



XWCHÍYÒ:M

COMMUNITY NEWSLETTER

AUGUST 6, 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!



UPDATED MEMBER INFORMATION NEEDED

In order to keep all our members updated with Community information, we are requesting that ALL Cheam members update their contact and family information with the Band office.

You can update your information online in the member's portal of the website, at www.cheam.ca/member-information (you will be prompted to log in first) or you can complete the form found at the back of the newsletter and return it to the office.

As we have an election this fall it's important all the contact and membership information we have on file is correct and kindly ask that you complete and return the form by the end of August. We appreciate your prompt response.

OTHER INFORMATION:

- Virtual Council Meetings
- Orange Shirt Day T-Shirt Design Contest
- Upcoming Community Events
- Education Updates





VIRTUAL COUNCIL MEETINGS

Beginning next week Community Members will be able to watch and listen to regular Council meetings, through the Zoom platform.

The next regular Council meeting is Tuesday, August 11.

The Zoom meeting room will open at approximately 9:15 a.m. with the Council meeting beginning shortly after. The length of each meeting will differ, depending on the agenda.

Community Members are required to register in order to view regular Council meetings. Once you have registered, the link to join the meeting (and all future regular Council meetings) will be emailed to you.

To register to attend a meeting go to www.cheam.ca/meetings.

Note: You will be prompted to install the Zoom application or the browser plug-in if it is your first time using the Zoom platform.

Asking questions or presenting to Council must be requested, approved, and arranged a minimum of eight (8) days prior to a scheduled meeting. Requests can be emailed to councilxecassist@cheamband.com.

VIRTUAL COUNCIL MEETINGS FAQ

Who can attend virtual Council meetings?

All Band members and Community members are welcome to attend regular Council meetings virtually.

Will I be able to ask questions during the meeting?

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

Do I need a computer to view the meeting?

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

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

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

ATTEND A VIRTUAL Council Meeting

How to attend:

- 1 Visit cheam.ca/meetings
- 2 Click the link to register and complete the registration form
- 3 Check your email for the Zoom meeting links and click the link to connect (a new link will be sent prior to each meeting)
- 4 Watch/listen to the meeting

Why can't I attend "In-Camera" meetings?

In-Camera meetings provide Council with space to discuss, in private, issues that fall under the Privacy Act. These items are sensitive matters and are limited to Council members and key staff only to adhere to privacy laws.



ORANGE SHIRT DAY YOUTH T-SHIRT DESIGN CONTEST

We are excited to be holding our very first Youth T-Shirt Design Contest for this year's Orange Shirt Day (September 30). Community members ages 16 and younger are invited to participate by coming up with a design that captures the spirit of Orange Shirt Day, that "Every Child Matters".

Cheam youth are asked to submit their original design to the office by August 13. Submissions can also be emailed to communications@cheamband.com.

Three finalists will be chosen by a committee of Community members and staff, and then the Community will get to vote for their favourite.

The winning design will be put on this year's Orange Shirts for the Cheam members and their immediate family!



CEI VIRTUAL TOWN HALL SESSIONS- POSTPONED

Industrial Land
Reclamation
Virtual Town Hall Session

POSTPONED

Member participation in all our projects is very important to us and we will do our best to engage with as many Community members as possible. Because of this, and low registration numbers for our upcoming Virtual Town Hall sessions, we have decided to postpone the sessions for early September.

In the interim, we will be sending out a detailed project overview video, with additional information about the project, so members can access the information at their convenience, at the time that best suits them. This will allow Community members to attend the rescheduled Virtual Town Hall sessions more informed about the project.

We thank those who have expressed interest in the project and will communicate shortly with updated dates and time for the project's Town Halls.

At any time, if you have any questions about this project, please submit them to info@cheamenterprises.ca.



COMMUNITY COMMITTEES- MEMBERS NEEDED

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

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

- Health/Social Development/Education Committee (One member from each family requested)
- Restorative Justice & Safe Community Committee
- CEI Elders and Youth Advisory Committee (Youth ages 15 to 19 only, Elders spots filled)
- Finance & Audit Committee
- Communications & Administration Committee

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

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

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

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

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

ELDERS GROUP MEETINGS RESUMED

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

This will be the first meeting of the Elders since the start of Covid, and we hope to have a large turnout. Please RSVP to committee@cheamband.com by August 20 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 (putting your name forward for this program does not mean you must volunteer for every occasion). As many high schools require volunteer hours for students, this is an excellent opportunity to help your Community and fulfill school requirements!

