



# XWCHÍYÒ:M

COMMUNITY NEWSLETTER

MAY 28, 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!



## STATEMENT FROM COUNCIL

We are truly heartbroken to learn of the discovery of the mass grave of young children and students of the Kamloops Residential School. This loss is felt by many. We honour the lives of those 215 children and hold up their families in our thoughts.

We acknowledge that this is difficult news that weighs heavy on our hearts. If you need support, we encourage anyone affected by experiences in 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 also assist to connect you to a qualified provider 604-794-7927.

### OTHER INFORMATION:

- Lower Gate Closures
- Community Skills Directory
- Landfill Survey Results
- Health Department Updates (including Provicincial Restart)





# XWCHÍYÒ:M

## CHEAM FIRST NATION

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### COMMUNITY MEMO

**To:** Cheam Community Members  
**From:** Administration  
**RE:** **Health Checkpoint Changes to Hours of Operations**  
**Date:** May 18, 2021

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**Effective Monday, May 24, 2021, the lower gate entrance to the Community (Gate #2, located at Old Yale Road and Edwards Rd.) will be open Monday to Friday from 7:30 a.m. to 3:30 p.m. and closed on the weekends.**

WE APOLOGIZE FOR ANY INCONVENIENCE.

These changes are due to a lack of staffing required to operate the Health Checkpoints at full capacity.

After repeated attempts to keep the Health Checkpoints fully staffed with Band and Community Members, it has become increasingly challenging to find dedicated and reliable individuals to consistently show up for their scheduled shifts.

Until we can find the additional Health Checkpoint Monitors required the lower gate entrance hours will have to be reduced.

The main gate entrance remains open 24 hours a day, seven days a week.

If you or someone you know is interested in joining the Cheam First Nation team as a Health Checkpoint Monitor, please email your interest to [hr@cheamband.com](mailto:hr@cheamband.com). We do require a minimum age of 18 and flexible availability as well as the desire to work all scheduled shifts and follow protocols.

Keeping the community closed with access only to those who live or work here is critical to keeping everyone safe and healthy. We recognize that this can be an inconvenience at times and continue to ask for your patience and understanding.

-Cheam Management



# 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@cheamband.com](mailto:communications@cheamband.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@cheamband.com](mailto:communications@cheamband.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@cheamband.com](mailto:communications@cheamband.com)



## SILENT CAR AUCTION WINNER

Congratulations to Isaac Bailie who had the winning bid in last week's Silent Car Auction! Enjoy your 2009 Ford Focus!





## 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](mailto: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](mailto:stephaniecharlie@irsss.ca)  
Phone: 604-210-5745 Ext. 702



DO YOU LOVE TO GARDEN?  
LET US KNOW!

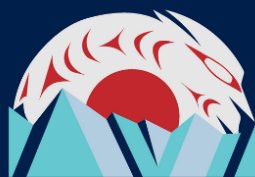
TAKE THE

## Community Garden Boxes Survey!



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

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



# CHEAM

ENTERPRISES INC

May 28, 2021

## Landfill Engagement Report Summary

Thank you to everyone who participated and provided feedback on the Landfill Remediation and Closure Survey.

During the four weeks the survey was active (April 16 to May 15, 2021), CEI received 49 completed surveys, 15 unique visitors to the CEI website (cheamenterprises.com) and 398 unique engagements (likes, comments, shares) through CEI social media channels.

When asked, "What would you like to see done with the closed landfill":

- 22 were in favour of the remediated landfill site being used as leasable land to provide revenue opportunities for the Nation.
- 16 were in favour of a solar farm to be a carbon-neutral Nation.
- 5 were in favour of a recreational park site for our members; and
- 0 in favour of covering the space with grass and leaving as is.
- Other ideas included a downhill bike track, a truck stop, a combination of solar farm and recreation site.

