



FVACFSS Board of Directors Update

Meeting with Stakeholders

Ey swayel ye si:ya:yes (good day my friends),

Ts'itthometsel kw'e ta' tem telo wayel (I thank you for your time today).

I would like to send an extended thank you to all our stakeholders and communities. Your patience and understanding as we move into our independence is very much appreciated. We would like to take some time to share with you the key issues we (the Board of Directors) are addressing now.

Key factors that are helping set the foundation of our agency's day to day operation include establishing Funding Agreements reflective of how we want to provide our services and implementing cultural values and traditions with our daily work. We are currently in discussion with the Ministry of Children and Family Development (MCFD) regarding our funding agreement. The meetings are productive and we are establishing guidelines of our continued efforts to have healthy relationships with our funders. Although, the process is time consuming, all parties are all benefiting from dissecting all of our services to assure the budget fits the service. It is very apparent that our staff have an enormous workload and putting a dollar amount to that workload will be a tenacious, rigorous and diligent process.

We have not completed our discussions with Indian and Northern Affairs Canada (INAC) as of yet but because of this process the agency may consider separating on and off reserve services and funding. The current negotiations with MCFD will help when we reconvene our meetings with INAC to establish responsibilities regarding service and budgets. We are fortunate our discussions with the provincial funders have a commonality that we want what is best for delivery of services and will empower our parents and forefront - maintain safety for our children.



We also continue to receive positive feedback about the celebration we had because we signed the Tripartite Delegated Enabling Agreement. People were impressed with the cultural entertainment and the involvement of the youth. We are thriving on the energy from that day to continue to tackle the important issues regarding our agency. It is a good starting point on setting a foundation on how we want to interact with our stakeholders and communities. We want to open our hearts and minds and work with all of our stakeholders and communities. Therefore, we want to establish dates to proceed with visits to all the stakeholders that signed the Delegation Enabling Agreement. We believe that effective communication is essential in the process of assuring our children are safe. It is important to the Board, that all communication is "done in a good way" as our Elder Joe Aleck says - honourable to the process and more importantly the people. With that said, we look forward to meeting with all the stakeholders.

Respectfully,

Joanne Jefferson, President
Board of Directors

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Supporting Our Youth

Seeking Mentors

FVACFSS is looking for volunteer MENTORS within the regions of Abbotsford, Chilliwack and Langley.

WE ARE LOOKING FOR strong community ambassadors to help us build a healthy, safe and nurturing environment in the Fraser Valley.

ARE YOU looking for a way to help support families and communities, but just aren't sure where to start and over the age of 19?

ARE YOU a compassionate and caring individual, wanting to make a difference in a young person's life?

If you are committed to helping make a change, learning about the Aboriginal culture of our communities, and are ready for an experience that will not only impact your life but the lives of those around you.



You needn't look any further...to get involved or for more information contact your local Community Development Worker (CDW):

Julia McCaffrey, CDW, Chilliwack
Phone (604) 858-0113
Toll Free 1-800-663-9393
julia.mccaffrey@xyolhemeylh.bc.ca

Gary Robinson, CDW, Langley
Phone (604) 532-3684
gary.robinson@xyolhemeylh.bc.ca

Annie Silver, CDW, Abbotsford
Phone (604) 755-1200
Toll Free 1-877-870-5894
annie.silver@xyolhemeylh.bc.ca

All volunteers are required to fill out an application form, police criminal record check, reference check and be matched in a program based on application approval.

