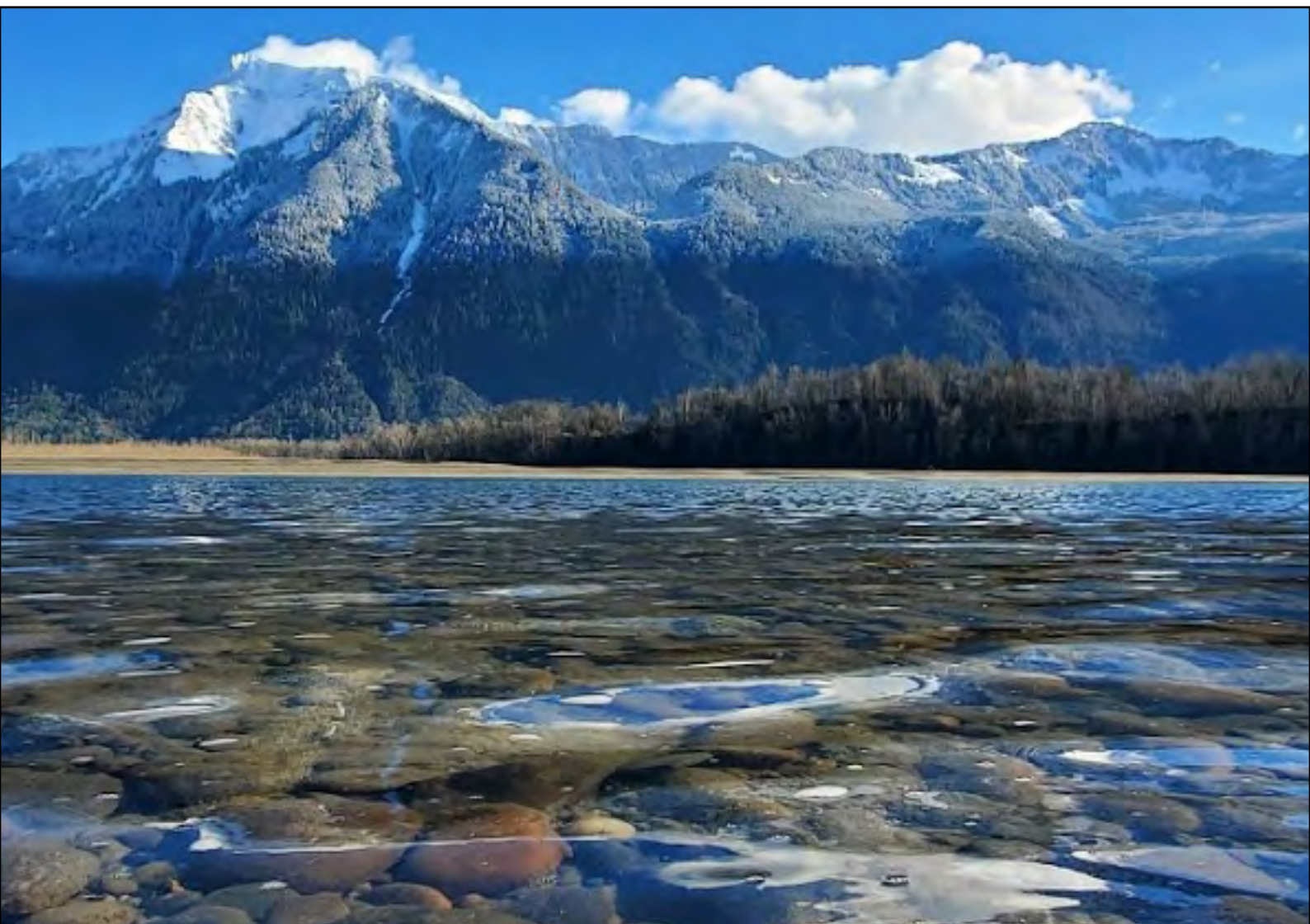




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: March 25, 2022



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XWECHYOM XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom Xwexwilmexw;

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

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 qexs a: li lalalem xwela kw'e mekw wates

Qas temtames cha xwe'eyems Te temexws qasu 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 spiritual wellbeing. In doing so, we strive to build pride, dignity and respect amongst our people.

FIND US ONLINE:



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SAFETY DURING COVID-19

Only by working together can we keep our community safe!

If you have symptoms please contact the Seabird Nursing Team to request rapid tests:

Cheam Nursing Office 604-794-7171
Seabird Health 604-796-2177

If you test positive for COVID-19, you need to:

1. Self-isolate and manage your symptoms
2. Let your close contacts know
3. [Complete an online form to report your test result](#)

Safety recommendations:

- Keep personal gatherings as small as possible
- Stick to the same group of people and only with those you know are fully vaccinated
- Outdoor gatherings are safer than indoor
- Reduce social interactions
- Ensure proper ventilation indoors by opening windows
- Avoid all travel, if you're not fully vaccinated
- Follow the current federal travel advisory
- Stay home if you feel sick

Current Provincial Covid-19 Restrictions March 10, 2022

Starting March 11, 2022 these activities can return to normal:

- Masks no longer required in public indoor settings under a public health order
- Masks are encouraged on public transit and BC Ferries, but not required
- Individual businesses and event organizers can choose to continue requiring masks on their premises
- Masks are still required for federally regulated travel, like air travel
- No restrictions on worship service capacity
- Overnight camps for children and youth allowed

Starting March 18, 2022, there are no visitor limits at long-term care and seniors' assisted living facilities.

When K to 12 schools return from spring break, masks will no longer be required for students, staff, and visitors.

PROVINCIAL UPDATE SITE

2022-23 Cheam Post-Secondary Application For Funding



Cheam First Nation seeks to improve access to post-secondary education so that our Youth can acquire the knowledge and skills needed to not only succeed but also to participate in a changing economy and society.

The due date to apply is June 1, but submission as early as possible is encouraged.

For further assistance please contact:

Bekki (Rebecca) Pears
Social Development and Education Coordinator
P: 604-745-8026



XWCHÍYÒ:M
CHEAM FIRST NATION

CFN Management Team Changes

It has been decided by the Chief & Council that effective March 10, 2022, C.A.O. Susan Hollister is no longer part of the management team for Cheam First Nation.

Chief & Council will review the structure of the C.A.O. role before any recruitment efforts get underway. For now, Councillor Annie Silver will be the acting C.A.O. and should be contacted for any inquiries related to the administration by email at annie.silver@cheamband.com.

We thank you for your support and patience during this transition.

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PELÓLHXW TRIBE

THANKING FIRST SALMON CEREMONY

TS'Í:TEM TE YEWÁL STH'ÓQWI



APRIL 2, 2022
5:00PM
CHEAM GYMNASIUM



CALL FOR COOKS

MENU
FISH

WILD MEAT STEW

(FISH AND MEAT PROVIDED)

POTATO SALAD

VEGGIE SALAD

RICE

BUNS OR BANNOCK

DESSERT

PLEASE CONTACT STEPHANIE
FREDETTE TO PUT YOUR BID IN
STEPHANIE.FREDETTE@CHEAMBAND.COM

604-845-7282

DEADLINE MONDAY MARCH 28, 2022 4:30PM

PELÓLHXW TRIBE THANKING
FIRST SALMON CEREMONY
TS'Í:TEM TE YEWÁL STH'ÓQWI
APRIL 2, 2022



CHEAM HEADSTART PARENTS AND TOTS PROGRAM



Ey Swayel

I would like to start off by introducing myself, my name is Randi Charlie and I am the new Headstart coordinator for Cheam. We are happy to announce that we will be re-opening our Headstart Parents and Tots program starting March 28th.

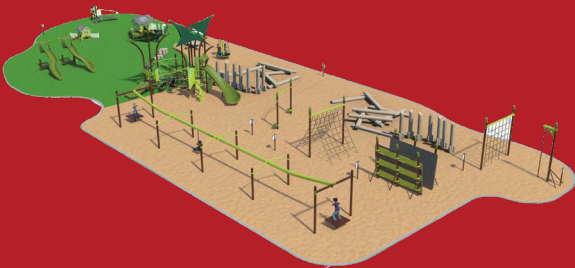
We are asking any families that are interested in the program, and have children aged 0-6, to connect with me to fill out registration forms.

My cell phone number is 604-793-5843 or email is Randi.Charlie@seabirdisland.ca

CHEAM AFTER SCHOOL PROGRAM!

