



STÓ:LŌ BULLETIN

OCTOBER 2025

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)

Birthday celebrations were held this month with a milestone birthday observed within our office.



Office of the Executive Director (OED) staff hosted a successful Stó:lō Heritage Trust Society (SHTS) Xá:ytem properties AGM via Zoom platform on September 17, 2025. This meeting is held to update communities on the work that continues to be completed at the Xá:ytem properties site, which in turn keeps Stó:lō Heritage Trust Society's charitable status current and effective. Two new Board of Director members were nominated and have agreed to accept the position. The Board members who have agreed to another term for SHTS are Cynthia Collins of Máthxwi First Nation (FN), Tumia Knott of Kwantlen FN, and Sandy McDonald (Chair) of Leq'á:mel FN. Newly elected members are Monica Florence of Chawathil FN and Iris Point of Semá:th FN.

Work continued with the Stó:lō Collective committee where monthly meetings are held to discuss the jointly owned properties. The Stó:lō Collective website has a launch date of October 2025. This website will offer updates on the properties specifically the demolition process happening at Pekw'xe:yles.

The OED are preparing for the upcoming Management team, Occupational Health and Safety and Stó:lō Nation Chiefs Council meetings.

We need to be mindful of the cooler months ahead. Please be considerate of your fellow office workers and limit your in-office interactions if you are not feeling 100% to eliminate passing your illness to others.





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XYÓLHMET YE SYÉWIQWÉLH (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) 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.

RESIDENTIAL SCHOOL UPDATE:

This CBC article recently came out about the destruction of residential school records of abuses taken during the Independent Assessment Process. If Survivors provided a statement as part of the IAP, their records will be destroyed in 2027 unless they request their files for themselves or consent to send them to the National Centre for Truth and Reconciliation. This would be good information for you to know and be able to share with anyone who this may affect. Contact Kathleen.Bertrand@stolonation.bc.ca with any questions.

[CBC News: Files documenting worst abuses at residential schools to be destroyed unless survivors ask otherwise](#)

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 31st.



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.

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.**

Located at Building #19-7201 Vedder Rd. Chilliwack, BC

Email us with any inquiries to: sales@stologiftshop.com





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STÓ:LŌ ABORIGINAL SKILLS AND EMPLOYMENT TRAINING (SASET)

Upcoming SASET Training Program

Youth in trades are offering weekly completion incentives. Carpentry program dual credit with school district!

- [Level 1 Lather Training](#) - FTI Surrey, Sept. 8 – Oct. 17, 2025
- [Employment Training](#) - Various communities & dates
- [Basic Computer Training](#) - Call to book! 604-858-3691
- [Service Canada](#) - Various locations & times
- [Carpentry Foundations](#) - Trades Centre, Sept. 8 – Mar. 20, 2026
- [Indigenous Labour Market Survey](#) - \$50 gift card for every completed survey!
- [ECE Training](#) - School of your choice, call 604-858-3691 or email info@saset.ca
- [Culinary Arts](#) - UFV, Jan. 13, 2025
- [Try A Trade Program](#) - Sts'ailes Community School, Nov. 2025
- [Get Your L](#) - SASET Chilliwack, Oct. 24, 2025
- [Employment 101](#) - SASET Chilliwack, Oct. 17, 2025



SASET CDP Outreach Schedule



SSA MEMORANDUM – INCOME ASSISTANCE DEPARTMENT (SASET Client Memo)

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. Please see the letter regarding inflation relief benefits.

To view the full Income Assistance client memos:

[Employment Action Plan](#)

[Food Allowance Memo](#)

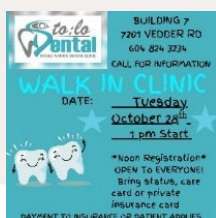
STÓ:LŌ HEALTH SERVICES

STÓ:LŌ DENTAL OFFICE

Walk-in Dental Clinic: October 28, 2025, noon registration.

