



Volume 3, Issue 1

Aboriginal Child & Family Services for individuals living in Burnaby, New Westminster, & Tri-City

## SOTCS Mini Teaching Powwow

This year marked the 4th Annual SOTCS Mini Teaching Powwow. Each year it has been held at the Edmonds Community School. The Powwow has grown a lot. This year we had more vendors, drummers and guests than any other year. SOTCS provides a Regalia Program in our Early Childhood as well as our Youth Department. These programs focus on traditional teachings such as making and caring for regalia as well as Powwow life.

**Contact SOTCS for future Regalia making sessions!**

We were pleased to host the First ever Silent Auction at the SOTCS Powwow. **MANY THANKS** to these businesses who donated this year:



MANY THANKS goes to the many hands that worked together to make this year a success. We want to acknowledge our Powwow Crew:

**Arnie Leon**—Head Man Dancer

**Evelyn Locker**—Head Woman Dancer

**Jere Peters**—MC

**Nelson Leon**—Arena Director

And all the SOTCS Staff and Volunteers!

**See you next year!**



Evelyn Locker



Arnie Leon

### In this Issue:

- Emergency Preparedness, Pg 2
- Annual Christmas Party, Pg 2

- Some Tips and Tricks for Spring Cleaning 2011, Pg 3
- What Can We Teach Our Children



## Emergency Preparedness

Here are some tools to help you and your family with emergency preparedness. An emergency kit contains basic supplies that can help your family survive during an emergency—even in cases where the power is out for an extended period of time or you have no access to running water or other necessities.

**Most of the supplies listed can be found in the camping section of any local store.**

### What to include in your emergency kit:

- **A flashlight**
- **2 litres of water per person per day**
- **Food like canned goods, energy bars & dried foods and a can opener**
- **First Aid kit**
- **Special needs (e.g. medications or infant formula)**

When you think of emergency preparedness make sure your kit is easy to carry and that everyone in the household knows where it is.

**- Submitted by  
Verl Ferguson**

### Resources:

<http://www.pep.bc.ca/index.html>

<http://www.bchousing.org/providers/kit/Emergency>

## Annual Christmas Party



SOTCS hosted the 3rd Annual Christmas Party for families who attend programs at the Agency. SOTCS Staff worked together with MCFD Staff to make this event a success. There was a lot of planning that went into this event. SOTCS

Staff and MCFD Staff welcomed families to a night of family entertainment, craft tables, a catered meal and a visit from Santa who stopped in from the North Pole. Families also had the opportunity to have

**Many Thanks to GM Motors for donating to our Christmas Party.**



portraits done by a professional photographer. Families made Christmas crafts to take home along with the presents from Santa. Everyone left with a smile and talked about next year's party.

**- Submitted by  
Shannon Courchene**



# Some Tips & Tricks for Spring Cleaning 2011

**Here are some tips and tricks for your Spring cleaning, followed by some mottos and quotes to bring in the new season!**

## **Kitchen:**

Condiments and food staples do expire. Always label dry goods, spices and condiments with the date (including year) of purchase. Here's a handy link to refer to [www.stilltasty.com](http://www.stilltasty.com) for their life expectancy.

## **Bathroom:**

My motto is: if you don't use it, lose it. Say good-bye to expired makeup, raggedy towels and toxic cleaners, and hello to an easier-to-clean bathroom.

## **Front Entrance:**

Guests shouldn't feel obligated to book you on the next episode of Hoarders after laying eyes on your entryway. Play an epic game of hide-and-go-seek and stow away as much as

you can.

## **Basement:**

Clutter in the basement can be intimidating. Divide up the space and work in sections so you can feel a sense of accomplishment rather than panic.

**And don't forget to add these little tidbits as well:**

Clean windows

Dust light bulbs

Wash blinds

Deep clean rugs/  
carpets

Clean curtains

Replace batteries i.e.  
smoke detector

**- Submitted by Nikki Heinel**

*As Spring is in motion we often think about de-cluttering and renewal in our lives. This looks different for each individual person. For some, the way we clean our home is to replace the cedar bow hanging above our door. Others may not be satisfied until their home has been*

*done over from top to bottom. Regardless of how this looks for you, make sure you take a moment to consider in this time of renewal if you have done something to honor that renewal in yourself.*

**"Behold, my brothers, the Spring has come, the earth has received the embraces of the sun and we shall soon see the results of that love!" - Sitting Bull's speech at the Powder River Council, 1877**

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## **Quotes from SOTCS Staff:**

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***"My motto is if I have not used it in one year, it must go! That's how I maintain my house."***

***- Kristina Joe***

***"Every month I do a purge. If it's not being used or put away (especially kids toys) then it gets donated."***

***-Cory Morrison***



## Spirit of the Children Society

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### Upcoming Dates



**June 11th**—National Day of Healing and Reconciliation

**June 19th**—Father's Day ( a good day for respecting the warriors)

**June 21st**—National Aboriginal Day

**July 1st**—Kanata Day (Canada Day) - SOTCS Programs Cancelled

## What Can We Teach Our Children...

Below is a collection of quotes from Judy Bob (Family Strengthening Worker, SOTCS) and Cindy Blackstock ( Executive director, First Nations Child and Family Caring Society) about our Children, our greatest resource.

“I believe if we teach our culture to our children before they even get to school they will understand what our Gran- Great gran -parents did for us keeping our culture strong.”

“My teachings run through my veins. I carry history in every cell of my body. With every generation history is reborn and when we follow the path in our history we stay strong.”

“Our teachings are our way of life and we stand strong in Our Culture.”

“Teachings are about how we respect each other as we walk our path, showing respect to our way of life.”

“...in closing I pray that our youth are the ones that put away useless drugs and alcohol.”

- Quotes submitted by Judy Bob

“Traditionally for thousands of years our people were teaching our children. Now non-Aboriginal people are teaching our children. We need to go back to teaching our children.”

**Source: Dr. Cindy Blackstock** “Reconciliation means not saying sorry twice. The greatest human rights violation of our time and it is happening in silence. Learn 7 things you can do to help.”