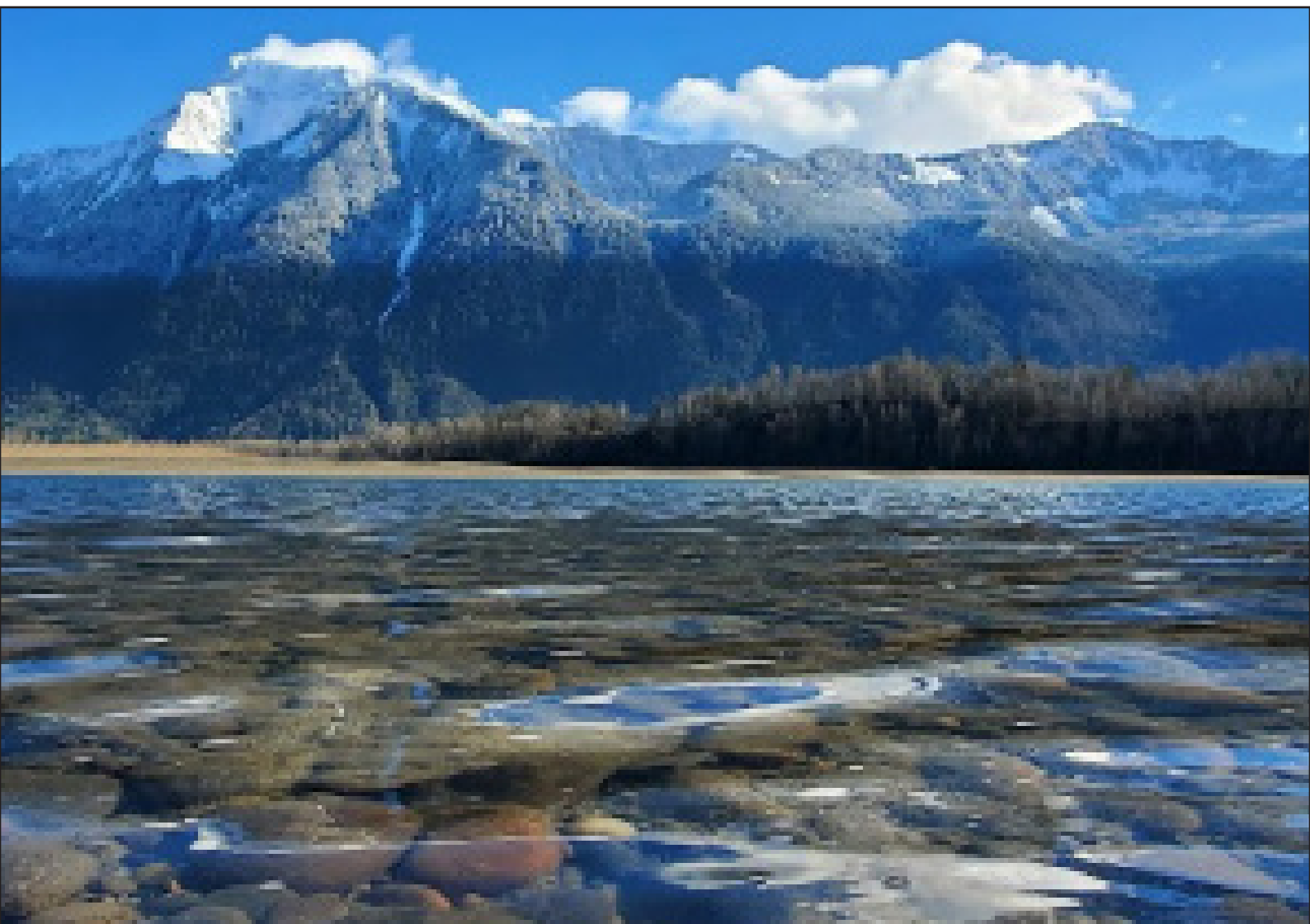




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: September 23, 2022



NEWSLETTER SECTIONS

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XWECHÍYOM XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom Xwexwilmexw;

Xw' eyehls cha ye mekw' wat ite xwech'l yom qesu texw eweta o kw'e tl' e met Te ewpi: I qaste qel sqoqe;

Temtames mami:yelhtel ya sq'eqotel qelu lam xwe xwe'eyelf iyolem kw'e o'hletem xwela Ye'mi cha

Temtames lis cha mekw' yoyes ye alyem eweta Shxwlistexwes Te xwelitemelh Temtames chasu qexs a: li lalalem xwela kw'e mekw' wates

Qas temtames cha xwe'eyems Te temexws qasu ey xwela ye xwechiyom

CHEAM VISION STATEMENT

We the people of Cheam are committed to developing a united and harmonious community. We respect individual's diversity and promote a healthy, self-sufficient lifestyle. We need one another and value one another's views. In appreciation of our uniqueness, we foster mental, physical, emotional and spiritual wellbeing. In doing so, we strive to build pride, dignity and respect amongst our people.

FIND US ONLINE:



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ADMINISTRATION NOTICES/UPDATES

UPOMING CHEAM EVENTS:

September 27	Cheam First Nation Council Meeting
September 30	Orange Shirt Day/Band Office Closed
October 6	<u>CFN/CEI Joint Special Open House 12-7p</u>
October 11 & 25	Cheam First Nation Council Meeting
October 28	<u>Cheam Halloween Dance</u>
October 30	Cheam Kids Halloween
November 12/13	<u>Cheam 2 Day Holiday Market</u>
December 10th	Cheam Kids Christmas Event & Community Christmas Dinner

CHEAM PARENTS & TOTS has started again. The program runs every Tuesday and Thursday from 10 to 1pm in the room across from Health Reception in the Cheam Band Office.

