



FVACFSS Welcomes New Board Member

Gwendolyn Rose Point

The FVACFSS Board of Directors is pleased to welcome Mrs. Gwendolyn Point, as the newest member.

Gwendolyn is from the Sts'ailes First Nation community and lives with her family on the Skowkale First Nation. She is an instructor at the University of the Fraser Valley in the School of Social Work. She has a degree in Education from UBC, Post Baccalaureate from SFU, a Master in Education from the University of Portland and Doctoral student with SFU. She has an Honorary Doctorate in Education from the University of Victoria.

Gwendolyn served as Chatelaine for Government House and was an Honorary Patron in her role for numerous organizations with her husband who served as Lt. Governor for British Columbia. She currently is a Patron of the First Nation House at the University of Victoria.



Gwendolyn Rose Point

Gwendolyn has received awards as follows:

- 2007 "Ambassador Award" Aboriginal Tourism British Columbia
- 2006 "Gwen Point Bursaries" - Chilliwack School District Aboriginal Program awards two bursaries to aboriginal students for community service and involvement aboriginal language/ culture.
- 2005 "Recognition for Work in First Nation Language and Culture" Seattle Art Museum's Day of Honoring Celebration
- 2003 "The Betty Urquhart Community Service Award" University College of the Fraser Valley
- 1999 "Stó:lō Halq'emeylem Language and Stó:lō Nation Education Services Appreciation Award" for "Kéyqelemt qas Sí:wes – Preservation and Teaching" of the Stó:lō Halq'emeylem Language

The FVACFSS Board of Directors *consists of nine members:*

- Sheila Schmidt
- Teressa James
- Brandon Gabriel
- Tammy Bartz
- Brenda Crabtree
- Dianne Garner
- Gwendolyn Point
- June Quipp
- Gail Starr

We're Changing

New access to regional services

Effective December 6, 2012, the FVACFSS Abbotsford and Langley regional offices have a new phone, fax and toll-free number for long distance. We are also making it easier for you to access the services you need in your region. To report an Aboriginal child protection concern, call the FVACFSS regional office nearest your location:

			
Abbotsford & Surrounding Area	Agassiz & Surrounding Area	Chilliwack & Surrounding Area	
FVACFSS	FVACFSS	FVACFSS	
210-2276 Clearbrook Road	7278 Pioneer Avenue	#1-7201 Vedder Road	
Abbotsford, BC V2T 2X5	Agassiz, BC V0M 1A0	Chilliwack, BC V2R 4G5	
Phone: 604-855-3328	Phone: 604-796-9836	Phone: 604-858-0113	
 Toll Free: 1-855-855-3324	Toll Free: 1-888-593-5053	Toll Free: 1-800-663-9393	
Fax: 604-855-3329	Fax: 604-796-9837	Fax: 604-824-2518	
	Langley & Surrounding Area	Mission & Surrounding Area	
	FVACFSS	FVACFSS	
	Suite 102, 20621 Logan Avenue	34110 Lougheed Highway	
	Langley, BC V3A 7R3	Mission, BC V2V 4J4	
	Phone: 604-533-8826	Phone: 604-820-2595	
	 Toll Free: 1-855-533-8826	Toll Free: 1-888-820-2595	
	Fax: 604-533-8827	Fax: 604-820-2597	
			

If you require child protection services, after the business hours of 8:30 AM to 4:30 PM, Monday through Friday, please call the After Hours Provincial Helpline at 310-1234.

Welcome Lila Weber to her new role



We are very excited to announce that Lila Weber as the successful candidate for the West Region Manager position. She will commence her new role on March 4, 2013.

Lila has been working for the FVACFSS for seven years. She has worked as a front line Intake Social Worker and Team Leader. Prior to this appointment, she was part of a pilot project to develop a mentorship program for FVACFSS staff. Her background includes 14 years in child protection social work and three years with mental health for children/youth and special needs children. Lila is currently working on her Masters in Social Work at the University of the Fraser Valley.

Lila's experience and sound skills in practice along with her inherent ability to build and nurture relationships will be a great benefit to strengthening the partnerships in the West Region.

Please join us in congratulating Lila on her promotion to West Region Manager.

