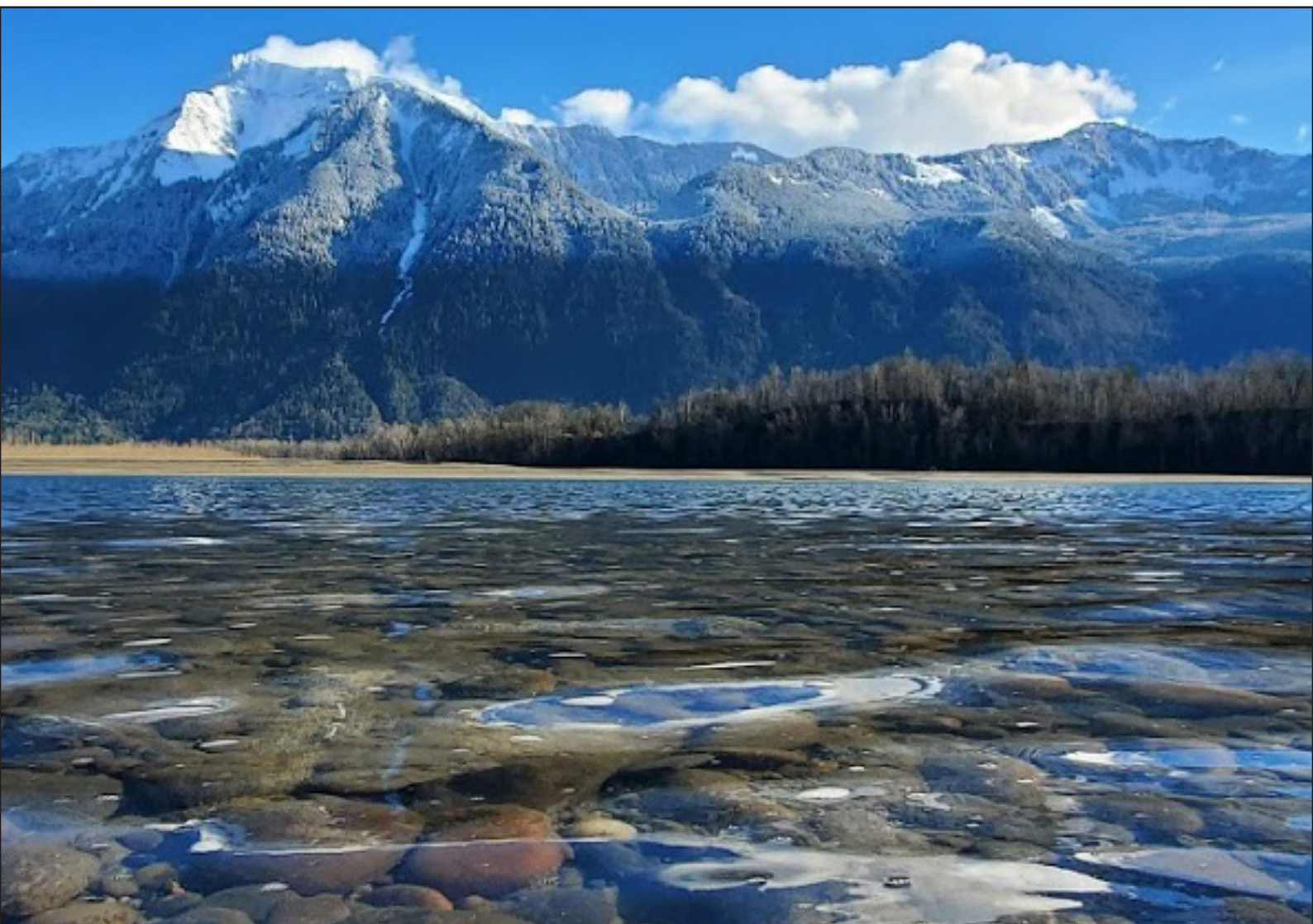




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: May 19, 2023



NEWSLETTER SECTIONS

Administration Notices/Updates	2
Cheam Elder's Corner	7
Health & Wellness Updates	10
Youth Opportunities	18
Job Opportunities	25
Education/Training Opportunities	35
Cheam SA Schedule	44
Cheam Housing Survey (due May 31)	47
Cheam Feedback Form	55

XWECHYOM XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom Xwexwilmexw;

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

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

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

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

CHEAM VISION STATEMENT

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

FIND US ONLINE:



CHEAM.CA



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



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



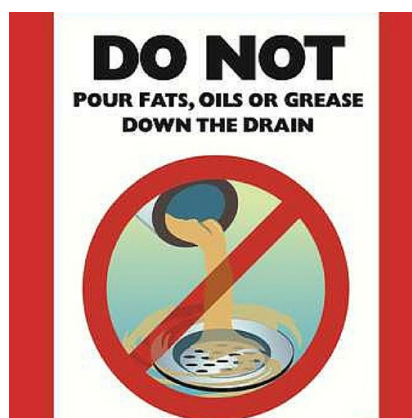
[@CHEAM_FN](https://twitter.com/CHEAM_FN)

ADMINISTRATION NOTICES/UPDATES

UPOMING CHEAM EVENTS:

May 22	Band Office Closed for Stat Holiday
May 23, 30	Seabird Island Bear Bus @ Cheam 1-3pm
May 28	<u>Trev's Flea Market</u> 8:30am - 2:30pm
May 29	Cheam Elder's Society Meeting 2-4pm
May 30	Cheam Regular Council Meetings (new date)
June 3	<u>Cheam Education Awards</u> 11am-3:30pm
June 4, 18, 25	<u>Trev's Flea Market</u> 8:30am - 2:30pm
June 13 & 27	Cheam Regular Council Meetings
June 20	Dental Bus returns 10am - 4pm
July 15	<u>Annual Cheam Days</u>
July 25	Cheam Regular Council Meeting

SEPTIC ISSUES: Housing Maintenance



If you're asking the question, can you pour grease down the drain? The answer is a strong **NO!**

Solution:

When you're done cooking, simply allow the grease to cool and harden. You can leave it in the pan you cooked with, or you can transfer the grease into another container so it can cool – totally up to you. Just throw it right into the trash can.

There is some concern smaller passenger vehicles may bottom out, or high center, at the Upriver/East boat launch, due to a hump. Larger passenger trucks and SUV's should be able to clear the hump, however, smaller ones may not. the area above the bump is not intended to be a part of the boat launch; however, we wanted to notify you in case any members try to drive up there. Please use caution when using the Upriver/East Boat Launch until the project has been completed in September.