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



UPCOMING COMMUNITY EVENTS



OUTDOOR MOVIE

TUESDAY, AUGUST 17 - at sundown

Fresh Air Cinema is bringing their large outdoor screen to Cheam on Tuesday, August 17 for a fun outdoor movie night for the Community!

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

Refreshments will be provided, but Members will need to bring chairs or blankets to sit on.

More information to follow, including a poll on Facebook to pick the movie- stay tuned!

CHEAM GARAGE SALE

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

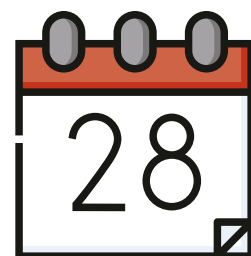
Tables will be by a minimum \$5 donation (with proceeds going to the youth) and participants get to keep what they sell.

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

CHEAM DAYS - SAVE THE DATE

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

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



FIREWORKS SUSPENSION REQUEST

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

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

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



CHEAM HOUSING DEPARTMENT

LIVING WITH BEARS

Black bears are active again and have been spotted in and around our Community. As bears know no boundaries, it's important Community members know what to do in the event of a bear sighting and how to minimize human-bear conflicts.

Please report all human-wildlife conflict to the RAPP hotline at 1-877-952-7277



IF YOU SEE A BEAR:

- Stay calm; don't panic.
- Don't yell. Speak to the bear calmly to let it know you are nearby.
- Never approach the bear and do not run from it.
- Back away slowly, moving in the direction you came from.
- Go indoors with your children and pets immediately.
- Warn others about the presence of the bear.
- Once the bear has left the area, check your yard to make sure there are no attractants available by following the Bear Aware Checklist

BEAR AWARE CHECKLIST

Follow these steps to help reduce human-bear conflicts

- | | |
|--|---|
| ✓ Store all garbage, including recycling, in the house or in a secure location. | ✓ Keep pet food inside or in a bear-resistant container. |
| ✓ Place garbage and clean recycling at the end of your driveway only on the day of pickup. | ✓ Pick ripe and fallen fruit daily. Remove unused fruit trees. |
| ✓ Remove bird feeders during bear season (middle of May until middle of November) | ✓ Clean barbeques after each use, if possible cover and store in a secure area. |
| ✓ Turn compost often. Don't add any cooked food, meat, dairy or fish to the compost. | ✓ Keep refrigerators and freezers inside. |

REMEMBER

"Problem bears" do not naturally exist, they are created by humans who allow them access to food. Once conditioned to look for "easy food" from humans, the bear usually becomes a public safety hazard. Be Bear Aware- please don't attract bears into our Community.



HEALTH & WELLNESS

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

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.

The Student Information and Waiver Form is found at the end of the newsletter and can be downloaded at 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). 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).

All this information, the forms and links to outside resources are also available at www.cheam.ca/education.





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NEW SHELTER & OVERDOSE PREVENTION SITE

We are excited to share our new Shelter & Overdose Prevention Site (OPS) building arrived this week- which was an awesome site to see. Shortly after the setup of the structure, construction and utility connection will take place and we will diligently work to get the building ready to welcome guests in the weeks following. The shelter will provide capacity for 20+ guests who will have access to streamlined health and wellness supports. The OPS will aim to significantly reduce the risk of overdose and offer low-barrier access to harm reduction supports. The OPS will be staffed by our Fraser Health partners.

We are very excited to embark on this new journey and to be able to offer our guests a new environment to have their basic needs met while planning for their futures in wellness. More information on official opening dates to follow.

Here are a few pictures from the building arrival. More photos can be viewed on Facebook and the website.





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PRE-EMPLOYMENT SUPPORT PROGRAM

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

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

WHAT IS A PRE-EMPLOYMENT SUPPORT PROGRAM?

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

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

WHAT DO PESP CASEWORKERS AND THIS PROGRAM OFFER?

