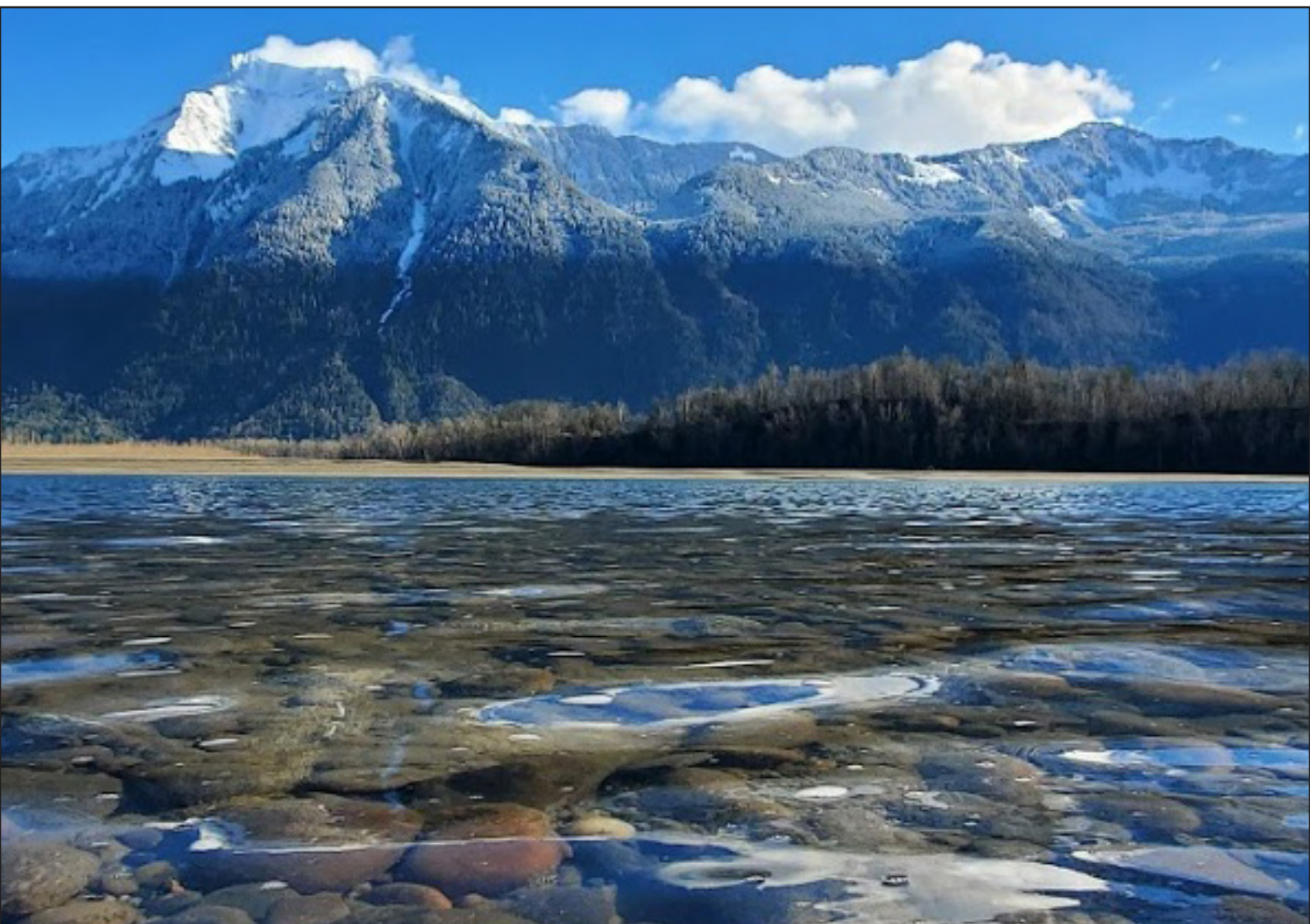




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: October 21, 2022



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XWECHİYOM 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 CHEAM EVENTS:

October 30

Cheam Kids Halloween 1-6pm

Activities, costume parade, pizza @ 5pm

November 12/13

Cheam 2 Day Holiday Market

Vendor tables still available. We are also collecting donations for our rummage sale room;) Please drop off to Band Office Attn: Luana

