



**XWCHÍYÒ:M**

COMMUNITY NEWSLETTER

AUGUST 20, 2021



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# 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!**



## STRONGER TOGETHER

Though the province is officially in stage three of its restart plan, we have recently been reminded that COVID-19 is still active in our area and, unfortunately, is present in our neighbouring communities. With the increase of case numbers, not just in BC but very close to us, we must stress the importance of following the provincial health guidelines and recommendations, including hand-washing, maintaining physical distancing, and staying home with any signs of symptoms or illness.

As a reminder, all visitors to the Band Office (including the Health Wing) must complete a health self-assessment before entering the building. We are once again encouraging the use of masks in all hallways, shared spaces and indoor group settings.

We also encourage anyone eligible for a vaccine, who hasn't already received one, to make use of the many drop-in vaccine clinics in the Fraser Valley or book an appointment with the mobile vaccine clinic by calling the Aboriginal Health Liaison line at 1-866-766-6960 or the First Nations Health Authority Liaison line at 604-743-0635.

We thank everyone for their diligence in keeping our Community safe.

## OTHER INFORMATION:

- Orange Shirt Design Voting Open
- CEI Board Members Needed
- Cheam Days are Back
- Dudes Club
- Education Updates







# ORANGE SHIRT DAY T-SHIRT DESIGN CONTEST

Thank you to all the Cheam youth who submitted entries for the Cheam Orange Shirt Day T-Shirt Design Contest!

Below are the six finalists. The design that receives the most votes will be used on this year's Community Orange Shirt Day t-shirts.

You can vote for your favourite design online at <https://www.surveymonkey.com/r/MZ8QQN9> by using the voting slip below and turning it into Daphne in reception.

**Voting is open until Tuesday, August 31.**



**Entry #1**



**Entry #2**



**Entry #3**



**Entry #4**



**Entry #5**



**Entry #6**



Which design would you like to see on Cheam's Orange Shirts this year?



Entry #1

☐


Entry #2

☐


Entry #3

☐


Entry #4

☐


Entry #5

☐


Entry #6

☐



## 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.

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

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

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

**We are also looking for Youth participation (19 years and under) on the CEI Elders and Youth Advisory Committee. If you are a youth with an interest in business, this would be great learning experience and opportunity for you- submit your expression of interest to [committee@cheamand.com](mailto:committee@cheamand.com) today!**

The Committees serve as a Standing Advisory Committee to Chief and Council. We are looking for Members of all ages (19+) to participate in these Committees, and from the Minutes of the meetings, 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@cheamand.com](mailto:committee@cheamand.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.

## CHEAM 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@cheamand.com](mailto:committee@cheamand.com) by August 23 so we can confirm numbers for lunch.

## 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. 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@cheamand.com](mailto:communications@cheamand.com).





# CHEAM DAYS ARE AROUND THE CORNER

Join us for a full day of family fun Saturday, August 28, at the Multiplex Grounds for Cheam Days!

Cheam Days will have something for everyone with food, games, prizes, crafts, vendors, entertainment, demonstrations, contests, face painting, and more! The event runs from 10 am until 7 pm, with a Cheam Community Amazing Race in the afternoon!

The Stó:lō Bannock Truck will be providing lunch, and dinner will be barbequed salmon.



A few things to note:

- The main (Hwy 9) entrance to the Community will be closed for the day- those driving to Cheam Days will need to use the lower (Old Yale Rd.) entrance.
- Traffic within the Community will be limited due to the event activities- drivers are asked to use caution and drive extra slowly.
- Those interested in participating in the Amazing Race are encouraged to wear comfortable footwear.
- Lunch and dinner will be provided free of charge for Band Members and those living within the Cheam Community. In order to get your meal tickets, you will need to register at the registration table upon arrival at the event.



## K-12 BACK-TO-SCHOOL SPECIALS

We are combining our typical Back-to-School activities with this year's Cheam Days and are having a couple of special activities exclusively for students.

### CLOTHING SWAP

Bring your clean, gently-used kids' clothing items (including Rosedale school uniforms) and swap them for something new to you!

### HAIRCUTS

A professional hairdresser will be onsite providing free back-to-school basic cuts and trims for any K-12 students wanting to freshen up before heading back to school! Please note: in light of recent required treatments, please be sure hair has been cleaned and checked for lice/nits prior to coming for a cut.



