



XWCHÍYÒ:M

COMMUNITY NEWSLETTER

JUNE 4, 2021



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XWCHÍYÒ:M

CHEAM FIRST NATION

XWECHİYOM XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom Xwexwilmexw;

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

Temtames mami:yelhtel ya sq'eqotel qelu lam xwe xwe'eyelf iyolem kw'e o'hletem xwela Ye'mi cha

Temtames lis cha mekw yoyes ye alyem eweta Shxwlistexwes Te xwelitemelh

Temtames chasu qexs a: li lalalem xwela kw'e mekw wates

Qas temtames cha xwe'eyems Te temexws qasu ey xwela ye xwechiyom

CHEAM VISION STATEMENT

We the people of Cheam are committed to developing a united and harmonious community. We respect individual's diversity and promote a healthy, self-sufficient lifestyle.

We need one another and value one another's views. In appreciation of our uniqueness, we foster mental, physical, emotional and spiritual wellbeing. In doing so, we strive to build pride, dignity and respect amongst our people.



XWCHÍYÒ:M

ADMINISTRATION UPDATES

Ey Swayel Friends and Relatives!



STRONGER TOGETHER

As the news of the last week's discovery of the 215 children on the T'kemlups Residential School site begins to sink in, we are encouraged to see so many Community Members reaching out to each other in support, participating in vigils and honouring the many victims.

We acknowledge that this remains difficult, heartbreaking news and opens many wounds within our own families and Community.

We encourage anyone affected by experiences with Residential Schools to seek healing and support through the Indian Residential Schools Survivor Society (<https://www.irsss.ca/services/counselling> | 1-800-721-0066) or a trusted health care provider. Cheam's Health Department can assist in connecting you to a qualified provider 604-794-7927. More information on healing and support services can be found on the following pages of this newsletter.

OTHER INFORMATION:

- Community Gathering Honouring the 215
- Residential School Support Resources
- Community Skills Directory
- Youth Vaccine Clinic





Stronger Together.

Cheam community members are invited to a gathering to honour the memory of the 215 children who were found on the T'kemlups Residential School site. We gather to support each other in our grief and healing. Everyone is invited to gather this Saturday at Cheam Beach beginning at 10 am to share some words, prayers, and a meal.

WHERE: Cheam Beach

WHEN: Saturday, June 5 from 10 am - 1 pm

PROGRAM: Welcome
Songs
Speakers
Meal
Slahal (weather permitting)

- Please bring a chair or blanket to sit and eat. Friends and relatives are reminded to be mindful of the COVID19 precautions: distancing, mask-wearing and hand sanitization.



RESIDENTIAL SCHOOLS HEALTH SUPPORT PROGRAM

The Indian Residential Schools Resolution Health Support Program provides mental health, emotional and cultural support services to eligible former Indian Residential School students and their families throughout all phases of the Indian Residential School Settlement Agreement, including:

- Common Experience Payments (CEP)
- Independent Assessment Process (IAP),
- Truth and Reconciliation Commission (TRC) events
- commemorative activities

SERVICES AVAILABLE

• Cultural support

Cultural supports are provided by local Indigenous organizations who coordinate the services of Elders or traditional healers. Cultural supports seek to assist former students and their families to safely address issues related to Indian Residential Schools as well as the disclosure of abuse during the Settlement Agreement process. Specific services are chosen by the former student or family member and can include traditional healing, ceremonies, teachings and dialogue.

• Emotional support

Services are provided by local Indigenous organizations and are designed to help former students and their families safely address issues related to the negative impacts of the Indian Residential Schools as well as the disclosure of abuse during the Settlement Agreement process. A Resolution Health Support worker will listen, talk and provide support to former students and their family members through all phases of the Settlement Agreement process.

• Professional counselling

Professional counsellors are psychologists and social workers that are registered with Indigenous Services Canada, for individual or family counselling. A professional counsellor will listen, talk and assist individuals to find ways of healing from Indian Residential School experiences.

HOW TO ACCESS SUPPORT

The National Indian Residential School Crisis line has been set up to provide support for former residential school students.

You can access emotional and crisis referral services by calling the 24-hour National Crisis line at 1-866-925-4419.