December 10th

**Cheam Kids Christmas Event
& Community Christmas Dinner**

**December 23
- January 2**

Cheam Band Office Closed

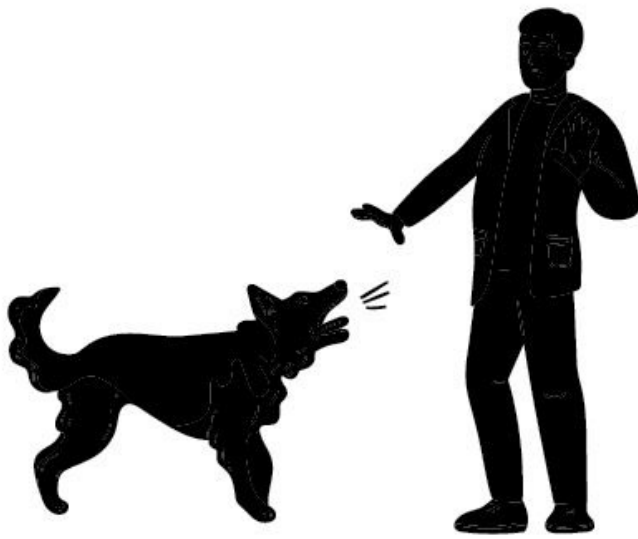
IT'S BACK!

CHEAM SPORTS NIGHT ON TUESDAYS

**STARTING AGAIN
OCTOBER 25, 2022**

**IN THE CHEAM GYMNASIUM
FROM 6PM - 8PM.**





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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03

Please Join Us In

Honouring

Corporal Chris Gosselin

Saturday October 29, 2022

12:00pm Table

At

Cheam Longhouse

52170 Old Yale Rd, Rosedale, BC



Traditional
Honouring
Ceremony

Please bring a
blanket to sit on.

Hosted by Sto:lo Tribal Council CTA Bands

Info: Lori Kelly

lori.kelly@stolotribalcouncil.ca

CALL: 604-798-2434

SUPPORT LOCAL * SHOP LOCAL



CHEAM HOLIDAY MARKET

10AM - 3PM

40+ VENDORS, FOOD TRUCK,
GIFT WRAPPING BY DONATION

NOV
12



NOV
13

52161 VICTOR DRIVE
ROSEDALE, BC

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 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.



- November 15, 2022
- December 13, 2022



Upcoming Birthdays Birthdate

Della A. Victor	Oct. 22
Rose R. Victor	Nov. 1
Russell Victor	Nov. 1
Cathy Boehringer	Nov. 4
Annis G. Aleck	Nov. 7
Melodie A. Douglas	Nov. 9
Daphne Edwards	Nov. 10
Allan Miles Giroux	Nov. 10

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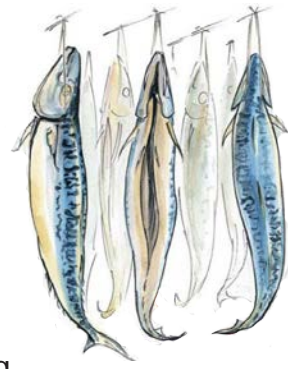


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CULTURE CALENDAR

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

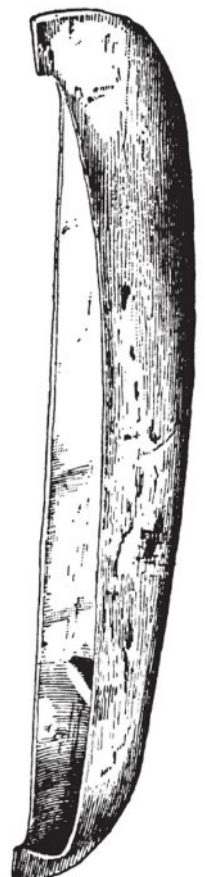
Tem'elile May 20 - June 17
Salmonberry time, strawberries, Canoe races

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

What is it good for?

People find it relieving for anxiety, depression, other uncomfortable feelings, even physical ones.

The goal of somatic trauma therapy is to drain some of the weight of the past in a safe way. We end up feeling lighter spiritually, physically, and emotionally. 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 can be 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'



FLU/ COVID VACCINE CLINIC

Location: Cheam Band Office Gym

Date: November 8th, 2022

Time: 11am to 2pm

Drop-in

Check your eligibility for COVID Vaccine!