HAPPY SPRING EVERYONE ~ Spring Break is full of activities! Everyone is welcome. Hours are Monday – Friday 10am to 6pm

Education Tutor, Deborah Tuck (deborah.tuck@cheamband.com)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 SPRING BREAK 	21 11-3 Sports Day Get your cheam soccer ball! prizes 	22 Sasquatch Mountain Tubing 	23 Self-Care – Jolene 10-2 - Sage brushing - Hot rock massage - Cedar Bath - Crafts	24 'Fire, Land Based Teaching, drumming, singing Bannock dogs, with guest Jolene 10-2' 	25 Spiderman Movie & Pizza 6:00pm @ Cottonwood 	26 Playground Grand Opening! 12-3:30
27 SPRING BREAK 	28	29 Cooking/baking Stick games with prizes and gift certificates	30 Learn to Knit 10-12 Reptile Guy 1-2pm 	31 Gardening 10-12 12:30-2:00 Cedar Bracelets With Trish 	1 Movie & Pizza- 12 noon @ Cottonwood 	2 Skate Boarding Clinic  (Registration required)

Come out and bring the whole family to participate in all the fun!!!!

There will be yummy food and snacks available.

Each participant will receive a passport and for every full event attended will earn a sticker, the one with the most stickers will win a Nintendo Switch! In the event of a tie a draw will be made.

JOIN US FOR THE CHEAM PLAYGROUND OPENING CELEBRATION MARCH 26TH



The opening will take place between **12-3:30**, with a dedication, speeches, drumming, and ribbon cutting.

Lunch will be available from **12:00 - 2:00**



NEWS & UPDATES

FNLC Children & Families

REGISTRATION REMINDER

First Nations Child & Family Jurisdiction Symposium (Saturday, March 26)

A Conversation between Youth and Leadership: All Welcome



Building on work done in 2021, the First Nations Leadership Council has been hosting speakers from Nations and organizations leading in standing up jurisdiction of Child and Family wellbeing services. On **Saturday, March 26th, from 9:00am to 1:00pm**, we are hosting a youth-friendly session that will include an opportunity for dialogue between youth and leadership.

Nipawi will be presenting an overview of an Act Respecting First Nations, Inuit and Metis Children, Youth and Families in BC, and hosting an open group discussion between First Nations leadership and youth. Though the session has a youth focus, all parties are welcome to attend and participate. Door prizes will be drawn at the end of the event.

[Registration Link](#)



Tenancy Agreements 2022/2023 FINAL NOTICE

The Housing Department requires tenants to come in and renew their Housing Agreement and sign a repayment agreement for any arrears owing. Please have *ALL* adults living in the home come in to sign the agreement.

Following tenants required to make appt who missed their appt from Mar 21-25:

- 52205 Squahiti Cr
- 52191 Alexis Cr
- 52203 Alexis Cr
- 52207 Mammam Cr
- 52186-B Mammam Cr
- 10488 Edwards Rd
- 52163 Mathela Cr
- 52193 Mathela Cr
- 51888 Old Yale Rd
- 51889 Old Yale Rd
- 621 Bridge Road
- 631 Bridge Road
- 745 Bridge Road
- 54404 Douglas Place
- 53394-A Douglas Place
- 53369 McGregor Rd
- 2-52172 Victor Drive
- 1-52174 Victor Drive



Tenants who do not decide to do a tenancy agreement, will by default consider their tenancy void. To avoid action, please make necessary arrangements.

Social Development requires tenancy agreements for all clients for the new fiscal year. To avoid delay please make an appointment with front desk.

Lydia Archie
Housing Manager



COUNCIL ADVISORY COMMITTEE PARTICIPATION STILL NEEDED

We are still in need of Member participation (living on or off Reserve) in each of the following:

- **Housing, Public Works and Capital Project's Committee (1 seat)**
- **Health, Social Development and Education (Family Representation)**

The Committees serve as a Standing Advisory Committee to Chief and Council. We are looking for Members of all ages (19+) to participate in these Committees, and from the Minutes of the meetings, recommendations are provided to Council on your vision and direction for the Nation.

The Committees will be made up of a mix of Community members, staff, and one member of Council, in an ex-officio capacity. Meetings will be held monthly and arranged to accommodate the schedules of Committee members. Thanks to advances in technology, meetings can be in person, virtual, or a combination of the two.

Please submit your name, why you are interested in sitting on the committee, which one, and past work/volunteer experience to either Committee@cheamband.com or in person to Daphne.



Our annual Cheam Community Spring Clean will be March 23-31st. Bins will be placed on the following streets:

- Alexis Crescent
- Yalamote Crescent
- Cheam Crescent
- Squahiti Cresnet
- Mammam Crescent
- Mathela Crescent
- Edwards Road
- Frontage Road
- Douglas Place



FIND US ONLINE:

Come Renew Your Status Card

An ISC mobile status team will issue a paper-laminated Certificate of Indian Status (CIS).

April 4 1:00 pm to 4:00 pm

April 5 to 7 9:00 am to 12:00 pm & 1:00 pm to 4:00 pm

* Arrival before 2:00 pm is strongly recommended

Coast Chilliwack Hotel – Fraser Room

45920 First Avenue, Chilliwack

- Masks are required.
- A Temporary Confirmation of Registration Document (TCRD) is available for those who cannot attend in person. Write to infopubs@sac-isc.gc.ca with “TCRD Request” as the subject and include your full name and phone number. The document will be mailed once your identity has been verified over the phone.
- The Secure Certificate of Indian Status (SCIS) is available by mail. For more information, scan the QR code or visit canada.ca/indian-status-card.
- The BC Region office in Vancouver accepts appointments for registration and the SCIS. To make an appointment, call (236) 330-9961.



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

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FREE TAX PREPERATION & FILING



BY APPOINTMENT, DROP OFF, OR DROP IN
WE'LL PREPARE AND E-FILE YOUR TAXES FOR FREE.

FEBRUARY 26 TO MARCH 31

CHEAM FIRST NATION
52161 VICTOR DRIVE, ROSEDALE BC V0X 1X1
MASKS MANDATORY, Social Distance in Effect

Please bring your Government-Issued ID and All Tax Slips

You are NOT eligible for this program if you:

- Are filing a Pre/Post Bankruptcy Return
- Are filing a Deceased Return
- Are Self-Employed
- Have employment expenses
- Have income sources that include Capital Gains, Farming Income, Commission Income, Investment Income over \$1,000, Professional/Business Income, Rental Income
- Other complex returns

For further information please call 604-794-7924 ext 113



DO YOU NEED HELP WITH THE INDIAN DAY SCHOOL CLASS ACTION SETTLEMENT AGREEMENT CLAIM PROCESS?

DUE BY JULY 13, 2022

THE INDIAN DAY SCHOOL CLASS ACTION SETTLEMENT IS APPLICABLE TO ALL STUDENTS WHO ATTENDED & SUFFERED ABUSE OR HARM AT A FEDERAL INDIAN DAY SCHOOL OPERATED BY THE GOVERNMENT OF CANADA.

I.R.S.S.S. CAN PROVIDE:

- EMOTIONAL SUPPORT TO I.D.S. SURVIVORS
- HELP WITH FORMS FOR I.D.S. SETTLEMENT
- ELDER & CULTURAL SUPPORT SERVICES
- SAFE & CONFIDENTIAL ASSISTANCE
- SELF-CARE PLANNING & FOLLOW-UP
- EDUCATIONAL & WELLNESS WORKSHOPS
- CRISIS COUNSELLING FOR FAMILY MEMBERS

INDIAN DAY SCHOOL COORDINATORS ARE HERE TO HELP NAVIGATE APPLICATIONS AND REFER MENTAL HEALTH AND CULTURAL SUPPORT BEFORE, DURING AND AFTER SUBMITTING FOR SURVIVORS AND FAMILY

CONTACT: STEPHANIE CHARLIE

INDIAN DAY SCHOOL COORDINATOR
FRASER SALISH REGION

INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY

EMAIL: STEPHANIECHARLIE@IRSSS.CA

T: 604-210-5745 C: 360-201-0816



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If you spent time in an Indian Hospital you may qualify to join this class action suit.

Klein Lawyers-Indian Hospitals Class Action –Do You Qualify?

Full Name: _____ Other names used: _____
Mailing Address: _____
Home Phone: _____ Cellular/Other: _____
Email: _____ DOB: _____

1. Are you: Status Indian ☐ If yes, please provide your status ID # _____
Metis ☐ Inuit ☐ Non-Status ☐ Other: _____ ID#: _____
2. City/reserve where you were living when you were sent to the hospital? _____
3. With whom were you living with at time of removal? (parents, other family member) _____

Hospital/Sanatorium Information

4. Reason for your admission to an Indian hospital/sanatorium (TB, broken bone, etc): _____

5. Hospital(s) Admitted To:

Name of Hospital/Sanatorium	Province	Admission dates: year or age entered and discharged from hospital
a.		
b.		
c.		

