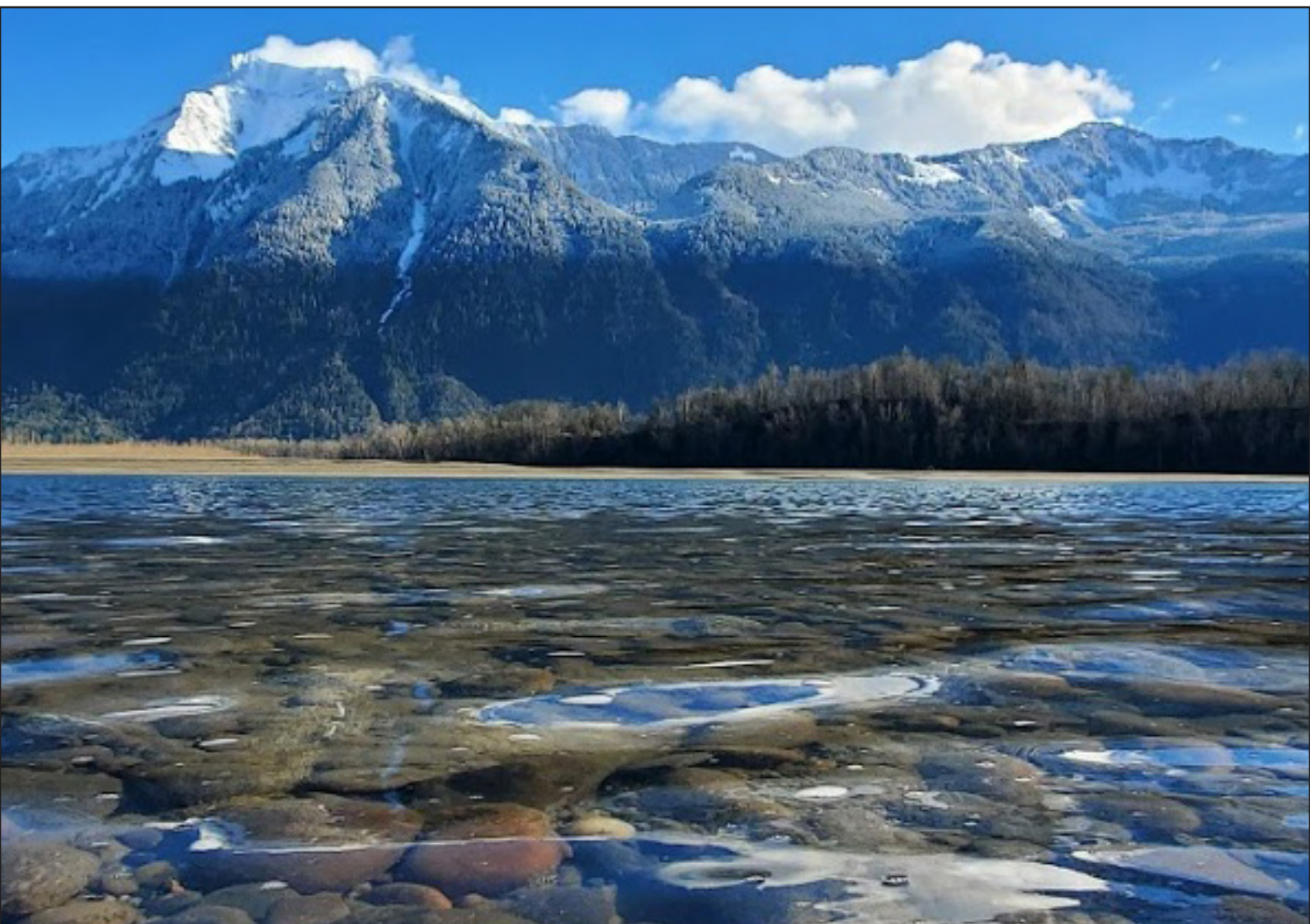




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: March 10, 2023



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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:

March 5, 12, 26	<u>Trev's Flea Market</u> 8:30 - 2:30pm
March 14 & 28	Cheam Regular Council Meeting
March 22	Cheam Elders Meeting & Luncheon
March 25	Flag Raising Ceremony 9am (see below)
March 30	Coastal Jam @ Cheam 4:30pm (<u>page 6</u>)
March 31	Cheam Fishing Village Opens for Season
April 1	Cheam Easter Celebration (<u>page 5</u>)
April 2	First Salmon Ceremony at Shxwhá:y
April 7 & 10	Band Office Closed for Easter Holidays
April 9, 13, 26	<u>Trev's Flea Market</u> 8:30 - 2:30pm
April 11 & 25	Cheam Regular Council Meeting
April 19	Cheam Elders Meeting & Luncheon
April 20	<u>Cheam Job Fair</u> 10AM-2PM

YOU ARE INVITED TO A FLAG RAISING CEREMONY MARCH 25, 2023 AT 9AM

In the spirit of respect, Trans Mountain honours and acknowledges that its existing operations and new pipeline construction project are located on the unceded Xwchíyò:m territory, who have lived on these lands since the time of sxwōxwi-yám.

Trans Mountain leases a construction yard for its contractor Midwest Pipeline on Cheam Reserve Lands. Trans Mountain has submitted an application to expand the lease area to accommodate an increased work crew from Midwest.