# UPCOMING COMMUNITY EVENTS

## PNE TICKETS - PICK UP DATE

Those who secured PNE tickets through the Health Department must pick up their tickets from the Health Department on August 23rd before 4:00 p.m. (unless prior arrangements have been made with Cori Victor). Tickets not picked up by 4:00 p.m. on the 23rd will be given to those on the waitlist.

## CHEAM GARAGE SALE

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

There will be household items, clothing, crocheted items, dream catchers, beading and much more available for purchase.

Bring your family and friends and see what new-to-you treasures you can find!



## 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.





# PIL'ALT TRIBE



## SALMON CEREMONY

**WEDNESDAY  
SEPTEMBER 1, 2021**

*5:00 pm*

**SKWAH FIRST NATION  
COMMUNITY CENTER**

30 LANDING DRIVE

For More Information or For Any Questions:

Please contact Andrea @ [andrea.williams@skwah.org](mailto:andrea.williams@skwah.org) or 604.792.9204



XWCHÍYÒ:M



SKWAH



KWAH-KWAH-APILT



SHXWHÁ:Y





# 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.



# EMERGENCY PREPARENESS

If COVID-19 and the wildfires across the province have taught us anything, it's that an emergency can happen any time, anywhere, and we might all end up stuck in our houses or required to evacuate without notice. We often lack the time or opportunity to stock up on much-needed supplies in either of these scenarios.

With real-time examples all around us, right now is the perfect opportunity for you to take action to ensure you are prepared to protect yourself, your family and your Community during an emergency.

PreparedBC recommends every household gather and organize emergency supplies now, so you're ready when an emergency arises.

Building your emergency kit or grab-and-go bag doesn't need to be expensive or take a lot of time. Follow our basic supply lists below. Just remember to consider the unique needs of your household, such as including items for pets or Elders.

In addition to building your grab-and-go-bags, it's also a good idea to stock up on a few basic groceries and supplies (dry food, toilet paper, medicines, etc.) in case wildfire evacuations or Covid outbreaks trigger panic buying, and we see shortages again.

## BASIC EMERGENCY KIT SUPPLIES

[gov.bc.ca/PreparedBC](https://gov.bc.ca/PreparedBC)



First aid kit, prescriptions and other personal items



Emergency plan, copies of important documents and cash



Garbage bags, moist towelettes and plastic ties



Battery-powered or hand-crank radio



Phone charger and battery bank



Blanket, seasonal clothing and footwear



Battery-powered or hand-crank flashlight



Non-perishable food for at least three days



Water for at least three days; four litres per person per day



Whistle

Put your supplies in one or two containers, such as plastic bins or duffel bags. Store them in an area of your home that's easy to get to, such as a hall closet, spare room or garage.

## GRAB AND GO BAG

You may need to leave immediately in the event of an emergency. Be ready to go by having a smaller version of your emergency kit in an easy-to-access place in your home. In addition to having one at home, create grab-and-go bags for your workplace and vehicles.

For more emergency preparedness resources, visit <https://www.gov.bc.ca/PreparedBC>.





# 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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## EARLY CHILDHOOD REFERRAL PROGRAMS

Seabird Island has the following early childhood programs available to Cheam members on a referral basis. If you're interested in one of these programs, please contact the Cheam Health Department to get a referral.

### Aboriginal Infant Development

AIDP offers programs that may support families by providing home visits, group programs, and educational programs. Our services are offered to babies and toddlers who may require extra support due to physical, social, intellectual, emotional and developmental challenges. Eligibility: Services are available to Aboriginal families both on and off-reserve with children birth-6 years of age.

### Daycare

The Seabird Island Daycare is a fully licensed daycare that operates from 7:30 AM -5:30 PM, Monday to Friday; excluding statutory holidays and community special events. Our childcare facility promotes healthy development and embraces the individual needs of children in our care. Eligibility: Services are available to families with children birth-6 years of age.

### Ey Qwal Speech & Language

The Ey Qwál Program provides support to children from birth to Kindergarten entry. A Speech and Language Pathologist screens and assesses children who may be experiencing a speech and/or language delay or difficulty. The Speech Pathologist and Assistant then provide direct support to eligible children. Eligibility: Services are available to Aboriginal children ages 0 to 6 years until Kindergarten entry.

