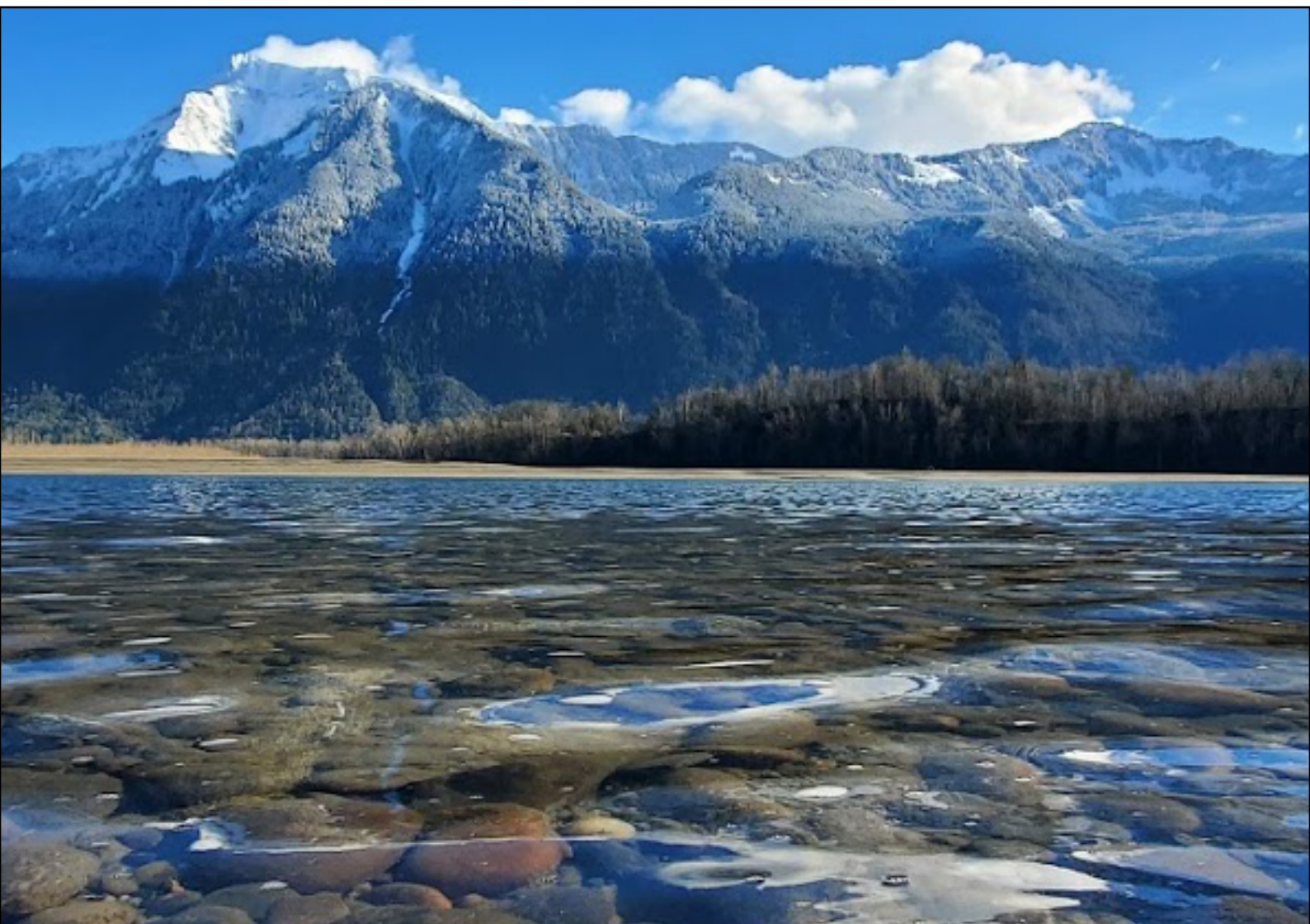




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: July 15, 2022



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XWECHYOM XWEXWILMEXW SXWE EYELH

Kwetskwtmet 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.

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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](#)

[PROVINCIAL UPDATE SITE](#)

NOTICE TO COMMUNITY OF A CHANGE TO THE CHEAM COUNCIL MEETING DATES IN 2022

The Cheam First Nation Chief and Council approve to amend the Cheam First Nation Chief and Council 2022 Meeting Schedule to the following dates:



- July 26
- August 23
- September 13 & September 27
- October 11 & October 25
- November 8 & November 22
- December 13

PUBLIC NOTICE



Natural Gas Pipeline Work Underway in Your Area

Westcoast Energy Inc., an Enbridge Company, will be conducting controlled natural gas venting in June and July (2022) at Compressor Station 9, within Cheam First Nation lands.