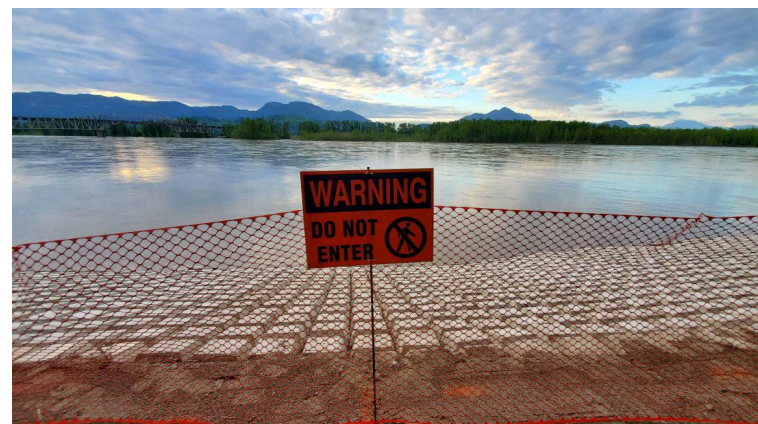
Cheam Beach Erosion Mitigation and Bank Stabilization Project

SEASONAL SHUTDOWN

The Nation has invoked a seasonal shutdown of the Cheam Beach Erosion Mitigation and Bank Stabilization Project due to the rising waters. This means that the topsoiling and seeding of the concrete mats in front of the Grand Chief Heilamacha building could not be completed at this time. Safety fencing and do not enter signs have been installed along the area to prevent entry and to mitigate a potential tripping hazard and/or risk of injury. When the water recedes, the contractors will return to finish the topsoiling, seeding and any deficiencies.


Please use extreme caution if launching from the upriver/east boat launch. The angle of the launch is not visible and there is the potential risk of hitting the Rip Rap and damaging your truck/trailer.

Below are a few pictures, courtesy of Chief Victor, of the work that has been completed so far.



The next phase of the project is the repair to the road leading to Cheam Beach, which we hope to begin in June, followed by the restoration work at the Grand Chief Heilamacha building. Although there will be additional disruptions in accessing the Beach, it is important that the project be completed prior to the fishing season.

We appreciate your patience while this work is being completed. If you have any questions or want an update, please connect with Rachel Wille at rachel.wille@cheamand.com, or 604-794-7924 or by visiting the office.



Register by:
May 10th, 2023
@ 4:00 p.m.

UMPIRES
NEEDED

SEABIRD ISLAND FIRST NATIONS FESTIVAL

May 26-28, 2023

SOCCER ENTRY FEES:

- Men's 11-aside \$500
(Top 3 Cash Prize, pending number of teams entered)
- Women's 7-aside \$350
(Top 3 Cash Prize, pending number of teams entered)
 - 16U 11-aside \$350
 - 13U 11-aside \$350
 - 10U 11-aside \$350
 - 7U 7-aside \$250
- 5U 5v5 Mini-Ball \$100

3-PITCH BASEBALL FEES:

- Co-ed \$350
(Top 3 Cash Prize, pending number of teams entered)

WAR CANOE RACES

VENDOR FEES:

- 10x10 lot (excluding Kitchen Rentals)
- Kitchen Rental (2 available) \$700
 - Food Vendor \$350
 - Arts/Crafts Vendor \$175
 - Non-Profit \$100

GATE FEES:

- Day Rate \$5
- Weekend Rate \$10
- Camping Rate \$20

Contact: Charlene Point, events@seabirdisland.ca
Registration forms available at www.seabirdisland.ca
Hard copies can be mailed upon request

3rd annual **#MarchForRecognition** June 3 2023

Open for all!! Asking for any and all big drums, hand drums, singers, vendors and supporters.



MARCH FOR RECOGNITION

**10AM - 6PM
SATURDAY JUNE 3, 2023**

GATHER AT FRASER RIVER
HERITAGE PARK
10:00AM

MARCH TO ST. MARY'S
RESIDENTIAL SCHOOL
11:30AM

- PRESENTED BY THE CRAZY INDIANS BROTHERHOOD -
ACCEPTING DONATIONS FOR TEDDY BEARS AND SHOES FOR THE VANCOUVER VIGIL

Celebration of Life for Evelyn Munro



Carrielynn Victor, Winchester Victor, Meredith Douglas, and Frankie Victor would like family and friends to come out for the Celebration of Life for their grandma/mother Evelyn Munro, who lived a long life in Rosedale BC.

When: June 10th, 2023

Time: 1:30pm

Place: Harrison Hot Springs Memorial Hall

Address: 290 Esplanade Avenue

Harrison Hot Springs BC

Thélá:ylexw Awtxw - House of Life Givers

A Stó:lō Women's Group

Inviting Stó:lō woman to join as members.

Follow the link here:

<http://www.stolowomen.com/join.html>

Thank you Carrielynn Victor, Chi:yom, for contributing this beautiful, meaningful logo. The logo is a combing weave in honor of womxn's tools and representing who we are as xwélmexw womxn, and weaving us together.



CHEAM ELDERS CORNER

Cheam Elder's Society Raffle

Tickets are \$2 each, 3 for \$5, or 5 for \$20

Tickets can be purchased by cash from Lovey Victor or by e-transfer to lovey.victor@outlook.com
Draw date yet to be determined yet

First Prize



Second Prize



Third Prize



Thank you and good luck!

'Elder's Society Discussion' meeting May 29th,
2023 @ 2:00pm-4:00pm in the boardroom, all
Elder's welcome.

CHEAM ELDER'S MEETINGS 2023

June 13, 2023
July 18, 2023
August 15, 2023
September 19, 2023
October 17, 2023
November 21, 2023
December 12, 2023



Upcoming Birthdays Birthdate

Judith L. Douglas	May 20
Kelly Casimir	May 23
Theresa Douglas	May 25
Rose Hudson	May 29
Philomena Fraser	May 30
Ernest Crey	June 1
James Desmul	June 1
Brenda Douglas	June 2

The Wellness Team Presents:



Sit with an Elder Tea Time

Join us once a month, to sit and talk with an Elder. Connect as a group or one to one.

When: May 23rd, 2023

Where: Building 7- 7201 Vedder Road, Health Clinic Room

TIME: 10:00am-12:00pm



Please call Heather Walker for more information.
604-824-3200



FIND US ONLINE:

08



CHEAM.CA



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



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



[@CHEAM_FN](https://twitter.com/CHEAM_FN)

'Expressions of interest' to join this year's Elder's conference; please contact Kelsy by email kelsy.fredette@cheamband.com or phone 604-745-8034 and let her know if you're attending this year so we can compile a list and know how much funding will be needed, hotel accommodations, transportation, etc.



