



## Winners Announced!

### FVACFSS Cultural Summer Camp Programs Recognized

The University of British Columbia (UBC) Division of Health Care Communication, part of the College of Health Disciplines, has been awarded one of four national Community Service-Learning (CSL) Awards from the J.W. McConnell Family Foundation.

It has been seven years since the UBC Division of Health Care Communication requested assistance to provide training to their medical students under a program known as Community as Teacher. Since then many UBC students have attended FVACFSS camps held in our communities, the Longhouse or outdoors to provide a learning environment unlike classrooms and clinics. Over three to four days, small groups of UBC students learn about the Stó:lō people through drumming, singing, canoeing, Longhouse ceremonies, talking with Elders, community leaders and interacting with the youth. In exchange, they help with chores and facilitate health-related discussions on topics chosen by the participants, including nutrition, body image, hygiene and sexual health. With the community as teacher, UBC students develop awareness and respect for cultural differences.

This year, the J.W. McConnell Foundation recognized this successful initiative with the CSL “Aboriginal Community as Teacher” award presented to Kathy Kline, UBC and Norma Commodore FVACFSS Prevention Supervisor. According to the foundation, the purpose of the award is to celebrate the most innovative CSL initiatives while encouraging post-secondary institutions and communities to continue the promising work that has begun.



*Norma Commodore, FVACFSS Prevention Supervisor, West Region and Kathy Kline, UBC accepts the award for “Aboriginal Community as Teacher” program.*

Check out and watch the amazing video available on the University of British Columbia, Division of Health Care Communication webpage at <http://www.chd.ubc.ca/dhcc/videos> and select **Aboriginal Community as Teacher** to learn more.

Congratulations, FVACFSS Prevention team on your award winning program!

**The FVACFSS Annual Summer Camp dates are set and registration is open! Registration forms are available at the reception areas in our regional offices. Space is limited so please register ASAP! For registration or information on the camps visit our website [www.fvacfss.ca](http://www.fvacfss.ca)!**

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# FVACFSS Launches Website

[www.fvacfss.ca](http://www.fvacfss.ca)



Fraser Valley Aboriginal Children and Family Services Society is pleased to announce the launch of their website – **[fvacfss.ca](http://fvacfss.ca)**!

FVACFSS website will provide a comprehensive source of information and services. Now you can also read the latest newsletter, check on events, access important links and much more. Visit [www.fvacfss.ca](http://www.fvacfss.ca) today!



**Did you know?** The **Red River Cart** is one of the best known symbols of Métis culture and history on the Canadian Prairies. Before the introduction of the streamer and the railway, the Red River Cart was used to bring settlers to the West.

The Métis first began to build the carts in Manitoba's Red River Colony in the early 1800s. They were made of wood and strips of rawhide, and were pulled either by ox or horse. Their large wooden wheels and sturdy structure allowed them to transport heavy loads across mud and prairie marshes.

The Red River Carts served many purposes. When travelling in a caravan they could be used to form a corral for livestock, to shelter weary travellers in severe weather and could even be drawn up in a circle of defence in case of attack.

Today, the tradition of building Red River Carts has been revived. Métis are using them to travel to places of historical and cultural significance, to pay tribute to their ancestors.



*(Information provided by the Government of Canada)*

# ROOTS and Ties Gathering

*It's been said that there are two important things to give children – ROOTS and WINGS.*

The FVACFSS ROOTS program assists in connecting Aboriginal children in care with their cultural heritage and identity. In May, Joanne Hugh and Darla Rasmussen, ROOTS Workers identified FVACFSS children in care from the Métis ancestry and along with Léo Nolin, Family Enhancement Worker, hosted a gathering in Abbotsford.

Working collaborative with the Métis Community, the gathering was an opportunity to share a meal, explore the cultural heritage and take part in a talking circle. Guest speakers talked about the Métis roots, history of the sash, fiddle, dance, diet and the experience of being in foster care. The gathering ended with a sharing circle and for many present the touching moment as one child announced, “I am proud to be Métis”.

