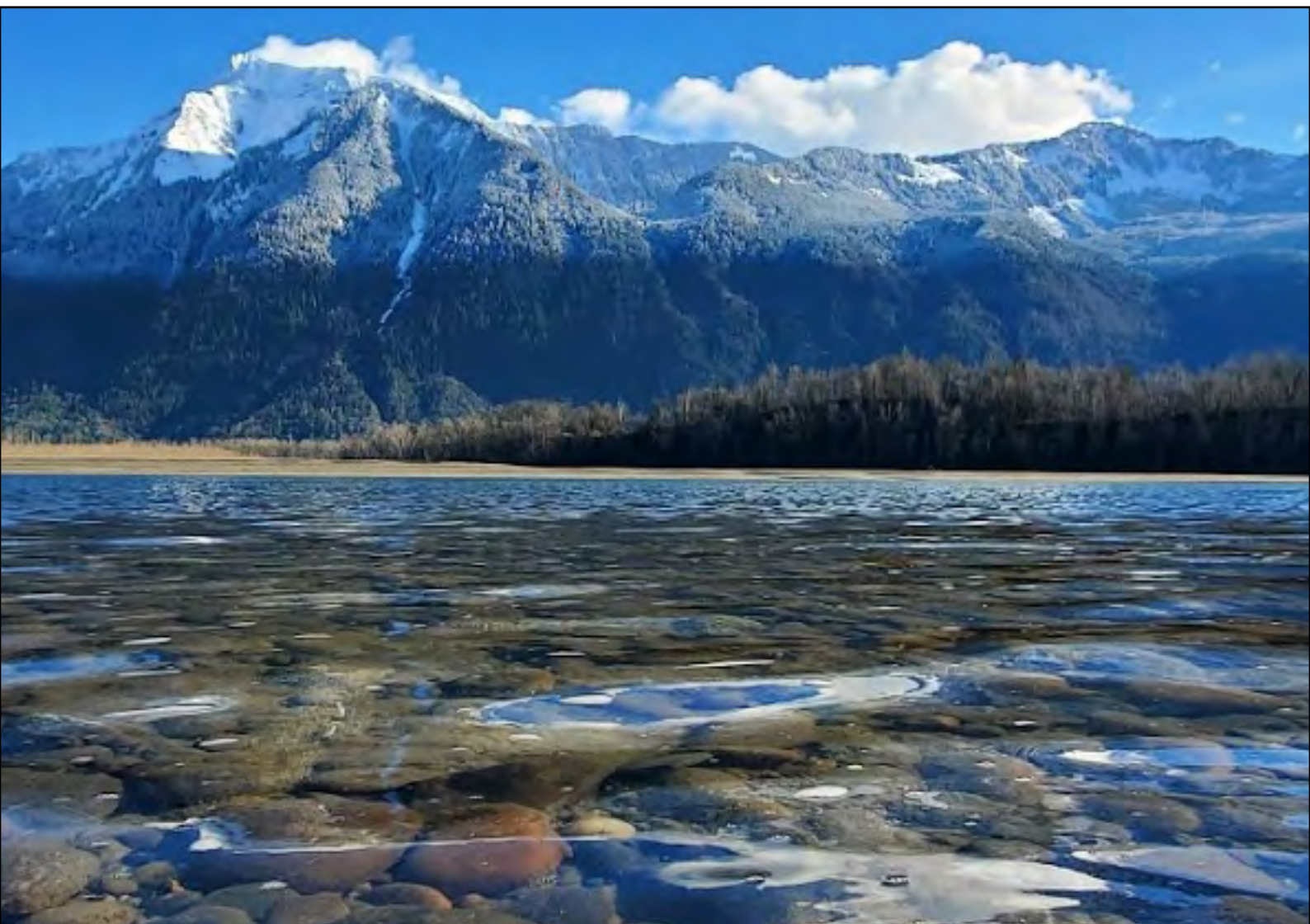




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: June 3, 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

NEWSLETTER DELIVERY TO RESUME!

We've heard your feedback and are happy to announce that starting on the next newsletter (June 3/4) we will be utilizing community members/youth to deliver door to door on all 3 Cheam reservation neighborhoods. The first home delivery will include a survey sheet for you to fill out (on the back page) letting us know how you prefer you newsletter delivered (by hand or by email). Every survey returned will be entered into a draw to win gift cards. We want to ensure that everyone has equal access to Cheam news, programs and offers regardless of owning a computer or a cell phone. A digital copy and previous issues are [on our website](#).



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!

SAVE THE DATE - UPCOMING EVENTS!



JUNE 9, 2022 AT 3-6pm Pelólxw Fishers Gathering - [Event Page](#)

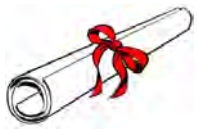
Join us for night of sharing our fishing knowledge, and charting our sites on a map in order to help share trends and protect our fishing grounds. We will have information on Aquatic Habitat Restoration & representation from the Lower Fraser River Fishing Alliance. Enjoy a salmon dinner, and win prizes.

