



NOVEMBER 19, 2021

CONTENTS

Cheam Vision Statement	1
Administration Notices/Updates	2-10
2021 Member Distribution Information	2
Elder's Events	4
Council Meeting Info	5-6
Community Announcement - Chris McIntosh	7
Cheam Land Code	8-9
Maintenance Request Reminder	10
Health & Wellness Updates	11-18
Overdose Advisory	11
Health Inspections	12
COVID-19 Vaccine - 3rd Dosage (Booster)	13
Free Food Programs	14
Managing Anxiety	15
Mental Health and Wellness Supports	16
Services Covered By First Nations Health Benefits	17
• Eye Clinic/Exam	17
Cheam Dudes Club	18
Job Opportunities	19
Job Training	20-27

Forms



XWECHIYOM XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom Xwexwilmexw;

Xw' eyehls cha ye mekw' wat ite xwech'l yom gesu texw eweta o kw'e tl' e met Te ewpi: I qaste gel sqoge;

Temtames mami: yelhtel ya sq'eqotel qelu lam xwe xwe'eyelf iyolem kw'e o'hletem xwela Ye'mi cha

Temtames lis cha mekw yoyes ye alyem eweta Shxwlistexwes Te xwelitemelh

Temtames chasu gexs a: li lalalem xwela kw'e mekw wates

Qas temtames cha xwe'eyems Te temexws gasu ey xwela ye xwechiyom

CHEAM VISION STATEMENT

We the people of Cheam are committed to developing a united and harmonious community. We respect individual's diversity and promote a healthy, self-sufficient lifestyle.

We need one another and value one another's views. In appreciation of our uniqueness, we foster mental, physical, emotional and spiritualwellbeing. In doing so, we strive to build pride, dignity and respect amongst our people.







BAND OFFICE NOTICES

2021 Member Distribution

The 2021 distribution from CFN to Members will be handed out on November 19, 2021, between 9:00 am and 4:30 pm by Chief and Council.

If Band members are authorizing someone else to pick up the cheque on their behalf, they must submit that in writing in advance to the Band Office.

If you have any questions or concerns, please contact the Band Office directly.



COVID-19 (Booster) 3rd Dose Vaccine Clinic will be held on November 23 at 10:00 am more details on page 13

SAFETY DURING COVID-19

We would like to remind the Cheam Community that COVID-19 is spreading quickly in the territory. To ensure the health and safety of our community and staff members, we continue to encourage the importance of following the provincial health guidelines and recommendations. These handwashing/sanitation, include avoiding large gatherings/keeping your bubble small, and staying home with any symptoms or illness. In addition, please maintain physical distance and wear a mask when you are near community members or staff - both indoors and outside. If you have questions or concerns or test positive, do not hesitate to seek assistance from the band office and Seabird health.

As COVID-19 cases continue to rise, the Multiplex Gym and Band office remain closed for meetings and events not being led by staff. Although the Administration Wing, gym and office meeting rooms remain closed to visitors, the Health Wing operates by appointment only. Staff continue to work full hours and are available by phone or email. Should you have any housing, maintenance, or public works requests during this time, you can fill out the appropriate request form found on the Members Only section of the website.

/CHEAM.FN1 O @CHEAM.FN1 @CHEAM_FN

ADMINISTRATION UPDATES BAND OFFICE OPERATIONS

The Band Office is accepting appointments; however, we are precautious by operating at a limited capacity during this time. With the restrictions throughout the Eastern Fraser Valley still in place, we want to ensure that our office is safe for all community members attending appointments and our staff. Please note that staff will remain accessible by phone, email, and videocalls as needed. Please contact Marcelo Pucci if you have any questions at 604-991-8188

COVID-19 RESOURCES

To learn more about the new PHO, please visit: https://www.fraserhealth.ca/health-topics-a-toz/coronavirus/keeping-our-community-safe/frasereast#.YVdRpprMJgY

Please call Cheam Band Office: 604-794-7924 or Seabird Health: 604-796-2177 if you have guestions or concerns

CANCELLATION OF COMMUNITY EVENTS

As of September 28, the Public Health Orders for Eastern Fraser Valley has increased. To remain compliant with the public health orders and keep our community safe, we are postponing and cancelling gatherings or events.



AFTER-SCHOOL PROGRAM

The After School Program is happy to announce that we will be open for Pro-D days from 8:30-4:30.

All families are welcome to stop by the Education Portable and find out more about the program. Come and take a tour of the building & introduce yourself. If you have any questions about program program hours, please contact the or Deborah.Tuck@cheamband.com

The After-School Club Program serves children in kindergarten through to grade 12.

Regular hours remain Monday to Friday 12:00 - 6:00 pm



New After School Program Hours

Pro-D Day Hours - November 26, 8:30 to 4:30

Dec 17 - Jan 4: No school Christmas Holidays

The After School Program will remain open on Dec 17 from 12:00 pm - 6:00 pm

Dec 20 -23 8:30-4:30

Dec 24-Dec 31 - Closed

2022 Happy New Year!

Feb 18 - 8:30 -4:30

Feb 21 Family Day - Closed

March 18 - April 4 - No School Spring Break

Spring Break Hours to be determined

April 15 Good Friday - Closed

April 18 Easter Monday- Closed

April 29 PD - 8:30-4:30

May 20 PD - 8:30-4:30

May 23 Victoria Day - Closed

June 23 Summer Holidays



Elder's Events



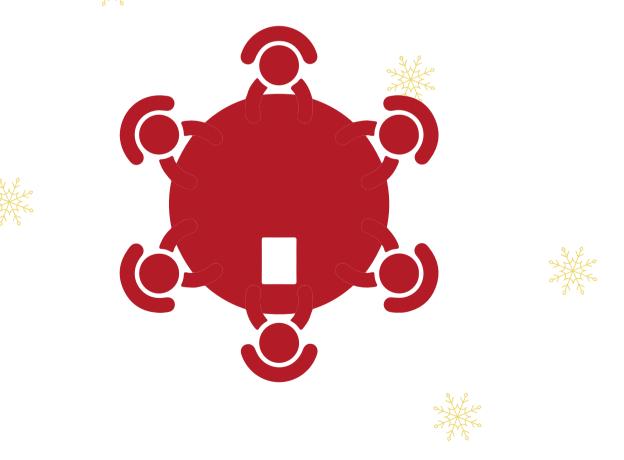


Cheam Elder's Luncheon and Meeting

The Elder's Luncheon and meeting have been rescheduled to the following dates:

- November 30, 2021
- December 14, 2021 Christmas Lunch

If you have an item to be added to the Agenda please contact Eleanor Stephenson or Rachel Wille at rachel.wille@cheamband.com or 604-991-9899











ATTEND A VIRTUAL **Council Meeting**

How to attend:



Visit cheam.ca/meetings

Click the link to register and complete the registration form

Check your email for the Zoom meeting links and click the link to connect (a new link will be sent prior to each meeting)

Watch/listen to the meeting







VIRTUAL COUNCIL MEETING Frequently Asked Questions

Who can attend virtual Council meetings?