The approximate dates for this work are as follows: June 06th, 07th, 08th, 09th, 10th, 13th, 15th, 17th, and July 5th, 09th, 28th. We expect that the venting will occur once or twice per day and will vary in duration. This is a standard procedure necessary to conduct operations and maintenance work at our compressor station.

You may hear noise as a result of this work or smell a gas odor. However, there is no health or safety risk to the public.

Enbridge apologizes for any inconvenience this may cause.

For more information, please contact:

Paul Summers
Land and Community Advisor
paul.summers@enbridge.com
(604) 997-5416



Cheam Flea Market



Sunday July 24th & Saturday August 6th

52161 Victor Drive, Rosedale, BC
Open 10:00am to 3:00pm

**BBQ
&
50/50**



**NEW &
USED
ITEMS**

SAVE THE DATE! WE WILL DO ALL THE ADVERTISING TO BRING THE CUSTOMERS FROM SURROUNDING AREAS TO THIS EVENT. HELP US FUNDRAISE FOR OUR COMMUNITY'S BACK TO SCHOOL NEEDS.

\$25 PER VENDOR (INCLUDES A FOLDING TABLE)

\$15 PER VENDOR (NO TABLE INCLUDED)

TO RESERVE A TABLE PLEASE EMAIL COMMUNICATIONS@CHEAMBAND.COM OR CALL 604-991-8929

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CHEAM JOB FAIR

We are bringing the jobs to you!
Lunch & resume services provided
on-site. Everyone welcome.

**FREE WIFI
&
A/C**

**JULY 21, 2022
10AM - 2PM**

**DOOR
PRIZES**



52161 VICTOR DRIVE, ROSEDALE, BC V0X 1X1

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XWCHÍYÒ:M

CHEAM FIRST NATION

**DEADLINE EXTENDED TO
AUGUST 15TH, 2022!**

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 Rachel Wille at 604-794-7924 or via email at rachel.wille@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.

NOTICES FROM CHEAM COUNCIL



NOTICE OF ENACTMENT OF LAND LAW

Soil Deposit, Removal and Transport Law and BCR

The purpose of the Soil Deposit, Removal and Transport Law is to provide details and regulations for the protection of the environment on Cheam Lands in relation to the movement of soil. One of the main goals is to prevent the dumping of contaminated soil.

Full documents on our website - <https://cheam.ca/2022/06/notice-of-enactment-of-land-law>

ANIMAL MANAGEMENT LAW (JUNE 14, 2022)

The purpose of this law is to regulate pets and potentially dangerous domestic animals on Cheam Reserve Lands to protect members, visitors and property and to make sure everyone can enjoy their pets.

This is intended to be passed as an urgent law under subsections 3.8 and 3.9 of the Land Code to deal with urgent matters for up to 90 days after which Council may pass the law as a regular law.

Full documents on our website - <https://cheam.ca/2022/07/animal-management-law-june-14-2022/>

Federal Indian Day School Class Action Extension Request Form

Today, July 13, 2022, 11:59 p.m. PST, is the deadline to submit a claim for Federal Indian Day School Class Members. An Extension Request Form is available for Class Members to submit claims from July 14, 2022 until January 13, 2023. Submit the Extension Request Form and the Claim Form no later than January 13, 2023, 11:59 p.m. PST.

The six-month extension requires Survivor Class and Family Class claimants to apply to the class action team, Gowlings, for the extension. The AFN is not a party to the settlement agreement and continues to advocate for an extension that does not require an additional request form. In the meantime, the Extension Request Form is required.

How to Get Claim Forms

- Download the [Extension Request Form](#) and the [Claim Form](#)
- Phone Class Counsel at 1-844-539-3815
- Email Class Counsel at dayschools@gowlingwlg.com

Claims support - Phone 1-888-221-2898 for questions about the Claim Form or Claims Process.
Mental Health Support - We recognize that applying for the extension may add to the stress and triggering nature of making a claim.

The Hope for Wellness Hotline is available 24 hours a day, 7 days a week at 1-855-242-3310 or online at www.hopeforwellness.ca

Student Information & Waiver Form 2022-2023

Please ensure all student's information is up-to-date and accurate. All waiver forms are to be returned as soon as possible to either Sarah or Amanda in the education department.

Please ensure all students' information is up-to-date and accurate. All waiver forms are to be returned to either Sarah or Amanda in the education department. A printed copy will also be in this weekend's newsletter.



XWCHÍYÒ:M
CHEAM FIRST NATION

52161 Victor Drive
Rosedale, BC V0X 1X1
604-794-7924
www.cheam.ca

Student Information & Waiver Form 2022-2023

Name	
Address	
Phone #	
Email Address	
Current Grade	
Date of Birth & Current Age	
Band Name & Status #	
Family Phone # & Email Address	
Emergency Contact Name & Phone #	
Allergies & any additional info.	

