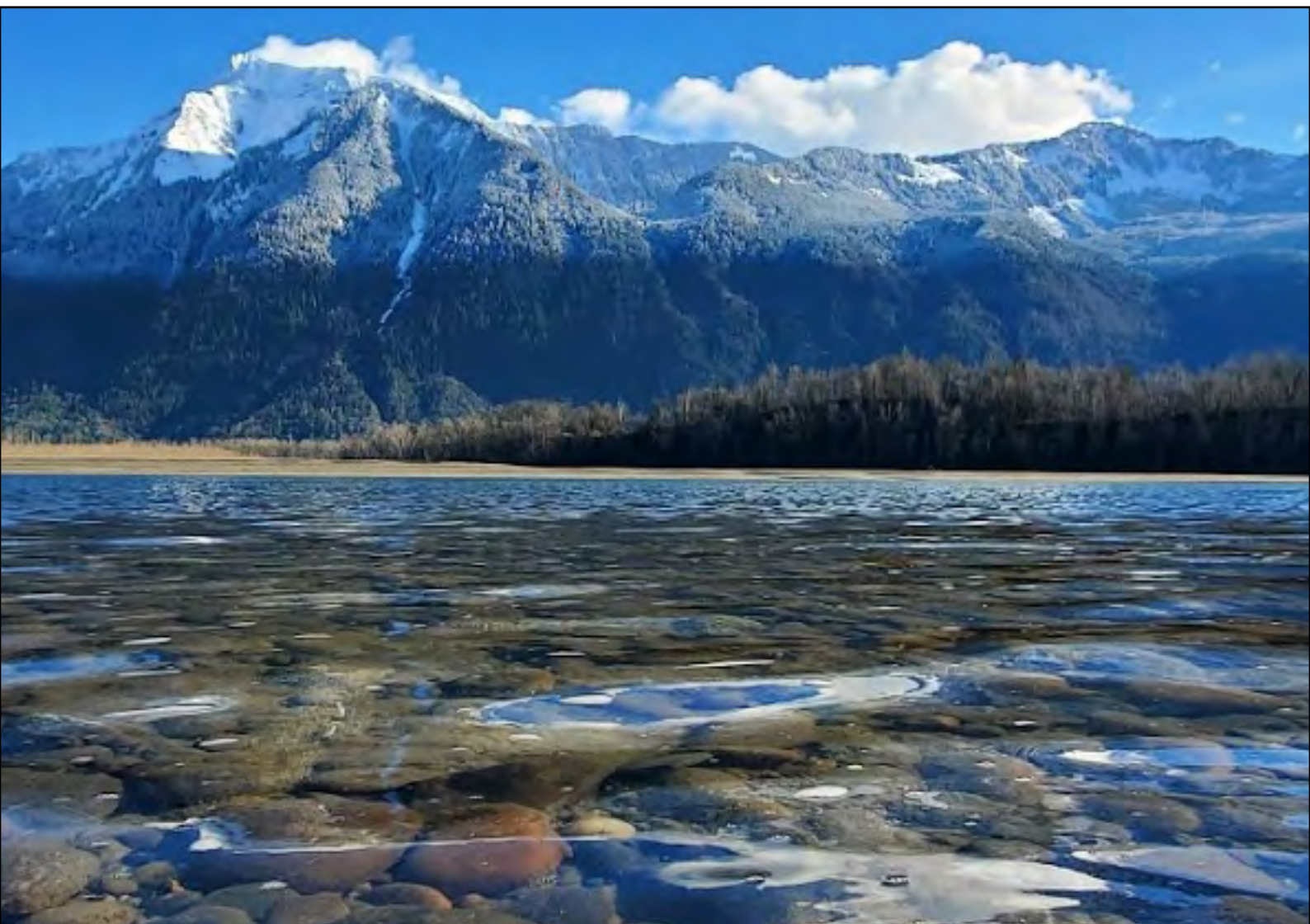




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: May 6, 2022



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XWECHYOM 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.

FIND US ONLINE:



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[@CHEAM_FN](https://twitter.com/CHEAM_FN)

SAFETY DURING COVID-19

Only by working together can we keep our community safe!

If you have symptoms please contact the Seabird Nursing Team to request rapid tests:

Cheam Nursing Office 604-794-7171
Seabird Health 604-796-2177

If you test positive for COVID-19, you need to:

1. Self-isolate and manage your symptoms
2. Let your close contacts know
3. [Complete an online form to report your test result](#)

Safety recommendations:

- Keep personal gatherings as small as possible
- Stick to the same group of people and only with those you know are fully vaccinated
- Outdoor gatherings are safer than indoor
- Reduce social interactions
- Ensure proper ventilation indoors by opening windows
- Avoid all travel, if you're not fully vaccinated
- Follow the current federal travel advisory
- Stay home if you feel sick

Current Provincial Covid-19 Restrictions March 10, 2022

Starting March 11, 2022 these activities can return to normal:

- Masks no longer required in public indoor settings under a public health order
- Masks are encouraged on public transit and BC Ferries, but not required
- Individual businesses and event organizers can choose to continue requiring masks on their premises
- Masks are still required for federally regulated travel, like air travel
- No restrictions on worship service capacity
- Overnight camps for children and youth allowed

Starting March 18, 2022, there are no visitor limits at long-term care and seniors' assisted living facilities.

When K to 12 schools return from spring break, masks will no longer be required for students, staff, and visitors.

PROVINCIAL UPDATE SITE

QUESTIONS FROM YOUR COUNCIL

1. What is your vision for Cheam?

~ If there was one thing you would change for future generations living in Cheam, what would it be?

~ What values do you feel Cheam First Nation needs to represent/be identified as?



2. We are still gathering suggestions for naming the new Cheam Playground! We are looking for both Halq'emeylem and English suggestions.

3. What changes would you like to see to your bi-weekly Cheam newsletter? (ie. more of, less of, smaller, frequency, delivered)

Please email any of your above answers to communications@cheamband.com to be brought forward at upcoming Council meetings.

COUNCIL COMMITTEE PARTICIPANTS STILL NEEDED

We are still in need of Member participation (living on or off Reserve) in each of the following:

- **Housing, Public Works and Capital Project's Committee**
- **Health, Social Development and Education**
- **Safe Community Committee**



The Committees serve as a Standing Advisory Committee to Chief and Council. We are looking for Members of all ages (19+) to participate in these Committees, and from the Minutes of the meetings, recommendations are provided to Council on your vision and direction for the Nation.

The Committees will be made up of a mix of Community members, staff, and one member of Council, in an ex-officio capacity. Meetings will be held monthly and arranged to accommodate the schedules of Committee members. Thanks to advances in technology, meetings can be in person, virtual, or a combination of the two.

Please submit your name, why you are interested in sitting on the committee, which one, and past work/volunteer experience to either Committee@cheamband.com or in person to Daphne.

CHEAM COMMUNITY SAFETY DAY 2022

May 7th 10am - 2pm

- **Safety Vendors**
 - Personal Safety
 - Electrical Safety
 - Rail Safety
 - Drug Safety
 - Health Services
- **Hands-on demos**
- **Food Truck**
- **Rain or Shine**
(will be inside if poor weather)



CHEAM FIRST NATION
52161 Victor Drive, Rosedale, B.C.

A huge thank you to our community
partners and sponsors:



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[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



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2022-23 Cheam Post-Secondary Application For Funding



Cheam First Nation seeks to improve access to post-secondary education so that our Youth can acquire the knowledge and skills needed to not only succeed but also to participate in a changing economy and society.

The due date to apply is June 1, but submission as early as possible is encouraged.

For further assistance please contact:

Bekki (Rebecca) Pears
Social Development and Education Coordinator
rebecca.pears@cheamband.com
P: 604-745-8026

WE NEED YOUR UPDATED CONTACT INFO

There are many important things coming up this year for Cheam and we want to make sure that everyone is included. Please email catana.tommy@cheamband.com with your current phone numbers, email and family members who can be reached at this info.



*Thank
You!*

June 16, 2022 Education Awards Dinner Bid

This is open for Cheam Members & Community members

Name of Bidder: _____

Phone number: _____

Is your catering business licensed? Yes___ No___

Do you and have a valid food safe certificate? Yes___ No___

Is your food safe certificate attached? Yes___ No___

Does your support kitchen crew have food safe certificate? Yes___ No___

Is their food safe certificate attached? Yes___ No___

Do you have your own transportation? Yes___ No___

Do you need to use the Gym kitchen? Yes___ No___

Did you attach a menu for 200 people? Yes___ No___

Did you attach the costs for?