BC Elders Communication Center Society (BCECCS)/2023 Elders Gathering
1415 Weiwaikum Rd. Campbell River, BC, V9W 5W9

Ph: 250-286-9977

Toll Free: 1-877-738-7288

Email: bcelders@telus.net

Fax: 250-286-4809

Website: www.bcelders.com

2023 ELDERS GATHERING

"Stronger Together"

DATE: August 15-16, 2023, with Early
Check-In Aug. 14 from 12:00 pm to 5:00 pm

PLACE: Vancouver Convention Centre,
East Building

INFO AND CRAFT BOOTHS AVAILABLE AT
www.bcelders.com

* Note: The Craft Booth Price has Dropped!

FIND US ONLINE:



CHEAM.CA



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



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



[@CHEAM_FN](https://twitter.com/CHEAM_FN)

HEALTH & WELLNESS NOTICES/UPDATES



Join Project AIM & MLA Kelli Paddon for a free conversation about Period Education & Menstruation Products!



Kelli Paddon, MLA
— Chilliwack-Kent —



Project
AIM
• • •



Sponsored by

United Way
British Columbia

June 5th: 10am to 12pm

June 8th: 7pm to 9pm

June 17th: 4pm to 6pm

June 24th: 2pm to 4pm

register at www.ProjectAIMCommunity.com



PROFESSIONAL DENTAL CLEANING WITH SARA BABAEIN, BDSC, RDH – SMILES VAN

June 20, 2023

Time: 10:00am-4:00pm

New clients will
receive a \$50
electric tooth
brush!



**Location: Cheam Multiplex
52161 West Victor Drive**

- 45-minute appointments
- Dental Hygiene exam + Cleaning
- Full status coverage

Book with Cori Victor at cori.victor@cheamband.com

Attention Cheam Parents/Guardians:

We have car seats available:

- * Bucket seats
- * Regular backless booster



Please contact Cori Victor to inquire - cori.victor@cheamband.com

FIND US ONLINE:



CHEAM.CA



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



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



[@CHEAM_FN](https://twitter.com/CHEAM_FN)



First Nations Health Authority
Health through wellness

REGIONAL HEALTH SURVEY (RHS) 4

Drop-in Webinar Series



Community Leaders, Health Directors and other interested community members, please join us for information about the upcoming Regional Health Survey 4! The First Nations Regional Health Survey (RHS4) is a national health survey conducted by and for First Nations. It captures a snapshot of the health and wellness of First Nations peoples living within First Nation communities across Canada. It is now more important than ever to ensure that First Nation voices are heard when it comes to health and wellness. This is a journey to create meaningful health information for First Nations in BC.

FORMAT

This is a drop in style webinar. Come when it works for you, no need to register ahead of time. Stay for a few minutes or as long as your schedule allows. Learn the background of the Regional Health Survey 4, changes made to better meet communities' needs and benefits of participation. This is a conversational webinar and questions and dialogue are encouraged throughout.

DATES

June 13, 2023	10:00 am
June 14, 2023	5:30 pm
June 15, 2023	2:00 pm
June 19, 2023	12:00 pm
June 27, 2023	3:00 pm
June 28, 2023	8:00 am

Participants will be entered to win a \$75 Gift Card

JOIN HERE

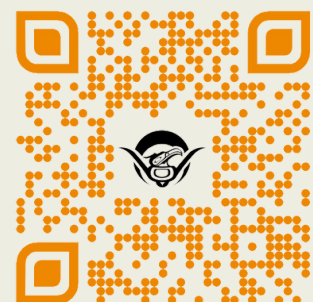


<https://fnha.zoom.us/j/7982971093>

OR



+17789072071,,7982971093#





COMMUNITY KITCHEN

Please join Jaime and Makenzie in making Asian chicken lettuce wraps and waldorf salad this month! We will enjoy a meal and then you can take some leftovers home.

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

Friday May 26th, 2023

@ 11:00am

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

FIND US ONLINE:



CHEAM.CA



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



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



[@CHEAM_FN](https://twitter.com/CHEAM_FN)

BRINGING CULTURALLY SAFE SERVICES TO YOU

Indigenous Health Liaisons promote culturally safe experiences for First Nations, Métis and Inuit patients accessing health and wellness services. Liaisons support Indigenous patients with navigating the health care system, safe transitions from hospital to home, and connections to community services.

WHEN TO CALL:

- To refer First Nations, Métis and Inuit patients
- To ask any questions regarding Indigenous Health Services available
- To help Indigenous patients access services throughout the health care system

REFERRALS CAN BE MADE BY:

- Patients
- Family members
- Friends
- Health professionals

To access Indigenous Health Liaison services,
call the referral line:

1-866-766-6960

Hours of service: Monday – Friday from 8:30 AM–4:30 PM
(excluding holidays)

To contact a Wellness System Navigator from
First Nations Health Authority, call **604-743-0635**



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.



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

FIND US ONLINE:



CHEAM.CA



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



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



[@CHEAM_FN](https://twitter.com/CHEAM_FN)



First Nations Health Authority
Health through wellness

Mental Health and Cultural Supports

TELEPHONE AND ONLINE SUPPORT

Virtual Substance Use and Psychiatry Service. A free, referral-based service for First Nations people in BC and their family members. Health care providers, including the [Virtual Doctor of the Day](#) program, can refer you to this service. Available Monday to Friday. [FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)

First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service offers mental health counselling and crisis intervention to Indigenous people across Canada. Toll-Free: 1-855-242-3310 www.hopeforwellness.ca

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to youth. 1-800-668-6868 or text the word “connect” to 686868 to access text support.

KUU-US Crisis Services is available 24/7 to support Indigenous people in BC. <https://www.kuu-uscrisisline.com/24-hour-crisis-line> Toll-Free: 1-800-KUU-US17 (1-800-588-8717) Adult/Elder: 1-250-723-4050 Child/Youth: 1-250-723-2040

National Indian Residential School Crisis Line supports former Residential School students. The crisis line provides emotional and crisis services 24/7. Toll-Free: 1-866-925-4419

Provincial Alcohol and Drug Information Referral Service provides free referral services to support with any kind of substance use issue (alcohol or other drugs). Toll-free: 1-800-663-1441 Lower Mainland: 604-660-9382

Foundry: health and wellness supports, services and resources for young people ages 12 – 24 and their caregivers. No referral or assessment required. In-person: <https://foundrybc.ca/find-a-centre/> Virtual: <https://foundrybc.ca/virtual/>

FNHA MENTAL WELLNESS AND COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

Health Benefits provides access to mental wellness and counselling services. All services require prior approval. A list of providers registered with Health Benefits can be found on the [Provider List](#) or by contacting: **1-855-550-5454.**

INDIAN RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT PROGRAM PROVIDERS (IRS RHSP)

