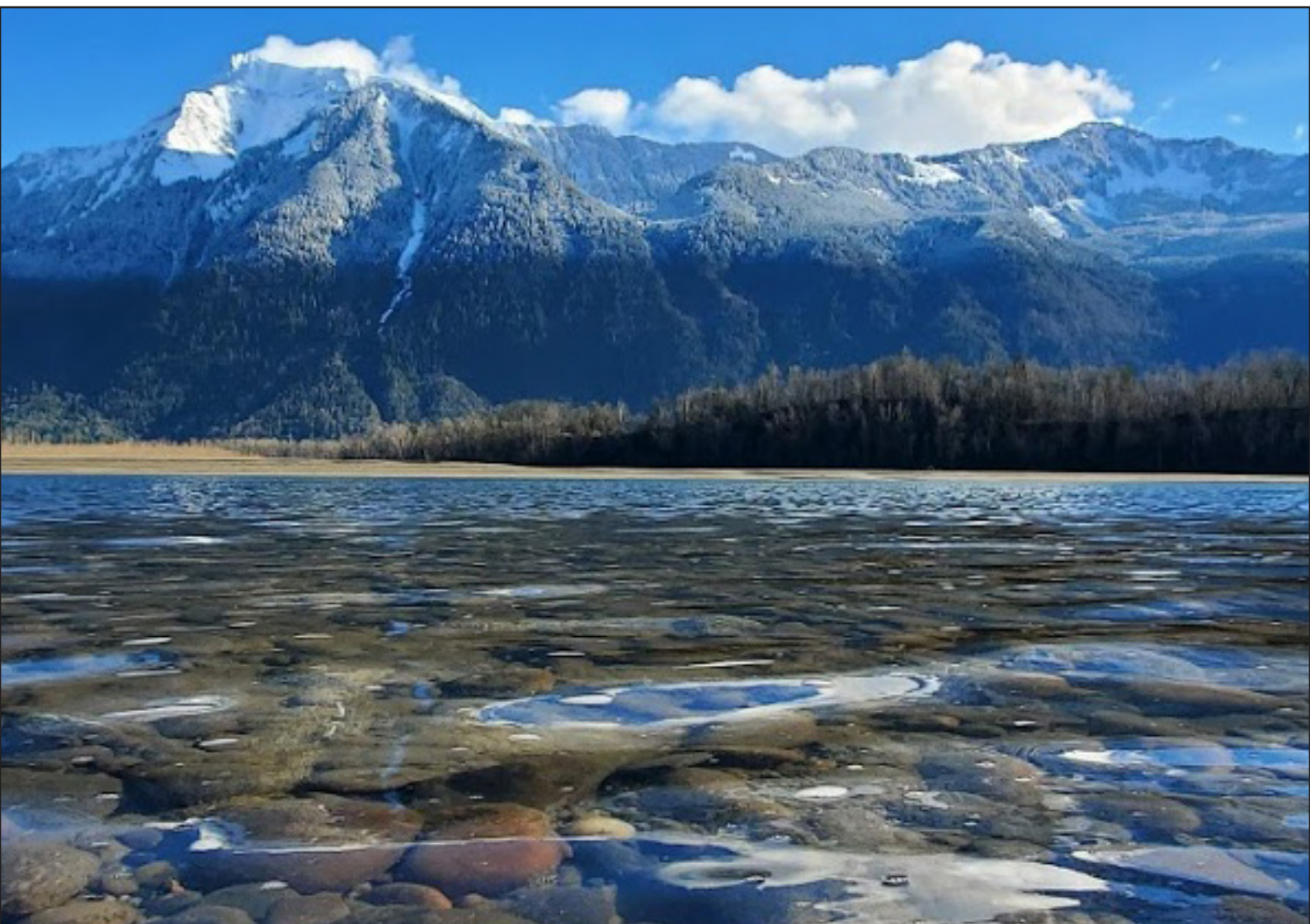




# XWCHÍYÒ:M

## CHEAM FIRST NATION

COMMUNITY NEWSLETTER: November 18, 2022



### NEWSLETTER SECTIONS

<a href="#">Administration Notices/Updates</a>	<a href="#">2-7</a>
<a href="#">Cheam Elder's Corner</a>	<a href="#">8</a>
<a href="#">Health &amp; Wellness Updates</a>	<a href="#">10-15</a>
<a href="#">Youth Opportunities</a>	<a href="#">16-20</a>
<a href="#">Job Opportunities</a>	<a href="#">20- 22</a>
<a href="#">Education/Training Opportunities</a>	<a href="#">23-31</a>
<a href="#">Service Canada Resources</a>	<a href="#">33-35</a>
<a href="#">Cheam First Nation Forms</a>	<a href="#">36-37</a>