For more information please contact Ernie Victor at ernie.victor@cheamenterprises.ca



June 12, 2022 2-8pm Cheam Enterprises Open House & Salmon BBQ [Event Page](#)

This multipart event starts in the gym with tables showcasing our important projects such as Land Reclamation, Environmental/Animal Protection, Gondola project etc. with opportunities to provide feedback, ask questions and win prizes. We will then enjoy a salmon BBQ and a fire. For more information please contact harmony.poisson@cheamband.com



June 16, 2022 Cheam Annual Education Awards [Event Page](#)

Let's come together to acknowledge and celebrate the hard work and determination of the students from our Community in what was an especially challenging school year.

For more information please contact sarah.aleck@cheamband.com



June 23, 2022 3-6pm Cheam Gondola Gathering [Event Page](#)

An invitation for the Cheam Community to learn about all the different components of the Cascade Skyline Gondola Project broken down into different tables and activities. Give your feedback, ask questions, enjoy a salmon dinner, and win prizes for your participation. For more information please contact harmony.poisson@cheamband.com

BE BEAR AWARE IN OUR COMMUNITY AND IN THE WILD!

If you encounter a bear:

- **Stay calm**

If the bear sees you, talk in a low, calm voice and then regardless if it has seen you or not.

- **Back up slowly**

Never turn your back on a bear, or run. Running could trigger an attack.

- **Do not stare**

The bear will see a direct stare as a challenge.

- **Give it space**

Make sure it has a way to get away, and that you are not blocking access to a bear's cubs or its food.

If a bear approaches you or charges:

- **Do not run!** Use your bear spray as it approaches

[*Make sure you know how to use bear spray \[video, 8 min\]*](#)



Call BC Conservation 1-877-952-7277



XWCHÍYÒ:M

CHEAM FIRST NATION

Cheam's participation in the First Nations Drinking Water Class Action Lawsuit Settlement

This Class Action Lawsuit is pertaining to Canada's failure to ensure clean, safe drinking water within First Nation Communities. Fifty (50) First Nations across Canada participated in a National Class Action Lawsuit and won support from the Courts directing Canada to pay compensation to those who suffered from a lack of access to clean drinking water.

Cheam First Nation joined the Class Action in June 2021 as we were subject to long-term boil water advisories from October 2011 to October 2012 and November 2013 to November 2014. Members and non-members (with Status Cards) living in the Community during the boil water advisories can and will be included in the Class Action.

Council has directed staff to compile and submit a list of Members and non-members (with Status Cards) that lived in the Community during the years of the boil water advisories. **To confirm that you have been included in the Class Action Lawsuit and/or to update your contact information, please connect Catana Tommy at 604-794-7924 or via email at catana.tommy@cheamband.com by June 30, 2022.**

Once the list has been submitted, the First Nations Drinking Water Administrator will contact you directly to collect additional information such as banking information, Status Card Number, current address, etc. All individual financial compensation awarded will be sent to you, directly.

If you suffered specific injuries due to the boil water advisory, you may also submit a specific claim for compensation. To submit the Specific Claim, please log onto <https://firstnationsdrinkingwater.ca/> and click on claims. All Specific Claims must be filed and received by the First Nations Drinking Water Administrator by March 7, 2023.

For any additional information on the Class Action Lawsuit, please log onto <https://firstnationsdrinkingwater.ca/> or call 1-833-252-4220.



**First Nations
Drinking Water
SETTLEMENT**

Call 1-833-265-7589 or visit
firstnationsdrinkingwater.ca for more information.



CALL FOR CULTURAL WORKS:

Cheam First Nation is looking for artists, craftsmen/craftswomen, singers, cultural and contemporary dancers, comedians and other performers for our June 18th Aboriginal Peoples Day celebration.



Arts & crafts tables will be sold for \$20, performers will be commissioned.

Please send a description of your work, availability on the date, and estimate for commission to Corinne.Stone@cheamband.com.

JUNE 18TH

CELEBRATIONS: 10AM-3PM

MARKET TABLES: 12PM-3PM

FIND US ONLINE:

CALL TO COMMUNITY:

We are seeking Elders and knowledge keepers to share cultural teachings and history at Cheam's Indigenous People's Day celebrations on June 18th.

We would love if the community could assist with the following:

- Skills such as preparing fish or cedar braiding
- Teachings of medicine's or other items important to Cheam
- Teachings of current and past Elders and their importance to the community

Please contact Corinne.Stone@CheamBand.com if you would like to support this work.