Elementary/Middle/Secondary:	
School/Institute:	
School Contact Info:	
Last School Attended:	

I hereby authorize the school to release information concerning:

- Change of address
- Attendance
- Progress and Report
- Admission and Transcripts information

X _____
Parent/Guardian Name - Print

X _____
Signature

Cheam First Nation Housing Dept is working with BC Hydro and Fortis BC to bring the Energy Conservation Assistance Program (ECAP) to the community

This program is open to on-reserve Cheam membership. More than 25 on-reserve homes have applied for this program in the past before COVID. We would like to continue the program.

Based on the assessment, the following could be installed at your house at no cost:

LED Lights	• Installed in all homes
Dry Rack	• For all homes
Weather Stripping	• Installed in all homes
Water-saving shower head	• Installed in all homes
CO detectors	• For gas heated homes
Window Film	• Optional
New Bathroom Fan	• if qualified
New Fridge	• If qualified
New Furnace	• if qualified
Added Attic Insulation	• If qualified

To receive the service, please fill out the ECAP application form. If you have a BC Hydro and Fortis account, fill both sections of the application. Please drop the filled application at the reception in the band office. Can scan and email to: lydia.archie@cheamband.com. Housing will submit the forms for you.

Energy Conservation Assistance Program application



Please complete each of the following before mailing your application:

- ☐ Complete the application in full (or we will not be able to process your application).
- ☐ Attach the most recent Notice of Assessment* for each member of the household 18 years of age or older, or other approved proofs of income.
- ☐ Please black out all personal information on the Notice of Assessment except Line 150 and your name.
- ☐ Ensure every member age 18 and over signs Section 3 below.
- ☐ BC Hydro Account Holder sign the bottom of this application.
- ☐ FortisBC Account Holder sign the bottom of this application (if there is a FortisBC natural gas account associated with this residence).
- ☐ Attach the Landlord Consent Form (if you rent).

If you require assistance completing this application form please call 1-877-806-3242.

*Canada Revenue Agency sends a Notice of Assessment after you have filed your income taxes each year. Visit cra-arc.gc.ca for more information.

1. Account holder information

BC Hydro account

First name (on BC Hydro bill)	Last name (on BC Hydro bill)	Home phone number	Other phone number
BC Hydro account number	Account address	City	
Province	Postal code	Email address	

FortisBC (natural gas) account

First name (on FortisBC bill)	Last name (on FortisBC bill)	FortisBC account number
-------------------------------	------------------------------	-------------------------

☐ If I do not qualify for this offer, please use the information in this application to determine my eligibility for the free Energy Saving Kit.

Where did you hear about this program?

- ☐ BC Hydro/FortisBC bill insert
 ☐ Received a phone call
 ☐ Website
 ☐ Friends/family
 ☐ Received a promotional package/flyer
 ☐ Other:

Promo code, if applicable:

2. Property information

How many people live in your home?	How many people living in your home are 18 years of age and over?	Do you own or rent your home? (If you selected rent, please complete and attach the Landlord Consent Form)
		<input type="checkbox"/> Own <input type="checkbox"/> Rent
What type of hot water heating do you have?		
<input type="checkbox"/> Gas <input type="checkbox"/> Electric <input type="checkbox"/> Propane/diesel <input type="checkbox"/> Wood <input type="checkbox"/> Other <input type="checkbox"/> Unknown		
How is your home heated?		
<input type="checkbox"/> Gas <input type="checkbox"/> Electric <input type="checkbox"/> Propane/diesel <input type="checkbox"/> Wood <input type="checkbox"/> Other <input type="checkbox"/> Unknown		
What type of home do you live in? (Please note: apartment units are not eligible.)		
<input type="checkbox"/> Single-family (detached house) <input type="checkbox"/> Duplex <input type="checkbox"/> Townhouse <input type="checkbox"/> Mobile <input type="checkbox"/> Other:		

3. Income qualification and authorization for disclosure and collection

I understand that BC Hydro requires proof of income for every household member 18 years of age or older in order to qualify the household for the Energy Conservation Assistance Program. All household members over the age of 18 years must consent to BC Hydro's collection of their income qualification information by each separately signing the declaration below:

Declaration: I am 18 years of age or older, a member of the household that is the subject of this application, and by signing below, I consent to BC Hydro collecting my income qualification information through the copy of the qualifying documentation that is attached with this application.

First name	Last name	Signature	Date (Yr/Mth/Day)

MUST COMPLETE

By signing below, I certify that I understand and agree to all of the preceding declarations and all terms and conditions that follow on this application. I certify that all the information is true and complete in every respect and that any willful misstatements may cause the rejection of my application.