In recognition and respect for this agreement, Trans Mountain and Midwest would be honoured to co-host a flag raising ceremony on Saturday, March 25th at 9am in the construction yard, to show our appreciation for the use of this site.



TRANSMOUNTAIN



XWCHÍYÒ:M
CHEAM FIRST NATION

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

Tenancy Agreements 2023/2024

The Housing Department will require tenants to come in and renew your Housing agreement and sign a repayment agreement for any arrears owing. Please have **ALL** adults living in the home to come in to sign the Housing agreement.

This will commence on March 27 to March 31, 2023.

Kindly schedule your 30 min appointment with Daphne at (604) 794-7924.

Thank you and I look forward to meeting with you.

Lydia Archie
Housing Manager



MAKE AN
APPOINTMENT

Please note: Tenants who do not decide to do a tenancy agreement will by default consider their tenancy void. To avoid action, please make necessary arrangements.



Fill out the Cheam Safety Questionnaire and get a chance to WIN!!

We are committed to making Cheam a safe place to live in, work and visit. In order to do this, we would like your support! For your participation and completion of the questionnaire you will be entered into a draw to win 1 prize worth \$250 and 2 prizes worth \$50 each!

The questionnaire is aimed to understand the security and safety concerns you have experienced, viewed and would like us to know about so we can work together in finding long term and sustainable solutions to make Cheam a safe Community.



The Questionnaire will be available on the desk across from the reception desk from March 5th, 2023 -March 23rd, 2023 for you to fill out and then put into the drop box on site. All entries must be submitted by 12PM on March 23rd 2023.

ENTERIES DUE BY MARCH, 23 @12PM
(winner to be announced Monday, March 27)



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Cheam Community Easter Celebrations

SUNDAY APRIL 1, 2023

10:00am Pancake Breakfast
(Everyone Welcome)

11:00am Easter Egg Hunt
(Cheam Youth)

11:30am Activities:

- Bouncy castle
- Cake Walk
- Face Painting
- Cookie decorating
- Activity stations
- Photos with the Easter Bunny!

5:30pm Easter Dinner
(Everyone Welcome)



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MARCH 30, 2023 @ 4:30PM

COASTAL JAM

BRING YOUR REGALIA, DRUMS & RATTLES

with Seabird Island and Cheam First Nations

Cheam First Nation Gymnasium
52161 Victor Drive, Rosedale, BC V0X 1X1



For more information, please contact:

Maqwes - Gabriel Joe - 604-819-9301

Siamet - Makayla Sam-Greene - makaylas@seabirdisland.ca

Cori Victor - P: 604-378-4692 - Cori.victor@cheamband.com

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CHEAM ELDERS CORNER

UPCOMING ELDER'S FUNDRAISING

Lovey (Laverne) Victor is planning fundraisers (starting February) such as 50/50 draws, breakfasts, lunches, and bake sales, with funds going to the Elders of Cheam so that they can do things/go places together as a group.

If you have ideas or would like to volunteer please contact her at 604-745-3353 or email lovey.victor@outlook.com

Volunteers needed to:

- help cook meals
- donate food for meals
- bake goods to sell
- donate supplies to bakers
- serve meals - collect money
- sell tickets for 50/50



Please let me know how you like to participate Kwosey Lovey:)

CHEAM ELDER'S 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, or dropped off to the Band Office. *Without your submissions we can't keep this section going...*

CHEAM ELDER'S MEETINGS 2023

March 22, 2023
April 19, 2023
May 17, 2023
June 13, 2023
July 19, 2023
August 16, 2023
September 20, 2023
October 18, 2023
November 15, 2023
December 13, 2023



Upcoming Birthdays

Birthdate

Judith E. Douglas	March 19
Nora J. Dodson	March 27
Wayne R. Douglas	March 29
Charles K. Douglas	April 1
Lyla Victor	April 16
Ola Smith	April 26
Bobby Yunick	April 27
Diana Hudson	April 28

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Cheam Community Elder's announcement

March 02, 2023

Re: Questionnaire for the Cheam Elder's.

The Cheam staff would like to announce that we will be working with our Community Safety Development Consultant, Kory Brown, who has composed a questionnaire to know your thoughts on the security and safety needs. Together we will be conducting a questionnaire and reaching out via phone, or in person. We would like to arrange a time with each Elder from Cheam First Nation to cover this questionnaire as your insight and feedback are of utmost importance to us.

The questionnaire will be conducted of numerous questions regarding the safety and security in the community, and your home. We will release more information on this matter when we contact you. All participants that take part will get their name added in for a door prize. Please send in your phone number's if you're interested in participating via phone for the questionnaire. Please contact Cheyanne McKay or Kelsy Fredette. We look forward to hearing from you and in your participation.

Respectfully,

Cheam Administration team

604-794-7924

Kelsy.frededette@cheamband.com

Cheyanne.mckay@cheamband.com

WE WANT YOUR RECIPES!



We are looking to share your favorite recipes with our community members. "What dish are you known for that everyone loves"? Please send us the recipe so that we can share it in our newsletter and help us add more great dishes to our kitchens;

Recipes can be dropped off to the band office or emailed to harmony.poisson@cheamband.com.