Age 6 Month – 4 Years

1st Dose – Anytime

2nd Dose – 8 Weeks after 1st Dose

Age 5 - 11

1st Dose – Anytime

2nd Dose – 8 Weeks after 1st Dose

Booster – 6 Months after 2nd Dose

Age 12+

1st Dose - Anytime

2nd Dose – 8 Weeks after 1st Dose

1st Booster – 6 Months after 2nd Dose

Fall Booster – 6 Months after 1st Booster

Flu Vaccine

6 Months and over is eligible for this

Flu Vaccine



CLEANBC ROADMAP TO 2030

ENGAGEMENT WITH INDIGENOUS PEOPLES ON CLIMATE ACTION

October 27, November 15, November 22



On behalf of the Ministry of Environment and Climate Change Strategy, Mahihkan Management is pleased to invite staff and representatives from your community to join the upcoming virtual and in-person gatherings on the [CleanBC Roadmap to 2030](#) actions.

Learn about the latest CleanBC climate initiatives on circular economy, buildings, transportation and industry and provide your perspectives on related programs and policies.

VIRTUAL SESSION 1: LOW CARBON BUILDINGS

(via zoom)

Thursday, October 27, 2022
9:00 am - 12:00 pm (PST)

This virtual session focuses on ways to reduce building emissions through proposed regulations and tools for improving energy efficiency and lowering emissions.

VIRTUAL SESSION 2: CLEANBC CLIMATE INITIATIVES

(via zoom)

Tuesday, November 15, 2022
9:00 am - 12:00 pm (PST)

This virtual session covers a range of current climate initiatives including circular economy, forest carbon offsets, clean transportation, net zero industry, mass timber, agriculture, hydrogen opportunities and more.

IN-PERSON SESSION: CLEANBC CLIMATE INITIATIVES

(Sheraton Vancouver Airport Hotel, Richmond, BC)

Tuesday, November 22, 2022
8:30 am - 4:30 pm (PST)

This in-person session covers all of the topics in sessions 1 and 2 plus provides opportunities to learn about climate initiatives in other Nations and speak directly with government reps in the "info hall".



First Nations Health Authority
Health through wellness

First Nations Health Benefit Program

The First Nations Health Benefit (FNHB) Program covers specific medically necessary items, services, and travel that support First Nations peoples' health and wellness needs. The program is administered through partnerships with Pacific Blue Cross and PharmaCare.

Eligibility

The FNHB Program is available to First Nations people with Indian status who live in BC and infants (up to 24 months) of an eligible parent. To access the benefits and coverage under the Health Benefits Program, First Nations people must first enroll in the program. Please call 1-855-550-5454 or visit fnha.ca/benefits/eligibility for more information on how to enroll.

Health Benefits Coverage

The FNHB Program covers six benefit areas:



DENTAL

The Dental benefit provides coverage for items and services to maintain good oral health, prevent cavities, gum disease, and restore damaged tooth function. Some items and services covered under the dental benefit are bridges, crowns, exams and x-rays, fillings, and preventive services.



MEDICAL SUPPLIES AND EQUIPMENT

The Medical Supplies and Equipment (MS&E) benefit provides coverage for items and services needed in the short or long-term to support health and wellness. Some items and services covered under the MS&E benefit are bathing and toileting aids, hearing aids and repairs, limb and body orthotics, ostomy supplies, walking aids, and wheel-chairs.



MEDICAL TRANSPORTATION

The Medical Transportation (MT) benefit assists with the cost of meals, accommodation, and transportation towards travel for a medical appointment outside your community of residence. The MT benefit may also cover travel escorts under certain conditions.



MENTAL HEALTH

The Mental Health benefit covers in-person and virtual counselling services from a qualified mental health provider registered with the FNHB. Coverage is available for Mental Health counselling from four programs. The Mental Wellness and Counselling program is for Status First Nations individuals, while the Indian Day Schools Health Support Program, Indian Residential School Resolution Health Support Program, and Missing and Murdered Indigenous Women and Girls Health Support Services are available to both status and non-status individuals. Talk to your Mental Health Provider to determine the appropriate program for you.



PHARMACY

The Pharmacy benefit, administered mainly through Plan Wellness (Plan W), provides coverage for medications and items that support First Nations people on their wellness journeys. The Pharmacy benefit covers specific prescription drugs, over-the-counter drugs, non-drug over-the-counter items, and Shingrix® vaccine. Please call 1-855-550-5454 to enroll in Plan W.

In addition to Plan W, the provincial agencies, including the BC Cancer Agency, BC Transplant, BC Renal Agency, and the BC Centre for Excellence in HIV/AIDS, provide specialty pharmacy items to all BC residents living with specific illnesses or conditions.



VISION CARE

The Vision Care benefit provides coverage for items and services to ensure proper eye health and support access to preventative care. The benefit covers eye exams, sight tests, prescription eyewear and repairs.

OTHER COVERAGE

BC Medical Services Plan (MSP)

The FNHB manages MSP for First Nations people in BC. If you have status and need to register for MSP, call 1-855-550-5454.