FVACFSS ANNUAL ABORIGINAL FAMILY FORUM



FRASER VALLEY ABORIGINAL CHILDREN
AND FAMILY SERVICES SOCIETY

**FREE TO ATTEND!
LUNCH INCLUDED
DOOR PRIZES**

Contact

**ELLY JANIK, FVACFSS
PREVENTION AT
604-858-0113**

FINDING YOUR WAY IN YOUR HEALING JOURNEY

FEBRUARY 21-22, 2013, CHILLIWACK

FROM 9AM TO 4PM

Promontory Community Church

9325 Main Street, Chilliwack, BC

*Parking available behind the
old Safeway. Valet parking for Elders.*

Registration Form available at www.fvacfss.ca

Register by Feb. 7th:
E-mail to Ely.Janik@xyolhemeylh.bc.ca
Mail/Drop-off FVACFSS, #1-7201,
Vedder Road, Chilliwack, BC V2R 3C4
Phone 1-800-663-9393
Fax 604-824-2518

TOOL TIME

HD Stafford Middle School
20441 Grade Crescent
Langley, BC
Wednesday's at 1:30-2:30 p.m.

Youth learn tools for building healthier relationships, how to communicate, how to build trust, love and gain respect from others. For more information, contact Norma Commodore at 604-855-3328 or through at e-mail norma.commodore@xyolhemeylh.bc.ca.

WOMEN'S CRAFT AND CULTURAL GROUP

FVACFSS Office
Suite 102, 20621 Logan Avenue
Langley, BC
Tuesday's 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.

TRADITIONAL KITCHEN

Aldergrove Youth Drop-in Centre
3089 - 272 Street
Aldergrove, BC
Thursday's at 5-8 p.m.

Come and join us every Thursday 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 SHARING OUR TEACHINGS SERIES

Tuesday & Thursday from 6-8 p.m.

These drop-in sessions are free of charge with sandwiches and snacks provided. Workshop topics are scheduled at various locations, please check the website at www.fvacfss.ca or call Julie O'Connor at 1-800-663-9393:

- Session 1: Understanding Trauma - Jan. 8 & 10
- Session 2: Second Generational Impacts of Residential Schools - Jan. 15 & 17
- Session 3: Circle of Courage - Jan. 22 & 24
- Session 4: Anxiety and Depression - Jan. 29 & 31
- Session 5: Substance Abuse - Feb. 5 & 7
- Session 6: Respectful Relations - Feb. 12 & 14
- Session 7: Health Movement Teachings - Feb. 19 & 21
- Session 8: Healthy Sexuality - Feb. 26 & 28
- Session 9: Learning About Wills - Mar. 5 & 7
- Session 10: Second Generational Impacts of Residential Schools - Mar. 12 & 14
- Session 11: Family Fun Nite - March 26 & 28

FVACFSS ANNUAL ABORIGINAL FAMILY FORUM

Promontory Community Church
9325 Main Street
Chilliwack, BC
February 21-22, 2013 from 9 a.m.-4 p.m.

FVACFSS will be hosting its ANNUAL ABORIGINAL FAMILY FORUM. The theme continues as "FINDING YOUR WAY IN YOUR HEALING JOURNEY". If you are looking for an opportunity to gain inspiration and support on issues such as parenting, family structure, culture, depression, health, etc. Don't miss out; register early to guarantee your spot!!!

This free forum is a valuable opportunity to get together with others and share our experiences, as well as hearing great speakers. Open to Aboriginal people, caregivers and service providers of Aboriginal children (*poster page 3*).

For information or to register contact Elly Janik, FVACFSS Prevention Supervisor at Bldg #1 - 7201 Vedder Rd, Chilliwack, by e-mail elly.janik@xyolhemeylh.bc.ca or phone 1-800-663-9393. Registration form available on our website at www.fvacfss.ca.

THE EFFECTS OF TRAUMA ON CHILDREN

FVACFSS
#1-7201 Vedder Road
Chilliwack, BC
Tuesday, March 5, 2013 at 6:30-8 p.m.

An overview of what trauma is and discussion on the different types. Learn how trauma affects brains in youth and why stress and attachment have an impact. You will also be provided with a list of behaviours children and youth may demonstrate as a result of exposure to traumatic incidents

FVACFSS Caregivers can register by contacting Jennifer Littleboy at 1-800-663-6363 or e-mail jennifer.littleboy@xyolhemeylh.bc.ca.

POW WOW DANCE GROUP

Nicomekl Elementary School
20050 - 53rd Avenue
Langley, BC
Friday's at 3:30-4:45 p.m.

