



# XWCHÍYÒ:M

## CHEAM FIRST NATION

COMMUNITY NEWSLETTER: July 29, 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.

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# ADMINISTRATION NOTICES/UPDATES

## Upoming Events:

**August 1** Stat Holiday Band Office Closed  
**August 3, 10, 24, 31** [Cheam Enterprises Coffee Shop 12-1](#)  
**August 3, 10, 24, 31** [Cheam Women's Wellness Group](#)  
**August 9th** [Self Esteem Workshop](#)  
**August 16,** Cheam Elders Meeting  
**August 17** [Cheam Days/ Back to School event](#)  
**August 23** Cheam First Nation Council Meeting  
**September 5** Stat Holiday Band Office Closed



**All departments of the Cheam Band Office will be closed on Monday, August 1, 2022 for the B.C. Stat Holiday.**



# Cheam Flea Market



Saturday August 6th, 2022

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.**

**\$20 PER VENDOR (INCLUDES A FOLDING TABLE)**

**\$15 PER VENDOR (NO TABLE INCLUDED)**

**TO RESERVE A TABLE PLEASE EMAIL [COMMUNICATIONS@CHEAMBAND.COM](mailto:COMMUNICATIONS@CHEAMBAND.COM) OR CALL 604-991-8929**

**[Facebook Event Page](#)**

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## CAUTION – CONSTRUCTION ACTIVITY ON 52141 MATHELA CRESCENT

July 21, 2022

Cheam First Nation housing would like to inform the community of construction activity which commenced July 2022. The new 20 Bed Supportive Housing will take place in the next six months.

The road into the building will be blocked off, closing pedestrian and vehicle access to the public. Only construction crew permitted.

Please take caution and stay away from construction site for your safety.

Remind children to be cautious of this site and stay alert to the on-going activity.





# Road Safety Notice

Cheam FN members came forward due to repeated parking issues around snow-clearing and garbage collection in some of the tighter cul-de-sacs.



As it stands cul-de-sacs in Cheam vary in size. Some of them are generous, and won't generate complaints, but some of the tighter ones create "ongoing" issues for staff and numerous complaints.

**Parking in a cul-de-sac becomes problematic for garbage collection and for access for emergency vehicles and firefighting.**

Good Manners make good Cul-de-sacs.

Vehicles in cul-de-sacs must park parallel to the roadway – "nose in" or angle parking is not permitted. Many homes have parking areas within their lot.

Vehicles in cul-de-sacs that park at an angle reduce the turnaround area available for vehicles. - Emergency vehicles and garbage trucks may not be able to access houses in cul-de-sacs if vehicles are parked at an angle, as they require a -much larger

turn radius than most passenger vehicles.

Parking near a fire hydrant is a safety hazard to the community. If you park in front of a hydrant that firefighters need, you could inhibit their ability to fight a fire.

Fire hydrants in the Cheam are red in colour. Vehicles are not allowed to park within 5 meters of a fire hydrant





# ATTENTION DOG OWNERS

In the past week we have been receiving calls regarding DOGS running loose. Some dog owners are simply not tying up their pet that cause this issue. It can get dangerous for the community members to walk around for fear of being attacked by dog(s). We fear for the children and elder's safety.



NOTICE TO  
ALL DOG  
OWNERS

TIE UP  
YOUR  
DOG(S)

FOR THE SAFETY  
OF OUR  
CHILDREN AND  
ELDERS

CHEAM FIRST NATION  
52161 Victor Dr  
Rosedale BC V0X1X1  
604-794-7924

FIND US ONLINE:

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**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](mailto:lydia.archie@cheamband.com). Housing will submit the forms for you.

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](http://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

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

3374e 17/03

Read the next page carefully →



## 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



# 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](mailto: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](https://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/>

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## 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](mailto: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](http://www.hopeforwellness.ca)

# CHEAM ENTERPRISES WEEKLY COFFEE SHOP

**Wednesdays 12p-1p**

Bring your CEI-related questions  
to the table, we will bring the  
coffee & donuts!



AUGUST 3RD - 31ST IN THE CHEAM CLASSROOM

## CHEAM ELDERS CORNER

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.



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



### Upcoming Birthdays      Birthdate

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
Dean Joseph Douglas	Aug. 28
Eleanor Louis Stephenson	Aug. 30



# 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](mailto:winchester.victor39@gmail.com)



# HEAT SAFETY

A heat wave is when temperatures reach 32 °C (89.6 °F) or higher for 3 or more days. This is a time where everyone, including pets, is at risk for heat-related illness.