Food Yes___ No___

Desserts Yes___ No___

Condiments Yes___ No___

Plates, cutlery, cups Yes___ No___

Coffee, tea, juice Yes___ No___

Do your costs include clean-up of the Gym and kitchen? Yes___ No___

Other catering ideas that you will include in your bid: _____

(If you need more room, please submit additional separate sheet of paper

Total catering cost is: _____

Signature of bidder: _____

Please include a copy of all supporting documents, including break down of per plate costs, any food safe certificates, and business license. Please also refer to the attached menu.

Blank forms available from Daphne at the Band Office.

Please have all Documents Including bid sheet Into Sarah Aleck (Education and Social Development Clerk) by Friday May 25, 2022.

Menu for 2022 Education Awards For Cheam First Nation

- One beef Item (Spaghetti and Chili)
- Salmon (to be provided by Cheam First Nation Health and Wellness Department)
- One side of hot vegetable (zucchini, carrots, cauliflower, broccoli)
- One salad (spring mix, with berries)
- Rice, Potato (Scalloped)
- Bread (buns home made)
- Veggie platter, Fruit Salad
- Juice (boxes), Coffee, Tea
- Cupcakes to either have Cheam First Nation logo, or have red and black icing?



Need help getting your driver's licence?

My name is Tanis Hatch and I am the ICBC Road Safety and Community Coordinator for your community.

Our ICBC Road Safety and Driver Licencing team would like to share a new initiative recently created to help those looking to get a drivers licence titled "**HANDS UP**" – (*Helping All Nations Drive Safely by Understanding the Process*).

In discussions with many Indigenous customers and stakeholders, we understand that there may be a need for some support to assist individuals in obtaining a valid BC Driver's Licence. The road to getting a driver's licence is not always a straight path and can involve complex issues and processes. We may be able to help.

HANDS UP offers support and guidance to any individual interested in obtaining or reinstating their BC driver's licence. Our interactions are confidential and our goal is to help each individual successfully navigate and understand a system that can often be overwhelming.

Please feel free to share my contact information or contact me directly if you have any questions. I look forward to discussing HANDS UP and how it could work for your community.

Thank you,



.....

Tanis Hatch (she/her)

Road Safety & Community Coordinator

(Abbotsford, Agassiz, Boston Bar, Chilliwack, Harrison Hot Springs, Hope and Yale)

Public Affairs & Licensing Division

.....

ICBC building trust. driving confidence.

2885 Trethewey Street
Abbotsford B.C. V2T 3R2

direct: 604-850-8083 | **mobile:** 604-768-8435

.....

email: tanis.hatch@icbc.com

twitter: @RoadSafetyTanis



CHEAM ELDERS CORNER

Baked Bannock With Berries

Makes 16 pieces

What you need:

- 3 cups Flour (use at least half whole wheat flour)
- 3 tbsp. Sugar
- 2 tbsp. Baking powder
- 1 tsp. Salt
- 1 cup Berries (Hint: Pick seasonal berries with your child or grandchild)
- 1 cup Water
- ¼ cup Oil or melted margarine

How to:

1. Preheat oven to 350°F.
2. In a large bowl, mix dry ingredients with a fork.
3. Stir in berries.
4. Stir together oil and water and add to the bowl with dry ingredients.
5. Work mixture together with hands to form a ball. Knead about 10 times.
6. With floured hands, pat into a circle on a greased cookie sheet.
7. Bake for 30 minutes.



Salmon Patties

Makes 4 patties

What you need:

- 1 7.5 oz can of salmon, drained
- 1 cup Mashed potatoes
- ¼ cup Finely chopped green onion
- ¼ cup Finely chopped red bell pepper
- 2 tbsp. Chopped fresh dill
- 3 tbsp. Milk
- 1 Egg beaten
- Salt and pepper

How to:

1. In a medium bowl, combine salmon, potatoes, green onions, red pepper, dill and milk. Season with salt and pepper.
2. Gently stir in the egg. Form the mixture into 4 patties.
3. Cover and refrigerate at least 30 minutes or overnight to let flavor develop.
4. Heat a large non-stick skillet over medium heat. Spray with vegetable cooking spray. Add patties and cook for 2 minutes each side or until browned on both sides and hot in the center.

2022 CHEAM ELDERS MEETINGS

The Elders meeting schedule for 2022 is below (Cheam Members only). Lunch is available at 12 pm with the meeting to follow.

- May 17, 2022
- June 28, 2022
- July 19, 2022
- August 16, 2022
- September 20, 2022
- October 18, 2022
- November 15, 2022
- December 13, 2022



Upcoming Birthdays Birthdate

Kelly Casimir	May 23
Judith Louise Douglas	May 20
Theresa Nora Douglas	May 25
Rose Wendla Hudson	May 29
Philomena Fraser	May 30

FIND US ONLINE:



Be Prepared for the 2022 Flood and Fire Seasons

PREPARE YOUR FAMILY

Although we cannot predict when a flood or wildfire will occur, we can be proactive and take steps to prepare ourselves and protect our properties from being damaged by these events.

1. Make an Emergency Plan

Ensure your family knows what to do in an emergency. Complete Prepared BC's Fill-in-the-blanks Home Emergency Plan to create an emergency plan for your family and home. Creating and printing the on-line plan will only take you about 20 minutes.

https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/embc/preparedbc/preparedbc-guides/preparedbc_household_plan.pdf

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

In an emergency, it is important to have some supplies in case you need to get by without power or running water. Most emergency organizations recommend that you are prepared to be self-sufficient for at least 72 hours. Don't forget to make a grab and go bag for your pets.

Basic Emergency Kit Checklist:

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

102 – 70 Orwell Street, North Vancouver, BC V7J 3R5

Tel 604.669.7305 | Fax 604.669.9832 | Toll Free 1.888.822.3388 | Email info@fnss.bc.ca | Web www.fnss.bc.ca

3. Protect Your Home

FireSmart™ your home. Download the FireSmart BC Landscaping Guide.

https://firesmartbc.ca/wp-content/uploads/2021/04/FireSmartBC_LandscapingGuide_Web_v2.pdf

4. Know Your Evacuation Stages

Evacuation Alert: Be ready to leave on short notice.

Evacuation Order: You are at risk. Leave immediately. Make sure you check in at an Emergency Support Services (ESS) reception centre. Contact family and friends to let them know where you are and that you are safe.

Evacuation Rescind: All is now safe and you can return home.

5. Download Prepared BC's Wildfire Preparedness Guide

The Wildfire Preparedness Guide will help prepare you for what to do before, during and after a wildfire. https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/embc/preparedbc/preparedbc-guides/wildfire_preparedness_guide.pdf

6. Download Prepared BC's Flood Preparedness Guide

The Flood Preparedness Guide will help prepare you for what to do before, during and after a flood. https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/embc/preparedbc/preparedbc-guides/preparedbc_flood_preparedness_guide_fillable.pdf

FNESS Emergency Contacts

Wayne Schnitzler - Interim Executive Director	wschnitzler@fness.bc.ca	250-318-8278
Dean Colthorp - Corporate Services and Fire Services Manager	dcolthorp@fness.bc.ca	604-838-5711
Bob Mills - Recovery and Emergency Support Services Manager	bmills@fness.bc.ca	250-457-1694
Erik Blaney - Preparedness and Response Manager	eblaney@fness.bc.ca	778-694-0907
Quentin Nelson - Mitigation Manager	qnelson@fness.bc.ca	250-320-7682
Brenden Mercer - Decision Support Manager	bmercerc@fness.bc.ca	250-320-8611

FNESS Communications Contact

Jo-Anne Hales - Communications Specialist	jhales@fness.bc.ca	250-462-1752
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CHEAM HEADSTART PARENTS AND TOTS PROGRAM



Ey Swayel

I would like to start off by introducing myself, my name is Randi Charlie and I am the new Headstart coordinator for Cheam. We are happy to announce that we will be re-opening our Headstart Parents and Tots program started again on April 19th, 2022.

We are asking any families that are interested in the program, and have children aged 0-6, to connect with me to fill out registration forms.

My cell phone number is 604-793-5843 or email is Randi.Charlie@seabirdisland.ca



The FNHA Health Benefits Program can support you and your baby through your pregnancy and after you give birth.

