



**XWCHÍYÒ:M**

COMMUNITY NEWSLETTER

AUGUST 13, 2021



# CONTENTS

<b>Cheam Vision Statement.....</b>	<b>1</b>
<b>Administration Updates.....</b>	<b>2-6</b>
• Fishery Opening Information.....	2
• Call for Expressions of Interest for CEI Board Positions.....	3
• Community Committees - Member Needed.....	4
• Upcoming Community Events.....	5
• Fireworks Suspension Request.....	5
• Yard Beautification Contest - Deadline Extended.....	6
<b>Health Department Updates.....</b>	<b>7-20</b>
• Cheam Dudes Club.....	7
• Education Updates.....	8-9
• Pre-Employment Support Program.....	10
• Retrieval of Used Needles Information.....	11
• Naloxone Training Opportunities.....	12
• Nursing Schedule.....	13
• Mobile Covid-19 Vaccine Clinic.....	14
• Staying Healthy in the Heat / Sun Safety Tips.....	15
• FNHA Air Purifier Support.....	16
• Seabird Island Health Services.....	17-19
• Mental Health and Wellness Supports.....	20
<b>Staff Directory.....</b>	<b>21-28</b>
<b>Employment Opportunities.....</b>	<b>29-38</b>
• Peace Officer.....	30
• Custodian.....	31-32
• Executive Coordinator.....	33
• Recreation Assistant.....	34
• General Maintenance Worker.....	35-36
• HR Advisor.....	37
• Social Development and Education Clerk.....	38
<b>External Notices for the Community.....</b>	<b>39-50</b>
• Cultural Experience Series.....	39
• Federal Election Outreach.....	40
• Survey on Reforming the Police Act / Seabird Mammogram Clinic.....	41
• Elder in Fraser Health.....	42
• Aboriginal Health Liaison Contacts.....	43
• BC Run to Remember.....	44
• Thunder Rugby BC Tour.....	45
• Summer Training Programs for Youth.....	46
• SASET Training: Upcoming Programs.....	47
• SASET Training: Office Administration.....	48
• SASET Training: Hospitality Certificate.....	49
• SASET Training: Culinary Arts Pre-Trade Program.....	50





# XWCHÍYÒ:M

## CHEAM FIRST NATION

### XWECHİYOM 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.



# XWCHÍYÒ:M

## ADMINISTRATION UPDATES

Ey Swayel Friends and Relatives!



## OPEN FISHING TIMES

The Department of Fisheries and Oceans has just opened the fishery for regional Indigenous Communities, including Cheam, for the Lower Fraser River. The issued license is valid for one day only- Friday, August 13 to Saturday, August 14.

In order to minimize and avoid Sockeye impacts, a minimum 8" mesh restriction is required with 3:1 hang ratio. Each Set Net shall be observed during all fishing activity and picked regularly, to remove all viable Sockeye Salmon, by the Participant who is fishing the net. There is no retention of Sockeye, Steelhead, Sturgeon, and wild Coho.

Licence information includes:

### FISHING TIMES:

- Set Net – 18:00 hours, Friday, August 13 until 12:00 hours, Saturday, August 14, 2021.
- Drift Net – 06:00 hours to 12:00 hours Saturday, August 14, 2021.

**More information, along with the license, is at the back of the newsletter and is posted at [cheam.ca/2021/08/lower-fraser-fishery-license/](https://cheam.ca/2021/08/lower-fraser-fishery-license/)**

## OTHER INFORMATION:

- CEI Board Members Needed
- Upcoming Community Events
- Dudes Club
- Education Updates





## **Call for Expression of Interest to join the Cheam Enterprises Inc. (CEI) Board of Directors**

In November 2021, the CEI Board of Directors will be looking to fill four director's positions on our board. We are reaching out to all interested Community Members to fill these vacancies.

CEI is currently seeking Expressions of Interest to fill the following positions:

- two (2) Independent Director Positions (Not members of Chief and Council or Cheam First Nation employees)
- two (2) Related Director Positions (Member of Chief and Council or Cheam First Nation employee)

CEI's purpose is to develop active and profitable businesses, both inside and outside of Cheam's territory, while also supporting Cheam's entrepreneurs and the Nation's broader goals and aspirations.

CEI's mandate is to be an economic development engine for Cheam that is appropriately independent, administratively self-sufficient, and suitably connected to Cheam.

Cheam Enterprises Inc. pursues and implements economic opportunities that:

- are profitable and provide economic returns to Cheam;
- are consistent with Cheam's values and vision;
- provide training and employment opportunities of all types for members, including in professions, trades, management, governance and business;
- provide industry diversity;
- encourage business innovation;
- support the development of member-owned businesses and entrepreneurship.

These priorities drive all of Cheam Enterprises Inc's plans, budgets, and business decisions.

If you are interested in joining the CEI Board of Directors, please email your resume and/or work experience to [info@cheamenterprises.ca](mailto:info@cheamenterprises.ca). Alternately, you can drop off a letter of interest with Daphne at the Cheam Band office.

Please note that all resumes or letters of interest must be received by August 31, 2021.

We maintain the history of enterprise which has sustained The Xwchíyò:m for thousands of years in S'ólh Téméxw.



# COMMUNITY COMMITTEES- MEMBERS NEEDED

Have your voice heard by joining one of the Cheam Community Committees.

There are currently openings for Member participation (living on or off Reserve) in each of the following:

- Health/Social Development/Education Committee (One member from each family requested)
- Restorative Justice & Safe Community Committee
- CEI Elders and Youth Advisory Committee
- Finance & Audit Committee
- Communications & Administration Committee

\*Please note that the names of the Committees may vary from what is mentioned above

The Committees serve as a Standing Advisory Committee to Chief and Council. We are looking for Members of all ages to participate in these Committees, and from the Minutes of the meetings, make recommendations 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 the gift of technology, meetings can be in person, virtual, or a combination of the two.

Those interested in participating in a Committee are asked to email [committee@cheamband.com](mailto:committee@cheamband.com) by September 3rd, with a copy of your resume (or most recent education and work experience) and the Committee(s) you are interested in joining. Expressions of interest can also be turned in to reception.

The Committees will begin meeting in September, and an honorarium is paid to all those in attendance.

## ELDERS GROUP MEETINGS RESUMED

We are pleased to be resuming the monthly meetings of the Cheam Elders Group. The first meeting will be on Tuesday, August 24 at 12 noon in the Gymnasium of the Band office and will include lunch.

This will be the first meeting of the Elders since the start of Covid, and we hope to have a large turnout. Please RSVP to [committee@cheamband.com](mailto:committee@cheamband.com) by August 20 so we can confirm numbers for lunch.

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## CHEAM VOLUNTEER PROGRAM

As we start to see a return to more Community events, there will be many volunteer opportunities for members to participate in in the near future.

The opportunities will vary by event and include event set-up, tear down, food service, event registration, and more! Hours and volunteer responsibilities will be outlined before each event and a signup system will be created (putting your name forward for this program does not mean you must volunteer for every occasion). As many high schools require volunteer hours for students, this is an excellent opportunity to help your Community and fulfill school requirements!

If you are interested in participating in Cheam's Volunteer Program, please email your name, age and areas of interest to [communications@cheamband.com](mailto:communications@cheamband.com).





# UPCOMING COMMUNITY EVENTS



## OUTDOOR MOVIE

**TUESDAY, AUGUST 17 - at sundown**

Fresh Air Cinema is bringing their large outdoor screen to Cheam on Tuesday, August 17 for a fun outdoor movie night for the Community! We will be showing *Raya and the Last Dragon*!

As it needs to be dark for proper movie viewing, the show will start after sundown, at approximately 9 p.m.

Refreshments will be provided, starting at 8 p.m., but Members will need to bring chairs or blankets to sit on.

Please RSVP via the Facebook Group event so we know how much pizza to order.

## CHEAM GARAGE SALE

In support of the Cheam Youth, we will be holding a Community Garage Sale in the Multiplex parking lot on Sunday, August 22 from 11:00 am - 3:30 pm.

Tables will be by a minimum \$5 donation (with proceeds going to the youth) and participants get to keep what they sell.

To book a table, please contact Cori Victor ([cori.victor@cheamband.com](mailto:cori.victor@cheamband.com)).

## CHEAM DAYS - SAVE THE DATE

Mark your calendars- Cheam Days will be happening on Saturday, August 28!

More information to follow in the coming weeks, but you can be sure it'll be a day of family fun you won't want to miss!



## FIREWORKS SUSPENSION REQUEST

As we are currently in a province-wide state of emergency due to incredibly dry conditions and widespread wildfires, we respectfully ask our Community members suspend the sale and use of fireworks during this current and any future fire seasons.

This request also extends to neighboring communities, who have asked we all work together to keep our communities and families safe.

We thank you for your understanding and cooperation with this request.



# YARD BEAUTIFICATION CONTEST

We are pleased to extend the deadline for the Cheam Housing Beautification Contest. This contest is designed to encourage and promote community involvement in keeping Cheam a beautiful place to live, work and play- and to recognize and reward members whose properties reflect their Community pride and have a beautiful, pleasing appearance. All winning landscapes in Cheam will be recognized. All membership is encouraged to participate.

## HOW IT WORKS:

We want to see how you have helped beautify your property. Show us your potted plants and porches, your winding paths and secret hideaways, or your prized gardens. Most of all, show us your love for up-keeping your yard. No matter what type of garden or landscape you have, there is a category for you! It is a great way to share and encourage enthusiasm for gardening and landscaping while showing off your personal style to the members of the Community.

## ELIGIBILITY:

The contest is open to all residents of the Community and the project must be for Community beautification and include land/streetscaping.



## SELECTION CRITERIA:

The Cheam Beautification Committee will select the winners of each category. Before and after pictures are recommended (but not required). The submissions will be judged on tidiness (organization), safety and beautification.

The winners will be notified by the Beautification Committee and will be presented with a wonderful prize. Prizes may include beautiful trees, gardening tools or gift cards.

**To submit your entry, drop off an entry form at the Band Office (entry form found at the back of the newsletter) or email your name and full address to [lydia.archie@cheamband.com](mailto:lydia.archie@cheamband.com) by Monday, August 23.**

Winners will be announced after Labour Day.



# HEALTH & WELLNESS

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](mailto: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.



### 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.



### 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.





# HEALTH & WELLNESS

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## EDUCATION UPDATES

It's time for all families of school-aged children to start preparing for the 2021-2022 school year!

### STUDENT INFORMATION

At this time we need ALL families to complete the Student Information and Waiver Form and return it to the office at your earliest convenience (no later than Friday, August 27). If your family requires we order uniforms on your, please return the completed form ASAP as we need to allow for additional shipping and handling times. Completed forms can be dropped off at the main reception or health reception desks, or emailed to [rebecca.pears@cheamband.com](mailto:rebecca.pears@cheamband.com).

The Student Information and Waiver Form is found at the end of the newsletter and can be downloaded at [www.cheam.ca/education](http://www.cheam.ca/education).

### BUSSING

If your child(ren) will require bussing to and/or from school, you will need to register for that directly with your child(ren)'s school district.

#### School District 33 (Chilliwack)

To register a student for bussing for the 2021-2022 school year you will need to complete an online bussing registration form ([https://www.sd33.bc.ca/bus\\_registration\\_2021\\_2022](https://www.sd33.bc.ca/bus_registration_2021_2022)). Please be sure to complete all the appropriate fields.

SD 33 busses come directly to the Cheam Reserve and all stops should be within approximately 50m of the student's residence. Actual pick-up/drop-off times, locations and the bus number will depend on the school each student is attending. These details are all sent to the parent/guardian via email once the registration has been processed.

Cheam students living on reserve are not required to pay the \$25 registration fee, however, Cheam students (with status) that do not live on reserve will need to pay the \$25 fee upon registration which can be done online (<https://www.studentquickpay.com/sd33/>), or in person at the School District 33 office.

#### School District 78 (Fraser-Cascade)

SD 78 bus routes do not go beyond the Agassiz bridge. Cheam students attending school in School District 78 will need to be driven to and from school by family members.

#### Seabird Island Community School

Current bussing information from Seabird Island Community School isn't available. The most recent information can be found on Seabird Island's Facebook page ([www.facebook.com/SeabirdIslandCommunitySchool](http://www.facebook.com/SeabirdIslandCommunitySchool)).