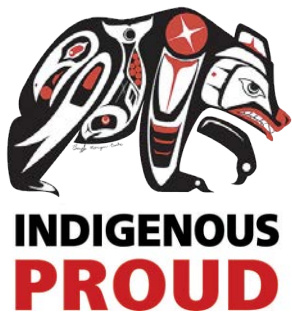


Open call for Indigenous Artists



2023 Orange Shirt Day T-Shirt Design Contest

On September 30th, people from coast to coast will come together in the spirit of reconciliation and wear orange shirts in honour of Residential School Survivors, our families, and our communities.



Indigenous Proud is a new program from Naut'sa mawt that creates and supports Indigenous-led efforts to recover, reclaim and revitalize Indigenous culture, language, and arts.

Naut'sa mawt Resources Group | Naut'sa mawt Tribal Council

Delta: 330-6165 Highway 17A Delta, BC V4K 5B8
Malahat: 110 Thunder Road, Mill Bay, BC V0R 2P4
General Inquiries: (604) 943-6712

How to Enter:

Visit www.indigenousproud.com for details.

First Prize:

- Artwork featured nationally on our new label
- \$1500 cash award

Artwork Specifications:

- Max Size 10"x10"
- Solid colours (no shading)
- Avoid details and text smaller than .25"

Submission Deadline:

September 30th, 2022

Questions:

Contact info@indigenousproud.com

www.indigenousproud.com

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ORANGE SHIRT DAY

PROCESSION/ WALK

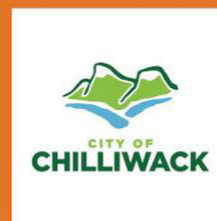
TRUTH & RECONCILIATION

HEALTH AND WELLNESS POW WOW

MC: FRANCIS J JAMES
AREA DIRECTOR: GARY ABBOTT
HOST DRUM: SAGE HILLS

Chilliwack Secondary
46363 Yale Rd
Chilliwack, BC

This is a drug and alcohol-free event



ALL AGES EVENT

PROCESSION/ WALK

Sept 30th

Enter your car/ truck/ trailer
rick6148@telus.net
9:00AM decorate starts at
CSS.

10:00AM Parade starts
10:20 Central park

POW WOW

Sept 30th Oct 1st

Grand Entry
1:00PM & 7:00PM

Volunteers needed

Procession/walk

Security

Concession

Information table

Elder/ survivor area

Pow Wow support

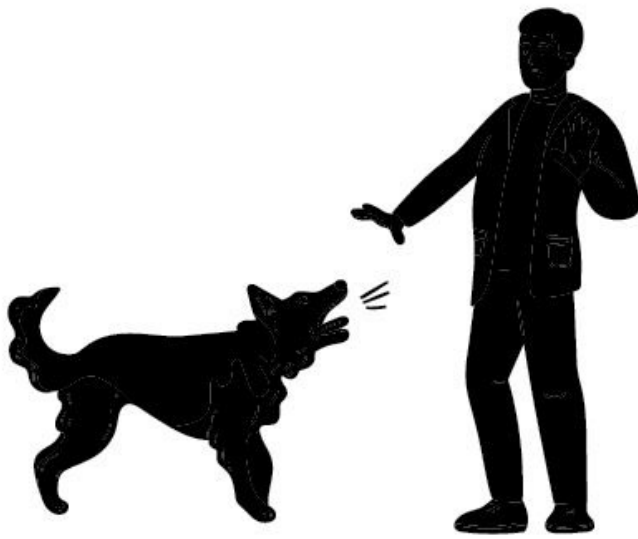
Clean up



SPONSORS

Dan Milo Society
City of Chilliwack
SD33 indigenous Dept.
FNHL Fraser valley East
Coast Hotel- Chilliwack
Tzeachten First Nation
Canadian Heritage
EMP Fishing
GO traffic

To donate or volunteer
please contact Rick Joe
rick6148@telus.net



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

If a dog has bitten, attacked and the life and safety is at significant risk of injury or death, call 911 immediately to report it & GET A FILE NUMBER.

If there is no significant threat of serious injury or death, can wait for a follow up with an officer, or If there is a minor nip (minor bruising, small lesions not requiring immediate emergency attention), and can be soothed at a walk in clinic call/at home call RCMP non-emergency 604-796-2211 or our rep. Melanie Zonderland at 604-798-6073 & GET A FILE NUMBER.

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05

RECOGNIZE. REFORM. RENEW.

Compensation for First Nations Child and Family Services and Jordan's Principle

Who will be eligible for compensation

On June 30, 2022, the Assembly of First Nations (AFN) Executive Committee approved a final settlement agreement (FSA) of \$20 billion in compensation for children and their families discriminated against by the Government of Canada's underfunding of the First Nations Child and Family Services (FNCFS) Program or narrow application of Jordan's Principle.

The following First Nations individuals may be eligible for compensation:

- Those who were unnecessarily removed from their homes on-reserve and in the Yukon as children from April 1, 1991 to March 31, 2022.
- Those who faced a delay, denial or service gap for an essential service that they needed as a child because of Canada's narrow application of Jordan's Principle, between April 1, 1991 and November 12, 2017.
- The primary caregivers of eligible individuals in these groups.

Please note: Compensation and final eligibility details will not be available until the FSA has been approved by the Canadian Human Rights Tribunal and the Federal Court of Canada.

For more information and to register for updates, visit www.fnchildcompensation.ca

Support from the Hope for Wellness Helpline 1-855-242-3310

If you need immediate support during the compensation process, the Helpline offers free, anonymous counselling and crisis intervention 24 hours a day, 7 days a week by telephone at 1-855-242-3310. Children and youth can call Kids Help Phone anytime at 1-800-668-6868.