Thank you for sharing

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 Danica 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'



COMMUNITY KITCHEN

Please join Jaime and Makenzie in making Chili this month! We will enjoy a meal and you can take some home for the freezer.

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

Limited seats available.

Cheam band office kitchen

Tuesday March 28th, 2023

@ 11:00 am

If interested please sign up with Makenzie at makenzie.peters@seabirdisland.ca

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Self–Care Workshop



Sto:lo Aboriginal Skills & Employment Training invites you to a

Self-Care Workshop

- Understand self-care
- Identifying support networks and resources
- How to manage your mental health

Snacks will be provided and a \$50 Gift Card will be given to participants for completing the entire 4 day workshop!!

To Register: Please call 604-858-3691 or Email info@saset.ca

Date	Time	Location
February 16, 17, 23, and 24	9:00 am to 12:00 pm	SASET Office-Chilliwack
February 16, 17, 23, and 24	1:00 pm to 4:00 pm	Matsqui First Nation
March 13, 14, 20 and 21	9:00 am to 12:00 pm	S.A.Y Lands Office
March 13, 14, 20 and 21	1:00 pm to 4:00 pm	Tzeachten First Nation

This is open to all on-reserve Income Assistance clients from Aitchelitz, Matsqui, Popkum, Skowkale, Shxwha:y Village, Tzeachten, And Yakweakwioose.



Indigenous Services
Canada

Services aux
Autochtones Canada



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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.

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RESIDENTIAL WOOD SMOKE



Residential wood smoke comes from the burning of biomass fuels for the heating of space and water and/or for ambiance. Sources of emissions can include wood stoves, fireplaces, pellet stoves, central outdoor or wood-fired boilers, backyard fires, grill pits, campfires, or anything that is intended to burn biomass. Your exposure to residential wood smoke can be from your own burning, or that of your neighbors and others in the area.

Wood burning is a significant source of air pollution in Canada. The main pollutants in wood smoke are particulate matter (PM), carbon monoxide (CO), volatile organic compounds (VOCs), and polycyclic aromatic hydrocarbons (PAHs). Wood smoke also contains small amounts of other compounds, including nitrogen oxides and chlorinated dioxins.

Health Effects of Residential Wood Smoke

Some health effects that have been associated with exposure to pollutants produced by residential wood smoke include:



Eye, nose, throat, and lung irritation



Decreased lung function



Wheezing, coughing, shortness of breath



Aggravation of existing heart and lung conditions, like asthma

Health Impacts: Exposure to air pollution in Canada contributes to respiratory symptoms, illness, hospital visits and premature death. This population health burden across society (including reduced quality of life and lowered productivity) is associated with socioeconomic costs for people in Canada.

Fine particulate matter (PM_{2.5}) from residential wood-burning appliances can account for approximately 40-65% of wintertime PM_{2.5} in Canada. This varies by geographic region and time of year, but outdoor PM_{2.5} is associated with roughly 10,000 premature deaths a year in Canada.

Those with pre-existing health conditions, children, pregnant people, seniors, or those with increased exposure (closer proximity to sources or spending lots of time outside) are most at risk of experiencing health effects from residential wood smoke.

People in Canada with pre-existing health conditions may be advised to speak with a healthcare professional to manage or reduce their exposure to smoke or air pollution. As a healthcare provider, be prepared to speak with your patients about ways to reduce exposure to residential wood smoke as well as how to treat symptoms arising from exposure.



You may also wish to share tips on reducing or eliminating wood burning where possible

- Choose alternative heat sources in your area (if available).
- Help kick open burning to the curb by including grass clippings, leaves, and branches in your compost or municipal yard waste pick-up (where available).
- Dispose of building materials and garbage in accordance with local government regulations. Look for a local disposal facility, and do not burn or illegally dispose of these materials.

Find out more at

residentialwoodsmoke.ca

[Health Canada wood smoke webpage](#)

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



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>

Sasquatch Mt. Snow Tubing. March 20th

Inviting Cheam kids K-12 and their families, parent participation is required. No transportation is provided, but gas cards are given in advance and meal \$ are given on the mountain. Those registered meet at Cheam Band Office at 10:30am, leaving at 11am. Reserved tubing time slot 12-2pm. Please RSVP to Cori, also stating how many are riding tubes at cori.victor@cheamband.com, limited spots are available.

<https://sasquatchmountain.ca/tube-park/>





Only 30 spots !



Door Prizes,



& Grand Prize!
(based on participation)

SPRING BREAK CAMP

**28-30
MARCH**

MARCH 28TH – YOUTH CAMP DAY 1

10:00 AM - 4:00 PM

- Fish canning
- Cedar Headband Making
- Guest Speakers
- Lunch provided

MARCH 29TH – YOUTH CAMP DAY 2

10:00 AM - 4:00 PM

- Drum making
- Lunch provided
- Workshops
- Reptile Guy

MARCH 30TH - WRAP UP CEREMONY & DINNER 4:30PM
(EVERYONE WELCOME)



REGISTRATION:

PLEASE RSVP BY EMAIL TO CORI.VICTOR@CHEAMBAND.COM AND CHILDREN'S NAMES, AND COMMIT TO ATTENDING ALL 3 DAYS.

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Your local school is hosting an open house for preschoolers and their parents! **Ready, Set, Learn** is a series of fun and informative events focusing on early childhood learning.