Adah Dene Cultural Healing Camp Society
Margo Sagalon: 250-996-3813
Admin.elders@telus.net
Tracey Charlebois: 250-996-1475
Nakazdlieelders@telus.net

Carrier Sekani Family Services
For Vanderhoof: Catherine Lessard: 250-567-2900 or Toll-free: 1-800-889-6855
For Prince George: Rhonda Hourie or Cheryl Thomas: 778-675-0419

Gitanyow Human Services
Wanda Good: 250-849-5651
Wanda.e.good@gmail.com

Gitsxan Health Society
Martha Wilson: 250-842-6876

Nuu Chah Nulth Tribal Council
Vina Robinson: 1-250-724-3939
vina.robinson@nuuchahnulth.org
Daily Elliott: 250-720-1736

Indian Residential School Survivors Society
Carol Stegman: 604-985-4464 or Toll-free: 1-800-721-0066

Okanagan Nation Alliance
Toll-free: 1-866-662-9609

Tsow-Tun-Le-Lum Society
Toll-free: 1-888-590-3123

FNHA TREATMENT AND HEALING CENTRES

During the pandemic, Round Lake Treatment Centre and Gya'waa'Tlaab House of Purification are maintaining a live-in treatment program with additional precautions taken to abide by physical distancing and associated safety requirements. Most treatment centres have moved to providing virtual support to individuals and families.

Carrier Sekani Family Services
Call: 250-567-2900 or
Toll-free: 1-800-889-6855
and ask for an ARP Team member
Email: rjohn@csfs.org

Kackaamin Family Development Centre
Call: 250-723-7789 or
Toll-free: 1-833-205-6946

Namgis Treatment Centre
Call: 250-974-8015 or
Toll-free: 1-888-962-6447 Ext. 2141

Nenqayni Wellness Centre
Call: 250-989-0301 or
Toll-free: 1-888-668-4245

North Wind Wellness Centre
Call: 250-843-6977 or
Toll-free: 1-888-698-4333

Telmexw Awtexw (Sts'ailes First Nations)
Call: 604-796-9829

Tsow Tun Le Lum
Call: 250-268-2463 or
Toll-free: 1-888-590-3123

Wilp Si'Satxw Healing Centre
Call: 778-202-0162, 778-202-1349 or
Toll-free: 1-877-849-5211

All information in this document is accurate as of September, 2022.

YOUTH OPPORTUNITIES



YOUTH GROUP

HOSTED BY MCFD'S HUNTER FORSETH

**EVERY THURSDAY MAY 18TH - JUNE 29TH,
3-4:00PM IN THE HEALTH CLASSROOM.**



**GRADES 1-8. THE GROUP WILL FOCUS PRIMARILY ON
SELF-REGULATION SKILLS, MENTAL HEALTH
AWARENESS (ANXIETY, DEPRESSION, SELF-WORTH),
AS WELL AS THERAPY-BASED PLAY, GAMES, ARTS
AND CRAFTS ALL WITH AN INDIGENOUS FOCUS**

PLEASE SIGN UP WITH CORI.VICTOR@CHEAMBAND.COM

Rosedale Traditional Community School Society (RTCSS) Summer 2023

Lil Gymnast 4-6yrs

Join us for fun while learning the basics of rhythmic gymnastics. You will learn leaping, tumbling and balancing. You will also be introduced to ribbons, balls and hoops.

Monday-Friday 9:30am-10:30am
July 24-28 \$50



Tiny Cooks 4-7yrs

For children who love to help out in the kitchen. Full hands on experience making different dishes to take home and share with the family.

Monday-Friday \$60
July 10-14 9:30-10:30am
August 14-18 12:30-1:30pm



Chefs in Training 8-12yrs

Full hands on program, each day students will make two dishes to take home and share with mom and dad. New recipes are explored in each day.

Monday-Friday \$70
July 10-14 11:00-12:30pm
August 14-18 2:00-3:30pm

At Home Alone 10+yrs

This is an interactive, participatory program that is designed to teach children to make safe choices while At Home Alone.

Wednesday 9:00-1:00pm
July 12 \$40

HOW TO REGISTER

- email rtcsc@rtcsc.ca
- request registration form
- complete and return
- send etransfer to complete

RTCSS Memberships

Members of the society consist of any person enrolled in a RTCSS program. When participant is under the age of 16 parent or guardian will be considered a member of the society. Memberships are at no charge when enrolled in a program.



50850 Yale Road
Rosedale BC V0X 1X2
Phone: 604 378-0300

Gymnastics 7-10yrs

Join us for fun while learning the basics of rhythmic gymnastics. You will learn leaping, tumbling and balancing. You will also be introduced to ribbons, balls and hoops.

Monday-Friday 10:30am-12:00pm
July 24-28 \$60



Cheerleading-Infinity Cheer Elite 6-12yrs

Come see what cheerleading is all about in this fun no experience necessary summer camp for ages 6-12. Make new friends and have fun while learning the basics of all four components of cheerleading. Athletes will learn tumbling, stunts, jumps and dance. Infinity is here to provide a safe and caring environment for athletes to learn and grow while building their confidence!

Monday-Thursday 10:00am-12:00pm
Aug 21-24 \$115

Mad Scientist 8-12yrs

Do creative science experiments exploring your imagination with hands-on fun experiments. Don't forget to wear clothes appropriate for messy fun!

Monday-Friday \$65
July 10-14 2:30-3:30pm
August 14-18 11:00-12pm



Get involved

Looking for a way to share a skill with your community? Looking for different activities? Let us know! We are continually looking for new programs to offer! So get in touch!



Cupcake Decorating 8-12yrs

Have you ever wondered how those cupcake fish look so real? Learn basic techniques to decorate cupcakes in an artistic way! Is it art? Is it food? Best of both worlds.

Monday-Friday 9:30am-11:00am
July 17-21 \$70



Little Einstein 4-7yrs

The perfect combination of science and art. Each day your little Einstein will be engaging in an age appropriate science experiment, and making an art project in conjunction with the experiment.

Monday-Friday \$60
July 10-14 1:00-2:00pm
August 14-18 9:30-10:30am



Babysitters Training 11+yrs

Learn about your rights and responsibilities, how to care for a child and how to deal with emergency situations. You will receive a certificate at the end of this Canadian Safety Counsel Babysitters Course. Please note this is a two day course.

July 5/6 9:00am-1:00pm
\$50 must attend both days



Facility Rentals

RTCSS is the perfect place to host birthday parties, meetings, practices and all kinds of community events. Get in touch today to find out how you can hold your next event at our beautiful facilities.

Check us out on Facebook!

<http://www.facebook.com/RosedaleTraditionalCommunitySchoolSocietyrtcsc>



What is a Community School?