The Board of Directors includes the following members:

- Joanne Jefferson (President, Skowkale)
- Jennifer Roberts (Vice-President, Tzeachten)
- Rosemary Trehearne (Secretary & Treasurer, Urban)
- June Jimmie (Board Member, Squiala)
- Cecille Comeau (Board Member, In-SHUCK-ch)
- Rachel Miller (Board Membr, Tzeachten)

MARK YOUR CALENDARS



**YOU ARE INVITED TO ATTEND
THE FVACFSS ANNUAL GENERAL
MEETING ON FEBRUARY 15, 2012.
THE VENUE IS STILL TENTATIVE,
HOWEVER DETAILS WILL BE MAILED
DIRECTLY TO OUR MEMBERS AND
ADVERTISED IN THE LOCAL PAPERS
ACROSS THE FRASER VALLEY.**

**IF YOU WISH TO BE ADDED TO THE
MAIL DISTRIBUTION, PLEASE E-MAIL
JULIE.OCONNOR@XYOLHEMEYLH.
BC.CA WITH YOUR CONTACT
INFORMATION!**

THE GRUB BOX!

Recipe by Sonya Halper



WHITE CHOCOLATE RASPBERRY CHEESECAKE

Yummy!



Ingredients

- 1 cup chocolate cookie crumbs
- 3 tablespoons white sugar
- 1/4 cup butter, melted
- 1 (10 ounce) package frozen raspberries
- 2 tablespoons white sugar
- 2 teaspoons cornstarch
- 1/2 cup water
- 2 cups white chocolate chips
- 1/2 cup half-and-half cream
- 3 (8 ounce) packages cream cheese, softened
- 1/2 cup white sugar
- 3 eggs
- 1 teaspoon vanilla extract

Preparation

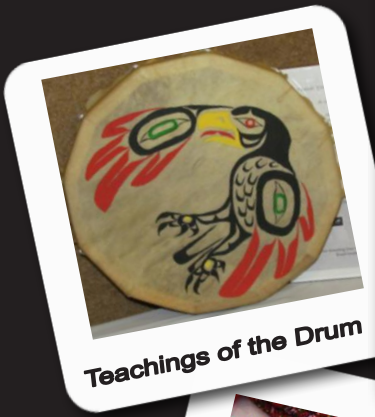
1. In a medium bowl, mix together cookie crumbs, 3 tablespoons sugar, and melted butter. Press mixture into the bottom of a 9 inch spring form pan.
2. In a saucepan, combine raspberries, 2 tablespoons sugar, cornstarch, and water. Bring to boil, and continue boiling 5 minutes, or until sauce is thick. Strain sauce through a mesh strainer to remove seeds.
3. Preheat oven to 325 degrees F (165 degrees C). In a metal bowl over a pan of simmering water, melt white chocolate chips with half-and-half, stirring occasionally until smooth.
4. In a large bowl, mix together cream cheese and 1/2 cup sugar until smooth. Beat in eggs one at a time. Blend in vanilla and melted white chocolate. Pour half of batter over crust. Spoon 3 tablespoons raspberry sauce over batter. Pour remaining cheesecake batter into pan, and again spoon 3 tablespoons raspberry sauce over the top. Swirl batter with the tip of a knife to create a marbled effect.
5. Bake for 55 to 60 minutes, or until filling is set. Cool, cover with plastic wrap, and refrigerate for 8 hours before removing from pan. Serve with remaining raspberry sauce.
6. ENJOY!

[Sonya Halper is the North Region Acting Manager. Sonya comes from Langley regional office where she worked as the Regional Supervisor. She has worked with FVACFSS for 17 years].

Aboriginal Cultural Training

SAVE THE DATE: March 8, 2012

Sponsored by:
Fraser Valley Aboriginal Children
and Family Services Society,
Fraser Health □ Aboriginal Health
and Sumas First Nation



Teachings of the Drum



Medicine Wheel Teachings



Metis Teachings



Traditional Foods & Medicine

WE ARE PLEASED TO ANNOUNCE THE UPCOMING ABORIGINAL CULTURAL TRAINING OPPORTUNITY. This informative day will provide participants with a greater understanding of the history of the migration of the Stó:lō people through their traditional territory. They will also increase their awareness and knowledge of First Nations and Métis culture within the Fraser Valley.