[Download or view the 20 page booklet here](#)



First Nations Health Benefits Coverage:

Pregnancy and Infant Care



First Nations Health Authority
Health through wellness



Health and Wellness Service Matrix

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30am – 3:30pm PESP Program East Drop-In Room</p>	<p>9:00am – 4:00pm Xyolhemeylh Health Wing East Drop-In Room</p> <p>9:00am – 2:00pm Parents & Tots Room 104 (CHR)</p> <p>10:00am – 3:00pm Cheam Nutrition Band Office Kitchen</p>	<p>9:00am – 4:00pm Xyolhemeylh Health Wing East Drop-In Room</p> <p>11:00am - TBD PCRS Shelter</p> <p>11:00pm – 1:30pm Women's Support Group Room 104 (CHR)</p>	<p>8:30am – 11:00am Clinic Hours Dr. Fox's Office</p> <p>9:00am – 2:00pm Parents & Tots Room 104 (CHR)</p> <p>9:00am – 3:00pm SASET East Drop-In Room</p> <p>11:00am – 1:00pm Outreach Nurse Nurse's Office/Shelter</p> <p>11:30am – 1:30pm RAAC Mobile Meeting Space</p> <p>1:00pm – 4:00pm Clinical Counselor West Drop-In Room</p>	

PESP =Pre-employment Supports Program
Xyolhemeylh = Fraser Valley Aboriginal Children and Family Services
PCRS = Pacific Community Resources Society

SASET = Sto:lo Aboriginal Skills and Employment Training
RAA = Rapid Access to Addiction Care

For appointments with any of these programs please contact Cheam Health Reception

2022 BC Summer Games Box Lacrosse

**Deadline to Apply
April 28, 2022**

**LOOKING FOR ATHLETES
All-Indigenous Team**



**hear life's
important
moments!**

**Quality
Assured**

1 Day FREE Hearing Screening Clinic

Free Hearing Aids Cleaning and Maintenance

Sign up at CheamHealth
Limited Appointments
(Ages -18 and uP)

Date: _____ June 1, 2022 _____

Day and Time: _____ 11am - 3pm _____

Clinic Location: CheamBandOffice _____

CARTER Hearing



Call today 604-392-9211

CHILLIWACK • HOPE • PRINCETON

TF: 844-234-6665 | PH: 604-392-9211 | carterhearing.ca

Laura Carter, RHIP.
Registered Hearing Instrument Practitioner
Owner



BRINGING CULTURALLY SAFE SERVICES TO YOU

Aboriginal Health Liaisons provide patients with positive health care experiences and culturally safe care. Liaisons support First Nations, Métis and Inuit patients to navigate the health care system, support safe transitions from hospital to home and connect with community services.

WHEN TO CALL:

- To refer First Nations, Métis and Inuit patients
- To ask questions regarding any aspect of the Aboriginal Health Services
- To help patients access services throughout the health care system

REFERRALS CAN BE MADE BY:

- Patients
- Family members
- Friends
- Health professionals

To contact an Aboriginal Health Liaison, call 1-866-766-6960

Hours of service: Monday – Friday from 8:30 am – 4:30 pm
(excluding holidays)

To contact a Wellness System Navigator from
First Nations Health Authority, call 604-743-0635

Seabird Island Pre-Employment Support Program Presents



OCCUPATIONAL FIRST AID LEVEL 1



Tuesday, May 10th & Wednesday, May 11th 2022
9am—3:30pm

Thursday, May 12th 2022 9:00am—4:30pm

Cheam First Nation Gym



**All Materials and Lunch
provided Daily**

- ◇ Injury Identification
- ◇ CPR & AED
- ◇ Emergency Situations



See PESP Caseworker to Register

Contact: 604-796-6535

This is open to Income Assistance clients living on Seabird Island, Squiala, Chawathil, Shxw'owhamel, Scowlitz, Cheam, Skwah, Spuzzum, Yale and Union Bar First Nations

This initiative is funded by
Department of Indigenous Services of
Canada (DISC)



Government
of Canada

Gouvernement
du Canada

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CHEAM
FIRST NATION

SPORTS NIGHTS

Join Us on Monday Nights from 5pm-8pm
for sports and games!

CHEAM FIRST NATION BAND OFFICE
52161 VICTOR DRIVE, ROSEDALE

Starting May 16th 2022!

If you have any questions contact Wayne at
wayne.douglas@cheamband.com

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Free Food Programs in Chilliwack

	Program Name	Program description	Hosting Organization(s)	Who this is for	How to access / contact
Pick Up	Starfish Backpack Program	Bi-weekly food hampers for families through the schools	Chwk Community Services, Chwk School District, Salvation Army	Families of school aged children in the Chilliwack School District (elementary to high school)	Through school staff Email Jane jane_ullyot@sd33.bc.ca
	Salvation Army Pantry	Self selection hamper program	Chilliwack Salvation Army	anyone	Walk in only, 45746 Yale Road Daily visits allowed M-F 10-12; 1-4
	Salvation Army Food Bank	Monthly hamper program	Chilliwack Salvation Army	anyone	Call for appointment M-F 9-12; 1-3 Main office 604 792 0001
	Food Closet	Basic dry food items up to 6X per calendar year	Sardis Community Church	Anyone living in Sardis	Walk in 45625 S Sumas Rd M-Th 8:30-2:30 Or call main office 604-858-7191
	Hands Up Chilliwack!	Meal kit ingredients, recipes, & virtual cooking demonstrations	Chilliwack Bowls of Hope Society	Families of school aged (elementary and high school) children (delivery available)	Agency or self referral Email Cindy cindy.waters@chilliwackbowlssofhope.com
	Cyrus Centre Youth Hampers	Bi-weekly food hampers for youth	Chilliwack Cyrus Centre (satellite location of the Salvation Army Foodbank)	Youth 24 years old and under	Walk in to register for the program during resource centre hours 12-8pm 7 days/week 45845 Wellington Ave
	Basics for Babies	Baby food, formula, and supplies	Sardis Doorway for Mothers and Children	infants & toddlers up to 6x per calendar year living in Sardis	Call or email Karin 604-819-6556 sardisdoorway@shaw.ca
	Meadow Rose Baby supplies	Baby food, formula and anything babies need	Meadow Rose Society	Children 3 and under, 2 visits per month	Walk in 45789 Spadina Ave T, W, Th 11-1 Or call 604-392-1133
	Chilliwack Community Cupboard	Food, clothing, and other household items available to Chilliwack families at no charge	Chilliwack Community Cupboard Society	Chilliwack families with children under the age of 19	Contact chilliwackcommunitycupboard@gmail.com or 604-845-3367
	Community Dinner	Dinner Take Out	Ruth and Naomi's Mission	Anyone	Open once a week: 9:30-11:30 Thursdays Walk in only 46129 Princess Ave 7 days/week 6-7pm
Delivery	Soup Kitchen	Lunch Take Out	Chilliwack Salvation Army	Adults only	Walk in only 45746 Yale Road M-F 12-1
	Feed the Children	Hot, nutritious lunch delivered to schools	Chilliwack Bowls of Hope Society	School aged (elementary and high school) students in need in Chilliwack Public School District	Speak to staff at your school so they can email Ted ted.kim@chilliwackbowlssofhope.com
	Cyrus Centre Youth Meals	Packaged meals (lunch, snacks and dinner; breakfast Tues & Thurs)	Chilliwack Cyrus Centre	Youth 24 years old and under	Walk in only 45845 Wellington Ave 7 days/week
	Seniors Grocery Program	Free groceries weekly to low-income seniors	Chilliwack & District Seniors Resources Society	Seniors	Agency or self referral Email Kelly director@cdsrs.ca
	Wilma's Transition Society	Hampers and meals (fresh and frozen options), other needs met	Wilma's Transition Society	anyone	Agency or self referral Call 604-824-0939 Ask for Erin

There are multiple funding partners supporting these programs, please contact individual programs for more details.

- There is also the Food Warehouse behind the Salvation Army in Chilliwack on Yale Road. Warren Schatz is the contact person. warrens@salvationarmychilliwack.ca.



QWÍ:QWELSTÓM DAY TREATMENT PROGRAM

May 3rd - July 12th 2022

**Time: 10:00 - 11:00 am
Tuesdays**

Register: Darren Charlie 604-824-3200

JOIN US ON



zoom

FIND US ONLINE:



FRASER EAST RAPID ACCESS TO
ADDICTIONS CARE

INDIGENOUS OUTREACH

Our team can provide a range of services to support you in your substance use journey.

- HARM REDUCTION SUPPLIES
- INDIVIDUAL & FAMILY COUNSELLING
- SUBSTANCE USE TREATMENT REFERRALS
- NALOXONE TRAINING
- GRIEF AND LOSS SUPPORT
- GROUP THERAPY
- RESOURCE NAVIGATION

Are you struggling with substance use? Or know someone that does? Are you wanting support but unsure how to reach out?