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

[@CHEAM.FN](https://www.facebook.com/CHEAM.FN)



CHEAM ELDERS CORNER

Culture & Tradition Rights & Title Committee

The Culture & Tradition Rights & Title Committee members are: Patricia Victor, Muriel Victor, Carrielynn Victor, Wayne Douglas and Sidney Douglas.

As part of our work, we are working on a culture calendar. We value community input to this document. In addition to the calendar, our hope is that community members will plan and host cultural events which are open to Cheam members.

For any questions or to submit your suggestions to add to the calendar or host a cultural event, please email: committee@cheamband.com OR drop off your written suggestions to reception, attention to Culture Committee. A committee member will contact you to finalize details.

A culture calendar outline is included on the next page.

***We are looking for input to create a Cheam culture calendar.
Consider hosting a cultural event.***



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.



- October 18, 2022
- November 15, 2022
- December 13, 2022



Upcoming Birthdays Birthdate

Sonny Joe Murphy	Sept. 24
Kelly Ann Douglas	Sept. 25
Muriel V. Victor	Oct. 16
Lorraine C. Bailie	Oct. 16
Della A. Victor	Oct. 22
Rose R. Victor	Nov. 1
Russell Victor	Nov. 1

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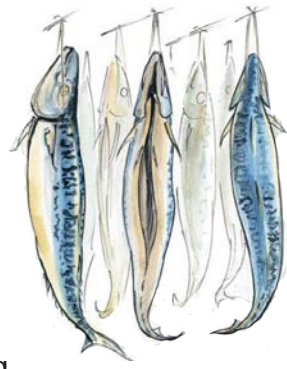


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CULTURE CALENDAR

Tempo:kw' October 26 - November 24
Time for Chehalis Spring Salmon, Smoking fish

Xets'o:westel November 25 - December 24
Time to store away paddles for the winter, rose hips, teas, hunting



Meqo:s December 25 - January 22
Fallen snow season, hunting, babies first snow bath, Longhouse, namings memorials, initiations

Peloqes January 23 - February 20
Torch Season, hunting, cottonwood buds, Longhouse, namings memorials, initiations

Temt'elemches February 21 - March 22
Time one's hands stick to things (from cold), Longhouse, Closing, Seasonal Burning, wake up and launch canoes

Welek'es March 23 - April 20
Little Frog Season, nettles, fresh shoots and bulbs, Spring salmon fishing
First Salmon Ceremony, burials delayed due to cold, Eulachon harvest, soccer tournaments

Temkwikwexel April 21 - May 19
Time for baby sockeye salmon, spring fishing, cedar bark
Puberty ceremonies

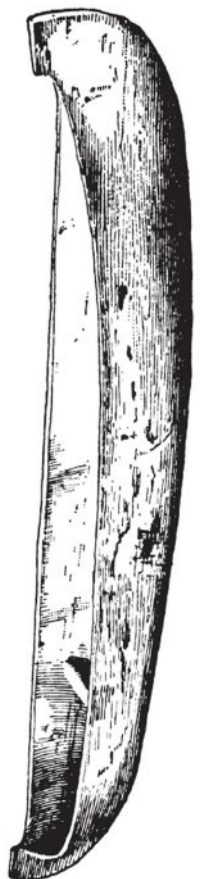
Tem'elile May 20 - June 17
Salmonberry time, strawberries, Canoe races

Temqoqo June 18 - July 17
High water time, berries, fishing, goat wool, Canoe races,

Temqwa:l July 18 - August 15
Mosquito Time, fishing, Canoe races, pow wow

Temtheqi August 16 - September 14
Sockeye salmon time, alpine harvesting

Temkw'o:lexw September 15 - October 25
Dog Salmon time, tea harvest, mushrooms



FIND US ONLINE:

FREE SOMATIC TRAUMA THERAPY FOR CHEAM MEMBERS

Story is important, but for Somatic Trauma Therapy, we focus on the body and its own way of telling that story.

The goal of somatic trauma therapy is to drain some of the weight of the past in a safe way. 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. Intake is ongoing.

In small groups we learn to focus on the experience of the body using:

- * Body focused grounding tools
- * Present moment awareness
- * Some learning about how emotions help with somatic therapy
- * 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.

We aim to keep it as safe, and gentle as needed.

Information sessions are one on one with Winchester Victor. They can be booked with Diana Giroux (604)-794-7927 or Winchester: winchester.victor39@gmail.com



"Being cut off from our own natural self-compassion is one of the greatest impairments we can suffer. Along with our ability to feel our own pain go our best hopes for healing, dignity and love."

Gabor Mate'





Thinking of quitting smoking or vaping commercial tobacco

Talk Tobacco offers culturally appropriate support about quitting smoking, vaping and commercial tobacco use to First Nations, Inuit, Métis and urban Indigenous communities.

Join us for a presentation by Talk Tobacco Specialist, Victoria Stevens on the
Talk Tobacco Program

September 14, 2022
11:00am – noon

Contact Corinne Stone for more information



1-833-998-8255
talktobacco.ca

FIND US ONLINE:

10



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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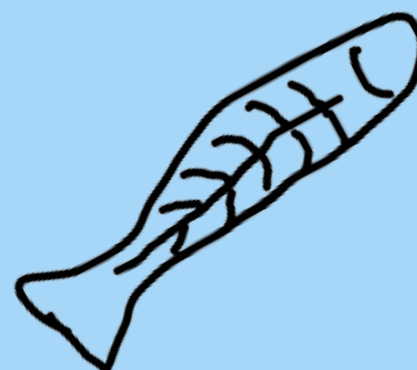
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FRASER-SALISH REGION
First Nations Health Authority

FISH

Soup



Finding Indigenous Solutions for Health

Healthy Relationships

Date: Wednesday, September 28

Time: 10am - 12pm

Location: Cheam Education Building



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60 Day **WALKING CHALLENGE**

Sto:lo Service Agency, Wellness Team

Keep track of your steps each day in October and November and you could win a wellness package:

- 1 hour with RMT Tanya Wick**
- 1 hour Acupuncture with Karen Smith**

We will also have weekly gift card draws!