**All this information, the forms and links to outside resources are also available at [www.cheam.ca/education](http://www.cheam.ca/education).**







# HEALTH & WELLNESS

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## EDUCATION PAYMENT INFORMATION

The first round of education cheques for students of Cheam First Nation went out this week to cover school supplies and the monthly education allowance.

This first round of cheques include:

### SCHOOL SUPPLIES

- Kindergarten - Grade 2 \$30
- Grade 3 - Grade 5 \$40
- Grade 6 - Grade 8 \$50
- Grade 9 - Grade 12 \$60

### MONTHLY STUDENT ALLOWANCE

- Grades 7 - 9 \$10
- Grades 10 - 11 \$20
- Grade 12 \$30

Please note that the allowance payments may be different from previous years as we move to a new payment schedule as follows:

Payment Number	Allowance Months	Payment Issued
1	Sept, Oct, Nov	August
2	Dec, Jan, Feb	December
3	Mar, Apr, May, Jun	March

\*School allowance will be paid to those students with verified ongoing attendance.

If you have any questions or concerns please feel free to reach out directly to our Education Clerk, Bekki Pears ([rebecca.pears@cheamband.com](mailto:rebecca.pears@cheamband.com)) or you can contact our Health and Wellness Director, Inez Louis ([inez.louis@cheamband.com](mailto:inez.louis@cheamband.com)).





# HEALTH & WELLNESS

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## PRE-EMPLOYMENT SUPPORT PROGRAM

Through our partnership with Seabird Island, there will be two Pre-Employment Caseworkers available to provide Cheam members with help and guidance in finding employment.

The caseworkers will be available at the Band office on Mondays and Wednesdays by appointment.

### WHAT IS A PRE-EMPLOYMENT SUPPORT PROGRAM?

The Pre-employment Support Program (PESP) is an income assistance initiative for individuals that are 19-64 years of age receiving on-reserve Income Assistance. PESP utilizes a proactive approach that focuses on identifying individual employment readiness, including the work and life skills training they require to find and maintain a job.

In addition, the PESP provides personalized pre-employment training, equipment and other monetary needs and helps them connect with sources of employment.

### WHAT DO PESP CASEWORKERS AND THIS PROGRAM OFFER?

Pre-Employment caseworkers and the PES program are there to support and assist individuals toward self-sufficiency. Services include:

- Counselling to remove barriers to employment; addictions, trauma and grief, psycho-vocational assessment.
- Coaching and mentoring
- Child Care and accommodation costs
- Introduction to industry and jobs, referral to CLBC
- Pre-Employment training (such as lift skills)
- Limited training incentives
- Transportation and equipment costs.

### FOR MORE INFORMATION OR TO BOOK AN APPOINTMENT, CONTACT:

Cherie Lynn Wager – Team Lead

P: (604) 796-6835

C: (604) 997-4345 (text friendly)

E: cheriew@seabirdisland.ca

Jacqueline Spathelfer - PESP Case Worker

C: (604) 997-6794

P: (604) 796-6865

E: jacquelines@seabirdisland.ca





# HEALTH & WELLNESS

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## RETRIEVAL OF USED NEEDLES

### **The BCCDC and Provincial Health Officer recommend against used needle buy-back programs**

We're aware used needle buy-back programs are being introduced into some communities. The BC Centre for Disease Control (BCCDC) and Provincial Health Officer do not recommend the use of these programs because there is no evidence that they are effective and they may cause unintended harm and consequences for the following reasons:

#### **Increased risks of a needle poke (stick) injury**

- There is a risk of needle stick injury to the individual counting returned needles.
- People may be dissuaded from using personal sharps containers so needles can be counted. This creates a risk of needle injury when carrying sharps in an unsafe manner.

#### **Risks associated with breaking into or removing of community disposal boxes**

- Placing a monetary value on used needles may result in people removing or breaking into sharps containers. This may increase drug litter as containers are emptied to remove the needles and can put people at risk of needle stick injury.
- If fixed box sharps containers are removed there will be nowhere to dispose of used supplies, increasing drug litter.

#### **Wastage**

- Enterprising individuals may identify that needles can be obtained for free from a harm reduction site, taken out of the package, and returned for profit. This is wasteful of harm reduction supplies and funds and may contribute to drug litter including needle wrappers.

#### **We recommend engaging with clients**

- Many communities have effective peer needle recovery programs. Buy-back funds could be invested in this type of program, which engages people who use substances in needle recovery and provides opportunities for low-barrier employment. Peer workers are best situated to know where needles are being discarded, and to engage others who use needles about safe disposal.
- People should be encouraged to take their needles back to harm reduction distribution sites/health unit where they can get further supplies, including sharps containers and be connected with other services.

BC Harm Reduction Strategies & Services (HRSS) Committee works to reduce harms caused by substance use, promote referrals to health and social services, and ensure equitable reach of harm reduction supplies to those who use drugs in BC. HRSS develops guidelines to ensure sterile supplies are available for every injection to reduce transmission of HIV and hepatitis C, and the safe disposal of used supplies. The funding for harm reduction supplies is provided by the Ministry of Health. The BC Centre for Disease Control (BCCDC) oversees the distribution of harm reduction supplies to sites approved by the regional health authority.

The health authority collaborates with local municipalities and agencies to manage the disposal of used supplies. Safe disposal of injection supplies includes: the distribution of small sharps containers for personal use by the harm reduction program; providing large disposal containers in public spaces; health centres and other clinics and agencies accepting used supplies for disposal; peer needle recovery programs (needle sweeps) and education for safe needle disposal.



**Please contact Ray Hartt, Cheam's Wellness Advocate at 604-997-9610 between 9 am and 4 pm for any assistance or information pertaining to Harm Reduction and/or Prevention**



# HEALTH & WELLNESS

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## NALOXONE TRAINING OPPORTUNITIES

Our Wellness Advocate, Ray Hartt, is a certified trainer in Overdose Recognition and Response and is offering Naloxone training to anyone in the Community (ages 12 and up) who would like to learn how to administer this potentially life-saving medication.

### WHAT IS NALOXONE?

Naloxone (also known as NarCan) is an opiate receptor blocker that helps reverse the effects of an opioid overdose and allows time for medical help to arrive.

### HOW IS NALOXONE GIVEN?

Naloxone can be given through intramuscular injection or a nasal spray. Both methods are equally effective, safe for the person administering them, and easy to use.

### WHAT IS INVOLVED IN THE TRAINING?

The training is hands-on and is very simple. In about 10 minutes, you will learn everything you need to know to confidently administer Naloxone treatment to someone experiencing an opioid overdose.

### WHERE IS THE TRAINING?

The training can be provided in the Cheam Health wing for groups of up to 10 people or can be done one-on-one anywhere that is convenient for you. Ray is passionate about getting as many people trained on Naloxone as possible, is flexible and is willing to provide training wherever is most convenient for Community members.

### HOW CAN I SIGN UP FOR TRAINING?

If you're interested in receiving this training, please contact our Wellness Advocate and Naloxone trainer, Ray Hartt and let him know. He will then schedule and arrange training sessions based on the interest from the Community. Ray can be reached via email at [ray.hartt@cheamband.com](mailto:ray.hartt@cheamband.com) or by calling the Cheam Health Department at 604-794-7927.

### HOW CAN I LEARN MORE?

To learn more about Naloxone, the training, or to ask more questions, please reach out directly to Ray. He can be reached via email at [ray.hartt@cheamband.com](mailto:ray.hartt@cheamband.com) or by calling the Cheam Health Department at 604-794-7927.





# HEALTH & WELLNESS

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## NURSING SCHEDULE AT CHEAM



Monday

Tuesday

Wednesday

Thursday

Friday

Angi,  
LPN  
&  
Brit,  
LPN

Angi,  
LPN

Angi,  
LPN  
&  
Gagan,  
RN

Angi,  
LPN

Angi,  
LPN  
&  
Brit,  
LPN

Foot Care Nurse is Brittani – Call or text Angi to set up a time slot for your foot care at 604-798-5271

Please Be Aware: Nurses reserve the time between 3-4 for charting purposes and follow up visits. Clients will still be seen if the matter is urgent/important. Thank you!



## HEALTH & WELLNESS

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### DR. FOX BACK IN THE CLINIC

Dr. Fox will be returning to the Cheam clinic on Thursday, August 12. His regular clinic hours will be Thursdays from 8:30 - 10:45 am.

To book an appointment with Dr. Fox, please call Seabird Island Health at 604-796-2165.

### MOBILE COVID-19 VACCINATIONS

Fraser Health is now providing mobile vaccinations!

To make getting your vaccine even easier, Fraser Health is offering to come to your home, a nearby park, to your vehicle, etc. to give you your shot.

Call the Aboriginal Health Liaison line at 1-866-766-6960 or the First Nations Health Authority Liaison line at 604-743-0635 to schedule your appointment.

### MEDICAL TRANSPORTATION

Through First Nation Health Authority, we provide assistance with the payment of transportation to the nearest health professional or health facility for clients to access eligible medically necessary health services that cannot be obtained on-reserve or in the community of residence.

This may include assistance with meals and accommodation when these expenses are incurred while in transit for approved transportation to access medically necessary health services. Except in emergency situations, access to medical transportation benefits requires prior approval.

We can also arrange for the driver to take you to appointments if there is no one in the family who can provide transportation.

### SEABIRD EYE CLINICS

Seabird Island has a number of openings in their upcoming Eye-Health Clinics and has opened up appointments for Cheam Community Members.

#### Eye Clinic Dates:

August 25, 26

The clinic runs from 9:00 a.m. to 6:00 p.m.

#### Eye Exam Eligibility:

**Adults 18+ - once every 24 months**

**Seniors 65+ - once every 12 months**

**Children 0-18 - once every 12 months**



Transportation to and from Seabird Island can be arranged. Please inquire when making your appointment. Appointments can be made by calling Amanda Peters at 604-796-2177.





# HEALTH & WELLNESS

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## SUN SAFETY TIPS

### WITH THE SUMMER HEAT COMES HEALTH CONCERNS

Although people with darker skin don't sunburn as easily, they can still get skin cancer. So it's important to use sun protection, no matter what your skin colour is.

It's also important for people of all ages to protect themselves from heatstroke and sunstroke. Please follow these tips below and be sure to check on your loved ones in this warm weather

#### SEEK SHADE

If your shadow is shorter than you, find some shade because this means the sun's rays are at their strongest. Sit under a tree at the park. Bring an umbrella for on-the-go protection. If you can see the sky from your shady spot, you still need to cover up with clothing, a hat, sunglasses and sunscreen. UV rays can reach you in the shade by reflecting off the surfaces around you.

#### COVER UP

Did you know that clothes protect you better than sunscreen? Cover up as much of your skin as you can with clothing that is made from tightly woven fabric. Or look for clothing that is labelled with a UPF (UV protection factor). Wear a wide-brimmed hat that covers your head, face, ears and neck.

#### WEAR SUNGLASSES

Sunglasses don't have to cost a lot to work well, but make sure you choose close-fitting ones with UVA and UVB protection in a wraparound style. The label might have UV 400 or 100% UV protection.

#### USE SUNSCREEN PROPERLY

Sunscreen absorbs UV rays and prevents them from penetrating the skin. Apply a broad-spectrum sunscreen with an SPF of 30 or higher. It's important to apply a generous amount of sunscreen to any skin not covered by clothing. If you're going in the water, make sure your sunscreen is also water-resistant. Remember, use sunscreen along with shade, clothing and hats, not instead of them.

#### AVOID THE SUN

Try to seek shade between 11 a.m. and 3 p.m., when the rays are at their strongest.

#### STAY HYDRATED: DRINK WATER

You sweat more when the temperature's hot, especially if you're working or exercising outdoors. Drinking water helps replenish the fluids lost by excessive sweating. If you don't get enough water, you may become dehydrated, and the combination of hot temperatures and dehydration can lead to serious heat-related illnesses.

For more tips and sun-safety information visit: HealthLinkBC (<https://bit.ly/3hfCOvx>) and the Canadian Cancer Society (<https://bit.ly/3vPU6Ez>)



# HEALTH & WELLNESS

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## FNHA - AIR PURIFIER SUPPORT



First Nations Health Authority  
Health through wellness

### Air Purifier Support - 2021 Wildfire Season



**Individuals are asked to please contact their community health centre to request support for air purifiers. Requests will then be forwarded to the FNHA.**

The FNHA has a limited number of air purifiers available for communities to provide to individuals who are most vulnerable to smoke from wildfires.

Public health evidence tells us that certain people are at more risk from wildfire smoke. These include the elderly, babies and young children, and people who are pregnant or have chronic health conditions.

