



XWCHÍYÒ:M

COMMUNITY NEWSLETTER

JUNE 11, 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

We were so happy to see so many Community members gather last Saturday to honour the 215, share stories and share a meal with one another. We thank those Council, Community and staff members who pulled together to make the gathering happening. Kw'as hoy.

We acknowledge that this remains difficult, heartbreaking news and opens many wounds within our own families and Community. We understand healing will take time and each of us will deal with this in different ways.

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 in this newsletter and on our website (<https://cheam.ca/2021/06/healing-and-support-resources/>).

OTHER INFORMATION:

- Woman's Life Saved at the Cheam Beach
- Community Checkpoints Survey
- Residential School Support Resources
- Health Updates





LIFESAVERS: CHEAM PEACEKEEPER AND BAND MEMBER SAVE A WOMAN'S LIFE

On Thursday, June 3rd, Band Member Gerry Stewart and Peacekeeper Scott Lazeo noticed a female park her vehicle beside the covered area near the boat launch. When they went to find out who it was, the vehicle started to roll backwards down the bank, towards the river. Stewart and Peacekeeper Lazeo shouted at the driver to put her car in park. Unfortunately, the vehicle rolled slowly into the river with the driver still inside. Stewart and Peacekeeper Lazeo made it to the shoreline and directed the driver to climb out her window as the vehicle was being taken down the river. She exited through the window and, with the Stewart and Peacekeeper Lazeo's assistance, was helped onto the shore. They provided her with blankets and stayed with her until emergency services arrived. Thanks to the quick response, fearless determination and dedication of Gerry Stewart and Peacekeeper Lazeo, this story has a happy ending.



A local woman's life was saved last week at the boat launch, thanks to the quick actions of Cheam Band Member Gerry Stewart and Peacekeeper Scott Lazeo.

NEW COMMUNITY GATES - TO HELP KEEP THE COMMUNITY SAFE

Chief and Council have approved the installation of two new locking gates at the Highway 9 entrance to Cheam Beach and at the cemetery. The gates will be open from 7 am to 7 pm, including the weekends, and will be locked overnight to help preserve these areas for Community access, protect the areas from vandalism and dumping, and to help keep the Community safe and secured. The Highway 9 to Cheam Beach gate will remain unlocked 24/7 during fishing season. Peacekeepers will have keys to the gates and can be contacted if after-hours access is required. The gates have already been installed and the new locking system will be implemented by the end of June.



Community Checkpoints Survey

KEEPING THE COMMUNITY SAFE IS A COMMUNITY DECISION

As the COVID-19 numbers continue to decline and the virus becomes less of a public health threat, funding from the government for the Checkpoints will end very soon and we need your input.

Since implementing the Health Checkpoints for COVID-19 in 2020, the Community has experienced a decrease in drug dealers, sex traffickers and other unwanted vehicle traffic. The reduction in vehicle traffic alone has had a positive effect, allowing parents to feel safe letting their children play outside. This decrease in criminal activity is also due to stepping up the Peacekeeper program, which will continue.

As Community safety is paramount, we would like to understand your thoughts on how we should move forward after the funding stops. The options below are for your consideration.

1 Remove the gates/ checkpoints entirely and open the Community

Issues:

- RCMP will come into the Community more often
- Vehicle traffic will increase, particularly in the summer, making it unsafe for children to play as they are now
- Drug and sex trafficking may increase

2 Keep the Checkpoints in operation for the summer and have the Nation fund this initiative

Issues:

- Not enough staff. We have struggled over the last six months with having employees not showing up for their shifts for a variety of reasons. This will continue and the gates will need to be open if someone does not show up for their shift. Currently Peacekeepers cover shifts however they have to patrol the entire Community and will not be available to cover full shifts
- This would be a significant cost to the Nation
- We may have to hire non members to staff the gates
- Non community members will have to provide details about why they are entering and license plates will be recorded

NOTE: This option (2) would be reassessed in the fall to determine if this program should be indefinite

3 Keep the Lower Gate (Edwards/Old Yale) closed 24/7 for the summer to reduce thru traffic

Issues:

- Even with informing the school board and emergency services, they may still try to access this gate, causing delays
- This does not prevent traffic coming off highway 9 from entering through the main gate in an attempt to cut through the Community (CFN would put up signs to help with this)
- This does not help keep drug and sex trafficking down
- This is only for the summer



Community Checkpoints Survey

KEEPING THE COMMUNITY SAFE IS A COMMUNITY DECISION

Which option for the Community Checkpoints do you prefer/support?

☐ 1) Remove the gates/checkpoints entirely and open the Community.

☐ 2) Keep the Checkpoints in operation for the summer and have the Nation fund this initiative.

☐ 3) Keep the Lower Gate (Edwards/Old Yale) closed 24/7 for the summer to reduce thru traffic.

Please complete the survey online or bring the paper survey to the Band Office by June 20.

Access the survey online at: <https://bit.ly/3pAne1f> or by scanning the QR code below.





