



XWCHÍYÒ:M

COMMUNITY NEWSLETTER

JULY 16, 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!



KEEPING OUR COMMUNITY SAFE

As announced previously, based on the results of the Community survey, the Community Health Checkpoints program is coming to an end. As of this Sunday (July 18), the gates into the Community will be unattended and will remain open.

Even though the gates will be open, the signage indicating the Community is closed to visitors will remain. The purpose of keeping these signs up is to discourage outside visitors and traffic so the children of the Community, who became used to the lower traffic volume, are safer when playing outside.

We love to see children and families playing outside and hope to see that continue, and so we remind all members and visitors of the Community to slow down, keep an eye out for children at play, and be safe on the roads.

OTHER INFORMATION:

- NEW Curbside Garbage Service
- Orange Shirt Day T-Shirt Design Contest
- Elder's Lawn & Yard Maintenance
- Health Updates





CHEAM ADMINISTRATION - GOOD WORKS

Council would like to update you on all the hard work that is going on by the Administration team. We acknowledge that these past two years have been challenging for everyone, including our Administration team at the Band office. We have seen a great deal of employee turnover and Council has been working hard to hire a strong, dedicated and highly qualified team to serve Cheam better.

It has only been a few short months, and already we are starting to see the great work the Administration team is doing. The team has been busy behind the scenes building a solid foundation upon which all our programs and services will be based. Not all this hard work is visible to the Community, but the benefits of this work will be soon.

Without the foundational work, our program and services cannot be delivered in a consistent and sustainable way.

Below is the brief update as to the work that has been done in the Lands and Capital, Housing and Public Works departments over the last year, and what you can expect to see over the next weeks and months. Updates from the other departments will follow in upcoming issues of the newsletter.

Mekw' tel sq'eq'ó,
- Your Council.

LANDS AND CAPITAL

The focus of the Lands and Capital department has been developing the Land Use Plan and the Comprehensive Community Plan. These plans are designed to protect Cheam's lands and help guide this Council and future Councils in their decision-making when it comes to land development.

A new state-of-the-art playground and Community park has been approved and is in the works. Construction on the playground is set to begin at the end of September.

HOUSING

The Housing Department has been working tirelessly over the last couple of years to bring the Housing policy up to date, develop an overall housing strategy, and establish a rental regime. Having this foundation in place allows the Nation to meet the requirements of different housing and lending organizations.

Through First Nations Housing, we were able to help fund the land surveys required for eligible homeowners to receive their Certificates of Possession and the Housing Department helped them through the process.

The department has also fostered a relationship with BMO and is working with them on their "On Reserve Lending Program" and has held Housing Open Houses and information nights for Band members to learn how to get housing.

This past year Housing also secured \$280,000 in funding to renovate 13 units in disrepair and continues to look for grants and external funding opportunities to renovate and build new homes.

Housing is currently working on the planning stages of demolishing three boarded-up Community homes to build multi-units on those lots to accommodate singles and Elders.



CHEAM ADMINISTRATION - GOOD WORKS con't

PUBLIC WORKS

Over the past year the primary focus for Public Works has been establishing an Emergency Operations Center and implementing a Covid response to help support the Community throughout the pandemic. This included securing funding, gathering resources, and establishing emergency operations training. The Covid response provided families with their initial cleaning/sanitizing supplies, setting up the Community Health Checkpoints and the Guardianship program, supplying families in isolation with food and bringing in the initial vaccination clinic (in conjunction with the Health department).

The department has also been building up its staff, replacing equipment and providing maintenance and upkeep to the common buildings, land, and roads.

NEW RESIDENTIAL CURBSIDE GARBAGE SERVICE COMING TO CHEAM

After receiving multiple complaints from Community members about our current curbside garbage collection program, Management has decided to hire a new waste collection service provider for our weekly residential curbside garbage collection program.

Starting in August, GFL Environmental will be picking up household waste on Tuesdays for ALL Community members living in the Cheam community (including the main reserve, the east side and Bridge Road.)