### Head Start Parents and Tots

The Head Start program is a holistic program to help meet the individual needs of your children spiritually, intellectually, physically, cognitively and emotionally. The Parents & Tots program emphasizes that parents must actively participate and supervise their children at all times. Eligibility: Services are available to Aboriginal children ages 0 to 5 years and their families (including siblings and relatives).

### Preschool 3's

Children taking part in Language Nest Preschool will be fully immersed in the Halq'emeylem language. Elders will be present to speak the language constantly throughout the day in a natural home-like setting. Eligibility: Services are available to Aboriginal children 2—3 years old who live on reserve (space is limited)

### Preschool 4's

The Preschool is licensed for 20 children per class, for three-year-olds and four-year-olds. Aboriginal culture and language as well as parent involvement play an important part in the Preschool. Eligibility: Services are available to Children 3—4 years of age.

### Supported Child Development

The program provides services to children who are in need of extra support due to physical, intellectual, social, emotional and communicative challenges. Eligibility: Services are available to children 0—19 years of age (with priority given to the younger age groups)





# XWCHÍYÒ:M

## BIKE CLUB & SUMMER CAMP

Our Youth Bike Club and Summer Camp have been huge successes this summer! It's been great to get the kids back together for some fun. Here are a few photos- more photos are available at [www.cheam.ca/2021/08/summercamp](http://www.cheam.ca/2021/08/summercamp).











# HEALTH & WELLNESS

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

## PRE-EMPLOYMENT SUPPORT PROGRAM

Through our partnership with Seabird Island, there is a Pre-Employment Caseworker available to provide Cheam members with help and guidance in finding employment.

The caseworker will be available at the Band office on Mondays afternoon and Thursday mornings 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:

Terrylynn Johnson - PESP Case Work  
(604) 819-4885 (text friendly)  
[terrylynn@seabirdisland.ca](mailto:terrylynn@seabirdisland.ca)

OR Bekki Pears - Cheam Social Development & Education Clerk  
(604) 745-8026  
[rebecca.pears@cheamband.com](mailto:rebecca.pears@cheamband.com)



**First Aid**  
August 24 & 25, 2021  
9:00-3:00  
August 26, 2021  
8:00-4:30  
Seabird College—Room 9  
Seating is limited  
See your PESP Caseworker

**Money Management**  
August 26 & 27, 2021  
1:00-4:00  
Chawathil First Nation—Gym  
Seating is limited  
See your PESP Caseworker

Contact a Case Worker to discuss registration:  
Cherie Lynn - [cherielynn@seabirdisland.ca](mailto:cherielynn@seabirdisland.ca)—1-804-794-4835  
Terry Lynn - [terrylynn@seabirdisland.ca](mailto:terrylynn@seabirdisland.ca)—1-804-819-4885

Indigenous Services Canada / Services aux Autochtones Canada

Contact Terrylynn Johnson to book a spot in the First Aid or Money Management course.





# HEALTH & WELLNESS

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

## 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

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

## 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

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

## 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

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

### DR. FOX BACK IN THE CLINIC

Dr. Fox is back in the Cheam clinic! His regular clinic hours are 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

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

## FNHA - AIR PURIFIER SUPPORT



### 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



# 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**

---

### **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.

---

### **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: **Peacekeeper (1 Full-time & 1 Part-time)**  
**Up to 12-hour shifts**

Submission Deadline: **Open Until Filled**

---

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

- Patrol the streets and parking areas on foot or in a vehicle.
- Enforce Cheam laws and Land code in the community and surrounding territories.
- Dispatch other Peace Officers to major calls around the community.
- Observe and report activities to the Peace Officers.
- Maintain records and produce daily reports.
- Check all doors and windows in the offices.
- Make sure all Band Office vehicles are secured.
- May perform Ambassador duties in the Band Office.
- Direct Band Members to the right department for inquiries.
- Available to assist anyone that needs help.
- Assist the local police when in Cheam community.
- Other duties or responsibilities as assigned by your Supervisor, Manager, Director, or the Chief Administrative Officer.

---

#### **About the Ideal Candidate**

- Preferred 2+ years of enforcement experience.
- Preferred Bylaw Compliance, Enforcement & Investigative Skills 1.
- Preferred Advanced Security Training.
- Preferred 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.