Fall: Open on Saturday dates. Click on the flyer for more information.

Call to book your dental appointment 604-824-3234.



Corrina at Chawathil Health event on Sept. 25



Dental Staff Team bonding event.





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QWÍ:QWELSTÓM EVENTS

Language Class

Every Wednesday
9:00-10:00am

WellBriety

Every Wednesday
4:30-6:30pm

Men's Respectful Relationships

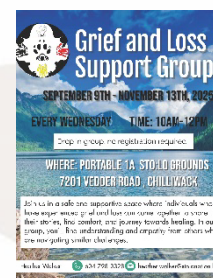
Tuesdays from Sept. 9 – Nov. 13, 2025
1:00-2:30pm

Pathway to Redroad Program

Tuesdays & Thursdays Sept. 9 – Nov. 13, 2025
10:00am-12:00pm

Grief and Loss Support Group

Every Wednesday Sept. 9 – Nov. 13, 2025
10:00am-12:00pm



Á:LMÉLHÁWTXW: Early Education Centre

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



Head Start Newsletter



Head Start Calendar

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 October. Book NOW! Jane App: [Book an appointment with Dr. Smith here:](#) or 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





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STÓ:LŌ COUNSELLING

[Book an appointment with Bel Bhushan here:](#)

or call 604-824-3200



Looking for Nutrition Advice?

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

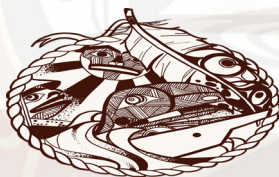


PHYSIOTHERAPY

Call 604-824-2681 to book an appointment



MÉMIYELHTEL PROGRAM

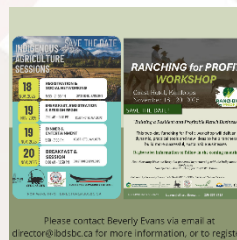


STÓ:LŌ COMMUNITY FUTURES

Ranching for Profit Workshop November 18-20, 2025.

Indigenous entrepreneur who's thinking about starting or growing a business to connect with us for free support (advice, workshops, loans, and referrals). Phone 604-858-0009 or Book on line-

<https://outlook.office365.com/book/TestingpageforSCFWebsite@stolonation.bc.ca/?ismsaljsauthenabed=true>



CLASS ACTION SUPPORT:

Indigenous Community Legal Clinic Intake Line: 604-822-1311,

These UBC Law Students assist with drawing up Wills, and filing Class Action Lawsuits, beginning July 1, 2025.

Please call as needed. ICLC@Allard.UBC.CA

Researchers working on the Kamloops Indian Residential School are starting to conduct interviews with former students and family members and help former students find their records.





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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

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 Small and large boardrooms- [Abby Duncan](#) / [Kelly Willmets](#)
 - Building 10 Floor 1- [Tracey Joe](#) / [Tara Green](#)
 - Building 10 Floor 2 – [Tracey Joe](#) / [Tara Green](#)
 - Longhouse Bookings -[Tracey Joe](#) / [Tara Green](#) / [Jade Point](#)
- 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.
- USE THE MAINTENANCE REQUEST FORM (www.stolonation.bc.ca/mrf) for sending all requests to the Maintenance Team. Verbal, phone, or email requests not on the form will not be accepted. You can also use the QR code for easy access to the form.



HOMEWOOD HEALTH

Effective May 1, 2025, Homewood Health is the new provider for the employee assistance and workplace mental health program. All employees and dependent family members will have access to a range of employee assistance, mental health and wellness services. For over 140 years, Homewood Health has been Canada's leader in mental health services. If you are currently utilizing the Telus EFAP, you can continue until your issue is resolved (within the maximum plan). To connect with EFAP for a new situation after May 1, 2025 please contact Homewood Health. [Click here for updated articles.](#)

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.





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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 at SSA



Thank you, Chief Angie Bailey for the welcoming.



Thank you, Winchester for hosting.





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