6. What did you experience while in the Indian hospital /sanatorium? (tick those that apply and provide details in blank):

Assault (ex. hit, restrained, etc.).	Yes	No	Details:
Sexual Abuse	Yes	No	Details:
Emotional Abuse (degrading names, threats, etc.)	Yes	No	Details:
Isolation from family	Yes	No	Details:
Prohibited from using/loss of language and culture	Yes	No	Details:
Restricted access to food and drink	Yes	No	Details:
Any other negative treatment/experience that you would like to comment on?	Yes	No	Details:

7. Do you have any documents/photos in your possession which confirm your hospital admission? Yes ☐ No ☐
If yes, what documents do you have? _____

By completing this questionnaire and submitting it to Klein Lawyers LLP you have not entered into a lawyer-client relationship with Klein Lawyers LLP. We do not represent you in this action. Once you provide this completed form to us, we will add you to our mailing list and do our best to contact you with any relevant updates. It is still your responsibility to keep informed on the progress of this action. Any information you provide to us is confidential. You may provide the completed form to us by fax: 604-874-7180, by email: jprobyn@callkleinlawyers.com, or by mail: Klein Lawyers LLP, #400- 1385 West 8th Avenue, Vancouver, BC V6H 3V9. Thank you.

FIND US ONLINE:

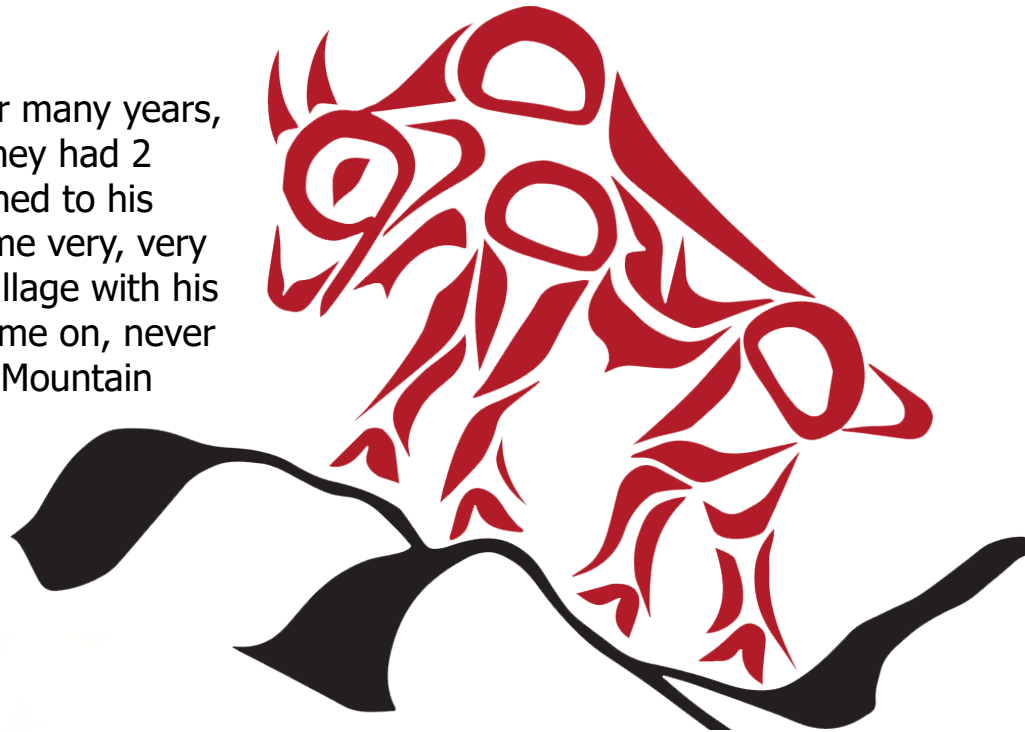


CHEAM ELDERS CORNER

HISTORY OF THE MOUNTAIN GOAT PEOPLE

A young man went hunting mountain goats, as the story goes, on Cheam Mountain and became lost to his people, and came to live with the Mountain Goat People that live deep inside Mount Cheam.

He lived with these people for many years, taking a wife, and together they had 2 children. Eventually, he returned to his parents who were, by that time very, very old. He lived in his parents' village with his wife and children from that time on, never returning to the home of the Mountain Goat People.



It is said that the young man, his wife, and children are the ancestors of the people who live on Cheam Indian Reserve today. The name "Cheam" is a Halq'eméylem word pronounced "Chiyom", which means "wild strawberry place".

2022 CHEAM ELDERS MEETINGS

The Elders meeting schedule for 2022 is below (Cheam Members only). Lunch is available at 12 pm with the meeting to follow.

- April 19, 2022
- May 17, 2022
- June 28, 2022
- July 19, 2022
- August 16, 2022
- September 20, 2022
- October 18, 2022
- November 15, 2022
- December 13, 2022



Upcoming Birthdays

Birthdate

Nora Jean Dodgson	March 27
Wayne Robert Douglas	March 29
Charles Kirklan Douglas	April 1
Dewey Jr. Hudson	April 16
Lyla Jane Victor	April 16
Ola Diane Smith	April 26
Diane Lynne Hudson	April 28

FIND US ONLINE:

Our Next Online Facebook Bingo is April 4!



As we are all feeling the need for some fun a few of our staff/community members are hosting the 6 bingo games below on a private Facebook page from 6-7pm every second Monday (for great prizes). Register to communications@cheamand.com if you would like to be invited, you can then pick up your game card & dabbers at the Band Office.

- 1 Line
- 2 Line
- X
- Picture Frame
- Blackout
- Consolation

MEDICINE WHEEL IS COMING TO CHEAM

Looking for 36 people to find a stone to make a walk-in-wheel for future ceremonies.

- 5 stones the size of a watermelon
- 12 stones the size of a cantaloupe
- 19 stones the size of a grapefruit

Come to the Band Office (Health side) and sign up if you wish to participate in the making of our Medicine Wheel.

You will receive a small bag of tobacco. To make an offering when picking up a stone you thank the Creator for the stone and mention what you are using it for, then place offering in place of the stone you pick. We will then meet to place stones at a date to be announced to those that sign up. Location has been picked and approved, behind the band office and church. Looking forward and excited to do this with the People of Cheam.

ray.hartt@cheamand.com



CHEAM COMMUNITY YOGA SERIES

Register
Now



Candice Baldwin (she/her/hers)
500 RYT and C-IAYT
Vidya Therapeutic Yoga
www.vidyatherapeuticyoga.ca

Register by emailing
ashley.douglas@cheamenterprises.ca

Join us for a yoga series starting March 22,
2022 from 6:00-7:00pm.
Series will run virtually until April 12, 2022.

BRINGING CULTURALLY SAFE SERVICES TO YOU

Aboriginal Health Liaisons provide patients with positive health care experiences and culturally safe care. Liaisons support First Nations, Métis and Inuit patients to navigate the health care system, support safe transitions from hospital to home and connect with community services.

WHEN TO CALL:

- To refer First Nations, Métis and Inuit patients
- To ask questions regarding any aspect of the Aboriginal Health Services
- To help patients access services throughout the health care system

REFERRALS CAN BE MADE BY:

- Patients
- Family members
- Friends
- Health professionals

To contact an Aboriginal Health Liaison, call 1-866-766-6960

Hours of service: Monday – Friday from 8:30 am – 4:30 pm
(excluding holidays)

To contact a Wellness System Navigator from
First Nations Health Authority, call 604-743-0635

Seabird Island Optometry Clinic

Date:

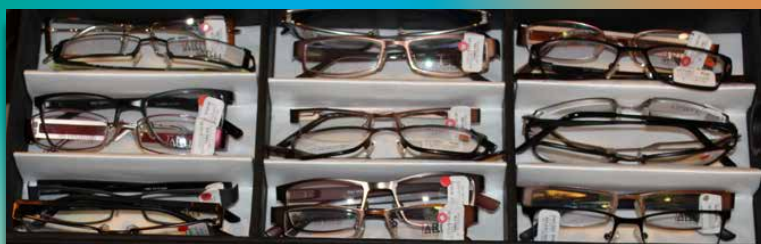
April 20 & 21/ 2022

Time:

9:00am - 6:00pm

For an appointment please contact your Community Health Representative or Emma Leon at 604-798-6144 or Lena Paul at 604-798-3793.

- Adults eligible once every 2 years
- 0-18 eligible once a year, 65+ eligible once a year



Please follow Covid-19 restriction we have set in place.

- Clients arrive and park in the designated Optometry Clinic Parking Lot to the right of the Band Office.
- Clients will receive a text message regarding their appointment time. Pre-screens will happen via text or phone call, before clients may enter the building for their appointment.
- When the Eye Doctor is ready for them, they are requested to enter the side door of the building. The door is labelled **Optometry Clinic**. There, they will be screened for their temperature, permitted to enter and sanitize upon entry. Masks are mandatory at this time.

Thank you for your understanding and cooperation.

Ages 40-79

Mammogram Clinic

*"Early detection
SAVES lives!"*

When | May 25th, 2022

Where | Seabird Band office Parking Lot

For more information and registration forms, Please contact the CHR in your community!