### 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.

### FIND US ONLINE:



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# ADMINISTRATION NOTICES/UPDATES

## UPOMING CHEAM EVENTS:

<b>December 3 &amp; 4</b>	<b><u>Cheam Holiday Market 10am - 3pm</u></b>
<b>December 10th</b>	<b>Cheam Kids Christmas Event &amp; Community Christmas Dinner</b>
<b>December 13th</b>	<b>Cheam Elders Luncheon &amp; Meeting</b>
<b>December 20th</b>	<b>Movie Night in the Gym @6pm w/Popcorn &amp; Hot Chocolate</b>
<b>December 22 @12pm - January 2</b>	<b>Cheam Band Office Closed</b>

Update  
your  
Information



We are updating our Cheam membership list to make sure that we have your current info on file. This ensures you get equal access to distributions, invitations, class action suits, information sharing etc. Please email the below information to [daphnee@cheamband.com](mailto:daphnee@cheamband.com) or bring it into the Band Office as soon as possible:

- \* phone number
- \* email
- \* names & status numbers of those in the home
- \* home address



# XWCHÍYÒ:M

## CHEAM FIRST NATION



### 2022 Christmas Distribution Announcement

**This year's Christmas distribution will take place at the Band Office  
on Friday, November 25, 2022 from 9:00am to 4:30pm.**

**Each Member will receive a cheque in the amount of \$500 and those that  
are in arrears, no amount will be deducted.**

(Please note that the Minor's amounts will be set aside and held in trust.)

If you are unable to pick up your cheque in person, a signed note must be given to  
the person that will be picking it up for you or an email sent to

**[daphnee@cheamband.com](mailto:daphnee@cheamband.com)**

Happy  
Holidays



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03





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

**This program is open to on-reserve Cheam membership. Two homes qualified for a new furnace and 12 homes will be receiving a new fridge. I recommend everyone to apply for this program. Call the Housing Dept get an application filled out. DON'T MISS OUT ON THIS GREAT PROGRAM.**

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

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

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







# QWÍ:QWELSTÓM NAAW SOLIDARITY WALK 2022

*National Addictions Awareness Week*



**MONDAY NOV 21ST @11AM**  
**@VETERANS MEMORIAL GROUNDS AT STO:LO NATION**

**LUNCH TO FOLLOW @ 12PM**  
**ON STO:LO NATION GROUNDS PORTABLE 2B**

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05



# SPIRIT OF THE PEOPLE

## CULTURAL NIGHTS



Every Tuesday

Starting: November 1

6pm – 8pm

Come out and learn:

Drumming

Dancing

Regalia Making

Hosted by: Breanna Tso

Chilliwack Secondary School  
46363 Yale Road, Chilliwack, BC

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06



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# ABBOTSFORD WEEKLY POW WOW/CULTURAL NIGHT

**VENDORS  
WELCOME!**

**DINNER  
PROVIDED**

x

**OPEN  
TO  
ALL**



CONTACT:  
MARCELLA  
SUNSHINE  
/7787792918  
MARCELLA@IMPACT  
ABBY.COM

We want a safe place for our Indigenous people to practice culture and share a meal. Whether you're new, looking to learn, looking to dance or to teach- this is for you, your family and friends. We encourage all styles of dancers and participants to join us.

**HOST DRUM: WAR - DRUM**

**Other drum groups welcome - \$400 split among drum groups weekly**

**EVERY THURSDAY//STARTING NOVEMBER 3, 2022**

**Mamele'awt Community Indigenous Centre  
3277 GLADWIN RD, ABBOTSFORD, BC V2T 4Y9**



**Hosted by: VYPER - Visionary Youth Peers for Equity & Revitalization**

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# CHEAM ELDERS CORNER

## CHEAM ELDERS CORNER SUBMISSIONS NEEDED!!

*We are looking for your stories, pictures, prayers, songs, recipes, and knowledge! They can be submitted to Harmony at [harmony.poisson@cheamband.com](mailto:harmony.poisson@cheamband.com), or dropped off to the Band Office.*

*Without your submissions we can't keep this section going...*



## 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.



- December 13, 2022



### Upcoming Birthdays      Birthdate

Francine Douglas	Nov. 29
Frances Victor	Dec. 4
Amelia Victor	Dec. 5
Marian Douglas	Dec. 11
David Aleck	Dec. 24

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08



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QWÍ:QWELSTÓM PRESENTS

# Elder's Soc Hop Christmas

DEC 9TH 12PM-4PM

JOIN US FOR CATERED LUNCH AND  
DANCE WITH 'DJ TENDER LOVIN'

LIVE DJ | BINGO! | FUN GAMES | DOOR PRIZES!