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CHEAM ELDERS CORNER

Survey for Maintenance Services for Elders On-Reserve

What age is an Elder? (Circle one)

- 55 years old
- 60 years old
- 65+ years old

Are you aware of the services from Better at Home services which is available to the surrounding FN communities in Sto: lo Territory? (Circle One)

- Yes
- No

If you are familiar with the program, what types of services have you utilize from Better at Home services provided by Seabird Island crew: (circle the ones you use)?

- Yard work
- Transportation for daily activities
- Light housekeeping
- Minor home repairs
- Snow shovelling

If you were denied services but require maintenance help, what type of service would you require? (circle any)

- Yard work i.e., cutting grass, raking grass, light pruning of brush around the house
- Minor home repairs i.e., gutters cleaning, furnace filters replacement, dryer lint removal
- Snow shovelling and de-icing walkway

CHEAM ELDERS PLEASE RETURN THE SURVEY BY June 17, 2022 FOR A CHANCE TO WIN A PRIZE
(paper copies can be picked up at Band Office or answers can be emailed to lydia.archie@cheamband.com)

Tem'elile May 20 - June 17
Salmonberry time

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.

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



<u>Upcoming Birthdays</u>	<u>Birthdate</u>
JOHN THEODORE VARGA	JUNE 3
EUGENE MURPHY	JUNE 17
JUNE QUIPP	JUNE 17
ERNEST WALTER CREY	JUNE 21
MARY AGNES VAN IEPEREN	JUNE 22
VINCENT P. DOUGLAS	JUNE 24

FIND US ONLINE:

CHEAM ELDERS CORNER

Residential School Memorial Grant

On Wednesday, May 25th the Elders met and formed their first working group pertaining to the Residential School Memorial grant. This funding is to support a memorial and healing are within the Community. A few of the suggestions that were brought forward from the Elders that attended the working group were for:

- A Pit House and Healing Garden;
- Art installations;
- A House Post; or
- A Memorial Bench

As there is not enough funding to support all of the suggestions, the Elders have requested your assistance on how to use this funding and hope that you would please take a moment to provide comments to the following questions?

1. Do you feel that the Residential School Memorial Grant funding should be expanded to incorporate all those that we have lost due to Addiction, the 60's Scoop, Missing and Murdered Indigenous Women and Girls, and Children in Care?
2. If you were to select one, which would be a priority for you:
 - A Memorial Bench;
 - Art Installations;
 - A House Post; or
 - A Pit House Surrounded by a Healing Garden.
3. Do you have any other suggestions on what the funds could be used for?
4. Would you be interested in submitting artwork or a conceptual drawing?
5. If there were to be a Healing Garden, House Post, Art Installation, or Memorial Bench where would you like to see it placed in the Community?



Please drop off your comments to Daphne or email them to catana.tommy@cheamband.com
On behalf of the Elder's, we appreciate all of your comments and suggestions.

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**



HEALTH & WELLNESS NOTICES/UPDATES



Health and Wellness Service Matrix

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

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

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

FIND US ONLINE:

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CHILLIWACK ADDICTIONS AND
PREVENTION SERVICES

OUTDOOR EVENT, WEATHER PERMITTING

INDIGENOUS WELLNESS RECONNECTION EVENT

Chilliwack Community

JOIN US & RECONNECT WITH LOCAL
SERVICES IN OUR COMMUNITY.

COVID RESTRICTIONS WERE TOUGH ON
EVERYONE, BUT WITH RESTRICTIONS
LIFTING, CHILLIWACK'S SERVICES ARE BACK
ON TRACK AND READY TO PROVIDE ON-
HAND SUPPORT TO OUR COMMUNITY.

**JUNE 17TH 2022
CHILLIWACK CENTRAL PARK
11AM - 3PM**

MORE INFORMATION AT: INDIGENOUS WELLNESS PROGRAM
SEAN (236) 522-1434 OR
CASEY (604) 316-0024



PCRS
Thriving, healthy communities

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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

FREE FOOD PROGRAMS IN CHILLIWACK



Last Updated November 2021



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@chilliwackbowlssofhopecom
	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@chilliwackbowlssofhopecom
	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.

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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
ON**



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**

FIND US ONLINE:



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FRASER SALISH REGION

First Nations Health Authority

Wellness Supports

HEALTH CARE

FNHA Virtual Doctor of the Day

1-855-344-3800

Prescription refills, access medical support and Virtual Substance Use and Psychiatry Service.

7 days a week from 8:30am – 4:30 pm

FNHA Health Benefits

1-855-550-5454

Access health benefits such as: pharmacy, pregnancy and infant care, medical supplies and medical transportation. Can also put individuals in touch with mental health providers for counselling.

HEALTH AND WELLNESS

Shares teachings about respecting tobacco and use through a traditional lens. Tools and support to help individuals on their road to being vape and smoke free.

Terrence Pierre: Tobacco Cessation and Reduction

Terrence.Pierre@fnha.ca

Administrative support for response and action to combat the COVID-19 Pandemic within communities. Tracks data on positive cases and supports vaccine clinics.

