

May 14, 2021



XWCHÍYÓ:M
NEWSLETTER

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Xwechiyom Xwexwilmexw Sxwe eyelh

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

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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 life style.

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!



COMMUNICATIONS UPDATE

In an effort to keep the Community updated with everything that is happening in the Administration building we are compiling all Administration notices and updates into one combined section of the Community Newsletter. We will also link as much information as we can to the website for easy reference.

LANDFILL SURVEY

Tomorrow is the last day to complete the Cheam Landfill survey! Share your thoughts and hopes for the Landfill site by tomorrow night and be entered to win 1 of 2 iPads! Take the survey here: surveymonkey.com/r/ceilandfill or get a paper survey from the band office.

CALL-TO-ACTION FORMS

Our Call-to-Action Forms are also now available on the website. If you have a concern to bring forward to management, please go to cheam.ca/call-to-action or get a paper form from the band office.

OTHER INFORMATION:

- Spring Clean-Up
- Employment Opportunities
- Silent Car Auction
- Health Department Updates





ANNUAL SPRING COMMUNITY CLEAN-UP

MAY 20 - 26, 2021

The Public Works Department will be providing large bins for each street (Alexis Cr, Yalamote Cr, Cheam Cr, MamMam Cr, Squahiti Cr, Mathela Cr, Edwards Rd, Douglas Place, and Bridge Rd.) for the Annual Spring Clean-Up for our Community.

The bins will be out from May 20 to 26, allowing plenty of time for the whole Community to take part.

Clean-Up Tips and Reminders

- When placing items please start piling materials at the rear of the bin.
- No food or kitchen waste
- Band Members and Community Members use Only
- Any scrap metal to be placed at the end of driveways not in the bins. We will arrange for pick up for any scrap metal on the last day of the bins.



JOB OPPORTUNITIES WITH CHEAM

We are hiring! The Administration, Health and Public Works departments are hiring for the following positions:

- **Strong Families Recreation Leader (full time)**
- **Wellness Advocate (hours vary)**
- **Recreation Assistant (13-week SASET summer student position)**
- **Custodian (2-month contract)**
- **General Maintenance Worker (permanent, full time)**
- **General Maintenance Worker (3 SASET positions: 8-week, 6-month and 1-year contracts)**

For full descriptions of each job, visit the Employment page of the website (www.cheam.ca/employment), the Community board near the postal boxes or the employment section of the newsletter.



SILENT CAR AUCTION

2009 FORD FOCUS UP FOR AUCTION - FOR CHEAM MEMBERS ONLY

Cheam Community members have the opportunity to bid on this 2009 Ford Focus! The car runs but does need a battery.

Bidding starts at \$500 and the auction closes Friday, May 21st. The highest bid wins! Bids can be submitted via email to toni.bird@cheamband.com

Note: If there is a tie for the highest bid, the tied bid that was received first will be deemed the winning bid.



You could win this 2009 Ford Focus with a minimum bid of \$500!
The silent auction closes May 21 - so get your bid in now!





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HEALTH DEPARTMENT UPDATES

MESSAGE FROM THE HEALTH & WELLNESS DIRECTOR

Ey swayel Friends & Relatives!

Please be advised that the pandemic continues to be in a third wave and we are experiencing the highest levels of COVID-19 hospitalizations ever.

Although many community members are fully vaccinated it is CRITICAL that we continue to practice all of the COVID precautions.

To adhere to health and safety protocols, everyone who enters the Cheam Band offices or Health Center is required to complete a COVID-19 self-check upon arrival.

To make it easier to complete, and aid in contact tracing in the event of an exposure, we have moved from the paper self-check forms to a digital one.

The new Self-Check posters will be posted by every entrance to the building. Simply use the camera on your cell phone to scan the QR code on the poster, follow the link to the online form, and answer the questions. You can even save the direct link to the form (<https://bit.ly/3uN6VQr>) to your phone and complete the form from the parking lot of the building.

The new digital self-check system will begin Monday, May 17.

If you require assistance or need instructions on how to use the QR scanner or bookmark the link, please request an instructions sheet or help from the Peacekeepers at the main entrance of the building.

Note: The completed forms will be saved in a secure database, compliant with provincial and federal privacy laws.

Inez Louis
Lexaltenot
Health & Wellness Director

COVID-19 DAILY SELF CHECK



SCAN ME

Access the form online: <https://bit.ly/3uN6VQr>

ALL STAFF AND VISITORS

Please scan the QR code with your camera/ QR scanner and fill in all required information then submit

MASKS ARE MANDATORY IN ALL AREAS AS PER THE PROVINCIAL HEALTH ORDERS



XWCHÍYÒ:M
CHEAM FIRST NATION

Cheam First Nation RETURN-TO-WORK COVID-19 SAFETY PLAN, POLICIES and PROCEDURES - 3b.4



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 Johntson
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

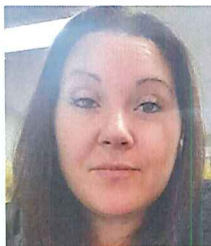
Deborah coordinates and runs the tutoring program that runs Monday - Friday 11am - 5pm



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.



