



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

xyolhemeylh

Aboriginal Cultural Camps: a summer journey of self-discovery

SUMMER 2014

The Medicine Wheel has been adopted as a universal symbol of healing, interconnectedness and a holistic foundation of peaceful interaction and personal growth. The teachings mirror your life and it sometimes requires courage to look and really see what is being reflected back to you because some experiences are painful, while others joyful and reflective. However, it is ultimately facing it all that makes you a stronger and better person.

This summer, children, youth and families will embark on a journey of self-discovery and cultural exploration of traditional games, customs, songs, food, art and more.

The cultural summer camps use the teachings of the medicine wheel towards balance at the center of all four spheres. Symbolizing the balance between the physical, mental, emotional, and spiritual aspects of a person.

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

We hope you can join us on our journey of self-discovery this summer with family, community and friends.

If you have questions about the camps or need assistance in finding information, please e-mail info@xyolhemeylh.bc.ca

continued on page 2

WHAT'S INSIDE:

FVACFSS Cultural Summer Camps: Natural Changes & Warrior, Family, Caregiver, & Youth

PAGE 2

FVACFSS Youth Day Camp & Summer Camp Details

PAGE 3

Fraser Valley Métis Association Camps

PAGE 4

Stó:lō Nation Children's Festival

PAGE 5

AYC Youth Drop-In Summer Program

PAGE 6



CULTURAL SUMMER CAMP 2014

Natural Changes

July 8-11

Warrior Camp

July 8-11

Caregiver Camp

July 16-18

Youth Day Camp

July 24, 30, Aug 6

Family Camp

Aug 12-14



Traditional Games **Storytelling**
Drumming & Singing **Canoes**
Friendships **Skills** *Traditional Teachings*
Art Memories **Sport Activities** *and More*

This is a summer camp experience you don't want to miss!
Registration is limited, so please register quickly.



Fraser Valley Aboriginal Children and
Family Services Society

e-mail: info@xyolhemeylh.bc.ca
tele: 1-800-663-9393

web: www.fvacfss.ca

REGISTRATION FORMS AVAILABLE AT WWW.FVACFSS.CA

FVACFSS Youth Days!

Join Us For Fun & Free Activities



Calendar of events

Natural Changes Camp

Roberts Longhouse

4577 Cherry Lane, Cultus Lake, BC,

July 8-11, 2014

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

Sweltzer Creek (Soowahlie) Campground

4746 Sleepy Hollow, Cultus Lake, BC,

July 8-11, 2014

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.

Caregiver Camp

Kwantlen First Nation

23690 Gabriel Lane, Fort Langley

July 16-18, 2014

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

July 24, July 30 & August 6, 2014

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.

Family Spirit Camp

Sweltzer Creek (Soowahlie) Campground

4746 Sleepy Hollow, Cultus Lake, BC,

August 12-14, 2014

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.

Registration and
information contact:
(604) 858-0113
or e-mail:
info@xyolhemeylh.
bc.ca

Youth Day Camp 1

Thursday July 24

**Sasquatch Tours &
Harrison Hot Springs
Water Park**

*Camp dates and
activities are subject
to change based on
planning. In general,
the day camp will
operate between
9am to 3 pm.*

Youth Day Camp 2

Wednesday July 30

**Abbotsford Mill Lake
Park Medicine Wheel**

Youth Day Camp 3

Wednesday August 6

**Traditional Games
with Mike James**

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

www.fvacfss.ca



FRASER VALLEY MÉTIS ASSOCIATION

fvma.ca

The Fraser Valley Métis Association is excited to sponsor the following programs to Aboriginal Youth in our area. Open to youths ages 12 to 24 years old.

Participate, have fun, and learn the skills of Canoeing and Kayaking, and get First Aid Certification! Take advantage of one or all three programs.

Program 1 - Learn to Paddle Canoe & Kayak

Participants will learn proper posture, balance, steering, stroke technique and basic water safety skills in recreational kayaks and canoes. Instruction, insurance, and all equipment are included in the cost of the program. All participants are invited to attend a fun regatta on Sunday, June 22 to demonstrate their new skills.

Mondays and Wednesdays May 12 to June 18 6:00 PM-7:30 PM Snacks will be provided.

Program 2 - Canoe & Kayak Summer Camp

Participants will learn proper posture, balance, steering, stroke technique and basic water safety skills in recreational kayaks and canoes. A brief introduction to paddling sprint racing canoe and kayak boats is given. Participants will also paddle two and four man sprint racing team boats in both canoe and kayak. Dragon boat paddling and large team canoe boat paddling will also be introduced. A variety of outdoor land games such as capture the flag, beach volleyball, basketball and soccer will also be played. Instruction, insurance, and all equipment are included in the cost of the program.

Monday through Friday July 7-11 8:30 AM-4:30 PM Lunch and snacks will be provided.

Program 3 - Canadian Red Cross First Aid Certification Course

This course is a comprehensive course which gives you the ability to deliver a high level of first aid treatments, learn and be prepared for a variety of first aid situations. The course will also focus on learning the wilderness safety.

Saturday and Sunday June 21 and 22. 9:00 AM - 5:00 PM Lunch and snacks will be provided.

The canoe program will take place at Whonnock Lake. Transportation will be provided by Fraser Valley Metis Association. Transportation pick up spots are Abbotsford and Mission.

Get your forms to participate by emailing Dawn Johnson at: jonel2001@gmail.com

Space is limited; please get your completed Membership Form, Personal Health and Contact Form and Waiver Form emailed in by May 5th.

Please email or phone for inquiries, and forms to register for one or all the courses.

Dawn Johnson
Jonel2001@gmail.com
604-996-7686



STÓ:LŌ NATION PRESENTS



EVERYTHING IS AWESOME!



CHILDREN'S FESTIVAL

AUGUST 13, 2014 10AM - 3PM



BBQ LUNCH / MIDWAY / GAMES



BOUNCY CASTLES / WATERSLIDES / ENTERTAINMENT

STÓ:LŌ`S GOT TALENT



First Nations Health Authority
Health through wellness



Location Stó:lō Nation | Coqualeetza Grounds | 7201 Vedder Road Chilliwack BC

Contact Nicholas Point | 604-824-3200 | kidsfest@stolonation.bc.ca

AYC SUMMER YOUTH DROP-IN

JULY-AUGUST 2014



WHATZ UP AT THE ABBOTSFORD YOUTH COMMISSION (AYC)

The AYC is offering several summer programs free for youth 12-18 years. Drop in and check it out all summer long at the Youth Centre at ARC. Activities are planned every day including sports, crafts, games, activities & more! No registration required.

For information on other programs, check out the website at www.abbyyouth.com

going
green:

You can help by
signing-up
for our newsletter at
www.fvacfss.ca!

resources available:

Abbotsford Youth Commission
604-854-8785 www.abbyyouth.com

Fraser Valley Métis Association, Dawn Johnson
Youth and Women's Representative www.fvma.ca

Stó:lō Nation
604-858-3366 www.stolonation.bc.ca

Stó:lō Tribal Council
604-796-0627 www.stolotribalcouncil.ca

In-SHUCK-ch Nation
604.820.6873 www.inshuckch.com

1 800 668 6868
KidsHelpPhone.ca

Kids Help Phone



XYOLHEMEYLH

Editor Julie O'Connor, Communications Coordinator

**Newsletter
Contribution** Natalie Brandon
Marilyn Collins
Julia McCaffrey
Darla Ramussen
Gary Robinson

Submit comments or story ideas to Communications via:

Telephone (604) 858-0113

E-mail info@xyolhemeylh.bc.ca

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

Web 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 today!