Jacob Kortenbach: Pandemic Response Coordinator

Jacob.Kortenbach@fnha.ca

MENTAL HEALTH AND WELLNESS

Navigation of services including treatment, harm reduction, virtual psychiatry services, counselling, and/or traditional wellness.

Sierra Kortenbach: Regional Mental Health and Wellness Liaison

Sierra.Kortenbach@fnha.ca

Tracey Jirak: Harm Reduction Educator

Tracey.Jirak@fnha.ca

Mehrdad Ghafouri: Harm Reduction Educator

Mehrdad.Ghafouri@fnha.ca

Leah Brody: Regional Addictions Specialist

Leah.Brody@fnha.ca

COMMUNITY WELLNESS INITIATIVES FACILITATORS

Healthy living activities to support the health and wellness of individuals, families and communities.

Nadine Mross:

Nadine.Mross@fnha.ca

Jennifer Heaven:

Jennifer.Heaven@fnha.ca

WELLNESS SYSTEMS NAVIGATORS

Assist individuals to navigate the health care system, connect to and access services and link with appropriate health, wellness and social services.

Marilyn Dalton:

Marilyn.Dalton@fnha.ca

Nardia Brown:

Nardia.Brown@fnha.ca

Jennifer Kazun (Charchun): Children, Youth and Families

Jennifer.Charchun@fnha.ca

Kegan Madeira:

Kegan.Madeira@fnha.ca

WELLNESS SYSTEMS QUALITY CARE COORDINATOR

Works with individuals to bring forward stories or experiences that require attention. Connects to resources to support healing through transparent and accountable documentation and resolution of issues.

Deanna Rabeneck:

Deanna.Rabeneck@fnha.ca

FNHA SYSTEM SUPPORT LINE systems.support@fnha.ca

604-743-0635

MENTAL HEALTH AND CRISIS SUPPORT LINES

Indian Residential School Survivors Society:

1-604-985-4464 or toll-free 1-800-721-0066

KUU-US Crisis Line Society: 1-800-588-8717 Indigenous crisis line in BC. Available 24 hours a day

Tsow-Tun Le Lum Society: 1-888-403-3123

For counselling and cultural support

Indigenous Text Line

Text "First Nations" "Metis" or "Inuit" to:
68 68 68 (youth) or;
741 741 (adults)

Hope for Wellness Line

1-855-242-3310 or;
online chat at:
chat.fn-i-hopeforwellness.ca

Suicide Prevention Center

1-800-SUICIDE

Mental Health Support Line

310-6789 (no area code)

FIND US ONLINE:





2022 High School Grads: this contest is for you!

We want to give away something special to honor the 2022 graduates, so here's your chance to win one of 3 \$150 gift cards to Victoria Scott photography to capture photos of your special day or any other special moment in your life.

Read something great lately? Have a favourite author or genre everyone should know about? We want to hear about it! Write us approx. 250 words and be sure to include your name, number, email and home library.

Prize consists of 1 of 3 gift certificates for Victoria Scott photography <https://www.victoriascott.photography/portfolio>. Contest runs from Tuesday, May 17, 2022 to Wednesday, June 15, 2022. Open to any grade 12 graduate residing within the Chilliwack area excluding FVRL employees or directors. Chances of winning depend on number of entries received. Winners will randomly be selected on Thursday, June 16, 2022 and will be contacted by phone. and can pick up their prize from the Chilliwack, Sardis or Yarrow library. Winners forfeits unclaimed prize after 1 month. Prize is non-transferable. Limit of 1 entry per person, no purchase necessary.

DMA 2022 UBC In-person Summer Tech Camps **Indigenous Scholarships!**



More than 40 + camp courses in Seven Career Pathways

- Computer Science + AI
- Business + Entrepreneurship
- Music Production
- Creative Design
- Game Development
- Digital Storytelling
- Robotics + Engineering

July 4th - 29th

Age 9-18

Small classes

One week camp

ISTE Curriculum Gold Standard

Learn cutting-edge digital technologies

8 levels after-camp classes, university portfolio ready

Black-chain tech digital credential

World-class campus experiences

Friday showcase



Scan for more info. or APPLY



SCAN ME



Digital Media Academy

info@digitalmediaacademy.org

+1 (866) - 526 - 6854

<https://halfmoonedu.com/ubc>



National Indigenous Peoples Day 2022 Writing and/or Art Contest

For All Indigenous Children and Youth in BC!

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

In honor of National Indigenous Peoples Day, Xyólheméylh is asking all Indigenous Children and Youth in BC:

"What Does Being Indigenous Mean to You?"

Express your thoughts in writing (maximum one page, single spaced) and/or in art.