Of comments received when asked, "What are your main concerns?" **37 of the 48 participants indicated that their concerns were with site health, leakage, and danger of future contamination.** Another concern is the benefit to the community—how will this positively impact members for generations to come if at all. This is an opportunity to continuously inform members throughout the remediation project and connect their concerns with information and the experts working on the project.

When asked, "What's important to you?" **29 of the 49 participants listed safety, benefits to members and health as the most important followed by 13 participants listing long-term benefits for members including, revenues, jobs and member use.** Overall, the comments were neutral in tone and shared expected comments, suggestions and questions about the remediation which is safe, benefits and health for the Nation.

As anticipated, most respondents expressed concerns about the health and safety of the Community and the danger of future contamination. We share these concerns and will be taking the necessary steps to mitigate these risks and assure the landfill is closed properly, any leachate is treated, and the site is capped and suitably remediated to prevent future leakage or health and safety issues.

Once again, we want to thank everyone who took the time to complete the survey and provide feedback. We will do our best to incorporate this feedback into future planning for the site and will share more information with the Community on the site's future use as planning progresses post-closure and remediation of the landfill.

We maintain the history of enterprise which has sustained The Xwchíyò:m for thousands of years in S'ólh Téméxw.





# 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

**#FNHAWellness**

**#30x30ActiveChallengeFNHA**

**#BcActiveFNHA**





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

## FNHA ACTIVE CHALLENGE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 30 minutes of activity Daily water consumption	2 30 minutes of activity Daily water consumption	3 30 minutes of activity Daily water consumption	4 30 minutes of activity Daily water consumption	5 30 minutes of activity Daily water consumption
6 30 minutes of activity Daily water consumption	7 30 minutes of activity Daily water consumption	8 30 minutes of activity Daily water consumption	9 30 minutes of activity Daily water consumption	10 30 minutes of activity Daily water consumption	11 30 minutes of activity Daily water consumption	12 30 minutes of activity Daily water consumption
13 30 minutes of activity Daily water consumption	14 30 minutes of activity Daily water consumption	15 30 minutes of activity Daily water consumption	16 30 minutes of activity Daily water consumption	17 30 minutes of activity Daily water consumption	18 30 minutes of activity Daily water consumption	19 30 minutes of activity Daily water consumption
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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			



# 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](http://www.events.bcafn.ca)

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



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

*Cultural and wellness supports will be available during each session*

*\* this session dedicated for 2SLGBTQQIA+ people*

Go to [events.bcafn.ca](http://events.bcafn.ca) for registration and details on these sessions, upcoming main engagement sessions and report back sessions.



# UBC SUMMER SCIENCE PROGRAM

If you've ever wondered what student life at UBC was like, considered a career in Health or Sciences, and wanted to connect with the greater Indigenous community, VISE 2021 is for you! Apply TODAY to save your spot to learn from and meet mentors, elders, and other Indigenous students in the community at: <https://health.aboriginal.ubc.ca/programming/summer-science/>  
Registration closes May 31, 2021.

## Join the **Virtual** **Indigenous Science** **Experience** **VISE 2021**



**CULTURE &  
SCIENCE?**

**Who:**

Students entering  
Grades 9-12 in fall 2021

**Where:**

Online via Zoom

**When:**

July 19th - July 23rd

The Virtual Indigenous Science Experience (VISE) is an online, interactive workshop program for Indigenous high school students.

Students are introduced to the University of British Columbia and various science fields. They also learn Indigenous teachings from dedicated facilitators.

**Application deadline extended! Apply by May 31, 2021**



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA

**Centre for Excellence in  
Indigenous Health**

**Register and learn more about VISE at:**  
<https://bit.ly/UBCVISE>





# XWCHÍYÒ:M

## HEALTH DEPARTMENT UPDATES

### PROVINCIAL RESTART ANNOUNCEMENT SUMMARY

Ey swayel Friends & Relatives!

We are thrilled the Province has announced it is lifting some of the Covid-19 restrictions and beginning step one of a four-step plan to restart our important social connections, businesses and activities.

