



Xwélmexw Let'se Mot — Let'se Thale  
People with One Mind — One Heart

# xyolhemeylh

Summer Has Finally Arrived:  
we offer great summer experiences

**SUMMER  
2013**

*I LOVE camp! I meet friends and learn neat things like making a drum and smudging. I really love the food and all the people. My family goes every year and we all have fun. I really like Harley because he is funny. We even played with a giant ball one year and last year got to learn to drum on the big drum.*

Youth (aged 9)

Fraser Valley Aboriginal Children and Family Services Society (FVACFSS) summer cultural camps offers the experience to strengthen cultural based traditions at the same time respecting the history that has been passed down by our Elders. The cultural camps are about children, family, community, song, dance, spirituality, individuality, history, land, ceremony, traditions, well-being, knowledge, stories, food, understanding and much more.

We hope you can join us this summer! There is no fee to attend FVACFSS summer camps, however we request you to submit a registration form. The **forms** can be found on our web site under <http://www.fvacfss.ca/publications-resources/forms>.

We hope you enjoy the season with family, community and friends. Every summer has a story - make this one memorable!

*If you have questions about the camps or need assistance in finding information, please e-mail [info@xyolhemeylh.bc.ca](mailto:info@xyolhemeylh.bc.ca)*

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FREE CAMP EXPERIENCE  
FOR ABORIGINAL PEOPLE AND  
FVACFSS PARTICIPANTS

# SUMMER

aboriginal

# CAMP

WARRIOR  
July 9-12

NATURAL CHANGES  
July 9-12

FAMILY SPIRIT  
July 23-25

CAREGIVER  
July 31-August 2

YOUTH DAY  
August 9, 12 & 13

EXPERIENCE THE MANY HEALTHY,  
CONTEMPORARY AND TRADITIONAL  
LIFESTYLES OF ABORIGINAL PEOPLES.

WARRIOR CAMP (Boys Aged 12-19)  
NATURAL CHANGES CAMP (Girls Aged 10-16)  
FAMILY SPIRIT CAMP (Aboriginal Families)  
CAREGIVER CAMP (FVACFSS Foster Parents)  
YOUTH DAY CAMP (Aged 12-19)

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

PHONE: 604-858-0113  
or 1-800-663-9393

E-MAIL:  
[info@xyolhemeylh.bc.ca](mailto:info@xyolhemeylh.bc.ca)



Fraser Valley Aboriginal Children and  
Family Services Society

# FVACFSS Youth Days!

## Join Us For Fun & Free Activities



## Calendar of events

### Natural Changes Camp

Charlie's Longhouse

5041 Chehalis Road, Harrison Mills, BC

July 9 - 12, 2013

Natural Changes is for young ladies aged 10-16. You will experience traditional teachings, crafts, games, singing and drumming, storytelling and more. There will be a time to explore the natural process of becoming a woman. The camp ends with a ceremony for the Natural Changes and Warrior participants at the Longhouse.

Nutritious snacks and meals provided.

### Warrior Camp

Sts'ailes Lhawathet Lalem

5041 Chehalis Road, Harrison Mills, BC

July 9 - 12, 2013

Learn the rite of passage, historical and contemporary warrior teachings of how your great-grandfathers lived many years ago.

A traditional camp environment for youth men aged 12-19. You will experience traditional teachings, drumming, canoe and water safety, physical activity, storytelling and more.

The camp ends with a ceremony for the Warrior and Natural Changes participants at the Longhouse.

Nutritious snacks and meals provided.

### Family Spirit Camp

Sweltzer Creek (Soowahlie) Campground

4746 Sleepy Hollow, Cultus Lake, BC,

July 23-25, 2013

This camp is to give families an understanding of aboriginal traditions and culture while learn and share parenting skills, life experiences and traditional teachings.

You will also learn about the importance of a healthy lifestyle which may include medicine walks, traditional food, storytelling, family game time and more.

### Caregiver Camp

Kwantlen First Nation

23690 Gabriel Lane, Fort Langley

July 31-August 2 or Day Camp - August 1

Gain an understanding of Aboriginal traditions and cultural for the three days or just join for one. This camp has lots of activities to learn about culture through games, crafts, drumming, singing, canoeing and more.

A great opportunity to network and share.

### Youth Day Camp

Various Locations

August 9, August 12 & August 13, 2013

An opportunity for youth ages 12-19 to experience all aspects of the medicine wheel (spiritual, mental, physical and emotional). Loads of fun as we share stories, legends, play games and other activities.