First Nations Health Authority
Health through wellness

Office Phone:
604-701-3660



fraserhealth

Better health. Best in health care

We recognize Fraser Health provides care on the unceded and traditional territories of the Coast Salish and Nlaka'pamux Nations

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CHEAM FIRST NATION Women's Wellness Support Group



Developing Personal Wellness is a weekly open group offered by Cheam Wellness Advocate, Corinne Stone to support women during the on-going COVID-19 restrictions and beyond.

This group meets every Wednesday from 11am-1:30pm in person in the Community Health Room (There will be an option to Zoom in for those unable to

Some of the areas we will explore are:

- * Self-Care
- * Mindfulness Practices
- * Setting Healthy Boundaries
- * Elders' Teachings
- * Crafts and Sewing
- * Beading
- * Workshops (on any needs the group may identify)
- * Visiting Elders/Knowledge Keepers and Ceremony
- * Basic Life Skills

Start Date: Thursday, May 4th, 2022 from 11:00 am to 1:30 pm, in person at the Band office in the Community Health room (by Health reception).

Please call 604-794-7927 or email corinne.stone@cheamband.com to sign up.

FIND US ONLINE:



QWÍ:QWÉLSTOM

MEN'S RESPECTFUL RELATIONSHIPS

TUESDAYS

MAY 3RD-JULY 5TH 2022

TIME: 1:30PM-3:00PM

Respectful Relationships is a 10 week Men's program. It offers information on how behavior affects our relationships.

JOIN US



zoom

**TO REGISTER CALL:
DARREN CHARLIE**

(604) 824-3200

Gain skills to
communicate as
our Elders would
say "In a good way"

- **Respect**
- **Honour**
- **Connection**

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NATIONS SKATE YOUTH CLINIC

Cheam First Nation

**JOIN US FOR A COMMUNITY
SKATEBOARDING CLINIC!**

***BOARDS PROVIDED**

Ages 5-11 @10:00am-12:00 noon

LUNCH SERVED FROM 12:00-1:00pm (ALL AGES)

Ages 12-17 @1:00pm-3:00pm

REGISTRATION AND INFORMATION

Email

ashley.douglas@cheamenterprises.ca
for more info and to register for program.



JOB OPPORTUNITY: Indigenous Food Stewardship Research Assistant

Seabird Island Indian Band (SIB) has partnered with Agriculture and Agri-Food Canada (AAFC) to work towards identifying key weed and insect threats and developing pest management strategies for Indigenous food plants.



Would you be excited to work towards collectively increasing our understanding of how to ensure traditional food security under contemporary ecological conditions? And being a part of returning practical cultivation knowledge to your community? Are you a high school, college, or university student interested in biology, agriculture, ecology, plant or soil science, and in gaining valuable work experience in field and lab settings? If so, we want to talk to you!



Caterpillar feeding on salmonberry



Summer 2021 Indigenous Students Rebekah, Jinxz, Kyle and Dana; working on the research project with Agriculture and Agri-Food Canada

Agriculture Canada is looking to hire an Indigenous Food Stewardship Research Assistant this summer to assist with research studies. Candidates must be returning to studies at a Canadian secondary or post-secondary institution to be eligible for employment. Work will take place on SIB lands, at the Agassiz Research and Development Centre, AAFC, and computer work can be done remotely from home (laptop provided).

For more information, please send an inquiry email and resume as soon as possible to research scientists Michelle Franklin michelle.franklin@agr.gc.ca and Jichul Bae jichul.bae@agr.gc.ca. Inquiries will be responded to in the order they are received, and interested students will be invited to apply through the Federal Student Work Exchange Program – Indigenous Student Recruitment Initiative.

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Cheam Youth Newsletter Carriers Wanted

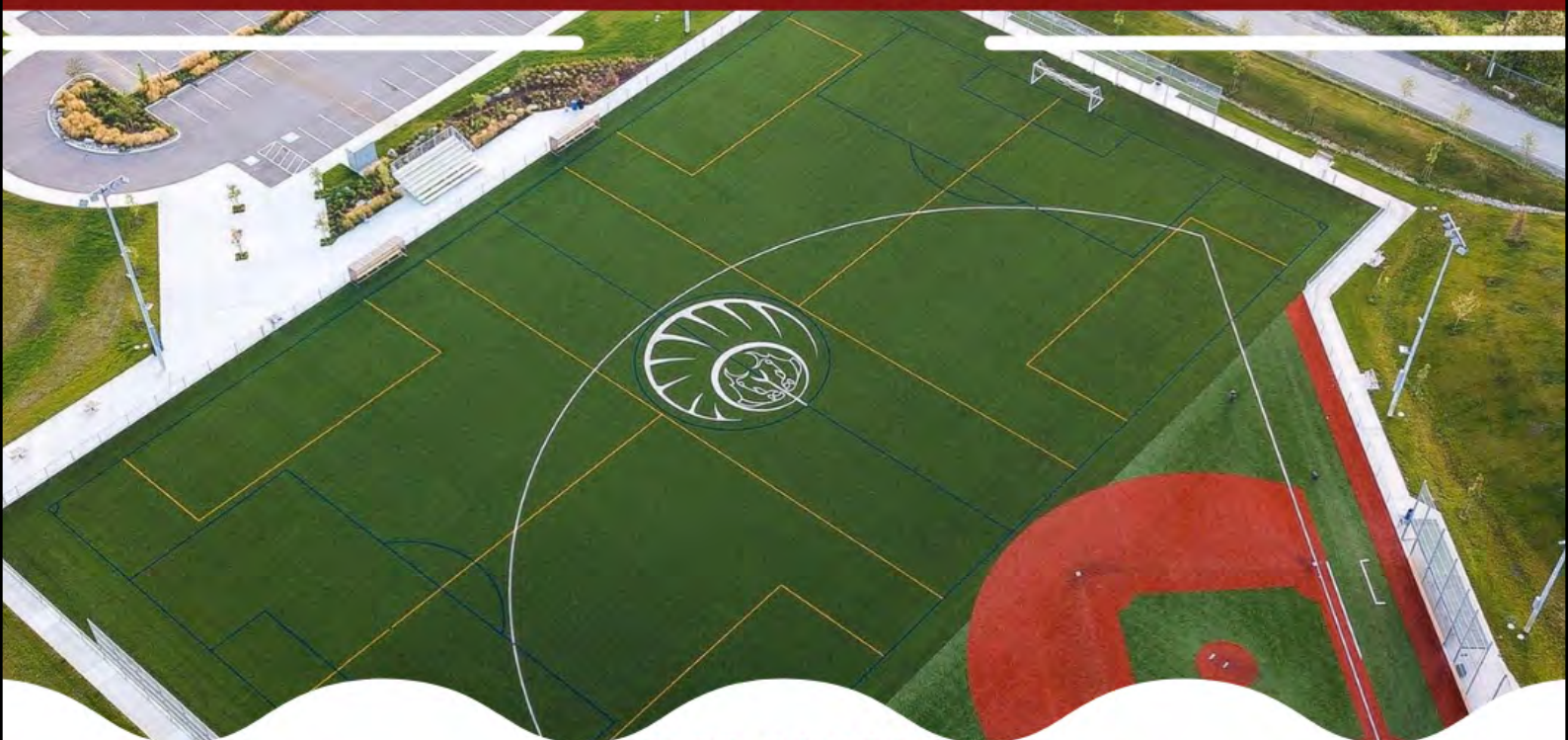
We are considering starting a community newsletter delivery service again for those that want it, and or do not have access to email.

We are looking to gather some names of youth in community that would be interested in delivering our newsletter and any other information when needed.

Please email your name and contact info to communications@cheamband.com or leave your information with Daphne at the Band Office.



CH'IAQTEL YOUTH SOCCER TOURNAMENT



MAY 28-29 2022 TZEACHTEN SPORTS FIELD

U5- \$100.00	U13- \$200.00
U7- \$100.00	U16- \$250.00
U10- \$200.00	U21- \$250.00

Contact Jennifer

jennifer@tzeachten.ca

All Indigenous Youth soccer players welcome



BC FIRST NATIONS FORESTRY COUNCIL'S

INDIGENOUS FORESTRY SCHOLARSHIP PROGRAM STUDY + WORK



LIMITED SEATS

APPLY NOW

Request an application at
workforce@forestrycouncil.ca



Indigenous Forestry Scholarship Program (IFSP) for
Indigenous students attending full-time studies in a
designated post-secondary program:

- Forestry Technician
- Natural Resources
- Environmental Technology
- Business Management
- Business Administration
- Geographic Information Systems
- Forestry Trades:
 - Construction Millwrights and Industrial Mechanics
 - Logging Machine Operator
 - Skidder Operator
 - Heavy-duty Mechanics

**Full scholarships include tuition, living expenses,
paid internship placement & mentorship.**

School term 2022/23 | Work placement May-August, 2023
provided by one of our many forestry partners.