BC Hydro Account holder signature

Date (Yr/Mth/Day)

FortisBC Account holder signature

Date (Yr/Mth/Day)

Mail completed application to:
BC Hydro and FortisBC ECAP Operations
PO Box 8910 Stn Terminal
Vancouver, BC V6B 9Z9

Read the next page carefully →

For those applicants that meet these criteria, FortisBC will also evaluate the applicant's annual gas consumption.

3374e 17/03

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 rachel.wille@cheamband.com

On behalf of the Elder's, we appreciate all of your comments and suggestions.

The next Residential School Memorial Grant working group meeting in July has been cancelled, we will meet again in August.

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.

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



Upcoming Birthdays Birthdate

Paula Robin Maxie	July 21
Eugene Lyle Victor	July 21
Laverne Jean Victor	July 21
Patricia Sarah Victor	July 26
Anthony Charles Giroux	July 29
Jacqueline Jo-Anne Douglas	July 29
Rhonda Ellen Tommy	Aug 9
Anna Iona Aleck	Aug. 16
Marie Giroux	Aug. 18
Lincoln John Douglas	Aug. 20

FIND US ONLINE:

HEALTH & WELLNESS NOTICES/UPDATES

FREE SOMATIC TRAUMA THERAPY FOR CHEAM MEMBERS

No cost Somatic trauma therapy

To be traumatized is to have parts of ourselves stuck in a stage of reacting to something that threatened us. The process is instinctive, but the experience is very personal and sensitive.

Being traumatized affects all parts of us: spirit, body, emotions and mind.
Our body can help get us to the end of the process.

A *Trauma* is an event or situation that triggers our short term survival instincts.

Being traumatized is a stage in the process of responding to the trauma. Our body knows how to process threats to survival.

The way to complete the process is to choose to allow uncomfortable physical sensations and emotions to do what they want. When we can give control of our body to our body, our body will guide us to the end of the stuck stage.

Safety is key to this process.

Somatic trauma therapy will be run in groups of 4 people, meeting weekly, for 12 weeks. Consider how committing to this program would affect other parts of life.

In small groups we support each other through an adapted talking circle, and a somatic trauma therapy session.

- Each meeting includes a grounding tool, something to help us reconnect to our physical and emotional state.
- Then we learn about trauma and emotions through teachings, from both western and indigeneous culture.
- We learn to compassionately witness each other and to be witnessed.
- The last portion of the meeting is somatic trauma therapy. People are guided through the process of giving control of their body over to their body. There is often some shaking, or crying, or other involuntary movement or sounds. This is part of the body's instinctive process of resolving being traumatized.

Initial intake sessions are one on one with Winchester Victor. They can be booked with Diana Giroux or Winchester. For questions specific to the program please contact Winchester. winchester.victor39@gmail.com



COMMUNITY KITCHEN

Please come join Makenzie and
Jaime to make veggie oven
kabobs and edamame mango
salad, and have a visit with us.
Hope to see you there!

Cheam Band Office Kitchen
Wednesday July 20th
@ 11:00am

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Cheam Kids Summer Program

We are open July & August, Monday to Friday, 11:00am – 6:00pm.

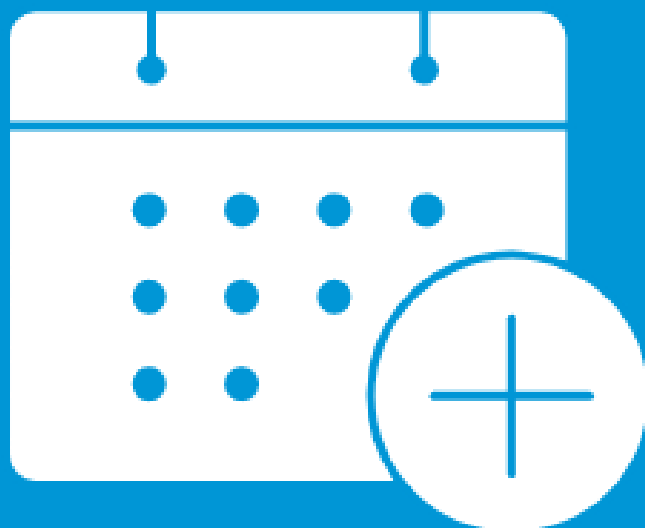
Come & join the fun ~ Everyone is welcome!

Please send extra clothes for painting if available

Stay tuned for the summer activities schedule

Parents are welcome to stop by the portable at any time.

VACCINE CLINICS



There will be a Covid booster clinic on July 21, 2022 in the Cheam Community Health Room from 10:00 am– 2:00pm.

Please contact the nurse at 604 794 7927 to register.

Seabird Island Optometry Clinic

For an appointment please contact your Community Health Representative or Emma Leon at 604-798-6144 or Lena Paul at 604-798-3793.