FIND US ONLINE:



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We absolutely love sharing food donations with our members and want to make sure that everyone who is interested has the opportunity to take part. The Health and Wellness Department has developed a registration list for all members interested.



Cheam Food Distribution Registration Form

Please fill out the below information to be registered to participate in the Cheam Health and Wellness Food Distribution Program. Whenever we receive a food donation large enough to share with the Community, we will send out notification through social media. Each time a notification is sent out, simply respond by letting Health Reception (Diana Giroux: reception2@cheamband.com or 604-794-7927) know if you want to take part in each event.

Note: Some donations are limited so they will be provided on first come first served basis. Other times, donations are large enough to be able to provide items to all those registered.

Name: _____

Email: _____ Phone: _____

Address: _____

Persons in HOUSEHOLD: _____

Alternate persons assigned for pick up:

#1 Name: _____

#2 Name: _____

Please note, all communications will be done through the registrant. It will be up to the registrant to communicate to their alternates regarding pick up information etc.



Free Food Programs in Chilliwack

	Program Name	Program description	Hosting Organization(s)	Who this is for	How to access / contact
Pick Up	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
	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@chilliwackbowlssofhope.com
	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
	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
	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
	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 chilliwackcommunitycupboard@gmail.com or 604-845-3367
	Community Dinner	Dinner Take Out	Ruth and Naomi's Mission	Anyone	Open once a week: 9:30-11:30 Thursdays Walk in only 46129 Princess Ave 7 days/week 6-7pm
Delivery	Soup Kitchen	Lunch Take Out	Chilliwack Salvation Army	Adults only	Walk in only 45746 Yale Road M-F 12-1
	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 Public School District	Speak to staff at your school so they can email Ted ted.kim@chilliwackbowlssofhope.com
	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
	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
	Wilma's Transition Society	Hampers and meals (fresh and frozen options), other needs met	Wilma's Transition Society	anyone	Agency or self referral Call 604-824-0939 Ask for Erin

There are multiple funding partners supporting these programs, please contact individual programs for more details.

- 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

Children's Oral Health Initiative (COHI)

Creating Healthy Lunches

Lunchbox Tips:

- Keep it simple and easy to eat but healthy and tasty.
- Eating Well with Canada's Food Guide - First Nations, Inuit and Metis (vegetables and fruit, grain products, milk and alternatives and meat and alternatives).
- Kids love to eat what they create. Let your child choose his or her lunch from a healthy list of choices.
- It is normal for a child's taste to change often. It can take many exposures to new foods before children learn to like them.
- Speed-up the process by cutting extra veggies when you're preparing dinner or by making extra at meals to use as 're-runs' for lunches the following day.
- On a cold day, pack a small thermos of soup, pasta, or other hot item.



Instead of Sandwiches

Build your own pizza with bannock or pita, tomato sauce, vegetables and grated cheese; Whole grain pancakes or waffles with fruit & yogurt; Falafel (chick peas) in a whole wheat pita, carrot sticks; Pasta salad, milk, small apple; a hard cooked egg, whole grain crackers, red pepper strips; a Burrito with salsa; Homemade, whole grain muffins, e.g., oatmeal carrot muffin and cottage cheese, cornmeal muffin with BBQ chicken or chili, Banana bran muffin with yogurt and veggie sticks. Eat traditional meats and wild game as often as possible!

Wrap or Pita Pocket Combos

(Mix one or more of the following with mustard, salsa, or other sauces/spreads)

Hard cooked egg, chopped cucumber, green onion; Chicken chunks with sliced seedless grapes; Turkey with grated carrot and shredded lettuce; Salmon or another cooked fish with red and green pepper slices; Chopped ham with pineapple; Hummus (bean dip) and vegetables; Shredded cheese, and sliced cucumber. Instead of a pita or a tortilla, try a "lettuce leaf" wrap with any of the above combos.

Traditional Food Treats

Fish, shellfish, moose or deer meat makes an excellent snack and provides a great meat and alternatives choice. You may also include berries, seaweed, various nuts and seeds but be sure to find out if your school has any food restrictions that must be followed as a result of food allergies to make sure it is safe.



First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

Creating Healthy Lunches

Versatile Veggies & Fast Fresh Fruits

- Choose in-season produce when possible.
- Freeze summer fruits and berries to enjoy all year round.
- Pack a fruit smoothie in a thermos.



Offer a variety of different choices over the week such as: cauliflower, broccoli, baby corn, fresh sweet radishes, pepper strips (yellow, green, red, orange), turnip or zucchini sticks, beans, squash and corn, peas in a pod or snow pea pods, cherry tomatoes, melon pieces, cherries, berries, kiwi, pears, peaches.

Dunk a Lunch

Finger food and dunking are always fun! Here are some healthy choices: Bean dip like hummus, yogurt dip or another dip served with veggies and whole wheat pita bread cut into triangles; Fresh cut or canned fruit mixed with plain yogurt; Whole grain bread sticks with fresh tomato salsa and guacamole.

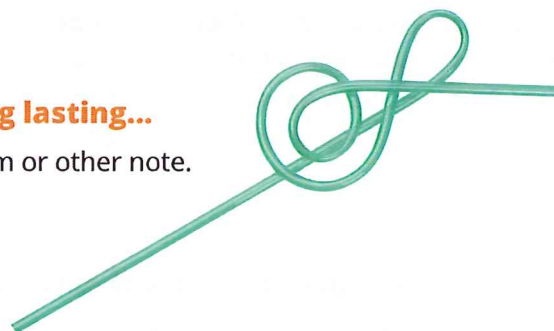
Last Night's Leftovers make a Tasty Lunch!

Not all lunches have to be hot – Leftovers can be sent cold, or hot, in a thermos

Leftover pizza; Chicken drumstick; Stew; Curry; Chili; Casserole; Stir fry; Perogies; Spaghetti and meatballs; Macaroni and cheese; Baked beans; Soup or Stew.

Little Extras: Non-food treats are special and long lasting...

A special napkin or straw; sticker, picture, a funny joke, poem or other note.



Pack a Safe Lunch

- Use clean kitchen tools to make lunches.
- Refrigerate lunches that are made ahead of time.
- Use an insulated bag with a freezer pack or chilled thermos to keep food cool. Chill milk or freeze drinking water or juice in plastic containers to keep food cool.
- Use a wide mouth thermos to keep hot food hot. Pre-heat the thermos with hot water before filling.
- Wash all vegetables well, even if the package says "pre-washed".
- Wash lunch containers every night and clean them with baking soda once a week to get rid of odours.
- Don't reuse plastic bags – they can hold bacteria.





British Columbia Aboriginal Network on Disability Society (BCANDS)

Jordan's Principle Provincial Service Coordinator

Jordan's Principle was developed in memory of Jordan River Anderson from Norway House Cree Nation in Manitoba. Jordan's Principle is a child first initiative that ensures children in First Nations communities find products, services or support they need.

Some supports covered by Jordan's Principle are:

Health:

- Medical supplies & equipment
- Mobility Aids
- Therapeutic services for individuals or groups (speech therapy, physiotherapy, occupational therapy)



Social:

- Social worker
- Land-based activities
- Respite care (individual or group)

Education:

- School Supplies
- Tutoring services
- Teaching assistants

The BCANDS Jordan's Principle Service Coordinator serves the entire province of British Columbia and is available to support First Nation children/youth and their families/caregivers in identifying and accessing services for their holistic needs. We encourage you to contact us should you have any questions, need assistance accessing health, social and education supports including Jordan's Principle funding, or have any other inquiries about the program.

For more information, please contact:

Raylene McCreath
Jordan's Principle Provincial Coordinator
Telephone: (250) 381 - 7303 Ext. 201
Cell: 250-208-3599 (TEXT ONLY)
Toll Free: 1-888-815-5511 Ext. 201
Fax: (250) 381 - 7312
Email: jordansprinciple@bcands.bc.ca
Twitter: @IDCCChildren
Website: www.bcands.bc.ca

B.C. Aboriginal Network on
Disability Society (BCANDS)
#6 - 1610 Island Highway
Victoria, British Columbia - Canada -
V9B 1H8

Jordan's Principle Call Centre: Available 24/7
1-855-572-4453



FRASER EAST RAPID ACCESS TO
ADDICTIONS CARE

INDIGENOUS OUTREACH

Our team can provide a range of services to support you in your substance use journey.

- HARM REDUCTION SUPPLIES
- INDIVIDUAL & FAMILY COUNSELLING
- SUBSTANCE USE TREATMENT REFERRALS
- NALOXONE TRAINING
- GRIEF AND LOSS SUPPORT
- GROUP THERAPY
- RESOURCE NAVIGATION

Are you struggling with substance use? Or know someone that does? Are you wanting support but unsure how to reach out?