Community Schools in British Columbia are elementary or secondary schools with a special emphasis upon the belief held by residents and staff in the value of community involvement. The Rosedale facility was built in partnership with the City of Chilliwack and deemed a Neighbourhood Learning Centre. NLC's are inviting places where people of all ages can access education, community services, recreation and culture seven days a week, twelve months a year – places that promote the well-being of children, families and the entire community.

Get in touch

Phone: 604 378-0300
Email: rtcsc@rtcsc.ca
Monday-Friday 8:00am-4:00 pm

To register

Email rtcsc@rtcsc.ca to receive a registration package. Return and pay by etransfer or Credit Card.



FIRST PEOPLES'
CULTURAL COUNCIL

YOUTH EMPOWERED SPEAKERS

fpcc.ca/yes



Do you want to learn your language as part of your post-secondary education?

Receive up to \$30,000 in funding for B.C. First Nations students age 18-35!

Apply by June 14, 2023

This program includes:

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

Program Contact: Beckie Wesley
yes@fpcc.ca



SCAN ME

FIND US ONLINE:



CHEAM.CA




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



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



[@CHEAM_FN](https://twitter.com/CHEAM_FN)



Are you interested in collaborating with Indigenous Youth to co-create impactful social art that promotes the significance of water? Are you open to exploring innovative collaborative efforts to challenge the current state of water issues in Canada, particularly those disproportionately affecting Indigenous communities?

Be part of the Indigenous Youth, Art and Water Initiative

For more information on this opportunity:

<https://yourcier.org/wp-content/uploads/2023/05/FINAL-Youth-Art-and-Water-Application-Guide-ENG.pdf>

To submit an application:

<https://yourcier.jotform.com/230585597279271>

Or contact: rterbasket@yourcier.org

We look forward to receiving your application by June 11, 2023!

The Indigenous Youth, Art and Water Initiative offers technical assistance and financial support of up to \$50,000 for organizations interested or actively engaged in social art projects addressing water issues by Indigenous communities and collaborators.

<https://yourcier.org/indigenous-youth-water-art-initiative>

An initiative of the Indigenous Water Allyship

<https://www.onedrop.org/en/projects/the-indigenous-water-allyship/>



FIND US ONLINE:

22



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM_FN

Stó:lō Land Stewardship and Governance Course



A five-week cohort program for Stó:lō youth (ages 16-21) who wish to further their understanding and knowledge of Stó:lō ways relating to Land Stewardship and governance.

Start Date

July 04, 2023

End Date

Aug. 04, 2023

Commitment:

4 days a week

9:00AM to 2:00PM

Send Nominations to:

Lisa Wolgram

Lisa@alongsiderc.ca

778-808-3451

Michael Blackburn

Michael@alongsiderc.ca

604-997-8763

Over the course of five weeks learners will engage in land-based and experiential learning opportunities as they explore and make connections related to the relationship between S'ólh Téméxw and being Xwélméxw, Shxwélméxwelh and S'ólh Téméxw, the impacts of Canadian governance – historical and contemporary - on Shxwélméxwelh, and what it means to steward the land in a good way moving forward.

This course will be delivered using a variety of methods for teaching and learning including being on the land, listening to Knowledge Holders and other experts, group discussions, self-reflection, guided tours, listening to audio, watching videos, and reading texts. Throughout all five modules, learners will be guided through a process of inquiry, wherein they will be supported in their exploration of a topic of their choosing related to Stó:lō land and governance.

S'ólh Téméxw — Our world; Our land

Xwélméxw — First Nations person

Shxwélméxwelh — Stó:lō way/constitution

STSA



**S'ólh Téméxw
Stewardship
Alliance**



**Stó:lō Research
and Resource
Management Centre**

FIND US ONLINE:



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM_FN



SCHOOL DISTRICT 78
FRASER-CASCADE
EVERYONE PULLING TOGETHER

Summer School 2023

July 4 - 28, 2023 Monday to Friday

Schedule

Summer school will operate for 19 sessions, starting on July 4th, **from 10:00 am - 2:45 pm**. The teacher will be available in the mornings from **8:30 am - 10:00 am for extra help as needed**. Regular attendance will be expected, and attendance will be communicated with parents.

LOCATIONS: **HSS** - Hope Secondary School
AESS - Agassiz Elementary Secondary School
(Room #'s TBA)

Expectations

Regular progress is expected. With only one month to complete their assigned work, students will be expected to make the most of their in-class time and **behave in a mature, business-like manner**. When students have **completed their assigned** course(s) they will **no longer be required to attend**.

Referrals will be **made by teachers** with the **approval of their principal**. If your child is referred for summer school, a **consent form will need to be completed**. If you or your child would like to be referred for summer school, please talk to your school principal.

REFERRAL DEADLINEJUNE 16, 2023

Capacity limits will be determined during the first week of June. If your child is **referred prior to June 16**, you will be **contacted by summer school staff the week of June 19** to confirm enrollment. If your child is **referred after June 16**, enrollment will **need the approval of summer school administration** in order to ensure that space is available.

Referrals

Programs

I Students in **Grade 7-9** may be offered a **compressed version of Math and/or English** to prepare them for the next grade level.

II Students **currently enrolled in online learning** will be allowed to continue their online course(s) to their completion.

III Students who have not passed a course with **in-class instruction will be allowed to complete additional units online** to bring them to a passing level.

IV Students wishing to **complete a course not previously attempted in its entirety** may do so **if space is available**.

Technology

DEVICE REQUIREMENTS

Students will be provided with devices to use while at school. If students would like to complete extra work at home they will need:

- Computer or tablet with up-to-date browser
- Word processor (not required for Math courses)
- Webcam recommended
- Access to internet capable of streaming video
- Headphones
- Printer recommended

FIND US ONLINE:



EMPLOYMENT OPPORTUNITIES



XWCHÍYÒ:M
CHEAM FIRST NATION

Administrative Assistant – SASET

The Administration Clerk is responsible for the administration of HR, funding and governance, and communication functions. This position will assist with implementing better structures and processes within administration.

Adult In-Home Care Worker

The Adult In-Home Care (AIHC) Worker is responsible for providing confidential home care services based on the Nurse's assessment. The AIHC Worker provides home care services and support to individuals and families experiencing minor set-backs due to illness, injury or age.

Emergency Program Coordinator - (15 month Contract)

The Emergency Program Coordinator (EPC) is responsible for supporting the coordination of the Emergency Management Program, and for the review, maintenance and implementation of Cheam's Emergency Response Plans, All Hazards Plan, and Health Plan. It is the responsibility of EPC to ensure that adequate attention is given to all aspects of Emergency Management Program-including direct and indirect support for related planning supports for the Comprehensive Community Plan.