TO APPLY, CONTACT:

☎ 604.971.3448 (ext. 4632)
✉ workforce@forestrycouncil.ca

BC FIRST NATIONS FORESTRY COUNCIL
669 Centre Street
Nanaimo, BC V9R 4Z5

forestrycouncil.ca

Request an application from either your local ISETP
office or at workforce@forestrycouncil.ca.

FIND US ONLINE:



Whatever you're
going through,
we're here for you.

"I never realized how easy it was to access support through an app on my phone. I accessed Foundry's app from the comfort of my bedroom and spoke with a counsellor the same day. I left my session with resources and a follow-up appointment with a primary care provider. For the first time in a long time, I feel hopeful."

- Youth accessing Foundry Virtual BC services.

Foundry Virtual BC

We offer free drop-in and scheduled counselling & peer support, primary care, employment support and groups for young people aged 12-24 across British Columbia.

All services are free and confidential, no referrals are needed.
We offer video, audio and chat options.

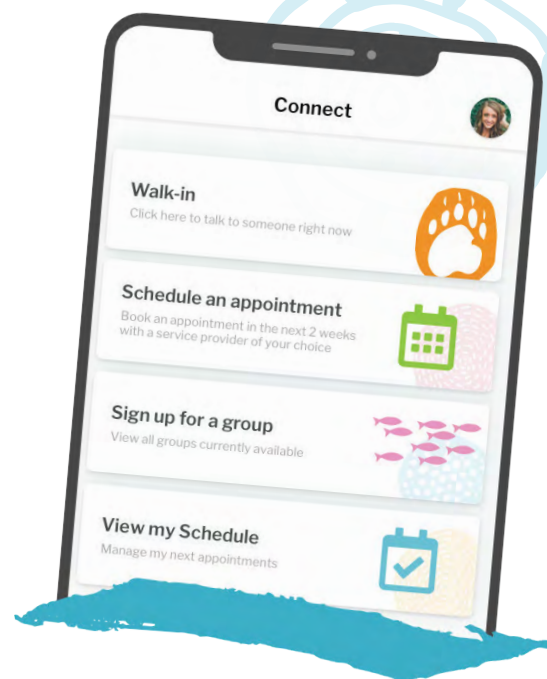
Drop-in services: Access same-day counselling and peer support.

Scheduled appointments: Book counselling or peer support appointments in advance.

Group sessions: Connect with peers, learn coping strategies and life skills.

Primary Care: Speak with a Nurse Practitioner about sexual health, medication, gender affirming care or other medical/health-related concerns.

Employment services: Explore employment opportunities, educational/certification programs or discuss other job or school-related options.



Download the App or
use in a browser

Hours: 7 days/week
1:00pm–9:00pm

Visit foundrybc.ca/virtual to learn more. If you don't have internet access you can contact us at **1-833-308-6379** or email online@foundrybc.ca



FIND US ONLINE:

WILD CRAFT FOODS PROGRAM

YOUR MISSION TO SUCCESS STARTS HERE!

The Wild Crafts Food (WILD) is a ten-week self-employment experience for indigenous youth who want to be entrepreneurs.

Who is Eligible?

- Living in British Columbia
- Unemployed or precariously employed
- Self-Identify as First Nations, Inuit or Metis
- Between the ages 15 & 29

What do you learn?

Indigenous Cultural Sessions | Entrepreneurship 101 | Personal and Business Financing | Marketing Regulations & Legal Requirements | & MUCH MORE!

Certificates Include:

WHMIS, First Aid, Orientation to HR, MCSC Completion & MORE!



**Apply Online
& Get Paid!**

[www.missioncsc.org/
wild-craft-foods-
program-youth](http://www.missioncsc.org/wild-craft-foods-program-youth)

Indigenous Cultural Sessions Include:



Holistic First Aid



Outdoor Activities



Cultural Support



Friday with an Elder

Canada

BRITISH
COLUMBIA

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

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April:
• 19th, 21st
• 26th, 28th
May:
• 2nd, 4th
• 9th, 11th

Come join us at our 4-week After School Soccer Camp with Coach Zachary Munroe

- **Ages 4-13 (over 13 welcome to assist coaching)**
- **Starting April 19th**
- **3:00-4:30pm**
- **April dates Tuesday/Thursday, May Dates Monday/Wednesday**
- **Location: Cheam Soccer Field, Rain or shine**

Please bring proper attire (cleats/indoors, shin pads, socks, comfy clothes, water bottle)

Register to cori.victor@cheamband.com



The voice of youth is the voice of change.

Put your experience,
values, and views about
health and wellness
into action.

Join the

Fraser Salish Youth Council



FRASER SALISH REGION
First Nations Health Authority

*Many fish,
same water...
your voice matters!*

Contact Katelyn.Moon@fnha.ca

FIND US ONLINE:



EMPLOYMENT OPPORTUNITIES



Come Work With Us at Cheam!

To apply to any of the jobs listed below, please visit our website, apply on [Indeed.ca](https://wwwIndeed.ca), or drop off your resume at the Band Office.

- **General Maintenance Worker (SASET)**
- **Reception/Office Support – On-Call/Casual**
We are looking for an On-Call/Casual office support person to act as the first point of contact representing Cheam First Nation. The position will be greeting, welcoming, and directing visitors appropriately; and managing telephone and mail systems.
Interested candidates can send their resumes to tasnia.buchanan@cheamband.com.
- **Social Development & Education Coordinator**
- **Watchman**

CHEAM JOB OPPORTUNITY - General Maintenance Worker (SASET)

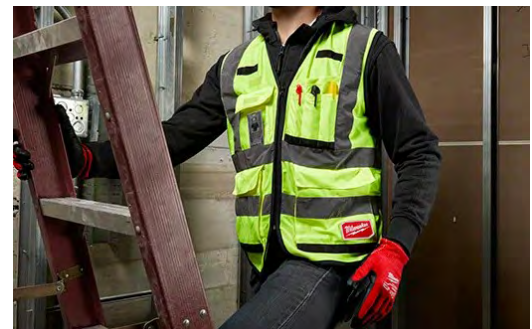
Under the direction of the Public Works Manager, the primary purpose of the Cheam Maintenance Worker is to conduct general grounds and building maintenance tasks for all Cheam public/common areas, community grounds, community buildings, water systems, wastewater systems, and Band Rental and Social Housing.

Please Note: This is a 1-year Full Time Opportunity.

Candidates must meet all SASET criteria to be considered for the position:

- Must be Aboriginal status/non-status, on/off reserve who resides within the SASET catchment
- 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

For more info please email tasnia.buchanan@cheamband.com or check out the link to [apply online here](#).



FIND US ONLINE:



SASET Employment Services At Cheam

Every Thursday from 9:00am-3:00pm

Are you looking for employment or training? Do you need assistance with your resume/cover letter, job search or are you just not sure where to start? We can help you! A SASET Employment Counsellor is here to assist you in taking the steps you need to gain skills to employment.

Sto: lo Aboriginal Skills & Employment Training (SASET) through Service Canada ISET funding provides employment services to under/un-employed Indigenous people who are status, non-status, on/off reserve and who reside in our catchment area which extends from Katzie/Langley to Boston Bar and the three communities of Samahquam, Skatin and Xa'xtsa, part of the Lower Stl'atl'imx Tribal Council, regardless of origin in Canada. Within SASET's catchment area there are 31 First Nations. Indigenous individuals can access services from any employment services location in the catchment area.

If you would like to book an appointment, please call 604-858-3691 or

Email: info@saset.ca. Or drop in on a Thursday to get started on your career goals today!

SASET Employment Counsellor can assist with the following and more!

Employment And Career Counselling	Career Research & Exploration	Education And Training Information
Interview Skills	Short & Long-Term Training Applications	Career Planning
Job Search Assistance	Labour Market Information	Job Postings
Resume/Cover Letter	Scholarships, Grants & Bursary Information	Basic Computer Skills

Canada

FIND US ONLINE:



NOW HIRING CAMP POSITIONS



We're seeking motivated individuals for a variety of camp positions available in Valemount, Clearwater and Blue River, BC.

- **General Helper**
- **Bakers Helper**
- **3rd (Breakfast) Cook**
- **Salad/Sandwich Maker**
- **Janitor**

**Positions are 20/10 OR 5/5 off rotations.
Full Time Positions**

APPLY TODAY!