Pow Wow dancing for children ages 5 to 13 with Instructor Leslee Picton. Parents and/or caregivers must stay during program. Space is limited. Pow Wow Dance Program (Langley)

For more information or to register contact Leslee at lesleejp@hotmail.com or Norma Commodore, FVACFSS Prevention Supervisor at 1-855-855-3324.

FVACFSS MEN'S WELLNESS GATHERING

Location to be determined

March 7-8, 2013

This group offers support to men in a confidential, safe environment to share with one another, and learn how to take care of themselves physically, spiritually, emotionally and intellectually. These gatherings are aimed to encourage personal growth and development of attendees in a culturally supportive holistic atmosphere. No cost for males aged 16 to Elder. Free snacks, lunch and door prizes. Please bring your drums.

For more information and to register contact Elly Janik, FVACFSS Prevention Supervisor at Bldg #1 - 7201 Vedder Rd, Chilliwack, by e-mail elly.janik@xyolhemeylh.bc.ca or phone 1-800-663-9393.

FVACFSS WOMEN'S WELLNESS GATHERING

Camp Squeah

27915 Trans Canada Highway

Hope BC

March 22-23, 2013

This gathering offers support to women in a confidential, safe environment to share with one another, and learn how to take care of themselves physically, spiritually, emotionally and intellectually. These gatherings are aimed to encourage personal growth and development of attendees in a culturally supportive holistic atmosphere. No cost – Door Prizes! Please bring your drums & paddles and own bedding.

For more information and to register contact Elly Janik, FVACFSS Prevention Supervisor at Bldg #1 - 7201 Vedder Rd, Chilliwack, by e-mail elly.janik@xyolhemeylh.bc.ca or phone 1-800-663-9393.

The latest "events" are posted on the calendar of our website. You can also find the newsletter, *plus much more.*

Click on www.fvacfss.ca today!



FAMILY NIGHTS

Mission Friendship Centre

33150A First Avenue

Mission, BC

Every two weeks from 5-9 p.m.

Sponsored by FVACFSS this is a healthy forum for families to come and practice their parenting skills. The family nights have a multiplicity of activities, including cooking, arts/crafts, drumming and singing, discussions and booths pertaining to family health such as dental care etc.

For more information, phone the Centre at 604-826-1281.

POWER OF PARENTING

Mission Friendship Centre

33150A First Avenue

Mission, BC

Tuesday and Thursday at 11 a.m. to 1 p.m.

Sponsored by FVACFSS this parent group program is offered twice a week. The group runs year round, allowing parents to build healthy supports, community, and connection, while at the same time developing their parenting skills and having a safe forum to ask questions.

For more information, phone the Centre at 604-826-1281.

Info for Other Groups....

CHEAM ROOTS & TIES

Cheam Band Hall

52170 Old Yale Road

Rosedale, BC

January 20, February 17, March 17, 2013 (Monthly) 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.

LITTLE FEATHERS PLAYGROUND

Douglas Park Elementary School

Strong Start Room

5409—206 Street

Langley, BC

Wednesday's 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 604-533-8826 or through e-mail at gary.robinson@xyolhemeylh.bc.ca.

Men's and Women's Wellness Gathering

Start in March 2013

FVACFSS will be hosting a two-day separate wellness gathering for Aboriginal Men and Aboriginal Women.

The Aboriginal Men's Wellness Gathering will provide support, fellowship and reflection to recharge and look after their well-being. Taking care of your personal, cultural, intellectual and life experiences in a supportive holistic atmosphere. There is no cost to attend this male only group for ages 16 to Elder.

The Men's Wellness is offered on March 7-8, 2013.

The Aboriginal Women's Wellness Gathering is designed to put you back into a state of Body, Mind, Heart & Spirit that embraces the physical, mental, intellectual, spiritual, financial and social well-being of the individuals and families that we serve. We have created an retreat environment for you to recharge yourself. A place where you can share, debrief and encourage personal growth. There is no cost to attend this female only overnight group.

The Women's Wellness is offered on March 22-23.

Please join us at Aboriginal Men's Wellness Gathering or Aboriginal Women's Wellness Gathering and enjoy the company of others.