Will I be able to ask questions during the meeting?

Do I need a computer to view the meetings?

What if I can't make it to a meeting?

Why can't I attend "In-Camera" meetings? Band members are welcome to attend regular Council meetings virtually.

Band members are able to "view" the meeting only. If you want to speak or present at the meeting, you will need to submit a request to present at least 8 days before a meeting. You can do that at cheam.ca/meetings.

You can access the Zoom meeting through a computer, tablet, smartphone or even by calling in with your phone. The links and details will be emailed to you with the meeting reminder.

If you can't make it to a regular meeting, you will be able to review the meeting minutes, which will be posted to the website following the adoption and execution of the minutes at the following Council meetings.

In-Camera meetings provide Council with space to discuss, in private, issues that fall under the Privacy Act. These items are sensitive matters and are limited to Council members and key staff only to adhere to privacy laws. FIND AND FOLLOW US ONLINE: 🚾 CHEAM.CA 🧗/CHEAM.FN1 🧭 @CHEAM.FN1

CHEAM_FN



Chris McIntosh

It is with great sadness and an abundance of love and respect that we share the news that our friend and brother Chris McIntosh passed away November 16 in the afternoon. Chris's big heart touched every one of us and his generosity knew no bounds. Our thoughts and prayers go out to his wife and children as well as every heart he touched. We are arranging for healing and counsellors to be available for the Community and staff. More information will be shared as soon as it becomes available. Together we will lift each other up and honour Chris and his family.



Cheam Land Code: Soil Deposit, Removal and Transport Law

The Cheam First Nation Land Code requires the draft "Soil Deposit, Removal and Transport Law" to be posted within the Community to allow for comments prior to ratification by Council. With the assistance of legal counsel Murray Browne, and the Cheam Land Governance Advisory Committee, the "Soil Deposit, Removal and Transport Law" has been reviewed and supported for adoption.

The Law summary will be posted at the Band Office, in the newsletter and on the Cheam Facebook page for 30-days.

The draft "Soil Deposit, Removal and Transport Law" will be available upon request at the Band Office. Off-reserve Members will receive a copy in the mail. Please ensure the Band Office has your up-to-date contact information.

Cheam First Nation has taken over control and management of Cheam Reserve lands and resources pursuant to the Framework Agreement on First Nation Land Management and has enacted Cheam First Nation Land Code effective September 1, 2016.

Subsections 9.47-9.51 of the Land Code requires Council to complete the Membership consultation process, outlined in Section 4, before implementing the "Soil Deposit, Removal and Transport Law." Once the law is implemented, it will be enforced on all Cheam Reserve Lands.

Cheam Lands Governance | Madeline Jimmy | madelinej@cheamband.com | 604-794-7924 ext 113



52161 Victor Drive Rosedale, BC VOX 1X1 604-794-7924 www.cheam.ca

SOIL DEPOSIT, REMOVAL AND TRANSPORT LAW (SUMMARY, October 2021)

<u>Purpose</u>

The purpose of the *Soil Deposit, Removal and Transport Law* is to provide details and regulation for the protection of the environment on Cheam Lands in relation to the movement of soil. One of the main goals is to prevent dumping of contaminated soil.

Background

Cheam has the authority to regulate land uses and activities under our Land Codes, which came into effect in September 2016. Council is authorized to pass various laws and regulations relating to the protection, management, and regulation of our lands.

This draft Law was developed and reviewed by the Cheam Lands Advisory Committee along with legal counsel and has been recommended to Council and the Community.

The following is a list of the key points in the Law:

- The Law applies to all deposits, removals, and transportation of soil.
- In general, nobody is allowed to deposit, remove, or transport soil from, on or through Cheam Reserve Lands.
- Soil includes soil, sand, gravel, rock and other materials.
- A permit is required for most types of deposits, removals, and transportation but there are some exemptions.
- Permits are not required for small loads of less than 10 m3 of clean, uncontaminated soil, or for soil that is commercially bagged or sold from a facility approved by Cheam.
- Any soil or fill brought in has to be clean and uncontaminated.
- There is a detailed process for ensuring that any imported soil or fill is clean and uncontaminated. Major projects may require engineering and the posting of a bond.
- There are potential fines of up to \$200,000 for major environmental damage and lesser fines for lesser offenses; and
- Cheam may issue stop-work orders to anyone who is violating the law.

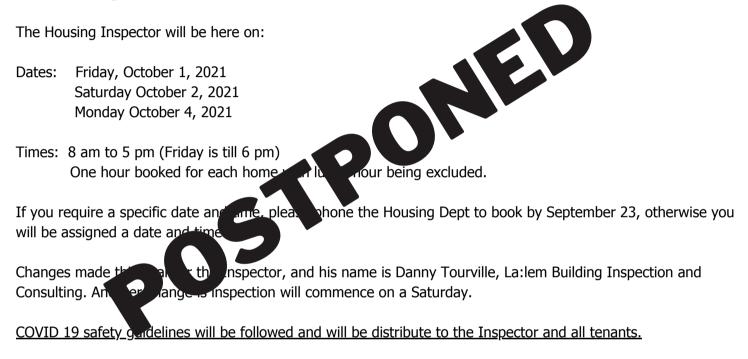
If you have any questions pertaining to this Law, please contact the Cheam Lands Officer, Madeline Jimmy at <u>madelinej@cheamband.com</u> or 604-794-7924.



HOUSING DEPARTMENT

ANNUAL HOUSING INSPECTION

This is to inform that the Housing Department will be doing the annual inspection on all rental or social housing units.



Thank you,

Cheam Housing Department

MAINTENANCE REQUEST REMINDER

The Housing Department would like to remind all tenants requesting maintenance repairs to please phone or email Daphne at Reception with the request (604-794-7924 or daphnee@cheamband.com).

Requests that are called in directly to Public Works or Housing Department employees are not entered into the maintenance queue the same way and may be missed unintentionally. By submitting maintenance repair requests directly to Daphne we can assure all requests are handled in a timely manner.



OVERDOSE ADVISORY

There has been a number of overdoses in Abbotsford and Mission over the past 5 days. Reports suggest overdoses are connected to a **dark purple substance** sold as down/opioids.

Friends, family and community members using opioids and stimulants face increased risk from both injection and inhalation.