Ready, Set, Learn is a great opportunity to connect with your preschooler's future neighborhood school. **Ready, Set, Learn** events can include school tours, visits to the school library, interactive play activities for children and their parents, information sessions for parents and caregivers, presentations by community agencies and other activities that support preschool aged children's learning.

Please note: Dates and times are subject to change, please contact the school prior to attending.

School	Ready Set Learn	Time
Bernard	April 19	10:30 - 12:00
Central	May 26	1:00 - 2:00
Cheam	April 25	10:30 - 12
Cultus Lake	April 18	12:55 - 1:58
East Chilliwack	February 27	9:00 - 10:30
Evans	April 12	9:30 - 11:00
Greendale	February 23	10:30 - 11:30
Leary Arts & Tech.	May 25	8:45 - 9:45
Little Mountain	February 8	8:45 - 10:00
McCammon	April 14	8:30 - 9:30
Promontory	June 14	9:00 - 11:30
Robertson	April 11	9:00 - 11:00
Rosedale Traditional	April 21	9:00 - 11:00
Sardis E.	May 5	8:45 - 10:15 10:45 - 12:15
Stitó:s Lá:lém Totí:lt	April 18	10:30 - 12:00
Strathcona	May 10	9:30 - 10:30
Tyson	February 24	10:00 - 11:00
Unsworth	January 26	9:00 - 10:30
Vedder E.	May 25	8:30 - 9:55 10:30 - 11:30
Watson	February 23	10:15 - 11:15
Yarrow	June 13	9:00 - 10:00



**Syós:ys lets'e
th'ále, lets'emó:t**

~One heart, one mind, working
together for a common purpose.~



SEABIRD ISLAND BAND

2895 Chowat Rd | PO Box 650 | Agassiz, BC | V0M 1A2 | Fax: 604-796-3729 | www.seabirdisland.ca

February 24, 2023

I am excited to announce that The Income Assistance First Nation Youth Employment Strategy (IAFNYES) has 10 funded work experience positions. Positions must start by March 31, 2023, and continue for 24 consecutive weeks and can carry forward into the 2023/24 Fiscal Year.

The goal of IAFNYES program is to connect First Nations youth between the ages of 19 and 30 who are receiving Income Assistance, particularly those facing barriers to employment, to develop new skills, apply current knowledge, and aid those overcome existing or anticipated labour market barriers they need to make a successful transition into the workplace.

The objectives of IAFNYES are to:

- Provide short term work placements for youth to increase their access to more permanent employment opportunities.
- Support the development and enhancement of essential employability skills.
- Promote the benefits of education as key to labour market participation.
- Introduce youth to a variety of career options.
- Support access to services to help youth transition to and remain in the workforce.
- Reducing long term dependency on Income Assistance.

IAFNYES Program Requirements:

- 19-30 years of age
- IA client Living on Reserve
- \$16.00 per hour
- 30 hours per week, 24 consecutive weeks
- Complete 720 Hours
- Job descriptions to follow HR standard for department assistant/admin assistant roles
- Applicants must apply to [Seabird Island Band Careers](#) page on or before March 31, 2023

Please contact me if you have any questions or if you would like to discuss the possibility of having an Income Assistance client from your own community the opportunity to conduct a work experience position with your Band office. I look forward to connecting with you to discuss this amazing opportunity for the Youth.

Sincerely,

Kym Elderkin

PESP Case Worker and IAFNYES Coordinator

Seabird Island Band | Education and Employment Services

Direct Line: 604-796-7214 | Cell: 604-793-3141

Email: kym.elderkin@seabirdisland.ca

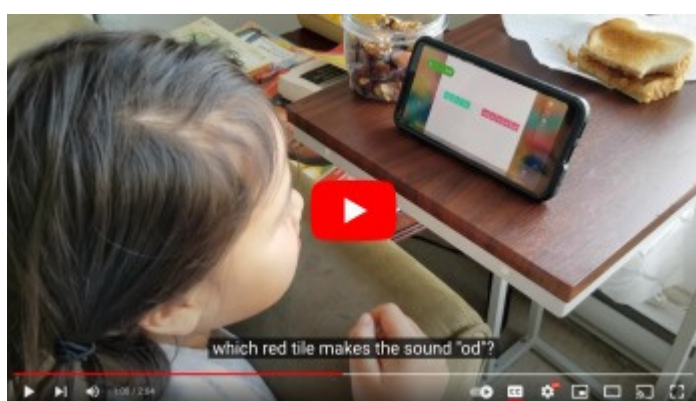




Free at-home reading tutoring

Is your child behind in reading?

Chapter One is offering 1:1 reading support on your smartphone



Watch a 2 minute video: See TutorMate in the classroom and at-home on families' smartphones. At-home tutoring is now available year-round: www.bit.ly/wbe-eli

How it works:

1. An early reading tutor will work with your child on key early reading skills.
2. Use your smartphone to connect.
3. Each session is 5 minutes in length and occurs 3-5 times per week.

**Funded through Jordan's Principle,
Available to First Nations children who need help catching up with their reading**

Learn more at: chapterone.org/ca

Or call Jacob Pitawanakwat: (705) 822-7821

jacob@chapterone.org

IT ALL STARTS WITH LITERACY
Canadian Registered Charity: 73848 6117 RR0001

YOUTH EMPLOYMENT PROGRAM



Are you an Indigenous youth interested in learning about employment, resumes, interview skills and preparing for the workforce?