TOOL TIME FOR TEENS

**AD Rundle Middle School
45660 Hocking Avenue, Chilliwack
October 17 to December 5, 2011
Monday at 2:30-4:30 p.m.**

Tooltime is an eight week program that helps youth to learn the tools for building healthier relationships, how to communicate, how to build trust, love, and gain respect from others. For youth 12 years and up.

To register or for information contact Elly Janik, Prevention Supervisor at 604-858-0113 or elly.janik@xyolhemeylh.bc.ca.

WOMEN'S CRAFT AND CULTURAL GROUP

**FVACFSS
Suite 102, 20621 Logan Avenue, Langley
Tuesday at 10 a.m. to 12 p.m.**

This is free gathering for women of all nations. For more information, contact Gary Robinson, Community Development Worker, at 604-532-3682.

POW WOW DANCE GROUP

**Nicomekl Elementary School
20050 - 53rd Avenue, Langley
Thursday at 3-5 p.m.**

An introduction to Pow Wow dancing for children ages 5 to 12. Parents and/or caregivers must stay during program. (Space is limited).

For more information, contact Gary Robinson, Community Development Worker, at 604-532-3682. This program is co-sponsored by the Fraser Valley Aboriginal Children and Family Services Society and Langley School District Aboriginal Program.

VIRTUES PARENTING GROUP

**Kekinow Common Room
5555 Knight Road, Chilliwack
Tuesday at 10 a.m. to 12 p.m.
October 18 & 25, November 1, 8, 15 & 29,
and December 7, 2011**

Group discussion and exercises about Family Virtues, Traditional family values and exposure to the Halq'eméylem language, self-care as it relates to the emotional, spiritual, intellectual and physical well-being and Infant massage. Facilitated by Mary D. Stewart, Koyàlemót, who shares with us her extensive experience in Early Childhood Education and family programming.

To register or for information contact Elly Janik, Prevention Supervisor at 604-858-0113 or elly.janik@xyolhemeylh.bc.ca.

ABORIGINAL POWER OF PARENTING PROGRAM

**Mission Friendship Centre
33150 1 Avenue, Mission
Tuesday and Thursday at 10-11 a.m.**

Aboriginal Power of Parenting Program at the Mission Friendship Centre in the Healing Room.

Contact Julie Anne at the Mission Friendship Centre at 604-826-1281.

TEEN TRADITIONAL KITCHEN

**Aldergrove Youth Drop-in Centre
Building 272 272 Street and the Fraser Highway
October 6 to December 8, 2011
Thursday at 4:30-7:30 p.m.**

Come and join us in preparing and sharing a meal. Gain new information on food preparation, nutrition and meal planning.

For more information and to register contact Norma Commodore, Toll Free: 1-877-870-5894 or stop by the drop in centre during the program.

FVACFSS CHILDREN CHRISTMAS PARTY

**Abbotsford Recreation Centre (2499 McMillan Road)
(West Regions in Abbotsford, Langley, Mission & area)
December 19, 2011 at 10-11:45 a.m.**

**Chilliwack Twin Rinks Ice Arena (5725 Tyson Road)
(Central/East Regions in Chilliwack, Agassiz, Hope & area)
December 20, 2011 at 4-5:45 p.m.**

Children in care are invited to a winter party delight! For more information about the FVACFSS Children Christmas Party, please e-mail Natalie Brandon, Events Coordinator at natalie.brandon@xyolhemeylh.bc.ca or call 604-858-0113, toll free 1-800-663-9393.

FAMILY CONFERENCE: FAMILY MATTERS

**Location to be determined
February 16 & 17, 2012**

Looking for an opportunity to gain inspiration and support in dealing with family issues such as parenting, family violence, addictions, depression, grief & loss etc. By attending our conference you will learn of the valuable resources available to you through FVACFSS. This will also be a time to celebrate who we are as Aboriginal people. Details on the location and conference, coming soon!

For more information, please e-mail Elly Janik, Supervisor, FVACFSS Prevention Team at elly.janik@xyolhemeylh.bc.ca or call 604-858-0113, toll free 1-800-663-9393.