**Due to wildfire smoke in various areas of the province, the FNHA will consider requests for air purifiers from communities to support individuals who:**

- have asthma
- live with babies or young children
- have heart disease or diabetes
- are elderly
- are pregnant

**DUE TO A LIMITED NUMBER OF AIR PURIFIERS / CLEANERS priority will be given to individuals who:**

- live in a remote community / housing with limited access to community clean air shelters
- live in a home without a ventilation system that can recirculate air
- have limited transportation / mobility and are unable to access a community clean air shelter
- have respiratory symptoms consistent with COVID-19, or a positive COVID-19 test, or are a close contact of someone with a positive test

**Community Clean Air Shelters** By now, your local FNHA Environmental Health Officer (EHO) has likely been in contact with your community about an appropriate location for a clean air shelter, including considerations for physical distancing and preventing the community spread of COVID-19. If you need more information please reach out to your local EHO.

**Replacement HEPA Filters** If you received or purchased HEPA filters during past wildfire seasons, ensure that they are still in good condition and replace the filters if needed. Replacement filters are not provided by the FNHA.

**Supporting Resources** For more information on how air purifiers work, and how to protect yourself and your loved ones from wildfire smoke, visit the BC Centre for Disease Control at [bccdc.ca/wildfiresmoke](https://bccdc.ca/wildfiresmoke). For more info on wildfire smoke and other supports available to individuals and communities, please visit [www.fnha.ca/wildfire](https://www.fnha.ca/wildfire).





# HEALTH & WELLNESS

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

## SEABIRD ISLAND HEALTH SERVICES

### THROUGH OUR PARTNERSHIP WITH SEABIRD ISLAND, CHEAM MEMBERS HAVE ACCESS TO THE FOLLOWING PROGRAMS:

#### **MATERNAL CHILD HEALTH PROGRAM**

The Maternal Child Health program has 2 Registered Midwives and one Locum who work closely with two Registered Nurses and LPN. Kwiyo:s ('Respected Aunties') Maternal Child Program provides support for expecting moms and their families, which extends into the post-partum period.

#### **THE KWIYO:S, "RESPECTED AUNTIES"**

This is a great program that opens the door for new and experienced moms to come and ask for support. The Kwiyo:s Team has 10-12 home visits a month to provide support, education and help connect families with other services. The Kwiyo:s are also doula (labor/birth/postpartum support) trained and help make pregnancy and childbirth more comfortable. Postpartum support includes: helping with the physical, emotional and spiritual adjustment of parenting, as well as breastfeeding support, breastfeeding education, infant/child milestones, infant/child development (i.e. support for immunizations, status, birth certificates etc.), attending appointments with families both medical and non-medical, providing medical transportation as well as car seat safety issues and questions.

#### **FETAL ALCOHOL SPECTRUM DISORDER (FASD) PROGRAM**

The FASD program is incorporated into Maternal Child Health. Workers provide education on FASD through displays/presentations via Zoom and media such as Facebook. Kwiyo:s build relationships with moms who may be at risk, this support helps reduce the risks of having a baby affected by FASD.

Some families have become dependent on the MCH Team for support and transportation, they are now fully supported giving their children the best possible chance for healthy development.

#### **ABORIGINAL HEAD START ON RESERVE**

The primary program under the Head Start umbrella is the Parent and Tot Program. This program is open to all Cheam families with children 0 - 6 years old. The program is offered from September to June and includes many fun activities for parents, grandparents, other family members and children. The children take pleasure in playing with their friends, doing arts and crafts, singing and having fun with toys. Activities typically have a strong cultural component. Families also enjoy nutritional snacks and wonderfully prepared meals. \*We hope to reopen this program in September when the Covid-restrictions are fully lifted.

#### **CHILDREN'S ORAL HEALTH INITIATIVE (COHI)**

Dental screenings are done quarterly for children under 7 years of age and prenatal parents. Topics covered are oral hygiene instruction, fluoride varnish, health center visits, information on prenatal sessions and prevention of early childhood tooth decay. \*This has also been on hold due to Covid-19 but the Dental Therapists are slowly providing refresher courses with LPNs to start up the program again in a safe way.



# HEALTH & WELLNESS

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

## SEABIRD ISLAND HEALTH SERVICES con't...

### COMMUNICABLE DISEASE CONTROL PROGRAMS

#### IMMUNIZATIONS

The Immunizations program works to assure Cheam infants, babies, toddlers, school-aged children, adults and seniors are kept up-to-date with the regular immunizations for disease prevention.

A Communicable disease nurse provides education about women's health, prevention to groups (such as youth health and adult health), and also performs testing for sexually transmitted infections, Hepatitis C and other communicable diseases. The Communicable Disease nurse also provides appropriate support and medications.

TB Screening is done on an annual basis and Influenza clinics are held in the fall and throughout the winter months to prevent respiratory infections.

#### HOME AND COMMUNITY CARE

Home Care Nursing is services provided by an RN and LPN, which includes:

- Prescription monitoring, medication management, preventing polypharmacy, medication pick up, delivery and assisting with refills.
- Rehabilitation Equipment Assessment: referrals for medical equipment in the home
- Health Specialist Referrals, OT, PT, counselling, psychiatry.
- Home Visits: Provide home visits assessing overall health status, vital signs, foot assessments, head-toe assessments, friendly visits, medication review, healthy living, diet and exercise
- Health Specialist Referrals (Better At Home Referrals, Safety Equipment in the homes, Valley Alert LifeLine referrals)
- Home Assessment: Advocating for funding to install ramps and housing renovations so that Elders that need medical renovations are taken care of and to promote their independence and healthy living
- Foot Care: provide diabetic foot care screening, prevention and education. Also foot care assessments for nerve damage, neuropathy, sensation and overall foot health.
- Wound Care: provide prevention, treatment and management of all types of wounds. Also assisting with wound care assessments, funding and referrals.
- Doctor's Clinics: Assisting with home visits by Dr. Fox, advocating for client's needs and requests, and assisting with the booking of appointments and transportation to SIB doctor's office.

#### OPTOMETRY / MAMMOGRAPHY SERVICES

These services are arranged through the Seabird CHR Amanda Peters. Cheam CHR's encourage and facilitate attendance at the Eye Clinic and the Mammography clinic.



# HEALTH & WELLNESS

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

## SEABIRD ISLAND HEALTH SERVICES con't...

### HEALTHY LIVING / CHRONIC DISEASE PREVENTION AND MANAGEMENT PROGRAMS

#### ABORIGINAL DIABETES INITIATIVE / INJURY PREVENTION

Seabird Island Health Services provides the services of a Nutrition and Fitness Educator to Cheam members. The educator's services intend to meet the following objectives:

1. To reduce the incidence of chronic diseases, specifically diabetes and heart disease
2. To reduce the effects of, and complications associated with, diabetes and heart disease
3. To reduce incidents of childhood obesity and related illness
4. To promote healthy lifestyle choices and support active living

The Diabetes Program is still running but through virtual meetings or phone calls. The Diabetes Educators are accepting in-person appointments and referrals through nurses and/or doctors.

The Nutrition and Fitness Educators are also known as 'Lifestyle Coaches'. They hold monthly diabetes sessions, each with an overall educational objective. The Nutritionist holds one-on-one sessions and group sessions virtually.

#### COMMUNITY KITCHEN

The aim of this program is to provide a hands-on learning experience on healthy food choices and healthy food preparation. This is also a great opportunity for participants to learn about new recipes and food ideas. Topics include healthy carbohydrates, leaner fats choices, meats and alternatives, breakfast ideas, label readings, and adding spices to enhance the flavour of foods.

### ADDITIONAL PROGRAMS

#### ABORIGINAL BREAST CANCER SURVIVOR GROUP

The Breast Cancer Support Group provided a safe and supportive setting for group members. Living and dealing with breast cancer is an "isolating" experience where days are spent in clinics, hospitals, in cars travelling to countless appointments, as such RN, Linda Forseth works hard to keep the group connected and provide meaningful opportunities for clients and spouses/support person to meet.

#### BETTER AT HOME

Better at Home is a fairly new program for Elders 65 years plus or 55 years with a disability and living on Reserve in any of the 22 Stó:lō Territories. This is a non-medical service to support Elders living at home and to enhance the current services Elders receive. Services include: housekeeping, yard work, gutter cleaning and minor home repairs.



# HEALTH & WELLNESS

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

## MENTAL HEALTH AND WELLNESS SUPPORTS

### FNHA INDIVIDUALS: HERE TO SUPPORT

#### Mental Health and Wellness

*Navigation of mental health and substance use services including treatment, harm reduction, virtual psychiatry services, counselling, and/or traditional wellness*

**Sierra Kortenbach:** Regional Mental Health and Wellness Liaison

Mobile: 778.884.2289

[Sierra.kortenbach@fnha.ca](mailto:Sierra.kortenbach@fnha.ca)

*Community support for addictions related and wellness planning.*

**Catarina Witt:** Addictions Specialist

Mobile: 604.768.7011

[Catarina.witt@fnha.ca](mailto:Catarina.witt@fnha.ca)

#### Program and Service Supports

*Assistance for individuals and community in navigating the healthcare system, connect to and access appropriate health, wellness, and social services*

**Jennifer Charchun:** Family Wellness System Navigator

Mobile: 778.347.3538

[Jennifer.charchun@fnha.ca](mailto:Jennifer.charchun@fnha.ca)

**Marilyn Dalton:** Wellness System Navigator

Mobile: 778.684.1728

[Marilyn.dalton@fnha.ca](mailto:Marilyn.dalton@fnha.ca)

**Nardia Brown:** Wellness System Navigator

Mobile: 604.831.2651

[Nardia.brown@fnha.ca](mailto:Nardia.brown@fnha.ca)

*Support for communities to initiate, develop, coordinate, and support community health and wellness initiatives and health literacy.*

**Jennifer Heaven:** Community Wellness Initiatives Facilitator

Mobile: 604.226.8261

[Jennifer.heaven@fnha.ca](mailto:Jennifer.heaven@fnha.ca)

**Nadine Mross:** Community Wellness Initiatives Facilitator

Mobile: 604.226.8261

[Nadine.mross@fnha.ca](mailto:Nadine.mross@fnha.ca)



First Nations Health Authority  
Health through wellness

### ADDITIONAL SUPPORTS

#### Fraser Health

*Refer or connect with a Fraser Health Aboriginal Health Liaison*

1.866.766.6960

### MENTAL HEALTH AND CRISIS SUPPORT LINES

**Hope for Wellness Helpline:** 1.855.242.3310

*24 hour immediate mental health, counselling and crisis intervention*

**Indian Residential School Survivors Society:**

1.604.985.4464 or toll-free 1.800.721.0066

**KUU-US Crisis Line Society:** 1.800.588.8717

*Indigenous crisis line in BC. Available 24 hours a day*

**Tsow-Tun Le Lum Society:** 1.250.268.2463

*24-hour support line for those struggling with addiction, substance misuse, and trauma, including residential school survivors.*

### DOMESTIC VIOLENCE OR ABUSE

**Domestic Violence Help Line:** 1.800.563.0808

*Confidential and available 24 hours a day with service in multiple languages*

**VictimLinkBC:** 1.800.563.0808

*confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week*

**KUU-US Crisis Line Society:** 1.800.588.8717

*Indigenous crisis line in BC: operates 24 hours a day*

**Hope for Wellness Helpline:** 1.855.242.3310

### ADDICTIONS AND SUBSTANCE MISUSE SUPPORTS

**Adults Help Line:** 1.800.663.1441

**Health Link BC:** 811

### ONLINE RESOURCES FOR MENTAL HEALTH

**First Nations Health Authority - Mental Health and Substance Use:**

<https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>

### FOR CHILDREN AND YOUTH

**Kids Help Phone:** 1.800.668.6868

**KUU-US Crisis Line Society Child and Youth Crisis:**

1.250.723.2040 or toll free 1.800.588.8717





# HEALTH & WELLNESS TEAM

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



**Inez Louis, BSN, RN**  
Health & Wellness Director

Inez coordinates and leads Cheam Health & Wellness services according to the Cheam Health Plan, to improve the quality of life for Cheam members.

Contact: inez.louis@cheamband.com



**Diana Giroux**  
Health Receptionist

Diana greets clients and directs phone call inquiries to connect Cheam members to services they are seeking.