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## **CHEAM FIRST NATION**

### **CAREER OPPORTUNITY**

Position: **Wellness Advocate**  
**Hours Vary**

Submission Deadline: **Open Until Filled**

---

### **About the Opportunity**

We currently have an opportunity for a Wellness Advocate. The applicant's primary goal is to provide non-clinical counselling services including, confidential addictions counselling, referrals to detox and treatment facilities, education and support to Cheam Members and their families, and to promote positive and healthy lifestyles and choices.

The Wellness Advocate can expect to work irregular hours, including evenings and weekends and will need to manage time to accommodate scheduled and unscheduled client visits.

---

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

- Develop, Administer and Implement a Drug and Alcohol Program.
- Provide Counselling for Individuals, Families and Group.
- Develop, Organize/Coordinate and Host Drug and Alcohol Educational Sessions, Events and other Health related Activities.
- Provide, Organize and Coordinate Addictions Treatment Referrals.
- Liaise with Community Agencies and Supports.

---

### **About the Ideal Candidate**

- Diploma in Psychology, Counselling, Substance Abuse Training, etc.
- Minimum of 3-5 years' work experience in the Drug and Alcohol Counselling field.
- Experience in performing individual and group counselling sessions, crisis intervention, mediation and ability to facilitate healing circles.
- Proficient knowledge in the causes and effects of drug and alcohol addiction, substance abuse, FAS/E, family dynamics and the impacts of trauma.
- Knowledge of resource agencies such as treatment centers, local counselors and/or other related health care providers, etc.
- Knowledge and active implementation of harm reduction principles.
- NNADAP (National Native Alcohol and Drug Abuse Program) Certification is considered an asset.

---

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

- Dependant on Education and Experience
- Hours Vary

**If you are looking for an opportunity to use your experience,  
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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**

---

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





## **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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**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: **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,  
and really make a difference with a progressive First Nation, apply today!  
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**

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### **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

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

Submission Deadline: **Open Until Filled**

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### **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

**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)





# 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)**



British Columbia and Tourism  
Management Centre



August 16, 2021

## Free Transit for Children 12 and Under Program

Good Afternoon,

Starting September 1, children aged 12 and under will be able to ride BC Transit buses for free across the province. As a community that is currently served by BC Transit, or is in close proximity to transit services, we want to inform you of this initiative and let you know how you can find additional information.

Implementation has been divided into two phases. Phase 1 will allow children aged 6 to 12 to board the bus without a fare product or presentation of identification. Children aged 5 and under must be accompanied by someone 12 years or older to ride the bus, and must board and depart at the same stop as their guardian. The timeline for Phase 2, which will introduce a fare product, is still being finalized and will be communicated at a later date.

While travel for children 12 and under will be free, parents/guardians remain responsible for providing adequate provisions for the safety and care of their children whenever travelling on transit, including when travelling unaccompanied and determining if their children may take transit unaccompanied. Please visit [www.bctransit.com/getreadytoride](http://www.bctransit.com/getreadytoride) for educational materials to get children ready for their first trip on the bus.

BC Transit is a proud partner in this program and we look forward to welcoming more children and families on board our buses, and welcoming a new generation of lifelong transit users.

If you would like to provide any thoughts or feedback on this program, or if you have further questions, please contact our Government Relations team:

Contact	Region	Email	Phone
Rob Ringma	South Coast	<a href="mailto:rringma@bctransit.com">rringma@bctransit.com</a>	250-888-3926
Chelsea Mossey	Central Okanagan	<a href="mailto:cmossey@bctransit.com">cmossey@bctransit.com</a>	250-880-2520
Myrna Moore	Vancouver Island	<a href="mailto:mmoore@bctransit.com">mmoore@bctransit.com</a>	250-514-3019
Seth Wright	Thompson - Kootenay	<a href="mailto:swright@bctransit.com">swright@bctransit.com</a>	250-880-8039
Lindsay Taylor	Northern BC	<a href="mailto:ltaylor@bctransit.com">ltaylor@bctransit.com</a>	250-889-1289
Lisa Trotter	Greater Victoria	<a href="mailto:ltrotter@bctransit.com">ltrotter@bctransit.com</a>	250-514-3024