THE'I:TSELIYA- S.A.Y. Health & Community Centre  
7256 Chilliwack River Road

Please RSVP with Qwi:qwelstom Team Heather Walker: (604) 798-3328  
or Darren Charlie: (604) 798-2246

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## 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](mailto: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'





Helping **First Nations children** access the products, services, and supports they need, such as:

**speech therapy • educational supports • medical equipment • mental health services • and more**

Phone **1-855-JP CHILD (1-855-572-4453)**,  
open 24 hours a day, 7 days a week

VISIT **CANADA.CA/JORDANS-PRINCIPLE**

Contact us if you know a First Nations child who had or has an unmet need for (health, social or educational) services from 2007 to today.



Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada

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# COMMUNITY KITCHEN

Please come join Makenzie and myself  
make Spinach lasagna roll ups,  
homemade garlic butter for our baguette  
and healthy Iced tea.

Hope to see you there! Please sign up  
for this class with Makenzie so I know  
how much ingredients I need to  
purchase to have enough. Thank you.

**Limited seats available.**

**Cheam band office kitchen**

**Tuesday Nov 22nd, 2022**

**@ 11:00am**

If you would like to participate please sign up by emailing  
[Makenzie.Peters@seabirdisland.ca](mailto:Makenzie.Peters@seabirdisland.ca)



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](https://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](http://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](mailto:healthbenefits@fnha.ca) or visit [fnha.ca/benefits](http://fnha.ca/benefits) to learn more about the First Nations Health Benefits program and benefit coverages.



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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# 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](mailto:tyrone.giroux@cheamband.com)







# Youth Empowered Speakers (YES)

## Funding for post secondary tuition, living expenses and language learning!

**DEADLINE: JANUARY 16, 2023**

### Funding amounts up to: \$30,000

The YES program is for B.C. First Nations students age 18-30 who are working towards a career as a language immersion teacher or early childhood immersion educator.

This program includes:

- Tuition
- Living allowance
- Mentor-apprentice language learning
- Paid internship

The goal of the program is for youth to learn their language while preparing for a career in language revitalization in one of two streams:

1. Early Childhood Immersion Educator Stream for ECE students
2. Language Immersion Teacher Stream for BEd. students

## Program Contacts

Hannah Green, Language Program Coordinator

Beckie Wesley, Language Program Associate

**[yes@fpcc.ca](mailto:yes@fpcc.ca)**

For more information and guidelines, visit: **[fpcc.ca/yes](https://fpcc.ca/yes)**

**[fpcc.ca/grants](https://fpcc.ca/grants)**

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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

# 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>

# SACRED JOURNEY

## Travelling Exhibition

JULY 15, 2022 – FEBRUARY 20, 2023



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

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

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

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

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The Youth are our Future.  
The Future is our Youth.

## REGISTRATION IS NOW OPEN!

Indigenous Youth ages 12 to 18 can apply now to  
join the Bears' Lair Coaching Crew for a FREE

### 3-day Youth Entrepreneur Dream Camp

Seats are limited, so [CLICK HERE](#) to apply now to join us  
from November 25th to 27th at  
THE'Í:TSELÍYA, the S.A.Y Health Community Centre.



Explore the FUNdamentals of Business. Tackle 5 Team Challenges.  
Meet inspiring local & national Indigenous business leaders.  
**Enjoy a weekend filled with fun, food, prizes & INSPIRATION!**



**BEARS' LAIR**  
YOUTH DREAM CAMPS

Empowered by our  
generous sponsors at

**Vancity**



# 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**, or drop off your resume at the Band Office.

- **Early Childhood Educator**
- **Early Childhood Educator Assistant**
- **Emergency Coordinator Assistant**
- **Health & Wellness Manager**
- **Shelter Support Worker**
- **Social Development & Education Clerk**
- **Strong Families Recreation Leader**



## TRANSMOUNTAIN

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

**[Trans Mountain Opportunities: 25 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/>**

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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](mailto:Lucinda.Louie@saset.ca)**