Contact: reception2@cheamband.com



**Cori Victor**  
Health Admin/COHI/Medical Transportation

Cori assists the health team with administrative duties. As well, she helps to deliver the Children's Oral Health Initiative to promote good dental health and she assists clients to coordinate medical travel.

Contact: cori.victor@cheamband.com



**Amber Maret**  
Health and Wellness Executive Assistant

Amber is responsible for performing daily tasks that support the Health & Wellness Director. She is also responsible for administrative, clerical, research and other supports required by the Director.

Contact: amber.maret@cheamband.com



**Deborah Tuck**  
Tutor

Deborah coordinates and runs the tutoring program that runs Monday - Friday 11am - 5pm.

Contact: deborah.tuck@cheamband.com



**Bekki Pears**  
Social Development & Education Clerk

Bekki's primary goal is to assist the Social Development and Education departments in improving the quality of life for Cheam Band Members requiring assistance and access to Education and Social Assistance programs. Bekki provides clerical support to both the Education and Social Development programs.

Contact: rebecca.pears@cheamband.com



# HEALTH & WELLNESS TEAM

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



## Jade Black, B.A. (Hons), M.A. Wellness Manager

Jade manages and coordinates the wellness services for Cheam Health, including the Emergency Shelter services.

Contact: jade.black@cheamband.com



## Sherri Martin Wellness Advocate

Sherri is available to support, to listen, to hold space for you. Whether you're wanting to attend treatment, find resources, get connected to service providers, or if you just want to talk, she is here to support you.

Contact: sherri.martin@cheamband.com



## Ray Hartt Wellness Advocate

Ray provides nonclinical counselling services including, confidential addictions counselling, referrals to detox and treatment facilities, education and support to Cheam Members and their families, and promotes positive and healthy lifestyles and choices.

Contact: ray.hartt@cheamband.com



## Noelle Hart Wellness Housing Coordinator

Noelle is responsible for overseeing the operations of the emergency shelter and coordinating and developing operations for the supportive housing unit. She also supports the Wellness Manager and Health and Wellness Director with other wellness initiatives and department needs.

Contact: noelle.hart@cheamband.com



## Wayne Douglas Strong Families Recreation Leader

Wayne is responsible for developing, coordinating, administration and managing suitable recreational programs for Cheam Members and their families.

Contact: wayne.douglas@cheamband.com



# HEALTH & WELLNESS TEAM

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

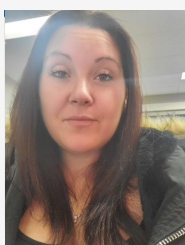


## **Gagan Phulka, BSN, RN**

### Registered Nurse

Gagan is a Registered Nurse who assists the health team to case manage complex client health circumstances leading the team with best practices and solution-focused planning

Contact: [gaganp@seabirdisland.ca](mailto:gaganp@seabirdisland.ca)



## **Brittani Fontaine, LPN**

### Licensed Practical Nurse

Brittani is a Licensed Practical Nurse and she is certified in foot care. She provides foot care services to Cheam members who qualify based on a health assessment.

Contact: [brittanif@seabirdisland.ca](mailto:brittanif@seabirdisland.ca)



## **Marlana Peters, LPN**

### Community Health Representative, LPN

Marlana works as Cheam's Community Health Representative (CHR). She is a Licensed Practical Nurse and she is certified in foot care and she can provide health education, support, navigation and health referrals for Cheam community members.

Contact: [marlana@seabirdisland.ca](mailto:marlana@seabirdisland.ca)



## **Angi Peters, LPN**

### Licensed Practical Nurse

Angi Peters is one of the Licensed Practical Nurses here to help the Cheam Community. She is a member of Seabird Island, but her great-grandma was from Cheam. She is available to assist Community members with any health needs.

Contact: [angi.peters@seabirdisland.ca](mailto:angi.peters@seabirdisland.ca)



# ADMINISTRATION TEAM

604-794-7924 [www.cheam.ca](http://www.cheam.ca)

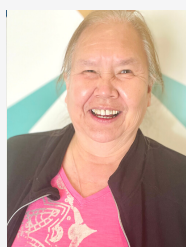


## Susan Hollister

### Chief Administrative Officer

As CAO Susan ensures the smooth running of the Band office, provides strategic planning input to Chief and Council, and is responsible for carrying out daily operations according to established policies and Council's vision.

Contact: [susan.hollister@cheamband.com](mailto:susan.hollister@cheamband.com)



## Daphne Edwards

### Receptionist

A friend and familiar face, Daphne performs various receptionist duties, including greeting visitors, answering the phones, responding to inquiry emails, and sending out the weekly Community newsletter.

Contact: [daphnee@cheamband.com](mailto:daphnee@cheamband.com)



## Marcelo Pucci

### Sr. Human Resources Manager

As the HR Manager, Marcelo is here to serve all levels of the Band Office, from staff to senior management, in all aspects of Employment and People Management, while they support the Cheam community. He is also responsible for driving significant change to align CFN's culture and values and its employment practices and policies.

Contact: [marcelo.pucci@cheamband.com](mailto:marcelo.pucci@cheamband.com)



## Breanna Seale

### Human Resources Advisor

Breanna is responsible for supporting staff and the human resource functions of the Band Administration. This requires liaising with department managers to effectively perform full cycle recruitment, on-boarding and orientation administration, off-boarding, assisting with training and development advisory and/or program planning, disability management, etc.

Contact: [breanna.seale@cheamband.com](mailto:breanna.seale@cheamband.com)



## Luana Brooks

### Chief and Council Executive Assistant

Luana is responsible for performing daily tasks that support Cheam Chief and Council and the Executive Coordinator. She is also responsible for administrative, clerical, research and other supports required by Cheam Chief and Council.

Contact: [councilxecassist@cheamband.com](mailto:councilxecassist@cheamband.com)



## Rachel Wille

### Funding and Governance Specialist

Rachel is responsible for writing and reporting on grant funding opportunities to support the initiatives of Council, and build governance capacity within the Nation by reviewing and developing policies where needed.

Contact: [rachel.wille@cheamband.com](mailto:rachel.wille@cheamband.com)





# ADMINISTRATION TEAM

604-794-7924 [www.cheam.ca](http://www.cheam.ca)



## Melissa Godbout

### Communications Specialist

Melissa is responsible for all external and internal communications including Community and media relations, managing social media and the website, and developing communications strategies and materials based on Council's vision and strategic plan. She also controls the dissemination of information on our organization's behalf.

Contact: [communications@cheamband.com](mailto:communications@cheamband.com)



## Rod Penman

### Finance Manager

Rod is responsible for the overall accounting functions and management of the Cheam Finance Department. In addition, the position must stay informed of trends and new developments in business practices and changes to government regulations that impact the Finance department.

Contact: [rod.penman@cheamband.com](mailto:rod.penman@cheamband.com)



## Vivian Lindstrom

### Finance Assistant / Accounts Receivable

Vivian is the Accounts Receivable clerk, assists with Payroll, works with the Finance team on year-end audits, and is Cheam's Property Taxation Administrator. She has worked in all capacities within the Finance team.

Contact: [vivian.lindstrom@cheamband.com](mailto:vivian.lindstrom@cheamband.com)



## Debbie Ormandy

### Finance Assistant / Accounts Payable

Debbie is responsible for accounts payable for all departments including Social Assistance monthly cheque runs, education monthly cheque runs as well as all day-to-day cheque requisitions and weekly purchase order and invoice processing.

Contact: [debbie.ormandy@cheamband.com](mailto:debbie.ormandy@cheamband.com)



## Richelle Bowe

### Accounting Assistant

Richelle is responsible for maintaining accurate and effective financial record-keeping by performing various accounting and financial administrative duties. Her duties include analyzing account details, reconciling various bank accounts, processing payroll and maintaining accurate payroll records.

Contact: [richelle.bowe@cheamband.com](mailto:richelle.bowe@cheamband.com)



# LANDS AND CAPITAL TEAM

604-794-7924 [www.cheam.ca](http://www.cheam.ca)



## Doug Webster

### Lands and Capital Director

Doug is responsible for the stewardship and management of all Cheam First Nation Lands and Capital. He administers the Land Code and ensures it is followed for each development proposal presented. Doug is dedicated to providing the Cheam First Nation Band Members his very best efforts to serve and protect the community.

Contact: [doug.webster@cheamband.com](mailto:doug.webster@cheamband.com)



## Madeline Jimmy

### Lands Officer

Joining Cheam First Nation as an employee in 2013, Madeline transitioned to her current role as Lands Officer in 2017. Her primary responsibility includes land registrations in the First Nation Lands System & administrative assistance to the Lands and Capital Director.

Contact: [madeline.jimmy@cheamband.com](mailto:madeline.jimmy@cheamband.com)



## Lydia Archie

### Housing Manager

Lydia is responsible for the overall administrative function of Cheam First Nation's Housing Programs, including homeownership – both the transfer of existing homes and new units, as well as, rental units. She is also responsible for the tenancy management of all housing units and housing programs across the housing continuum.

Contact: [lydia.archie@cheamband.com](mailto:lydia.archie@cheamband.com)



## Chey-Anne McKay

### Project Assistant

Chey-Anne is responsible for performing daily tasks that support the Lands and Capital Department including Housing and Public Works. She is also responsible for administrative, clerical, research, project coordination and other support as required.

Contact: [cheyanne.mckay@cheamband.com](mailto:cheyanne.mckay@cheamband.com)



## Rob Kovacs

### Sr. Public Works / Emergency Operations Coordinator

Rob coordinates and leads the Public Works Department at Cheam First Nation, which includes developed common Community lands, such as parks, grounds, roads, and buildings. Other Public Works duties include safe-water delivery and sanitization, sewage, drainage systems and weekly scheduled garbage pick-up. Rob also acts as the Emergency Operations Coordinator and is responsible for emergency operations training and planning. Contact: [rob.kovacs@cheamband.com](mailto:rob.kovacs@cheamband.com)



## Toni Bird

### Public Works Assistant

Toni provides much-needed administrative assistance for the Public Works department including organizing and maintaining filing systems, coordinating team meetings and various other administrative tasks.

Contact: [toni.bird@cheamband.com](mailto:toni.bird@cheamband.com)



# LANDS AND CAPITAL TEAM

604-794-7924 [www.cheam.ca](http://www.cheam.ca)



## Chris McIntosh

### Public Works Supervisor

Chris supervises the Public Works workers and assists in their duties, as well as coordinates with contractors that look after larger deliverables that he and his team can't handle. This includes safe-water delivery and sanitization, sewage, drainage systems, construction/building repair and weekly scheduled garbage pick-up to name a few.

Contact: [chris.mcintosh@cheamband.com](mailto:chris.mcintosh@cheamband.com)



## Frank Louis

### Public Works Assistant

Toni provides much-needed administrative assistance for the Public Works department including organizing and maintaining filing systems, coordinating team meetings and various other administrative tasks.

Contact: [toni.bird@cheamband.com](mailto:toni.bird@cheamband.com)



## Nora Douglas

### Public Works / Maintenance

Nora is a Public Works Maintenance employee that conducts general grounds and building maintenance tasks for all Cheam public/common areas, community grounds, community buildings, water systems, wastewater systems.



## Daniel Tuck

### Public Works / Maintenance

Daniel is a Public Works Maintenance employee that conducts general grounds and building maintenance tasks for all Cheam public/common areas, community grounds, community buildings, water systems, wastewater systems.



## June Joe

### Custodian

June is responsible for the day-to-day custodial requirements in the Band office.



## Wendy Kelly

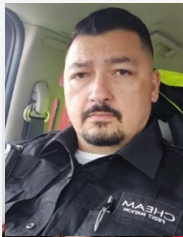
### Custodian

Wendy is responsible for the day-to-day custodial requirements in the Band office.



# PEACEKEEPING TEAM

604-794-7924 [www.cheam.ca](http://www.cheam.ca)

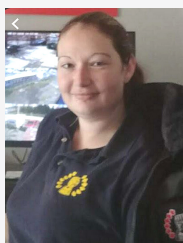


## CPO Mike Cedilla

Chief Peacekeeper / Peace Officer

Mike has been an accomplished member of Protective Services and Private Law Enforcement companies both in Ontario and British Columbia for over 20 years. He is responsible for overseeing Cheam's Peacekeeping force and keeping the Community safe and secured.