Services can be accessed on an individual, family, or group basis. More information can be found online at:
www.sac-isc.gc.ca/eng/1581971225188/1581971250953

Taken Tribute

« Hommage pour les enfants enlevés »

- T** Targets taken unwillingly from loving families and forced by law to attend residential schools. (Cibles enlevées à contrecoeur de leurs familles aimantes et contraintes par la loi de fréquenter les pensionnats.)
- A** Alienated and abused children physically, mentally, emotionally, and spiritually; it was horrific and terrorizing. The goal was to kill the Indian in the child. (Enfants aliénés et maltraités physiquement, mentalement, émotionnellement et spirituellement; c'était horrible et terrorisant. Le but était de tuer l'Indien au sein de l'enfant.)
- K** Killed more than 4,000 children, but the true number is unknown. (Tué plus de 4 000 enfants, mais le vrai nombre est inconnu.)
- E** Eradicated and entombed children without being documented. (Enfants éradiqués et ensevelis sans être documentés.)
- N** Neglected and nameless, children lived in unsanitary conditions with inadequate food, clothing and medical treatment and were identified by numbers. (Négligés et sans nom, les enfants vivaient dans des conditions insalubres avec de la nourriture, des vêtements et des soins médicaux inadéquats et ils étaient identifiés par des numéros.)
- T** Time for tears and testimony to transform and heal our children, families and communities. (Temps pour les larmes et les témoignages pour transformer et guérir nos enfants, nos familles et nos communautés.)
- A** Acknowledge and respect those who never returned home and give tribute to their lives. (Reconnaissons et respectons ceux qui ne sont jamais revenus chez eux et rendons hommage à leur vie.)
- K** Keep the memories alive to ensure such genocidal behaviour never happens again. (Gardons les souvenirs vivants pour vous assurer qu'un tel comportement génocidaire ne se reproduira plus.)
- E** Enlighten, educate, and empower others to make reconciliation a living reality. (Éclairer, éduquer et responsabiliser les autres pour faire de la réconciliation une réalité vivante.)
- N** Narrate your stories to provide evidence of the impact of residential schools. (Racontez nos histoires pour offrir des preuves sur l'impact des pensionnats indiens.)

Dr. Paulette Tremblay
 Mohawk, Six Nations of the Grand River Territory
 President and Chief Executive Officer
 First Nations Education Administrators Association



ASSITANCE FROM FRASER SALISH DAY SCHOOL

Former students of residential schools and their families can receive various cultural support services, assistance in navigating the settlement process and valuable emotional support through the Fraser Salish Day School for the Indian Residential School Survivor Society. IRSSS can also provide assistance in applying to join the class action lawsuit. See a letter from their coordinator below.



**Stephanie Charlie, Fraser Salish Day School Coordinator
Indian Residential School Survivors Society**

Email: stephaniecharlie@irsss.ca Phone: 604-210-5745 Ext. 702

Tzekanchtenaat kwi en kwshámin. Stephanie kwi en sna. Ti na7 chen tl'a skwxwú7mesh iy xwchiyom úxwmixw.

My ancestral name is Tzekanchtenaat and my name is Stephanie Charlie. I am from Squamish and Cheam. I am the Fraser Salish Day School Coordinator for the Indian Residential School Survivor Society (IRSSS). My office is located in Hope, BC.

Per current COVID-19 restrictions, we are available to assist you via telephone, email or Zoom calls.

Below is a brief listing of the types of services and assistance, we provide through the Day School Class Action Settlement Agreement(s) to former students and their families:

- Emotional support through the settlement process.
- Assist in forms associated with the Day School.
- Cultural support services.
- Safe, confidential, respectful, and non-judgmental assistance in navigating the settlement process.
- Assistance with Self-Care preparation.

If you have any questions or would like more information, please do not hesitate to contact me.
Thank You.

In wellness and healing.