FOR MORE INFO CALL HEATHER WALKER
PH: 604-824-3200



**Hosted at the
Cheam Band
office**



Impacts on student learning

Come learn about cultural activities

Cheam is hosting cultural activities here on Cheam for youth from grades K-12, come and learn about drumming, beading, and so much more! It will be every Thursday for 24weeks! from 6pm-8pm starting Sept 15th

Contact Tyrone
For sign up or more info
604-991-9610 or tyrone.giroux@cheamband.com





Nlaka'pamux Nation
Tribal Council



9th Annual

Youth Hunting Camp

Free two-day event featuring traditional teachings by knowledge keepers



Featuring

- >>> Camping
- >>> Fire Making
- >>> Deer processing
- >>> Trapping demonstration
- >>> Canning
- >>> Archery demonstration
- >>> Hunting stories
- >>> Firearm safety
- >>> Scavenger hunt
- >>> Bear awareness
- >>> Skinning & drying
- >>> Hunting protocols between Nations

Space is limited to 60 people
so please register ASAP.
Registration closes
Fri Oct 7, 2022 at 4pm.

Meals, snacks and drinks will be
provided to **registered**
youth participants.

Campsites are available for all
participants along with their chaperones
who wish to camp overnight on Fri
and/or Sat. Please bring your
own equipment (waterproof tent,
mat, sleeping bag, headlamp, etc.)

E.C. MANNING PROVINCIAL PARK

9:30AM - 4:30PM, RAIN OR SHINE

ADULT CHAPERONE REQUIRED

Lone Duck 2 Camp

Oct 14-16, 2022

All Kids Welcome!

For more information and to register, contact Kevin Duncan at (250) 455-2711 ext 301



Sto:lo Youth Entrepreneurship Initiative

CONFERENCE

November 5th, 2022

The Seabird Island Band (SIB) has extended an invitation (First Come First Serve) for Indigenous Youth from our First Nations communities (within the Fraser Valley) to attend the Sto:lo Youth Entrepreneurship Initiative Conference, which will take place at the Seabird Island Band Multi-Purpose Room in Fall 2022.

This event is by invitation only and letters of invitation were sent to our communities located within the BC Lower Mainland Region. If you are interested in attending this event, please contact our event staff at the email listed below to see if space is available.

The intent of this gathering is to assist Indigenous youth in developing greater financial awareness and literacy, receive guidance and mentorship on the critical components of establishing a business and gain valuable insight and understanding of the financial tools available to assist them and their community in becoming more self-sufficient, independent, and financially sustainable.

SYEI Activities 2022

Activity	Sto:lo Youth Entrepreneurship CONFERENCE (100+ Indigenous Youth aged 16-24 (from the BC Lower Mainland Region))
Location	Seabird Island Band Office – Multi-Purpose Room
Date	November 5 th (9:00 am to 4:30 pm)
Focus	<p>Strategic areas of business, entrepreneurship, and finance, thus enabling them to contribute to the future of their community's socio-economic development and well-being.</p> <p>Develop greater financial awareness and literacy, receive guidance and mentorship on the critical components of establishing a business and gain valuable insight and understanding of the financial tools available to assist them and their community in becoming more self-sufficient, independent, and financially sustainable.</p>



Goals

Increase awareness, interest, and the development of foundational finance, investment, planning, and wealth/resource management skills;

Encourage Indigenous youth to further their studies in strategic areas, thus enabling them to contribute to their community's socio-economic development and well-being;

Create a unique opportunity for Indigenous youth to better understand their current and future role in their local and regional economies;

Raise awareness of the importance of completing high school and pursuing post-secondary studies;

Assist Indigenous youth by providing insight and guidance into the importance of community planning, good governance, and financial management.

Overall, the training will prepare Indigenous youth for their current and future roles in the community.

Technical Sections

GOVERNANCE & COMMUNITY PLANNING;
FINANCIAL FUNDAMENTALS (Budgeting, Investing, Basics of Accounting);
ENTREPRENEURSHIP (Identification, Evaluation, Exploring of New Business)
RAISING CAPITAL AND CURRENT;
INVESTMENT
OPPORTUNITIES;PROFESSIONAL CAREERS
REQUIRED – SIB PRIORITIES

FINANCIAL FUNDAMENTALS
(Budgeting, Investing, Basics of Accounting);
ENTREPRENEURSHIP & MARKETING;
INNOVATION, CAPITAL AND FUNDING
OPPORTUNITIES;CASE STUDIES

Speakers

GUEST SPEAKERS TO BE CONFIRMED

Fees

FREE

(For confirmed registered participants)

Registration includes: access to all sections; training materials, lunch and coffee breaks.
Door prizes will be available

For registration and general inquiries please contact:

Mr. Brady Redden
Business Coordinator
Sqewqel Development Corporation
Box 650 – 6895 Chowat Road, Agassiz,
BC Tel: 604-703-8691
Email: b.redden@sqewqel.ca

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Sto:lo Youth Entrepreneurship Initiative Registration Form November 5, 2022

Participant Name:	
Date of Birth:	
Gender:	
Address:	
Community:	
Cell Phone:	
Email Address:	
Allergies/Special Health Considerations:	
*Parent/Guardian Name:	
Parent/Guardian Address	
Parents/Guardian Home Telephone Number:	
Emergency Contact Telephone Number:	
Physician's Name/Contract Telephone Number:	

***Participants under the age of 19 must complete the shaded portion of the registration form that includes parent/guardian information and have the form signed by their parent/guardian.**

Conference - Full Access, Conference Materials, T-Shirt and Lunch.