Sincerely,

**Chris Fudge**

*Director, Government Relations*

**BC Transit**

520 Gorge Road East, PO Box 9861 Victoria, BC V8W 9T5

Cell: 250-589-0099 | [cfudge@bctransit.com](mailto:cfudge@bctransit.com) | [bctransit.com](http://bctransit.com)





# 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>.

canada revenue  
agency

Canada Revenue Agency is pleased to host the following live webinars in August, September and October:

### **Indigenous Peoples Benefits and Credits Presentation on August 26, September 15 and October 28, 2021 from 1:30 – 2:30pm PDT**

Don't miss out on the benefits and credits to which you may be entitled. Some of the benefits and credits to which you may be eligible for are the Canada child benefit, Disability tax credit, Child disability benefit, Goods and Services Tax/Harmonized Sales Tax Credit, and the Canada Workers Benefit. If you do your taxes after the filing deadline, your payments could be delayed. During the webinar we will be able to answer your questions live.

### **Scam awareness – Be scam smart Presentation on August 18, September 29, and October 26, 2021 from 1:30 – 2:15pm PDT**

Help protect yourself and others against fraud - Taxpayers should be vigilant when they receive, either by telephone, mail, text message or email, a fraudulent communication that claims to be from the Canada Revenue Agency (CRA) requesting personal information such as a social insurance number, credit card number, bank account number, or passport number. Learn to recognize common types of scams and to identify legitimate communications from the CRA.

You can register for any of the above webinars by going to the below link and clicking on the link associated with the date of your choice.

<https://canada.webex.com/canada/onstage/g.php?PRID=4f1473dfdd206ba0967b78ce55fe4326>





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

# SERVICE CANADA

## READY TO HELP



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

### EMPLOYMENT INSURANCE (EI) PROGRAM

We made temporary changes to the Employment Insurance (EI) program to better support Canadians who need financial assistance. As of September 27, 2020, the minimum benefit rate for EI regular claimants is \$500 per week before taxes in most cases.

<https://bit.ly/3aGavD2> ☎ 1-800-206-7218

### CANADA RECOVERY BENEFIT (CRB)

The Canada Recovery Benefit provides support to eligible workers who:

- are not employed or self-employed for reasons related to COVID-19 or have had their income reduced by at least 50% due to COVID-19;
- are not eligible for Employment Insurance (EI).

If you apply on or after July 18, 2021 or if you received this benefit for 42 weeks, you can receive \$300 (\$270 after taxes withheld) per week. If you applied before July 18, 2021, you can receive \$500 (\$450 after taxes withheld) for 42 weeks. This benefit is available for 54 weeks until October 23, 2021.

<https://bit.ly/2lOUb5d> ☎ 1-833-966-2099

### CANADA RECOVERY SICKNESS BENEFIT (CRSB)

The CRSB provides \$500 (\$450 after taxes withheld) per week for up to a maximum of four weeks, for workers who:

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

<https://bit.ly/36zGjZH> ☎ 1-833-966-2099

### CANADA RECOVERY CAREGIVING BENEFIT (CRCB)

The CRCB provides \$500 (\$450 after taxes withheld) for up to 42 weeks per household for workers:

- unable to work for at least 50% of the week because they must care for a child under the age of 12 or family member because schools, day-cares or care facilities are closed due to COVID-19;
- because the child or family member is sick and/or required to quarantine or is at high risk of serious health implications because of COVID-19.

<https://bit.ly/2F6YxXm> ☎ 1-833-966-2099

### SOCIAL INSURANCE NUMBER

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

<https://bit.ly/3o4Wq8r> ☎ 1-866-274-6627

Fill out our online service request form to let us know how we can help you, and we'll get back to you in two business days: [eservices.canada.ca](https://eservices.canada.ca)

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

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



# SERVICE CANADA

## READY TO HELP - BUSINESSES



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

### CANADA EMERGENCY WAGE SUBSIDY (CEWS)

As a Canadian employer who continues to be impacted by the COVID-19 pandemic, you may be eligible to apply for one of the two subsidies to cover part of your employee wages.

### CANADA RECOVERY HIRING PROGRAM (CRHP)

The CRHP and the Canada Emergency Wage Subsidy (CEWS) support wages you pay through different phases of your economic recovery. Each claim period, eligible employers can claim either CRHP or CEWS, whichever is higher.