IF SOMEONE OVERDOSES:

CALL 9-1-1 AND STAY WITH THEM

GIVE 1 BREATH EVERY 5 SECONDS

GIVE NALOXONE

Please look out for each other.

TIPS FOR SAFER DRUG USE:

Explore with service providers options for witnessing consumption (episodic OPS) and local Overdose Prevention Sites



Stagger use with friends so someone can respond if needed

Start low go slow

Take a small amount, wait and see how it feels

If using alone:

- Let someone know and ask them to check on you
- Download the Lifeguard or BeSafe apps (available on Apple/Android)
- Call the National Overdose Response Service: 1-888-688-6677 if no cel data

Mixing substances increases risk of overdose - this includes alcohol and prescription drugs

Find local harm reduction services https://towardtheheart.com/sitefinder or call Lookout Abbotsford Mobile Harm Reduction Services 604-308-8296

Get your drugs checked https://www.fraserhealth.ca/drugchecking or https://aetvourdrugstested.com/

Carry naloxone – visit <u>www.naloxonetraining.com</u> for a training refresher



Fraser Health Harm Reduction Date Posted: November 18, 2021 (please remove by December 1, 2021)



CHEAM.FN1 O @CHEAM.FN1





HEALTH & WELLNESS 604-794-7927 or INTAKE CELL 604-991-0030







Please note that 8 units will have an Environmental Health Inspector walk through your unit on November 22 and 23. It will take up to 45 minutes to do the work. Please have someone home to let myself and the Inspector in.

The following addresses will receive a phone call or a poster on their door on the time and date.

The addresses are:

52194 Mathela Crescent 52203 Alexis Crescent 52186 Squahiti Crescent 52193 Mathela Crescent 10488 Edwards Road 52207 Mammam Crescent 52199 Cheam Cresecent 621 Bridge Road

CHEAM_FN



HEALTH & WELLNESS



FRASER SALISH REGION First Nations Health Authority

Vaccination Third Dose/Booster Clinics

The Fraser Salish Team is pleased to share that Third dose/Booster dose clinics will begin delivery on November 23, 2021

Your Clinic Date: November 23, 2021

Time: 10:00AM

Location: Cheam First Nation

If you have your proof of vaccination card please bring it with you. If you do not, staff on site can help confirm your previous vaccine doses.

Eligibility

Everyone 18 years of age and older, or turning 18 in 2021, is encouraged to get a booster dose 6-8 months after their initial vaccine series.

Support

If you have questions, or want more information about third dose/booster vaccines the FNHA will hold a webinar every Wednesday evening 7-8:30PM. Contact Jennifer Heaven at lennifer.heaven@fnha.ca

To book an appointment to receive the 3rd Dose, please contact Angie by:

> Phone at 604-794-7171 Text at 604-798-5271 Email: angi.peters@seabirdisland.ca





Last Updated November 2021



\checkmark	
×	
(D)	
2	
-	
$\dot{}$	
\mathbf{U}	
_	
.⊆	
•—	
S	
Ē	
a	
~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	)
0	
<u> </u>	
Δ.	
ō	
¥	
0	
Ð	
ē	
Ľ	
ш	

		Program Name	Drogram description	Hosting Organization(s)	Who this is for	How to access / contact
		2				
		Starfish Backpack Program	Bi-weekly food hampers for families through the schools	Chwk Community Services, Chwk School District, Salvation Army	Families of school aged children in the Chilliwack School District (elementary to high school)	Through school staff Email Jane jane_ullyot@sd33.bc.ca
		Salvation Army Pantry	Self selection hamper program	Chilliwack Salvation Army	anyone	Walk in only, 45746 Yale Road Daily visits allowed M-F 10-12; 1-4
	Hamper	Salvation Army Food Bank	Monthly hamper program	Chilliwack Salvation Army	anyone	Call for appointment M-F 9-12; 1-3 Main office 604 792 0001
		Food Closet	Basic dry food items up to 6X per calendar year	Sardis Community Church	Anyone living in Sardis	Walk in 45625 S Sumas Rd M-Th 8:30-2:30 Or call main office 604-858-7191
		Hands Up Chilliwack!	Meal kit ingredients, recipes, & virtual cooking demonstrations	Chilliwack Bowls of Hope Society	Families of school aged (elementary and high school) children (delivery available)	Agency or self referral Email Cindy cindy.waters@chilliwackbowlsofhope.com
٩Ľ		Cyrus Centre Youth Hampers	Bi-weekly food hampers for youth	Chilliwack Cyrus Centre (satellite location of the Salvation Army Foodbank)	Youth 24 years old and under	Walk in to register for the program during resource centre hours 12-8pm 7 days/week 45845 Wellington Ave
Pick (	Baby Food and	Basics for Babies	Baby food, formula, and supplies	Sardis Doorway for Mothers and Children	infants & toddlers up to 6x per calendar year living in Sardis	Call or email Karin 604-819-6556 sardisdoorway@shaw.ca
	Formula Pick Up	Meadow Rose Baby supplies	Baby food, formula and anything babies need	Meadow Rose Society	Children 3 and under, 2 visits per month	Walk in 45789 Spadina Ave T, W, Th 11-1 Or call 604-392-1133
	Pantry (& other) item pick up	Chilliwack Community Cupboard	Food, clothing, and other household items available to Chilliwack families at no charge	Chilliwack Community Cupboard Society	Chilliwack families with children under the age of 19	Contact <u>chilliwackcommunitycupboard@gmail.com</u> or 604-845-3367 Open once a week: 9:30-11:30 Thursdays
	Meal Pick Up	Community Dinner Soun Kitchen	Dinner Take Out Linnch Take Out	Ruth and Naomi's Mission Chilliwack Salvation Army	Anyone Adults andv	Walk in only 46129 Princess Ave 7 days/week 6-7pm Walk in only 45746 Vale Road
	Meal	Feed the Children	Hot, nutritious lunch delivered to schools	Chilliwack Bowls of Hope Society	School aged (elementary and high school) students in need in Chilliwack	Wark in Only +2/40 rate road M-F 12-1 Speak to staff at your school so they can email Ted ted.kim@chilliwackbowlsofhope.com
	Service	Cyrus Centre Youth Meals	Packaged meals (lunch, snacks and dinner; breakfast Tues & Thurs)	Chilliwack Cyrus Centre	Youth 24 years old and under	Walk in only 45845 Wellington Ave 7 days/week
واivery	Hamper Delivery	Seniors Grocery Program	Free groceries weekly to low- income seniors	Chilliwack & District Seniors Resources Society	Seniors	Agency or self referral Email Kelly director@cdsrs.ca
a	Meal and Hamper Delivery	Wilma's Transition Society	Hampers and meals (fresh and frozen options), other needs met	D         Meal and         Wilma's         Hampers and meals (fresh and         Wilma's Transition Society         anyor           Hamper         Transition         frozen options), other needs met         Delivery         Society         anyor	anyone	Agency or self referral Call 604-824-0939 Ask for Erin

There is also the Food Warehouse behind the Salvation Army in Chilliwack on Yale Road. Warren Schatz is the contact person. warrens@salvationarmychilliwack.ca. •







First Nations Health Authority Health through wellness **MENTAL HEALTH AND WELLNESS TOOLKIT** FOR COVID-19

# **Managing Anxiety**



#### **LEARN ABOUT ANXIETY**

Due to the COVID-19 pandemic, many people are facing challenges and stress. Anxiety is a normal reaction to stressful situations and is how our mind and body prepare us to handle that stress. Understanding how anxiety affects us is an important first step in managing our anxious responses.