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

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

FOR MORE INFORMATION OR TO BOOK AN APPOINTMENT, CONTACT:

Cherie Lynn Wager – Team Lead

P: (604) 796-6835

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

E: cheriew@seabirdisland.ca

Jacqueline Spathelfer - PESP Case Worker

C: (604) 997-6794

P: (604) 796-6865

E: jacquelines@seabirdisland.ca





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RETRIEVAL OF USED NEEDLES

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

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

Increased risks of a needle poke (stick) injury

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

Risks associated with breaking into or removing of community disposal boxes

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

Wastage

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

We recommend engaging with clients

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

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

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



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



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NALOXONE TRAINING OPPORTUNITIES

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

WHAT IS NALOXONE?

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

HOW IS NALOXONE GIVEN?

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

WHAT IS INVOLVED IN THE TRAINING?

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

WHERE IS THE TRAINING?

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

HOW CAN I SIGN UP FOR TRAINING?

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





HEALTH & WELLNESS

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DR. FOX BACK IN THE CLINIC

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

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

MOBILE COVID-19 VACCINATIONS

Fraser Health is now providing mobile vaccinations!

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

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

MEDICAL TRANSPORTATION

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

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

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

SEABIRD EYE CLINICS

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

Eye Clinic Dates:

August 25, 26

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

Eye Exam Eligibility:

Adults 18+ - once every 24 months

Seniors 65+ - once every 12 months

Children 0-18 - once every 12 months



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



HEALTH & WELLNESS

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SUN SAFETY TIPS

WITH THE SUMMER HEAT COMES HEALTH CONCERNS

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

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

SEEK SHADE

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

COVER UP

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

WEAR SUNGLASSES

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

USE SUNSCREEN PROPERLY

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

AVOID THE SUN

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

STAY HYDRATED: DRINK WATER

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

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



HEALTH & WELLNESS

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FNHA - AIR PURIFIER SUPPORT



First Nations Health Authority
Health through wellness

Air Purifier Support - 2021 Wildfire Season



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

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

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

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

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

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

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

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

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

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



HEALTH & WELLNESS

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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

Community support for addictions related and wellness planning.

Catarina Witt: Addictions Specialist

Mobile: 604.768.7011

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

Marilyn Dalton: Wellness System Navigator

Mobile: 778.684.1728

Marilyn.dalton@fnha.ca

Nardia Brown: Wellness System Navigator

Mobile: 604.831.2651

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

Nadine Mross: Community Wellness Initiatives Facilitator

Mobile: 604.226.8261

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.



CHEAM FIRST NATION

CAREER OPPORTUNITY

Position: **Executive Coordinator**

Submission Deadline: **Open Until Filled**

About the Opportunity

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

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

Responsibilities will include, but are not limited to:

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

About the Ideal Candidate

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

Compensation and Hours of Work

- Dependant on Education and Experience
- 8 hours per day

**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@cheamand.com**

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

Website: www.cheam.ca



CHEAM FIRST NATION

CAREER OPPORTUNITY

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

Submission Deadline: **Open Until Filled**

About the Opportunity

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

Applicant must meet all SASET requirements:

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

Responsibilities will include, but are not limited to:

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

About the Ideal Candidate

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

Compensation and Hours or Work

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

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

Website: 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

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CHEAM FIRST NATION **CAREER OPPORTUNITY**

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

Submission Deadline: **Open Until Filled**

About the Opportunity

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

Responsibilities will include, but are not limited to:

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

About the Ideal Candidate

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

Compensation and Hours or Work

- Dependant on Education and Experience
- 8 hours per day

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

Website: www.cheam.ca



CHEAM FIRST NATION CAREER OPPORTUNITY

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

Submission Deadline: **Open Until Filled**

About the Opportunity

Eligible candidates must meet SASET requirements:

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

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

Responsibilities will include, but are not limited to:

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

About the Ideal Candidate

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

Compensation and Hours or Work

- Dependant on Education and Experience
- 8 hours per day

**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**

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

Website: 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
to register (Space is limited)**



Stó:lō Resource and Tourism
Management Society



Xyolhemeylh AGM

The Xyolhemeylh Board of Directors is hosting online meeting to complete the Society's AGM requirements for the year 2020. The AGM will take place on August 18, 2021, from 1 pm to 3 pm. This AGM will be shorter than usual and will only focus on a few agenda items that include a review of the year-end financials and appointment of the auditor, in addition to short reports from the Board and Management.