As Dr. Bonnie Henry stated Tuesday, the different stages for reopening will be based on dates and data. Declining case rates, hospitalizations and Covid-related deaths, as well as increased vaccination rates, are necessary to move into each of the next stages.

Vaccinations are still the most important tool in the fight against Covid-19, protecting ourselves and our loved ones and bringing our communities back together- and are now available for anyone over the age of 12. We thank everyone who came to our vaccination clinics and encourage anyone eligible for a vaccine (who hasn't already received one), registers on the government website (<https://www2.gov.bc.ca/getvaccinated.html>) and books an appointment.

As part of the first stage of reopening, we are allowed outdoor personal gatherings of up to 10 people, indoor personal gatherings of up to five people (or another family), indoor dining with up to six people, outdoor organized gatherings for up to 50 people (with a Covid-safety plan) and the gradual return to workplaces. Indoor low-intensity fitness classes and both indoor and outdoor games and practices can resume for children and adults. It's a slow, gradual transition, but one we are grateful for.

The earliest date for the next stage is June 15, provided vaccination levels increase and Covid case counts continue to decrease. In stage two we will see the return of outdoor personal gatherings of up to 50 people, indoor gatherings for up to 50 people (with a Covid-safety plan) and the lifting of provincial travel restrictions. By July 1 we could see a return to usual outdoor and indoor personal gatherings, increased capacity for both indoor and outdoor organized gatherings, the reopening of bingo halls, casinos and banquets at reduced capacity and a full return to indoor and outdoor fitness classes and activities.

If all goes well, we can see an almost complete return to normal life in early September, including removing the mask mandate, fully reopened workplaces and increased capacity for large gatherings, like a concert.

While this is good news, we need to remain diligent in our efforts to keeping the virus at bay, including frequent hand washing, wearing masks and maintaining physical distancing in indoor, public areas, following our workplace Health and Safety plans and staying home if we are feeling sick.

We thank everyone for continuing to do their part in helping to keep our Community safe.



# XWCHÍYÒ:M

## HEALTH DEPARTMENT UPDATES

### PROVINCIAL RESTART FOUR-STEP PLAN

STEP	Criteria	PHO Guidance	Personal Gatherings	Organized Gatherings	Travel	Sports & Activities	Businesses	Offices & Workplaces
<b>1</b> 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
<b>2</b> 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
<b>3</b> 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
<b>4</b> 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

### Keeping Each Other Safe

We must keep up our layers of protection as we move through BC's Restart and work towards achieving community immunity.



Get vaccinated



Follow mask guidance



Stay home and get tested when you're sick



Follow WorkSafeBC guidelines for workplaces



It's always safer outdoors



Consider other people's situation



## HEALTH & WELLNESS

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

### COMMUNITY YOUTH VACCINE CLINIC

All youth in BC age 12 or older are now able to register for their first dose of the COVID-19 vaccine and we are thrilled to be holding a youth vaccination clinic for all Cheam Community members ages 12-17 years old! The clinic will be held Wednesday, June 9 in the Cheam Gym. More information, including how to book an appointment will be available early next week. Watch for updates on The Cheam Facebook page and in next week's newsletter.

If you aren't able to make the on-site clinic, you are encouraged to make an appointment at one of the public vaccination clinics. Register online at: <https://www2.gov.bc.ca/getvaccinated.html> or by calling 1-833-838-2323. Call centres will be open 7 a.m. to 7 p.m. every day, with reduced hours on statutory holidays.

Help protect yourself, your family, Elders and communities. For more information about how to book your appointment, visit <https://www.fnha.ca/about/news-and-events/news>



**CHEAM YOUTH VACCINE CLINIC:  
WEDNESDAY, JUNE 9**

### 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

## LETTER TO PARENTS FROM FNHA

Hello Parents and Guardians,

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

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

### **How do I know this is safe for my youth?**

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

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

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

### **What will the clinic look like?**

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

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

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

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



First Nations Health Authority  
Health through wellness



# HEALTH & WELLNESS

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

## 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](mailto: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](mailto:reception2@cheamband.com) or [cori.victor@cheamband.com](mailto:cori.victor@cheamband.com);
- Make an appointment at the Health Center.