It doesn't end here! Darla Rasmussen will be working with the Métis community in Abbotsford, Langley and Chilliwack and other partners to discuss how we can better support our children in care and strengthen their connection with the Métis community. “We want to respect and preserve each child's identity, family connects, Métis community relations and cultural heritage”, said Darla Rasmussen, ROOTS Worker. This is not only an opportunity for children and caregivers but staff as we ensure children are healthy, safe and connected to their culture.



*Léo Nolin, Lori-Anne Malone and Les Mitchell share the Pride in Métis Heritage*

A special acknowledgement to the community partners including Les Mitchell, Fraser Valley Métis Association, Lori-Anne Malone, Métis Community Member, Mamele'awt Aboriginal Education Centre and Rick Quipp, Cheam First Nation for making this gathering possible.

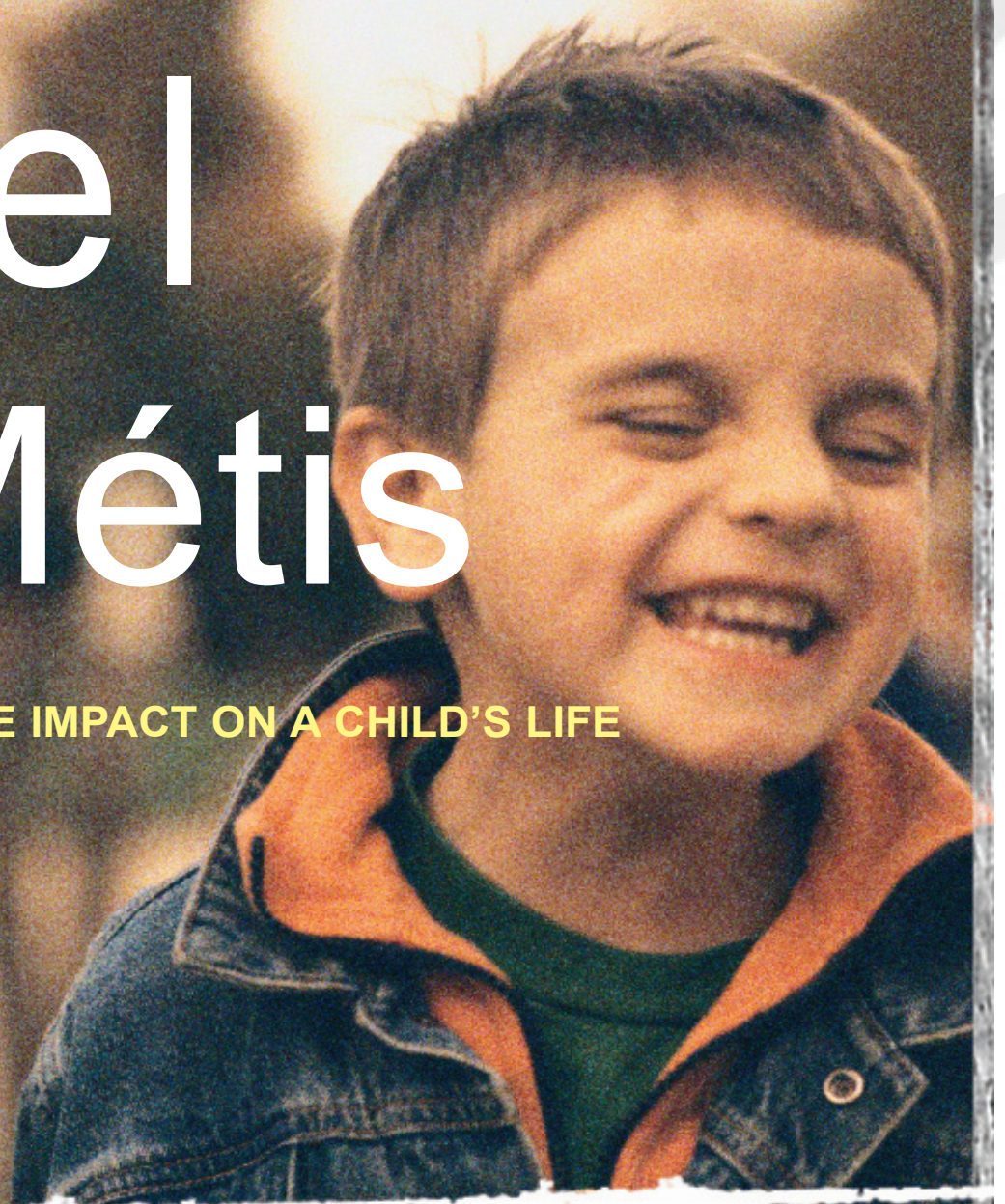


## **Back to Batoche Festival July 19-22, 2012 - Saskatchewan**

Back to Batoche Days is the Métis Nation's commemoration of their culture, traditions and heritage. It is the time and the place when and where the Métis memorialize and pay homage to national heroes such as Louis Riel, Gabriel Dumont, and many others. This is celebrated annual on the third weekend in July. It's a time to celebrate who the Métis are as a Nation today and for future generations. For more information on the festival visit [www.backtobatoche.org](http://www.backtobatoche.org)

# Joel is Métis

MAKE A POSITIVE IMPACT ON A CHILD'S LIFE



Fraser Valley Aboriginal Children and  
Family Services Society

1.800.663.9393 [www.fvacfss.ca](http://www.fvacfss.ca)

building a healthy and supportive relationship with our Aboriginal youth

The FVACFSS Aunts and Uncles Aboriginal Youth Mentorship Program is looking for volunteers 19 years and over. If you would like to find out more about spending time with Aboriginal youth between the ages of 8 to 18 in the communities of Abbotsford and Langley, please call us.