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

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

Please submit entries by **June 8, 2022 at 4:30pm** to:
info@xyolhemeylh.bc.ca with your name, age, telephone number and address. Winners will be chosen by a panel consisting of Xyólheméylh's Board of Directors and Elders Advisory Committee. We will post the winners in a media release, social media, in our newsletter and in our Annual Report. Have Fun!

Fraser Valley Aboriginal Children & Family Services Society
www.fvacfss.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.

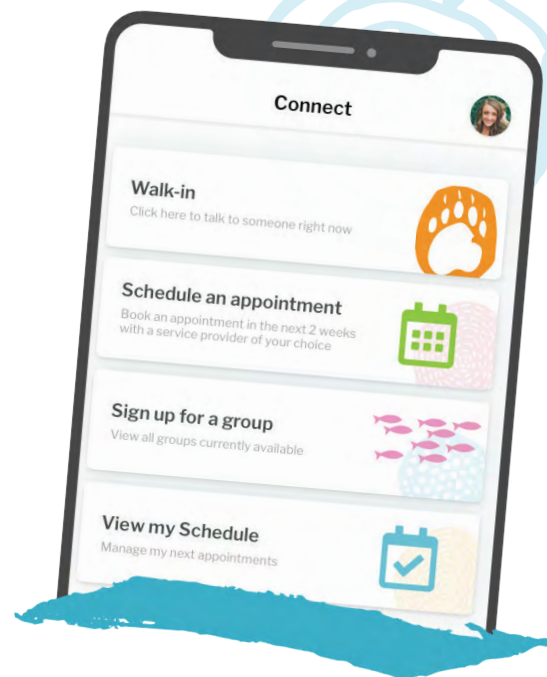
Drop-in services: Access same-day counselling and peer support.

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:



Stò:lō Aboriginal Skills & Employment Training

Bldg #5A – 7201 Vedder Road, Chilliwack, B.C. Canada V2R 4G5
Tel: (604) 858-3691 or toll-free 1-888-845-4455 Fax: (604) 858-3528
E-mail: info@saset.ca

YOUTH TRADES PARTICIPANTS (12 POSITIONS) **YOUTH IN TRADES - SUMMER STUDENT PROGRAM**

Stò:lō Aboriginal Skills and Employment Training (SASET), requires the services of Twelve (12) **Youth In Trades Participants**. Pursuant to section 41 of the BC Human Rights Code, preference may be given to applicants of Aboriginal ancestry. Please self-identify on your cover letter or resume.

The Youth Trades program will provide an opportunity for Indigenous youth to explore the **Trades and Apprenticeship Sector**. Successful applicants will gain hands-on experience in the Culinary, Automotive, Welding, and Construction/Electrical trades. Participants will create a project in each trade and share their experiences on a weekly basis. Participants will also learn about the high school apprenticeship program, trades training institutions, trades initiatives, and work ethics. The Youth Trades Participants will report to the Youth Trades Program Coordinator.

QUALIFICATIONS/REQUIREMENTS:

- As per funding requirements, applicants must be Indigenous youth 15 and over & returning to Secondary School.
- Must be currently enrolled full-time in High School and have participated in full-time schooling over the past year.
- Must also be returning to High School in the upcoming academic year
- Must be interested in exploring the Trades Sector.
- List a reliable Transportation Source to ensure you can get to work every day.
- Be punctual, prepared and ready to work each day.
- Maintain a positive attitude and display respect for fellow employees, coordinators, facilitators, and the property of others.
- Hold or obtain a Social Insurance Number before the start of the program.
- Must not have another full-time summer job.
- Must commit to full attendance for the length of program.
- A wait list will be established.
- Each applicant must submit a cover letter and resume

WAGE RANGE:

\$15.65 per hour

TYPE OF POSITION:

Full-time summer position. Position is subject to performance evaluations, full-time attendance to entire program is a pre-requisite.

APPLICATIONS DEADLINE:

4:00 PM, FRIDAY, JUNE 17TH, 2022

Candidates will be screened according to the qualifications/requirements. Interested candidates are required to submit a resume and cover letter. Please include position title on subject line:

YOUTH IN TRADES - SUMMER STUDENT PROGRAM

Stò:lō Aboriginal Skills and Employment Training
Bldg. #5A – 7201 Vedder Road
Chilliwack, BC, V2R 4G5
Email: amber.smith@saset.ca
Attention Amber Smith
Fax: (604) 858-3528

For information about this and other employment opportunities, visit www.stolonation.bc.ca

We regret that we will only respond to those applicants chosen for an interview. We thank all applicants for their interest.