Waiver:

By signing this registration form, I have read and agree to the following waiver of all claims, release from all liability, assumption of all risks, agreement not to sue, and other terms of this agreement as entered into by me (the Participant) with and for the benefit of the Seabird Island Band, (SIB) its leadership, staff, directors, representatives, officers, employees, volunteers, agents, contractors, volunteers, consultants and any/all Sto:lo Youth Entrepreneurship Conference facilitators and participants. I further agree to release the Seabird Island Band and all others listed (above) in this waiver from any liability for any personal injury, death, property damage, expense, and related loss, including loss of income that I may suffer as a result of my participation in this activity, due to any cause whatsoever, including negligence, breach of any statutory duty of care; and to hold harmless and indemnify Seabird Island Band and all others listed (above) within this waiver from all liability for any damage to property of, or personal injury to, any third party, resulting from my participation in this activity.

Photo Release:

By signing this registration, I grant my permission for the Seabird Island Band and the Sto:lo Youth Entrepreneurship Initiative Organizers to take photos of me (or of my child) and give permission to use these photos for the Sto:lo Youth Entrepreneurship Initiative, and that my photo may be provided as promotional material, as well as displayed on social media for this and future events.

Participant Signature:	
-------------------------------	--

****Note:** Youth under 19 years of age must have parent/guardian permission to attend this event.

Parent/Guardian Signature:	
-----------------------------------	--

Completed forms can be sent to Attn: Brady Redden at b.redden@sqewqel.ca

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.

- [Adult In-Home Care Worker](#)
- [Assistant Emergency Coordinator](#)
- [Early Childhood Educator](#)
- [Early Childhood Education Assistant](#)
- [Health & Wellness Manager](#)
- [Shelter Support Worker](#)
- [Strong Families Recreation Leader](#)



Trans Mountain is committed to Indigenous and local inclusion. Please visit our website to view our current opportunities here:

[Trans Mountain Opportunities: 21 current postings](#)

Alternatively individuals interested in working directly for a Trans Mountain contractor are strongly encouraged to follow this link and populate the “Expression of Interest for Employment”: <https://csi.transmountain.com/csi/isinfo/>

FIND US ONLINE:





JOB POSTING

Position Title:	Human Resources Manager	Department:	Administration
FTE/STATUS:	Full-Time, Permanent	Salary Range:	Dependent upon Education and Experience
Office Hours:	Monday to Friday	Effective Date:	

Position Summary:

Under the direction of the Chief Administrative Officer the Human Resources Manager is responsible for overseeing the human resource functions of CFN and for driving significant change to ensure alignment between CFN's culture and values and its employment practices and policies.

In addition, the Human Resources Manager is responsible for overseeing and implementing: policy development and implementation, managing and forecasting staffing levels, succession planning, performing full cycle recruitment, on-boarding and orientation administration, performance management, advisory and administration, database/file management, disciplines and terminations and risk management, assisting with training and development, disability management, supporting economic development initiatives, and related functions.

Required Qualifications / Education / Experience / Skills:

- Bachelor's degree and CPHR designation or graduate level studies in business, human resources, or similar.
- Minimum of 5 years' experience working in a Human Resources Management role, managing a small team.
- Expertise in change management and experience unifying culture and values with human resources practices.
- Strong knowledge or understanding of federal employment legislation.
- Advanced computer literacy skills in Excel, MS Word and other databases
- Advanced business writing and grammar skills.
- Excellent time management, organizational, planning and analytical skills. Proven ability to manage priorities and deadlines.
- Possesses strong ethical standards and work ethic.
- Ability to work in a cultural and politically sensitive environment.
- Ability to balance competing priorities, multitask, and work under pressure.
- Excellent verbal and written communication skills.
- Strong people skills - must have the ability to engage and motivate others.
- Experience working with First Nations community is considered an asset.
- Valid BC Driver's License, Class 5.
- Satisfactory Criminal Record Check.

Application process

- All interested parties are encouraged to email in their application with a Cover letter and an updated Resume to the interim CAO "Annie Silver" at annie.silver@cheamand.com by Tuesday, September 27, 2022.



SASET Outreach Services **on-site at Cheam First Nation** **Every Friday from 9:30am to 3:00pm**

Who are we?

We provide Indigenous Employment and Training Services to First Nation working age population in the Fraser Valley Catchment area.

Who do we serve?

If you are an Indigenous person and are either the following:

- Is un-under employed
- Student
- Employed but unable to meeting basic living requirements
- Resides in SASET's catchment area (Langley to Boston Bar and throughout the Fraser Valley; or with 3 communities in the Head of the Lakes)

Outreach Employment Services:

Employment and Career Counselling
Resumes and Cover Letters
Education and training information
Computer with internet access
Job postings
Employment Readiness
Career Planning/Decision Making
Labour Market Information

Scholarships, Grants and Bursary information
Job Search assistance
Applying online
Employability workshops
Basic Computer Skills Workshops
And much more

Lucinda Louie, Employment Counsellor

Phone or text: 778-684-1464 or email: Lucinda.Louie@saset.ca

Or email: info@saset.ca

See our website for more information at www.saset.ca

LOOKING FOR A CAREER IN SECURITY & PUBLIC SAFETY?



JOIN OUR BASIC SECURITY TRAINING!

- 40-hour Virtual Training
- Provincially Recognized Program
- Jump start your career in security!

Course covers:

- **Professionalism & Ethics**
- **Legal Studies**
- **Report Writing**
- **Personal Safety**

OCTOBER 17- 21

NOVEMBER 14 - 18

DECEMBER 5 - 9

8:30 AM - 5:00 PM

Sponsorship for cost of the course is available
for all future Securiguard employees!