**Or email: [info@saset.ca](mailto:info@saset.ca)**

See our website for more information at [www.saset.ca](http://www.saset.ca)



Indian Residential School Survivors Society

# WE ARE HIRING Human Resources

- HR MANAGER
- HR ASSISTANT

JOIN OUR TEAM

SEND RESUMES TO [RESUMES@IRSSS.CA](mailto:RESUMES@IRSSS.CA)



## SASQUATCH INN

We are hiring line cooks and kitchen staff!! Please email [jill@sasquatchinn.ca](mailto:jill@sasquatchinn.ca) or [check out our jobs online](#)



## LOWER FRASER FISHERIES ALLIANCE



LOWER FRASER  
**FISHERIES  
ALLIANCE**

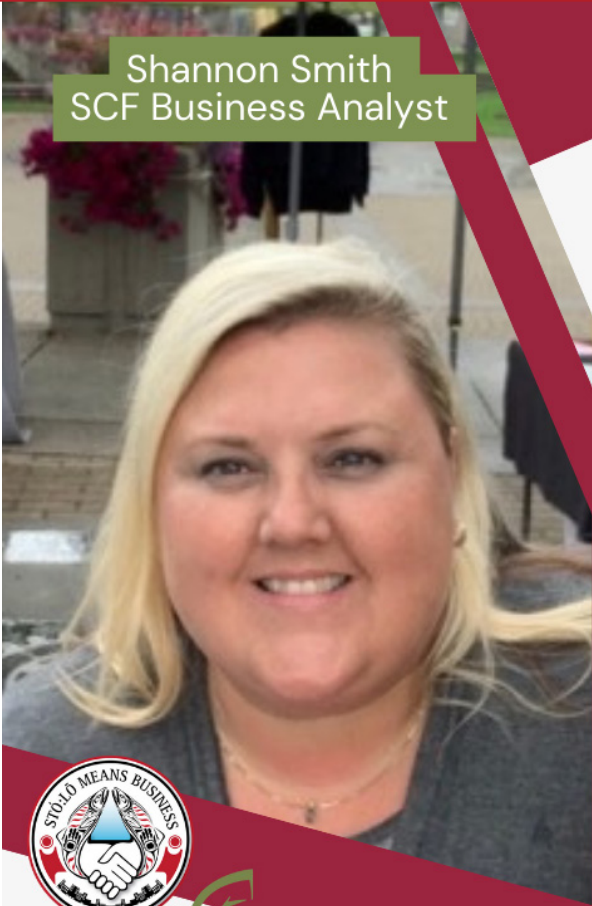
We are hiring a Fisheries Biologist!

Please email: [Aidan.Fisher@LFFA.ca](mailto:Aidan.Fisher@LFFA.ca) or [apply on our site.](#)



# TRAINING OPPORTUNITIES

Shannon Smith  
SCF Business Analyst



## Are you interested in starting a business?

Book a free and  
confidential appointment  
with Shannon Smith to  
learn how!



ssmith@stolocf.ca



(604) 824-5278

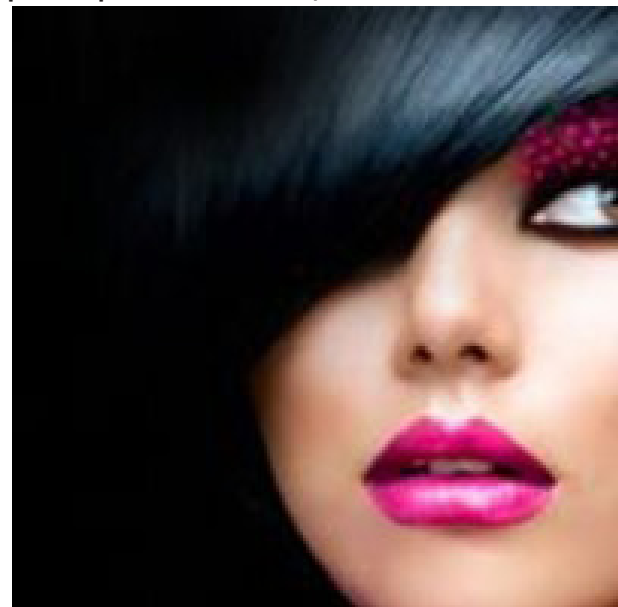
Greetings from Kosmetae Academy, located in the beautiful Fraser Valley, on Coast Salish land. It has been a tumultuous time period for all of us but especially for your elders who survived the residential schools. Please accept our deepest condolences for what they have endured and convey those to your elders.