Contact: [chiefpeacekeeper@cheamband.com](mailto:chiefpeacekeeper@cheamband.com)



## APO Lisa Sperling

Administration /  
Peace Officer



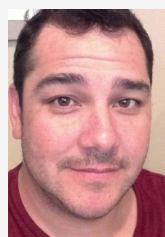
## PO James Tong

Investigator /  
Peace Officer



## PO Chris Gathergood

Fire Prevention /  
Search & Rescue /  
Peace Officer



## PK Isaac Bailie

Peacekeeper /  
Band Member



## PK Geraldine Florance

Office Ambassador /  
Peacekeeper /  
Community Member



## PO Ashley Moorhouse

Security Patrol /  
Parks Enforcement Ranger





# XWCHÍYÒ:M

## JOB OPPORTUNITIES



# We're Hiring!

**START A REWARDING CAREER AND JOIN OUR TEAM**

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



## **CHEAM FIRST NATION** **CAREER OPPORTUNITY**

Position: **Peace Officer**  
**Up to 12-hour shifts**

Submission Deadline: **Open Until Filled**

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### **Responsibilities will include, but are not limited to:**

- Patrol the streets and parking areas on foot or in a vehicle.
- Dispatch other Peace Officers to major calls around the community.
- Maintain records and produce daily reports.
- Enforce Cheam laws and Land code in the community and surrounding territories.
- First responder to a variety of calls from low to high-risk situations.
- Protect onsite businesses and natural resources.
- Respond to wildlife, fisheries and medical calls before emergency services.
- Assist the local police when in Cheam community.
- Other duties as required in Emergency Situations.

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### **About the Ideal Candidate**

- 2+ years of enforcement experience required.
- Bylaw Compliance, Enforcement & Investigative Skills 1.
- Advanced Security Training.
- First Aid Training.
- Preferred Possession and Acquisition License (PAL) – restricted or unrestricted
- Naloxone Training.
- Comfortable kneeling, carrying, bending, walking, and standing for extended periods of time
- Ability to perform continuous physical exertion as needed.
- Valid BC Driver's License, Class 5.
- Clean driving record.
- Satisfactory Criminal Record Check including vulnerable sector check.

---

### **Compensation and Hours or Work**

- Dependant on Education and Experience
- Available to work 12-hr shifts on a rotating schedule.

**If you are looking for an opportunity to use your experience,  
and really make a difference with a progressive First Nation, apply today!  
Send your resume to [hr@cheamband.com](mailto:hr@cheamband.com)**

Cheam thanks all applicants for their interest, but only those selected for an interview will be contacted.

Website: [www.cheam.ca](http://www.cheam.ca)



## **CHEAM FIRST NATION** **CAREER OPPORTUNITY**

Position: **Custodian**  
**8 hours a day / 5 days a week**  
Submission Deadline: **Open Until Filled**

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### **About the Opportunity**

We currently have an opportunity for a custodian for 2-month medical leave contract. The applicant will be responsible for the overall cleaning of the Band Administration Office, Community Hall, Education Building, etc. Respective Band Office wings (Health and Administration) will be designated as required. All public and main areas (foyer, public washrooms, gym, etc.), are the shared responsibility of the custodial team.

---

### **Responsibilities will include, but are not limited to:**

- Sweep/Vacuum, and mop floors daily, while focusing attention to high traffic areas multiple times throughout the day.
- Ensure that all garbage bins/cans have been emptied daily and that all garbage bags are disposed of in the garage receptacles provided outside of the building. Regularly monitor garbage bins throughout the day and empty as needed.
- Ensure that all desks, shelves and tables have been dusted/wiped as required.
- Ensure all washroom facilities are thoroughly cleaned and ready for use. This includes wiping/disinfecting all mirrors, fixtures, stalls and bathroom hardware; cleaning the toilets, sinks, counters and soap dispensers; and ensuring supplies such as hand soap, toilet paper and paper towel are readily stocked).
- Clean staff lunchroom areas and replenish supplies such as napkins, paper towel, coffee, etc. Clean and put away dishes, organize cupboards, etc.

---

### **About the Ideal Candidate**

- Building Service Worker (BSW) Certification required.
- 1-3 years of experience required.
- WHMIS and Standard First Aid Training is considered an asset.
- Proficient knowledge of cleaning equipment and agents. Ability to read directions/instructions and maintain all required safety standards.
- Excellent time management and organizational skills, and ability to work with minimal supervision.
- Physically fit and can lift 50 lbs.

---

### **Compensation and Hours or Work**

- Dependant on Education and Experience
- 8 hours per day/ 5 days per week

**If you are looking for an opportunity to use your experience,  
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**Send your resume to [hr@cheamband.com](mailto:hr@cheamband.com)**

Cheam thanks all applicants for their interest, but only those selected for an interview will be contacted.

Website: [www.cheam.ca](http://www.cheam.ca)





## **CHEAM FIRST NATION**

### **CAREER OPPORTUNITY**

Position: **Custodian (2-Month Contract)**  
**8 hours a day / 5 days a week**

Submission Deadline: **Open Until Filled**

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### **About the Opportunity**

We currently have an opportunity for a custodian for 2-month medical leave contract. The applicant will be responsible for the overall cleaning of the Band Administration Office, Community Hall, Education Building, etc. Respective Band Office wings (Health and Administration) will be designated as required. All public and main areas (foyer, public washrooms, gym, etc.), are the shared responsibility of the custodial team.

---

### **Responsibilities will include, but are not limited to:**

- Sweep/Vacuum, and mop floors daily, while focusing attention to high traffic areas multiple times throughout the day.
- Ensure that all garbage bins/cans have been emptied daily and that all garbage bags are disposed of in the garage receptacles provided outside of the building. Regularly monitor garbage bins throughout the day and empty as needed.
- Ensure that all desks, shelves and tables have been dusted/wiped as required.
- Ensure all washroom facilities are thoroughly cleaned and ready for use. This includes wiping/disinfecting all mirrors, fixtures, stalls and bathroom hardware; cleaning the toilets, sinks, counters and soap dispensers; and ensuring supplies such as hand soap, toilet paper and paper towel are readily stocked).
- Clean staff lunchroom areas and replenish supplies such as napkins, paper towel, coffee, etc. Clean and put away dishes, organize cupboards, etc.

---

### **About the Ideal Candidate**

- Building Service Worker (BSW) Certification required.
- 1-3 years of experience required.
- WHMIS and Standard First Aid Training is considered an asset.
- Proficient knowledge of cleaning equipment and agents. Ability to read directions/instructions and maintain all required safety standards.
- Excellent time management and organizational skills, and ability to work with minimal supervision.
- Physically fit and can lift 50 lbs.

---

### **Compensation and Hours or Work**

- Dependant on Education and Experience
- 8 hours per day/ 5 days per week
- 2 Month Contract (Medical Leave)

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and really make a difference with a progressive First Nation, apply today!**  
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## **CHEAM FIRST NATION**

### **CAREER OPPORTUNITY**

Position: **Executive Coordinator**

Submission Deadline: **Open Until Filled**

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### **About the Opportunity**

Reporting to the Chief Administrative Officer (CAO), the Executive Coordinator is responsible for providing comprehensive support to the CAO as well as providing leadership to the Executive Assistant.

This dynamic position requires the ability to anticipate needs, think critically, and offer solutions to problems with a high level of professionalism and confidentiality.

---

### **Responsibilities will include, but are not limited to:**

- Provide sophisticated calendar management for the CAO. Prioritize inquiries and requests while troubleshooting conflicts; make judgements and recommendations to ensure smooth day-to-day engagements.
- Act as a liaison and provide support to the Chief and Council and Senior Management.
- Arrange and handle all logistics for Senior Management meetings and special events.
- Provide leadership to and manage the Executive Assistant providing back up when needed.
- Moderate Council meetings and coordinate external delegations; take formal meeting minutes when the Executive Assistant is not available.
- Complete a broad variety of administrative tasks that facilitate the CAO's ability to effectively lead the organization.
- Serve as the primary point of contact for external stakeholders on all matters pertaining to the CAO

---

### **About the Ideal Candidate**

- Business Administration Diploma and/or related Post-Secondary training.
- Minimum of two years' work experience in a related administrative position.
- Significant executive support experience is required; Municipality or Executive Board experience is highly preferred.
- Excellent listening, verbal and written communication skills. Proficient with community and staff engagement.
- Excellent time management, organizational, and planning skills.
- Impeccable attention to detail.
- High degree of professionalism in dealing with diverse groups of people, including Council members, senior management, staff, community members and partners.

---

### **Compensation and Hours of Work**

- Dependant on Education and Experience
- 8 hours per day

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## **CHEAM FIRST NATION**

### **CAREER OPPORTUNITY**

Position: **Recreation Assistant**  
**Hours vary – 13-week SASET summer student position**

Submission Deadline: **Open Until Filled**

---

### **About the Opportunity**

We currently have an opportunity for a Recreation Assistant. The applicant will be responsible for assisting in the development, coordination, administration and management of suitable recreational programs for Cheam Members. The position will be required to work with all age ranges, and will require significant shift, evening and weekend work.

*Applicant must meet all SASET requirements:*

- Must be First Nations/Inuit, status/non-status, reside on or off reserve, within SASET catchment area
- Should be minimal 15 years of age and returning to school
- Secondary and post-secondary students must be registered full-time students during previous academic year and intend to return to full-time studies in the following academic year
- Must have a valid Social Insurance Number at the start of the program
- All Service Canada Personal Information Forms (PIFS) and Client Consent Forms (CC's) must be submitted prior to commencement of program

---

### **Responsibilities will include, but are not limited to:**

- Assist in the development, coordination, promotion, and evaluation of recreational programs for all ages and abilities.
- Assist in the development of annual recreation workplans and corresponding budgets in conjunction with the Wellness Manager and other “planning” team members. This will include assisting in organizing and maintaining an annual calendar of all scheduled events.
- Assist in monitoring and administering the recreation budget, reviewing and approving expenses, purchasing needs supplies/materials, etc.

---

### **About the Ideal Candidate**

- Post-Secondary student in Recreation, Child/Youth care, Social Work, or a related field.
- Preferred two years’ work experience in a similar role. Willing to learn about recreation program design, development, implementation, and evaluation.
- Working knowledge of health and safety aspects to recreational programming and other recreation trends.
- Willing to learn report writing and budget management.

---

### **Compensation and Hours or Work**

- Dependant on Education and Experience
- Hours vary – 13-week summer student position

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and really make a difference with a progressive First Nation, apply today!**  
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## **CHEAM FIRST NATION**

### **CAREER OPPORTUNITY**

Position: **General Maintenance Worker**  
**Full-time, Permanent**

Submission Deadline: **Open Until Filled**

---

### **About the Opportunity**

We currently have an opportunity for a general maintenance worker. The applicant will be responsible for the overall cleaning of the Band Administration Office, Community Hall, Education Building, etc. Respective Band Office wings (Health and Administration) will be designated as required. All public and main areas (foyer, public washrooms, gym, etc.), are the shared responsibility of the custodial team.

---

### **Responsibilities will include, but are not limited to:**

- Complete general maintenance tasks for all public/common areas, community grounds and community buildings.
- Operate equipment and various small power/hand tools.
- Maintain Cheam Band lawns and yards: Mow, weed (weedwack), and treat all Band fields and grass, including cemetery, prune/trim trees, hedges and shrubs as required.
- Clean external areas such as entranceways, sidewalks and parking lots using rakes, shovels and other equipment to remove dirt, leaves, snow and other refuse.
- Perform repair and maintenance as needed.
- Complete refuse/garbage collection and recycling tasks.
- Perform basic laboring work such as digging, raking, etc.
- Perform materials handling; this includes delivering materials from one site to another and loading and off-loading.

---

### **About the Ideal Candidate**

- Previous experience working in a construction environment would be considered an asset.
- High regard for safety and ability to comply with WorkSafeBC and WHMIS rules and regulations at all times.
- Strong work ethic and a positive attitude, excellent attendance, ability to follow instructions.
- Good physical strength, hand-eye coordination and endurance. Ability to lift, handle and move 50 lbs. Must be able to perform physically demanding work such as, but not limited to: lifting, pulling, digging, stooping, and climbing a ladder, etc.
- Must be able to work flexible hours. Hours of work may vary from early mornings, evenings and weekends. Ability to work varied shifts including evenings and weekends when required.