This week-long program provides Indigenous youth, aged 15-19, with opportunities to learn about local businesses and gain skills that will help them prepare for the workforce.

Transportation
supports &
lunch provided

What will I gain from this program?

- Knowledge about what types of employment and businesses you like the most.
- Connection and visits to local businesses to explore what employment could look like.
- A completed resume.
- More confidence in approaching employers and interviews.
- Excitement about entering your local workforce!

What does a day in the program look like?

Mornings: In class learning about resumes, interview skills, how to dress, and more to help you prepare for employment.

Afternoons: In class presentations and field trips to local businesses for the chance to see and experience first-hand what working at a local business looks like.



REGISTRATION DETAILS

DATE

March 20-24, 2023

LOCATION:

S.A.Y. Lands Office
7256 Chilliwack River Road,
Chilliwack BC

HOW TO REGISTER:

Contact the SASET office:
604-858-3691
Info@saset.ca

Gain practical skills for your future job!



B968

STÓ:LŌ ABORIGINAL SKILLS
& EMPLOYMENT TRAINING &
BUNGALOW 968

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.

- **Executive Director**
- **Financial Controller - CEI**
- **General Maintenance Worker**
- **Shelter Support Worker**

All other HR enquiries can go to **tasnia.buchanan@cheamband.com**

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

Trans Mountain Opportunities: 54 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/>



TRANSMOUNTAIN

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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

First Nations Health Authority

Fraser Salish Regional Board Appointee

The First Nations Health Authority (FNHA) is responsible for planning, management, service delivery and funding of health programs, in partnership with First Nations communities in BC. Guided by the vision of embedding cultural safety and humility into health service delivery, the FNHA works to reform the way health care is delivered to BC First Nations through direct services, provincial partnership collaboration, and health systems innovation.



First Nations Health Authority
Health through wellness

501-100 Park Royal South
West Vancouver, BC
Canada V7T 1A2

T 604.913.2080
F 604.913.2081
www.fnha.ca

The First Nations Health Authority (FNHA) is currently recruiting a Fraser Salish Regional Appointee Board member. The FNHA provides health and wellness programs and services to First Nations province-wide. The 9-member Board collectively works for and make decisions for the benefit of all BC First Nations, regardless of residence; however, the Board is structured in a manner to make space for regional experience and perspective. The 9-member Board includes 5 Board members selected from nominations of First Nations in the 5 Regions (Fraser Salish, Interior, North, Vancouver Coastal, and Vancouver Island) and 4 Board members chosen at large.

Qualified First Nations individuals are strongly encouraged to apply.

RESPONSIBILITIES

The key governance functions of the FNHA Board of Directors include:

- Approve the Society's strategic vision;
- Prepare a multi-year health plan, as required under the Framework Agreement;
- Approve and monitor the Society's financial/corporate and operational plans;
- Set and maintain organization and operational (health) performance goals for the Society;
- Provide for an objective evaluation of the performance of Directors;
- Monitor the effectiveness of the Society's governance practices; and
- Provide for merit-based evaluation of the FNHA CEO.

COMPETENCIES

FNHA Board members require a broad range of skills and experience.

The competencies currently being sought include:

- Excellent knowledge of IT systems and infrastructure;
- Clinical experience and expertise; and/or
- Quality and patient safety management.

Successful candidates must complete a criminal record check and must be a resident of British Columbia.

A Regional Panel consisting of at least one representative from each of the Sub-Groups will review and screen the Regional Board Appointee Candidates and make recommendations for the Fraser Salish Regional Board Appointee to Fraser Salish Chiefs and Leaders.

The following may not be appointed as a Director:

1. A FNHA Member;
2. A First Nations Official;
3. An elected federal, provincial or municipal official;
4. A First Nations Health Director;
5. An employee of or contractor with the Society; or
6. Any person who has been in any of the categories (i) to (v) above for a minimum period of 6 months prior to their appointment.

Qualified candidates are invited to submit a detailed resume and three letters of reference to:

Laurie Bevan | Board@fnha.ca
501-100 Park Royal South, West Vancouver, BC V7T 1A2

Deadline for applications is March 17, 2023 at 12 noon.
For additional information, visit our website www.fnha.ca