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.

ATTENTION

**Effective May 15, 2021
CFN Emergency Shelter
will shift to day time only
operations.**

**Revised hours will be
9:00am-5:00pm until
further notice.**



Thank you.

You're Invite to Participate in a BC AFN Regional Engagement Session

The BC Region of the Assembly of First Nations is offering a series of virtual engagement sessions to help develop a First Nations National Action Plan to End Violence Against Indigenous Women, Girls and 2SLGBTQQIA Peoples.

These sessions are designed to hear from participants on which of the National Inquiry's Calls for Justice they want prioritized, as well as any additional guidance or input on the National Action Plan to End Violence Against Indigenous Women, Girls, and 2SLGBTQQIA+ Peoples.

Those who attend the engagement sessions are encouraged to share what can be done in our communities, nations, and regions in the short and long term to keep our loved ones safe.

Please consider registering for one of these virtual sessions to share your ideas and have your voice heard.

To register for a session go to: www.events.bcafn.ca

MMIWG2S+ National Action Plan BCAFN/AFN Regional 2021 Engagement Sessions with Family Members & Survivors



May 14	2 PM - 4 PM	May 18*	5 PM - 7 PM
May 15	10 AM - 12 PM	May 24	10 AM - 12 PM
May 16	10 AM - 12 PM	May 28	2 PM - 4 PM
May 17	5 PM - 7 PM	June 1	12 PM - 2 PM

Cultural and wellness supports will be available during each session

** this session dedicated for 2SLGBTQQIA+ people*

Go to events.bcafn.ca for registration and details on these sessions, upcoming main engagement sessions and report back sessions.

FIND AND FOLLOW US ONLINE:



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM_FN



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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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: **Custodian (2-Month Contract)**
8 hours a day / 5 days a week

Submission Deadline: **Open Until Filled**

About the Opportunity

We currently have an opportunity for a custodian for 2-month medical leave contract. The applicant will be responsible for the overall cleaning of the Band Administration Office, Community Hall, Education Building, etc. Respective Band Office wings (Health and Administration) will be designated as required. All public and main areas (foyer, public washrooms, gym, etc.), are the shared responsibility of the custodial team.

Responsibilities will include, but are not limited to:

- Sweep/Vacuum, and mop floors daily, while focusing attention to high traffic areas multiple times throughout the day.
- Ensure that all garbage bins/cans have been emptied daily and that all garbage bags are disposed of in the garbage receptacles provided outside of the building. Regularly monitor garbage bins throughout the day and empty as needed.
- Ensure that all desks, shelves and tables have been dusted/wiped as required.
- Ensure all washroom facilities are thoroughly cleaned and ready for use. This includes wiping/disinfecting all mirrors, fixtures, stalls and bathroom hardware; cleaning the toilets, sinks, counters and soap dispensers; and ensuring supplies such as hand soap, toilet paper and paper towel are readily stocked).
- Clean staff lunchroom areas and replenish supplies such as napkins, paper towel, coffee, etc. Clean and put away dishes, organize cupboards, etc.

About the Ideal Candidate

- Building Service Worker (BSW) Certification required.
- 1-3 years of experience required.
- WHMIS and Standard First Aid Training is considered an asset.
- Proficient knowledge of cleaning equipment and agents. Ability to read directions/instructions and maintain all required safety standards.
- Excellent time management and organizational skills, and ability to work with minimal supervision.
- Physically fit and can lift 50 lbs.

Compensation and Hours or Work

- Dependent on Education and Experience
- 8 hours per day/ 5 days per week
- 2 Month Contract (Medical Leave)

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Website: www.cheam.ca



CHEAM FIRST NATION CAREER OPPORTUNITY

Position: **General Maintenance Worker**
Full-time, Permanent

Submission Deadline: **Open Until Filled**

About the Opportunity

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

Responsibilities will include, but are not limited to:

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

About the Ideal Candidate

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

Compensation and Hours or Work

- Dependant on Education and Experience
- 8 hours per day

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Website: www.cheam.ca



CHEAM FIRST NATION CAREER OPPORTUNITY

Position: **General Maintenance Worker**
3 SASET Contracts

Submission Deadline: **Open Until Filled**

About the Opportunity

We currently have 3 opportunities for a general maintenance worker.

- 8-week Summer Student Contract (15+ years)
- 6-month Contract (18+ years)
- 1-year Contract (18+ years)

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 of Work

- Dependant on Education and Experience
- 8 hours per day

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