When we feel anxious, we often notice physical symptoms, such as body pains or sweaty palms. We may feel nervous or irritable. The Anxiety Profile shown below describes how anxiety shows up in our bodies, thoughts, behaviours and moods.

#### THE ANXIETY PROFILE

(adapted from Mind Over Mood, First Edition)

#### MOODS

Anxiety can make us feel nervous, cranky, anxious and/or panicky

#### PHYSICAL REACTIONS

- Sweaty palms
- Body pain
- Racing heart
- Flushed cheeks
- Feeling dizzy

#### BEHAVIOURS

- Avoiding situations where anxiety might occur
- Leaving situations when anxiety begins to occur
- Trying to do things perfectly or trying to control events to prevent danger
- Being mean or passive aggressive towards others (lateral violence)

#### THOUGHTS

- Feeling like danger is everywhere
- Feeling like you can't cope
- Feeling like no help is available
- Worrying and focusing on worst-case scenarios





First Nations Health Authority Health through wellness

# **Mental Health and Wellness Supports**

The FNHA and other organizations provide culturally safe and trauma-informed cultural, emotional, and mental health services to Indigenous people in BC.

#### SUPPORT AVAILABLE 24 HOURS A DAY

- HOPE FOR WELLNESS HELP LINE offers immediate mental health counselling and crisis intervention by phone or online chat to all Indigenous people across Canada. Call toll-free 1-855-242-3310 or start a confidential chat with a counsellor at hopeforwellness.ca.
- INDIAN RESIDENTIAL SCHOOL CRISIS LINE is a national service for anyone experiencing pain or distress as a result of their residential school experience. Call toll-free 1-866-925-4419.
- KUU-US CRISIS LINE SOCIETY provides crisis services for Indigenous people in BC. Adults/Elders line 250-723-4050; children/youth line 250-723-2040. Or call toll free 1-800-588-8717. Learn more at www.kuu-uscrisisline.com.
- MÉTIS CRISIS LINE is a service of Métis Nation British Columbia. Call 1-833-MétisBC (1-833-638-4722).

#### **OTHER CULTURALLY-SAFE SUPPORTS**

- FIRST NATIONS VIRTUAL DOCTOR OF THE DAY provides virtual health care and referral support for people who do not have a doctor or are unable to get an appointment. It is for all First Nations people living in BC and their family members, including family members who are not Indigenous. Doctors are available by video or phone from 8:30 a.m. to 4:30 p.m. every day. Call 1-855-344-3800 to book an appointment. Learn more at fnha.ca/virtualdoctor.
- INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY (IRSSS) is a partner with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools in BC, and their families, regardless of status. Call toll-free 1-800-721-0066 or visit www.irsss.ca.
- TSOW-TUN LE LUM SOCIETY provides confidential outreach services in BC, such as counselling, cultural supports and personal wellness programs. Call toll-free 1-888-403-3123 or visit www.tsowtunlelum.org.
- VIRTUAL SUBSTANCE USE & PSYCHIATRY SERVICE is an FNHA service providing virtual specialist support in addictions medicine and psychiatry to First Nations people in BC and their family members. This service requires a referral from a health and wellness provider. The first Nations Virtual Doctor of the Day provides referral support for anyone who does not have a provider



#### SERVICES COVERED BY FIRST NATIONS HEALTH BENEFITS

- INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM provides access to cultural supports and mental health counselling for former students of Indian Residential Schools. The program is available to anyone who attended a school listed in the 2006 Indian Residential School Settlement Agreement, and their family members. Call the FNHA Indian Residential Schools Information Line toll-free at 1-877-477-0775.
- MENTAL HEALTH AND WELLNESS COUNSELLING IN BC may be eligible for Health Benefits coverage. Many providers are registered to bill Health Benefits directly for services so clients do not have to pay out of pocket. Before booking an appointment with a counsellor, call 1-855-550-5454 or visit fnha.ca/benefits to check if they are registered and if the service is eligible for coverage.
- MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS HEALTH SUPPORT SERVICES is a national program administered in BC by First Nations Health Benefits. Services are available to survivors, family members and others who have been affected. Call Health Benefits toll-free 1-855-550-5454 for more information.

### **Seabird Eye Clinic**

#### December 1 & 2

9am-520pm

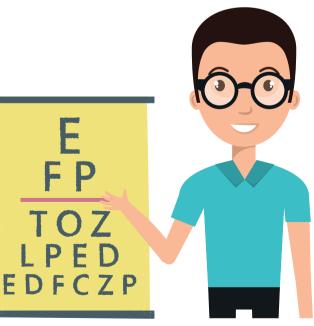
Please contact your CHR or

Amanda Peters @ 604-796-2177

Adults eligible for eye exams once every 2 years

0-18 eligible once a year







604-794-7927 or INTAKE CELL 604-991-0030



### **CHEAM DUDES CLUB**

Join the brotherhood to support men's mental health and wellness by becoming a part of Cheam's Dudes Club.

#### What is Dudes Club?

Dudes Club is a safe space for men to come together in brotherhood to talk about guy stuff. Based on Indigenous teachings, Dudes Club uses trained facilitators, cultural activities and community building to make it easier for men to talk about what's bothering them and work towards overall wellness.

With the help of Elders, we will learn culture and traditions- and just how to be DUDES. All we ask of you is to bring an open mind and leave your armour at the door.

Dudes Club is open to all men (including those who identify as men) in the Community and will run Thursdays from 4-6 pm starting in September; the exact location is to be determined. If you're interested in being a part of this men's group or want more information, contact our Wellness Advocate, Ray at ray.hartt@cheamband.com or 604-991-9610.

## **DUDES CLUB CORE VALUES**



#### Relationships

We prioritize work together that begins with, and builds towards, strong relationships, with: Self, Peers, Family, Community, Elders, and the Land.