- Adults eligible once every 2 years
- 0-18 eligible once a year, 65+ eligible once a year



Please follow Covid-19 restriction we have set in place.

- Clients arrive and park in the designated Optometry Clinic Parking Lot to the right of the Band Office.
- Clients will receive a text message regarding their appointment time. Pre-screens will happen via text or phone call, before clients may enter the building for their appointment.
- When the Eye Doctor is ready for them, they are requested to enter the side door of the building. The door is labelled *Optometry Clinic*. There, they will be screened for their temperature, permitted to enter and sanitize upon entry. *Masks are mandatory* at this time.

Thank you for your understanding and cooperation.

Date:
July 21 & 22 2022
Time:
9 a.m. - 6 p.m.

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.

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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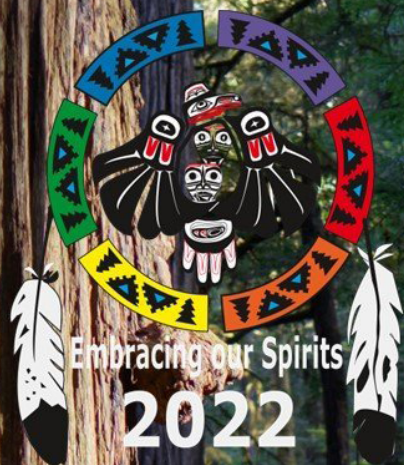
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BC Two Spirit Gathering

We All Belong in the Circle

for Indigenous Two Spirits/LGBTIQA Living in BC

Cheakamus, Squamish

Cultural Activities Shared Cabins Workshops
Community Discussions Drumming Circles Outdoor Activities
Ceremonies Access to Lakes Canoeing

Aug 17 to Aug 21, 2022

To register go to:

www.2SpiritsBC.com

Meals and Cabins Provided
Substance Free Event
Smoking Free

Participant must willing to attend group discussions and be over 18 year old



Presented by Four Feathers Society

Email: admin@fourfeathers.net

FFS Society Website: fourfeathers.net

**Funded by Women & Gender Equality, First Nation Health Authority,
Civil Forfeiture , and Catherine White Holman Wellness Centre**



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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:



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

Youth Summer Adventures Hope Schedule

July 7 Kayaking at Kawkawa Lake

July 14 Bouldering and Photography

July 21 Bridal Falls Water Slides

July 28 Lightning Lakes Hike & Canoe

August 11 Kayaking at Kawkawa Lake

August 18 Harrison Water Park

August 25 Golf & Hot Dogs

Leave HATS at 10am

Everyone ages 13-18 welcome

Lunch is provided

For more information contact

Natalie 604-860-5441 or Bonnie 604-869-6442

so the adventure begins

SEABIRD ART AND SKATE JAM

THURSDAY, JULY 28

SEABIRD LACROSSE BOX
12 PM

BBQ, SNACKS AND DRINKS
EXTRA SKATEBOARDS AND
SCOOTER PROVIDED
BIKES WELCOME
PRIZES

CONTACT ROB TO BOOK

YOUR MURAL SPOT - 604 817 2781



Public Safety
Canada

Sécurité publique
Canada



Seabird Island Band

JULY 28

CALLING ALL SEABIRD ARTISTS

BOOK A BOARD IN THE SEABIRD LACROSSE BOX
TO PAINT A MURAL OR SHOW YOUR ART

ALL AGES WELCOME TO PAINT



CANDO 5TH ANNUAL ECONOMIC DEVELOPMENT YOUTH SUMMIT AUG 8-11, 2022 GREY EAGLE RESORT ON TSUUT'INA NATION



Co-MC

Hal Eagletail &
Michelle Nieviadomy

Keynote Guest Speaker

Kendra Rosychuk



Who is Eligible?

Indigenous (First Nations, Métis, Inuit) & Non-Indigenous Youth Aged 18-30 from across Canada
Selected Delegates Receive Free Registration, Travel, Accommodation, and Meals

Only 50
Delegates
Selected



Compete
for \$8,000
in Prizes!

Delegates will be placed into groups at the start of the summit and will compete throughout to earn prizes.

Event Features

- Cultural Showcase
- Mentorship/Networking
- Land Management/Land Use
- Workshops
- Economic Development
- Entrepreneurship

Cultural Showcase

Youth will be have an opportunity to participate in touring the traditional and sustainable Buffalo Paddock and its impact on the Tsuut'ina Nation. The tour guides are knowledgeable locals will lead a walk-through of the Buffalo Paddock.



For more information, please contact Elsie Moar: elsie.moar@edo.ca or (780)990-0303 ext. 233
www.edo.ca/youth/economic-development-youth-summit-2022

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Summer Lifeguarding Camp Opportunity for Indigenous Youth

The Indigenous Sport & Physical Activity Recreation Council (I•SPARC) is pleased to announce a provincial outdoor leadership learning opportunity through Aboriginal Youth Futures in Recreation & Sport Training (FIRST).