CEBL VAN VALLEY Perfect Lens

BC BASKETBALL FESTIVAL

JUNE 18, 2022

LANGLEY EVENTS CENTRE

ISPARC
Indigenous Sport,
Physical Activity & Recreation Council

BASKETBALL FUNDAMENTALS CAMP

LEARN AND DEVELOP BASKETBALL SKILLS FOR ALL AGES

GRADES 1-3, 4-6, 7-9, 10-12

INCLUDES TICKETS TO
FRASER VALLEY BANDITS GAME (JUNE 18)

SCAN TO REGISTER

REGISTRATION REQUIRED (FREE)

BRITISH COLUMBIA CANADA BASKETBALL Langley Events Centre BASKETBALL BC



BC BASKETBALL FESTIVAL

JUNE 18-19, 2022

LANGLEY EVENTS CENTRE

ISPARC
Indigenous Sport,
Physical Activity & Recreation Council

BC JUNIOR 3x3 CHAMPIONSHIP

TEAM BC COMBINE

TICKETS TO FRASER VALLEY BANDITS GAME (JUNE 18)

NAIG IDENTIFICATION FOR BOYS & GIRLS

3X3 TOURNAMENT FOR U13, U15, U18

SCAN TO REGISTER

REGISTRATION REQUIRED (FREE)

BRITISH COLUMBIA CANADA BASKETBALL Langley Events Centre BASKETBALL BC



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:



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

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://indeed.ca), or drop off your resume at the Band Office.

- [Adult In-home Care Worker](#)
- [Housing Wellness Coordinator](#)
- [Social Development & Education Coordinator](#)
- [Wellness Advocate](#)

Benefits:

- Disability & Life insurance
- Extended health care, Dental care & Vision care
- Cultural and Personal Development Training Opportunities
- On-site parking



**First Nations'
Emergency Services Society**
OF BRITISH COLUMBIA

[Cultural and Prescribed Fire Specialist 22-12](#)

Reporting to the Mitigation Manager, this is a technical position based in British Columbia. The position involves travel, extensive at times, along with a hands-on approach with duties within the office. The positions also play a crucial role in advising the management team, through the Mitigation Manager. The Cultural and Prescribed Fire Specialist, in accordance with the Mission Statement and Guiding Strategic principles of FNESS, are responsible for providing guidance, support and technical expertise for the operational needs of the Mitigation Department.

[Community Outreach Strike Teams 22-14](#)

Opportunity exists to reduce community risk, as well as increase efficiencies in all recovery initiatives for impacted communities. This can be achieved with the establishment of Community Outreach Strike Teams. These Strike Teams can be deployed to communities who are at imminent risk to wildfire and implement actions that will reduce potential impacts to residential structures, as well as support recovery initiatives for members of communities that have been impacted by wildfires.

[Other FNESS career opportunities](#)

FIND US ONLINE:



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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

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TRANSMOUNTAIN CAREERS

Mechanical Maintenance Technician - Abbotsford

As a Mechanical Maintenance Technician with Trans Mountain, you'll have the opportunity to work with a progressive and fast-paced group of experts.

The Mechanical Maintenance Technician is responsible for ensuring maximum up-time availability of the pipeline pumping equipment and components and the day-to-day safe remote Operations of the pipeline.

Administrative Assistant - Burnaby

As an Administrative Assistant with Trans Mountain, you'll have the opportunity to work with a progressive and fast-paced group of professionals in the Burnaby office, reporting to the Director, Burnaby & Westridge Terminal. This position is based in our Burnaby Regional office.

The successful candidate will be responsible for providing administrative and clerical services to ensure effective and efficient operation of the office and support the work of management and other staff.

Coordinator, Indigenous Relations, Expansion Project (term role) - Burnaby

As a Coordinator, Indigenous Relations (IR) with Trans Mountain, you'll have the opportunity to work with a progressive and fast-paced group of Indigenous Relations professionals. This position may be based in either our Calgary or Burnaby office locations. The Coordinator will be responsible for providing the coordination of logistics, planning, records maintenance and documentation of Indigenous consultation and engagement activities in support of Trans Mountain's permit consultation and engagement in BC and Alberta. This position will coordinate correspondence and consultation/engagement related interactions between members of the Indigenous Relations Team (IRT) and other departments, including both the Trans Mountain Expansion Project (TMEP) and Operations.

Stakeholder Engagement and Communications Specialist, Marine, Expansion Project (term role) - Burnaby

The SE&C Specialist contributes to all engagement and communications specific to the marine aspects of Trans Mountain, with a focus on Westridge Marine Terminal and engagement within the Port of Vancouver communities. The SE&C Specialist will coordinate and support on marine regulatory filings and compliance, as well support engagement with marine stakeholders, including marine industry, applicable regulatory bodies, coastal local government, residents, interest groups, and the public; provides information and insights to the Project team in consideration of stakeholders' interest in Project plans; and completes the necessary reporting requirements related to Project marine conditions and commitments.

View all jobs and sign up for alerts [here](#).