First Nations Health Authority
Health through wellness

Office Phone:
604-701-3660



fraserhealth

Better health. Best in health care

We recognize Fraser Health provides care on the unceded and traditional territories of the Coast Salish and Nlaka'pamux Nations

FIND US ONLINE:



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Pathway to Treatment

You've chosen to seek treatment...now what? The steps below can be taken with the support of a medical professional or referral worker. If you're not sure who to work with, we can help with that too! Check out the back page for more resources.



FRASER SALISH REGION
First Nations Health Authority

1 Connect with a medical professional

This could be your family physician, counsellor, community health lead, or the FNHA Doctor of the Day. They will work with you to complete the following steps. Or, call Fraser Health's SUSAT service (1-866-624-6478) to connect to a clinician who can help you complete a referral application to treatment or detox.

2 Choose the avenue of treatment that is right for you

When you are looking for treatment, there are things to consider. Do you want treatment rooted in culture? is it important for you to remain in the Lower Mainland?

First Nations Treatment Centres

The foundation of these centres are built through a cultural lens which is embedded into the centre's programming. Cultural supports, such as an Elder, are on site whenever needed.

Fully funded by the FNHA

Can have longer waitlists

Located throughout BC

[FNHA Treatment Centres in BC](#)

Provincial/Public Funded Centres

These centres make efforts to incorporate cultural elements such as weekly smudging/brushing, but may not have culture embedded directly into the programming.

For funding options talk to your referral worker or medical professional

Various locations with options in the Lower Mainland
Provide specialized care for co-existing mental health conditions.

3 Complete and submit applications

Choose multiple centres and work with your referral worker/medical professional to submit applications to all of them. This will help with waitlists that you are likely to encounter.

4 Focus on wellness

Reach out to loved ones for support.

Connect with your community's mental health team, addictions worker, or traditional wellness worker/team.

Consider talking with a counsellor while you wait.

Build a safety plan: talk to a friend/family member about whether you can reach out to them during this process. You can also talk to a friend, neighbour, or health director/lead about going to them if you feel unsafe. Work with your referral worker/medical professional to choose some coping strategies.

Supports and Resources



FRASER SALISH REGION
First Nations Health Authority

If you're not sure how to connect with a referral worker, medical professional, or someone to help, start by calling:

FNHA Virtual Doctor of the Day

1-855-344-3800 (Toll free, 7 days a week 8:30am to 4:30pm)

<https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day>

FNHA Virtual Substance Use & Psychiatry Service

Provide virtual specialist support in addictions medicine and psychiatry.

FNHA Virtual Doctor of the Day, or your usual medical professional, and give you a referral for this service.

<https://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service>

SUSAT

Fraser Health's SUSAT service can connect you to a substance use clinician who can work with you to complete a referral application to treatment, or detox.

1-866-624-MHSU (6478)

To support your mental health and wellbeing, you can reach out to:

Kuu-Us Crisis Line Society

24 Hour Crisis Line for Indigenous people across BC

Adults/Elders Line: 250-723-4050

Youth line: 250-723-2040

Toll free: 1-800-8717

Hope for Wellness Help Line

Immediate mental health counselling and crisis intervention

Call toll free 1-855-242-3310 or;

Start a confidential chat at

hopeforwellness.ca

Indian Residential School Crisis Line

National service for anyone experiencing pain or distress as a result of their residential school experience.

604-985-4464 or;

Toll free crisis support (24/7)

1-800-721-0066

Counselling

Various services are available through the FNHA Health Benefits

Before booking an appointment, call 1-855-550-5454 or visit

fnha.ca/benefits to ensure the service is eligible for coverage

For assistance navigating barriers, questions, or the Pathway to Treatment, contact:

Sierra Kortenbach

Regional Mental Health and Wellness
Liaison, FNHA Fraser Salish Region
Sierra.Kortenbach@fnha.ca

Leah Brody

Addictions Specialist, FNHA Fraser
Salish Region
Leah.Brody@fnha.ca

CHEAM FIRST NATION Women's Wellness Support Group



Developing Personal Wellness is a weekly open group offered by Cheam Wellness Advocate, Corinne Stone to support women during the on-going COVID-19 restrictions and beyond.

The group meets every Thursday, from 1:00 p.m. to 3:00 p.m.

This group will be hosted online via Microsoft Teams until it is safe to connect in-person.

Some of the areas we will explore are:

- * Self-Care
- * Mindfulness Practices
- * Setting Healthy Boundaries
- * Elders' Teachings
- * Crafts and Sewing
- * Beading
- * Workshops (on any needs the group may identify)
- * Visiting Elders/Knowledge Keepers and Ceremony
- * Basic Life Skills

Start Date: Thursday, January 20th, 2022 from 1:00 pm to 3:00 pm.

Please call 604-794-7927 or email corinne.stone@cheamband.com to sign up and receive a link to connect.

FIND US ONLINE:

Virtual Workshop Series on Maternal Cannabis, Tobacco, and Wellness Programming in Indigenous Communities

March 22, 2022 9am – 12pm PT

The goal of this workshop series is to bring together community health representatives, maternal child health staff, nurses, and leaders, and substance use and wellness workers who currently work with pregnant women to offer culture-led and community-driven substance use, maternal health, or wellness programming.

In this workshop, we will focus on what materials may be useful to you and how we can creatively support maternal tobacco and cannabis cessation and wellness programs to move forward.

Discussion topics will include:

- What cultural activities are available in your community?
- What opportunities are there to address cannabis and commercial tobacco in culturally appropriate ways with women during pregnancy?
- How are ceremony, culture, language, and the land integrated into women's wellness strategies?
- What tools and resources are currently available to pregnant women who use commercial tobacco and cannabis?
- How can we support program providers in creating or implementing community- and culture-led programming?



centre of excellence
for women's health



First Nations Health Authority
Health through wellness



Cannabis and
Women's Health



QWÍ:QWÉLSTOM MEN'S RESPECTFUL RELATIONSHIPS

TUESDAYS
MAY 3RD-JULY 5TH 2022
TIME: 1:30PM-3:00PM

Respectful Relationships is a 10 week Men's program. It offers information on how behavior affects our relationships.

JOIN US
ON 
zoom

TO REGISTER CALL:
DARREN CHARLIE

(604) 824-3200

Gain skills to
communicate as
our Elders would
say "In a good way"

- Respect
- Honour
- Connection



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.



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.



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.

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.

information from: <https://knowledgebundle.dudesclub.ca/why-mens-health/>



VIRTUAL CAREER AND POST-SECONDARY EDUCATION EVENT

EASILY ACCESSED FROM THE COMFORT OF YOUR OWN HOME!

GET INSPIRED, OBTAIN NEW SKILLS, BUILD YOUR CAREER
ALSO EXPLORE MANY OPPORTUNITIES FOR POST-SECONDARY EDUCATION

GOVERNMENT > TRADES > MEDICAL > TECHNICIAN > HOSPITALITY

RETAIL > WAREHOUSE > TRANSPORTATION > CONSTRUCTION

SECURITY > SOCIAL SERVICES > FINANCIAL SERVICES > ADMINISTRATION

SALES > ACCOUNTING > HOUSEKEEPING > MANAGEMENT > TRUCKING

IN PARTNERSHIP WITH



BC Corrections

Actively Hiring Now! Visit BC Corrections website.

Register for webinars at events.blackpress.ca

 Black Press Events

 LocalWork.ca

 @BLACKPRESSCAREERFAIR

APRIL 5th - 8th, 2022

Featuring BC's top employers
and educational institutes!



NATIONS SKATE YOUTH CLINIC

Cheam First Nation

**JOIN US FOR A COMMUNITY
SKATEBOARDING CLINIC!**

***BOARDS PROVIDED**

Ages 5-11 @10:00am-12:00 noon

LUNCH SERVED FROM 12:00-1:00pm (ALL AGES)

Ages 12-17 @1:00pm-3:00pm

REGISTRATION AND INFORMATION

Email

ashley.douglas@cheamenterprises.ca

for more info and to register for program
by March 25, 2022 at 4pm.



FIND US ONLINE:

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BC FIRST NATIONS FORESTRY COUNCIL'S

INDIGENOUS FORESTRY SCHOLARSHIP PROGRAM STUDY + WORK



LIMITED SEATS

APPLY NOW

Request an application at
workforce@forestrycouncil.ca



Indigenous Forestry Scholarship Program (IFSP) for
Indigenous students attending full-time studies in a
designated post-secondary program:

- Forestry Technician
- Natural Resources
- Environmental Technology
- Business Management
- Business Administration
- Geographic Information Systems
- Forestry Trades:
 - Construction Millwrights and Industrial Mechanics
 - Logging Machine Operator
 - Skidder Operator
 - Heavy-duty Mechanics

**Full scholarships include tuition, living expenses,
paid internship placement & mentorship.**

School term 2022/23 | Work placement May-August, 2023
provided by one of our many forestry partners.