Email - FrontecRecruitment@atco.com

ATCO

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Job Title: Traffic Control

Position Summary

Responsible for performing various hand duties including job site set up, tear down and safety around the job site including safe vehicular traffic control.



Experience Level

Entry - Senior

Primary Responsibilities and Duties

- Setup, maintain, and remove temporary work zones including warning signs, traffic cones, stop slow paddles, and rumble strips
- Communicate to ensure that automobiles and pedestrians do not interfere with or pose a danger to laborers and their projects.
- Maintain traffic controls in all assigned work zones and report any problems
- Responsible for understanding general work flow patterns in work zones and ensuring proper protocol and traffic requirements are followed and discussed with foreman/supervisor.
- Assist in the placement, moving and dismantling of signs, barricades, cones and other traffic control devices.
- Direct movement of traffic through site, using sign, hand and flag signals.
- Inform construction workers when approaching vehicle fails to heed signals to prevent accident and injury to workers.
- Inform drivers of detour routes through construction sites.

Job Title: Labourer Skilled

Position Summary

Assist skilled craft workers in performing their assigned duties. Performs tasks that require physical labor at construction sites must have the ability to perform a variety of duties.



Experience Level

Skilled

Primary Responsibilities and Duties

- Assist craftsman in setting up work as required.
- Follow instructions given by superintendents, foreman and other experienced crew.
- Perform all required duties with the first focus on safety.
- Responsible for keeping work areas clean and in orderly conditions.
- Read and understand warning signs, operating instructions for equipment, jobsite safety rules and jobsite policies.
- Learn to observe functioning of installed equipment or systems to determine hazards.



Job Title: Excavator Operator

Position Summary

Operate one or several types of power construction equipment to excavate, move and/or grade material.

Experience Level Skilled

Primary Responsibilities and Duties

- Operate a variety of vehicles and large heavy equipment while performing maintenance and repairs on roads and rights-of-way including loading, hauling and dumping on smooth to extremely rough surfaces.
- Load gravel, dirt and sand; smooth and grade roads; spread rock and gravel.
- Trench and construct ditches for installation of culverts, water pipes and sewer pipes; remove silt and debris.
- Knowledgeable of equipment in respect to checking and maintaining all fluid levels and lubrication.
- May be asked to instruct and train employees in the safe operation of construction equipment and tools and in job techniques and skills
- Inspecting equipment, structures, or materials to identify the cause of errors or other problems or defects.
- Estimating sizes, distances, and quantities; or determining time, costs, resources, or materials needed to perform a work activity.
- Inspect subordinate's work for compliance with the contract plans and specifications, point out deficiencies and explain and take any corrective action needed.



Job Title: Heavy Duty Mechanic - 5B

Position Summary

Maintains production and quality by ensuring operation of machinery and mechanical equipment

Experience Level

Intermediate

Primary Responsibilities and Duties

- Work independently or with industry specialists to trouble shoot/diagnose problems with production machinery.
- Set-up, run, troubleshoot, and tear down production machinery.
- Keep designated machinery in running condition.
- Minimize down time through effective PM procedures and management.
- Troubleshoot machinery errors during production times.
- Communicate issues with machines to production management when necessary.
- Work with Machine Operators to ensure machines are running safely and properly.



TRAINING OPPORTUNITIES



CONSTRUCTION READINESS TRAINING

Have you ever considered a career in Construction but not known how to get your foot in the door ? Construction offers good wages, good benefits and a team focused environment.

Trans Mountain Expansion Project Team 5B is hosting a 5 day Pipeline Construction Readiness Training Program for Individuals interested in pipeline construction job opportunities. If you have an interest in the following job categories: Welder Helper, Laborer, Heavy Equipment Operator, Haul or Rock Truck Driver, you should participate!

Course Components:

- ♦ Soft Skills/Career Support
- ♦ Ground Disturbance
- ♦ First Aid

May 16-20, 2022

Conference Room at the Hope & Area Recreation Center
1005 6th Ave

How to apply: Email KBTP.communications@kbtp.ca with the subject line: "Construction Readiness Training".

Please Note: Applicants must apply to attend training and must be a minimum of 18 years old. Applicants will be contacted with further details.



Team 5B includes:

- ♦ Kiewit & Bonatti TMEP Partnership
- ♦ Macro Projects Inc.



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

Wildlands Fire Fighting

MAY 9th, 2022

To apply:

**BOOK AN
APPOINTMENT
WITH AN
EMPLOYMENT
COUNSELLOR
TODAY BY
CONTACTING US
AT 604-858-3691
OR EMAIL
INFO@SASET.CA**

LUNCH, AND TRANSPORTATION SUPPORTS PROVIDED!

If you are an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 2-week full-time program
- Has an interest in Forest Fire Fighting

**If so... we are presently accepting applications
for this Free training opportunity. There are a
limited number of seats, so don't delay in
scheduling an appointment with your
Employment Counsellor!**

**Training will take place on-site at
7201 Vedder Road, Chilliwack, BC**

May 9—20, 2022

8:30am—4:30pm

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

Canada

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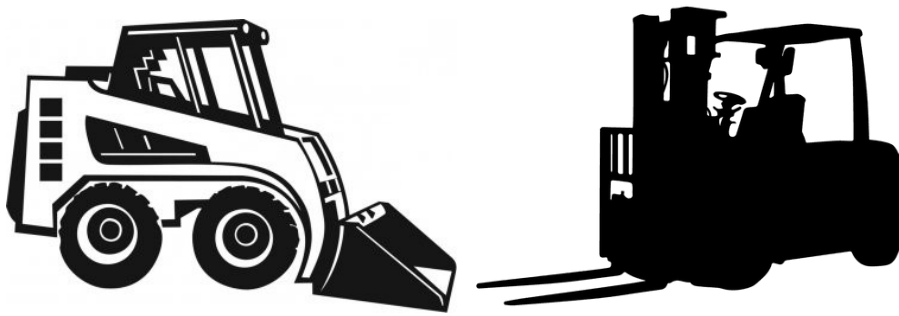
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Sto:lo Aboriginal Skills & Employment Training
is pleased to host the following program:

Warehouse Training



If you are an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 2-week full-time program
- Enjoys indoor and outdoor work in all types of weather

If so... we are presently accepting applications for this free training opportunity. There are a limited number of seats, so don't delay in scheduling an appointment with an Employment Counsellor today!

Training will take place at

2D—7201 Vedder Road, Chilliwack, BC

June 6—17, 2022

TO APPLY PLEASE CONTACT SASET:



1-888-845-4455



www.saset.ca



info@saset.ca



www.facebook.com/SASET.EAS



Program includes:

- First Aid
- WHMIS
- Scissor Lift
- Genie Boom Lift
- Forklift Training
- Power Pallet Jack
- Confined Space
- Fall Protection
- Scaffold & Ladder Safety
- Respiratory Protection
- Resume Writing
- And More!!!

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

Please visit
www.SASET.ca for
Employment
Assistance Service
hours & contact
information

Canada 

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**Carve your
own path.**

First Nations Fine Arts

Advanced Diploma • Diploma • Certificate

Freda Diesing School of Northwest Coast Art is the only school of its kind in Canada. Focusing on traditional Indigenous Northwest Coast art and instructed and mentored by world-renowned artists.

Northwest Community College is now Coast Mountain College.

FREDA  DIESING
SCHOOL OF NORTHWEST COAST ART

coast
mountain
college



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Stó:lō Aboriginal Skills & Employment Training
is Pleased to Offer:

Canada

TRAFFIC CONTROL PERSON TRAINING

Are you interested in pursuing a career as a flagger or traffic control person?

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

Are you unemployed or underemployed?

Are you willing to commit to two days 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:

Monday, May 16, 2022

PROGRAM END DATE:

Tuesday, May 17, 2022

CLASS TIME:

8:00 am to 4:00 pm

TRAINING WILL TAKE PLACE

ON-SITE AT:

2D—7201 Vedder Rd, Chilliwack BC V2R 4G5

SASET - Chilliwack Office

5B-7201 Vedder Road
Chilliwack, B.C.
Phone: 604-858-3691

Sts'ailes Employment Centre

4690 Salish Way
Agassiz, B.C.
Phone: 604-796-5536

Seabird Employment Centre

2895 Chowat Road
Agassiz, B.C.
Phone: 604-796-6865

For more information, contact us:



604-858-3691



www.saset.ca



info@saset.ca



www.facebook.com/SASET.EAS

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BRIDGE WATCH PROGRAM

Get certified for entry level employment in Canada's marine industry.