General Maintenance Worker - SASET

Under the direction of the Public Works Supervisor, the primary purpose of the Cheam Maintenance Worker is to conduct general grounds and building maintenance tasks for all Cheam public/common areas, community grounds, community buildings, water systems, wastewater systems, and Band Rental and Social Housing.

Health Assistant – SASET

Under the direction of the Health and Wellness Manager, the Health Assistant is responsible for assisting the Health Coordinators in the development, coordination, administration and management of health programs.

Human Resources Assistant – SASET

The Human Resources Assistant is responsible for administrative functions and support for the HR department. This position will assist with implementing better structure and process within the administration under the direction of the HR Manager.

Social Development & Education Clerk - (SASET)

Under the direction of the Social Development and Education Manager, the Clerk's primary goal is to assist the Coordinator in improving the quality of life for Cheam Band Members requiring assistance and access to Education and Social Assistance programs.

Wellness Advocate

Under the direction of the Health and Wellness Manager, the Wellness Advocate's primary goal is to provide non-clinical counselling services including, confidential addiction counselling, referrals to detox and treatment facilities, education and support to Cheam Members and their families, and to promote positive and healthy lifestyles and choices.

Further details can be found on our website at <https://cheam.ca/employment>

Please send a cover letter and resume to HR@cheamband.com

Campground Student Position

1. Key Responsibilities:

This position supports the efforts of the Manager and Assistant Campground Manager.

Without limiting the generality of the following:

- Clean campsites by performing minor maintenance tasks such as raking the campsite pad, lawn care, litter pick up, outhouse cleaning, maintaining fire rings, filling potholes, and planting trees
- Be observant for activities within the campground requiring immediate attention - ranging from a tree needing to be trimmed to a problem camper. Notify the Manager as these problems arise.
- Staff customer check-in center during scheduled hours
- Ensure Campground Master reservations are correct and up to date
- Collects all applicable fees
- Assist with reporting, cash balance, and inventory
- Conduct routine campground, garbage, and washroom checks.

2. Scheduled Hours/Days

- Four (4) days per week, seven and a half (7.5) hours per day (9:00 am to 4:30 pm)
- This is an eight (8) week position (July 3rd to August 31st, 2023)

3. Requirements

- Must be at least 15 years of age with a Social Insurance Number
- Have reliable means of transportation

4. Resume submission:

Resumes must be received by: Monday, June 19, 2023, at 4:30 pm

Email resumes to: info@cheamenterprises.ca

630 Appel Road,
Agassiz BC V0M 1A2



FIRST PEOPLES'
CULTURAL COUNCIL

We are Hiring!

JOIN OUR TEAM

Senior Communications & Engagement Officer



FPCC.CA/EMPLOYMENT

Discover Parks Ambassador (Chilliwack)



[Apply Online](#)

Position description

We are seeking energetic, motivated individuals with a deep respect for the natural environment to deliver fun, educational programs in parks across BC this summer! You will join a network of staff and volunteers across the province. You will engage children and adults about responsible recreation and local flora and fauna. You will add value to the experience of park visitors through your engaging programs, and help visitors appreciate the features that make each park a special place. Note that hiring for these positions is dependent on the outcome of pending funding applications.

What does a typical day look like?

Your days will be split between working from home (1-2 days/week) and in Parks (3-4 days/week). When working from home, you'll have team meetings, reflect on the previous weekend, plan for the coming weekend, prepare for programs, draft posters, and brush up on your local knowledge. When working in Parks, you'll check in with your local park staff, set up your information booth and engage with visitors about local flora and fauna. You might run a nature walk with families, before collecting observations of nature with iNaturalist. You'll finish the day running fun kids' activities such as plant scavenger hunts and games about local animals, then pack up for the day. On some Saturdays, your schedule will be shifted so that you can run evening amphitheatre programs at your Park/s.

**WE ARE
HIRING**

Part Time Cleaners

**Were looking for
passionate individuals to
join our team at Maid For
This!**

APPLY NOW

- ☒ Monthly Bonuses
- ☒ Competitive wages
- ☒ Full time opportunities
- ☒ On site training
- ☒ Flexible hours

Send resumes to
maidforthis.bc@gmail.com

June 3, 2023 Education awards Dinner Bid

This is open for Cheam Members & Community members

Name of Bidder: _____

Phone number: _____

Is your catering business licensed? Yes___ No___

Do you and have a valid food safe certificate? Yes___ No___

Is your food safe certificate attached? Yes___ No___

Does your support kitchen crew have food safe certificate? Yes___ No___

Is their food safe certificate attached? Yes___ No___

Do you have your own transportation? Yes___ No___

Do you need to use the Gym kitchen? Yes___ No___

Did you attach a menu for 200 people? Yes___ No___

Did you attach the costs for?

Food Yes___ No___

Desserts Yes___ No___

Condiments Yes___ No___

Plates, cutlery, cups Yes___ No___

Coffee, tea, juice Yes___ No___

Do your costs include clean-up of the Gym and kitchen? Yes___ No___

Other catering ideas that you will include in your bid: _____

(If you need more room, please submit additional separate sheet of paper

Total catering cost is: _____

Signature of bidder: _____

Please include a copy of all supporting documents, including break down of per plate costs, any food safe certificates, and business license. Please also refer to the attached menu.

Please have all Documents Including bid sheet Into Diana Giroux (Education and Social Development Clerk) by Friday May 26, 2023.

Work BC - Aggasiz/Kent **103 Jobs**

7086 Pioneer Avenue

Agassiz, BC, V0M 1A0

604-796-0266

centre-agassiz@workbc.ca

<http://workbccentre-agassiz.ca>



WorkBC Skills Enhancement

People in part-time, seasonal, or casual work and people without employment can access WorkBC skills training programs and the financial help needed while in training.

Apply today!

Canada  **BRITISH COLUMBIA**

This program is funded by the Government of Canada and the Province of British Columbia.

Work BC - Hope **202 Jobs**

895 3rd Avenue

Hope, BC, V0X 1L0

604-869-2279

centre-hope@workbc.ca

<http://workbccentre-hope.ca>

Work BC - Chilliwack **650**

200 - 45905 Yale Road

Chilliwack, BC, V2P 2M6

778-860-5452

centre-chilliwack@workbc.ca

<http://workbccentre-chilliwack.ca>

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

Trans Mountain Opportunities: 22 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





S'ólh Téméxw Guardian
(EXTERNAL)

Stó:lō Service Agency (SSA) requires the services of 2 (two) **S'ólh Téméxw Guardians** to fill a vacancy within the **Stó:lō Research and Resource Management Centre (SRRMC) Department**.