Ambulance Bills

The FNHB covers the cost of ambulance transport to a hospital in an emergency situation and from a lower level care facility to a higher level care facility (e.g., long-term care home to a hospital).

View Your Plan Details

To check details about your coverage for dental, vision, medical supplies, and mental health, please create an online PBC Member Profile on www.pac.bluecross.ca or download the PBC app on your smartphone or tablet. The PBC Member Profile offers convenient and secure access to detailed information about your benefits coverage 24 hours a day.

Please call Health Benefits at 1-855-550-5454, email healthbenefits@fnha.ca or visit fnha.ca/benefits to learn more about the First Nations Health Benefits program and benefit coverages.

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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Avian Influenza Resources:

Canadian Food Inspection Agency



Website: English: <https://inspection.canada.ca/ai> | French: <https://inspection.canada.ca/ia>

Mary Rose Argonza-Oberhoffner (she/elle)

Indigenous Liaison Officer, Western Area

Avian Influenza 2022

Canadian Food Inspection Agency | Government of Canada

cfia.ABIndigenousLiaison-Liaisonautochtone@inspection.gc.ca | Tel: 403-461-6729

Learn more about avian influenza (AI):

- [Fact Sheet – Avian Influenza https://inspection.canada.ca/eng/1356193731667/1356193918453](https://inspection.canada.ca/eng/1356193731667/1356193918453)
- [Avian Influenza \(AI\) - Province of British Columbia \(gov.bc.ca\)](https://www.gov.bc.ca/ai/)

Learn more about how to protect your flock:

- [Protect your flock from bird flu](#)
- [Avian Influenza \(AI\) - Province of British Columbia \(gov.bc.ca\)](https://www.gov.bc.ca/ai/)
- [General Orders affecting commercial and small flock poultry owners](#)



If you think your birds are infected:

Bird owners across Canada are legally responsible to notify authorities of serious bird diseases, such as avian influenza. This applies to all sick birds which are located both in and out of a PCZ. Please call a veterinarian or your nearest [Canadian Food Inspection Agency \(CFIA\) Animal Health office](#) if you suspect your birds have avian influenza.

If you don't have a veterinarian, bird owners can contact the BC Ministry of Agriculture and Food, Animal Health Centre at **1-800-661-9903** for assistance or to report any unexplained poultry illness or mortality.

- [Find out what to expect if your animals are infected](#)

To find out more about permit and movement control if you are in or near an AI [Primary Control Zone \(PCZ\)](#)

- [Permits and Movement Control](#)

Aussi disponible en français.

Canada





If you spot a sick or dead wild bird

Anyone who finds a sick or dead wild bird is encouraged to contact the [Canadian Wildlife Health Cooperative \(CWHC\)](#) or call the Wild Bird Mortality Investigation Program hotline, **1-866-431-2473 (BIRD)**.

Be prepared to submit details like where you found the bird or discuss options for carcass submission to allow them to gather information about the health of wild populations.

Additional information related to wild birds:

- [Wild birds and avian influenza](#) – includes information for hunters and food safety guidelines when handling game bird meat. (Public Health Agency of Canada)
- [Avian influenza in wild birds](#) (Environment and Climate Change Canada)
- [Bird Health - Province of British Columbia \(gov.bc.ca\)](#) (Province of BC)

If you think you have been exposed to or are experiencing symptoms which may be related to avian influenza:

Please contact your family physician, **811** for 24/7 health information, or contact your local public health authority:

- First Nations Health Authority: <https://www.fnha.ca/>

Due to the potential for human infection, it is recommended that people working with poultry suspected of being infected with avian influenza, or in contact with such poultry, wear protective clothing. This includes, face masks, goggles, gloves and boots. Avoid contact with blood, body fluids and feces. Wash your hands thoroughly with soap and warm water.

Additional information:

- [Avian Influenza and Poultry](#) (Health Canada)
- [Human Health Issues Related to Avian Influenza in Canada](#) (Public Health Agency of Canada)
- [Healthy eating and food safety for Indigenous peoples](#) (Indigenous Services Canada)
- [Avian Influenza | HealthLink BC](#) (HealthLinkBC)
- [Mental Health Resources for the Agriculture and Food Sector, Producers and Processors](#) (Province of BC)

Additional information for small flock owners

The Province of British Columbia provides additional information for small flock owners:

- [Small Flock Poultry Health \(gov.bc.ca\)](#)

Aussi disponible en français.