Contact Gary Robinson, Community Development  
Worker in Langley at 604-532-3682 or  
e-mail [gary.robinson@xyolhemeylh.bc.ca](mailto:gary.robinson@xyolhemeylh.bc.ca)

## CHEAM ROOTS & TIES

Cheam Band Hall  
52170 Old Yale Road  
Rosedale, BC  
Sunday (Monthly) at noon

This monthly event is set up to engage face to face communication, share a meal and develop relationships between foster children, families, social workers and community. It is hosted on the third Sunday of every month. For more information contact Joanne Hugh at 604-858-0113 or through e-mail at joanne.hugh@xyolhemeylh.bc.ca

## FVACFSS SUMMER CULTURAL CAMPS

The FVACFSS Annual Summer Camp dates are set and registration is open! Registration forms are available at the reception areas in our regional offices and on our website (fvacfss.ca). Space is limited so please register ASAP!

A great time experiencing traditional teachings, storytelling, traditional sports and games (mini-Slahal Tournament), drumming and singing.....plus a healthy dose of fun!

**Natural Changes Camp (for young ladies ages 10-16)**  
July 17 – 20, 2012

**Warrior Camp (for young men ages 12-19)**  
July 17 – 20, 2012

**Youth Day (for youth ages 12-18)**  
July 27, July 31 and August 10

**Family Spirit Camp**  
August 14-16, 2012

For registration or information on the camps, please contact Elly Janik, Prevention Supervisor, at 1-800-663-9393 or e-mail [elly.janik@xyolhemeylh.bc.ca](mailto:elly.janik@xyolhemeylh.bc.ca). Registration forms can be faxed to 604- 824-2518.

## FVACFSS SUMMER CAREGIVER CAMP

FVACFSS is pleased to once again partner with the Vancouver Child and Family Services Society and bring another wonderful camp for caregivers.

**Caregiver Camp**  
August 1-3, 2012

For registration or information on the caregiver camp, please contact Natalie Brandon, Events Coordinator, at 1-800-663-9393 or e-mail [natalie.brandon@xyolhemeylh.bc.ca](mailto:natalie.brandon@xyolhemeylh.bc.ca). Registration forms can be faxed to 604- 824-2518.