The **S'ólh Téméxw Guardian** is a motivated and collaborative individual, dedicated to advancing Stó:lō-led Indigenous stewardship of the land, water, and the natural and cultural resources within S'ólh Téméxw (Stó:lō traditional lands; the lower Fraser River watershed). The S'ólh Téméxw Guardian acts on behalf of the 17 Stó:lō First Nations of the S'ólh Téméxw Stewardship Alliance (www.thestsa.ca).

This position is primarily outdoors on the land and water. Work will include environmental monitoring and enforcement linked to Stó:lō policies and regulatory processes, natural and cultural heritage stewardship, recreation management and relations, cross-cultural awareness, research support, and Indigenous Monitoring for development projects including the Trans Mountain Expansion Project.

These positions will report to the Guardians Supervisor within the SRRMC's Land Stewardship Unit. The successful candidate will work out of the Central (Chilliwack) office.

QUALIFICATIONS/REQUIREMENTS:

- Relevant work or study experience in environmental monitoring, environmental studies, geography, land stewardship planning, fisheries, forestry, heritage studies, or a related field.
- Strong communication skills.
- Willing and able to work outdoors in different weather conditions and challenging terrain.
- Experience working collaboratively in a team setting.
- Ability to follow directions as well as work independently.
- Proficient computer skills, including a working knowledge of Microsoft Word, Excel, Outlook, and PowerPoint.
- Must be able to work irregular work hours, including 12-hour construction monitoring shifts and on evenings and weekends, as may be required from time to time.
- General understanding of Stó:lō culture, traditions, history, and current land/resource issues, and dedication to learning more.
- Good organizational, time-management skills, judgement, reasoning, and decision-making skills.
- Good observational and problem-solving skills to proactively identify hazards and ensure safety of self and others.
- Ability to respond effectively in emergency or major incident situations.
- Ability to manage conflict and effectively work with individuals who may be potentially agitated, upset, or demanding.
- Ability to collect data in the field and write detailed field activity reports.
- Ability to use radios, smart phones, tablets, InReach, and GPS, or a willingness to learn.
- Ability to operate and maintain a wide range of hand tools, power tools, vehicles, and equipment, or a willingness to learn.
- Ability to work in remote backcountry situations and travel by foot, all-terrain or other vehicles, watercraft, or aircraft.
- Ability to lift and move up to 20kg.
- Ability to take part in maintenance and repair activities.

Successful candidates will be required to provide the following if screened in for an interview:

- Proof of education documentation
- References: Three names and emails of recent supervisors
- Must possess and maintain a valid Class 5 BC Drivers' License
- Must successfully pass the required pre-employment Ministry of Public Safety and Solicitor General Check
- Must be fully vaccinated for Coronavirus/Covid-19 with a Federally approved vaccine
- Must successfully pass drug and alcohol testing and maintain passing results as an ongoing requirement of the position

SALARY RANGE:

\$26.00 - \$30.00 per hour based on qualifications/experience.

TYPE OF POSITION:

Full-Time Annual Term with benefits, subject to 3-month probationary period.

APPLICATIONS DEADLINE:

4:00 PM, May 23, 2023

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

Stó:lō Service Agency Personnel Department
Bldg. #8A, Floor #1 – 7201 Vedder Road
Chilliwack, BC V2R 4G5
Email: jobs@stolonation.bc.ca



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

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



NOW HIRING CAMP POSITIONS



We're seeking a motivated individual for a camp position, available in Valemount and Blue River, BC.

- Salad/Sandwich Maker
- General Kitchen helper
- Camp Attendant

Position is a 20/10 rotation.
Full Time Position

APPLY TODAY!

Email - FrontecRecruitment@atco.com

ATCO

FIND US ONLINE:



CHEAM.CA



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



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



[@CHEAM_FN](https://twitter.com/CHEAM_FN)

Sardac Construction Ltd. is an established residential framing company in Chilliwack specializing in residential and commercial construction and has recently branched out into spec home building. As a small company, our focus is on high-quality work and excellent customer service. I have trained 5 apprentices in my 30 years of experience and enjoy sharing my knowledge of the trade. **We are currently looking for 2 employees who are interested in residential construction and are interested in taking their apprenticeship.** The majority of the work is on foundations and framing outdoors in all weather conditions.

Requirements:

- Ability to work closely with others
- Ability to work at heights
- Ability to work in all weather conditions
- Have a valid driver's licence and reliable transportation to work
- Have a basic knowledge of power tools
- Steel toed boots and a tool belt with personal hand tools
- Rain gear and cold weather gear

Job types: Full-time, part-time and apprenticeship

Schedule:

- Monday to Friday, 8-hour shift
- Paid overtime is available
- Part time also available
- Work location is mainly in the Chilliwack area with some opportunities to work at unique places in the Vancouver area (carpooling available for those)

Wages:

\$21.00-30.00 per hr depending on experience and ability. Resumes can be emailed to al.sardac ltd@gmail.com



Now Hiring!

Are you passionate about painting?

We are a small local painting company, with a focus on repainting old homes, and we are looking for a full time experienced painter, as well as someone looking to get into the trade, and learn how to be a professional painter from the ground up.

Full Time work, starting ASAP.
Wage based on experience.
Tools provided.

Must be able to get themselves to and from work, Monday to Friday, in and around Chilliwack.
Must be able to work well with others, and take direction.

If this is something that you're interested in, please reach out to us via email or call/text.

info@elevationpaintingco.ca
604-991-2739

We are looking forward to hearing from you!

TRAINING OPPORTUNITIES



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

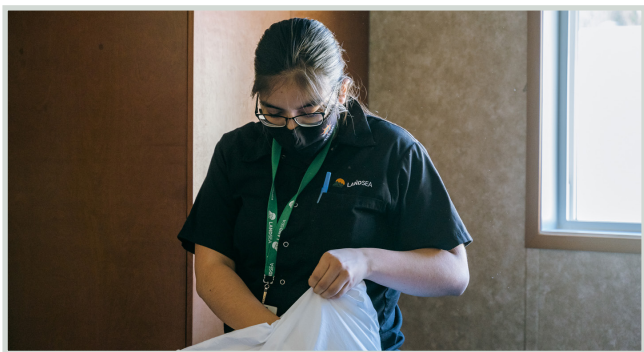
Canada

FIND US ONLINE:



PRE-EMPLOYMENT HOSPITALITY WORK SKILLS TRAINING PROGRAM

JULY 3-9, 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



TRANSMOUNTAIN

FIND US ONLINE:

36



CHEAM.CA



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



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



[@CHEAM_FN](https://twitter.com/CHEAM_FN)

UPCOMING SASET PROGRAMS!!!