Canada



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



YOUTH OPPORTUNITIES

**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



Vancouver Aquarium

If you and your family would like to join us on a trip to the Vancouver aquarium, please Contact Tyrone Giroux for sign up and more information at

Tyrone.giroux@cheamband.com or

604-991-9610

Where: Vancouver

When: Nov 26th, 2022



- A trip for Cheam youth k-12 and their families.
- The deadline for sign up will be November 14th.
- Tickets will be distributed November 24th and 25th.
- There are only so many spots open so sign up asap.
- We will be handing out tickets and gas cards for the ones who drive and for the ones that don't we will be getting a bus.

FIND US ONLINE:



SD78 Culture Night

Ribbon dress sewing, storytelling, powwow dancing, cedar bark weaving, regalia sewing, and teachings.

C.E. Barry and Kent Indigenous Learning Portable

Time: 4:30 – 6:30 pm

Monthly gatherings with traditional teachings and food.

Children under 12 must be accompanied by a parent or guardian. Please register at <https://forms.office.com/r/r4Qzcnj8ds>

CE Barry -
October 11, 2022
Kent Indigenous
Learning Portable -
October 24, 2022

CE Barry -
November 14,
2022
Kent Indigenous
Learning Portable -
November 28,
2022

CE Barry -
January 9, 2023
Kent Indigenous
Learning Portable -
January 23, 2023

CE Barry -
February 6, 2023
Kent Indigenous
Learning Portable -
February 13, 2023

CE Barry -
April 3, 2023
Kent Indigenous
Learning Portable -
April 17, 2023

CE Barry -
May 8, 2023
Kent Indigenous
Learning Portable -
May 15, 2023

SD33 Career Education Dept.

Parent Information Nights

WHAT: 30-minute presentation about Career Education program options for high school students, followed by Q&A, and an open house.

Programs include: Work Experience; Youth WORK in Trades; Youth TRAIN in Trades; Trades Exploration; Dual-Credit Programs

WHO: For all parents/guardians of students Grades 9 - 11.
Presented by SD33 District Career Education Staff.

WHY: Parents and students will learn about program options and how to access them for enhanced educational experience and course credits.

REGISTER FOR ONE OR BOTH SESSIONS ON EVENTBRITE

Tues., October 25, 2022
G.W. Graham Secondary School
6:30 - 8:00pm

Presentation in theatre, followed by
open house in multi-purpose room

GWG click [here](#)
to register



Wed., October 26, 2022
Imagine High Secondary School
6:30 - 8:00pm

Presentation in theatre, followed by
open house in multi-purpose room

IHSS click [here](#)
to register



**Chilliwack
School District**
CAREER EDUCATION

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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 inquires 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.

- [Early Childhood Educator](#)
- [Early Childhood Educator Assistant](#)
- [Emergency Coordinator Assistant](#)
- [Health & Wellness Manager](#)
- [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: 31 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/>

Lower Mainland positions closest to Cheam:

[Instrumentation Technician Burnaby, BC](#)
[Electrical Technician Burnaby, BC](#)
[Mechanical Technician Burnaby, BC](#)
[Emergency Response Technician Burnaby, BC](#)
[Operator Technician Burnaby, BC](#)

[Applications due](#)
October 8, 2022
November 3, 2022
October 27, 2022
October 26, 2022
October 26, 2022

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JOBS • TRAINING • EDUCATION

Indigenous Forestry Career Fairs

Join us for **career opportunities, door prizes, and snacks!**

Find out more and register for a free **GIFT** at **forestrycouncil.ca**



Nanaimo | Oct. 19

10am – 4pm @
Vancouver Island
University

Merritt | Oct. 27

10am – 4pm @ Nicola
Valley Institute of
Technology

Online Forum | Nov. 08

Post-Event Recap
Forestry Connect Focus Groups
+ Video Stream

 **Forestry Connect
Workforce**



workforce@forestrycouncil.ca



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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

Call for Expression of Interest to join the Cheam Enterprises Inc. (CEI) Board of Directors

In November 2022, the CEI Board of Directors will be looking to fill one Director's position on our Board.

CEI is currently seeking Expressions of Interest to fill the following positions:

- one (1) Independent Director Position (Not members of Chief and Council or Cheam First Nation / Cheam Enterprises Inc. employees)

CEI's purpose is to develop active and profitable businesses, both inside and outside of Cheam's territory, while also supporting Cheam's entrepreneurs and the Nation's broader goals and aspirations.