## STO:LO NATION CHILDREN'S FESTIVAL

7201 Vedder Road  
Chilliwack, BC  
Wednesday, August 15, 2012  
at 10 a.m. to 3 p.m.

The Children's Festival emphasis is health and wellness. FVACFSS will be participating in this fun festival featuring water slides, bouncy castles, balloon twisting, games and more. Registration is requested by August 6, 2012. To register call 1-877-411-3200.

Don't forget to bring your blankets, chairs, sunblock and summer necessities.

## WOMEN'S CRAFT AND CULTURAL GROUP

FVACFSS Office  
Suite 102, 20621 Logan Avenue  
Langley, BC  
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.

## LITTLE FEATHERS PLAYGROUND

Douglas Park Elementary School  
Strong Start Room  
5409—206 Street  
Langley, BC  
Wednesday at 9:30 a.m. to 11:15 a.m.

Parents, Caregivers and children ages 0-6 can learn Aboriginal culture from our Kwantlen Elder through traditional teachings, drumming, songs, stories, circle time, snacks and more. For more information, contact Gary Robinson at 604-532-3684 or through e-mail at [gary.robinson@xyolhemeylh.bc.ca](mailto:gary.robinson@xyolhemeylh.bc.ca)



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.***

# Groups and Healing Circles

## Men's and Women's Wellness Groups

By Elly Janik, Prevention Supervisor

This year, FVACFSS hosted a **Men's Wellness Gathering** at Shxw̓ha:y Village Community Hall for males aged 16 to Elder. Over two days, facilitators presented a range of workshop topics including:

- Voice of the Drum – Darren Charlie
- Respectful Relations – Frank Charlie
- Traditional Roles of Men – Herb Joe and Percy Roberts
- Healing Workshop – Gerald George
- What my Dad Didn't Teach Me – Harley Chappell
- Low Impact – Physical Activity – Mike White
- Medium Impact – Physical Activity – Harley Chappell
- Spiritual Self Care – Chris Silver



Male participants enjoyed their time discussing issues at hand and offered input on helpful topics for future gatherings. Overall, quite a successful event .... a huge thanks to "Big Al" for catering the group.



The **Women's Wellness Gathering** was hosted at Camp Squeah in Hope BC. The gathering had partial access to Squeah Lodge, full access to Edelweiss Hall, Emory Lodge and Fraser Lodge. Simply an amazing facility and cooks providing excellent meals to approximately 32 participants.

The gathering adopted a holistic approach and offered sessions that encompassed the four quadrants of the Medicine Wheel: spiritual, emotional, physical and mental.

### Physical Workshops:

- Active Living by Hope Recreation Centre
- Self Defense – incorporating emotional self defense with Cheryl Lacey
- Traditional Walk with Yvonne Tumangday
- Gentle Exercise with Carol Peters from Fraser Health

### Mental/Intellectual Workshops:

- Cedar Crafting and Traditional Self Care with Frieda George
- Halq'emeylem Language with Laura Kelly
- Women's Wisdom – dealing with the developmental stages of menopause with Norma Commodore and Nurse Practitioner, Colleen Isaiah

### Spiritual Workshops:

- Women's Songs with Stephanie Villeneuve
- Pipe Ceremony with Ida John
- Prayer Teachings with Ida John

### Emotional Workshops:

- Family Memories, scrapbooking with Carol Peters from Fraser Health
- Healthy Sexuality with SAIP team, Alexandra Lanzarotta and Mena Maisano
- Fathers & Daughters, exploring relationship patterns with the men in our lives with SAIP team, Alexandra Lanzarotta and Mena Maisano