In addition to the existing garbage and recycling disposal, we are adding compost service to all households.

Once GFL Environmental takes over, all households will be allowed two (2) 120-litre garbage bins/bags each week, plus unlimited recycling (in 120-litre bins only, no blue bags allowed) and a 120-litre green bin of compostable materials and food scraps. Management will also provide each household with a new recycling bin and a green bin when this new service begins.

Households can purchase garbage tag stickers to tag extra bags or containers for occasions where they have more than the standard two bins of waste. Garbage Tag-a-Bag stickers can be purchased at the Band Office for \$2.50 each.

In the meantime, if your garbage and recycling is out by 7 am, doesn't exceed the limits, is in a bin or bag no more than 120-litres and still doesn't get picked up, you are encouraged to call our current service provider, White Disposal, at 604-796-2432, and they will send a truck back to get it.

**KNOW
WHERE
IT
GOES!**



RECYCLING	
PLASTIC PRODUCTS	
✓ Milk Jugs	✓ Food Tubs & Lids
✓ Clamshell Packaging	✓ Plastic Beverage Containers
PAPER PRODUCTS	
✓ Boxboard	✓ Magazines
✓ Cardboard	✓ Phone Books
✓ Paper Cups	✓ Greeting Cards
✓ Paper Egg Cartons	✓ Newspapers
✓ Paper Food Bags	✓ Flyers
✓ Tetra Pak* Containers	✓ Envelopes
	✓ Loose Leaf Paper
METAL CONTAINERS	
✓ Aerosol Spray Cans	✓ Aluminum Foils & Trays
✓ Aluminum Cans & Lids	✓ Tin Cans & Lids

COMPOST	
FOOD WASTE	
✓ Fruits & Vegetables	✓ Meat, Poultry & Bones
✓ Dairy Products	✓ Fish & Seafood
✓ Eggs & Egg Shells	✓ Plate Scrapings
✓ Pasta & Grains	✓ Salad & Dressing
✓ Baked Goods	✓ Tea Bags & Tags
✓ Chips & Crackers	✓ Coffee Grounds & Filters
FOOD-SOILED PAPER & WOODEN UTENSILS	
✓ Paper Plates	✓ Wooden Chop Sticks
✓ Paper Towels	✓ Skewers
✓ Napkins & Tissue Paper	✓ Stir Sticks
✓ Paper Takeout Containers	✓ Toothpicks
YARD WASTE	
✓ Flowers & Weeds	✓ Plants & Shrubs (No Soil or Rocks)
✓ Grass Clippings	✓ Small Trimmings & Branches
✓ Leaves & Moss	

LANDFILL	
✓ Diapers	✓ Painted or Treated Wood
✓ Pet Waste	✓ Personal Hygiene Products
✓ Non-Reusable Clothing & Foot Wear	✓ Plastic Squeeze Tubes
✓ Ceramics & Window Glass	✓ Straws & Plastic Cutlery
TAKE THESE ITEMS TO YOUR NEAREST BOTTLE DEPOT FOR FREE RECYCLING	
✓ Refundable Beverage Containers	✓ Pesticides & Flammable Liquids
✓ Batteries	✓ Paint Cans
✓ Electronics	✓ Glass Containers
✓ Small Electrical Appliances	✓ Foam Packaging
✓ Light Bulbs	✓ Plastic Bags & Overwrap
✓ Crinkly, Cellophane Wrappers & Bags	



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 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 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 by July 30.

Winners will be announced at the end of August.



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!

T-SHIRT SIZES NEEDED ASAP

There is currently a huge demand for orange t-shirts and many suppliers are finding orange shirts are on backorder. To assure we have enough t-shirts for Cheam members and their families we will need to put in our order ASAP.

We need ALL Cheam band members to email Daphne (daphnee@cheamband.com) with the t-shirt sizes for themselves, their spouses and their children so we can secure an order so we end up with enough t-shirts for Orange Shirt Day.