# HEALTH & WELLNESS TEAM

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



## **Inez Louis, BSN, RN** Health & Wellness Director

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



## **Diana Giroux** Health Receptionist

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



## **Joanne Johnston** Social Development & Education Coordinator

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



## **Cori Victor** Health Admin/COHI/Medical Transportation

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



# HEALTH & WELLNESS TEAM

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



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

### Wellness Manager

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



## Deborah Tuck

### Tutor

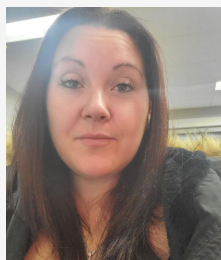
Deborah coordinates and runs the tutoring program that runs Monday - Friday 11am - 5pm



## Gagan Phulka, BSN, RN

### Registered Nurse

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



## Brittani Fontaine, LPN

### Licensed Practical Nurse

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



## Marlana Peters, LPN

### Community Health Representative, LPN

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



# ADMINISTRATION TEAM

604-794-7924 [www.cheam.ca](http://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

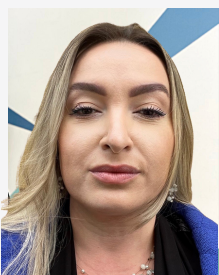
604-794-7924 [www.cheam.ca](http://www.cheam.ca)



## **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](http://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

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## **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

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## **Chris McIntosh** Public Works Supervisor

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



## **Toni Bird** Public Works Assistant

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



## **Frank Louis** Public Works / Maintenance

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



## **June Joe** Custodian

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



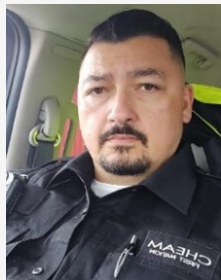
## **Wendy Kelly** Custodian

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



# PEACEKEEPING TEAM

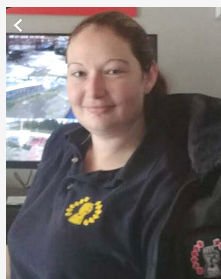
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## CPO Mike Cedilla

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.



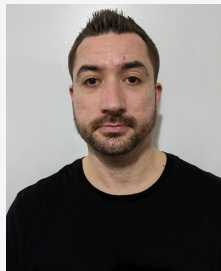
## APO Lisa Sperling

Administration /  
Peace Officer



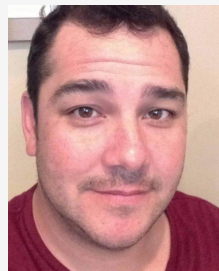
## PO James Tong

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](http://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**

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### **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@cheamand.com](mailto:hr@cheamand.com)**

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

Website: [www.cheam.ca](http://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**

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### **About the Opportunity**

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

*Applicant must meet all SASET requirements:*

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

---

### **Responsibilities will include, but are not limited to:**

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

---

### **About the Ideal Candidate**

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

---

### **Compensation and Hours or Work**

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

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## **CHEAM FIRST NATION**

### **CAREER OPPORTUNITY**

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

Submission Deadline: **Open Until Filled**

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### **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 garage 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**

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

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## **CHEAM FIRST NATION**

### **CAREER OPPORTUNITY**

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

Submission Deadline: **Open Until Filled**

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### **About the Opportunity**

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

---

### **Responsibilities will include, but are not limited to:**

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

---

### **About the Ideal Candidate**

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

---

### **Compensation and Hours or Work**

- Dependant on Education and Experience
- 8 hours per day

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## CHEAM FIRST NATION CAREER OPPORTUNITY

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

Submission Deadline: **Open Until Filled**

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### 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 or Work

- Dependant on Education and Experience
- 8 hours per day

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