The Summer Lifeguarding Camp encourages Indigenous youth to create a personal vision or goal in their lives by providing short-and long-term opportunities in the areas of Lifeguarding, Lifesaving and First Aid, Scuba Diving and Recreational Leadership.

There is no registration fee for the camp which takes place Aug. 28-Sept. 4, 2022. The camp is suited for participants that are 13-17 years old and the only cost to program participants is transportation to and from the camp (all meals and accommodations will be taken care of). The camp is located at Green Bay Bible Camp, 1449 Green Bay Road, West Kelowna, B.C.

About each stream:

Lifesaving & First Aid

The Lifesaving and First Aid stream offers the possibility of earning a Standard First Aid certification, a Bronze Medallion certification and a Bronze Cross certification which opens doors in policing and firefighting as well as the prerequisite courses for the National Lifeguard Award.

Lifeguarding

The Lifeguarding stream allows participants to earn their National Lifeguard Certification for pools and waterparks, which supports employment opportunities in lifeguarding across Canada, Australia, and the UK. Once these certifications are earned, this stream also supports youth through the job interview process and throughout their lifeguarding career with re-certifications and higher-level training.

Scuba Diving

This stream allows candidates to experience an underwater world and work towards their Open Water and Rescue Diver certification in a supportive and safe atmosphere. These certifications allow youth to scuba dive in locations around the world. A few of the program graduates have gone on to careers in commercial diving and scuba instruction.

Fitness & Nutrition

Education on nutrition and fitness are core to the program. Each day there are half-hour nutrition seminars focusing on daily nutrient intake, beneficial lifestyle choices and substance abuse awareness. The daily morning routine starts with exercise to prepare everyone for the physical environment campers face as they work towards their certification goal.



WarnerMedia bursary for Indigenous students

Indigenous students registered in CapU film programs — including Documentary, Animation, Costuming, Indigenous Digital Filmmaking, Motion Picture Arts and VFX — are encouraged to apply for a WarnerMedia award. Why study motion picture arts at CapU? Located at the Bosa Centre for Film and Animation – CapU’s hub for entertainment arts – we offer a range of programs and courses for people looking for careers in filmmaking, documentary, lighting/grip work, costuming, animation (2D and 3D), visual effects (VFX), games and virtual reality. The Centre also offers one of the only Indigenous filmmaking programs in North America.

Our facilities include virtual reality and motion capture-equipped studios, Cintiq drawing tablets, high-speed render farms, professional filmmaking equipment and 3D printers. It’s a great opportunity to learn the skills required to enter the creative industries. Vancouver, BC is a world-leading centre for film, VFX, animation, games and virtual reality, with more than 250 production studios creating entertainment properties for film, TV, console, mobile and streaming services.

With more job openings in Vancouver than talent to fill them, there are unparalleled opportunities for skilled people. **Apply Now** to start the application process into any of our film programs. Once accepted, you can apply for the bursary through a direct email to Doreen Manuel (dmanuel@capilanou.ca), director of the Bosa Centre for Film and Animation. The WarnerMedia bursary is here to help Indigenous School of Motion Picture Arts students uplift Indigenous voices in film.



! Attention Students !

We have summer positions available for student's that are looking to get into the trades! (Must be 16 years old) Rockbrook Metal Cladding is growing and looking to add Architectural Sheet Metal Installers and Labourers to our team! We are a cladding/metal roofing company based out of the Lower Mainland.

Labourer postions:

- 1 year construction/ roofing experience
- Ability to work at heights
- Valid drivers license and personal transportation

Installer positions:

- 1-3 years experience as an Architectural Metal Sheet or Metal Roofing Installer
- Valid drivers licence and personal transportation
- Previous leadership experience is considered an asset

We provide:

- Safety and Lift certification
- Opportunity for growth

Competitive wages, dependent on experience/position
\$20- \$35/hourly. Send your resume to
info@rockbrookcladding.com





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.

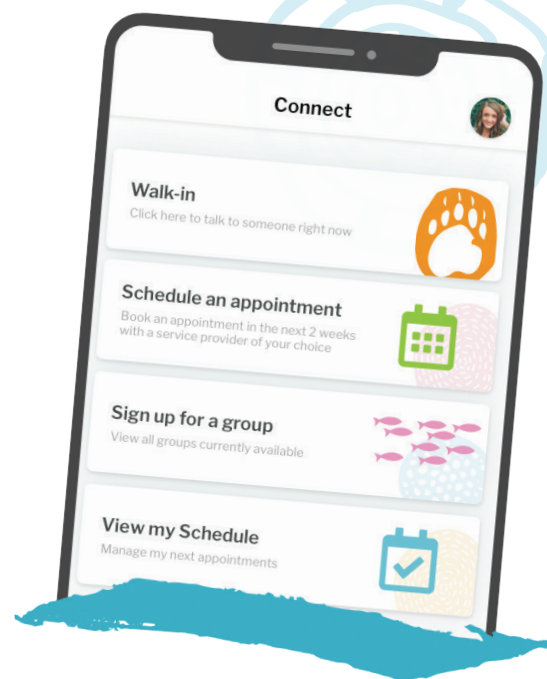
Drop-in services: Access same-day counselling and peer support.