Symptoms of heat-related illness include: dizziness, faintness, nausea, vomiting, headache, rapid breathing/heartbeat, dry mouth/sticky saliva.

**Consider the tips below to care for yourself and others during a heat wave:**



**Drink water BEFORE you feel thirsty** and avoid drinks that could dehydrate you (like sugary drinks or coffee)



**Slow down and avoid activity** during the hottest part of the day. If you must go outdoors **protect yourself by wearing sunscreen (SPF 15 or higher), loose-fitting, light-coloured clothing, and a wide-brimmed hat.**



**Close blinds and windows.** You can even **cover windows with tin foil or cardboard** to block the sun. Stay in the coolest room in your house. If you have air conditioning, use it to keep at least one room cool, or you can **place a tray of ice water in front of a fan** to create a cool breeze. **Prepare meals that don't need to be cooked in your oven.**



**Make water fun for kids!** You can add fruit juice, or provide fruits and vegetables that have a high water content (such as watermelon or cucumber). Pay close attention to their behavior, as **symptoms of heat illness in children can include changes such as sleepiness or temper tantrums.**



**Ensure your pets have access to shade and water** and avoid walking your dogs during the hottest time of day. **DO NOT leave a pet in your car for any amount of time.**



**Check in on your friends, family, and elders.** Are they comfortable, and drinking enough water? **If you can, visit safely following COVID-19 protocols** in order to watch for signs of heat illness you might miss over the phone. **Some medications or illnesses may require special attention during heat waves.** Talk to a doctor if you think extra caution might be required.

**Anyone showing signs of heat illness** should immediately move to a cooler place and drink water. Call 8-1-1 for free health information

**If someone is unconscious, confused, or has stopped sweating, call 9-1-1**



**For more information on tips and tricks to stay safe during a heat wave check out resources provided at: <https://www.healthlinkbc.ca/healthlinkbc-files/heat-related-illness>**





# ***Building Self-Esteem***

**Come and join Tyrone Giroux and learn ways  
to build up your SELF-ESTEEM!!!!**

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**Tuesday, 9th AUGUST From 1pm-2:30pm**

**52161 Victor Drive, 604-791-0290**

**All band members are welcomed**

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**Food will be provided!**

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# FREE FOOD PROGRAMS IN CHILLIWACK



## 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 <a href="mailto:chilliwackcommunitycupboard@gmail.com">chilliwackcommunitycupboard@gmail.com</a> 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](mailto:warrens@salvationarmychilliwack.ca).

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:

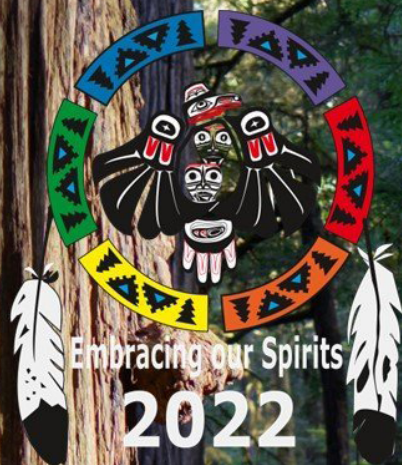
- \* Self-Care
- \* Mindfulness Practices
- \* Setting Healthy Boundaries
- \* Elders' Teachings
- \* Crafts and Sewing
- \* Beading
- \* Workshops (on any needs the group may identify)
- \* Visiting Elders/Knowledge Keepers and Ceremony
- \* Basic Life Skills

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](mailto:corinne.stone@cheamband.com) to sign up.

FIND US ONLINE:





# 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](http://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](mailto:admin@fourfeathers.net)**

**FFS Society Website: [fourfeathers.net](http://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](mailto: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](mailto: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](mailto:Sierra.Kortenbach@fnha.ca)

**Tracey Jirak:** Harm Reduction Educator

[Tracey.Jirak@fnha.ca](mailto:Tracey.Jirak@fnha.ca)

**Mehrdad Ghafouri:** Harm Reduction Educator

[Mehrdad.Ghafouri@fnha.ca](mailto:Mehrdad.Ghafouri@fnha.ca)

**Leah Brody:** Regional Addictions Specialist

[Leah.Brody@fnha.ca](mailto: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](mailto:Nadine.Mross@fnha.ca)