**Stephanie Charlie
Tzekanchtenaat**

Fraser Salish Day School Coordinator
Indian Residential School Survivors Society
Email: stephaniecharlie@irsss.ca
Phone: 604-210-5745 Ext. 702



COMMUNITY SKILLS DIRECTORY

Are you a contractor, artisan or service provider with special skills, talents or knowledge to share? We are looking to build a Community Directory made up of contractors with skills such as catering, weaving, beading, knitting, sewing, drum making, traditional singing/dancing, photography, art, etc. We are hoping to use the directory when looking for people to lead workshops, help with participation or even hire contractors for events, goods or services. If you'd like to be included in our Community Directory, please email us with your name, skill/service area, email address, rates and a sample of your work. Submissions can be sent to communications@cheamand.com.



We're Looking for You!

When special projects, workshops or events come up, we'd prefer to hire vendors, artisans and service providers from within the Community and so are looking to build up a Community Directory! If you want to be included, please send your information to communications@cheamand.com

CALLING ALL HIGH-SCHOOL GRADUATES!

Does someone in your family graduate high school this year? Please send us their name and grad photo so we can congratulate them in an upcoming issue of the newsletter! Send their photo to: communications@cheamand.com





CHEAM HOUSING DEPARTMENT

Top 10 Ways to Be a Good Septic Owner

- ✓ Have your system inspected every three years by a qualified professional or according to your state/ local health department's recommendations
- ✓ Have your septic tank pumped, when necessary, generally every three to five years
- ✓ Avoid pouring harsh products (e.g., oils, grease, chemicals, paint, medications) down the drain
- ✓ Discard non-degradable products in the trash (e.g., floss, disposable wipes, cat litter) instead of flushing them
- ✓ Keep cars and heavy vehicles parked away from the drainfield and tank
- ✓ Follow the system manufacturer's directions when using septic tank cleaners and additives
- ✓ Repair leaks and use water efficient fixtures to avoid overloading the system
- ✓ Maintain plants and vegetation near the system to ensure roots do not block drains
- ✓ Use soaps and detergents that are low-suds, biodegradable, and low- or phosphate-free
- ✓ Prevent system freezing during cold weather by inspecting and insulating vulnerable system parts (e.g., the inspection pipe and soil treatment area)





CHEAM HOUSING DEPARTMENT

LIVING WITH BEARS

Black bears are active again and have already 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.



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

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



DO YOU LOVE TO GARDEN?
LET US KNOW!

TAKE THE

Community Garden Boxes Survey!

**SURVEY CLOSES
SUNDAY, JUNE 6**



Tell us if you'd plant and tend to fruits and vegetables as part of a Community garden across from the playground on Mathela Cres. The garden boxes, soil and water would be provided, but you would be responsible for planting and maintaining the garden.

Take the survey now! <https://www.surveymonkey.com/r/ZM8Q5H2>



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HEALTH DEPARTMENT UPDATES

COMMUNITY YOUTH VACCINE CLINIC

All youth in BC age 12 or older are now able to register for their first dose of the COVID-19 vaccine and we are thrilled to be holding a youth vaccination clinic for all Cheam Community members ages 12-17 years old! **The clinic will be held Wednesday, June 9 in the Cheam Gym.**

YOUTH VACCINE CLINIC DETAILS

Where will the Clinic be held?	In the gym of the Cheam Band Office (enter through the main entrance doors)
What time is the Clinic?	The Clinic starts at 11:00 AM and will run with scheduled appointments (no walk-in appointments will be available).
How do I make an appointment?	<p>Appointments are made by contacting Marlana Peters LPN.</p> <ul style="list-style-type: none"> • Call Cheam health reception at 604-794-7927 and ask to speak with Marlana or call/text 604-798-3584. Appointment times fill up fast so please contact her ASAP.
What do I bring to my appointment?	Bring your Care Card (if you don't have yours, don't worry we can look it up) and mask.
Does a parent/guardian need to come to the appointment?	No, a parent or guardian does not need to come to the appointment, but they can come for support. Youth can give Mature Minor Consent for the Vaccine.
Who is eligible for this Clinic?	<p>Youth between ages 12-17 years old (Community and Band members) and members who have received their first dose and are needing their second.</p> <ul style="list-style-type: none"> • Contingency List: Members who have changed their minds and would like the first dose of the Covid vaccine.
Where can I get more information?	<p>If you're nervous about the vaccine and want to ask more questions the day of, First Nations Health Authority has an education booth prior to getting your vaccine.</p> <p>If you have any questions or concerns, you can contact the nurses' office in Cheam 604-794-7927.</p>



HEALTH & WELLNESS

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

LETTER TO PARENTS FROM FNHA

Hello Parents and Guardians,

We are excited to announce that the COVID-19 Pfizer vaccine will be offered to youth born in the year 2009 (12 Years) and up.

