, 2024. If you are contacted and agree to participate you will receive a \$25 gift card for your time. If you have any questions, please contact or email Wanda Dartnell at wanda.dartnell@skowkalefn.com



First Nations Health Authority
Health through wellness

REGIONAL HEALTH SURVEY (RHS4)

Sq'ewqeyl First Nation

Jan 15- March 15, 2024

Receive a \$25 gift card for participating

Ways to take the RHS4

- ONLINE
- OVER THE PHONE

What is the RHS4?

The RHS is a voluntary nation-wide survey for First Nations people living on reserve and in Northern communities. It asks about health conditions/behaviours, wellness, housing, food security, water quality, effects of Colonialism, etc.

Why take the RHS4?

The survey is important to gather data that will help in policy development and decision-making to improve the well-being of First Nations people. Your voice is important and we want to hear it

More information :

- fnha.ca/health-surveys
- RHS4@fnha.ca
- (833) 633 - 3642

You will be contacted if you are selected to participate

EVENTS

January Quarterly Open House

January 24, 2024 SAY hosted the last quarterly open house of 2023-24, communities are welcomed to drop in throughout 3:00-7:00pm for community updates, new services & programs, and speak with many service providers.

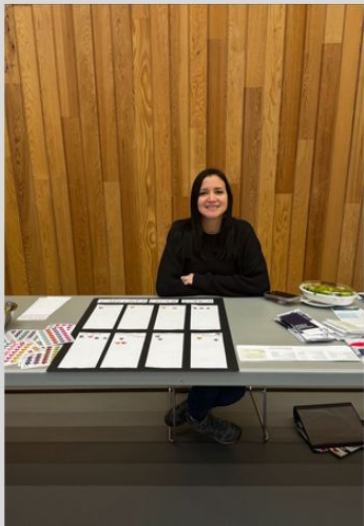
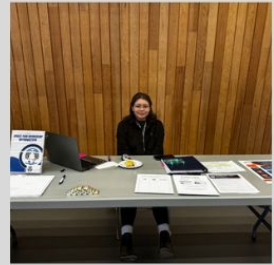
Service providers in attendance included SASET, Stolo Archieves & Genology, Stolo Education, Stolo Community Futures, Stolo Community Health, Qwí:qwelstóm, HUB Barton Insurance & Skills Trades BC.

Next SAY Open House will be Wednesday April 24, 2024. Make sure to mark your calendars!





S.A.Y Quarterly Open House January



PUBLIC WORKS - PUTS SAFETY FIRST



**MEET OUR MAINTENANCE WORKERS
ALWAYS HERE WHEN WE NEED THEM**

ANTHONY



NATASHA



SILAS



**SAY Property Manager - Jesse Fraser
Jesse.Fraser@saylandsoffice.ca / 604-819-0682**



**S.A.Y. LANDS
OFFICE**
SKOWKALE
AITCHELITZ
YAKWEAKWIOOSE

**HABITAT STEWARDSHIP
APPRENTICE**

S.A.Y

WALKING TRAIL

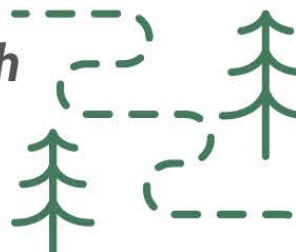


GATHERING SPACE

We're happy to welcome you to a gathering space on our S.A.Y walking trail. This space can be used as a quiet space to sit and take in the beautiful nature. Features like the rock seats, the mulch floor, and the stick fence behind you, makes it a hidden spot right across the Yakweakwioose Long house.



*New Gathering
space on the North
side of Knight Rd
coming soon!*



TOMIYEQW - ECONOMIC DEVELOPMENT

The board of directors have held their first board meeting. During the meeting they were provided draft documents for review. Tomiyeqw has held two town hall meetings at SAY health and community center for community to drop in, they also have a upcoming townhall March 12 4:00-6:00pm, they also were in attendance at the last SAY quarterly open house. In November 2023 all Skowkale adult members received a email with a questionnaire around values and are seeking input to help shape the future economic development. The board members will be attending a half day planning session in mid-February, during that time all workplans and documents will be approved.