To apply, contact:



Taylor.Walters@securiguard.com



778-870-1490

FIND US ONLINE:



YMCA Chilliwack - Available Opportunities



Supervisor, Aquatics

Cheam Leisure Centre (Chilliwack)
Permanent, Full-Time (35 hours/week)
Application Deadline: Until Filled

Supervisor, Health and Fitness

Chilliwack Landing Leisure Centre (Chilliwack)
Permanent, Full-Time (35 hours/week)
Application Deadline: Until Filled

Supervisor, Member Experience

Chilliwack Landing Leisure Centre (Chilliwack)
Permanent, Full-Time (35 hours/week)
Application Deadline: Until Filled

Supervisor, Member Experience

Cheam Leisure Centre (Chilliwack)
Permanent, Full-Time (35 hours/week)
Application Deadline: Until Filled

Member Experience Representative

Cheam Leisure Centre (Chilliwack)
Permanent, Full-Time (35 hours per week)
Application Deadline: Ongoing

Member Experience Representative

Cheam Leisure Centre (Chilliwack)
Permanent, Part-Time (8-24 hours per week)
Application Deadline: Ongoing

Member Experience Representative

Chilliwack Landing Leisure Centre (Chilliwack)
Permanent, Full-Time (35 hours per week)
Application Deadline: Ongoing

Member Experience Representative

Chilliwack Landing Leisure Centre (Chilliwack)
Permanent, Part-Time (8-24 hours per week)
Application Deadline: Ongoing

Lifeguard/ Swim Instructor

Cheam Leisure Centre (Chilliwack)
Permanent, Part-Time (8-24 hours/week)
Application Deadline: Until Filled

Lifeguard/ Swim Instructor

Cheam Leisure Centre (Chilliwack)
Permanent, Full-Time (35 hours/week)
Application Deadline: Until Filled

Lifeguard/ Swim Instructor

Chilliwack Landing Leisure Centre (Chilliwack)
Permanent, Part-Time (8-24 hours/week)
Application Deadline: Until Filled

Lifeguard/ Swim Instructor

Chilliwack Landing Leisure Centre (Chilliwack)
Permanent, Full-Time (35 hours/week)
Application Deadline: Until Filled

Child, Youth and Family Staff

Cheam Leisure Centre (Chilliwack)
Permanent, Full-Time (35 hours/week)
Application Deadline: Ongoing

Child, Youth and Family Staff

Cheam Leisure Centre (Chilliwack)
Permanent, Part-Time (8-24 hours/week)
Application Deadline: Ongoing

Child, Youth and Family Staff

Chilliwack Landing Leisure Centre (Chilliwack)
Permanent, Full-Time (35 hours/week)
Application Deadline: Ongoing

Child, Youth and Family Staff

Chilliwack Landing Leisure Centre (Chilliwack)
Permanent, Part-Time (8-24 hours/week)
Application Deadline: Ongoing

Supervisor, Child, Youth and Family

Cheam Leisure Centre (Chilliwack)
Permanent, Full-Time (35 hours/week)
Application Deadline: Until Filled

Manager, Facility Operations

Chilliwack Landing Leisure Centre (Chilliwack)
Permanent, Full-Time (35 hours per week)
Application Deadline: Until Filled

Building Operations Staff

Cheam Leisure Centre (Chilliwack)
Permanent, Full-Time (35 hours per week)
Application Deadline: Until Filled

Building Operations Staff

Chilliwack Landing Leisure Centre (Chilliwack)
Permanent, Full-Time (35 hours per week)
Application Deadline: Until Filled





CONSTRUCTION READINESS TRAINING

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

Trans Mountain Expansion Project Team 5B is hosting a 3day Pipeline Construction Readiness Training Program for Individuals interested in pipeline construction job opportunities.

Course Components:

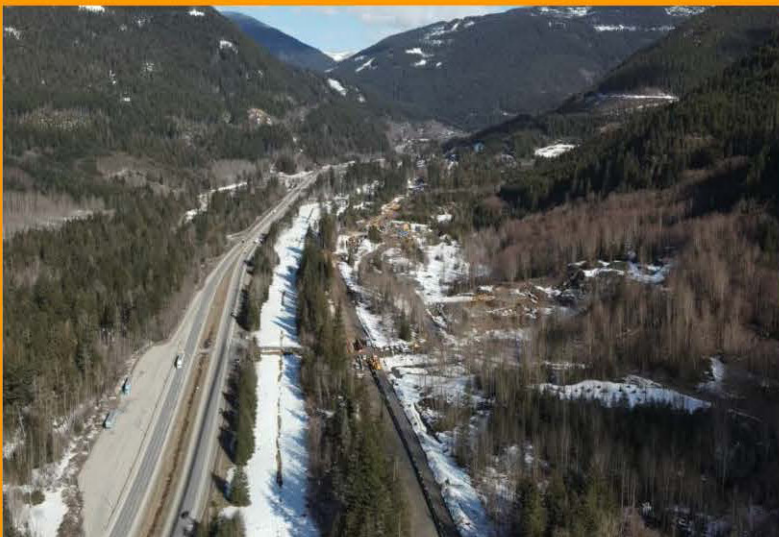
- Traffic Control Person – 2-day course
- First Aid

When: Oct. 25, 26 & 27th, 2022

Where: Cheam First Nation (Rosedale, BC)

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

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



Team 5B includes:

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



FIND US ONLINE:

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Ground Crew (Linear Debris Field Technician)

Location – Hope, British Columbia (and surrounding areas)



Position Overview

SWAT Consulting Inc. is seeking energetic and motivated individuals to fill the unique role of Ground Crew (Linear Debris Field Technician) to support a temporary cleanup program within the lower reaches of the Coquihalla, Chilliwack, and Fraser River. SWAT is bringing together a passionate and hardworking crew to remove debris deposited within these systems from the November 2021 atmospheric river flooding event.