TO APPLY, CONTACT:

☎ 604.971.3448 (ext. 4632)
✉ workforce@forestrycouncil.ca

BC FIRST NATIONS FORESTRY COUNCIL
669 Centre Street
Nanaimo, BC V9R 4Z5

forestrycouncil.ca

Request an application from either your local ISETP
office or at workforce@forestrycouncil.ca.

FIND US ONLINE:



SPIRIT OF THE CHILDREN SOCIETY
MOTIVATE INSPIRE LEAD EMPOWER SUCCEED
GOING M.I.L.E.S
Youth Conference

FOR INDIGENOUS YOUTH AGES 12 -18 (INCLUDING FIRST NATIONS, MÉTIS & INUIT)

Featuring: Amazing Facilitators/Entertainers/Indigenous Youth Fashion Show



DAKOTA HOUSE
Actor/Facilitator



SCOTT WARD
Comedy Hypnotist/Facilitator

26

APRIL 2022

1:00PM - 8:00PM
GOING M.I.L.E.S
WORKSHOP

6:30PM
FASHION SHOW

27

APRIL 2022

1PM- 4PM - GOING M.I.L.E.S WORKSHOP

5PM - SUPPER BANQUET

7PM - COMEDY HYPNOSIS /MENTALIST

8:30PM - GOING MILES VIDEO DANCE PARTY

28

APRIL 2022

10:30AM - 2:00PM
GOING M.I.L.E.S
WORKSHOP



Mikhaila Tobin - Conference Contact
Email: m.tobin@sotcs.ca - Register by April 8th

Registration Fee (For 3 Days): \$100

Venue: The Giggle Dam Dinner Theatre
2616 Shaughnessy Street, Port Coquitlam





Whatever you're
going through,
we're here for you.

"I never realized how easy it was to access support through an app on my phone. I accessed Foundry's app from the comfort of my bedroom and spoke with a counsellor the same day. I left my session with resources and a follow-up appointment with a primary care provider. For the first time in a long time, I feel hopeful."

- Youth accessing Foundry Virtual BC services.

Foundry Virtual BC

We offer free drop-in and scheduled counselling & peer support, primary care, employment support and groups for young people aged 12-24 across British Columbia.

All services are free and confidential, no referrals are needed.
We offer video, audio and chat options.

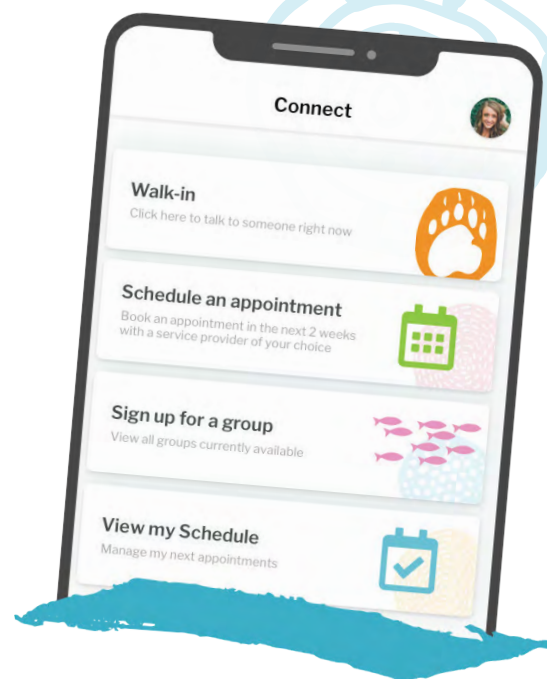
Drop-in services: Access same-day counselling and peer support.

Scheduled appointments: Book counselling or peer support appointments in advance.

Group sessions: Connect with peers, learn coping strategies and life skills.

Primary Care: Speak with a Nurse Practitioner about sexual health, medication, gender affirming care or other medical/health-related concerns.

Employment services: Explore employment opportunities, educational/certification programs or discuss other job or school-related options.



Download the App or
use in a browser

Hours: 7 days/week
1:00pm–9:00pm

Visit foundrybc.ca/virtual to learn more. If you don't have internet access you can contact us at **1-833-308-6379** or email online@foundrybc.ca



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WILD CRAFT FOODS PROGRAM

YOUR MISSION TO SUCCESS STARTS HERE!

The Wild Crafts Food (WILD) is a ten-week self-employment experience for indigenous youth who want to be entrepreneurs.

Who is Eligible?

- Living in British Columbia
- Unemployed or precariously employed
- Self-Identify as First Nations, Inuit or Metis
- Between the ages 15 & 29

What do you learn?

Indigenous Cultural Sessions | Entrepreneurship 101 | Personal and Business Financing | Marketing Regulations & Legal Requirements | & MUCH MORE!

Certificates Include:

WHMIS, First Aid, Orientation to HR, MCSC Completion & MORE!



**Apply Online
& Get Paid!**

[www.missioncsc.org/
wild-craft-foods-
program-youth](http://www.missioncsc.org/wild-craft-foods-program-youth)

Indigenous Cultural Sessions Include:



Holistic First Aid



Outdoor Activities



Cultural Support



Friday with an Elder

Canada

BRITISH
COLUMBIA

Funding provided by the Government of Canada through
the Canada-British Columbia Workforce Development Agreement.

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THE UNIVERSITY
OF BRITISH COLUMBIA

Centre for Excellence in
Indigenous Health

UBC Summer Science and the Virtual Indigenous Science Experience (VISE)

2022 applications open NOW!



What is UBC Summer Science Program?

UBC Summer Science is a one-week cultural, health and science program for Indigenous students in grades 8-11. The program promotes interest in health and science programs through firsthand experience at the University of British Columbia. The Summer Science Program is a great opportunity to meet new friends, eat great food, connect with Elders/role models while enjoying fun, laughter and learning.

Who: Students entering grades 9 - 12 in fall 2022

Where: UBC Vancouver campus

When: July 10th - 23rd

What is VISE?

The VISE 2022 is an online, interactive workshop program for Indigenous high school students. Students are introduced to the University of British Columbia and various science fields. They also learn Indigenous teachings from dedicated facilitators

Who: Students entering grades 9 - 12 in fall 2022

Where: Online

When: July 2022 (exact dates TBD)

Application deadline May 1st, 2022

For more information: <https://bit.ly/UBCSSPVICE>

Got Questions? Email: summer.science@ubc.ca

If COVID-19 restrictions do not allow us to gather in-person for UBC Summer Science from July 10th-23rd we will then offer VISE 2022. With respect to those that may not want to attend an in-person Summer Science this year, we are opening VISE 2022 applications to assess the demand for the program. Closer to April 2022, we will announce if one or both programs (UBC SSP & VISE 2022) will be running in July 2022.

SCAN ME



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The voice of youth is the voice of change.

Put your experience,
values, and views about
health and wellness
into action.

Join the

Fraser Salish Youth Council



FRASER SALISH REGION
First Nations Health Authority

*Many fish,
same water...
your voice matters!*

Contact Katelyn.Moon@fnha.ca

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Sto:lo Youth Entrepreneurship Initiative

CONFERENCE Fall, 2022

The Seabird Island Band (SIB) has extended an invitation for 2 (Two) Indigenous Youth from our First Nations communities (within the Fraser Valley) to attend the Sto:lo Youth Entrepreneurship Initiative Conference, which will take place at the Seabird Island Band Multi-Purpose Room in Fall 2022.

This event is by invitation only and letters of invitation were sent to our communities located within the BC Lower Mainland Region. If you are interested in attending this event, please contact our event staff at the email listed below to see if space is available.

The intent of this gathering is to assist Indigenous youth in developing greater financial awareness and literacy, receive guidance and mentorship on the critical components of establishing a business and gain valuable insight and understanding of the financial tools available to assist them and their community in becoming more self-sufficient, independent, and financially sustainable.

SYEI Activities 2021

Activity	Sto:lo Youth Entrepreneurship CONFERENCE (100+ Indigenous Youth from the BC Lower Mainland Region)
Location	Seabird Island Band Office – Multi-Purpose Room
Date	Fall (9:00 am to 4:30 pm)
Focus	Strategic areas of business, entrepreneurship, and finance, thus enabling them to contribute to the future of their community's socio-economic development and well-being. Develop greater financial awareness and literacy, receive guidance and mentorship on the critical components of establishing a business and gain valuable insight and understanding of the financial tools available to assist them and their community in becoming more self-sufficient, independent, and financially sustainable.

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Sto:lo Youth Entrepreneurship Initiative Registration Form Fall 2022

Participant Name:	
Date of Birth:	
Gender:	
Address:	
Community:	
Cell Phone:	
Email Address:	
Allergies/Special Health Considerations:	
*Parent/Guardian Name:	
Parent/Guardian Address	
Parents/Guardian Home Telephone Number:	
Emergency Contact Telephone Number:	
Physician's Name/Contract Telephone Number:	

****Participants under the age of 19 must complete the shaded portion of the registration form that includes parent/guardian information and have the form signed by their parent/guardian.***

Conference - Full Access, Conference Materials, T-Shirt and Lunch.