We recognize that while this is exciting news, there may still be some questions that you have in regards to what this means, or what kind of experience youth will have at the clinics. We have included the answers to some anticipated questions below, but if you still require additional information please reach out to your Community Clinic Contact.

How do I know this is safe for my youth?

The vaccine being delivered at your Community Vaccine Clinic is the Pfizer vaccine, which is one of the first vaccines that came to our province in December. Pfizer is an mRNA vaccine, which means it works by giving your body a 'photo' or 'copy' of the COVID-19 spike protein. Once your body sees it, it starts to build a strong immune response.

What does "informed decision making and mature minor consent" mean?

Informed decision making means a person knows what is what, who is who and has the information they need before making a decision. At the clinic we will ensure that each and every one of your community youth or community school youth are informed and feel empowered in making a decision right for them. They will be able to give their own mature minor consent. In some cases, telephone consent (a phone call to you) may be needed.

What will the clinic look like?

On the day of the clinic youth can attend on their own, or with the support of parents, family, friends, or support animals. In order to provide as positive an experience as possible we request youth arrive having eaten breakfast, lunch, or a snack, depending on the time of their appointment. There will be an opportunity to speak to someone about the vaccine, what is going to happen, and any questions they may have. To ease any anxieties we will have an assortment of trinkets available at vaccination stations (slinkies, stress balls, and ring pops for example). Drinks and snacks will also be provided after receiving the vaccine.

We know that there is a lot of information being shared daily. Again, please do not hesitate to reach out to your Community Clinic Contact.

By getting our vaccines we are one step closer to defeating COVID-19.

We are strong, we are brave, we are vaccine warriors.



First Nations Health Authority
Health through wellness



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



HEALTH & WELLNESS

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

SAFETY IN GATHERING: SUPPORTING EACH OTHER DURING COVID-19

MESSAGE FROM TK'EMLÚPS TE SECWÉPEMC (KAMLOOPS INDIAN BAND)

A statement from the Office of the Chief, Kukpi7 Rosanne Casimir has expressed gratitude for the widespread support provided to the community.

The community has requested the media not visit until further notice out of caution and concern for the wellbeing of the community, and others visiting to show support.

If you plan to visit the community, please continue to be mindful of provincial health orders to protect everyone during this vulnerable time.

You can read the full statement at
<https://tkemlups.ca/may-21-statement-from-the-office-of-the-chief-kukpi7-rosanne-casimir/>

PROVINCIAL COVID-19 GUIDELINES

Physical distancing and masks continue to be required in public indoor settings.

If you or anyone in your family feels sick stay at home and get tested immediately

Outdoor personal gatherings are permitted with up to 10 people

Indoor personal gatherings are permitted with up to 5 people, or 1 other household.

TRAVEL

Recreational travel within your region is allowed, however non-essential travel between travel regions continues to be restricted.

RESOURCES

To learn more about BC's Restart Plan:

<https://www2.gov.bc.ca/gov/content/covid-19/info/restart#step-one>

BC Centre for Disease Control Guidance for Outdoor Assemblies, Rallies, and Protests During the COVID-19 Pandemic:

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-guidance-outdoor-assemblies-rallies-protests.pdf>

As communities choose to gather in solidarity, FNHA would like to support pandemic safety and the use of Personal Protective Equipment, sanitizer, and masks.

If you have any questions, or require support, please contact an FNHA representative.



First Nations Health Authority
Health through wellness

Organized gatherings are permitted with the following guidelines:

- Outdoor seated gatherings up to 50 people, or Indoor seated gatherings up to 10 people (with a safety plan)

Note: Funerals and Baptisms have separate guidelines.