Position: Ground Crew (Linear Debris Field Technician)

Location: Hope & Merritt (HQ) / Hope & Coquihalla River (OPS), British Columbia

Date: ASAP to June 30th, 2022 - Freshet dependent

Job Overview

The Ocean Legacy Foundation is bringing together a passionate and hard-working crew to collect debris caused by flooding. You will be joining a diligent and determined crew who prioritize teamwork, safety, and communication.

Crews will be transported daily to worksites alongside river systems to clean up debris. Activities consist of collecting and loading debris into designated super sacks. Materials will be removed by helicopter operators and moved to a staging area. There is potential for transportation by helicopter into field work sites. Disassembling challenging debris materials and some hazardous debris materials may be encountered on location.

Job Responsibilities and Duties

- Arrive on time ready to work fully equipped with appropriate PPE, radios charged, lunch packed, etc.
- Organize, sort, and categorize material removed, if required
- Collect assorted debris items from riverbanks and place them in designated super sacks
- Ensure all personal gear and required field gear is present each day
- Report any issues with equipment or unnoticed hazards to the Team Lead right away
- The ability to lift up to 30lbs regularly
- The ability to move safely on uneven terrains and stand for long periods
- Able to work for extended periods outdoors in various weather
- The ability to wear personal protective gear correctly all day
- Work in a safe and efficient manner
- Ability to receive and follow detailed instructions
- Independent thinking and problem-solving skills required

Ideal Candidate

- Can follow direction with good attention to detail
- Punctual, reliable, and well organized
- Work cohesively as part of a team
- Strong interpersonal and verbal communication skills
- Enthusiastic and positive attitude even in challenging work conditions
- Ensure Daily Check In Form (COVID-19 Daily Health Check Questionnaire) and Check Out Form is completed - QR codes provided in designated areas

Required Certificates & Qualifications;

- Previous outdoor work experience such as tree planting, field research, landscaping, shoreline clean-up, wildland firefighting, search and rescue, etc.
- Must be comfortable working outdoors in challenging work environments for prolonged work periods
- Familiarity with Incident Command System
- Experience operating radios
- Valid Occupational First Aid Level 1 - 3 Certifications provided and paid by OLF to complete prior to fieldwork
- Swiftwater Awareness (online or in-person)
- Accidental Release Measures and Spill Cleanup Procedures (online)
- Wild Safe Awareness (online)

If applying with OLF, please send all completed certifications to careers@oceanlegacy.ca with your name and certification in the subject line.



SCHOOL DISTRICT 78
FRASER-CASCADE

EVERYONE PULLING TOGETHER

INTERNAL/EXTERNAL POSTING No. 22-078E

UNION VACANCY NOTICE

May 24, 2022

Date of Distribution

TO: Construction, Maintenance and Allied Workers, Local 2423

Applications are invited for the following position as detailed below:

EFFECTIVE DATE: **Immediately**

DESCRIPTION: **Indigenous Support Worker**
Six and one-half (6.5) hours per day
Five (5) days per week

LOCATION: **Silver Creek Elementary (3 days per week)**
Harrison Hot Springs Elementary (2 days per week)

HOURLY RATE: **\$ 25.01 per hour**

DEADLINE DATE: **May 31, 2022 at 2:00 p.m.**
(Applications will not be considered after 2:00 p.m.)

Major Duties/Qualifications: Classification Description at each location

Please direct all applications to: Human Resources
School District No. 78 (Fraser-Cascade)
650 Kawkawa Lake Road
Hope, B.C.VOX 1L4
Fax (604-869-7400)
Phone (604-869-2411)
Email: hr@sd78.bc.ca



Guest Services-Reservation Assistant

1. Key Responsibility:

Guest Services

Without limiting the generality of the following:

- Meet and greet guests and assist with checking in & out;
- Using Campground Master software to search for availability, make bookings, and guest check out, etc;
- Processing payment transactions;
- Providing customer support such as: answering calls and assisting with guests' questions, providing support for guests who may need to amend their reservations;
- Suggesting local tourism attractions and places of interest
- Office duties – tidying, cleaning, inventory

2. Attributes:

- Strong people skills; friendly and inviting
- Good communication and problem-solving skills

3. Scheduled Hours/Days

- Four (4) days a week to a maximum of 30 hours per week
- Eight (8) week **SASET** summer student position

4. Requirements

- Reliable Transportation
- Social Insurance Number

If you are interested in applying for this position, please send your resume to bookings@cheamfishingvillage.ca

630 Appel Road,
Agassiz BC V0M 1A2



May 30, 2022

Site Maintenance Assistant

1. Key Responsibilities:

This position supports the efforts of the Grounds Manager.