Lunch &  
Snacks  
provided

**Friday**  
**August 9, 2013**  
*Physical Teachings Day*

*Games, Nutrition, etc*  
9am-3pm

60814 Chawathil  
Community Hall,  
Hope BC

**Monday**  
**August 12, 2013**  
*Intellectual Teachings Day*

*SXTA Historical Site Bus  
Tour with Sonny McHalsie  
- Naxaxalhts'i- Director &  
Cultural Advisor for Stó:lō  
Research & Resource  
Management Centre*  
8am-4pm  
*Seating Limited*

**Time: 9am to  
3pm (except  
Aug 12th meet at  
Bldg 10 at 8am)**

**Tuesday**  
**August 13, 2013**  
*Spiritual Teachings  
Day*

*Various Workshops &  
Fun 9am-3:00pm*

*Squiala Longhouse-  
8528 Ashwell Rd ,  
Chilliwack, BC*

Registration contact: Elly Janik  
(604) 858-0113 or  
e-mail: [elly.janik@xyolhemeylh.bc.ca](mailto:elly.janik@xyolhemeylh.bc.ca)

*All FVACFSS camps are free with meals and snacks  
provided. We have a "zero tolerance"  
policy on drugs & alcohol.*

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

# Fraser Region

Aboriginal Sport Recreation and Physical Activity Partners Council

## Introductory Canoe/Kayak Camp Aboriginal/Métis Youth



**Mon, Aug 19<sup>th</sup> & Aug 20<sup>th</sup> 2013**

10:00 AM □ 3:00 PM      Ages 8-12 years

Max 16 youth

**Cultus Lake, Chilliwack - Main Beach**

**Wed, Aug 21<sup>st</sup> & Aug 22<sup>nd</sup> 2013**

10:00 AM □ 3:00 PM      Ages 13-18 years

Max 16 youth

This is a **FREE** 2-day; introductory camp for beginner paddlers.

Facilitator: BC Canoe/Kayak Certified Coaches

Aboriginal culture and teachings around the historical significance of canoeing as well as gaining an understanding of how Aboriginal peoples are utilizing canoes culturally today.

**HOST: Fraser Valley Aboriginal Children and Family Services Society □ Community Engagement Worker**

Life vests, paddles, and a lunch will be provided

**Registration is required.**

## For more information or to register contact:

Dianne Garner  
Fraser Region Coordinator  
Sport & Physical Activity Coordinator  
PH: (604) 798-4519  
E-mail: [dgarner@bcaafc.com](mailto:dgarner@bcaafc.com)

Julia McCaffrey, Community Engagement Worker  
Fraser Valley Aboriginal Children  
and Family Services Society  
PH: (604) 858-0113  
E-mail: [julia.mccaffrey@xyolhemeylh.bc.ca](mailto:julia.mccaffrey@xyolhemeylh.bc.ca)

THE ACFCC PRESENTS...



# CANYON CULTURE CAMP!

CULTURE

GAMES

FUN!

WORKSHOPS

SWIMMING

& MORE!!

**AUGUST 19-21, 2013**

Nahatlatch Valley, Boston Bar, BC



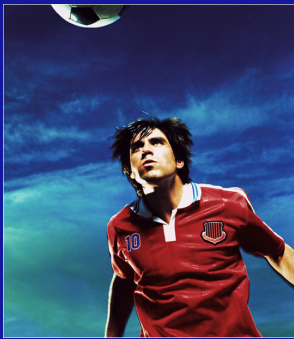
- For youth ages 13-18 years old
- FREE!!!!
- Transportation provided
- Sharing cultures between Sto:lo and Nlaka'pamux Nations

For more information or to register please contact Antonia at [antonia.victor@acfcc.bc.ca](mailto:antonia.victor@acfcc.bc.ca) or call 604-798-4642



# SOCCER & LACROSSE CAMP

## AUGUST 15, 2013



Lower Fraser Valley Aboriginal Society and FVACFSS (Xyolhemeylh) will be hosting Field Lacrosse and Soccer camp for youth 6 to 18 years. Lunch and prizes included. If you have youth interested, please e-mail or call Gary Robinson, Community Engagement Worker, for a registration form. The event is sponsored by the Aboriginal Sport, Recreation and Physical Activity Partners Council.

Venue: Langley City Park , 20577-20605 48 Ave, Langley

Time: 10am to 2pm

Contact: Gary Robinson or FVACFSS reception at 604 533 8826 or

e-mail [gary.robinson@xyolhemeylh.bc.ca](mailto:gary.robinson@xyolhemeylh.bc.ca)



ABORIGINAL SPORT,  
RECREATION AND PHYSICAL ACTIVITY  
PARTNERS COUNCIL

BCAFC  
BC Aboriginal Federation of Children and Youth  
Recreation Partners Council



going  
green:

You can help by  
signing-up  
for our newsletter at  
[www.fvacfss.ca!](http://www.fvacfss.ca)

### resources available:

BC Federation of Foster Parent Associations  
1-800-663-9999 [www.bcfoosterparents.ca](http://www.bcfoosterparents.ca)

Foster Parent Support Line 1-888-495-4440

Federation of Aboriginal Foster Parents  
1-866-291-7091 [www.fafp.ca](http://www.fafp.ca)

Federation of BC Youth in Care Networks 1-800-565-8055  
[www.fbcyicn.ca](http://www.fbcyicn.ca)

Parent Help Line 1-888-603-9100

Representative for Children & Youth 1-800-476-3933 [www.rcybc.ca](http://www.rcybc.ca)

1 800 668 6868  
KidsHelpPhone.ca

Kids Help Phone



## XYOLHEMEYLH

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

The Fraser Valley Aboriginal Children and Family Services Society website provides a comprehensive source of information and services.

With the latest "events" posted on our calendar, career opportunities and you can also read the newsletter, plus much more.

Click on [www.fvacfss.ca](http://www.fvacfss.ca) today!