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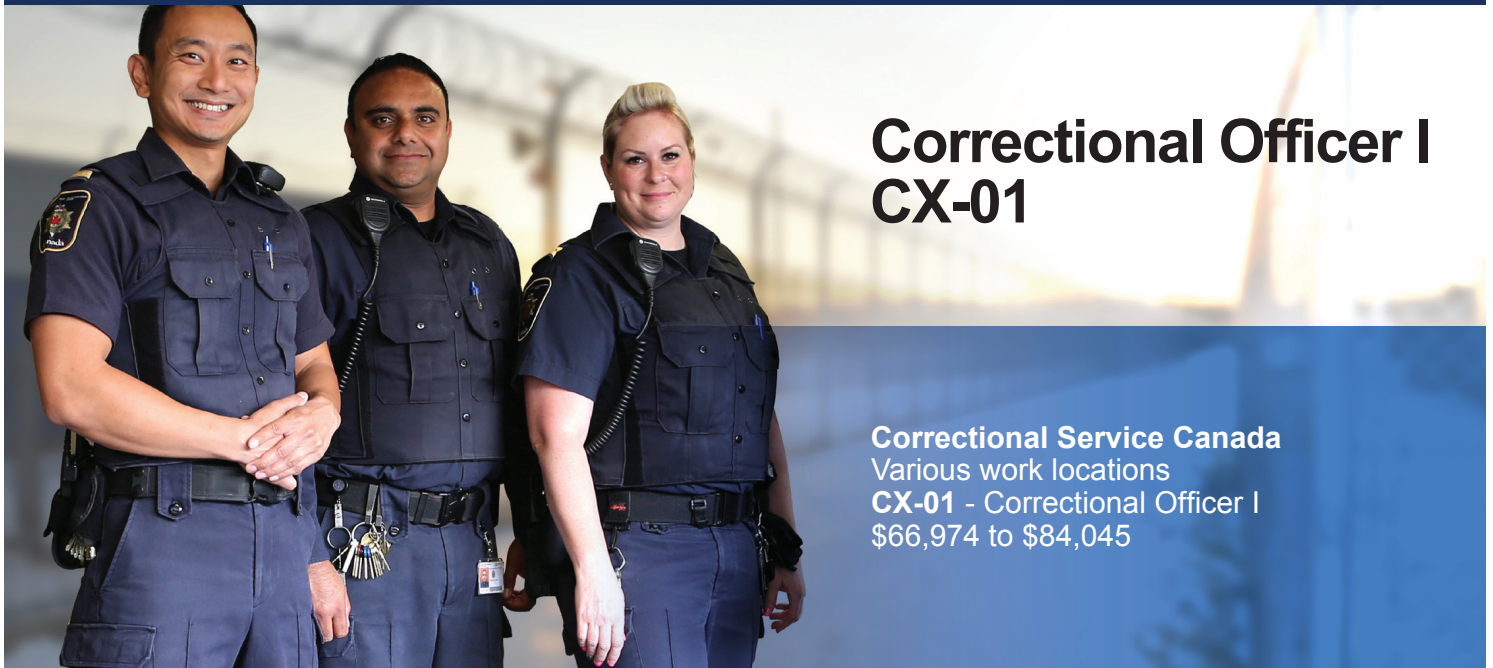
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Are you interested in working as a **CORRECTIONAL OFFICER?**



Correctional Officer I CX-01

Correctional Service Canada
Various work locations
CX-01 - Correctional Officer I
\$66,974 to \$84,045

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 Correctional Officer.

Correctional Officers 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>.

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:

No essential experience is required.

The candidate must successfully complete the CSC Correctional Training Program (CTP).**

****<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





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.

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WE'RE HIRING!

COMMERCIAL TRANSPORT ENFORCEMENT OFFICERS

JOIN
OUR
TEAM



LOCATIONS :

- DAWSON CREEK
- FORT ST. JOHN
- GOLDEN
- HOPE
- KAMLOOPS
- PRINCE GEORGE
- TERRACE
- TETE JAUNE CACHE
- VANDERHOOF

DO YOU WANT TO MAKE A DIFFERENCE IN ROAD SAFETY?

DO YOU WANT TO MAKE A POSITIVE IMPACT ON THE SAFETY OF BRITISH COLUMBIANS?

ARE YOU MECHANICALLY INCLINED?

ARE YOU READY FOR THE NEXT STEP IN YOUR CAREER?

THEN CVSE IS THE PLACE TO BE!

APPLY NOW



Work BC - Aggasiz/Kent 110 jobs

7086 Pioneer Avenue
Agassiz, BC, V0M 1A0
604-796-0266

centre-agassiz@workbc.ca

<http://workbccentre-agassiz.ca>

WorkBC

Work BC - Hope 188 Jobs

895 3rd Avenue
Hope, BC, V0X 1L0
604-869-2279

centre-hope@workbc.ca

<http://workbccentre-hope.ca>

Work BC - Chilliwack 551 jobs

200 - 45905 Yale Road
Chilliwack, BC, V2P 2M6
778-860-5452

centre-chilliwack@workbc.ca

<http://workbccentre-chilliwack.ca>



Indigenous Maps

Just now · 🌐



We're still looking for the right person to fill this position! Are you the one? Perks include: 4 day work week, competitive pay, health benefits, and working for the largest Indigenous-owned consulting firm in Canada. Apply here: <https://lnkd.in/emdxzUD>

#JoinOurTeam #WeAreHiring

the
firelight
group



APPLY TODAY!



PROGRAM MANAGER - ENVIRONMENTAL ASSESSMENT / REGULATORY

- PERMANENT, FULL-TIME POSITION
- OPEN UNTIL FILLED

WE'RE HIRING!