#### Sanctuary

Our work depends on trust, and happens within a context of non-judgmental, inclusive, compassionate, respectful, culturally safe spaces.



#### **Brotherhood**

We recognize that reclaiming, redefining, and decolonizing ideas of what it is to be a 'man' is essential, and that this is a process that men must undertake to support each other. Healthy, authentic, humble, courageous masculinities are core to our work.



#### Journey

We recognize that to be effective and sustainable in the long term, this must be patient, and sometimes slow, work. The concept of 'Seven Generations' also reminds us to think beyond immediate needs, and that healing is a process that happens over time, not a quick fix.

#### **Two-Eyed Seeing**

To move forward in a good way towards men's wellness we must balance the strengths of both Indigenous and western ways of knowing, ensuring our clubs are places of Cultural Safety, where Dudes can reconnect to their heritage and family, through storytelling and sharing. "In a good way", whereby the work undertaken is a sacred endeavor, connected to ceremony and ancestral wisdom, and contributes to healing.







# Jobs - We're Hiring!

TO APPLY TO ANY OF THE JOBS LISTED BELOW, PLEASE VISIT OUR WEBSITE FOR FULL DETAILS, APPLY ON INDEED.CA OR DROP OFF YOUR RESUME AT THE BAND OFFICE.

ADULT IN-HOME CARE WORKER	CUSTODIAN/FACILITY MAINTENANCE
SOCIAL DEVELOPMENT & EDUCATION CLERK	SHELTER SUPPORT WORKER
(SASET CONTRACT)	SOCIAL DEVELOPMENT & EDUCATION
GENERAL MAINTENANCE WORKER	COORDINATOR
<u>(SASET CONTRACT)</u>	FUNDING ASSISTANT
GENERAL MAINTENANCE WORKER	
<u>PEACEKEEPER/PEACEOFFICER (FULL TIME)</u>	PROJECT MANAGER
<u>WELLNESS ADVOCATE (HOURS VARY)</u>	COMMUNICATIONS SPECIALIST
HUMAN RESOURCES ADVISOR	EXECUTIVE ASSISTANT - CHEAM ENTERDRISES INC. (FULL TIME)

Our current openings and full descriptions of each position are on the following pages and can be viewed at www.cheam.ca/employment.



## **JOB TRAINING**

#### Sto:lo Aboriginal Skills & Employment Training is pleased to offer:

### WATER DAMAGE RESTORATION **TECHNICIAN COURSE**



#### Course Includes:

- IICRC approved; 14 IICRC CEC credits
- Science of drying: psychometry
- 3 categories of water loss
- Important anti-microbial guidelines
- Dehumidification
- Contents restoration and cleaning methods

#### If you are an Indigenous individual who:

- Is un- or under employed
- If you are currently employed by a First Nation in the SASET catchment area working in the Maintenance or Housing line of employment
  - Resides in SASET's catchment area
  - Is willing to commit to a 3-DAY ONLINE program
    - Has an interest in the Restoration Industry
- If so... we are presently accepting applications for this training opportunity. There are a limited number of seats, so don't delay in scheduling an appointment with your Employment Counsellor!



#### TO APPLY PLEASE CONTACT SASET:





www.saset.ca



🖾 info@saset.ca 🛛 Ғ www.facebook.com/SASET.EAS



December 20-22, 2021

Training

CHEAM_FN

# **Snow Removal**

If you are an Aboriginal individual who:

- Is un- or under employed
- **Resides in SASET's catchment area**
- Is willing to commit to a 2-week full-time program
- **Enjoys outdoor work**
- Has an interest in seasonal winter maintenance work
- Is in good health and physically fit

If you answered yes... we are presently accepting applications for this free training opportunity. There are a limited number of seats, so don't delay in scheduling an appointment with an **Employment Counsellor!** 

Program Start Date: November 22nd, 2021

Program End Date: December 3rd, 2021

Class Time: 8:00 am to 4:00 pm

Training will take place on-site at:

2D—7201 Vedder Rd, Chilliwack BC V2R 4G5

### **Program Includes:**

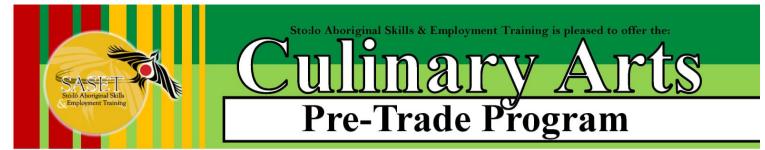
 $\Delta S$ 

Stó:lõ Aboriginal Skills Employment Training

- **Skid Steer Certification**
- **Bobcat Operation**
- Salting
- Brining
- **Proper Lifting** Techniques
- **Proper Shoveling** Techniques
- **Snow Removal Skills**
- **Bobcat Maintenance**
- **Snow Blower Use**

#### **Contact us today and check us out online!**





### Next classes start: January 6th, 2022



Are you an Indigenous or Metis individual residing in the SASET catchment area who has an interest in the cooking profession?

If so, contact a SASET employment counsellor to book an appointment and complete the application package.

#### CONTACT US TODAY!

604-858-3691 Fax: 604-858-3528 Toll Free (BC): 1-888-845-4455

www.saset.ca

https://www.facebook.com/SASET.EAS

5579 Tyson Rd, Chilliwack, BC V2R 0H9





#### **Program Includes:**

- Certificates: FoodSafe, First Aid level 1, WHMIS, WCB Awareness
- Occupational Skills
- Stocks, soups and sauces
- Vegetables and fruits
- ◊ Starches
- Meats
- ♦ Poultry
- ♦ Seafood
- o Garde-mange
- Eggs, breakfast cookery and dairy
- Baked good, desserts and beverages
- o Basic kitchen management
- Two week practicum placement

#### \$200 BONUS

Based on full attendance and completion of Program

Sto:lo Aboriginal Skills & Employment Training is pleased to offer:

# Powerline Technician Pre-Apprenticeship



LUNCH, TRANSPORTATION Assistance and SAFETY GEAR PROVIDEDI

### STARTING JANUARY 10TH 2022!

If you are an Indigenous individual who:

- Is un– or under employed
- Resides in SASET's catchment area
- Is willing to commit to a <u>12 week full-time</u> program
- Enjoys outdoor work in all types of weather
- Has an interest in the Electrical Industry
- · Is in good health and physically fit
- If so... we are presently accepting applications for this training opportunity. There are a limited number of seats, so don't delay in scheduling an appointment with your Employment Counsellor!