The Canada Emergency Wage Subsidy is available until October 23, 2021.

The Canada Recovery Hiring Program is available retroactively to June 6, 2021 and until November 20, 2021.

#### CEWS Application:

<https://bit.ly/2T0cKJl>

#### CEWS Application Guide:

<https://bit.ly/3bra8uj>

#### CEWS FAQ – Technical Guide:

<https://bit.ly/2Arxbs8>

#### CRHP Application:

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

#### CRHP Technical Q&A:

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

### WORK-SHARING PROGRAM

We have extended the maximum duration of the Work-Sharing program from 38 weeks to 76 weeks for employers affected by COVID-19. The program provides Employment Insurance (EI) benefits to eligible employees who agree to reduce their normal working hours and share the available work while their employer recovers.

<https://bit.ly/2Czw9f5>

☎ 1-800-367-5693 (TTY: 1-855-881-9874)

✉ [EDSC.DGOP.TP.REP-RES.WS.POB.ESDC@servicecanada.gc.ca](mailto:EDSC.DGOP.TP.REP-RES.WS.POB.ESDC@servicecanada.gc.ca)

### CANADA EMERGENCY RENT SUBSIDY (CERS)

The Canada Emergency Rent Subsidy provides a rent and mortgage subsidy for eligible expenses to qualifying businesses, charities and non-profits. This support is available directly to tenants and property owners. The government extended the Canada Emergency Rent Subsidy and Lockdown Support until September 25, 2021.

<https://bit.ly/3pSsQ6B>

### DID YOU KNOW?

There's an interactive tool to help you find the COVID-19 support you need for your business:

[Innovation.canada.ca](https://www.innovation.canada.ca)





Service  
Canada

## Old Age Security and Canada Pension Plan Rates

**July to September 2021**

Full OAS Rate – 40 yrs in Canada after age 18 = **\$626.49**

### OAS Recovery Tax Thresholds

Based on 2020 Income; Recovery Period from July 2021 - June 2022 - \$79,845 to \$129,581

OLD AGE SECURITY BENEFITS	INCOME CEILING (Full Pension) Not including OAS	MAXIMUM Monthly RATE	MAXIMUM OAS & GIS COMBINED
Single - GIS	\$ 18,984	\$935.72	\$ 1,562.21
Couple, both pensioners	\$ 25,104	\$563.27	\$ 1,189.76
Couple, one pensioner	\$ 45,504	\$935.72	\$ 1,562.21
Couple, spouse or partner + 60 Is eligible for Allowance	\$ 45,504	\$563.27	\$ 1,189.76
Maximum Allowance - Regular	\$ 35,136	\$ 1,189.76	N/A
Maximum Allowance for the Survivor	\$ 25,560	\$ 1,418.25	N/A

CANADA PENSION PLAN BENEFITS	MAXIMUM Monthly \$
Retirement Benefit	\$1,203.75
Post Retirement Benefit	\$30.09
Disability Benefit	\$1,413.66
Disabled Contributor Child Benefit (-18/+18)	\$257.58
Disability Flat Rate	\$510.85
Death Benefit *one-time payment	\$2,500.00
Survivor Benefit (-65)	\$650.72
Survivor Benefit (+65)	\$722.25
Survivor Benefit Flat Rate (-65)	\$199.31
Deceased Contributor Child Benefit (-18/+18)	\$257.58
<input type="checkbox"/> Combined Disability / Survivor	\$1,413.66
<input type="checkbox"/> Combined Survivor / Retirement (+65)	\$1,203.75
Year's Maximum Pensionable Earnings	\$61,600
Year's Basic Exemption	\$3,500
Maximum Contributory Earnings	\$58,100
Maximum Employee Contribution (5.45%)	\$3,166.45
Maximum Self-Employed Contribution (10.9%)	\$6,332.90
Disability Basic Exemption	\$6,100
<b>Increase for benefits in pay from 2020 to 2021</b>	<b>1.0%</b>

If you have questions about Canada Pension Plan or Old Age Security please call:

Toll-free: 1-800-277-9914 - English / 1-800-277-9915 – French / 1-800-255-4786 TTY