CEI's mandate is to be an economic development engine for Cheam that is appropriately independent, administratively self-sufficient, and suitably connected to Cheam. Cheam Enterprises Inc. pursues and implements economic opportunities that:

- are profitable and provide economic returns to Cheam;
- are consistent with Cheam's values and vision;
- provide training and employment opportunities of all types for members, including in professions, trades, management, governance and business;
- provide industry diversity;
- encourage business innovation;
- support the development of member-owned businesses and entrepreneurship.

These priorities drive all of Cheam Enterprises Inc.'s plans, budgets, and business decisions.

If you are interested in joining the CEI Board of Directors, please email your Letter of Interest and resume to ashley.douglas@cheamenterprises.ca and if you would like to learn more about Cheam Enterprises Inc., feel free to contact the CEO, Sam Minde at 780-312-6124.

Please note that all Letters of Interest and resumes be received by October 30, 2022.

We maintain the history of enterprise which has sustained The Xwchíyò:m for thousands of years in S'ólh Téméxw.

CHEAM Enterprises Inc. | PO BOX 2584, Sardis, BC V2R 1A8 | Phone: 604.845.5174
www.cheamenterprises.ca



FIRST PEOPLES' CULTURAL COUNCIL

We are now accepting applications for ALL Language Programs and want to remind everyone of the application deadline for the Heritage Infrastructure Program! Please visit each program page linked below for more program information, to review application guidelines and to register or view the online info session.

Language Programs accepting applications:

- Mentor-Apprentice Program – up to \$16,100, deadline November 28, 2022
- Pathways to Language Vitality Program – up to \$250,000, deadline December 5, 2022
- Youth Empowered Speakers Program – up to \$30,000, deadline January 16, 2023
- Language Technology Program – up to \$230,000, deadline January 24, 2023
- Language Revitalization Planning Program – up to \$100,000, deadline January 25, 2022
- Reclaiming My Language Program – up to \$35,000, deadline May 31, 2023

Heritage Program accepting applications:

- Heritage Infrastructure Program – up to \$250,000, deadline October 21, 2022

Please help us share the news about these important funding opportunities by sharing with your contacts. If you have stories about how FPCC funding has been used in your community, we would love to hear from you.

Employment Opportunities

- FPCC is currently seeking to fill the following positions. We would appreciate it if you could share with your networks. Visit the FPCC Employment page for more information.
- Current Staff Positions:
- Office Manager – Open until filled.
- Arts Program Administrative Assistant – Open until filled.
- Manager of People & Culture: Human Resources – Open until filled.
- Director of Information Technology – Open until filled.
- Event Specialist – Open until Filled.
- FirstVoices Keyboard Projects – Closes November 15th, 2022 @ 5 p.m. PST
- Language Materials Archiving and Digitization – Closes November 15th, 2022 @ 5 p.m. PST
- Request for Proposals:
- FirstVoices Progressive Web App – Open until Filled
- Request for Qualifications:
- Graphic Designer – Open until filled.

To ensure that you are receiving FPCC stories and funding opportunities please subscribe to our mailing list at fpcc.ca/signup.

www.fpcc.ca | www.firstvoices.ca | www.maps.fpcc.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:

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Are you interested in working as a

PRIMARY WORKER/KIMISINAW?



Primary Worker/ Kimisinaw CX-02

Correctional Service Canada
Various work locations
CX-02 - Primary Worker/Kimisinaw
\$70,958 to \$89,068

Who can apply: Persons residing in Canada and Canadian citizens residing abroad.

Work environment: The Correctional Service of Canada is seeking interest from persons looking for an exciting and rewarding career as a Primary Worker/Kimisinaw.

Primary Workers/Kimisinaw have direct and daily contact with women offenders. They are essential to fulfilling the Correctional Service of Canada's (CSC) Mission of enhancing public safety by actively encouraging and assisting offenders to become law-abiding citizens, while exercising reasonable, safe, secure, and humane control. For further information on the department, work environment, careers at CSC and application process, please visit our website at Correctional Service of Canada at <http://www.csc-scc.gc.ca>.

In order to be considered, your application must clearly explain how you meet the following (essential qualifications)

EDUCATION:

A secondary school diploma, or a satisfactory score on the Public Service Commission (PSC) test approved as an alternative to a secondary school diploma; or successful completion of a provincially/territorially approved secondary school equivalency test.

EXPERIENCE:

Experience in the provision of services in an education, work, and/or volunteer environment.

The candidate must successfully complete the CSC Correctional Training Program (CTP) and the Women Centered Training program (WCT).*

* <https://www.csc-scc.gc.ca/careers/003001-0002-en.shtml#10>

For all current positions open to the public, visit the GC Jobs portal on www.jobs.gc.ca regularly.