VISIT [FIRELIGHT.CA/CAREERS/](https://firelight.ca/careers/)



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Banister Pipelines Jobs

Send resumes to: employment@banister.ca

- * Bus/Rock Truck Driver
- * General Labourer
- * Operator Apprentice: Oiler
- * Welder Helper
- * Principal Operator: (Dozer/Excavator/Side Boom)



Allteck Group Job Postings



Candidates can apply online through our websites, on Indeed or send a resume:

Email: Indigenous@allteck.com

Indeed <https://ca.indeed.com/cmp/Allteck-Limited-Partnership/jobs>

Website: <https://allteck.com/about-us/careers/>

Job Title	Location	Closing Date
Powerline Technician	Burnaby	Always Hiring
Powerline Technician	Dawson Creek	Always Hiring
Powerline Technician	Saskatchewan	Always Hiring
Traffic Control Person (TCP)	Burnaby	Always Hiring
Traffic Control Person (TCP)	Vancouver	Always Hiring
Traffic Control Person (TCP)	Surrey	Always Hiring
Traffic Control Person (TCP)	North Vancouver	Always Hiring
Traffic Control Person (TCP)	West Vancouver	Always Hiring
Lane Closure Technician (LCT)	Burnaby	Always Hiring
Lane Closure Technician (LCT)	Vancouver	Always Hiring
Lane Closure Technician (LCT)	Surrey	Always Hiring
Lane Closure Technician (LCT)	North Vancouver	Always Hiring
Lane Closure Technician (LCT)	West Vancouver	Always Hiring

TRAINING OPPORTUNITIES

Consider joining the Fraser Valley Regional District's dedicated team of volunteer firefighters!

Volunteer firefighters are your neighbours, co-workers and friends. They are caring and dedicated individuals who are prepared to come to your aid whenever they are called to do so. We rely heavily on our volunteers to assist with fire protection in the small rural communities of our electoral areas.

We are always looking for new members.

If you're interested in exploring this exciting and rewarding opportunity further, fill out the [Volunteer Firefighter Application form](#) and email it to jobs@fvr.d.ca.

NEXGEN BUSINESS TRAINING

Please fill out the form online to be notified about future intakes of this program.

Fully funded <https://www.stillwaterconsultingltd.com/nexgen>



STILLWATER
CONSULTING

WILDLAND FIREFIGHTING & SILVICULTURE TRAINING

Please fill out the form online to be notified about future intakes of this program.

Fully funded <https://www.stillwaterconsultingltd.com/wfst>

WILDFIRE & INTEGRATED NATURAL RESOURCES TRAINING

- March 6, 2023 (Cranbrook, Nanaimo & Prince George)
- March 20, 2023 (Kamloops & Lower Mainland)

Fully funded <https://www.stillwaterconsultingltd.com/winr>

ACCESS

Wildland Fire Fighting Training

Start your journey to a new career.

Learn how to fight forest fires!

- Entry level training
- Physically fit and able candidates are encouraged to apply
- For indigenous Peoples - Status, Non-Status, Métis and Inuit
- Training March 15th - 31st, 2023

Enroll by March 14, 2023

Call Today!
604-251-7955



Be Where the World is Going

Digital literacy is a valuable skill set that supports life-long learning and increases employability. Learn to use technology to effectively find information, communicate, and apply for work.

Digital Literacy OPENS DOORS

Join this **FREE** online program to learn digital tools for daily living and employment purposes. Coaches are available to help you be successful!

Contact Stó:lō Aboriginal Skills & Employment Training (SASET) at info@saset.ca or 1-888-845-4455

Laptops available to borrow if you need one!



Please note:
Training is available from Youth to Elders.



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LAND GUARDIAN 101 TRAINING

3-Day Introductory course for Land Guardians & Natural Resource Staff

Training is designed to prepare the guardian to observe, record and report offences within their caretaker area.

Focus is on setting the foundation for good investigative skills.

Intro to situational awareness when talking with resource users.



To gain knowledge in Guardianship Training. Limited seats available: please RSVP before February 28, 2023. After February 28, registration will be open to our neighbouring communities.

LEARN HOW
TO WRITE
PROFESSIONAL
FIELD NOTES

HOW TO
NAVIGATE
THE HUNTING
AND FISHING
SYNOPSIS

PRACTICAL
EXERCISES AND
SCENARIOS

LEARN SAFE
STRATEGIES
WHILE
ENGAGING WITH
THE PUBLIC

LEARN BEAR
ATTRACTANT
MANAGEMENT

Date: April 4, 5, & 6, 2023

Time: 8:30 a.m. - 4:30 p.m.

Location: Seabird Island
Band Office Gym

Contact:
lands@seabirdisland.ca

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APPLY NOW



Project Management for Indigenous Women 2023

Trans Mountain and IAMC are offering a Project Management for Indigenous Women Program starting in April 2023.

This unique Mount Royal University program will be open to a limited number of successful applicants.

- Starts April 2023
- 100% online
- Seven courses
- 15-20 hours per week includes homework
- 12-month program
- No cost to participate
- Program completed as one group
- Coaching support



APPLY BY March 31, 2023 to:

Stephanie_Felker@transmountain.com



#681 March 2023

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Reclaiming My Language

Reclaiming My Language is a course to assist silent speakers to reclaim their language

DEADLINE: MAY 31, 2023

Funding up to \$35,000

The course runs 10 weeks for up to three hours each week. It uses Cognitive Behavioral Therapy and offers supports for silent speakers, including tools and coaching to help them move forward in a good way to reclaim their language.