TOMIYEQW BOARD OF DIRECTORS NEEDED!

Are you interested in being a part of our BOARD OF DIRECTORS for Economic Development??

- Developing partnerships with funders, businesses, government.
- Researching and writing grant proposals.
- Developing policies to support community programs and projects that educate and grow the community.



CONTACT
 Michael Geoghegan at
michael.geoghegan@tomiyeqwdevcorp.ca
 or 778-731-0776



TOMIYEQW

Economic Development **
NEEDS A LOGO **



During the month of February, we will be having a contest for any member to submit their art to be the next Tomiyeqw Logo.

Submissions must be received by 4pm February 29, 2024
 Mail to: Michael.Geoghegan@tomiyeqwdevcorp.ca or dropped at
 S.A.Y Lands Office Reception



TOMIYEQW

Economic Development

IMPORTANT DATES



JAN 30 4-6pm

TOWN HALL

Come hear about what Economic Opportunities we have discovered



Feb 8 12 -4pm

Board of Directors - Planning Session

Make sure you have submitted your Questionnaire if you would like to have a voice or.. Join the committee !!



Feb 1-29 - 4pm

Logo Contest closes

Have your submissions



March 12 - 4-6pm

TOWN HALL

Come here about what was discussed at planning - what will 2024 bring
 Logo contest results
 NEW...Economic Opportunities

Michael.Geoghegan@tomiyeqwdevcorp.ca

MEET THE BOARD MEMBERS OF TOMIYEQW - DEREK HANSOM



Derek has extensive experience in community and social development including health, First Nations leadership engagement, the incorporation of values and how that integrates into services and decision making. Prior to his current role with Hungerford Properties (an Indigenous Real Estate and Development Company), Derek supported the Regional Chief of BC on his Economic Development file. Derek has a range of professional experience including work with Simon Fraser University, BC Assembly of First Nations, Stó:lō Service Agency, Unceded Management Services and Coast Educational Development and Research.

Derek served two terms as an elected Councillor for Skowkale First Nation and has held numerous roles such as Vice President of Tselxweyeqw Tribe, member of the First Nations Health Council, and a Director role with Seven Generations Environmental Services. He currently sits as a Board member for the BC First Nations Gaming Revenue Society and the Kawatsi Economic Development Corporation.

Derek holds a Masters of Business Degree in Aboriginal Business and Leadership from Simon Fraser University and was one of 35 Canadians selected to participate in the Leading People and Investing to Build Sustainable Communities Executive Program (2019) through the Harvard School of Business.

MEET THE BOARD MEMBERS OF TOMIYEQW - LEANNA KEMP



Leanna is currently the Executive Director of the Chilliwack Chamber of Commerce.

Leanna has a diverse career history including a 21 year career as an Operations Consultant with McDonald's Restaurants as well as the Executive Director of Chilliwack Restorative Justice and Youth Advocacy. Also a mom of two young children, Tyler (11) and Ella (10) and wife of 12 years to Jason Kemp.

Leanna's diversified leadership skills have been borne out of customer service and relationship building. She has a passion for people and lives the motto, "Great things in business are never done by one person, they are done by a team of people" and throughout her career has a proven track record in leadership and mentoring teams to actively engage and be a part of the plan. She naturally fosters inspiring, formidable and engaging team spirit.

She is a recognized and respected leader in the community, with strong ties to a number of community and business organizations throughout the Fraser Valley. Most recently she has founded the Chilliwack Women's Leadership Collective- a group focused on bringing together a diverse group of individuals who engage, empower and advocate for the elevation of women in business. Leanna has also taken up a passion with respect to creating an Inclusive community and has been working actively to create conversation in her community on "Bridging the Gaps" with Indigenous partners as well as joining a task force to assist the City of Chilliwack in ensuring the City itself is inclusive in all forms.

In her current role as the Executive Director of the Chilliwack Chamber of Commerce, she is actively responsible for executing four key objectives with respect to their 600+ members. Connect, Advocate, Recognize and Educate.