TIGER DAMS TESTED AT THE FISHING VILLAGE

Cheam Fishing Village was recently the test site of a new flood prevention system by Ram Environment and Consulting Group and US Flood Control. This innovative technology, known as "Tiger Dams" consists of elongated flexible tubes which may be quickly stacked, joined end to end and filled with water. The pyramid-shaped structure forms a barrier to protect buildings and properties prior to the onset of a flood. This system dramatically cuts down on setup time and manpower required to deploy the system, increasing an EOC team's emergency response capability. Though the water didn't come up high enough to fully test the system, the deployment demonstrated an effective use with a four-and-a-half-hour set-up and tear-down of a four-person team as opposed to a week of community sandbagging and effectively held out minor flooding.



COMMUNITY GARDEN BOXES SIGN UP



Thank you to everyone who completed the Community Garden Boxes survey. Based on the feedback received, we will be providing 12 garden boxes for the Community and will be reimbursing those who receive a box for up to \$100 worth of seedlings. These garden boxes are being built across from the playground on Mathela Cres. and will be ready on Monday. Each box will be assigned (and not for general Community use) and can be claimed on a first-come, first-served basis. If you'd like a box, please contact Daphne in Reception (daphnee@cheamand.com or 604-794-7924).

Special thanks to Cheam Enterprises Inc. for supplying the water for the garden boxes for the entire season.



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



THANK YOU TO SANDRA VICTOR!

As COVID-19 restrictions continue to lift and the risk to public health continues to decrease, we will no longer be running the COVID-19 Emergency Services Guardianship program. We extend a huge thank you to Sandra Victor for her dedication and commitment to the Community in her role as Community Guardian over the last 13 months. We are grateful for her service and the assistance she provided to the Members of Cheam.



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



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

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

REMEMBER

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



XWCHÍYÒ:M

HEALTH DEPARTMENT UPDATES

MESSAGE FROM THE HEALTH & WELLNESS DIRECTOR

Our health team is working hard to improve our shelter services. Our goal is to work towards 24-hour shelter services for those who need overnight support.

We had to make the difficult decision recently to temporarily close the shelter overnight and switch to daytime supports. This decision was not made lightly. We made the decision knowing we had little to no overnight stays as the weather improved and daytime use increased. We have heard community feedback about the frustration and anger about the night-time closure, and we agree, this is not ideal. I assure you that our team is working to find a path forward to re-open so we can provide high-quality service to protect the health and safety of our members and staff.

Services at the shelter are from 9 am-5 pm and include meals, hygiene and support services. As our team grows and we get more resources in place, we hope to have a robust service to assist our relatives who need the most support.

Please know that it is our top priority to improve services in all areas of the Health Department, and the shelter is at the top of our list of areas to enhance.

We thank you for your patience as we work to improve the shelter services.

Inez Louis
Lexaltenot
Health & Wellness Director

NON-PERISHABLE FOOD AVAILABLE

Our Health & Wellness team is cleaning out the Food Security room of non-perishable food that is set to expire within the next few months. The bags vary in contents but contain any combination of soup, pasta, rice, flour and various canned goods.

If you are interested in a small bag, please contact the Health & Wellness Department at 604-794-7927 or email Cori at cori.victor@cheamband.com





HEALTH & WELLNESS

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

HEALTH & WELLNESS REOPENING - EVENTS COMING SOON

The provincial restrictions are beginning to lift and we are busy working to bring Community programming to Cheam. Stay tuned to the website and Facebook for upcoming event and activity announcements!

CHEAM AWARDS - SAVE THE DATE!

The Education Department is holding an awards day, Saturday, July 17 to celebrate the students of the Cheam Community!

More information on the Cheam Awards celebration is to come in the next week or two, but in the meantime, please save the date!



PROVINCIAL RESTART FOUR-STEP PLAN

| STEP | Criteria | PHO Guidance | Personal Gatherings | Organized Gatherings | Travel | Sports & Activities | Businesses | Offices & Workplaces |
|--|---|---|---|---|---|---|--|---|
| 1 MAY 25 | C: stable H: stable D1: 60% | Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested | Outdoor personal gatherings – up to 10 people Indoor visitors – up to 5 people or 1 household | Indoor seated organized gatherings – up to 10 people Outdoor seated organized gatherings – up to 50 people | Recreational travel within your zone Non-essential travel between zones restricted | Low-intensity indoor fitness classes Outdoor local team games and practices for all ages – no spectators | Indoor & outdoor dining – up to 6 people Liquor service - 10PM Existing WorkSafeBC Safety Plans remain in place | Start gradual return to workplaces and offices Existing Safety Plans remain in place |
| 2 JUNE 15 (Earliest date) | C: declining H: declining D1: 65% | Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested | Outdoor personal gatherings – up to 50 people Indoor visitors – up to 5 people or 1 household Playdates | Indoor seated organized gatherings – up to 50 people Sector consultations on next steps on indoor and outdoor gatherings | BC recreational travel BC Transit and BC Ferries – increased services as needed | High-intensity indoor fitness classes - reduced capacity Indoor team games for all ages – no spectators Spectators for outdoor sports – up to 50 people | Liquor service – midnight Banquet halls reopen – limited capacity, Safety Plans Sector consultations on next steps on easing of restrictions | Continue return to work Small in-person meetings |
| 3 JULY 1 (Earliest date) | C: low H: declining D1: 70% | Masks – recommended Careful social contact If sick, stay home and get tested | Return to usual on indoor and outdoor personal gatherings Sleepovers | Increased capacity, indoor and outdoor gatherings – Safety Plan Fairs & festivals with Safety Plan | Canada recreational travel | All indoor fitness classes – increased capacity Limited spectators for indoor sports | Dining – no group limit Bingo halls, casinos and nightclubs – limited capacity Operate based on new Safety Plans | Seminars and bigger meetings Operate based on new Safety Plans |
| 4 SEPT 7 (Earliest date) | C: low H: low D1: 70%+ | Masks – personal choice Normal social contact If sick, stay home and get tested | Normal social contact | Increased capacity on large organized gatherings (i.e. concerts) | Canada recreational travel | Increased indoor and outdoor spectators Return of normal sport competitions – Safety Plans | Continue to operate based on new Safety Plans | Fully re-opened offices and workplaces |