Waiver:

By signing this registration form, I have read and agree to the following waiver of all claims, release from all liability, assumption of all risks, agreement not to sue, and other terms of this agreement as entered into by me (the Participant) with and for the benefit of the Seabird Island Band, (SIB) its leadership, staff, directors, representatives, officers, employees, volunteers, agents, contractors, volunteers, consultants and any/all Sto:lo Youth Entrepreneurship Conference facilitators and participants. I further agree to release the Seabird Island Band and all others listed (above) in this waiver from any liability for any personal injury, death, property damage, expense, and related loss, including loss of income that I may suffer as a result of my participation in this activity, due to any cause whatsoever, including negligence, breach of any statutory duty of care; and to hold harmless and indemnify Seabird Island Band and all others listed (above) within this waiver from all liability for any damage to property of, or personal injury to, any third party, resulting from my participation in this activity.

Photo Release:

By signing this registration, I grant my permission for the Seabird Island Band and the Sto:lo Youth Entrepreneurship Initiative Organizers to take photos of me (or of my child) and give permission to use these photos for the Sto:lo Youth Entrepreneurship Initiative, and that my photo may be provided as promotional material, as well as displayed on social media for this and future events.

Participant Signature:	
-------------------------------	--

****Note:** Youth under 19 years of age must have parent/guardian permission to attend this event.

Parent/Guardian Signature:	
-----------------------------------	--

Completed forms can be sent to Attn: Darwin Biamonte at: darwin.biamonte@sqewqel.ca

EMPLOYMENT OPPORTUNITIES



Come Work With Us at Cheam!

To apply to any of the jobs listed below, please visit our website, apply on [**Indeed.ca**](https://www.indeed.ca), or drop off your resume at the Band Office.

- **General Maintenance Worker**

- **Reception/Office Support – On-Call/Casual**

We are looking for an On-Call/Casual office support person to act as the first point of contact representing Cheam First Nation. The position will be greeting, welcoming, and directing visitors appropriately; and managing telephone and mail systems.

Interested candidates can send their resumes to [**tasnja.buchanan@cheamband.com**](mailto:tasnja.buchanan@cheamband.com).



PIPING FOUNDATION PROGRAM

26-week program at BCIT

7-week Essential Skills training at ACCESS ESAF

Fully funded program

For Indigenous People - Status, Non-status, Métis or Inuit

Start Date: April 4, 2022

Piping - A Fit For You!

Canada

BCIT

CALL TODAY! 604-251-7955
www.accessfutures.com

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FIRE SERVICES MANAGER

Competition 22-07

FNESS is currently inviting applicants for the position: Fire Services Manager

The First Nations' Emergency Services Society of British Columbia (FNESS) is a not-for-profit organization, as well as a registered charity, under the governance of a First Nation Board of Directors. FNESS assists BC First Nations in developing and sustaining safer, healthier and thriving communities. Our programs focus on Awareness, Preparedness, Mitigation and Recovery.

In accordance with the guiding principles of FNESS. The Fire Services Manager is responsible for the guidance, support and the overall management and direction of the Fire Services programs with regards to planning, financial management, programs, administration, community relations and committees. Ensures that all policies, procedures and activities (both operating and financial) meet Board specifications, approved funding and budgets, and legislative requirements.

CORE RESPONSIBILITIES

- Perform all duties and responsibilities in accordance with the job description herein, FNESS policies, standards, governing regulations and procedures.
- Manage the affairs of the Fire Services Division according to the Executive Director approved work plans and financial budgets, funding agreements and within FNESS Constitution and By-laws.
- Provide leadership, support and direction of the Fire Services Division staff in meeting the goals, objectives and deliverables of fire and emergency services.
- On-going Fire Services Program Risk Management review and development.
- Maintain confidentiality on all matters relating to the affairs of FNESS.
- Ensure compliance under Work Safe BC and Labour Canada regulations.
- Perform other management duties and responsibilities as required, and as directed by the Executive Director.

SPECIFIC DUTIES

PLANNING

- Develop and review Fire Services operational plans and strategies, in consultation with the Executive Director, and administers the plans and strategies as per the terms of funding agreements and by the Board of Directors.

HUMAN RESOURCES

- Provide leadership and direction to the Fire Services employees.
- Develop and review, in consultation with the Executive Director, Fire Services employment agreements, and administers the agreements according to FNESS Policy.
- Develop and review, in consultation with the Executive Director, all Fire Services position descriptions and position qualifications, and administers the descriptions as approved by the Board of Directors.

102 – 70 Orwell Street, North Vancouver, BC V7J 3R5

Tel 604.669.7305 or 1.888.822.3388 | **Fax** 604.669.9832 | **Email** info@fness.bc.ca | **Web** www.fness.bc.ca



DOWNIE WENJACK LEGACY SPACE

BEADWORK ARTISTS OPEN CALL

SUBMISSION DEADLINE APRIL 1, 2022



Beadwork Artist Open Call ~ The Abbotsford Arts Council is currently looking for Indigenous beadwork artists. Artworks will be part of a quarterly exhibition hosted in the Downie Wenjack Legacy space at the Kariton Gallery.

Submission deadline is April 1, 2022.

An honorarium will be provided to the selected artist.

[MORE INFORMATION](#)

FIND US ONLINE:



CHEAM.CA



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



[@CHEAM_FN](https://twitter.com/CHEAM_FN)

TRAINING OPPORTUNITIES

2023 Indigenous Community Coach Apprenticeship Program

Today, the Aboriginal Sport Circle is pleased to officially launch the General Interest form for the 2023 Indigenous Community Coach Apprenticeship Program. This form will stay open until April 21, 2022.

The Aboriginal Sports Circle (ASC), NAIG Host Society, NAIG Council, the Coaching Association of Canada (CAC), Provincial/Territorial Aboriginal Sports Bodies (PTASB) strongly believe that coaching apprenticeship programs are an essential part of the development of a coach. Furthermore, apprenticeship programs can be used to attract and support underrepresented populations in coaching, such as female and Aboriginal coaches. The program provides up to two Aboriginal coaches from each Province and Territory the opportunity to develop their coaching skills through to the delivery of the NAIG.

Application Form



**NAIG
ICCAP**

ASC and NAIG 2023 are excited to announce the launch of NAIG ICCAP. Intake is open from March 21 until April 21.

If you're interested in building your coaching experience and working towards an apprentice role at NAIG 2023, please fill the general interest form by April 21.

North American Indigenous Games
Indigenous Community Coach
Apprenticeship Program
(NAIG ICCAP)

<https://forms.office.com/r/KXSa28QWJ9>



Indigenous Community Planning

A MASTERS CONCENTRATION AT UBC'S
SCHOOL OF COMMUNITY AND REGIONAL PLANNING

Use of photo approved by Musqueam Indian Band (Courtesy of Lara Therrien Boulos)

Applications are open
November 01 – January 15!

*DESIGNED AND DELIVERED IN PARTNERSHIP WITH
MUSQUEAM INDIAN BAND.*

WHAT IS INDIGENOUS COMMUNITY PLANNING?

Indigenous Community Planning (ICP) is a concentration in SCARP's 2-year Masters of Community and Regional Planning (MCRP) program, which is accredited by planning institutions in both Canada and the USA.

ICP has been designated a Noteworthy Practice by the Planning Accreditation Board.

WHY ICP IS IMPORTANT

Planners specialize in identifying, assessing, and implementing solutions to today's community problems. Indigenous Community Planning trains a new generation of planners to break with the colonial legacy and culture of planning, to work in respectful partnership with Indigenous communities, centered on their priorities.

ICP attracts Indigenous and non-Indigenous students from a range of academic and professional backgrounds. We accept 10 students each year.

HOW ICP WORKS

The ICP Concentration:

- ✓ Teaches a blend of Indigenous Knowledge and Indigenous Planning with contemporary planning methods
- ✓ Offers education grounded in on-reserve learning, community experience, and knowledge sharing
- ✓ Immerses students in an 8-month practicum in a host First Nations community, supporting their own comprehensive community planning process.

JOIN US IF YOU SUPPORT THIS VISION!

The path to reconciliation starts with a people's right to plan their own future and live according to their values. Communities with ICP-supported plans are clear on their priorities and are prepared to move forward with partners towards common ground.

If this vision calls to you,
join the next generation of Indigenous Community Planners!

For more information:

- VISIT [SCARP.UBC.CA/ICP](https://scarp.ubc.ca/icp)
- CONTACT MAGGIE.LOW@UBC.CA



FOOD HUB WORK EXPERIENCE

YOUR MISSION TO SUCCESS STARTS HERE!