We want to educate and help our youth flourish and grow professionally. As your young adults pursue their post-secondary options, we would like to direct these student applications to a creative field, namely Advanced Make-up & Special Effects, Creative Hair Design, and Aesthetics. These are industries that have always been in demand and will continue to be so.

In recognition of your band members, we would like to extend a \$1000 scholarship for those wishing to start their program study in either January, February or March.

Warm Regards,  
Kristina Norgren, President  
info@kosmetae.com  
1-800-661-5755

**[www.kosmetae.com](http://www.kosmetae.com)**



FIND US ONLINE:



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](https://www.facebook.com/SASET.EAS)

 [www.saset.ca](http://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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Sto:lo Aboriginal Skills & Employment Training  
is pleased to announce

## Customer Service Training

This program includes:

- Defining who your customers are
- Enhancing the customer service
- How to speak to customers outside of scripts
- How to remain positive when managing difficult customers
  - Interacting with customers via email
  - Managing customer complaints
- Handling and turning around difficult customers
  - Foodsafe Level 1
  - First Aid Level 1

**Location: SASET Chilliwack: 5B -7201 Vedder Road**



**November 22-24, 2022**

**Starting at 9:00am**

**Lunch will be provided**



**To Register: Please call 604-858-3691 or Email [info@saset.ca](mailto:info@saset.ca)**



Indigenous Services  
Canada

Services aux  
Autochtones Canada



# EDUCATION ASSISTANT TRAINING

GOVERNMENT-FUNDED PROGRAM

900 TOTAL PROGRAM HOURS



**BECOME AN EDUCATION ASSISTANT IN 10½ MONTHS!**

Offering Education Assistant programs at the Abbotsford, Chilliwack, and Maple Ridge campuses for eligible BC residents who are either unemployed or have precarious employment, and who are looking to become a Education Assistant.

Those who are eligible will have the opportunity to attend a funded Education Assistant program and learn the tools needed to successfully enter the workforce as part of the health care team.

Our Education Assistant Program sets the bar for educational training across the province. The Education Assistant was reviewed and approved by the registrar of the Private Training Institutions Branch (PTIB) of the Ministry of Advanced Education, Skills & Training. Upon successful completion of this program, graduates will be able to:

- Effectively support and advocate inclusionary practices for all students Kindergarten to grade 12 presenting with a wide range of abilities.
- Apply practical knowledge of adapted and modified materials to transfer a students Individual Education Plans (IEP) into appropriate and meaningful activities.

**PROGRAM START DATE:  
NOVEMBER 28<sup>TH</sup>, 2022**

**LIMITED SPACES  
AVAILABLE**

**VISIT [SPROTTSHAW.COM/EA-GOV-VALLEY/](https://sprottshaw.com/ea-gov-valley/) FOR MORE DETAILS**

**StrongerBC**

**Canada**

**BRITISH  
COLUMBIA**  
Supported by the Province of British Columbia

**BC** career colleges  
association  
The Voice for Private Post Secondary Education

**SPROTTSHAW.COM**

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

**FIND US ONLINE:**



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**I- CEDAR**

**APPLY  
NOW**

**ACCEPTING APPLICATIONS FOR  
JANUARY 2023**

**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

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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

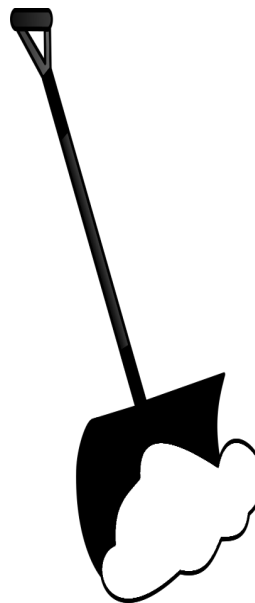
Training will take place at:

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

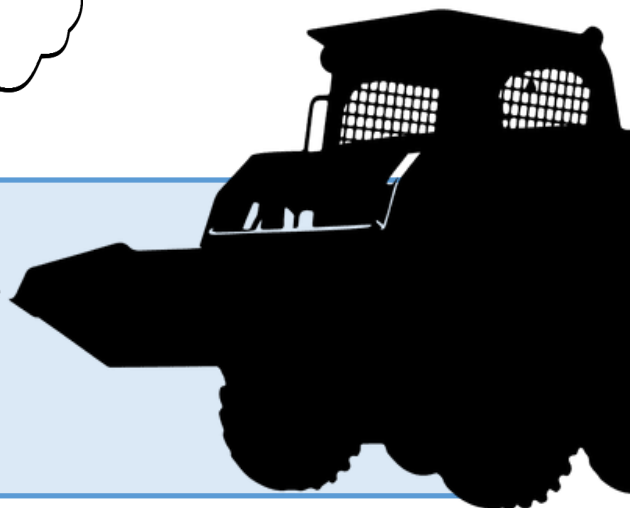


## TO APPLY PLEASE CONTACT SASET:

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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## Indigenous Pre-Cadet Training Program

*Throughout the COVID-19 pandemic, our paramount concern has been for the health and safety of our IPTP Candidates and those attending the academy as we continue to implement best practices in collaboration with provincial and federal health authorities.*

The Indigenous Pre-Cadet Training Program (IPTP) offers Canadian Indigenous people, between the ages of 19 and 29, an opportunity to experience a modified three-week Depot training experience within the RCMP at the RCMP Training Academy in Regina, Saskatchewan.

"It gives Indigenous youth the opportunity to experience a training session and a first-hand view of what a possible career in police work could entail," says Cpl. Maureen Greyeyes-Brant, who was a graduate of the program and is now the National Coordinator.

### You'll learn:

- › An introduction to the Criminal Code and RCMP policy
- › Physical fitness and drill
- › Skills to help prepare you to apply to be a police officer

### Basic Requirements

- › Be between 19 - 29 years of age
- › Be of First Nation, Inuit or Métis descent
- › Be a Canadian citizen
- › Be able to pass an enhanced reliability security check
- › Be in good physical condition
- › Possess a Canadian high school diploma or equivalent

May 15, 2023 - June 2, 2023

### Now accepting applications for the 2023 spring session!

**Deadline:** December 1, 2022

For more information contact:

Cpl. Susan Boyes [susan.boyes@rcmp-grc.gc.ca](mailto:susan.boyes@rcmp-grc.gc.ca)  
Cpl. Rebecca Munro [rebecca.munro@rcmp-grc.gc.ca](mailto:rebecca.munro@rcmp-grc.gc.ca)

**"I'm excited to be able to one day become an RCMP officer and inspire more to join to show that we can make a difference in society."**

*Phoebe Niviaqsiaq, Nunavut*





**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/](https://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](mailto: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**

**FIND US ONLINE:**

# SERVICE CANADA

## READY TO HELP



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



### Canada COVID-19 App

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

### EMPLOYMENT INSURANCE (EI) PROGRAM

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

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

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

1-800-206-7218

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

### CANADA RECOVERY BENEFIT (CRB)

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

<https://bit.ly/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](https://Canada.ca/repay-cerb) or call 1-833-966-2099.

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



# SERVICE CANADA

## READY TO HELP — SENIORS



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



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- Canada Recovery Caregiving Benefit (CRCB)

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

 1-800-206-7218

If you require assistance accessing services, please complete an **e-Service request** form at [Canada.ca/service-canada-e-service](https://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/](https://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.

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# SERVICE CANADA

## READY TO HELP — YOUTH



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



### Canada COVID-19 App

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

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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](https://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://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](https://Canada.ca/repay-cerb) or call **1-833-966-2099**.

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



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

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

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

## Social Assistance Cheque Schedule 2023

<b>Cheque</b>	<b>Renewals Due By:</b>	<b>Ck. Release Date</b>	<b>Mid-Month 2</b>
January 2023	December 15, 2022	December 21, 2022	January 14, 2023
February 2023	January 14, 2023	February 1, 2023	February 15, 2023
March 2023	February 15, 2023	March 1, 2023	March 15, 2023
April 2023	March 15, 2023	March 31, 2023	April 14, 2023
May 2023	April 14, 2023	May 1, 2023	May 15, 2023
June 2023	May 13, 2023	June 1, 2023	June 15, 2023
July 2023	June 15, 2023	June 30, 2023	July 14, 2023
August 2023	July 15, 2023	August 1, 2023	August 15, 2023
September 2023	August 15, 2023	September 1, 2023	September 15, 2023
October 2023	September 15, 2023	September 29, 2023	October 13, 2023
November 2023	October 14, 2023	November 1, 2023	November 15, 2023
December 2023	November 14, 2023	December 1, 2023	December 15, 2023