---

### **Compensation and Hours or Work**

- Dependant on Education and Experience
- 8 hours per day

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Website: [www.cheam.ca](http://www.cheam.ca)



## CHEAM FIRST NATION CAREER OPPORTUNITY

Position: **General Maintenance Worker**  
**6 month SASET Contract**

Submission Deadline: **Open Until Filled**

---

### About the Opportunity

*Eligible candidates must meet SASET requirements:*

- *Must be Aboriginal status/non-status, on/off reserve who resides within the SASET catchment area*
- *Must be 15 years of age or older (not currently in school)*
- *Long term unemployed (3 months or more)*
- *No longer required by law to attend school*
- *Not be receiving other Service Canada supports funding*

The applicant will be responsible for the overall cleaning of the Band Administration Office, Community Hall, Education Building, etc. Respective Band Office wings (Health and Administration) will be designated as required. All public and main areas (foyer, public washrooms, gym, etc.), are the shared responsibility of the custodial team.

---

### Responsibilities will include, but are not limited to:

- Complete general maintenance tasks for all public/common areas, community grounds and community buildings.
- Operate equipment and various small power/hand tools.
- Maintain Cheam Band lawns and yards.
- Mow, weed (weedwack), and treat all Band fields and grass, including cemetery.
- Prune/trim trees, hedges and shrubs as required.
- Clean external areas such as entranceways, sidewalks and parking lots using rakes, shovels and other equipment to remove dirt, leaves, snow and other refuse.
- Perform repair and maintenance as needed.
- Complete refuse/garbage collection and recycling tasks.
- Perform basic laboring work such as digging, raking, etc.
- Perform materials handling; this includes delivering materials from one site to another and loading and off-loading.
- Perform set-up and clean-up requirements at various job sites.

---

### About the Ideal Candidate

- Previous experience working in a construction environment would be considered an asset.
- High regard for safety and ability to comply with WorkSafeBC and WHMIS rules and regulations at all times.
- Strong work ethic and a positive attitude.
- Excellent attendance.
- Ability to follow instructions.
- Good physical strength, hand-eye coordination and endurance. Ability to lift, handle and move 50 lbs. Must be able to perform physically demanding work such as, but not limited to: lifting, pulling, digging, stooping, and climbing a ladder, etc.
- Must be able to work flexible hours. Hours of work may vary from early mornings, evenings and weekends. Ability to work varied shifts including evenings and weekends when required.

---

### Compensation and Hours or Work

- Dependant on Education and Experience
- 8 hours per day

**If you are looking for an opportunity to use your experience,  
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Send your resume to [hr@cheamband.com](mailto:hr@cheamband.com)**





## CHEAM FIRST NATION CAREER OPPORTUNITY

Position: **HR Advisor (Maternity Leave Coverage)**

Submission Deadline: **Open Until Filled**

---

### About the Opportunity

Under the Direction of the Human Resources Manager, the Human Resources Advisor is responsible for supporting staff and the human resource functions of the organizations Band Administration. This requires liaising with department managers to effectively perform full cycle recruitment, on-boarding and orientation administration, off-boarding, assisting with training and development advisory and/or program planning, disability management, etc.

---

### Responsibilities will include, but are not limited to:

- Assist with the development of Human Resource or Employment Policies and Procedures.
- Work with management to refine or develop job description. Assist with departmental review of staffing.
- Perform full-cycle recruitment functions when and where required. Including: review and updates to job descriptions; update and/or develop job postings and coordinate advertising through a variety of online and local contact methods; update and/or interview questions; coordinate interview packages and process; complete reference checks; coordinate employment offer and hire.
- Perform all on-boarding and orientation processes.
- Maintain and update all employment related forms and HR databases and employee files.

---

### About the Ideal Candidate

- Diploma in Human Resource Management, CHRP Designation, HR Certification or equivalent. Will consider a combination of post-secondary training and experience.
- Minimum of 3-5 years' work experience as an HR Generalist. Experience with Full-cycle Recruitment, Disability & WSBC Case Management, Training & Development, Performance Management, and Administration.
- Strong understanding of Federal Labour Standards.
- Advanced computer literacy skills in Excel, MS Word and other databases. As well as excellent business writing and grammar skills.
- Excellent time management, organizational, planning and analytical skills. Proven ability to manage priorities and deadlines.

---

### Compensation and Hours or Work

- Dependant on Education and Experience
- 8 hours per day

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Send your resume to [hr@cheamband.com](mailto:hr@cheamband.com)**

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Website: [www.cheam.ca](http://www.cheam.ca)





## CHEAM FIRST NATION CAREER OPPORTUNITY

Position: **Social Development and Education Clerk**  
**1-year SASET Contract**

Submission Deadline: **Open Until Filled**

---

### About the Opportunity

*Eligible candidates must meet SASET requirements:*

- *Must be Aboriginal status/non-status, on/off reserve who resides within the SASET catchment area*
- *Must be 18 years of age or older (not currently in school)*
- *Long term unemployed (3 months or more)*
- *No longer required by law to attend school*
- *Not be receiving other Service Canada supports funding*

The Clerk's primary goal is to assist the Social Development and Education Coordinator in improving the quality of life for Cheam Band Members requiring assistance and access to Education and Social Assistance programs.

---

### Responsibilities will include, but are not limited to:

- Program and Services Coordination: Ensure the development and delivery of specific activities and services identified in annual departmental work plans.
- Education Program Administration: Provide education information and guidance to assist students and parents to achieve a better understanding of the school systems and aid students and parents in identifying the need for furthering their education.
- K-12 Duties: Complete tracking, data entry and reporting of the nominal roll.
- Budgeting, Financial Reporting and Records Management.
- Client Records: Maintain confidential files on each Education client which is to include school/institution info., tuitions and book expenses, etc.

---

### About the Ideal Candidate

- Minimum Post-Secondary student: Education/Administration/Social Services or other related program.
- Prefer 1 year administrative and/or program/services coordination experience.
- Prefer 1 year of experience within the Social Services field and experience administering Social Assistance programs.
- Knowledge or experience with database (student record systems) is an asset.
- Willing to learn to understand and interpret funding agreements, including meeting required funding deadline submissions.

---

### Compensation and Hours or Work

- Dependant on Education and Experience
- 8 hours per day

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Website: [www.cheam.ca](http://www.cheam.ca)



# Cultural Experience Series Summer Events!



## EVERYONE WELCOME - BY DONATION

Please join us in July at **The Stó:lō Resource Centre** for our Summer 2021 Cultural Experience Series Events!

**Dates: July 6, 13, 20 & 27 - 10:30am -11:30am (Tuesdays)**  
for storytelling, learn about traditional fishing,  
drumming and singing and landforms/waterways.

And **Coqualeetza Grounds Tours**

**Dates: July 8, 15, 22, 29 - 10:30am 11:30am (Thursdays)**

**Meet in front of the Resource Centre (building 10)**  
**7201 Vedder Road, Chilliwack BC**

Then in August join us at **Xá:ytem National Historic Site**

**Dates: August 3, 10, 17, 24 - 10:30am -11:30am (Tuesdays)**  
for storytelling, learn about traditional fishing,  
drumming and singing and landforms/waterways.

And **Xá:ytem Grounds Tours**

**Dates: August 5, 12, 19, 26 - 10:30am 11:30am (Thursdays)**

**Xá:ytem Longhouse Interpretive Centre and National Historic Site**  
**35087 Lougheed Hwy, Mission, BC**

*The wearing of masks and use of hand-sanitizer is required to enter any building.*

**Please email: [stolo.tourism@stolonation.bc.ca](mailto:stolo.tourism@stolonation.bc.ca)  
to register (Space is limited)**







# FEDERAL ELECTION READINESS AND OUTREACH

The Assembly of First Nations (AFN) is working together with Elections Canada to eliminate barriers to First Nations' participation in federal elections.

Please expect a phone call in the coming days and weeks where an AFN staff member will share information related to:

- Job opportunities during the election
- Getting ready to vote
- Sharing election materials

## Job opportunities during an election

Elections Canada is recruiting community members 16 years and older to apply to work at polling stations. Elections Canada offers paid employment and training. Weekend hours are available and applicants can choose to work in the riding that is most convenient for them. Review a full list of employment opportunities with Elections Canada at <https://elections.ca/jobs>.

## Community Relations Officer (CRO) - includes CRO Indigenous

Elections Canada is also recruiting for the CRO position. CROs work throughout the election period and not just at polling stations. The CRO provides information to assist electors who face barriers to registering and voting. All outreach activities related to the CRO position for the upcoming election will be done online.

- Apply before the election is called: email CVs to [RecrutementARC-CRORecruitment@elections.ca](mailto:RecrutementARC-CRORecruitment@elections.ca) with the applicant's name and postal code in the subject line
- Apply after the election is called: send CVs directly to the Returning Officer for your community.

*Health and safety measures will be in place to keep election workers safe.*

## Getting Ready to Vote

Now is a good time for Community members who wish to vote to register, or check you're registered and update your information if needed. (Do that here: <https://www.elections.ca/content.aspx?section=vot&dir=reg&document=index&lang=e>) People who register before the election will receive a Voter Information Card (VIC) from Elections Canada in the mail after the election is called. The VIC can be used as a proof of address for individuals when paired with another piece of accepted ID, such as a status card.

To vote by mail, electors should submit an Application for Registration and Special Ballot. This application and instructions will be available after the election is called at [elections.ca](https://elections.ca), local Elections Canada offices, or by calling Elections Canada.

# Special Committee on Reforming the Police Act

## Fill out the survey by September 3

#BCLeg

LEGISLATIVE ASSEMBLY  
of BRITISH COLUMBIA

The Special Committee on Reforming the Police Act is interested in hearing from British Columbians about their experiences and perspectives regarding policing and related systemic issues, as well as those with experience working in policing, public safety, healthcare and social services.

Fill out the survey by Friday, September 3 at <https://bcleg.ca/rpasurvey>.

For more information on the Committee and its work, visit the Committee's website: <https://bcleg.ca/2PKFZkV>.

# Ages 40-79

## Mammogram Clinic

*"Early detection  
SAVES lives!"*

**When | November 24, 2021**

**Where | Seabird Band office Parking Lot**

**For more  
information  
Please Contact  
the CHR in  
your  
community!**







William Thomas

ELDER, ABORIGINAL HEALTH

## Elder in Fraser Health

An Elder provides traditional and spiritual guidance, counselling, support and mentorship to Indigenous patients and their friends and families, as well as Fraser Health employees.

The services provided by an Elder also include the sharing of knowledge and cultural protocol around ceremony and cultural practices for stronger client interactions and supporting cultural events. Furthermore, the role provides a link between Indigenous community members inclusive of First Nation, Métis and Inuit.

### Referrals can be made by:

- Patients
- Family members
- Friends
- Health professionals

### When to call:

- To refer Indigenous patients
- To ask questions regarding any aspect of Aboriginal Health Services
- To help patients access services throughout the health care system



An Elder can be accessed by contacting the Aboriginal Health Liaison toll-free line at 1-866-766-6960





# Aboriginal Health Liaison

## Need to refer or connect?

**Call our Referral Line 1-866-766-6960**

The role of Aboriginal Health Liaisons is to provide connections, advocate, support with discharge planning, navigate & provide a positive patient experience for First Nation, Inuit and Métis clients in a culturally appropriate manner.

Hospital/Community Site	Contact	Email
Abbotsford and Mission (ARH)/Fraser East	Heather Commodore (RN)	<a href="mailto:Heather.commodore@fraserhealth.ca">Heather.commodore@fraserhealth.ca</a>
Chilliwack (CGH), Agassiz and Hope (FCH)/Fraser East	Carol Peters (RSW)	<a href="mailto:Carol.Peters@fraserhealth.ca">Carol.Peters@fraserhealth.ca</a>
White Rock (PAH) Delta (DH) & Langley (LMH)/Fraser South	Alyssa Pelletier (RSW)	<a href="mailto:Alyssa.pelletier@fraserhealth.ca">Alyssa.pelletier@fraserhealth.ca</a>
Surrey (SMH and JPOCSC)/Fraser South	Sheena Bartak (RN)	<a href="mailto:Sheena.Bartak@fraserhealth.ca">Sheena.Bartak@fraserhealth.ca</a>
Burnaby (BUH)/Fraser North	Cory Taylor (RSW)	<a href="mailto:Cory.taylor@fraserhealth.ca">Cory.taylor@fraserhealth.ca</a>
New Westminster (RCH)/Fraser North	Elli Eustache (RN)	<a href="mailto:EllieMae.eustache@fraserhealth.ca">EllieMae.eustache@fraserhealth.ca</a>
Maple Ridge (RMH) & Tri-Cities (ERH)/Fraser North	Amanda Gonet (RSW)	<a href="mailto:Amanda.Gonet@fraserhealth.ca">Amanda.Gonet@fraserhealth.ca</a>

For more information regarding the Aboriginal Health Program contact:

Danielle Milano, Aboriginal Health Lead @ (236) 332-1507

# BCR2R

BC Run 2 Remember

**BCR2R 5K & 10K VIRTUAL RUN  
SEPTEMBER 30, 2021**

**Facebook: @BCR2R**

**Web page:**

**<https://raceroster.com/events/2021/50695/bcr2r-run-2-remember>**

**PORTIONS OF THE PROCEEDS RECEIVED FROM REGISTRATION FEES WILL BE DONATED TO THE INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY.**

**ALL DONATIONS COLLECTED ON THE BC R2R RACE ROSTER EVENT PAGE WILL BE DONATED DIRECTLY TO THE INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY.**







# Thunder Rugby BC Tour

August 16-21, 2021



Learn the greatest game on Earth! We are also preparing for our New Zealand October 2022 tour, so are hitting the road this summer looking for Indigenous youth talent! ALL AGES WELCOME

- All participants need to be registered through BC Rugby. ISPARC will sponsor a 12 week non-contact BCRU option of \$23. Contact us for code!
- All participants receive a Thunder T shirt!
- Coached by former & Current National players & coaches, including Phil Mack & Clay Panga!