**Jennifer Heaven:**

[Jennifer.Heaven@fnha.ca](mailto: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](mailto:Marilyn.Dalton@fnha.ca)

**Nardia Brown:**

[Nardia.Brown@fnha.ca](mailto:Nardia.Brown@fnha.ca)

**Jennifer Kazun (Charchun):** Children, Youth and Families

[Jennifer.Charchun@fnha.ca](mailto:Jennifer.Charchun@fnha.ca)

**Kegan Madeira:**

[Kegan.Madeira@fnha.ca](mailto: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](mailto:Deanna.Rabeneck@fnha.ca)

## FNHA SYSTEM SUPPORT LINE [systems.support@fnha.ca](mailto: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](http://chat.fn-i-hopeforwellness.ca)

**Suicide Prevention Center**

1-800-SUICIDE

**Mental Health Support Line**

310-6789 (no area code)

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## **CHEAM SUMMER CAMP SCHEDULE** **Monday to Friday 12:00pm – 6:00pm** **Activity Calendar**

### **Week 1 July 11-15**

Summer safety visit & get to know Constable Melanie.  
Skateboarding with the Youth Anti-Crime program.

### **Week 2 July 18-22**

Water week = kid pool water balloon water guns slip & slide

### **Week 3 July 25 – 30**

Water week extended due to extreme heat. Along with Spa Week. Corrine and Tyronne will be doing self-esteem workshop with a hot rocks massage, eyelashes, nails, skin care mask, makeup remover making, soaps & scrubs.

### **Week 4 August 1-5**

Park theme possible lake, swimming. Pool and picnic

### **Week 5 August 8-12**

Sports Week - relay races -toss the water balloon

### **Week 6 August 15-19**

Spirit week PJ -different themes each day.

### **Week 7 August 22 - 26**

RCMP Back to School safety  
Reading week and Gym week  
Winding down week.

### **Week 8 August 29-31**

Camp is closed for cleaning and organizing.



Other activities that are part of the program:

- RCMP community outreach
- Youth Anti-Crime Program
- Others as they arise

Every Thursday the Youth Anti-Crime program with Seabird Island will be doing an event with the kids. Each week is flexible due to program expansions.





# 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*



# SACRED JOURNEY

## Travelling Exhibition

JULY 15, 2022 – FEBRUARY 20, 2023



Science World is honoured to host Sacred Journey, to share a powerful story of canoe resurgence as told by its leaders, and to uphold narratives of Indigenous Peoples as knowledge keepers.

**To celebrate, we're offering free general admission for Indigenous Peoples from July 15–Feb 20, 2023.**

You are welcome to walk up in-person for a free visit. Please let the Admissions staff know you are using the coupon code "SACREDJOURNEYSW" or that you self-identify as Indigenous. You can also purchase a ticket on our website with the same code.

If you have any questions, please contact [info@scienceworld.ca](mailto:info@scienceworld.ca) and our team will gladly assist you.

EXHIBITION PARTNERS

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COUNCIL

**SCIENCE  
WORLD**





# ACCESS TRY-A-TRADE

Indigenous youth Grades 9-12 (ages 14-18)  
 August 8<sup>th</sup> to Aug 12<sup>th</sup>, 2022

TRAINING INCENTIVE PROVIDED!!!  
 LUNCH, TRANSPORTATION, SAFETY GEAR PROVIDED!!!



**CALL 604-251-7955 TODAY!**



@bizaanideewin





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.

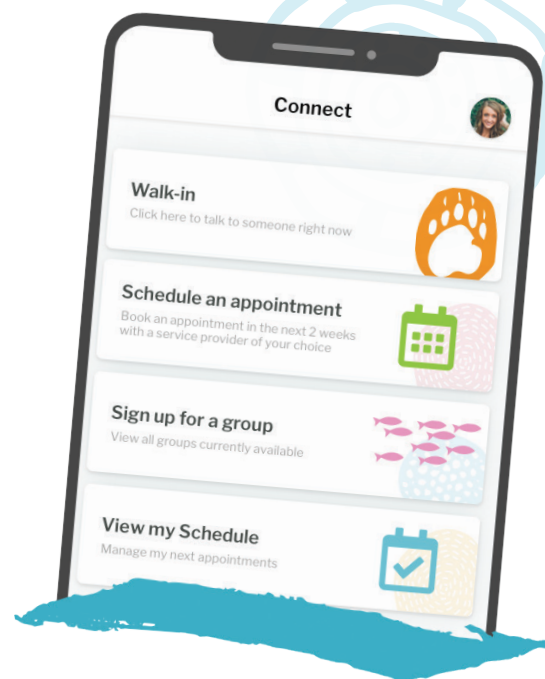
**Drop-in services:** Access same-day counselling and peer support.