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:



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

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



FRASER SALISH REGION
First Nations Health Authority

Contact Katelyn.Moon@fnha.ca

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

- [Administrative Assistant](#)
- [Adult In-home Care Worker](#)
- [General Maintenance \(SASET\)](#)
- [Recreation Assistant](#)
- [Social Development & Education Coordinator](#)
- [Watchmen](#)

K and L Contracting - Job Opportunities:

- Mechanic Assistant
- Hydro Seeder Assistant
- Class 1 drivers
- Forestry equipment operators for road building and harvesting
- Equipment Operators
- Sales, Marketing and Business Development
- Administration and Finance
- General Laborers
- Contractor, suppliers, artists and cultural



If you do not see a job you would like to apply for and have an interest in this type of work send us a resume and/or letter outlining your interests as this will assist in keeping a data base on the capacity of Cheam for potential future opportunities to work together on projects.

Send resumes and letters to: lincoln@kandlcontracting.ca or drop off at my office on Frontage road in Cheam.

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We Are Hiring!

Please email Coverletter and
Resume to:
Resumes@irsss.ca

- Trauma Informed Cultural Support Worker (5)– North
- Trauma Informed Cultural Support Worker (2.5) – Vancouver Coastal
- Executive Assistant to Executive Director – Vancouver Coastal
- Resolution Health Support Worker – Fraser Salish and North
- Administrative Assistant – North
- Indian Day School Coordinator – Fraser Salish, Interior, and North
- RHSW Admin-Scheduler Assistant – Vancouver



FIRST PEOPLES' CULTURAL COUNCIL

FPCC places a high priority on the health and well-being of our staff. We offer a competitive em-

ployment benefits package that supports employees at all stages of life and includes extended health and dental benefits, maternity leave, parental leave and access to the BC Government defined-benefit pension plan. And yes, massage therapy and acupuncture are covered!

For more employment information, please contact us: hr@fpcc.ca

Employment Opportunities:

[Office Manager](#) – Open until filled.

[IT Help Desk Coordinator](#) – Open until filled.

[Arts Program Associate](#) – Open until filled.

[Arts Program Administrative Assistant](#) – Open until filled.



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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Indigenous Woman's Entrepreneurs (IWE) Micro-Loan Fund

TACC is now delivering the Indigenous Woman's Entrepreneurship (IWE) micro-loan fund to qualifying projects. The IWE fund is a Micro-Loan program that will provide Indigenous Women entrepreneurs with finance and working capital for their small, part-time or home-based businesses.

Types of Assistance:

Program funding of up to \$20,000 for individual owned businesses of which up to 45% of the funds would be forgivable. Funds can be used for start-up expenses and expansion expenses.

Program Summary:

Research shows that Indigenous Women face additional challenges in entrepreneurship stemming largely from their gender and care-giving role within their family and community. Some of these challenges include:

- Access to Financing = hindered by eligibility criteria for equity, collateral, proven credit history, full time involvement in the business and lack of micro-loans available.
- Balancing Responsibilities - between family and business
- Fewer Financial Resources - to invest in their business due to their lower average income and increase resilience on government transfers.
- Sexism- women not taken as seriously as men, particularly in male dominated industries.
- Lack of Support - within their communities as of Indigenous men are often favored within their communities and receive preferential treatment.
- Lack of Knowledge - and business training in areas of financial literacy and business planning, regulations, and management. Participation in workshops and training opportunities are often hampered by family responsibilities and lack of transportation.

This program is designed to help indigenous women overcome these challenges and break into the market to become successful entrepreneurs.

Loans Are:

- Up to a maximum of \$20,000 (loans and non-repayable portion are issued together)
- Terms will vary based on amount
- Requires a Credit Bureau inquiry with Equifax, the program understands that some may be re/building their credit.
- Principal repayments can be made at any time without fees or penalties
- Any legal fees if applicable

Applicants must be:

- Be of Aboriginal ancestry • Be 19 years of age or older
- Have a 51% equity stake in the ownership of the business • Minimum of 5% cash equity
- Must demonstrate they are actively involved in the business and are integral to its ongoing operations.