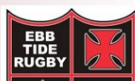
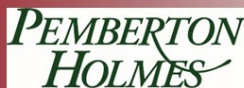


**TO REGISTER: GO to [www.thunderrugby.ca](http://www.thunderrugby.ca)**

For questions about camp or you would like help sponsor, please

- email [John.jlyall@thunderrugby.ca](mailto:John.jlyall@thunderrugby.ca)
- or text 250-217-9031

## SPONSORS



## Tour Details

**Monday August 16: Shawnigan Lake School 10am—3pm**

1975 Renfrew Rd, Shawnigan Lake . Meet at Pavilion

**Tuesday August 17: Capilano 12pm—5pm**

Meet & Greet 7:00 pm—9:00pm

Klahanie Field, 1910 Glenaire Dr, North Vancouver

**Wednesday August 18: Abbotsford 12pm—5pm**

Yale Secondary, 34620 Old Yale Rd, Abbotsford

Meet & Greet 7:00 pm—9:00pm, Abbotsford RFC 31929  
Mercantile Way

**Thursday August 19, Kamloops 12 —5pm**

Meet & Greet 7:00—9:00 pm

Kamloops RFC Grounds, 1031 Lorne Street

**Friday August 20 : Prince George 12pm—5pm**

Duchess park Secondary, Prince George

Meet & Greet 7:00 —9:00pm, Black Clover

**Saturday August 21: BCRU Prince George Tournament!**

BCRU Youth & Senior Tourney, Masich Stadium

- Bring own water & lunch.
- Thunder merchandise available on day!
- Please keep an eye on all social media: FB & IG & Twitter Thunder





# Summer Training and Recreation Program

## S.T.A.R. 2021



### What Is It?

An online group that will help you build skills and confidence for job searching...and life!

### When Is It?

We have 3 separate groups-choose one that works with your summer schedule!  
Either July 12-16, July 26-30, or August 23-27.  
5 days-4 hours a day commitment.

### Where Is It?

Online-from the comfort of your own home!

### Who Is It?

Our group leaders are Youth Counsellors who are committed to helping you achieve your goals. The groups are kept small (8 participants) and are made up of like-minded teens who are ready to expand their skills and abilities!

### Why?

We recognize getting a job, and navigating relationships, challenges, school, etc. can be really tough! We want to set you up for success. Plus....there's lots of awesome incentives for joining!

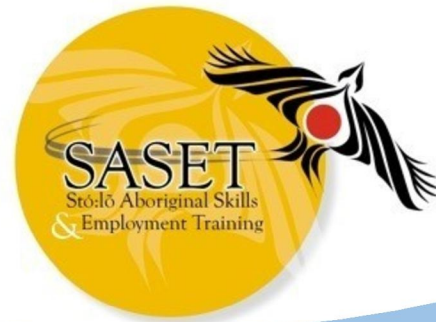
*Earn gift  
cards,  
certificates,  
references  
and friends!*

*Want to  
get paid  
to  
learn?*



Call Ann Davis Transition  
Society to apply today!  
604-792-2760





# UPCOMING SASET PROGRAMS



Hospitality Certificates	Aug16—18, 2021
Aboriginal Guardian Program	Aug 16—Sept 17, 2021
Construction Certificates	Aug 24—26, 2021
Office Administration	Sept 7—Oct 15, 2021
Warehouse Worker	Sept 13—24, 2021
Education Assistant	Sept 2021—June 2022
Customer Service	Sept 27—Oct 1, 2021
Intro to Automotive Technician	Sept 27—Oct 8, 2021

## DATES TO BE DETERMINED:

Career Development Practitioner  
 Forestry Training  
 Powerline Technician  
 Snow Removal Training  
 Medical Office Assistant  
 Pre-Apprentice Culinary Arts  
 Indigenous Holistic Wellness & Addictions  
 Construction Safety Officer  
 Equipment Operator

Want something  
not on our list?

Call us and we  
will try to assist!

**For more information, contact us:**



604-858-3691 or Toll Free: 1-888-845-4455



[www.saset.ca](http://www.saset.ca)



[info@saset.ca](mailto:info@saset.ca)



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# **Foundations to Office Administration**

**STARTS  
September, 2021**

**Program Includes:**

Time & Stress Management  
Skills Inventory  
Computer Basics  
Business Communication  
Fundamentals of Public Relations  
Social Media  
Digital Literacy  
Records Management  
Intro to Bookkeeping  
Office Administration  
Keyboarding

**Are you an Indigenous Person who:**

- Has an interest in Office Administration
- Is un- or under- employed
- Resides in our service area (Katzie to Boston Bar)
- Is willing to attend & commit to a 6 week full-time program

**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 an Employment Counselor!**

**For more information, contact us:**



**604-858-3691 or Toll Free: 1-888-845-4455**



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**[www.facebook.com/SASET.EAS](https://www.facebook.com/SASET.EAS)**

# Hospitality Certificate Program



## Program Includes:

- Food Safe Level 1
- Serving It Right
- Selling it Right

### If you are an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 3-day program



If so... 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 your Employment Counsellor!



**Training will take place on-site at Sto:lo Nation  
Building 2D, 7201 Vedder Road, Chilliwack, BC**

**AUGUST 16-18, 2021**

**Time: 9:00 am—3:30 pm**

**Book with an Employment  
Counsellor today!**

Canada 

For more information, contact us:



604-858-3691



[www.saset.ca](http://www.saset.ca)



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## Student Information & Waiver Form 2021-2022

Name	
Address	
Phone #	
Email Address	
Current Grade	
Date of Birth & Current Age	
Band Name & Status #	
Family Phone # & Email Address	
Emergency Contact Name & Phone #	
Allergies & any additional info.	

Elementary/Middle/Secondary:	
School/Institute:	
School Contact Info:	
Last School Attended:	
<b>If uniform required</b>	<b>Contact Bekki ASAP at 604-745-8026 by August 11, 2021</b>

I hereby authorize the school to release information concerning:

- Change of address
- Attendance
- Progress and Report
- Admission and Transcripts information

X \_\_\_\_\_

Parent/Guardian Name - Print

X \_\_\_\_\_

Signature

**Cheque Payable to:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**MUST BE FILLED OUT COMPLETELY**

Completed forms can be dropped off at the main reception or health reception desks or can be emailed to [rebecca.pears@cheamband.com](mailto:rebecca.pears@cheamband.com)



# XWCHÍYÒ:M

## CHEAM FIRST NATION

### REQUEST FOR UPDATED MEMBER INFORMATION

**\*\*INCOMPLETE FORMS WILL NOT BE PROCESSED\*\***

<b>Member Information</b>			
First Name:		Middle:	Last:
DOB: MMM/DD/YYYY		Status #:	Phone:
Mailing Address:		Email:	
City:	Province:	Postal Code:	T-Shirt Size:
<b>Spouse Information (if Cheam Band Member of lives on Cheam reserve lands)</b>			
First Name:		Middle:	Last:
DOB: MMM/DD/YYYY		Status #:	Phone:
Email:		T-shirt Size:	
<b>Children (that reside primarily with you)</b>			
First Name:		Middle:	Last:
Status #:	DOB: MMM/DD/YYYY		T-shirt Size:
First Name:		Middle:	Last:
Status #:	DOB: MMM/DD/YYYY		T-shirt Size:
First Name:		Middle:	Last:
Status #:	DOB: MMM/DD/YYYY		T-shirt Size:
First Name:		Middle:	Last:
Status #:	DOB: MMM/DD/YYYY		T-shirt Size:
First Name:		Middle:	Last:
Status #:	DOB: MMM/DD/YYYY		T-shirt Size:
<b>Signatures</b>			
Signature of applicant:			Date:
Signature of spouse:			Date:

Please submit completed forms to [daphnee@cheamband.com](mailto:daphnee@cheamband.com) and [communications@cheamband.com](mailto:communications@cheamband.com).

## CHEAM FIRST NATION HOUSING YARD BEAUTIFICATION CONTEST

WHAT STREET DO YOU LIVE ON? \_\_\_\_\_

### YARD BEAUTIFICATION CONTEST:

We are pleased to introduce the Cheam Housing Beautification Contest. This contest is designed to encourage and promote community involvement in keeping Cheam a beautiful place to live, work and play, and to recognize and reward members whose properties reflect their community pride and have a beautify pleasing appearance. All winning landscapes in Cheam will be recognized. All membership is encouraged to participate.

**Name, email, and phone number of persons submitting this:**

\_\_\_\_\_

**Complete Address of Property:**

\_\_\_\_\_

We want to see how you have helped beautify your property. Show us your potted plants and porches, your winding paths and secret hideaways, or your prized gardens. Most of all, show us your love for up keeping your yard. No matter what type of garden or landscape you have, there is a category for you! It is a great way to share and encourage enthusiasm for gardening and landscaping while showing off your personal style to the members of Cheam First Nation.

### SUBMIT YOUR ENTRY

- **Mail / Walk-in:** Cheam Band Office  
52161 Victor Drive, Rosedale BC V0X1X1
- **Email:** lydia.archie@cheamband.com
- **Questions:** call 604-745-8035

### DEADLINE FOR ENTRY

- Application deadline - extended to Mon. Aug. 23
- Application review will take place on Wed. Aug. 25
- Judging will take place the week of Aug. 30th
- Results will be announced on Tues. Sept. 7

Let's make this a fun contest for all families to participate ☺





Licence Number: XFSC 269 2021

File Number: LFA-21-CL226/Lower Fraser

Valid From: 13-Aug-2021

Expiry Date: 14-Aug-2021

This licence is issued under the authority of SECTION 4 OF THE ABORIGINAL COMMUNAL FISHING LICENCES REGULATIONS.

This licence is not intended to define an Aboriginal right to fish or its scope; however, for the fishing season, it is intended to provide a mechanism, for reasons of proper management and control of the fisheries and conservation and protection of fish, for requiring compliance with the provisions of this licence.

This licence is subject to the *Fisheries Act* and regulations thereunder, and confers the authority to fish under the following conditions: Food, Social, and Ceremonial purposes.

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**Period of Activity:**

This licence is issued to the Aitchelitz, Chawathil, Cheam, Katzie, Kwantlen, Kwaw-kwaw-Apilt, Leq'a:mel, Matsqui, Peters, Popkum, Seabird Island, Shxw'ow'hamel, Skawahlook, Skowkale, Skwah, Skway, Soowahlie, Squiala, Sumas, Tzeachten, Union Bar and the Yakwekwioose First Nations for and on behalf of the members of those First Nations and subject to the Fisheries Act and Regulations thereunder, confers the authority to fish under the following conditions: Subject to amendments to the conditions of this licence and subject to close times as may be varied by the Director-General, Pacific Region, DFO in accordance with the Fishery (General) Regulations, species of fish set out in this licence may be harvested under this licence. Subject to closures and other terms and conditions of this licence, the authority to fish under this licence will expire on August 14, 2021 or earlier if DFO, after consultation with the First Nation, has determined that the maximum quantity has been reached.