PAID Training

Food Hub Work Experience is a six-week paid training and work experience program for youth wanting to get on the job training within the food industry.

Who is Eligible?

- Unemployed
- Legally entitled to work in Canada
- A resident of British Columbia
- Between the ages of 15 & 30
- Note: EI Recipients may be eligible for top-up benefits

What do you learn?

Employment Readiness | Job Coaching | Job Search Self Awareness | Career Exploration | Personal Assessments

Certificates Include:

First Aid | WHMIS | Manufacturing Food Safety | Back Talk & MORE

Food Hub Locations:

Victoria, Vancouver, Abbotsford & Salmon Arm



**Apply Online
& Get Paid!**

[www.missioncsc.org/
food-hub-work-
experience](http://www.missioncsc.org/food-hub-work-experience)

Other Amazing Benefits Include:



Build Connections



Employment Support



Paid Work Experience



Additional Paid Expenses

Canada

Funding by the Government of Canada's Youth Employment and Skills Strategy.

FIND US ONLINE:





Seabird Island Employment Services

Pre-Employment Supports Program

Chainsaw Awareness 4 hour Online Course

Access to a Computer & Internet Required



SEE YOUR PESP CASE WORKER TO REGISTER

604-796-6835

8 SPOTS AVAILABLE

Learn Chainsaw Limits & Hazards

Keep You and Others around You Safe

This is open to Income Assistance clients living on Seabird Island, Squiala, Chawathil, Shxw'owhamel, Scowlitz, Cheam, Yale, Spuzzum, Skwah or Union Bar First Nations

This initiative is funded by
Department of Indigenous Services of
Canada (DISC)



Government
of Canada

Gouvernement
du Canada

FIND US ONLINE:



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@CHEAM_FN

SERVICE CANADA

READY TO HELP



We are ready to help Canadians through the COVID-19 outbreak. Find financial help during COVID-19: **Covid-benefits.alpha.canada.ca/en/start**



Canada COVID-19 App

A tool to help you track your symptoms, receive the latest updates on COVID-19, and access trusted resources.

EMPLOYMENT INSURANCE (EI) PROGRAM

We made temporary changes to the Employment Insurance (EI) program to better support Canadians looking for work. If you are eligible for EI benefits, you will receive a minimum taxable benefit at a rate of \$500 per week, or \$300 per week for extended parental benefits. If you are not eligible for EI, you may be eligible for the proposed new benefits:

- Canada Recovery Benefit (CRB)
- Canada Recovery Sickness Benefit (CRSB)
- Canada Recovery Caregiving Benefit (CRCB)

<https://bit.ly/368vygl>

1-800-206-7218

If you require assistance accessing services, please complete an **e-Service request** form at Canada.ca/service-canada-e-service. An agent will contact you within two business days to assist you or to schedule an appointment.

CANADA RECOVERY BENEFIT (CRB)

The CRB provides \$500 per week for up to 26 weeks for workers who have stopped working or had their income reduced by at least 50% due to COVID-19, and who are not eligible for Employment Insurance (EI). Applications will open on October 12.

<https://bit.ly/2I0Ub5d>

1-833-966-2099

CANADA RECOVERY SICKNESS BENEFIT (CRSB)

The CRSB provides \$500 per week for up to a maximum of two weeks, for workers who:

- Are unable to work for at least 50% of the week because they contracted COVID-19.
- Are self-isolated for reasons related to COVID-19.
- Have underlying conditions, are undergoing treatments or have contracted other sicknesses that, in the opinion of a medical practitioner, nurse practitioner, person in authority, government or public health authority, would make them more susceptible to COVID-19.

<https://bit.ly/36zGjZH>

1-833-966-2099

CANADA RECOVERY CAREGIVING BENEFIT

The Canada Recovery Caregiving Benefit (CRCB) provides \$500 per week for up to 26 weeks per household for workers. The CRCB gives income support to employed and self-employed individuals who are unable to work because they must care for their child under 12 years old or a family member who needs supervised care.

<https://bit.ly/2F6YxXm>

1-833-966-2099

SOCIAL INSURANCE NUMBER

You can apply for your **Social Insurance Number (SIN)** online. Agents are available Monday to Friday, 8:30 am to 4:30 pm Canadian Local Time, except on statutory holidays.

<https://bit.ly/3mCINMK>

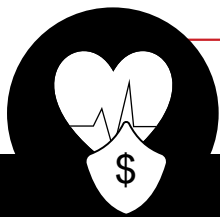
1-866-274-6627

Not sure if you need to repay the **Canada Emergency Response Benefit**? Go to Canada.ca/repay-cerb or call 1-833-966-2099.

For a complete list of programs, services and resources available through the Government of Canada visit: Canada.ca/coronavirus

SERVICE CANADA

READY TO HELP — SENIORS



We are ready to help Canadians through the COVID-19 outbreak. Find financial help during COVID-19: **[Covid-benefits.alpha.canada.ca/en/start](https://covid-benefits.alpha.canada.ca/en/start)**



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- Canada Recovery Caregiving Benefit (CRCB)

 <https://bit.ly/368vygl>

 1-800-206-7218

If you require assistance accessing services, please complete an **e-Service request** form at **Canada.ca/service-canada-e-service**. An agent will contact you within two business days to assist you or to schedule an appointment.

UNITED WAY


We are contributing \$9 million through United Way Canada for local organizations to support practical services to Canadian seniors. These services could include the delivery of groceries, medications, or other needed items, or personal outreach to assess individuals' needs and connect them to community supports.

 unitedway.ca/how-we-help/find-your-uwc/

SOCIAL INSURANCE NUMBER

You can apply for your Social Insurance Number (SIN) online. Agents are available Monday to Friday, 8:30 am to 4:30 pm Canadian Local Time, except on statutory holidays.

 <https://bit.ly/3mCINMK>

 1-866-274-6627

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SERVICE CANADA

READY TO HELP — YOUTH



We are ready to help Canadians through the COVID-19 outbreak. Find financial help during COVID-19: **[Covid-benefits.alpha.canada.ca/en/start](https://covid-benefits.alpha.canada.ca/en/start)**



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MENTAL HEALTH SUPPORT

We are giving \$7.5 million in funding to Kids Help Phone to provide young people with the mental health support they need during this difficult time.

Kidshelpphone.ca 1-800-668-6868

JOBS AND OPPORTUNITIES

We are expanding existing federal employment, skills development, and youth programming to help students find employment and develop valuable skills this summer and over the coming months. Learn more about youth programs:

<https://bit.ly/2YWXcd9>

SOCIAL INSURANCE NUMBER

You can apply for your **Social Insurance Number (SIN)** online.

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<https://bit.ly/3mCINMK> 1-866-274-6627

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CHEAM FIRST NATION FORMS



DO NOT WRITE IN THIS SPACE

ENROLLMENT APPLICATION FOR GROUP BENEFITS



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 ADMINISTRATOR

Policy number 40000	Name of company/organization First Nations Health Authority	Status number
Effective date (mm-dd-yyyy)	Class	Employment type Client
		Hours per week 0

If we have questions, how can we contact you? Telephone: 1 855 550-5454, press "2," then "1" Email: hb.eligibility@fnha.ca

PART 2 — CLIENT/DEPENDENT INFORMATION

Legal first name	Preferred name	Middle initial	Last name	Birthdate (mm-dd-yyyy)	Sex <input type="checkbox"/> M <input type="checkbox"/> F
Street address		City		Province	Postal code
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					<input type="checkbox"/> M <input type="checkbox"/> F
Second child					<input type="checkbox"/> M <input type="checkbox"/> F

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
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PART 4 — CLIENT SIGNATURE

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 X	Date (mm-dd-yyyy)
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FNHA CLIENTS:



MAIL YOUR APPLICATION

First Nations Health Authority,
Health Benefits Department
501 – 100 Park Royal South
West Vancouver, BC V6B 4E1



FAX

1 888 299-9222



Social Assistance Cheque Schedule 2022

Cheque	Renewals Due By:	Ck. Release Date	Mid-Month 2
January 2022	December 15, 2021	December 31, 2022	January 14, 2022
February 2022	January 14, 2022	February 1, 2022	February 15, 2022
March 2022	February 15, 2022	March 1, 2022	March 15, 2022
April 2022	March 15, 2022	April 1, 2022	April 14, 2022
May 2022	April 14, 2022	April 29, 2022	May 13, 2022
June 2022	May 13, 2022	June 1, 2022	June 15, 2022
July 2022	June 15, 2022	June 30, 2022	July 15, 2022
August 2022	July 15, 2022	July 29, 2022	August 15, 2022
September 2022	August 15, 2022	September 1, 2022	September 15, 2022
October 2022	September 15, 2022	September 30, 2022	October 14, 2022
November 2022	October 14, 2022	November 1, 2022	November 15, 2022
December 2022	November 14, 2022	December 1, 2022	December 15, 2022