4-Weeks of Essential Skills Training in New Westminster

16-Weeks of technical training at BCIT

Fully funded for Indigenous Peoples - Status, Non-status, Métis or Inuit.

Start Date: Monday, May 16, 2022

Start your career at sea!



CALL TODAY! 604-251-7955
www.accessfutures.com



INDIGENOUS TOURISM BC



LET YOUR ANCESTORS BE YOUR GUIDE

FREE tourism training for Indigenous people

Learn Indigenous storytelling, how First Nations will lead tourism, how to be an empowered host, gain industry recognized certificates, and more.

Open to any Indigenous person interested in developing a career in tourism and hospitality. Participant supports available.

For More Information Contact:

ACCESS EMPLOYMENT SERVICES
604-251-7955



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B.C. WILDLIFE FEDERATION PRESENTS

Wetland & Stream Workshop



Chawathil, B.C.
May 12-15, 2022



**Scan to register
& learn more!**

Join the B.C. Wildlife Federation for 4 days for this hands-on wetlands and stream assessment training. Wetlands and streams are important for flood mitigation, water security & fish habitat!

Honorariums & per diems are available for participant compensation

Contact: Alyssa Purse, the Wetlands Education Program Manager
alyssa.purse@bcwf.bc.ca or 604-882-9988 ext. 239

This workshop is held
in partnership with:

This workshop is made possible with the financial support from the following organizations:



HEALTHY
WATERSHEDS
INITIATIVE



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Indigenous Community Planning

A MASTERS CONCENTRATION AT UBC'S
SCHOOL OF COMMUNITY AND REGIONAL PLANNING

Use of photo approved by Musqueam Indian Band (Courtesy of Lara Therrien Boulos)

Applications are open
November 01 – January 15!

*DESIGNED AND DELIVERED IN PARTNERSHIP WITH
MUSQUEAM INDIAN BAND.*

WHAT IS INDIGENOUS COMMUNITY PLANNING?

Indigenous Community Planning (ICP) is a concentration in SCARP's 2-year Masters of Community and Regional Planning (MCRP) program, which is accredited by planning institutions in both Canada and the USA.

ICP has been designated a Noteworthy Practice by the Planning Accreditation Board.

WHY ICP IS IMPORTANT

Planners specialize in identifying, assessing, and implementing solutions to today's community problems. Indigenous Community Planning trains a new generation of planners to break with the colonial legacy and culture of planning, to work in respectful partnership with Indigenous communities, centered on their priorities.

ICP attracts Indigenous and non-Indigenous students from a range of academic and professional backgrounds. We accept 10 students each year.

HOW ICP WORKS

The ICP Concentration:

- ✓ Teaches a blend of Indigenous Knowledge and Indigenous Planning with contemporary planning methods
- ✓ Offers education grounded in on-reserve learning, community experience, and knowledge sharing
- ✓ Immerses students in an 8-month practicum in a host First Nations community, supporting their own comprehensive community planning process.

JOIN US IF YOU SUPPORT THIS VISION!

The path to reconciliation starts with a people's right to plan their own future and live according to their values. Communities with ICP-supported plans are clear on their priorities and are prepared to move forward with partners towards common ground.

If this vision calls to you,
join the next generation of Indigenous Community Planners!

For more information:

- VISIT [SCARP.UBC.CA/ICP](https://scarp.ubc.ca/icp)
- CONTACT MAGGIE.LOW@UBC.CA





INDIGENOUS STUDENT RECRUITMENT INITIATIVE



facebook.com/CanadianAgriculture
twitter.com/AAFC_Canada
youtube.com/AgricultureCanadaEng
instagram.com/cdn_agriculture

The Indigenous Student Recruitment Initiative at Agriculture and Agri-Food Canada (AAFC) offers meaningful and rewarding employment to Indigenous university, college and high school students.



STUDENT EMPLOYMENT OPPORTUNITIES

Students can apply through:

- Federal Student Work Experience Program (FSWEP)
bit.ly/ISRI-FSWEP
- Co-operative Education and Internship Program
bit.ly/AAFC_RECRUITMENT
- Research Affiliate Program
bit.ly/PSC-RECRUITMENT



GRADUATE EMPLOYMENT OPPORTUNITIES

If you have completed a diploma, degree, graduate diploma, Master's degree or a PhD from a post-secondary institution, consider:

- Post-Secondary Recruitment
bit.ly/PS_RECRUITMENT
- Recruitment of Policy Leaders
bit.ly/POLICY_LEADERS

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT ISRI

aafc.isri-irea.aac@agr.gc.ca



BENEFITS OF WORKING AT AAFC

NETWORKING WITH PEERS

Students stay connected with each other through a monthly newsletter that includes:

- Important Indigenous dates and milestones
- AAFC employment opportunities
- Student surveys
- Stories from the Indigenous Network Circle employee community

STUDENT SUPPORT PROGRAM

In the work environment, student support is provided through:

- Training
- Indigenous Mentorship program
- Knowledge sharing activities

KEY STUDENT RESOURCES INCLUDE

- One-on-one and group coaching
- Access to Elder services
- Indigenous student advisors
- Advice and guidance
- Cultural awareness activities

CULTURE OF DIVERSITY, EQUITY AND INCLUSION

AAFC is committed to developing, supporting, and retaining a diverse, innovative and high-performing workforce. Students can support diversity, equity and inclusion through AAFC's various networks, including the Indigenous Network Circle.

© Her Majesty the Queen in Right of Canada, represented by the Minister of Agriculture and Agri-Food, (2022)
AAFC No. 13098B

Canada

Indigenous Tourism BC: CALL FOR KNOWLEDGE KEEPERS

ITBC is looking to build a list of Indigenous Knowledge Keepers to share with partners.

If your business works with an Elder, language speaker, storyteller, dancer, singer, drummer, land tour guide, artist, or plant medicine enthusiast, we invite you to add them to a list of reliable sources in our Stakeholder community for participation in a variety of upcoming projects.

The main benefit of your involvement in these stories and projects is increased global exposure for your Indigenous tourism operation. ITBC will also provide an honorarium based on the type of involvement.

[Sign up here](#)



INDIGENOUS TOURISM BC



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CALL FOR APPLICATIONS

Indigenous Screenwriting Workshop

Selected participants will have the opportunity to delve into story development and screenwriting in an online workshop setting, crafting their stories for the screen while also having the opportunity to network with fellow Indigenous creatives.



Eligibility Criteria:

- Identify as **Pałki-s*** (Indigenous Woman, Indigiqueer, Two-Spirit)
- Have a short or feature-length film idea that you would like to write
- Have access to a computer and internet
- Be available to participate in the program according to the dates outlined above

Online Session Dates:

Part 1: Starting the week of May 24th
for 6 weeks

Part 2: Starting the week of September 19
for 6 weeks

Deadline to Apply:

May 13th, 2022 Midnight PST

***Pałki-s** is from the Ktunaxa language, the traditional language of our program founder, Doreen Manu

VISIT **WWW.WOMENINFILM.CA** FOR MORE INFORMATION TO APPLY



INDIGENOUS
SCREEN
OFFICE



WOMEN IN FILM
AND TELEVISION
VANCOUVER

FIND US ONLINE:



SERVICE CANADA

READY TO HELP



We are ready to help Canadians through the COVID-19 outbreak. Find financial help during COVID-19: **[Covid-benefits.alpha.canada.ca/en/start](https://www.canada.ca/en/start)**



Canada COVID-19 App

A tool to help you track your symptoms, receive the latest updates on COVID-19, and access trusted resources.

EMPLOYMENT INSURANCE (EI) PROGRAM

We made temporary changes to the Employment Insurance (EI) program to better support Canadians looking for work. If you are eligible for EI benefits, you will receive a minimum taxable benefit at a rate of \$500 per week, or \$300 per week for extended parental benefits. If you are not eligible for EI, you may be eligible for the proposed new benefits:

- Canada Recovery Benefit (CRB)
- Canada Recovery Sickness Benefit (CRSB)
- Canada Recovery Caregiving Benefit (CRCB)

<https://bit.ly/368vygl>

1-800-206-7218

If you require assistance accessing services, please complete an **e-Service request** form at **Canada.ca/service-canada-e-service**. An agent will contact you within two business days to assist you or to schedule an appointment.

CANADA RECOVERY BENEFIT (CRB)

The CRB provides \$500 per week for up to 26 weeks for workers who have stopped working or had their income reduced by at least 50% due to COVID-19, and who are not eligible for Employment Insurance (EI). Applications will open on October 12.