**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](https://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](mailto:online@foundrybc.ca)



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# 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](mailto:Katelyn.Moon@fnha.ca)

FIND US ONLINE:





# EMPLOYMENT OPPORTUNITIES



## Come Work With Us at Cheam!

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

- Accounting Assistant
- Administrative Assistant
- Adult In-home Care Worker
- General Maintenance (SASET)
- Recreation Assistant
- Shelter Support Worker
- Social Development & Education Coordinator
- On call Medical Transportation Driver - please email your resume/interest to [tasnia.buchanan@cheamband.com](mailto:tasnia.buchanan@cheamband.com)

**ECEA (EARLY CHILDHOOD EDUCATION ASSISTANT) TRAINING**

8 weeks of Essential Skills and ECEA courses (Guiding and Caring) Program for Indigenous people - Status, Non-Status, Métis, or Inuit  
Fully funded course fees, supplies, and more  
**Required:** English 12, or Communications 12, or completion of an English language test with BCCE

**In-Person Program Runs:** Sept 12, 2022 to Nov 4, 2022  
Monday-Friday 9:00am - 3:30pm  
**Training at:** 681 Columbia St Unit 201, New Westminster, BC

**Be the future of Early Childhood Education!**

**Canada**

**CALL TODAY! Tel. 604-251-7955**  
[www.accessfutures.com](http://www.accessfutures.com)

# FREE POP-UP CONSTRUCTION CLOTHING EVENT

- HI-VIS CLOTHING
- FOOTWEAR

AUGUST 19 10AM-2PM

EVERYONE WELCOME!

LOCATION: 1640 RIVERSIDE RD, ABBOTSFORD, BC



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GEAR**



FOOD FOR THE SOUL  
— PROJECT  
SOCIETY —



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Housing + Health Society

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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](mailto: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](mailto: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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## Stó: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: [saset@stolonation.bc.ca](mailto:saset@stolonation.bc.ca)

July 12, 2022

### SASET EMPLOYMENT COUNSELOR (EXTERNAL)

**Stó:lō Service Agency** requires the services of a qualified **SASET Employment Counselor** to fill a vacancy with the **Stó:lō Aboriginal Skills & Employment Training (SASET) Department**. 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 **SASET Employment Counselor** will: a) provide professional, courteous, confidential employment counseling services; b) promote programs and initiatives supported by the Indigenous Skills & Employment Training (ISET) funding agreement; c) facilitate related client employment assessments d) facilitate employment skills workshops and e) maintain well documented hard copy and data-based client file records.

The successful candidate will work out of the Central (Chilliwack) office and provide outreach employment services at designated locations within the SASET catchment area.

#### QUALIFICATIONS/REQUIREMENTS:

- Career Development Practitioner Certification and/or equivalent of 2 years of training and experience in the employment and training field,
- Knowledge of employment/client assessments,
- Willingness to expand their skills set if required by SASET funded professional development.
- Ability to work in Indigenous communities and other SASET outreach locations providing client employment/training skills development. Respectful skills level in working with multi-barriered clients.
- Knowledge of the Labour Market and referral agencies to assist clients in their continuum to meaningful employment.
- Strong computer skills: MS Word, MS Excel, data base and organizational and multi-tasking abilities.
- Ability to maintain: a healthy courteous working relationship with staff, community staff, members, and representatives of other organizations; adhere to the confidentiality guidelines of all records, materials and communications concerning clients, staff, SASET and Stó:lō Service Agency.
- **Successful candidates will be required to provide the following if screened in for an interview:**
  - Must possess and maintain a valid Class 5 BC Drivers' License
  - Must successfully pass the required pre-employment RCMP Criminal records Check.

#### SALARY RANGE:

**Based on qualifications and experience.**

#### TYPE OF POSITION:

Full-time with benefits, subject to 3-month probationary period, successful annual performance evaluations and continued funding.