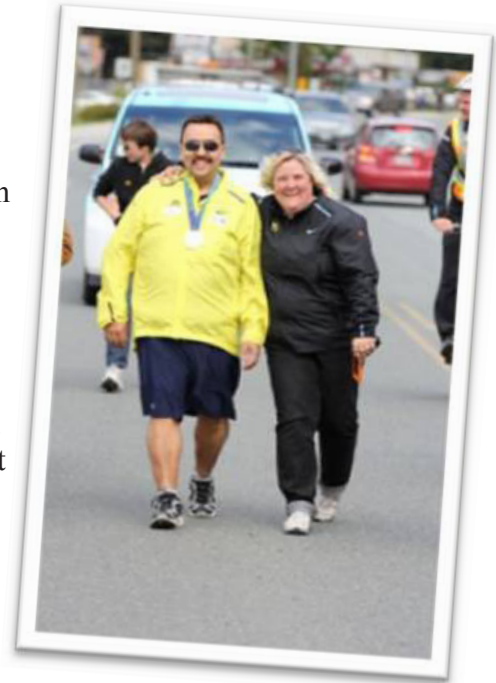
# A Journey of His Own

## FVACFSS inspiring man in motion

Many of us recall watching and cheering on Rick Hansen in his international journey to raise awareness for spinal cord injuries. This year, marks the 25th Anniversary and to celebrate a relay across Canada to retrace the original Man in Motion World Tour is taking place.

Helping recreate the Canadian portion of the Man In Motion World Tour is our very own – Mike White. Mike White was selected as one of the 25th Anniversary Medal-Bearer in the Rick Hanson Relay on Wednesday, May 10, 2012. Mike is extremely proud and honoured to be part of this National event and wear such a powerful symbol of hope. Mike has always been a huge fan of Rick Hansen and his determination in *making a difference*.

Mike is also embarking on his own journey for better health. With determination to set an example for his family, and the commitment of healthier eating habits and exercise, Mike is losing weight. Although, he admits exercise is the hardest part, with a daily routine of one and half hours, the balance includes looking for opportunities:



*Medal-Bearer Mike White walks with his cousin Dawn Hansen through Hope, BC*



Four times a week, Mike plays ball with his son and he coordinated team FVACFSS in the 2012 Vancouver Sun Run. Set with a goal, noting two years ago at 436 pounds and a time of 2.5 hours, Mike's finish line in the 2012 Vancouver Sun Run is 1 hour and 27 minutes! He is 29 pounds away from his journey and truly an inspiration to us all.

*Mike pictured with his 15 year old son at the Vancouver Sun Run 2012!*

*Mike White is a seven year employee with the Fraser Valley Aboriginal Children and Family Services Society. He started working as a Family Enhancement Worker. For the last four years, he has been a Guardianship Social Worker. Mike works mostly with teenagers and has many fond memories. Mike's tip in working with teens is simple – be **honest** and **straight forward**.*

## Community Greeters Program

Do you know of a new Aboriginal family that recently moved to the area or a family that could just use a friendly visit? Refer them to FVACFSS to have a Community Greeter pay them a visit. Call Gary Robinson at 604-532-3682 for more information.

# Employee Announcements



**DENISE LASLO**

Resource Social Worker  
Central Region

New Hire



**TASHEENA CHARLIE**

Intake Social Worker  
Central Region

New Hire



**NICOLE LEUTHARDT**

Intake Social Worker  
West Region

New Hire



**DARLA RASMUSSEN**

ROOTS Worker  
West Region

Changed Job



**JACLYN EVERS**

Float Social Worker  
West Region

New Hire



**MELISSA JOLLYMORE**

Float Social Worker  
North Region

New Hire



**SHANNON CLARK**

Resource Social Worker  
Central Region

New Hire



**STEPHANIE WILLETT**

Float Social Worker  
West Region

New Hire



**SABINA MARKHAM**

Family Services Social Worker  
North Region

New Hire



**KRISTIN CHILVERS**

Family Services Social Worker  
North Region

New Hire

**Our Newsletter is  
Going Green!**

You can help us go green by  
signing-up for our  
newsletter on the main page  
of our website at

**fvacfss.ca -  
"Newsletter Sign-up"!**



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