<https://bit.ly/2IOUb5d>

1-833-966-2099

CANADA RECOVERY SICKNESS BENEFIT (CRSB)

The CRSB provides \$500 per week for up to a maximum of two weeks, for workers who:

- Are unable to work for at least 50% of the week because they contracted COVID-19.
- Are self-isolated for reasons related to COVID-19.
- Have underlying conditions, are undergoing treatments or have contracted other sicknesses that, in the opinion of a medical practitioner, nurse practitioner, person in authority, government or public health authority, would make them more susceptible to COVID-19.

<https://bit.ly/36zGjZH>

1-833-966-2099

CANADA RECOVERY CAREGIVING BENEFIT

The Canada Recovery Caregiving Benefit (CRCB) provides \$500 per week for up to 26 weeks per household for workers. The CRCB gives income support to employed and self-employed individuals who are unable to work because they must care for their child under 12 years old or a family member who needs supervised care.

<https://bit.ly/2F6YxXm>

1-833-966-2099

SOCIAL INSURANCE NUMBER

You can apply for your **Social Insurance Number (SIN)** online. Agents are available Monday to Friday, 8:30 am to 4:30 pm Canadian Local Time, except on statutory holidays.

<https://bit.ly/3mCINMK>

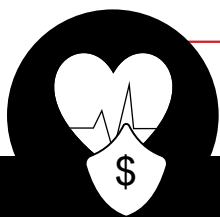
1-866-274-6627

Not sure if you need to repay the **Canada Emergency Response Benefit**? Go to **Canada.ca/repay-cerb** or call **1-833-966-2099**.

For a complete list of programs, services and resources available through the Government of Canada visit: **Canada.ca/coronavirus**

SERVICE CANADA

READY TO HELP — SENIORS



We are ready to help Canadians through the COVID-19 outbreak. Find financial help during COVID-19: **[Covid-benefits.alpha.canada.ca/en/start](https://covid-benefits.alpha.canada.ca/en/start)**



Canada COVID-19 App

A tool to help you track your symptoms, receive the latest updates on COVID-19, and access trusted resources.


EMPLOYMENT INSURANCE (EI) PROGRAM

We made temporary changes to the Employment Insurance (EI) program to better support Canadians looking for work.

If you are eligible for EI benefits, you will receive a minimum taxable benefit at a rate of \$500 per week, or \$300 per week for extended parental benefits. If you are not eligible for EI, you may be eligible for the proposed new benefits:

- Canada Recovery Benefit (CRB)
- Canada Recovery Sickness Benefit (CRSB)
- Canada Recovery Caregiving Benefit (CRCB)

 <https://bit.ly/368vygl>

 1-800-206-7218

If you require assistance accessing services, please complete an **e-Service request** form at **Canada.ca/service-canada-e-service**. An agent will contact you within two business days to assist you or to schedule an appointment.

UNITED WAY


We are contributing \$9 million through United Way Canada for local organizations to support practical services to Canadian seniors. These services could include the delivery of groceries, medications, or other needed items, or personal outreach to assess individuals' needs and connect them to community supports.

 unitedway.ca/how-we-help/find-your-uwc/

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 <https://bit.ly/3mCINMK>

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For a complete list of programs, services and resources available through the Government of Canada visit: **Canada.ca/coronavirus**

SERVICE CANADA

READY TO HELP — YOUTH



We are ready to help Canadians through the COVID-19 outbreak. Find financial help during COVID-19: **[Covid-benefits.alpha.canada.ca/en/start](https://covid-benefits.alpha.canada.ca/en/start)**



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<https://bit.ly/368vygl> 1-800-206-7218

If you require assistance accessing services, please complete an **e-Service request** form at Canada.ca/service-canada-e-service. An agent will contact you within two business days to assist you or to schedule an appointment.

MENTAL HEALTH SUPPORT

We are giving \$7.5 million in funding to Kids Help Phone to provide young people with the mental health support they need during this difficult time.

Kidshelpphone.ca 1-800-668-6868

JOBS AND OPPORTUNITIES

We are expanding existing federal employment, skills development, and youth programming to help students find employment and develop valuable skills this summer and over the coming months. Learn more about youth programs:

<https://bit.ly/2YWXcd9>

SOCIAL INSURANCE NUMBER

You can apply for your **Social Insurance Number (SIN)** online.

Agents are available Monday to Friday, 8:30 am to 4:30 pm Canadian Local Time, except on statutory holidays.

<https://bit.ly/3mCINMK> 1-866-274-6627

Not sure if you need to repay the **Canada Emergency Response Benefit**? Go to Canada.ca/repay-cerb or call **1-833-966-2099**.

For a complete list of programs, services and resources available through the Government of Canada visit: Canada.ca/coronavirus

CHEAM FIRST NATION FORMS



DO NOT WRITE IN THIS SPACE

ENROLLMENT APPLICATION FOR GROUP BENEFITS



CLIENT — Please complete Parts 2 and 4 of this application and only complete Part 3, if applicable.

PLAN ADMINISTRATORS — Please complete Part 1 of this application.

Please complete form electronically or print clearly in **INK**. Sign, date and submit your application to your Plan Administrator as soon as possible.

☐ New Client ☐ Reinstatement

PART 1 — PLAN ADMINISTRATOR

Policy number 40000	Name of company/organization First Nations Health Authority	Status number
Effective date (mm-dd-yyyy)	Class	Employment type Client
		Hours per week 0

If we have questions, how can we contact you? Telephone: 1 855 550-5454, press "2," then "1" Email: hb.eligibility@fnha.ca

PART 2 — CLIENT/DEPENDENT INFORMATION

Legal first name	Preferred name	Middle initial	Last name	Birthdate (mm-dd-yyyy)	Sex <input type="checkbox"/> M <input type="checkbox"/> F
Street address		City		Province	Postal code
Email address					

For children who have not yet received their own status number, please provide the information requested in the table below.

LEGAL FIRST NAME	PREFERRED NAME	MIDDLE INITIAL	LAST NAME	BIRTHDATE (MM-DD-YYYY)	SEX
First child					<input type="checkbox"/> M <input type="checkbox"/> F
Second child					<input type="checkbox"/> M <input type="checkbox"/> F

PART 3 — CO-ORDINATION OF BENEFITS

If you or any of your dependents have coverage under another plan, please indicate the following:

Name of Insurance company	Group Policy Number	ID or certificate number
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PART 4 — CLIENT SIGNATURE

I agree to the conditions of my benefit plan between First Nations Health Authority (FNHA) and Pacific Blue Cross. I confirm that the information I have provided is true and complete.

If I should receive a settlement or a judgement against a liable third party for wage loss or benefits covered under my group plan, I agree to and authorize the third party to reimburse Pacific Blue Cross up to the amount advanced to me pending such settlement or judgement.

I consent to Pacific Blue Cross collecting, using and disclosing my personal information where reasonably necessary for the purposes of my enrollment or coverage under this group plan. I consent to the disclosure of my personal information to agents and representatives of Pacific Blue Cross and other providers/insurers and their agents and representatives for the purposes of assessing and providing benefits coverage. I also consent to the disclosure of my personal information to my plan administrator when required or permitted by law or by contract between Pacific Blue Cross and FNHA; and to the retention, use and disclosure of my personal information in accordance with the Pacific Blue Cross privacy policy.

The privacy policy is available online at pac.bluecross.ca or by calling Pacific Blue Cross at 604 419-2000.

Client's signature X	Date (mm-dd-yyyy)
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FNHA CLIENTS:



MAIL YOUR APPLICATION

First Nations Health Authority,
Health Benefits Department
501 – 100 Park Royal South
West Vancouver, BC V6B 4E1



FAX

1 888 299-9222



Social Assistance Cheque Schedule 2022

Cheque	Renewals Due By:	Ck. Release Date	Mid-Month 2
January 2022	December 15, 2021	December 31, 2022	January 14, 2022
February 2022	January 14, 2022	February 1, 2022	February 15, 2022
March 2022	February 15, 2022	March 1, 2022	March 15, 2022
April 2022	March 15, 2022	April 1, 2022	April 14, 2022
May 2022	April 14, 2022	April 29, 2022	May 13, 2022
June 2022	May 13, 2022	June 1, 2022	June 15, 2022
July 2022	June 15, 2022	June 30, 2022	July 15, 2022
August 2022	July 15, 2022	July 29, 2022	August 15, 2022
September 2022	August 15, 2022	September 1, 2022	September 15, 2022
October 2022	September 15, 2022	September 30, 2022	October 14, 2022
November 2022	October 14, 2022	November 1, 2022	November 15, 2022
December 2022	November 14, 2022	December 1, 2022	December 15, 2022