MEET THE BOARD MEMBERS OF TOMIYEQW - NICHOLAS POINT



I am the youngest child of Mark and Brenda Point. I am a Sto:lo/Coast Salish on my Father's side, Anishinaabe, Cree and Metis on my Mother's side. I am born and raised and registered member of Skowkale First Nation in Chilliwack BC. From a young age, I was raised and instilled with the philosophy that we need to get educated and strive to build ourselves as a strong sovereign nation, while remaining rooted in our indigenous identity, culture, and values.

I am currently working as an administrator for All Nations Mestiyexw, an Indigenous collective, leading the way for meaningful Indigenous participation in the licensed cannabis industry, with a strong focus on supporting First Nations to participate in the cannabis sector and increase nation-owned revenue sources. Prior to working with All Nations, I worked as a personal banker at the RBC Royal Bank, where I managed the indigenous lending portfolio for on reserve mortgages and chaired the BC Royal Eagles. This group has a mission was to increase awareness on indigenous matters and history, improve the indigenous employee experience, and promote RBC as an employer of choice for indigenous peoples.

Since 2015, I have participated in many committees under the Skowkale Governance model, including, election code, policy, finance, governance, comprehensive community planning and housing. In the fall of 2023, I accepted an appointment as a board member for Sto:lo Community Futures, an organization with a mission to provide Indigenous entrepreneurs and First Nation communities within S'ólh Téméxw, with a wide range of business and economic development programs and services.

I graduated from the University of the Fraser Valley in 2019, where I earned a bachelor's degree in business administration, with a major in Human Resources. Furthermore, I hold a certificate from the Ch'nook Aboriginal Management program from the UBC Sauder School of Business. I am honoured and excited at the opportunity to partake and support the Tomiyeqw Development Corporation and our mission to create economic prosperity for our nation, and our pursuit of building a sustainable, sovereign Skowkale First Nation.

**SKOWKALE, AITCHELITZ,
YAKWEAKWIOOSE**

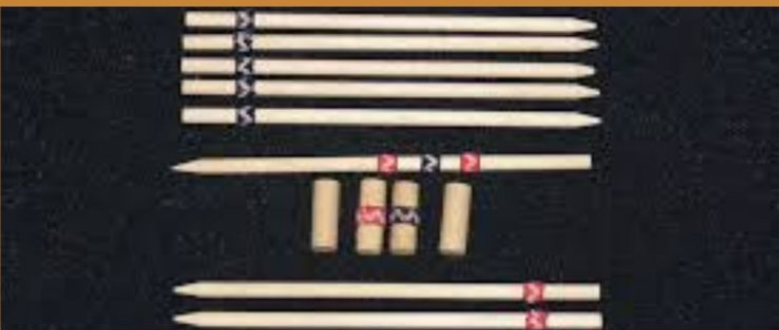
SLAHAL, MAKE A SET AND PLAY!!

FEB.8/24

5:30-7:30PM

REGISTRATION

ABRINA.BOB@SAYLANDSOFFICE.CA
OR (604) 262-9835



SQ'EWQÉYL • ÁTHELETS • YEQWYEQWÍ:WS

CULTURAL PROGRAMS

BELT MAKING CLASS

10 members per class

TIME

5:30- 9:30 PM

DATE

**RESCHEDULED
February 13,2024**

Register via link or with Sabrina at sabrina.bob@saylandsoffice.ca



Language Class Topic

Devils Club Salve

February 15,2024

5:30 - 7:30 at The'itseliya

Join us for our weekly community language class & to create your own devils club salve.

Registration Required

For more information contact Sabrina Bob
at 604-262-9835 or
Sabrina.Bob@saylandsoffice.ca

SQ'EWQÉYL • ÁTHELETS • YEQWYEQWÍ:WS

ELDERS DINNER & CONCERT

THE MOST INCREDIBLE TRIBUTES IN CONCERT!