Program Contact

Melinda Pick, Language Program Associate

rml@fpcc.ca

For more information and guidelines, visit: **fpcc.ca/rml**

fpcc.ca/grants

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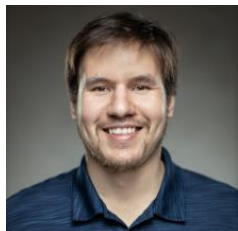


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Industry Internship Program for Indigenous High School Students

Summer 2023



"We are providing First Nation youth a foundational skillset to become leaders in the technology field and support their communities".

**– Brenden Mercer, FNESS Decision Support Manager
2023**

The 8-week Program Includes

A **SALARY** and a **LAPTOP** to keep

Learn Technology & Professional Skills

Cloud | Cybersecurity | Data Analytics
Customer Service | Financial Literacy

Speaker Series with Inspirational Leaders

Chiefs | Indigenous Leaders | Industry Executives

Work Experience through an Industry IT & Data Project

Network with High School Interns across Canada

The Program Details



July 3rd –
August 25th



Monday – Friday
10AM – 3PM



Check out the tools of
tomorrow you'll
develop in Summer

Don't miss out, please reach out!

No Previous Experience Required.

For more information, contact

Tammy Dong
tdong@fness.bc.ca
By April 21, 2023

IndigenousTech.ai
Canadian Government (PSIB) Certified Indigenous Controlled Company



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

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

Information Session with Fraser Health

Are you interested working as Staffing Clerk for Fraser Health:

- Starting wage between \$ 26.50-\$27.77 per hour
- Job opportunities through the Fraser Valley
- Remote work maybe available

Come join Fraser Health and SASET for an Information Session
on free training opportunities!!

The free 5-week Workforce Scheduling Program with Fraser Health
Starting March 27, 2023 include:

- ♦ Last 3-weeks the training paid practicum
- ♦ Possible Employment Placement after the Program

Come join and meet Fraser Health recruiter to register!!!

Location: Sto:lo Aboriginal Skills & Employment Training
5B-7201 Vedder Road, Chilliwack BC
February 15, and/or March 1, 2023
1:00pm to 2:30pm

For more information please contact info@saset.ca or call 604-858-3691 to sign up.



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PRE-EMPLOYMENT HOSPITALITY WORK SKILLS TRAINING PROGRAM

APRIL 17 - 21, 2023
SQEMEL LALEM CAMP
HOPE, BC

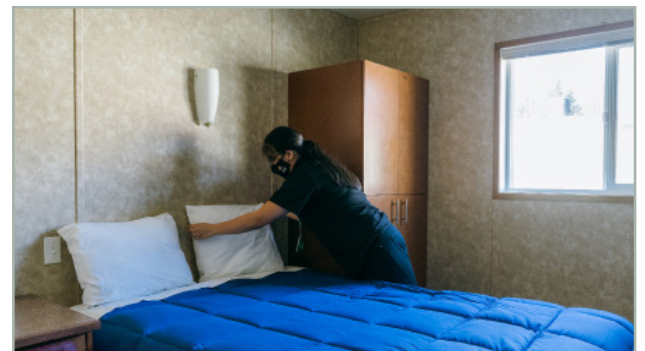
This **free five day immersive program** is designed for Indigenous Participants interested in kick-starting their career in workforce camp hospitality.

The Pre-Employment Skills program will include:

- An introduction to Workforce Hospitality
- Required certification and training
- Health and safety in the workplace
- Camp specific policies and roles
- Kitchen equipment and safety
- Cooking methods and nutrition
- Job shadowing
- Professional development

Upon program completion, participants will be invited to apply to work at Sqemel Lalem Camp in Hope, BC.

The program is open and free to Indigenous persons living in BC, age 19 or older. Meals, accommodation, and training is included.



To apply, scan QR or visit:
<https://bit.ly/40iczKn>

For questions contact Kim:
kwestlake@landseacamps.com



LANDSEA



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Sto:lo Aboriginal Skills & Employment Training



BASIC COMPUTER SKILLS WORKSHOP

If you are Aboriginal, underemployed, or unemployed and you want to learn the basics of how to use a computer, this workshop is for you!

Book an appointment with your SASET Employment Counsellor to sign up!

JOIN US EVERY
TUESDAY AND THURSDAY
9 AM—12PM

Building 5B - 7201 Vedder Road
Chilliwack, BC

Phone: 604-858-3691 Email: info@saset.ca

Basic Computer Skills & Knowledge

How To Use the Internet

Email

Word Basics

How To Use a Laptop

Sto:Lo Aboriginal Skills And
Employment Training

5B-7201 Vedder Rd

Chilliwack, BC V2R 4G5

604-858-3691

Toll Free: 1-888-845-4455

www.saset.ca

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TIME MANAGEMENT

ESSENTIALS FOR INDIGENOUS ENTREPRENEURS

**Free virtual
workshop** for
Indigenous
Businesses
operating
within the
Stó:lō
Traditional
Territory

LEARN TO:

- Best practices for time management
- Overcoming procrastination
- Preventing burnouts
- Productivity tools

DATE: MARCH 14TH, 2023

TIME: 9:00AM-3:00PM

VIA ZOOM



INDIGENOUS
BUSINESS DEVELOPMENT
SERVICES

To Register:
email:
bhill@stolocf.ca
or call:
604-858-0009

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Social Assistance Cheque Schedule 2023

Cheque	Renewals Due By:	Ck. Release Date	Mid-Month 2
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



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