Please email your shirt sizes to Daphne by Friday, July 23.





YOUTH AND FAMILY ACTIVITIES

We are working hard to find the required staff and build back up the programming and activities for youth and families we are used to providing in the Community. With the COVID restrictions lifting, we look forward to many opportunities to bring the Community together again!

CHEAM DAYS ARE BACK THIS YEAR!

We are in the early planning stages, but we are thrilled to say Cheam Days will be happening again this Summer! More information and details to follow in the coming weeks.



CAR WASH FOR A CAUSE

On Wednesday, July 14, the kids at the Cheam Summer Camp held a car wash by donation to raise money for the SPCA. They did a great job and were able to raise \$170!

SUMMER LANGUAGE & CULTURE LEARNING CAMPS

We will be running three more two-week summer language and culture learning camps for children 6 – 15 years of age. The remaining camps will run July 19 – 30; August 2 – 13; 16 – 27.

To register, call or email Deborah Tuck.
(deborah.tuck@cheamband.com or 604-745-8024).



YOUTH MINDFULNESS GATHERINGS

Our new Wellness Advocate would like to hold weekly Mindfulness Gatherings over the summer for the youth in the Community.

These gatherings would be drop-in and centred around mindfulness practice, a whole-body connection, and self-guided meditation.

To get these gatherings going, we need to know how many of the youth in the Community would be interested in participating.

If you're interested, or for more information, please email our Wellness Advocate, Ray at ray.hartt@cheamband.com.



BIRTHDAY WISHES!

The family of Lucas Julian would like the Community to join in wishing him a Happy 15th Birthday!

Happy birthday, Lucas!

Xwoyíwel tel sqwálewel. Xwoyíwel tel sqwálewel.
Xwoyíwel tel sqwálewel. Kw'es le té s te ílh a skwól te
Lucas!



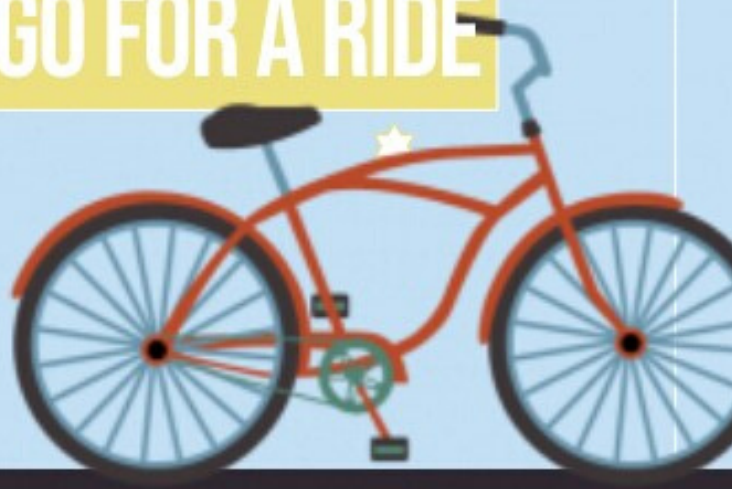


CHEAM YOUTH RESILIENCE BIKE CLUB

**FIX A
BIKE**

GET A BIKE

GO FOR A RIDE



CERTIFIED BIKE SAFETY COURSE INCLUDED



AGES 6-13

**LUNCH
INCLUDED**

**EVERY WEDNESDAY
JULY 21 - AUGUST 11
10:00 AM TO 2:30 PM**

**BAND OFFICE
PARKING LOT**

**CAN BRING YOUR
OWN BIKE!**

TO REGISTER PLEASE CONTEACT BRANDON JIMMIE AT brandon_john9@hotmail.com

IN PARTNERSHIP WITH:

Made with PosterMyWall.com



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CHEAM FIRST NATION



CAMPFIRES - NOT RECOMMENDED

Due to the extreme heat and dry conditions the B.C. Government has issued a province-wide ban on campfires. While this ban does not apply on Cheam Reserve Lands, Council is recommending Community members refrain from having campfires at this time. The risk of even small, contained fires spreading and turning into a wildfire is high given the current conditions and we ask members to exercise extreme caution if they choose to have a fire by following these campfire safety tips:

- Remove all leaves, twigs and other flammable material from the area around where you plan to light your campfire
- Never have a campfire when it's windy
- Choose a proper fire pit or make a ring of rocks at least three metres from trees, shrubs, structures and debris
- Do not leave a campfire unattended for ANY amount of time
- Keep a bucket of at least eight litres of water close by the fire at all time, and/or a hand tool (such as a shovel) to extinguish the fire properly
- Completely extinguish your campfire before you go to sleep or leave the area for any period of time.
- To extinguish your campfire, pour plenty of water on the fire and surrounding area, dousing the site of the campfire thoroughly. Stir the campfire until there are no embers and the ashes are cold to the touch.



ELDER'S LAWN AND YARD MAINTENANCE

A new Elder's Lawn and Yard Maintenance Request Form is now available from Daphne at the Band Office or on the Public Works page of the Cheam website (<https://cheam.ca/programs-services/public-works>).

Reminder: all personal effects must be removed from the lawn in advance of a scheduled appointment (this includes lawn furniture, children's toys, etc.). The lawn must also be free of dog feces, or the maintenance workers cannot mow.



WILDFIRE PREPAREDNESS



**First Nations'
Emergency Services Society**
OF BRITISH COLUMBIA

TIPS FROM THE FIRST NATIONS' EMERGENCY SERVICES SOCIETY

The wildfire danger rating (i.e. the risk of a wildfire starting) in BC is high to extreme across most of the province. Although we cannot predict where a wildfire will occur, or when, we can be proactive and take steps to prepare ourselves and protect our properties from being damaged by a wildfire.

1. Make an Emergency Plan

Ensure your family knows what to do in an emergency. Use the "Get Prepared" website to create an emergency plan for your family and home. Creating and printing the online plan will only take you about 20 minutes. <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc/make-your-plan>.

2. Emergency Preparedness Kits - "Grab and Go Bags"

In an emergency, it is important to have some supplies in case you need to get by without power or running water. Most emergency organizations recommend that you are prepared to be self-sufficient for at least 72 hours. Make a grab-and-go bag for your pets if you have one.

Basic Emergency Kit Checklist:

- Pen and notepad
- Phone charger and battery bank
- Flashlight – wind up or battery powered (and extra batteries)
- Radio – wind up or battery powered (and extra batteries)
- First aid kit
- Personal toiletries and medication
- Seasonal clothing
- Food – non-perishable such as energy bars, dried and canned food; manual can opener
- Water – at least two litres of water per person per day
- Extra keys for car and house
- Cash and change
- Important family documents – identification, insurance, bank records
- Whistle
- Emergency plan and contact information

3. Protect Your Home

FireSmart your home. Download the FireSmart™ Homeowner's Manual and Landscaping Guide <https://firesmartbc.ca/resource-types/guides-manuals/> to decrease the intensity of a wildfire and slow its spread.

4. Know Your Evacuation Stages

- Evacuation Alert: Be ready to leave on short notice.
- Evacuation Order: You are at risk. Leave immediately. Make sure you check into an Emergency Support Services (ESS) reception centre. Contact family and friends to let them know where you are and that you are safe.
- Evacuation Rescind: All is now safe and you can return home.

5. Download PreparedBC's Wildfire Preparedness Guide

The Wildfire Preparedness Guide will help prepare you for what to do before, during and after a wildfire. <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc/know-your-hazards/wildfires>

6. Visit the Emergency Evacuee Guidance Website

The Emergency Evacuee Guidance website provides information on what to do if you receive an evacuation order. <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/emergency-response-and-recovery/emergency-evacuees>



HEALTH & WELLNESS

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

EDUCATION UPDATES

STÓ:LŌ YOUTH ENTREPRENEURSHIP INITIATIVE CONFERENCE

Seabird Island Band (SIB) will be hosting the first annual Stó:lō Youth Entrepreneurship Initiative Conference (SYEIC), this fall on Saturday, November 20th, 2021, at Seabird Island.