C: C-19 case counts H: C-19 hospitalizations D1: minimum % of people 18+ with dose 1



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

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.

YOUTH COVID VACCINES

The Cheam youth immunization clinic was a success! Thank you to all the youth and their parents who came out to receive the vaccine and help protect our Community.

For those who would like to get a vaccine, it's as easy as 1-2-3.

1. Register for the vaccine
2. Book your appointment
3. Get your vaccine



Register now: fraserhealth.ca/health-topics-a-to-z/coronavirus/covid-19-vaccine/registration#.YMEtVfIKg2w

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.



Amber Maret Health and Wellness Executive Assistant

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



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.



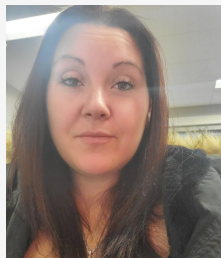
Deborah Tuck Tutor

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

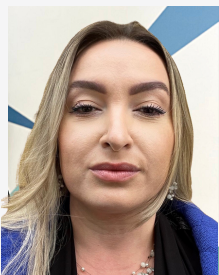
604-794-7924 www.cheam.ca



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.



Nora Douglas

Public Works / Maintenance

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



Daniel Tuck

Public Works / Maintenance

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



LANDS AND CAPITAL TEAM

604-794-7924 www.cheam.ca



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.



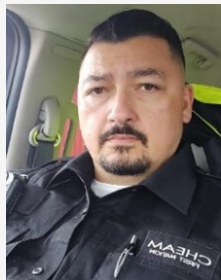
Tracey Pedersen
Custodian

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



PEACEKEEPING TEAM

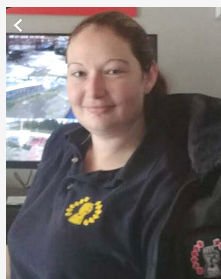
604-794-7924 www.cheam.ca



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.



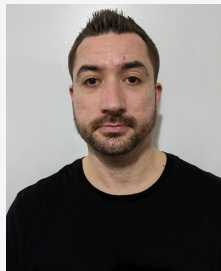
APO Lisa Sperling

Administration /
Peace Officer



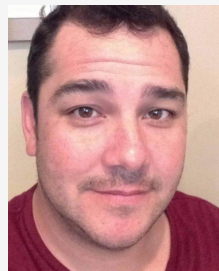
PO James Tong

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

**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 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

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

Website: www.cheam.ca



*National Indigenous Peoples Day Writing and/or Video Contest
For All Indigenous Children and Youth in BC!*

*"Your voice is the song of the river,
a song we need to hear."*

In honor of National Indigenous Peoples Day, Xyólheméylh is asking all Indigenous Children and Youth in BC:
"What Does Being Indigenous Mean to You?"

Express your thoughts in writing (maximum one page, single spaced) or in a video (maximum 3 minutes). If you chose to do a video, you can speak, act, or sing your written composition if you wish.

There will be three categories of prizes in both the writing and video: 1) Ages 5 to 10; 2) Ages 11 to 14; 3) Ages 15 to 24.

Writing Prizes: 1st Place: \$150; 2nd Place: \$100; 3rd Place: \$50
Video Prizes: 1st Place: \$150; 2nd Place: \$100; 3rd Place: \$50

Please submit entries by **June 18, 2021 at 4:30pm** to:
info@xyolhemeylh.bc.ca with your name, age, telephone number and address. Winners will be chosen by a panel consisting of Xyólheméylh's Board of Directors and Elders Advisory Committee. We will post the winners on a media release, social media, in our newsletter and in our Annual Report. Have Fun!

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 |
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| 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 35

MURDERED & MISSING INDIGENOUS WOMEN & GIRLS



*Suzette
Amaya*

GOAL SETTING WORKSHOP

JUNE 30 2021 | 4 PM TO 6 PM

FREE YOUTH WORKSHOP ON ZOOM AGES 13+

EMAIL TO REGISTER : GAILJONES@IRSSS.CA OR MARGARETPETERS@IRSSS.CA



**INDIAN RESIDENTIAL
SCHOOL SURVIVORS
SOCIETY**



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



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





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.