**Or visit the web site at: [www.canada.ca](http://www.canada.ca)**

Calculation of CPP maximum monthly amounts for new benefits

# 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.**





# 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!

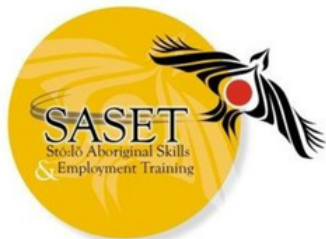
*Earn gift  
cards,  
certificates,  
references  
and friends!*

*Want to  
get paid  
to  
learn?*



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





## Stó:lo Aboriginal Skills & Employment Training

Bldg #5A – 7201 Vedder Road, Chilliwack, B.C. Canada V2R 4G5  
 Tel: (604) 858-3691 or toll-free 1-888-845-4455 Fax: (604) 858-3528  
 E-mail: [saset@stolonation.bc.ca](mailto:saset@stolonation.bc.ca)

### **SASET EMPLOYMENT OUTREACH SUPERVISOR** **(EXTERNAL)**

**Stó:lo Service Agency** requires the services of a qualified **Employment Outreach Supervisor** to work under the direction of **Stó:lo Aboriginal Skills & Employment Training (S.A.S.E.T) Department**. *Pursuant to section 41 of the BC Human Rights Code, preference may be given to applicants of Aboriginal ancestry.* Please self-identify on your cover letter or resume.

The Outreach Supervisor will: a) establish/maintain working relationships with First Nations Communities and organizations and encourage partnerships related to employment/training and trades; b) promote programs and initiatives supported by the Indigenous Skills & Employment Training (ISET) funding agreement; c) supervise, schedule and conduct performance reviews of outreach employment counselors; d) manages information for ARMS client data base, and e) ensures goals and client mandate of service is met as per annual operations plan.

The successful candidate will work out of the Central (Chilliwack) office. Some travel may be required for this position.

#### **QUALIFICATIONS/REQUIREMENTS:**

- Post-Secondary education and/or equivalent 3 years of training and experience in program administration, and staff supervision.
- Familiarity with the Indigenous Skills & Employment Training Contribution Agreement (ISET CA), SASET catchment area, First Nation Community's culture, and working knowledge of First Nations economic, social, and political issues.
- Must have strong written and verbal communications skills.
- Willingness to travel within service area and to external agencies when required.
- Ability to professionally deliver written and statistical reports.
- Strong written and verbal communications skills, computer skills: MS Word, MS Excel, data base and organizational and multi-tasking abilities.
- Ability to maintain: a healthy working relationship with staff, community staff and members, and representatives of other organizations; adhere to the confidentiality guidelines of all records, materials and communications concerning clients, staff, SASET and Stó:lo Service Agency/Nation.
- **Successful candidates will be required to provide the following if screened in for an interview:**
  - Must possess and maintain a valid Class 5 BC Drivers' License
  - Must successfully pass the required pre-employment RCMP Criminal records Check.

#### **SALARY RANGE:**

**Based on qualifications and experience.**

#### **TYPE OF POSITION:**

Full-time with benefits, subject to 3-month probationary period, successful annual performance evaluations and continued funding.

**APPLICATIONS DEADLINE:**

**4:00 PM, Friday, September 17, 2021**

Candidates will be screened according to the qualifications/requirements. Interested candidates are required to submit a resume and covering letter. Please include position title on subject line. Send to:

Stó:lo Aboriginal Skills & Employment Training

Attention: Director Anna Celesta

Bldg. #5A 7201 Vedder Road

Chilliwack, BC V2R 4G5

Email: [anna.celesta@saset.ca](mailto:anna.celesta@saset.ca)

For more information about this and other employment opportunities, visit [www.stolonation.bc.ca](http://www.stolonation.bc.ca) or [www.saset.ca](http://www.saset.ca)  
 We regret that we will only respond to those applicants chosen for an interview. We thank all applicants for their interest.