This conference will include over 100 in-school Stó:lō youth (ages 16 to 24) who are interested to learn more about strategic areas of business, entrepreneurship, and finance, thus enabling them to contribute to the future of their community's socio-economic development and well-being.

It's a unique opportunity for Stó:lō youth to understand better their current and future role in the local, regional and provincial economy and be more aware of the importance of completing high school and pursuing post-secondary studies.

Tickets are \$ 125.00 each, but the first 10 people to complete a registration form and drop it off to Diana at the Cheam Health Department Reception desk will be sponsored by Seabird Island and Cheam and will get to attend this fantastic event for free!

If you're a Stó:lō youth (16-24) with an interest in entrepreneurship, finance and business and want to learn business strategy, this event is for you! Don't delay- get your registration in asap!

Download a registration form at: <https://cheam.ca/2021/06/stolo-youth-entrepreneurship-initiative-conference/>

EDUCATION AWARDS

A reminder the Cheam Education Awards are happening this Saturday, July 17, beginning at 11 am in the parking lot of the Band office. We are so excited to get together and celebrate the hard work and effort of all the students of Cheam. We hope you can join us!



XWCHÍYÒ:M
EDUCATION AWARDS

SATURDAY, JULY 17 2021	IN THE MULTIPLEX PARKING LOT
------------------------------	------------------------------------

11:00 am - Registration Opens
12:00 pm - Lunch Served
1:30 pm - Ceremony Commences
3:00 pm - Conclusion: Door Prizes and Thanks

Come celebrate the hard work and determination of the students from our Community in what was an especially challenging school year.



HEALTH & WELLNESS

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

PRE-EMPLOYMENT SUPPORT PROGRAM

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

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

WHAT IS A PRE-EMPLOYMENT SUPPORT PROGRAM?

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

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

WHAT DO PESP CASEWORKERS AND THIS PROGRAM OFFER?

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

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

FOR MORE INFORMATION OR TO BOOK AN APPOINTMENT, CONTACT:

Cherie Lynn Wager – Team Lead

P: (604) 796-6835

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

E: cheriew@seabirdisland.ca

Jacqueline Spathelfer - PESP Case Worker

C: (604) 997-6794

P: (604) 796-6865

E: jacquelines@seabirdisland.ca





HEALTH & WELLNESS

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 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

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

DID YOU KNOW?

If you receive an ambulance bill you can have the fee paid through First Nations Health Authority Health Benefits? Contact Marlana Peters, our Community Health Representative, through Cheam's Health Reception for assistance - 604-794-7927.

CHEAM 2ND DOSE YOUTH VACCINE CLINIC

A 2nd Dose Youth Clinic will be happening at Cheam soon! More information and the clinic date to follow.

COVID VACCINE CLINIC

Fraser Health, FNHA and Metis Nation BC are holding Indigenous COVID-19 Clinics across the Fraser Valley for those 12 years and older.

The Chilliwack clinic is located at the Stó:lō Services Agency (Building #10 - 7201 Vedder Road, Chilliwack) from 9:45 a.m. to 3:30 p.m. on the following dates:

- July 20, 23, 27 and 30th

Register and book your appointment now at gov.bc.ca/getvaccinated or by calling 1-833-838-2323



Indigenous COVID-19 Immunization clinics

Appointments are available for self-identified Indigenous (First Nations, Métis, Inuit) individuals who are 12 years of age or older in 2021

**To book a first or second dose appointment,
Call 1-833-838-2323
Or visit getvaccinated.gov.bc.ca**

Indigenous clinics with cultural supports are available for those who self-identify as Indigenous (First Nations, Métis, Inuit).