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, Community Health Representative through Cheam's Health Reception for assistance - 604-794-7927.

First Nations Virtual Doctor of the Day

Your wellness. Your way. Family doctors are on call to provide culturally-safe care, seven days a week.



1. Call 1-855-344-3800 to book an appointment by video or phone.



2. See a doctor as soon as today!



Learn more at
FNHA.ca/VirtualHealth

VIRTUAL DOCTOR OF THE DAY

The First Nations Virtual Doctor of the Day program enables First Nations people in BC with limited or no access to their own doctors to make virtual appointments.

If you do not have a doctor of your own, or have lost access due to the COVID-19 pandemic, call 1-855-344-3800 to book an appointment. Medical Office Assistants are available to help you seven days per week from 8:30 a.m. to 4:30 p.m.

SEABIRD ISLAND EYE CLINIC

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:

July 14, 15

August 25, 26

Both clinics run 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

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.

FREQUENTLY ASKED QUESTIONS

Who can access this service?

To be eligible for this service you must be:

- A registered Indian according to the Indian Act and living on reserve;
- An infant up to one year of age and have an eligible parent;
- Registered or eligible for registration under a provincial or territorial health insurance plan.

What types of appointments can I be taken to?

Doctors, Dentist, Xray, Lab, Specialist appointments

How do I schedule my appointment and when do I book?

Call the Cheam First Nation Health Center at (604) 794-7927 or email reception2@cheamband.com to let them about your appointment 3-5 days in advance. Earlier is better.

When attending an appointment for reimbursement you need to do the following:

- Hand in proof of appointment date (reminder card, referral, etc.)
- Pick up a Confirmation of Appointment form
- Get the health professional or reception to stamp or sign a Confirmation of Appointment
- Fill out all necessary information
- Hand back to the receptionist for reimbursement

TO LEARN MORE OR TO REQUEST SERVICES

- Call (604) 794-7927;
- Email reception2@cheamband.com or cori.victor@cheamband.com;
- Make an appointment at the Health Center.



HEALTH & WELLNESS TEAM

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



Inez Louis, BSN, RN Health & Wellness Director

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



Diana Giroux Health Receptionist

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



Joanne Johnston Social Development & Education Coordinator

Joanne coordinates and delivers services for Social development to assist clients on social assistance. As well, she coordinates education services for post-secondary and K-12 students.



Cori Victor Health Admin/COHI/Medical Transportation

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



HEALTH & WELLNESS TEAM

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



Jade Black, B.A. (Hons), M.A.

Wellness Manager

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



Deborah Tuck

Tutor

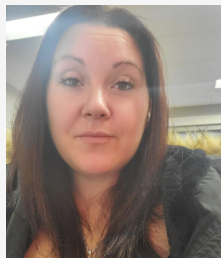
Deborah coordinates and runs the tutoring program that runs Monday - Friday 11am - 5pm



Gagan Phulka, BSN, RN

Registered Nurse

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



Brittani Fontaine, LPN

Licensed Practical Nurse

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



Marlana Peters, LPN

Community Health Representative, LPN

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



ADMINISTRATION TEAM

604-794-7924 www.cheam.ca



Susan Hollister

Chief Administrative Officer

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



Daphne Edwards

Receptionist

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



Cheyenne McKay

Project Assistant

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



Breanna Seale

Human Resources Advisor

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



ADMINISTRATION TEAM

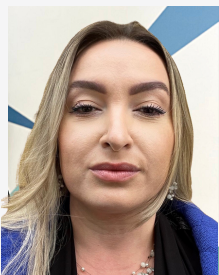
604-794-7924 www.cheam.ca



Luana Brooks

Chief and Council Executive Assistant

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



Stella Stanfield

Executive Coordinator

Reporting to Chief Administrative Officer, Stella is responsible for performing daily tasks that will support Cheam Chief & Council and the CAO. As the Executive Coordinator, Stella is also be responsible for administrative, records, research and other supports as required.