# 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)**



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



# **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**



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



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



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



Stodo Aboriginal Skills &amp; Employment Training is pleased to offer the:

# Culinary Arts

## Pre-Trade Program

**NEXT CLASSES START: SEPTEMBER 13TH, 2021**



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

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

### **CONTACT US TODAY!**

604-858-3691 Fax: 604-858-3528

Toll Free (BC): 1-888-845-4455

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

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

5579 Tyson Rd, Chilliwack,  
BC V2R 0H9

### **12 Week Program Includes:**

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



# Aboriginal Guardian Program (AGP)

The Aboriginal Guardian program meets the increasing demand for skilled Aboriginal guardians employed within the community, industry, non-profit organizations, or regional stakeholder groups. Graduates of this program are suitably qualified to perform guardian roles that may include environmental monitoring, assessment and protection, and report to and communicate effectively with other industry stakeholders, government and regulators.

## Are you an Indigenous individual who:

- Is un- or under employed ?
- Resides in SASET's catchment area ?
- Is willing to commit to a 5-day program?

To find out more or to apply call  
**604-858-3691**  
or email [info@saset.ca](mailto:info@saset.ca)

Program Dates & Location for this  
5-week program is to be  
announced soon!



Upon successful completion, program graduates are qualified and able to:

- Observe, record and report environmental field data
- Conduct standard environmental assessments and inventories for: water, plants and trees, wildlife, fish, and soil
- Operate, calibrate and maintain a wide variety of environmental field equipment and 'tools'
- Identify and classify types of vegetation, wildlife, fish and soils
- Conduct water quality and field assessment procedures
- Identify and interpret environmental field conditions
- Design and implement field programs
- Develop reports and communicate results with industry stakeholders
- Conduct environmental monitoring during construction projects
- Manage contracts and projects, staffing, budgets, resource scheduling, and crew supervision.
- Interpret and implement environmental legislation
- Identify sensitive species and uphold sensitive habitat working windows
- Conduct erosion and sediment control measures
- Write effective business communications, reports and project proposals







# **Career Development Practice Certificate Program Part-Time Online Training Program October 1, 2021 to November 4, 2022**

## Program Includes

- ◆ Ethics
- ◆ Career Development Practice
- ◆ Career Decision Making
- ◆ Resumes & Cover Letters
- ◆ Interview Skills
- ◆ Career Transition Management
- ◆ Intro to Vocational Rehabilitation
- ◆ Case Management
- ◆ Labour Market Information
- ◆ Facilitated Learning
- ◆ Aboriginal Topics in Employment
- ◆ Trauma Informed Career Development Practice

## Are you an Indigenous Person who:

- Has an interest in career development, employment counselling?
- Is suitable to work in an employment service environment?
- Has access to a computer, with a webcam and internet? (If needed, SASET can provide a laptop for the duration of the program)
- Is willing to attend & commit to part-time ONLINE 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



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



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



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

Sto:lo Aboriginal Skills & Employment Training  
is pleased to host the following program:

# Warehouse Training



If you are an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 10 day full-time program
- Enjoys indoor and outdoor work in all types of weather


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 an Employment Counsellor today!

## Training will take place at Stolo Nation

2D—7201 Vedder Road, Chilliwack, BC

**September 13th—22nd, 2021**

**TO APPLY PLEASE CONTACT SASET:**

 604-858-3691



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

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



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



### *Program includes:*

- WHMIS
- Fall Protection
- Confined Space
- Food Safe
- First Aid
- Bobcat/ Skid Steer
- Scissor Lift
- Genie Boom Lift
- Fork lift Training
- And More!!!

**LUNCH, TRANSPORTATION AND  
SAFETY GEAR PROVIDED!**

Please visit  
[www.SASET.ca](http://www.SASET.ca)  
for Employment  
Assistance  
Service hours  
and locations

Canada 



# Intro to Automotive Technician



**September 27th—October 8th, 2021**

Training will take place at UFV Trades & Technology Center

5579 Tyson Rd, Chilliwack, BC V2R 0H9

Are you an Indigenous Person who:

- Has an interest in Automotive
- Is un- or under- employed
- Resides in our service area (Katzie to Boston Bar)
- Is willing to attend & commit to a 2-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!

Program Includes:

Introduction to shop and auto shop safety  
 Introduction to the automobile, under the hood components and inspections, vehicle fluids  
 Tire removal and inspection  
 Oil change  
 Testing batteries and charging systems  
 Basic brake system inspection and service  
 Pre-trip and Pre-purchase inspections

Canada

UNIVERSITY  
OF THE FRASER VALLEY

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)



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



## 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:

## 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 😊