For more information, please call David Parnell at 604 355 9357 or email at dparnell@tacc.ca

REGIONAL PREPAREDNESS AND RESPONSE SPECIALIST
Competition 22-03

**FNESS is currently inviting applicants for the position (multiple positions):
Regional Preparedness and Response Specialist**

The First Nations' Emergency Services Society of British Columbia (FNESS) is a not-for-profit organization, as well as a registered charity, under the governance of a First Nation Board of Directors. FNESS assists BC First Nations in developing and sustaining safer, healthier and thriving communities. Our programs focus on Awareness, Preparedness, Mitigation and Recovery.

FNESS is looking for qualified energetic individuals to work with our Emergency Preparedness and Response Division.

DUTIES AND RESPONSIBILITIES (include, but are not limited to)

- Work with First Nation communities, stakeholders, NGO's and local governments on Emergency Preparedness Planning regionally.
- Assist communities with updating or creating Emergency Response plans and toolkits.
- Assist communities with preparation of training plans relevant to their Emergency Plans and Operations.
- Create tabletop exercises for communities.
- Assist communities with Hazard, Risk and Vulnerability Analysis (HRVA) annually.
- Assist communities with funding applications.
- Develop rotational travel plans to the communities in your region to keep plans and training up to date.
- Prepare response plans to each of your communities that meets the Level of Services Standards set out by FNESS.
- Assist Nations with recovery planning – workshops, in community support during recovery planning and management.
- Participate in regular training relevant to the job.
- Prepare annual workplans with the Manager.
- Assist with annual budgets.
- Perform other Preparedness and Response Specialist duties and responsibilities as required, and as directed by the Preparedness and Response Manager.

EDUCATION/TRAINING/EXPERIENCE

- Grade 12 education.
- Certificate in Emergency Management. Combination of training and experience will be considered.
- 2 – 3 years' experience in a supervisory role.
- Experience using computer systems and proficient with Microsoft Office programs.

Position will remain open until a successful candidate is found to join the team.

TERMS: Full Time Employment Agreement

LOCATION: Remote Work

HOURS OF WORK: Monday to Friday 8:00 a.m. – 4:00 p.m.

Deadline for receiving applications is: Will remain open until filled. Only successful candidates will be contacted.

Please forward a current resume and cover letter to: HR@fness.bc.ca

Attn: Corporate Services Manager

First Nations' Emergency Services Society

102-70 Orwell Street

North Vancouver, BC, V7J 3R5

Email: HR@fness.bc.ca

Fax: 604.669.9832

TRAINING OPPORTUNITIES



Indigenous Digital Filmmaking Program



604-990-7904
film@capilanou.ca
www.capilanou.ca/idf

Now Accepting Applications for Fall 2022

Learn all aspect of filmmaking
in a state of the art facility at
Capilano University Bosa
Centre for Film & Animation.

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Stó:ló Aboriginal Skills & Employment Training is pleased to offer the:

Culinary Arts

Pre-Trade Program

Next classes start: September 6, 2022



Are you an Indigenous or Metis individual residing in the SASET catchment area who has an interest in the cooking profession?

If so, contact a SASET employment counsellor to book an appointment and complete the application package.

CONTACT US TODAY!

604-858-3691 Fax: 604-858-3528

Toll Free (BC): 1-888-845-4455



www.saset.ca



<https://www.facebook.com/SASET.EAS>



5579 Tyson Rd, Chilliwack,
BC V2R 0H9

Program Includes:

- ◇ Certificates: FoodSafe, First Aid level 1, WHMIS, WCB Awareness
- ◇ Occupational Skills
- ◇ Stocks, soups and sauces
- ◇ Vegetables and fruits
- ◇ Starches
- ◇ Meats
- ◇ Poultry
- ◇ Seafood
- ◇ Garde-mange
- ◇ Eggs, breakfast cookery and dairy
- ◇ Baked good, desserts and beverages
- ◇ Basic kitchen management
- ◇ Two week practicum placement



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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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An IT Career - is IT for you?

CALL TODAY! Tel. 604-251-7955

www.accessfutures.com

INFORMATION TECHNOLOGY (IT) TRAINING PROGRAM

Learn to install, configure, optimize, troubleshoot, repair, upgrade and perform preventive maintenance on digital devices

8 weeks of Essential Skills, followed by 24-weeks of IT technical training

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

Required: Grade 10 Math and English plus mechanical aptitude and problem-solving ability

Start Date: September 6, 2022

Training at: New Westminster (Full time in-class training)

Canada

TOTAL
SUPPORT SOLUTIONS



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



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://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.

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>

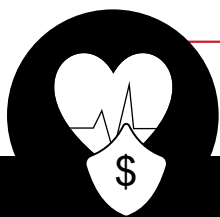
1-866-274-6627

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

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 — 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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- 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.

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





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