Rachel Wille

Funding and Governance Specialist

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



Melissa Godbout

Communications Specialist

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



FINANCE TEAM

604-794-7924 www.cheam.ca



Rod Penman

Finance Manager

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



Vivian Lindstrom

Finance Assistant / Accounts Receivable

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



Debbie Ormandy

Finance Assistant / Accounts Payable

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



Richelle Bowe

Accounting Assistant

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



LANDS AND CAPITAL TEAM

604-794-7924 www.cheam.ca



Doug Webster Lands and Capital Director

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



Madeline Jimmy Lands Officer

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



Lydia Archie Housing Manager

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



Rob Kovacs Sr. Public Works / Emergency Operations Coordinator

Rob coordinates and leads the Public Works Department at Cheam First Nation, which includes developed common Community land, such as parks, grounds, roads, and buildings. Other Public Works duties include safe-water delivery and sanitization, sewage, drainage systems and weekly scheduled garbage pick-up. Rob also acts as the Emergency Operations Coordinator and is responsible for emergency operations training and planning.



LANDS AND CAPITAL TEAM

604-794-7924 www.cheam.ca



Chris McIntosh Public Works Supervisor

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



Toni Bird Public Works Assistant

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



Frank Louis Public Works / Maintenance

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



June Joe Custodian

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



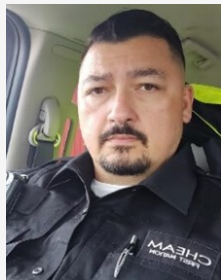
Wendy Kelly Custodian

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



PEACEKEEPING TEAM

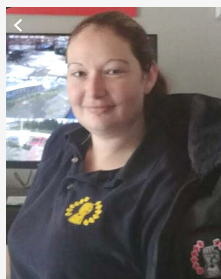
604-794-7924 www.cheam.ca



CPO Mike Cedilla

Chief Peacekeeper / Peace Officer

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



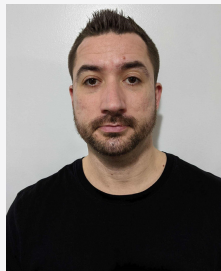
APO Lisa Sperling

Administration /
Peace Officer



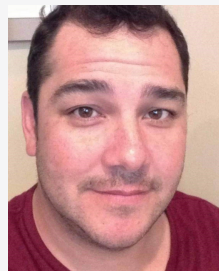
PO James Tong

Investigator /
Peace Officer



PO Chris Gathergood

Fire Prevention /
Peace Officer



PK Isaac Bailie

Peacekeeper /
Band Member



PK Geraldine Florence

Office Ambassador /
Peacekeeper /
Community Member



PK Scott Lazeo

Peacekeeper /
Community Member



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: **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

**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



CHEAM FIRST NATION

CAREER OPPORTUNITY

Position: **Wellness Advocate**
Hours Vary

Submission Deadline: **Open Until Filled**

About the Opportunity

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

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

Responsibilities will include, but are not limited to:

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

About the Ideal Candidate

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

Compensation and Hours or Work

- Dependant on Education and Experience
- Hours Vary

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

**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



CHEAM FIRST NATION CAREER OPPORTUNITY

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

Submission Deadline: **Open Until Filled**

About the Opportunity

Eligible candidates must meet SASET requirements:

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

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

Responsibilities will include, but are not limited to:

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

About the Ideal Candidate

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

Compensation and Hours or Work

- Dependant on Education and Experience
- 8 hours per day

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

JOIN THE 30x30 FNHA ACTIVE CHALLENGE!

The province is slowly starting to reopen and it's time to get up and get active once again! We're encouraging all Cheam Community members to take part in the FNHA's 30x30 Active Challenge! Simply sign up and commit to 30-minutes of activity for the entire month of June, challenge your friends and family to do the same and watch as your energy levels and general health improve!



**We invite all Indigenous peoples across BC
to join us in our 30x30 Active Challenge
during the month of June!**

HOW?

- Commit to doing 30 minutes of physical activities each day during the month of June (30 days)
- Get your friends and family to take up the challenge
- Read our social media posts/share your experience with us using our hashtags/ win prizes throughout the month
- To register:
<https://fnha.wishpondpages.com/30x30-active-challenge/>

WHY?