For further information about the wellness gathering and registration, please contact Elly Janik, FVACFSS Prevention Supervisor at Bldg #1 - 7201 Vedder Rd, Chilliwack, by e-mail to elly.janik@xyolhemeylh.bc.ca or phone 1-800-663-9393 OR Melissa Celella, FVACFSS Prevention Supervisor at 7278 Pioneer Avenue, Agassiz, by e-mail to melissa.celella@xyolhemeylh.bc.ca or phone 1-888-593-5053.

Sharing Our Teaching Series

Participate and share in the information on a series of workshop topics, such as circle of courage, understanding trauma, second generational impacts of residential schools, anxiety and depression, respectful relations, substance abuse, traditional family roles, health movement teachings, healthy sexuality, and learning about wills. These are drop-in sessions are free of charge with sandwiches and snacks provided.

The series will start January 8, 2013 from 6-8pm. For more information or to register, please contact Melissa Celella, FVACFSS Prevention Supervisor, by e-mail to melissa.celella@xyolhemeylh.bc.ca or phone 1-888-593-5053 OR Elly Janik, FVACFSS Prevention Supervisor, by e-mail to elly.janik@xyolhemeylh.bc.ca or phone 1-800-663-9393.

SESSION DESCRIPTION AVAILABLE ON OUR WEBSITE AT WWW.FVACFSS.CA!

Métis Soldiers

Introduction Commemoration of Métis Veterans in War of 1812

Compiled by Lawrence Barkwell

To mark the 200th Anniversary of the War of 1812, on October 25, 2012, His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada presented Métis and First Nations communities with Commemorative War of 1812 Medals and Banners.

A large number of Métis men who were voyageurs with the North West Company (NWC), fur traders or Indian Department employees participated in the War of 1812. Thus, the Métis saw service in the Corps of Canadian Voyageurs, Caldwell's Western Rangers, the Mississippi Volunteers and the Michigan Fencibles. The War of 1812 National Recognition Ceremony for 48 First Nations and Métis communities with a heritage link to the War of 1812 took place in the Rideau Hall Ballroom.



Randy Ranville and Theresa Somerset with Prime Minister Harper and the Honourable David Johnston, Governor General of Canada

On this occasion, His Excellency, accompanied by the Right Honourable Stephen Harper, Prime Minister of Canada presented each community with a Commemorative War of 1812 medal and banner. In the lead-up to this ceremony His Excellency commented: *"The diverse Aboriginal warriors and British and French-speaking soldiers and militias who fought alongside one another in the War of 1812 remind us that Canada is our common ground, and that we are stronger when we work together;"* said the Governor General. *"I am looking forward to commemorating the essential contributions of First Nations and Métis communities to this important chapter in our history."*



Randy Ranville and Theresa Somerset accepted the Medal and Banner on behalf of the Métis people of Manitoba, and their relatives who fought in that war.

Randy Ranville is the great-great-great-grandson of Métis warrior Joseph "Akipa" Ranville (1779-1846). Joseph Ranville held the rank of Captain during the war.

Theresa Somerset is a Nolin family descendant; her ancestors, brothers Francis Nolin (b. 1779) and Augustin Nolin (1781-1848), both participated in the first Canadian victory of the war, the taking of Fort Michilimackinac in July of 1812.

A special thanks and acknowledgment to Léo Nolin, Family Enhancement Worker at FVACFSS and his family for sharing this commemoration.

More Resources

Something's not quite right...

You've noticed that you've been feeling or acting differently lately. Maybe you're feeling a bit more moody, anxious or stressed than usual. Maybe you're finding it difficult to accomplish tasks as easily as you used to or that your drinking is getting out of hand. Maybe things just don't feel quite right, and you don't know why.



It could just be a tough time you're going through...maybe it's something more. Checking it out at mindcheck.ca right away can help make all the difference.

mindcheck.ca offers quizzes to help you better understand what's going on with you and provides support such as education, self-help tools, website links, a chat link, and assistance in connecting to local professional resources. Fraser Health and BC Mental Health and Addiction Services' mindcheck.ca website is focused on early intervention and prevention for teens and young adults

Acting early will help you feel better faster, and stop the problem from getting worse.

If you do find out that you're dealing with depression, anxiety, substance misuse or psychosis, you're not alone. One in five B.C. youth and young adults experience these types of issues. And if you act early, you can stop them from interfering with your life at home, school, work, and with your friends. Help is there.

Visit www.mindcheck.ca and check it out.

1 800 668 6868
KidsHelpPhone.ca

Kids Help Phone



Xyolhemeylh is produced four times a year.

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