Crews will be transported daily to worksites alongside the river systems. Activities consist of collecting and loading debris into designated totes, marking debris too large for manual removal with flagging tape and GPS coordinates, logging debris found and removed, walking/boating the river system and sorting of removed debris at central staging areas. Disassembling challenging debris and some hazardous materials may be encountered on location. Access will be challenging to some locations with walking, rafting, boating and/or helicopter access anticipated for select locations. Collected debris will be removed by helicopter or boat to staging areas for sorting into recyclable material and trash.

This position will be temporary in nature until the job is completed. The anticipated completion timeline is 3 months. Training will be provided by SWAT as needed for working in and around watercourses.

Job Responsibilities and Duties

- Arrive on time and ready to work with appropriate PPE and fully equipped with everything needed to be self-sufficient for the day (water, packed lunch etc)
- Work outdoors for prolonged periods in challenging environments
- Work in a safe and efficient manner
- Organize, sort, and categorize material removed, if required
- Collect assorted debris items from riverbanks and place them in designated Totes
- Ensure all personal gear and required field gear is present each day and maintained
- Report any issues with equipment or unnoticed hazards to the Team Lead immediately
- The ability to lift 30lbs regularly
- The ability to move safely on uneven terrains and stand for long periods

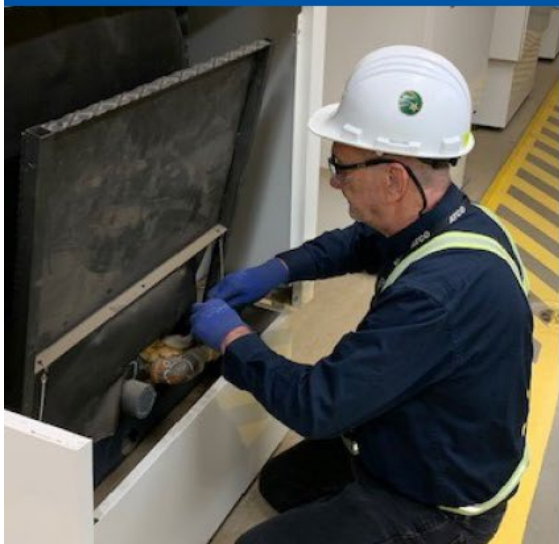
The ideal applicant will have the following:

- Excellent interpersonal skills to create a comfortable working environment
- Excellent teamwork skills to work positively and collaboratively with a diverse team. As well as the ability to work independently with minimal supervision
- Familiarity with the incident command system
- Experience working in remote areas for extended periods of time
- Valid Occupational First Aid Level 1-3
- Experience in the oil and gas, forestry or the wildfire service industry is a benefit but not a prerequisite as training will be provided to the successful candidate

Please submit your cover letter and resume to dion@2badgers.ca with the subject line Ground Crew (Linear Debris Field Technician) 2022. For further information about SWAT please visit our website at www.swat-ab.ca. This position will remain open until enough suitable candidates have been selected.



NOW HIRING CAMP POSITIONS



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

- 1st Cook/Relief Chef
- 3rd Cook
- General Helper
- Head Camp Attendant
- Camp Attendant
- General Laborer

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

APPLY TODAY!

Email - FrontecRecruitment@atco.com

ATCO

FIND US ONLINE:

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TRAINING OPPORTUNITIES



BladeRunners

Next program runs:
October 3, 2022

Work in Construction!

2-week **Fully Funded** entry-level construction training for
Youth 18-30 with a valid SIN

Guaranteed Job

\$200 in employment placement bonuses

\$100 food vouchers upon starting your new job

\$775 in workgear and tools

Hot breakfast and lunch every day during training

More training opportunities on completion

Call 604-688-9116

or email

bladerunners@accessfutures.com

"Once a BladeRunner, always a BladeRunner."

Canada



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

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ADULT BASIC EDUCATION

English and Math Upgrading



Seabird College is hosting upgrading courses for English and Math to be delivered by University of Fraser Valley (UFV). We are accepting registrations and courses are scheduled to start on Thursday, September 8th. Our upgrading classes will run every Tuesdays and Thursdays at Seabird College delivered by instructors from UFV. Students can take courses to upgrade their English and Math marks in prep for post secondary programs including trades and transition to the Seabird College Adult Dogwood program.

Classes take place on Tuesdays and Thursdays

September 8th to December 8th, 2022

10:00am to 12:50pm and/or 1:30pm – 4:20pm

(Student assessment in August for course placements)

**For registrations or more information
please contact:**

Upgrading Courses offered with UFV:

Math:

- Fundamental Math I, II, III & IV (1.5 credits each)
- Intermediate Math I & II (1.5 credits each)
- Introductory Algebra & Trigonometry (Advanced Level) (3 credits)

English:

- Fundamental-Level English I, II, III & IV (1.5 credits each)
- Intermediate-Level English (3 credits)
- Advanced-Level English (3 credits)



Seabird College
education for real life

Elaine Malloway
College Registrar
Phone: (604) 796-6912
Email: colreg@seabirdisland.ca





Canada

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

EMPLOYMENT PREP TRAINING

OCTOBER 17—28, 2022

Are you an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 2 week full-time certificate training program

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

COURSE INCLUDES

- First Aid Level 1
- WHMIS
- Skid Steer
- Aerial Lifts
- Forklift
- Food Safe
- Fall Protection
- And more!

LUNCH, TRANSPORTATION
ASSISTANCE AND
SAFETY GEAR PROVIDED!