- Being active and trying new activities is fun!
- Being active helps maintain health and fitness over time
- Being active increases your energy and enhances mental well-being



First Nations Health Authority
Health through wellness



First Nations Health Authority
Health through wellness

FNHA 30x30 Active Challenge | June 2021

EVERY THURSDAY: Inspirational Indigenous Athletes Series
MONDAY, JUNE 21: National Indigenous Peoples Day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 30 minutes of activity Daily water consumption	2 30 minutes of activity Daily water consumption	3 30 minutes of activity Daily water consumption	4 30 minutes of activity Daily water consumption	5 30 minutes of activity Daily water consumption
6 30 minutes of activity Daily water consumption	7 30 minutes of activity Daily water consumption	8 30 minutes of activity Daily water consumption	9 30 minutes of activity Daily water consumption	10 30 minutes of activity Daily water consumption	11 30 minutes of activity Daily water consumption	12 30 minutes of activity Daily water consumption
13 30 minutes of activity Daily water consumption	14 30 minutes of activity Daily water consumption	15 30 minutes of activity Daily water consumption	16 30 minutes of activity Daily water consumption	17 30 minutes of activity Daily water consumption	18 30 minutes of activity Daily water consumption	19 30 minutes of activity Daily water consumption
20 30 minutes of activity Daily water consumption	21 30 minutes of activity Daily water consumption	22 30 minutes of activity Daily water consumption	23 30 minutes of activity Daily water consumption	24 30 minutes of activity Daily water consumption	25 30 minutes of activity Daily water consumption	26 30 minutes of activity Daily water consumption
27 30 minutes of activity Daily water consumption	28 30 minutes of activity Daily water consumption	29 30 minutes of activity Daily water consumption	30 30 minutes of activity Daily water consumption			

FNHA ACTIVE CHALLENGE CALENDAR



YOUR STORIES YOUR VOICE

START YOUR JOURNEY

The only school of its kind in Canada!

3 year Theatre Arts training

Story Creation
Movement
Acting
Voice
Traditional Song
& Teachings
Dance

APPLY NOW

How to Apply

To apply visit indigenoustheatre.com and download the application form. Fill the application in full and send it to the Centre for Indigenous Theatre by email, fax, or mail.

If you have any questions or need further assistance to complete our application stop by, or give us a call.

Admission Deadline:

June 30th 2021

FUNDING

Tuition fees each year are \$3,750.00. CIT provides assistance with all funding applications.

We encourage all applicants to contact their bands for funding prior to reaching out to third party organizations.

If students are unable to secure funding for our program from a third party, we can provide you with a scholarship.

No student is ever turned away due to lack of funding.

FOLLOW US:



@indigenoustheatre



@indigenoustheatre



@CIT_Canada



Centre for Indigenous Theatre



indigenoustheatre.com



416.506.9436



416.506.9430



180 Shaw Street | Suite 209 | Toronto 32

Sto:lo Aboriginal Skills & Employment Training is pleased to offer:

Pre-apprentice Arborist Training



Are you interested in working outdoors, operating equipment and climbing/trimming trees?

Are you interested in pursuing a career within the arborist trade?

Are you an Indigenous person residing in the SASET catchment area?

Are you unemployed/underemployed or working in the industry and looking to become an apprentice?

Are you willing to commit to 3-weeks of training?



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 counsellor today!

Program Start Date: June 22nd, 2021

Program End Date: July 13th, 2021

Class Time: 8:00 am to 4:00 pm

Training will take place on-site at:

Sts'ailes Lhawathet Lalem
16300 Morris Valley Road
Agassiz , BC V0M1A1

Program Includes:

- Risk Assessment
- Bucket Truck/ Aerial Lift Theory
- Hand/Small Power Tools
- Arboriculture
- Climbing and Rigging
- Falling & Bucking
- Chainsaw Safety
- And much more!

**Lunch and Safety
Equipment provided**

**Please visit www.SASET.ca for
Employment Assistance Service hours at
other locations**

For more information, contact us:



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



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



info@saset.ca



www.facebook.com/SASET.EAS

Sto:lo Aboriginal Skills & Employment Training is pleased to offer
the following 3 day program:

Chainsaw Safety Training

If you are an Indigenous Individual who:

- Is un- or under employed
- Is willing to commit to a 3 day full-time program
- Has an interest in working outdoors

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 a SASET Employment
Counsellor today!