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**Licence Holders:**

FIN: 108212	AITCHELITZ INDIAN BAND
FIN: 108213	CHAWATHIL INDIAN BAND
FIN: 108214	CHEAM INDIAN BAND
FIN: 108217	KATZIE FIRST NATION
FIN: 108218	KWANTLEN FIRST NATION
FIN: 129310	KWAW-KWAW-APILT INDIAN BAND
FIN: 127541	LEQ' A: MEL FIRST NATION
FIN: 108222	MATSQUI INDIAN BAND
FIN: 108223	PETERS INDIAN BAND
FIN: 108224	POPKUM INDIAN BAND
FIN: 108226	SEABIRD ISLAND INDIAN BAND
FIN: 108678	SHXWOW'HAHEL FIRST NATION



FIN: 129860	SHXWHÁ:Y VILLAGE
FIN: 108674	SKAWAHLOOK FIRST NATION
FIN: 129908	SKOWKALE INDIAN BAND
FIN: 108228	SKWAH INDIAN BAND
FIN: 108230	SOOWAHLIE INDIAN BAND
FIN: 108232	SQUIALA FIRST NATION
FIN: 108233	SUMAS FIRST NATION
FIN: 108235	TZEACHTEN INDIAN BAND
FIN: 108236	UNION BAR FIRST NATION
FIN: 108237	YAKWEAKWIOOSE INDIAN BAND

**Species, Quantity of Fish, Area(s) and Gear:**

**Licence Holder:** All  
**Species:** CHINOOK SALMON (*Oncorhynchus tshawytscha*)  
**Allowable Fishing Times:** Start: Friday, August 13, 2021 at 18:00  
End: Saturday, August 14, 2021 at 12:00  
Details: Set Net

**Gear:** Gillnet, Set, Anchored

**Licence Area:** PORT MANN BRIDGE TO MISSION; MISSION BRIDGE TO HARRISON RIVER;  
HARRISON TO HOPE; HOPE TO SAWMILL CREEK

**Additional Descriptions:** **Gear and Gear Identification:** The following gear is permitted:

During each opening in the Fishery, each Participant may fish using either one Drift Net OR one Set Net.

**Set Nets on condition that:**

1. They do not exceed a maximum of 16.6 fathoms or 30.48 metres (100 feet) in length; and a maximum depth of 60 meshes with a minimum mesh size of 20.32 cm (eight (8") inches) with a maximum 3:1 hang ratio.
2. They are identified by a floating buoy prominently displaying the Participant's designation number. The Participant's designation number shall be the only number



Licence Number: XFSC 269 2021

File Number: LFA-21-CL226/Lower Fraser

Valid From: 13-Aug-2021

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displayed on the buoy.

3. All Set Nets fished from poles shall have buoys attached to the end of the net farthest from the beach by means of a tag line of sufficient length to allow the buoys to be on the surface of the water and clearly visible for inspection at all times.
4. Each Set Net shall be observed during all fishing activity and picked regularly, to remove all viable Sockeye Salmon, by the Participant who is fishing the net.

<b>Licence Holder:</b>	All
<b>Species:</b>	CHINOOK SALMON ( <i>Oncorhynchus tshawytscha</i> )
<b>Allowable Fishing Times:</b>	<div>Date: Saturday, August 14, 2021</div> <div>Times: 06:00 - 12:00</div> <div>Details: <b>Subarea 4 to Subarea 11 includes All communities identified in the licence except Sumas, Katzie, and Kwantlen First Nations</b></div>
	<div>Date: Saturday, August 14, 2021</div> <div>Times: 08:00 - 14:00</div> <div>Details: <b>Subarea 4 to Subarea 6 for Sumas First Nation only</b></div>
	<div>Date: Saturday, August 14, 2021</div> <div>Times: 08:00 - 14:00</div> <div>Details: <b>Subarea 3 to Subarea 4 for Katzie and Kwantlen First Nations only</b></div>
<b>Gear:</b>	Gillnet, Drift
<b>Licence Area:</b>	PORT MANN BRIDGE TO MISSION; MISSION BRIDGE TO HARRISON RIVER; HARRISON TO HOPE; HOPE TO SAWMILL CREEK
<b>Additional Descriptions:</b>	<b>Gear and Gear Identification:</b> The following gear is permitted:  During each opening in the Fishery, each Participant may fish using either one Drift Net OR one Set Net.  <b>Drift Nets on condition that:</b> <ol style="list-style-type: none"><li>1. They do not exceed a maximum of 50 fathoms or 91.44 metres (300 feet) in length; and a maximum depth of 60 meshes with a minimum mesh size of 20.32 cm (eight (8") inches) and a maximum 3:1 hang ratio.</li><li>2. There may be only one Drift Net fished from any vessel.</li><li>3. Each Drift Net shall be attended at all times by the Participant who is fishing the net.</li><li>4. No vessel fishing under the authority of the Licence may have on board, in a hung condition (on the drum), any Drift Net in excess of 50 fathoms in length.</li><li>5. Spare nets on board a vessel actively fishing must be kept in a stowed condition.</li></ol>

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#### Additional Information:

**AREA: Drift net and Set net Fishing is permitted in the following area(s):**

##### **Subarea 3 - Port Mann Bridge to Kanaka Creek**

Those waters of the Fraser River downstream of a line projected from a red boundary sign located at Kanaka Creek (north side of Fraser River), to a red boundary sign at the upstream end of Derby Reach (south side of Fraser River), to the Port Mann Bridge.

##### **Subarea 4 - Kanaka Creek to Mission Bridge**





Those waters of the Fraser River downstream of the Canadian Pacific Railway Bridge at Mission and bounded on the west by a line projected from a red boundary sign located at Kanaka Creek (north side of Fraser River), to a red boundary sign at the upstream end of Derby Reach (south side of Fraser River).

#### **Subarea 5 - Mission Bridge to Sumas River**

Those waters of the Fraser River bounded on the west by the downstream side of the Canadian Pacific Railway Bridge at Mission and on the east by a line from a white boundary sign on the upstream side of the Fraser River at the mouth of the Sumas River, thence true north to a white boundary sign on the opposite shore.

#### **Subarea 6 - Sumas River to Harrison**

Those waters of the Fraser River bounded on the west by a line from a white boundary sign on the upstream side of the Fraser River at the mouth of the Sumas River, thence true north to a white boundary sign on the opposite shore and bounded on the east by a line from a white boundary sign on the upstream side of the Fraser River at the mouth of the Harrison River, thence true south to a white boundary sign on the southern shore of the Fraser River and those waters of the Harrison River downstream of the Highway Number 7 Bridge.

#### **Subarea 7 - Harrison to Laidlaw**

Those waters of the Fraser River bounded on the west by a line from a white boundary sign on the upstream side of the Fraser River at the mouth of the Harrison River, thence true south to a white boundary sign on the southern shore of the Fraser River and bounded on the east by a line from the mouth of Jones Creek on the south bank of the Fraser River, thence northwest to the north bank of the Fraser River.

#### **Subarea 8 - Laidlaw to Hope Bridge**

Those waters of the Fraser River bounded on the west by a line from the mouth of Jones Creek on the south bank of the Fraser River, thence northwest to the north bank of the Fraser River, and on the east by the downstream side of the bridge across the Fraser River at Hope.

#### **Subarea 9 - Hope Bridge to Emory Creek**

Those waters of the Fraser River bounded on the south by the downstream side of the bridge across the Fraser River at Hope, and on the north at the upstream confluence of Emory Creek.

#### **Subarea 10 - Emory Creek to Yale Creek**

Those waters of the Fraser River bounded on the south by the upstream confluence of Emory Creek and bounded on the north at the upstream confluence of Yale Creek.

In subarea 10, drift net fishing is prohibited between the boundary signs located 400 meters downstream and 400 meters upstream of the Qualark Gill Net Test Fishing site.

#### **Subarea 11 - Yale Creek to Sawmill Creek**

Those waters of the Fraser River bounded on the south by the upstream confluence of Yale Creek and bounded on the north at red boundary signs located at Sawmill Creek.

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### **Terms and Conditions:**

#### **Definitions**

'DFO' means Fisheries Oceans Canada (formerly the Department of Fisheries and Oceans).

'Drift Net' means a gillnet free floating in the water, not attached in any manner to the shore, operated from a boat.

'First Nation' means the First Nations.

'First Nations' means the Aitchellitz, Chawathil, Cheam, Katzie, Kwantlen, Kwaw-kwaw-Apilt, Leq'a:mel, Matsqui, Peters, Popkum, Seabird Island, Shxw'ow'hamel, Skawahlook, Skowkale, Skwah, Skway, Soowahlie, Squiala, Sumas, Tzeachten, Union Bar, and the Yakweakwioose First Nations.

'Fishery' means fishing under the authority of this licence.

'FVAFS' means the means the Fraser Valley Aboriginal Fisheries Society that will deliver the area catch monitoring program for FSC fisheries, except those fisheries conducted by the Sts'ailes and Yale First Nations.

'Participant' means an individual designated in accordance with this licence to fish under the authority of this licence.



Licence Number: XFSC 269 2021

File Number: LFA-21-CL226/Lower Fraser

Valid From: 13-Aug-2021

Expiry Date: 14-Aug-2021

'Set Net' means a gillnet that is either tied to shore at one end and anchored in the river at the other end, or anchored in the river at both ends, or tied to the shore at one end and tied to a net pole at the other end.

### **Species**

The Fishery is limited to the harvest of Chinook salmon, with incidental harvest of Pink salmon and hatchery marked Coho salmon.

No person shall retain or possess non-target species, including Sockeye, wild Coho, Steelhead, or Sturgeon.

Please refer to Fishery General Regulations Section 33. for Release of Incidental Catch  
<https://laws-lois.justice.gc.ca/eng/regulations/SOR-93-53/FullText.html>

### **Use of Fish**

Fish caught under this licence are for food, social and ceremonial purposes. Without prejudice to future agreements or regulations, sale of fish caught under this licence is **not** permitted.

### **Designation of Individuals**

Participants must have proof of First Nation membership or a designation card to fish under the authority of this licence. Proof of First Nation membership shall be a First Nation status card or a letter of authorization issued by one of the First Nations. A designation card may be obtained from one of the First Nations, and will be issued to a Participant at the time of designation. A designation card will contain a likeness of the Participant, the Participant's date of birth and a designation number for the Participant. Designations are personal and non-transferable.

Participants designated to fish under this licence shall carry their proof of First Nation membership or designation card participating in the Fishery, including the harvesting, transporting and landing of fish, and will present such documentation on request by any fishery officer or fishery guardian.

### **Catch Monitoring and Harvest Reporting**

All Participants must report the number and species of fish caught in the Fishery, as well as the number of fish retained, to Dale Joe at the FVAFS (Tel: (604) 858-8588, Fax: (604) 858-9959) immediately following the Fishery. The FVAFS will collect all catch statistics and report this information to Karen Burnett, Management Biologist at the DFO office at Annacis Island (Cell: (604) 230-7615 Fax: (604) 666-7112 within 48 hours of the Fishery on the 'Catch Reporting Form' provided by DFO.

Sts'ailes First Nation Members must report the number and species of fish caught in the Fishery, as well as the number of fish retained, to Kim Charlie, Sts'ailes Fisheries Authority (Tel: (604) 796-2116, Fax: (604) 796-3729). Sts'ailes Fishing Authority will collect all catch statistics, for the Sts'ailes First Nation, and report this information to Karen Burnett, Resource Management Biologist at the DFO office at Annacis Island (Cell: (604) 230-7615, Fax: (604) 666-7112) within 48 hours of the Fishery on the 'Catch Reporting Form' provided by DFO.

Daily updates will be provided to DFO Resource Management staff. During the drift fishery, the observers will keep a daily running tally of the numbers of salmon harvested by species, a tally of the number and species of fish released and total soak time (start and finish) of each drift on the form provided by DFO Resource Management staff. This



Licence Number: XFSC 269 2021

File Number: LFA-21-CL226/Lower Fraser

Valid From: 13-Aug-2021

Expiry Date: 14-Aug-2021

information will be provided to DFO Resource Management staff at Fax: (604) 666-7112 and Dale Joe – FVAFS Department at (604) 858-9959 and Kim Charlie, Sts'ailes Fisheries Authority within 48 hours of the close of the fishery.

### **Other Provisions**

Pursuant to subsection 22(6) of the Fishery (General) Regulations, compliance with the Fisheries Act and the regulations made under the Act is a condition of this licence.

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Licence Issued: 12 August 2021

Licence Printed: 12 August 2021

Licence Issued By: ELAN PARK, Fisheries and Oceans Canada