**APPLICATIONS DEADLINE:**

**4:00 pm August 5<sup>th</sup>, 2022**

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

**Stó:lō Aboriginal Skills & Employment Training**

**Attention: Manager Carol Raspberry**

**Bldg. #5A 7201 Vedder Road**

**Chilliwack, BC V2R 4G5**

**Email: [carol.raspberry@saset.ca](mailto:carol.raspberry@saset.ca)**

For more information about this and other employment opportunities, visit [www.stolonation.bc.ca](http://www.stolonation.bc.ca),  
[www.saset.ca](http://www.saset.ca) or "friend" us on Facebook at SASET EAS

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



## **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](mailto: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](mailto: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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# Sto:lo Aboriginal Skills & Employment Training



## Emergency First Aid Level 1

**Are you an Indigenous Individual Status/Non status, on/off reserve, Unemployed or under employed and live in our catchment area?**

**We are accepting applications for this training opportunity. There are a limited number of seats, so don't delay in scheduling an appointment with an Employment Counselor!**

**When?**

**August 23, 2022**

**8:30 -4:30**

**Where?**

**Bldg 5B, 7201**

**Call today at  
604-858-3691**

**Or send us an email  
info@saset.ca**

**Lunch will  
be provided!**



**Canada**

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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](http://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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## **FOOD SAFE TRAINING**

**Are you an Indigenous Individual  
Status/Non status, on/off reserve,  
Unemployed or under employed and  
live in our catchment area?**

**We are accepting applications for this  
training opportunity. There are a  
limited number of seats, so don't  
delay in scheduling an appointment  
with an Employment Counselor!**

**Date: August 22, 2022**

**Building 5B – 7201 Vedder Rd**

**Call now to sign up**

**604-858-3691**



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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

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# An IT Career - is IT for you?

**CALL TODAY!** Tel. 604-251-7955  
[www.accessfutures.com](http://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](http://bit.ly/ISRI-FSWEP)
- Co-operative Education and Internship Program  
[bit.ly/AAFC\\_RECRUITMENT](http://bit.ly/AAFC_RECRUITMENT)
- Research Affiliate Program  
[bit.ly/PSC-RECRUITMENT](http://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](http://bit.ly/PS_RECRUITMENT)
- Recruitment of Policy Leaders  
[bit.ly/POLICY\\_LEADERS](http://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](https://facebook.com/CanadianAgriculture)  
[twitter.com/AAFC\\_Canada](https://twitter.com/AAFC_Canada)  
[youtube.com/AgricultureCanadaEng](https://youtube.com/AgricultureCanadaEng)  
[instagram.com/cdn\\_agriculture](https://instagram.com/cdn_agriculture)

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

[aafc.isri-irea.aac@agr.gc.ca](mailto:aafc.isri-irea.aac@agr.gc.ca)

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NOW**

**ACCEPTING APPLICATIONS FOR  
FALL 2022**

**FULLY FUNDED ONLINE  
TOURISM AND HOSPITALITY PROGRAM  
FOR INDIGENOUS  
ARTISTS | CARVERS | CREATORS  
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PLEASE VISIT

**[WWW.ICEDAR.CA](http://WWW.ICEDAR.CA)**

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# Indigenous Community Planning

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

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

Applications are open  
November 01 – January 15!

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

## WHAT IS INDIGENOUS COMMUNITY PLANNING?

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

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

## WHY ICP IS IMPORTANT

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

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

## HOW ICP WORKS

The ICP Concentration:

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

## JOIN US IF YOU SUPPORT THIS VISION!

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

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

For more information:

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

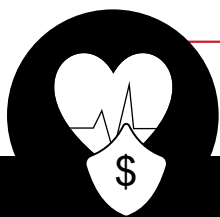
1-866-274-6627

Not sure if you need to repay the **Canada Emergency Response Benefit**? Go to **[Canada.ca/repay-cerb](https://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](https://Canada.ca/coronavirus)**

# SERVICE CANADA

## READY TO HELP — SENIORS



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- Canada Recovery Caregiving Benefit (CRCB)

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



1-800-206-7218

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### 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/](https://unitedway.ca/how-we-help/find-your-uwc/)

### SOCIAL INSURANCE NUMBER

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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](https://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>

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# 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](http://pac.bluecross.ca) or by calling Pacific Blue Cross at 604 419-2000.

Client's signature <b>X</b>	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

<b>Cheque</b>	<b>Renewals Due By:</b>	<b>Ck. Release Date</b>	<b>Mid-Month 2</b>
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)

**NEXT DRAW AUGUST 5!**

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