Training will take place on-site at Sto:lo Nation Building 2D, 7201 Vedder Road, Chilliwack, BC January 10—April 1, 2022

Time: 8:00 am—4:00 pm

#### **TO APPLY PLEASE CONTACT SASET:**

604-858-3691

www.saset.ca



info@saset.ca

www.facebook.com/SASET.EAS



# ADDICTIONS WORKER DIPLOMA TRAINING

# Are you an Indigenous individual who:

- Is un or under employed
- Resides in SASET's catchment area (Katzie/Langley to Boston Bar and the three communities of Samahquam, Skatin and Xa'xtsa )
- Is willing to commit to a 10 month program Monday to Friday 8:30 am to Noon
- Is addictions free for a minimum of 1 year
- Is interested in working in the field of Addictions & Wellness

TRANSPORTATION Assistance Provided:

You could receive \$200 Based on full attendance and completion of Program

www.saset.ca

Course Includes the following: Communications Family Dynamics & Addictions Special Topics in Child & Youth Care Human Development; Trauma & Addictions Structural Relapse Prevention Planning Intake/Assessment/Interviewing Case Management & Professional Ethics Group & Individual Substance Abuse Counselling Treatment Approaches & Options Pharmacology and More Special Populations Practicum—4 weeks

First Aid, WHMIS and Non Violent Crisis Interventions

### START DATES ARE:

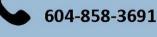
- November 22, 2021
- January 3, 2022

Training will take place at Sprott Shaw College, Chilliwack 8:30 am to Noon Mon - Friday

For more information, contact us:



Canada





info@saset.ca

www.facebook.com/SASET.EAS

Sto:lo Aboriginal Skills & Employment Training is pleased to offer:

# Powerline Technician **Pre-Apprenticeship**



## STARTING JANUARY 2022!

If you are an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 12 week full-time program
- Enjoys outdoor work in all types of weather
- Has an interest in the Electrical Industry
- Is in good health and physically fit

If so... we are presently accepting applications for this training opportunity. There are a limited number of seats, so don't delay in scheduling an appointment with your Employment Counsellor!

LUNCH, TRANSPORTATION

ASSISTANCE AND SAFETY GEAR PROVIDED! Training will take place on-site at Sto:lo Nation Building 2D, 7201 Vedder Road, Chilliwack, BC January 10—April 1, 2022

### Time: 8:00 am_4:00 pm

#### TO APPLY PLEASE CONTACT SASET:

604-858-3691



www.saset.ca



Canada,

Sto:lo Aboriginal Skills & Employment Training is pleased to offer:

# HEAVY EQUIPMENT OPERATOR



Dates: Various Intakes Starting January 2022 Location: Aldergrove BC



#### Are you an Indigenous individual who:

- Is un- or under employed
- Has a valid class 5 or 7 drivers license & ability to get to get to training site
- Preferably has some experience in operating equipment and/or construction
- Resides within SASET's catchment area
- Is willing to commit to a 12 week (Thursday through Saturday) 6:30am—4:30pm program
- Interested in becoming an Equipment Operator

You will learn the techniques of..... • Site Preparation • Foundation & Footing Excavation • Truck Loading • Safe Trenching Practices • Road Building

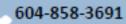
- Grading
- Sloping





WORK GEAR, LUNCH AND TRANS-PORTATION SUPPORTS AVAILABLE!

For more information, contact us:



Www.saset.ca

info@saset.ca



# ADDICTIONS WORKER DIPLOMA TRAINING

# Are you an Indigenous individual who:

- Is un or under employed
- Resides in SASET's catchment area (Katzie/Langley to Boston Bar and the three communities of Samahquam, Skatin and Xa'xtsa )
- Is willing to commit to a 10 month program Monday to Friday 8:30 am to Noon
- Is addictions free for a minimum of 1 year
- Is interested in working in the field of Addictions & Wellness

#### TRANSPORTATION Assistance Provided:

You could receive \$200 Based on full attendance and completion of Program

www.saset.ca

Canada

Course Includes the following: Communications Family Dynamics & Addictions Special Topics in Child & Youth Care Human Development; Trauma & Addictions Structural Relapse Prevention Planning Intake/Assessment/Interviewing Case Management & Professional Ethics Group & Individual Substance Abuse Counselling Treatment Approaches & Options Pharmacology and More Special Populations Practicum—4 weeks

First Aid, WHMIS and Non Violent Crisis Interventions

### START DATES ARE:

- November 22, 2021
- January 3, 2022
   Training will take place at
   Sprott Shaw College, Chilliwack
   8:30 am to Noon Mon Friday

### For more information, contact us:

604-858-3691





info@saset.ca

#### www.facebook.com/SASET.EAS





#### ENROLLMENT APPLICATION FOR GROUP BENEFITS

Postal code

Province

### CLIENT — Please complete Parts 2 and 4 of this application and only complete Part 3, if applicable. PLAN ADMINISTRATORS — Please complete Part 1 of this application.

Please complete form electronically or print clearly in INK. Sign, date and submit your application to your Plan Administrator as soon as possible.

□ New Client □ Reinstatement

PART 1 — PLAN ADMINISTR	ATOR					
Policy number 40000	Name of company/organization First Nations Health Aut	hority			Status number	
Effective date (mm-dd-yyyy)	Class		Employment type Client		Hours per week O	
If we have questions, how can we	contact you? Telephone:	1 855 550-	5454, press "2," then "1"	Email:	hb.eligibility@fn1	na.ca
PART 2 — CLIENT/DEPENDE	NT INFORMATION					
Legal first name	Preferred name	Middle i	nitial Last name		Birthdate (mm-dd-yyyy)	Sex

City

Street address Email address

For children who have not yet received their own status number, please provide the information requested in the table below.

LEGAL FIRST NAME	PREFERRED NAME	MIDDLE INITIAL	LAST NAME	BIRTHDATE (MM-DD-YYYY)	SEX
First child					
Second child					

#### PART 3 — CO-ORDINATION OF BENEFITS

If you or any of your dependents have coverage under another plan, please indicate the following:

Name of Insurance company	Group Policy Number	ID or certificate number
PART A		

I agree to the conditions of my benefit plan between First Nations Health Authority (FNHA) and Pacific Blue Cross. I confirm that the information I have provided is true and complete.

If I should receive a settlement or a judgement against a liable third party for wage loss or benefits covered under my group plan, I agree to and authorize the third party to reimburse Pacific Blue Cross up to the amount advanced to me pending such settlement or judgement.

I consent to Pacific Blue Cross collecting, using and disclosing my personal information where reasonably necessary for the purposes of my enrollment or coverage under this group plan. I consent to the disclosure of my personal information to agents and representatives of Pacific Blue Cross and other providers/insurers and their agents and representatives for the purposes of assessing and providing benefits coverage. I also consent to the disclosure of my personal information to my plan administrator when required or permitted by law or by contract between Pacific Blue Cross and FNHA; and to the retention, use and disclosure of my personal information in accordance with the Pacific Blue Cross privacy policy.