Without limiting the generality of the following:

- Operates mowers and other equipment to maintain grounds, beach, fence lines, banks and hillsides;
- Rakes and maintains the river's edge;
- Maintains lawns and walkways;
- Reports equipment problems or failure to the Campground Manager or Supervisor;
- Returns all equipment to the designated location at the maintenance facility;
- Cleans the maintenance areas;
- Helps with project work;

2. Scheduled Hours/Days

- Four (4) days per week, seven (7) hours per day
- This is an eight (8) week **SASET** summer position

3. Requirements

- Reliable Transportation
- Social Insurance Number

If you are interested in applying for this position, please send your resume to bookings@cheamfishingvillage.ca





ISPARC

Indigenous Sport,
Physical Activity & Recreation Council

EMPLOYMENT NOTICE:

- [Manager, Community Engagement – Food Systems Program](#)
- [Program Manager, Food Systems Program](#)
- [Senior Manager, Communications & Recognition Programs](#)
- [Senior Manager, Food Systems Program](#)

CALL



CH'ILLIWACK
COMMUNITY
ARTS COUNCIL

FOR

VISUAL ART

PERFORMERS

INSTALLATIONS

ARTISTS

The Chilliwack Community Arts Council is calling on artists and entertainers to participate in a special outdoor art walk event, July 3rd on the Rotary Trail. Compensation is provided for approved submissions. Please email photos or links of your art to Dragonfly@chilliwackartscouncil.com

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



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

First Aid

Level 3!

Canada



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

If so... we are presently accepting applications for this
training opportunity!

There are a limited number of seats, so don't
delay in scheduling an appointment with a
SASET Employment Counsellor today!

PROGRAM START DATE: June 6, 2022

PROGRAM END DATE: June 17, 2022

CLASS TIME: 8:00 AM TO 4:00 PM Monday to Friday

Program will take place on-site at:

TBD, Chilliwack, BC

LUNCH AND TRANSPORTATION
SUPPORTS PROVIDED!



SASET—Chilliwack Office

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

SASET FULLTIME EAS OFFICES:

SASET—Sts'ailes Office

4690 Salish Way
Agassiz, BC
Phone: 604-796-5536

SASET—Seabird Office

2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865

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

FIND US ONLINE:



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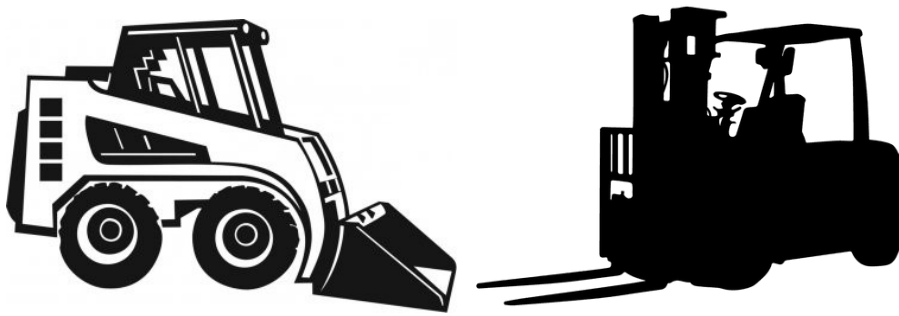
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Sto:lo Aboriginal Skills & Employment Training
is pleased to host the following program:

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 

FIND US ONLINE:



**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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WITH YOU WITH ME

Get a Job in Tech

FREE Tech Training for Indigenous People

[Start Your Journey Today](#)



We believe in potential over experience. If you are committed to your personal growth we will train you!

No experience in tech? That's no problem! You will obtain all the skills necessary to gain meaningful employment in the tech space while working at your own pace.

Join Our Community

We have a diverse community at WYWM all positive like-minded people always extending our hand to assist with your journey. Our community is like no other! We do not have all the answers, but we are curious and want to learn together.

Indigenous Action Plan

We have a team of Indigenous Canadians, Aboriginal Australians, and allies who are creating a reconciliation action plan. This plan will be used as the strategic framework for our Indigenous program.

 Agriculture and Agri-Food Canada Agriculture et Agroalimentaire Canada



INDIGENOUS STUDENT RECRUITMENT INITIATIVE

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



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.



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

**IF YOU HAVE ANY QUESTIONS,
PLEASE CONTACT ISRI**

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

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



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



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>

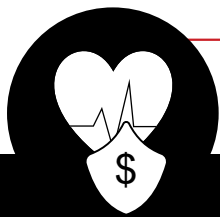
1-866-274-6627

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/

SOCIAL INSURANCE NUMBER

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

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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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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

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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



CHEAM COMMUNICATION SURVEY 2022

Every survey returned to the band office gets you in a draw to win gift cards

(1 per address)

Home Address: _____

Phone: _____

Email: _____

Names in Household: _____

I would like the Cheam newsletter & notices:

_____ delivered to my home (on reservation)

_____ emailed to me (allows you to zoom in for readability, click links, save paper)

Do you follow Cheam Social Media? If so which ones:

_____ Facebook

_____ Instagram

_____ LinkedIn

_____ YouTube