Training will take place on-site at Sto:lo Nation
Building 5B, 7201 Vedder Rd
Chilliwack, BC
October 17—28, 2022
Monday to Friday
9:00 AM TO 3:30 PM



www.facebook.com/SASET.EAS



www.saset.ca



TO APPLY PLEASE CONTACT SASET:

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

SASET—Sts'ailes Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-5536

SASET—Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865



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Trans Mountain Technician Trainee Program



Trans Mountain is excited to announce the Technician Trainee Program.

Our Technician Trainee Program has been designed to help you obtain the necessary skills for our Technician roles and does not require any direct job-related experience.

The Technician Trainee Program will provide individuals with the opportunity to be hired and trained by Trans Mountain in a full-time permanent operational role at our Burnaby & Westridge Terminal locations.



Trans Mountain's goal is to fill up to five Operator Technician Trainee roles and one Emergency Response Technician Trainee role with members from local, neighboring and impacted Indigenous communities by November 2022. Trans Mountain will work with your community's local Employment Coordinators to initiate these recruitments.



Operator Technician: Supports operation of the pipeline system, including petroleum liquid transfers to and from marine vessels. Carries out inspection, local operation, and routine maintenance of facility equipment.



Emergency Response Technician: Ensures a high level of planning and readiness to deal with all emergencies at our facilities. Ensures ongoing safe work practices are being followed at job sites. Works with internal and external emergency responders during emergency response situations. Duties also include day-to-day operational and maintenance responsibilities.

CONTACT US: Trans Mountain

✉ talent@transmountain.com
☎ 1.866.514.6700
💻 transmountain.com



@TransMtn



youtube.com/transmtn



PO Box 81018
Burnaby, BC V5H 3B0



TRANSMOUNTAIN

FIND US ONLINE:



Trans Mountain Technician Trainee Program



Trans Mountain is looking for individuals for the Technician Trainee Program with the following attributes:

Positive attitude

Shows initiative

Desire to learn

Demonstrated teamwork

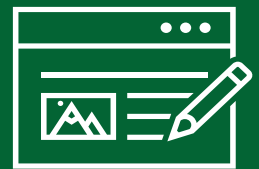
Some computer literacy

A safety mindset

If you would like further information on this Technician Trainee Program or if you are interested in this exciting opportunity, please send your inquiries to: talent@transmountain.com

To submit your application, please go to:

<https://careers.transmountain.com/go/View-All-Jobs/8656147/>



In keeping with Trans Mountain's commitment to maximize benefits for communities, **priority will be given to qualified candidates from Indigenous, local and regional communities along or impacted by the Trans Mountain existing, and/or expansion, pipeline corridor.**

In Alberta, the existing pipeline system spans the traditional territories of Treaty 6, 7 and 8, and the Métis Nation of Alberta (Zone 4).

In British Columbia, the pipelines cross the traditional territories of numerous First Nations that are affiliated with the Secwepemc, Dakelh (Carrier), Nlaka'pamux, Syilx/Okanagan, Interior and Coast Salish, Stó:lo, as well as the Métis.

Trans Mountain also operates through 15 First Nation Reserves located within the region spanning the BC interior through Fraser Valley.

FIND US ONLINE:



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LOOKING FOR A CAREER IN SECURITY & PUBLIC SAFETY?



JOIN OUR BASIC SECURITY TRAINING!

- 40-hour Virtual Training
- Provincially Recognized Program
- Jump start your career in security!

OCTOBER 17- 21

NOVEMBER 14 - 18

DECEMBER 5 - 9

8:30 AM - 5:00 PM

Course covers:

- **Professionalism & Ethics**
- **Legal Studies**
- **Report Writing**
- **Personal Safety**

Sponsorship for cost of the course is available
for all future Securiguard employees!

To apply, contact:

 Taylor.Walters@securiguard.com



778-870-1490

FIND US ONLINE:

Wildland Firefighter Training Available

APPLY NOW

See Attached Application Form for Course List

For First Nation individuals interested in becoming a Wildland Firefighter or interested in advancing your training.



Date and Time: Arranged with Community
Location: In Community
FNESS Contact: Quentin Nelson at qnelson@fness.bc.ca



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

Canada 

Job Options

A no-cost virtual job training program for residents of British Columbia

Who you are:

- Unemployed or underemployed
- Not receiving EI or CERB
- Not a full time student, 17+ years old
- Permanent resident or Canadian citizen
- Legally able to work in Canada
- A resident of BC
- Looking for work/career change

What you get:

- Life and employability skills workshops
- One on one support with resumes, cover letters, interviews
- Skills and career assessments
- Weekly training allowances
- Focus on unique individual needs and outcomes

Contact us at joboptions@pcrs.ca
or 778-239-7495 to find out about joining our next group!



PCRS
Thriving, healthy communities

Canada 



**BRITISH
COLUMBIA**

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



**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



FIND US ONLINE:





ICEDAR

**APPLY
NOW**

**ACCEPTING APPLICATIONS FOR
FALL 2022**

**FULLY FUNDED ONLINE
TOURISM AND HOSPITALITY PROGRAM
FOR INDIGENOUS
ARTISTS | CARVERS | CREATORS
PERFORMERS | STORYTELLERS
ENTREPRENEURS**

PLEASE VISIT

WWW.ICEDAR.CA

FOR INFORMATION AND TO APPLY

FIND US ONLINE:



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SERVICE CANADA

READY TO HELP



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



Canada COVID-19 App

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

EMPLOYMENT INSURANCE (EI) PROGRAM

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

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

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

1-800-206-7218

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

CANADA RECOVERY BENEFIT (CRB)

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

<https://bit.ly/2I0Ub5d>

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)



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- 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>



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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://www.covid-benefits.alpha.canada.ca/en/start)



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- 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.

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://www.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
---------------------------	---------------------	--------------------------

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)
--------------------------------	-------------------

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