The privacy policy is available online at pac.bluecross.ca or by calling Pacific Blue Cross at 604 419-2000.

Client's signature		Date (mm-dd-yy)	уу)
	FNHA CLIENTS:		
	MAIL YOUR APPLICATION First Nations Health Authority, Health Benefits Department 501 – 100 Park Royal South West Vancouver, BC V6B 4E1	EX FAX 1 888 299-9222	

**Pacific Blue Cross is a registered trade-mark of the Canadian Association of Blue Cross Plans (CABCP) and registered trade-name of PBC Health Benefits Society (PBC), an independent licensee of CABCP. Certain insurance products are underwritten by British Columbia Life & Casualty Company, a wholly-owned subsidiary of PBC. CARESnet is the registered trade-mark of CABCP, and is used under license to PBC. "Blue Shield is a registered trade-mark of Blue Cross Blue Shield Association. All rights reserved. 0799023—PRIVA 09/19 CUPE 1816





INCLUDE COPY OF MARRIAGE/CHANGE OF NAME CERTIFICATE, ETC.

USE CAP	ITAL
LETTERS (	ONLY
A B C	D

#### **MEDICAL SERVICES PLAN (MSP) ENROLMENT APPLICATION**

This application is for registered Status Indians who are assisted by First Nations Health Authority, and must be authorized by the First Nations Health Authority Benefits BC Region Office.

SUBMIT COMPLETED FORM TO THE FIRST NATIONS HEALTH AUTHORITY AT THE ADDRESS LISTED ON PAGE 2, SECTION 4.

NOTE: INCOMPLETE, UNSIGNED OR UNAUTHORIZED FORMS WILL BE RETURNED. Before completing this application, please read IMPORTANT INFORMATION on page 2.

Residents of BC are required, by law, to enrol themselves and to enrol their spouse and children who are residents of BC.

RESIDENT means a person who is a citizen of Canada or is lawfully admitted to Canada for permanent residence, who makes his or her home in British Columbia, and is physically present in British Columbia for at least 6 months in a calendar year, or a shorter prescribed period, and includes a person who is deemed under the regulations to be a resident but does not include a tourist or visitor to British Columbia.

BAN	ID NAME	FULL STATUS	NUMBER		PERSONAL HEALTH	NUMBER (PHN)		GROUP NUN	ABER
			TITI					2100	0
1	APPLICANT INFORMATION								
	LICANT LEGAL LAST NAME		APPLICANT LEGAL	IRST NAME		APPLICANT LEGAL	SECOND NAME		
							III	I I	[ ]
	e person must be a resident of BC to qualify for provincial health ca efits, your current <b>residential</b> address is required.	are	BIRTHDATE (MM / D	D/ YYYY)	GENDER		TELEPHONE NUM	BER	
	DENTIAL ADDRESS						PROV POST	AL CODE	
RE31									
MAII	LING ADDRESS (IF DIFFERENT FROM RESIDENTIAL ADDRESS)			CITY			PROV POST	AL CODE	
2	RESIDENCE AND CITIZENSHIP / IMMIGRATION INFORMAT		PERCON LICTED ON T						
A		OLDER OF PERMAN	ENT RESIDENT STATU	S – Record of Landing, P of Permanent Residence	Permanent	OTHER – Work c	or Study Permit, etc	1	
F			ONAL HEALTH NUMBE						
В	HAVE YOU HAD MSP COVERAGE PREVIOUSLY?								
			/ DD / YYYY)					()	
	HAVE YOU LIVED IN BC SINCE BIRTH? YES $\square$ NO $\rightarrow$ MOST RECENT MOV		/ 00 / 1111)		MOST RECENT MOV	/E TO CANADA 🛛 →	(MM / DD / YYYY	)	
(GO TO "D")				(IF DI	IFFERENT FROM DATE OI				
1	↓ IS THIS A PERMANENT M		INCE OR COUNTRY M	OVED FROM	PREVIOUS HEA	LTH NUMBER			
		NOVE?					ттт	1.1	1.1
	HAVE YOU OR ANY FAMILY MEMBER BEEN OUTSIDE BC FOR MORE	FHAN 30 DAYS IN T	OTAL DURING THE P	AST 12 MONTHS?	YES	NO (IF NO	, GO TO " <b>E</b> ")		
D	DEPARTURE DATE (MM / DD / YYYY) RETURN DATE (MM / DD	/YYYY)	FAMILY MEMBER N	AME, REASON FOR DEP	ARTURE AND LOCATION				
L									
	WILL YOU OR ANY FAMILY MEMBER BE AWAY FROM BC FOR MORE THAN 30 DAYS IN TOTAL IN THE NEXT SIX MONTHS?		YES 🗌 NO		AN ACTIVE MEMBER O UTION, PLEASE PROVIDI			CANADIAN	FORCES,
_	IF YES, SEE <b>RESIDENCY</b> , PAGE 2.					(MM / DD / YYYY)			
E	ARE YOU A FULL-TIME STUDENT?		YES NO						
	IF YES, WILL YOU RESIDE IN BC ON COMPLETION OF YOUR STUDIES?		YES NO						
IS THIS APPLICATION ALSO FOR A SPOUSE OR CHILD? IF YES, PLEASE COMPLETE SECTION 3.									
	SPOUSE AND CHILD INFORMATION (LIST ONLY THOSE EL DUSE means a resident of BC who is either married to or living ar		marriago liko rolat	ionship with the apr	licant and may be of	the same gender	as the applican	+	
	LD means a BC resident who is a child of a beneficiary or a perso								oported by
the	beneficiary.								
	DTOCOPIES OF CURRENT CITIZENSHIP/IMMIGRATION DOCU PY OF MARRIAGE OR CHANGE OF NAME CERTIFICATE, ETC.	MENTS MUST BE	ATTACHED. USE I	EGAL NAMES WHE	N COMPLETING THIS	S FORM. IF LEGAL	NAME DOES N	IOT MATC	H, INCLUDE
SPOL	USE LEGAL LAST NAME	1	SPOUSE LEGAL FIRS	T NAME		SPOUSE LEGAL SEC	OND NAME		
		1 T T	T T T	т	т. т. т.		1 1 1 1	л г	1 1
PERS	ONAL HEALTH NUMBER (PHN) BIRTHDATE (MM / DE		GENDER	STATU	US INDIAN?	FULL STATUS N			
			ПмГ		YES NO				
STAT	US IN CANADA (MARK ONE – 🗵)	MA	RRIAGE DATE (MM / D	D / YYYY) SPOUS	SE'S PREVIOUS LAST NAM	ME (IF APPLICABLE)			
L	CANADIAN CITIZEN – Canadian Birth Certificate, Canadian Citizenship Card or Passport		i f i f	1111	ГТГТ		1   1	1 î	1 1
[	HOLDER OF PERMANENT RESIDENT STATUS – Record of Landing,	HA	S SPOUSE LIVED IN BO	SINCE BIRTH?	MM / (	D / YYYY	FROM (PROVINC	E OR COUN	TRY)
	Permanent Resident Card (front & back) or Confirmation of Permanent Residence	Г	YES NO	IF NO, MOST RECENT	. 1	Τ.			
Ľ	OTHER – Work or Study Permit, etc.			107					
	VIDE PHOTOCOPIES OF ALL APPLICABLE DOCUMENTS	IST	HIS A PERMANENT MC	DVE? REG. #	OF MEDICAL PLAN IN PF	EVIOUS PLACE OF RE	SIDENCE		
(DO	NOT SEND ORIGINALS). IF LEGAL NAME DOES NOT MATCH,		YES	NO		1 1 1 1	1 7 1 7	I	