FVACFSS Summer Camps

Making friends, learning culture , and sharing traditions

Summer time brings a chance to spend time with friends, play games, crafts and paddle canoes around the lake. And, learning stories, traditions and singing in the longhouse. Not to mention all the opportunities to enjoy the natural surroundings of the woods, water and fields.

There are so many favorite memories of the summer camps from this year. Seeing the growth of the youth from the natural changes/warrior camp and the excitement of the Slahal game. The eyes of children from families getting away for the first time to the beautiful setting of nature. Watching the canoeing, making drums/rattles and waking up to a morning spiritual swim.

The summer camp continues to be a chance to connect and teach children, youth and families about Aboriginal traditions and values. This year, for the fifth year running, the Division of Health Care Communication at UBC attended and offered “Talk to Your Doc”. As well, our partnership with Scouts Canada since 2007 to provide training for our Summer Camp Leaders and lead activities at all of our camps,

We look forward to offering the camps NEXT summer, with more amazing cultural opportunities.

The Cultural Camps are fully sponsored by FVACFSS, so there is no fee to Aboriginal People and FVACFSS participants.

- Natural Changes Camp (for young ladies age 10-16).
- Warrior Camp (for young men ages 12-19).
- Family Spirit Camp (to give families an understanding of traditions and culture)
- Caregiver Camp (to give foster care families an understanding of traditions and culture)
- Youth Camp (for First Nations, Métis and Inuit youth ages 12-19).





YOU'RE INVITED TO A WINTER PARTY!



SKATE RENTAL WILL BE PROVIDED FOR CHILDREN IN CARE.
 AN ADVANCED PAYMENT OF \$3 WILL BE REQUIRED
 FOR ADDITIONAL FAMILY MEMBERS

**For information please call us at 1.800.663.9393 or
 e-mail at natalie.brandon@xyolhemeylh.bc.ca**

WEST/NORTH REGION

MONDAY, DECEMBER 19, 2011
 10:00AM TO 11:45AM
Abbotsford Recreation Centre
 2499 McMillan Road, Abbotsford

RSVP

Please confirm your attendance by
 contacting **NATALIE BRANDON,**
Events Coordinator at 1-800-663-
 9393 (toll free) or e-mail to
natalie.brandon@xyolhemeylh.bc.ca

CENTRAL/EAST REGION

TUESDAY, DECEMBER 20, 2011
 4:00PM TO 5:45PM
Twin Rinks Ice Arena
 5725 Tyson Road, Chilliwack

- REFRESHMENTS,
- PIZZA, FACE PAINTING
- SKATING, STORIES
- MASCOTS & MORE



FRASER VALLEY ABORIGINAL CHILDREN AND FAMILY SERVICES SOCIETY
 1-7201 VEDDER ROAD, CHILLIWACK BC V2R 4G5

Wishing everyone a safe and happy holiday season!



Welcome to New Employees



ANDREA JOHNSON
Family Services Worker
West Region Abbotsford



LISA CHRISTY
Guardianship Social Worker
West Region Abbotsford



JANIE NUTT
Administrative Clerk
Central Region Chilliwack



SCOTT HAGGINS
Intake Social Worker
West Region Abbotsford



TARA DERBY
Family Services Worker
West Region Langley



ELFIE KLASSEN
Family Services Worker
Central Region Chilliwack



REENE GREENE
Elder-In-Residence
Central Region Chilliwack

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Telephone (604) 858-0113 **Fax** (604) 824-5326

E-mail julie.oconnor@xyolhemeylh.bc.ca

Address #1-7201 Vedder Rd, Chilliwack, BC V2R 4G5

If you think a child is being abused or neglected, you have the legal duty to report your concern. Call toll-free at 1-800-663-9393.

If it is after hours or you are not sure who to call, phone the Helpline for Children at 310-1234. The Helpline call is free. You do not need an area code and you do not have to give your name.

If the child is in immediate danger, call 9-1-1 or your local police.