**ELVIS
PRESLEY**

**ROY
ORBISON**

**JOHNNY
CASH**

**HANK
WILLIAMS**

Join us for dinner at The'itseliya, and then head over to the Chilliwack Cultural Center for their presentation of "LEGENDS SHOW" - Bringing the most outstanding performers live on stage. Accompanied by the Rockin' Royals Band, this show will feature the most incredible Tributes to Hank Williams (Zachary Stevenson), Johnny Cash (Lars Pluto), Roy Orbison (Jesse Aron), and Elvis Presley (Pete Paquette).

MONDAY, FEBRUARY 19, 2024

SAY ELDERS

(as defined by each band)

Meet @ SAY - 5:15 pm

Dinner Served - 5:30 pm

Make way to Chwk CC - 6:30 pm

Show start - 7:00pm

TRANSPORATION AVAILABLE

Transportation available upon request; pick-up & drop-off. The concert runs until 9:00pm; if you are not able to drive after dark please request transportation.

Contact: Ashley Lockerby
Ashley.Lockerby@skowkalefn.com
6048916221



**REGISTER HERE
OR CONTACT US
TODAY!**

OFFICE
CLOSURE
FAMILY DAY

The'í:tselíya offices will be closed
Monday February 19,2024 for Family Day,
Regular business resumes
Tuesday February 20,2024.


Skowkale, Aitchelitz, Yakweakwioose
Join us at SAY Hall

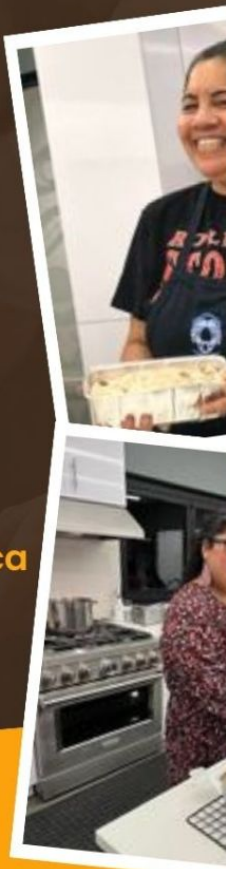
**Family Traditions
Cooking!!**

January.25th and
February..27th

Lets share family traditions and create
delicious snacks!

**Please Register w/
Sabrina.bob@saylandsoffice.ca**

 5:30-7:30



Culture Programs

*Ribbon
Clothing*

Tuesday February 20,2024

5:30 - 7:30 pm at The'í:tselíya

Sabrina.Bob@saylandsoffice.ca
604-262-9835
Please register for meal planning
purposes.



Culture Program

*Drumming
Protocol*

March.19th & 26th
5:30 - 7:30 pm at The'í:tselíya

Please register for planning purposes.

Sabrina.Bob@saylandsoffice.ca
604-262-9835

Skowkale, Aitchelitz, Yakweawioose



Stinging Nettle

Join us in making medicines, tea, and learning about the health benefits of stinging nettle!

March.21st/2024
Thursday 5:30-7:30pm

Please register with Sabrina at sabrina.bob@saylandsoffice.ca



LET'S CELEBRATE TOGETHER!

S.A.Y Easter Brunch & Egg Hunt

MARCH 24, 2024 | 10 AM - 12 PM

Join us for brunch and Easter egg hunt!
Volunteers Welcome!

RSVP via the link or by scanning the QR code below;
<https://forms.office.com/r/K3HrCK6Rcx?origin=IprLink>

HOLIDAY OFFICES CLOSURE

SAY HEALTH & COMMUNITY
CENTRE WILL BE CLOSED
FRIDAY MARCH 29, 2024 FOR
GOOD FRIDAY & MONDAY
APRIL 1 FOR EASTER MONDAY,
REGULAR BUSINESS RESUMES
TUESDAY APRIL 2, 2024

S.A.Y QUARTERLY OPEN HOUSE

Join us April 24, 2024
3:00-7:00pm for our
quarterly open house!
Drop in throughout,
dinner served
4:30-6:30pm, door prizes
& BINGO!



iy - SAY Health &
ity Centre
liwack River Road
k BC, V2R-4L9