For information about the COVID-19 vaccine or support for appointment booking, please call the Aboriginal Health Liaison line at 1-866-766-6960 or the First Nations Health Authority Liaison line at 604-743-0635.

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

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

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

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

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

PREVENTING ACCIDENTAL WINDOW FALLS

TIPS FOR CHILD-PROOFING WINDOWS

Warmer weather means open windows, and more risk of children falling out of them. Window falls are a common cause of serious injuries and death, and children ages 2 to 5 are at the greatest risk.

Most window falls can be prevented with a little knowledge, the use of safety devices, and careful habits:

- Always supervise young children. Don't underestimate a child's mobility; children begin climbing before they can walk.
- Keep windows closed and locked if possible. (Not always possible, especially in the summer heat)
- If your windows open from the top down, open them that way. Open them 4 inches or less.
- Install child safety devices on windows 6 feet or more from the ground outside. These act as a gate in front of the window. You can buy window safety devices at hardware stores and online. Be sure to buy devices that an adult can release in case of emergency.
 - Use than 4 inches.
 - Use window guards on windows that you want to open 4 inches or more.
- Alternatively, use child safety window stops to prevent windows from opening more than 10 centimetres. Children can fit through spaces as small as 12 centimetres wide. (Ensure there is a safe release option for your windows in case of a house fire.)
- Keep furniture and other things that can be used for climbing away from windows to discourage children from climbing to peer out.
- Make it a house rule to play at least 2 feet from windows.
- Do not leave children unattended on balconies or decks. Move furniture or planters away from the edges to keep kids from climbing up and over.
- Talk to your children about the dangers of opening and playing near windows, particularly on upper floors of the home or in a high-rise dwelling.
- If you visit a place where windows are not child-proofed, close and lock them during your visit, and watch your child carefully.

Know that window screens keep bugs out but don't keep kids in. When screened windows are open, kids may lean or push against the screen – popping it out of the window frame and tumbling out after it. Screens are not child safety devices.

While windows and balconies offer relief from hot weather, families must be mindful of the serious safety hazards they pose for young children. By practicing window and balcony safety, families can enjoy the benefits of an open window or time on a balcony without the worry of a loved one falling and suffering a serious injury.



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

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 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@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: **Strong Families Recreation Leader**
8 hours a day / 5 days a week

Submission Deadline: **Open Until Filled**

About the Opportunity

We currently have an opportunity for a Strong Families Recreation Leader. The applicant will be responsible for developing, coordinating, administration and managing 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.

Responsibilities will include, but are not limited to:

- Develop, coordinate, promote and evaluate recreational programs for all ages and abilities.
- Develop annual recreation workplans and corresponding budgets in conjunction with the Wellness Manager and other “planning” team members. This will include organizing and maintaining an annual calendar of all scheduled events.
- Monitor and administer the recreation budget, reviewing and approving expenses, purchasing needs supplies/materials, etc.
- Ensure an opportunity for a variety of safe, accessible and appropriate recreational activities.
- Develop, recommend and implement recreational programming-based policies and procedures, as required.
- Respond to community needs and public inquiries/complaints as they relate to recreational programming.

About the Ideal Candidate

- Post-Secondary education in Recreation, Child/Youth care, Social Work, or a related field.
- Preferred two years’ work experience in a similar role. Strong ability in recreation program design, development, implementation, and evaluation.
- Working knowledge of health and safety aspects to recreational programming and other recreation trends.
- Proficiency in report writing and budget management. Familiarity with Generally Accepted Accounting Principles, is considered an asset.
- Experience in proposal/grant writing and awareness of resources that exist to assist with recreational programming expenses.
- Experience with and understanding of effective advertising and promotional techniques.