Т

1

Т

3 (CONT'D) SPOUSE AND CHILD INFORMATION (LIST ONLY THOSE ELIC	iBLE)	
CHILD LEGAL LAST NAME	CHILD LEGAL FIRST NAME	CHILD LEGAL SECOND NAME
PERSONAL HEALTH NUMBER (PHN) BIRTHDATE (MM / DD / YYYY)	GENDER STATUS INDIAN?	FULL STATUS NUMBER
	M F YES NO	
STATUS IN CANADA (MARK ONE – 🔀)	HAS CHILD LIVED IN BC SINCE BIRTH? MM / I	DD / YYYY FROM (PROVINCE OR COUNTRY)
CANADIAN CITIZEN – Canadian Birth Certificate, Canadian Citizenship Card or Passport	YES NO IF NO, MOST RECENT MOVE TO BC →	1111
HOLDER OF PERMANENT RESIDENT STATUS – Record of Landing,	IS THIS A PERMANENT MOVE? REG. # OF MEDICAL PLAN IN PF	REVIOUS PLACE OF RESIDENCE
Permanent Resident Card (front & back) or Confirmation of Permanent Residence		
OTHER – Work or Study Permit, etc.		ADOPTION DATE (MM / DD / YYYY)
PROVIDE PHOTOCOPIES OF ALL APPLICABLE DOCUMENTS (DO NOT SEND ORIGINALS). IF LEGAL NAME DOES NOT MATCH, INCLUDE COPY OF CHANGE OF NAME CERTIFICATE, ETC.	IF CHILD IS NEWLY ADOPTED, INDICATE DATE OF ADOPTION AND ENCLOSE PROOF OF ADOPTION	
☐ IF YOU HAVE MORE THAN ONE CHILD, PLEASE MARK BOX ( X), ATTACH ADE		
IF THE APPLICANT IS THE PARENT OF, OR STANDS IN PLACE OF A PAREN STUDENT LEGAL LAST NAME	TTO A DEPENDENT POST-SECONDARY STUDENT (SEE BEL STUDENT LEGAL FIRST NAME	OW), PLEASE COMPLETE THE SECTION BELOW STUDENT LEGAL SECOND NAME
SCHOOL NAME AND FULL ADDRESS	DATE STUDIES BE FINISHED (MM /	

TO ADD MORE DEPENDENT POST-SECONDARY STUDENTS, PLEASE CHECK BOX, ATTACH ADDITIONAL SHEET AND PROVIDE ALL INFORMATION. POST-SECONDARY STUDENT MUST SIGN THE INFORMATION IN ORDER TO APPLY FOR ENROLMENT

DEPENDENT POST-SECONDARY STUDENT means a BC resident who is older than 18 and younger than 25 years of age, in full-time attendance at a post-secondary institution approved by the Commission, and supported by a beneficiary who is the person's parent or a person who stands in place of the person's parent.

#### 4 AUTHORIZATION - MUST BE SIGNED BY APPLICANT AND ANY POST-SECONDARY STUDENT APPLYING FOR ENROLMENT (DO NOT CHANGE TEXT OF AUTHORIZATION BELOW)

I have received information about MSP and agree to abide by the terms and conditions of MSP. I understand that if a discrepancy exists between the information provided and the legislation, the legislation will govern.

I authorize the Ministry of Health to collect my health information from practitioners who provide publicly funded health care service(s) to me under MSP and other publicly funded health care programs, and I provide consent for those practitioners to disclose such information to the Ministry of Health for the purposes of assessing eligibility for, and in regard to the administration of, MSP and other Ministry of Health publicly funded health care programs.

I declare that all information provided is true and I understand that the Ministry of Health and/or Health Insurance BC may verify this information with immigration authorities, law enforcement authorities and other public authorities, agencies and persons as appropriate. I declare that all persons listed are residents of British Columbia.

SIGNATURE OF SPOUSE	DATE SIGNED (MM / DD / YYYY)
DATE SIGNED (MM / DD / YYYY)	

#### SUBMIT THIS FORM, MARKED CONFIDENTIAL, TO:

First Nations Health Authority, Health Benefits Department, #501 - 100 Park Royal South, West Vancouver BC V7T 1A2

5 FIRST NATIONS HEALTH AUTHORITY AUTHORIZATION – MUST BE SIGNED BY A FIRST NATIONS HEALTH AUTHORITY REPRESENTATIVE	
FIRST NATIONS HEALTH AUTHORITY AUTHORIZATION	THE ABOVE INFORMATION IS SUPPORTED BY
MEDICAL SERVICES BRANCH REPRESENTATIVE	

#### **6 IMPORTANT INFORMATION**

For further important information about eligibility for and enrolment in MSP, please visit http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp

To complete MSP enrolment, new and returning adult residents must obtain a Photo BC Services Card by visiting an Insurance Corporation of BC (ICBC) driver licensing office. To find an ICBC driver licensing office near you, please visit icbc.com.

Personal information is collected under the authority of the *Medicare Protection Act* and section 26 (a), (c) and (e) of the *Freedom of Information and Protection of Privacy Act* (FOIPPA) for the purposes of administration of the Medical Services Plan. Information may be disclosed pursuant to section 33 of FOIPPA. If you have any questions about the collection and use of your personal information, please contact the Health Insurance BC Chief Privacy Office at Health Insurance BC, Chief Privacy Office, PO Box 9035 STN PROV GOVT, Victoria, BC V8W 9E3 or call 604 683-7151 (Vancouver) or 1 800 663-7100 (toll-free).