BOOK AN APPOINTMENT WITH AN
EMPLOYMENT COUNSELLOR TODAY BY
CONTACTING US AT 604-858-3691
TOLL FREE AT 888-845-4455
OR EMAIL INFO@SASET.CA

PROGRAM START DATE: June 23rd, 2021

PROGRAM END DATE: June 25th, 2021

CLASS TIME: 8:00 AM TO 4:00 PM

Program will take place on-site at:
Building 2D 7201 Vedder Road, Chilliwack, BC

Program Includes:

- Safe work procedures
 - Saw handling principles
 - Classroom Instruction
 - Outdoor hands-on
instruction
- AND FIRST AID LEVEL 1**

*Participants will receive a
wallet card and certificate of
completion after successfully
finishing the course*

**LUNCH AND SAFETY
GEAR PROVIDED!**



Please visit www.SASET.ca for our Employment Assistance Service hours and locations



Canada 

Sto:lo Aboriginal Skills & Employment Training is pleased to offer:

EQUIPMENT TRAINING

STARTING JULY 19, 2021

If you are an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 1 week full-time program
- Enjoys outdoor work in all types of weather
- Has an interest in Construction Industry
- Is in good health and physically fit

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 your Employment Counsellor!

Training will take place on-site at
Sto:lo Nation

Building 2D, 7201 Vedder Road
Chilliwack, BC

July 19—23, 2021

Monday to Friday

8:30 AM TO 3:30 PM

COURSE INCLUDES

CERTIFICATES

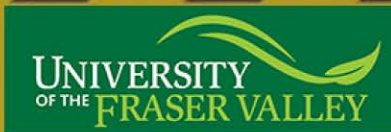
- First Aid Level 1
- WHMIS
- Fall Protection
- Skid Steer
- SDCB Forklift
- Power Pallet Jack
- Ariel Boom
- Scissor Lift

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

To Apply please

**CONTACT 604-858-3691 OR
email info@saset.ca**

**PLEASE VISIT WWW.SASET.CA FOR EMPLOYMENT
ASSISTANCE SERVICE HOURS AT OUR OTHER LOCATIONS**



Sto:lo Aboriginal Skills & Employment Training is pleased to offer:

CONSTRUCTION TRAINING

STARTING JUNE 7TH, 2021

If you are an Aboriginal individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 3 week full-time program
- Enjoys outdoor work in all types of weather
- Has an interest in Construction/Carpentry

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**

**Trades & Technology Centre
5579 Tyson Rd. Chilliwack, BC**

June 7—25, 2021

Monday to Friday

9:00 AM TO 3:30 PM

To Apply please

CONTACT 604-858-3691

TOLL FREE 1-888-845-4455

OR email info@saset.ca

COURSE INCLUDES

- Construction Safety
- Trade Knowledge
- Carpentry Techniques
- Project work
- Hand & Power Tools
- Framing Techniques
- Shop & Site Work
- Read Drawings

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

**PLEASE VISIT WWW.SASET.CA FOR EMPLOYMENT
ASSISTANCE SERVICE HOURS AT OUR OTHER LOCATIONS**





XWCHÍYÒ:M

CHEAM FIRST NATION

In an effort to Go Green in the Band Office, we would like to reduce the number of newsletters printed each week.

Beginning in July, the Community newsletters will be sent primarily via email, and hard copies will only be distributed to households that request one.

If your household wants to continue receiving a printed newsletter, please complete this form and return it to the Band Office by June 30, 2021.

If you'd like to be added to our newsletter email list, please send an email with your contact details to Daphne in reception (daphnee@cheamband.com) or complete the form below and return it to the Band Office.

☐ **I would like to continue receiving paper copies of the newsletter at my house.**

☐ **I would like to be added to the newsletter email list.**

Name: _____

Address: _____

Email Address: _____

Please return this form to the Band Office by Wednesday, June 30. If you don't opt-in to receive the paper newsletter by then, you will receive the newsletter by email only.