Compensation and Hours or Work

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

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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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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: **Social Development and Education Clerk**

Submission Deadline: **Open Until Filled**

About the Opportunity

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

- Certificate in Education/Administration/Social Services or other related program or comparable experience.
- 2 years of administrative and/or program/services coordination experience.
- 2 years of experience within the Social Services field and experience administering Social Assistance programs.
- Knowledge or experience with database (student record systems).
- Ability to understand and interpret funding agreements, including meeting required funding deadline submissions.
- Advanced computer skills including Microsoft Office Applications (Word, Excel, Internet, and Email).
- Ability to balance competing priorities, multitask, and to work under pressure.

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

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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



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

CURIOUS ABOUT GOVERNMENT GRANTS AND BONDS AVAILABLE TO YOU?



First Nations Public Service Secretariat

Canada Revenue Agency and Service Canada are offering a joint live webinar on July 29, 2021, to share information about various benefits and credits that are available including:

- Canada child benefit
- Disability tax credit
- Child disability benefit
- Goods and Services Tax/Harmonized Sales Tax Credit
- Canada Workers Benefit
- NEW! Canada Recovery Benefits

Don't miss out on benefits and credits to which you may be entitled. Learn how to take advantage of Government Grants and Bonds by attending this webinar.

You can register for this 1 hour, 30-minute webinar at:
<https://bit.ly/3h28MfA>

Job Options

A no-cost virtual job training program for residents of British Columbia

Who you are:

- Unemployed or underemployed
- Not receiving EI or CERB
- Not a full time student, 17+ years old
- Permanent resident or Canadian citizen
- Legally able to work in Canada
- A resident of BC
- Looking for work/career change

What you get:

- Life and employability skills workshops
- One on one support with resumes, cover letters, interviews
- Skills and career assessments
- Weekly training allowances
- Focus on unique individual needs and outcomes

**Contact us at joboptions@pcrs.ca
or 778-239-7495 to find out about joining our next group!**



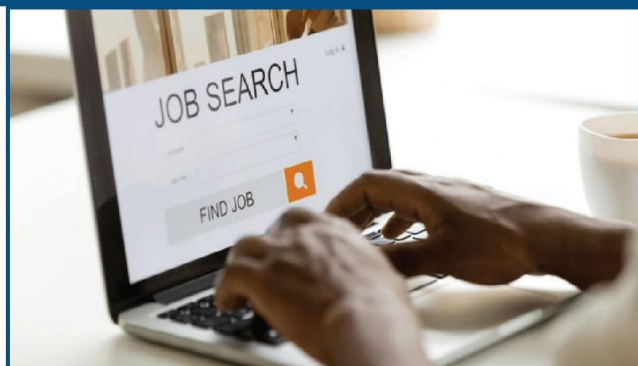
PCRS
Thriving, healthy communities

Canada



BRITISH COLUMBIA

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





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! We are focused on youth born 2004—2007 (contact John if any questions)

- 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!

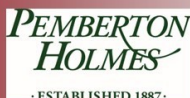


TO REGISTER: GO to www.thunderrugby.ca

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

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

SPONSORS



Adam Roberts Inc.

Brian Scanlon

Tour Details

Saturday—Sunday July 24—25: Prince Rupert 10am—3pm

Patullo Field, 9th ave.

Meet & Greet Friday July 23, 7:00 pm—9:00pm, Wheelhouse

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



Andy Everson



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

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



ATCO Kitchen Skills Training Program

August 3-15, 2021

Apply to a 13-day training program located at Clearwater Camp in Clearwater, BC.

Pre-employment requirements:

- Must be Indigenous or local
- Must be 19 years of age or older
- Must have desire to work and be trained in Kitchen duties in a camp and interest to advance within organization

Must pass all standard pre-employment tests:

- Kitchen Skills: BC Food Safe Level 1
- Drug & Alcohol
- Fit for Work Assessment
- Criminal Record Check

To apply, use QR code to access forms to complete and submit.

Or send email to:
ce@nlc.bc.ca



Application Deadline: July 5, 2021



Northern Lights
College



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 is July 30, 2021
 - Application review is August 20, 2021
 - Judging will take place on week of Aug 23rd and 24th
- Results will be announced in Aug 27, 2021.

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