Canada





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:

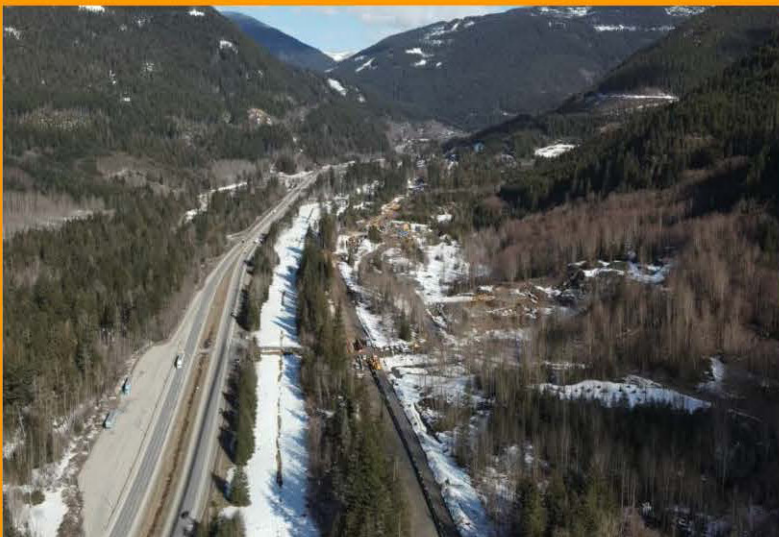
- Traffic Control Person – 2-day course
- First Aid

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.



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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

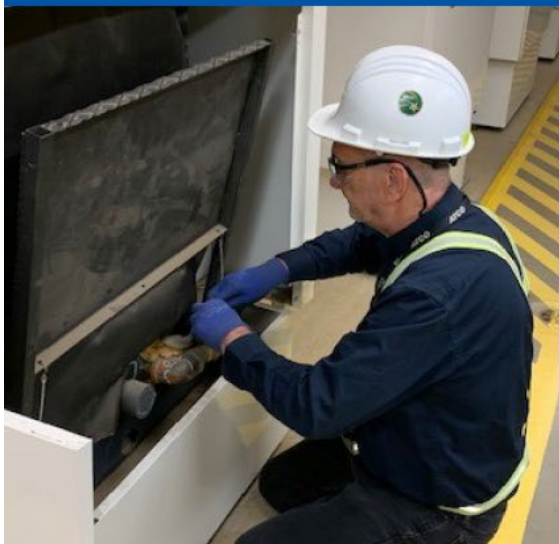
The ideal applicant will have the following:

- 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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BUSINESS PLANNING

LEARN THE STEPS TO CREATE A BUSINESS PLAN

This workshop will cover the basics of writing a business plan, including:

- uses and importance of a business plan,
- how to integrate community, culture and environment into the business plan,
- an overview of the various sections and terminology used in a business plan,
- resources to support writing a business plan including online templates,
- access to sample business plans as examples,
- tips on writing and overcoming procrastination,
- review of various funding sources and how to apply,
- connection with Stó:lō Community Futures business advisor.



October 28, 2022
via Zoom



9:00 am to 4:00 pm



FREE



INDIGENOUS
BUSINESS DEVELOPMENT
SERVICES

REGISTER BY OCTOBER 26TH, 2022:

✉ bhill@stolocf.ca



604-858-0009



Community
Futures Stó:lō



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



Health Care Assistant

Canada

Starting December 12th, 2022

Monday to Friday; 8am—1pm

In person at SPROTT SHAW COLLEGE
ABBOTSFORD (1—33655 Essendene Ave)

TRANSPORTATION
SUPPORTS
AVAILABLE !!

Are you an Indigenous individual who:

- Is un- or under employed & resides in SASET's catchment area
- Can provide evidence of up-to-date Immunizations, COVID Vaccinations & clear TB test
- Can submit a criminal record check
- Completed English 10 or equivalent
- Is willing to commit to a 29-week full-time program

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

Career Opportunities

- Home Support Agencies
- Assisted Living
- Acute/Complex Care Facility
- Adult Day Care
- Long Term Care
- Special Care Units
- Private Homes
- Self Employment as HCA



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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Snow Removal Training



Canada 

If you are an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 2-week full-time program
- Has an interest in seasonal winter maintenance work

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

Program Start Date: **November 21, 2022**

Program End Date: **December 2, 2022**

Monday to Friday : 8:00 am to 4:00 pm

Training will take place at:

2D—7201 Vedder Rd, Chilliwack BC

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

Program Includes:

- Skid Steer Certification
- Bobcat Operation
- Salting
- Brining
- Proper Lifting Techniques
- Proper Shoveling Techniques
- Snow Removal Skills
- Bobcat Maintenance
- Snow Blower Use

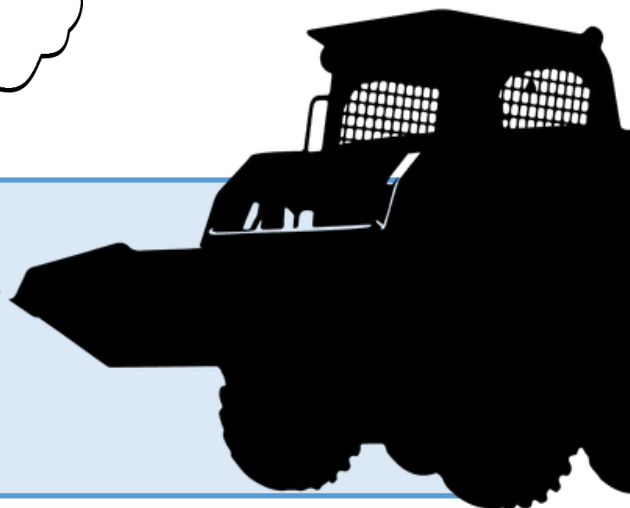


TO APPLY PLEASE CONTACT SASET:

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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Canada

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

EMPLOYMENT PREP TRAINING

OCTOBER 31—NOVEMBER 9, 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!

Training will take place on-site at
SPUZZUM FN

36437 Main Road Spuzzum BC V0K2S1

Oct **31**—Nov 9, 2022

Monday to Friday

9:00 AM TO 5:00 PM



www.facebook.com/SASET.EAS

COURSE INCLUDES

Food Safe

WHMIS

Confined Space

Emergency First Aid

Skid Steer

Mini Excavator

Traffic Control

LUNCH AND

SAFETY GEAR PROVIDED!



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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INDIGENOUS
BUSINESS DEVELOPMENT
SERVICES

FIRST STEPS

Explore the first steps in
starting a business.

Oct 26 and Oct 27, 2022

9 am - 4 pm Via Zoom

Topics include:

- Start Your Dream Business
- Why Entrepreneurship?
- Self-Assessments
- Find Your Opportunity
- Test Your Business Ideas
- Explore Business Structures
- Resources
- Next Steps
- Funding Information



**Community
Futures** Stó:lō

TAKE THE FIRST STEP

To register for this FREE workshop:

phone: 604-858-0009



email: bhill@stolocf.ca



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



PO Box 81018
Burnaby, BC V5H 3B0



youtube.com/transmtn



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.

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**A career in tech will take you
where you want to go**

**Looking for a job? Begin your tech career by completing
one of our online programs in only 3 months, for free!**



**Junior IT
Analyst**



**Junior Data
Analyst**

Learn the best and latest digital skills, programs and techniques. Earn industry approved certifications and train for today's fast-paced, solution focused tech environment. Graduates receive job placement support to launch your tech career. Programs are fully funded and are no cost for participants.

A career in tech can change everything.

Apply now

npowercanada.ca/programs/

Classes run Monday - Friday

Location: Online Classroom Environment

Call our Outreach Team: 604.495.0580 (x2)

or email at: outreach@npowercanada.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!

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

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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.



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)



Canada COVID-19 App

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

EMPLOYMENT INSURANCE (EI) PROGRAM

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

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

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

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



1-800-206-7218

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

UNITED WAY

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

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

SOCIAL INSURANCE NUMBER

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

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



1-866-274-6627

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

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

SERVICE CANADA

READY TO HELP — YOUTH



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



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EMPLOYMENT INSURANCE (EI) PROGRAM

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- Canada Recovery Caregiving Benefit (CRCB)

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

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

MENTAL HEALTH SUPPORT

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

[Kidshelpphone.ca](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
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PART 4 — CLIENT SIGNATURE

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

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

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

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

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



MAIL YOUR APPLICATION

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



FAX

1 888 299-9222



Social Assistance Cheque Schedule 2022

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





Did you attend our October 7th Open House?
(please return this survey to the Band Office to enter to win gift cards!)

If so:

What did you enjoy about it? _____

What did you think we could do better? _____

What was missing that we should have done? _____

If you did not attend:

Why not? _____

What could we have done to change your mind? _____

Any other notes/feedback regarding Cheam Open Houses?



Your answers can also be emailed to communications@cheamband.com