To register for the virtual Xyolhemeylh AGM, email agm@xyolhemeylh.bc.ca by Wednesday, August 11. Be sure to include: your name, membership number (included on their new membership in the AGM Package that was sent out July 16), mailing address, and e-mail address. On Monday, August 16, Xyolhemeylh will e-mail all registered members the login information and password to participate in the online meeting. You can also phone Xyolhemeylh to register at: 778-347-2079 and leave a voice message with your name, membership number and a phone number.

If you have any general questions about the AGM process, you can contact us by phone at: 604-793-3652, or e-mail: info@xyolhemeylh.bc.ca and leave us a message with their contact information, so they can reply.

Ages 40-79 Mammogram Clinic

*"Early detection
SAVES lives!"*

When | November 24, 2021

Where | Seabird Band office Parking Lot

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





William Thomas

ELDER, ABORIGINAL HEALTH

Elder in Fraser Health

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

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

Referrals can be made by:

- Patients
- Family members
- Friends
- Health professionals

When to call:

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



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



Aboriginal Health Liaison

Need to refer or connect?

Call our Referral Line 1-866-766-6960

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

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

For more information regarding the Aboriginal Health Program contact:

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

BCR2R

BC Run 2 Remember

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

Facebook: @BCR2R

Web page:

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

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

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





Thunder Rugby BC Tour

August 16-21, 2021



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

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

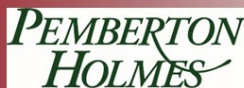


TO REGISTER: GO to www.thunderrugby.ca

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

- email John jlyall@thunderrugby.ca
- or text 250-217-9031

SPONSORS



Tour Details

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

1975 Renfrew Rd, Shawnigan Lake . Meet at Pavilion

Tuesday August 17: Capilano 12pm—5pm

Meet & Greet 7:00 pm—9:00pm

Klahanie Field, 1910 Glenaire Dr, North Vancouver

Wednesday August 18: Abbotsford 12pm—5pm

Yale Secondary, 34620 Old Yale Rd, Abbotsford

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

Thursday August 19, Kamloops 12 —5pm

Meet & Greet 7:00—9:00 pm

Kamloops RFC Grounds, 1031 Lorne Street

Friday August 20 : Prince George 12pm—5pm

Duchess park Secondary, Prince George

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

Saturday August 21: BCRU Prince George Tournament!

BCRU Youth & Senior Tourney, Masich Stadium

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





Summer Training and Recreation Program

S.T.A.R. 2021



What Is It?

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

When Is It?

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

Where Is It?

Online-from the comfort of your own home!

Who Is It?

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

Why?

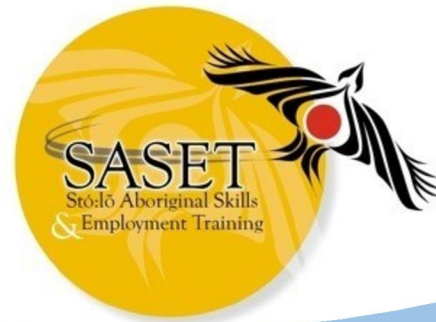
We recognize getting a job, and navigating relationships, challenges, school, etc. can be really tough! We want to set you up for success. Plus....there's lots of awesome incentives for joining!

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

*Want to
get paid
to
learn?*



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



UPCOMING SASET PROGRAMS



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

DATES TO BE DETERMINED:

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

Want something
not on our list?

Call us and we
will try to assist!

For more information, contact us:



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



www.saset.ca



info@saset.ca



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:



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Hospitality Certificate Program



Program Includes:

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

If you are an Indigenous individual who:

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



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



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

AUGUST 16-18, 2021

Time: 9:00 am—3:30 pm

**Book with an Employment
Counsellor today!**

Canada 

For more information, contact us:



604-858-3691



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info@saset.ca



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Stodo Aboriginal Skills & 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

<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



XWCHÍYÒ:M

EDUCATION AWARDS

Thank you to everyone who came out to celebrate the students of our Community at the Cheam Education Awards in July. Here are a few photos of the event, thanks to our photographer Danica with D. Charles Photography.









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:	
If uniform required	Contact Bekki ASAP at 604-745-8026 by August 11, 2021

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



XWCHÍYÒ:M

CHEAM FIRST NATION

REQUEST FOR UPDATED MEMBER INFORMATION

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

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

Please submit completed forms to daphnee@cheamband.com and communications@cheamband.com.