Canada

FOR MORE INFORMATION:

call **604-858-3691**

OR

email **info@saset.ca**

**PLEASE VISIT WWW.SASET.CA
FOR EMPLOYMENT ASSIS-
TANCE SERVICES AND MORE
INFORMATION**

Wildlands Fire Fighting

Chilliwack: May 15-26

Basic Security Training

Chilliwack: June 2023

Chawathil: TBA

Traffic Control Training

June 22& 23

First Aid Level 3 (2 groups)

Chilliwack-June 12-23

Chilliwack-June 19-30

Customer Service Training

Seabird: July 2023 Dates TBA

Landscaping with Traffic Control

Boston Bar: June 2023 dates TBA

Getting Your L Workshop:

Seabird: May 16

SASET Chilliwack: May 19

Shxwovhamel: May 29

Cheam: May 26

Chawathil: May 24

SASET FULLTIME EAS OFFICES:

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

FIND US ONLINE:



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM_FN



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!

Please note:
**Training
is available
from Youth
to Elders.**

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!



FIND US ONLINE:

38



CHEAM.CA



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



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



[@CHEAM_FN](https://twitter.com/CHEAM_FN)

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

Basic Security Training



This program is open to Indigenous individuals who reside within our catchment area with an interest in Basic Security employment opportunities.

There are a limited number of seats so don't delay in scheduling an appointment with a SASET employment counsellor today!

3 Weeks (Mon-Tues)

June 5, 6, 12, 13, 19, 2023

Class Time: 8:30AM—4:30PM

Program will take place at:

2D—7201 Vedder Road, Chilliwack

SASET FULLTIME EAS OFFICES:

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**

FIND US ONLINE:



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM_FN

FULLY-FUNDED
**MENTAL HEALTH AND
ADDICTIONS CARE WORKER**



[More Details
Here!](#)

**30 WEEK
CERTIFICATE**

FULLY-FUNDED

**PRACTICUM
INCLUDED**

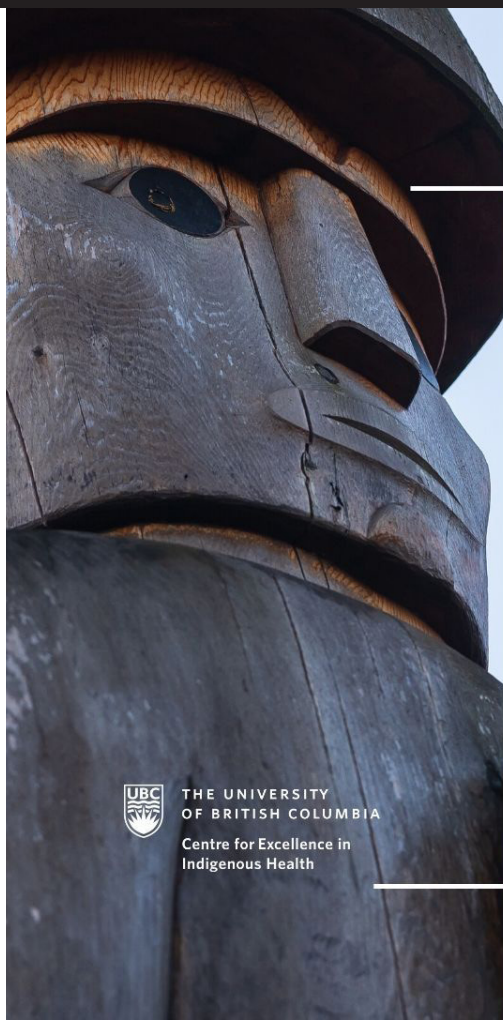
**LIMITED SEATING
AVAILABLE**

SPROTT SHAW COLLEGE
SINCE 1903

**Indigenous Public Health
Summer Institute applications
are now open!**

Join us in August for an
intensive week to explore:
Approaches to Understanding
the Health of Indigenous
Peoples/Environmental Health
and Indigenous Communities!

[Learn more](#)



THE UNIVERSITY
OF BRITISH COLUMBIA
Centre for Excellence in
Indigenous Health



CENTRE FOR EXCELLENCE IN
INDIGENOUS HEALTH PRESENTS:

ACCEPTING APPLICATIONS NOW!

**INDIGENOUS
PUBLIC HEALTH
TRAINING
(IPH) PROGRAM**

**Deadline:
MAY 31st, 2023**

COURSES OFFERING:

- Interdisciplinary Approaches to Understanding the Health of Indigenous Peoples (SPPH 589 1.5 credits / non-credit)
- Environmental Health and Indigenous Communities (SPPH 577 1.5 credits/non-credit)





Vancity



**WEALTH
MINDSET**

Indigenous Financial
Resilience

Do you
struggle
with
budgeting?

Advice you
can bank
on!



ALONG WITH OUR INSTRUCTOR CYNTHIA ROBINSON

INDIGENOUS FINANCIAL RESILIENCE WORKSHOP

Save
money, and
money will
save you!

Lets talk
money!

FOR MORE INFO
OR TO REGISTER



**TUESDAY, MAY 23RD, 2023
FROM 9AM - 3PM**

TO REGISTER, PLEASE CALL 604-858-0009
OR EMAIL BHILL@STOLOCF.CA

SESSION WILL BE HELD BY ZOOM



Vancity

Small Business Startup

WANTING TO START A SMALL BUSINESS?

HERE IS A WORKSHOP PERFECT FOR YOU!



HERE ARE THE TOPICS THAT WILL BE
COVERED:

- Are you ready to start a business
- Building a better business plan
- Make the most of your money
- Plan a cash flow
- 10 things a lender looks for
- Key to market research
- Connecting with customers
- Maintain work like balance



DATE: THURSDAY, JUNE 8TH 2023

TIME: 9:00AM - 3:00PM

LOCATION: MÉTIS HOUSE
BUILDING 4-7201 VEDDER RD
CHILLIWACK, BC

TO REGISTER

CALL 604-858-0009 OR
EMAIL BHILL@STOLOCF.CA

FREE WORKSHOP! FREE DOOR PRIZES
SNACK & LUNCH!

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

FIND US ONLINE:

42



CHEAM.CA



[/CHEAM.FN1](https://CHEAM.FN1)



[@CHEAM.FN1](https://CHEAM.FN1)

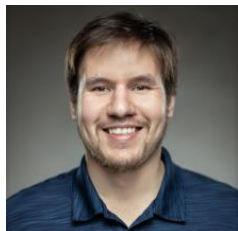


[@CHEAM.FN](https://CHEAM.FN)



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

FIND US ONLINE:



CHEAM.CA



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



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



[@CHEAM_FN](https://twitter.com/CHEAM_FN)

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





CHEAM HEALTH

PHONE 604- 794- 7927
FAX 604- 794- 7928

May 8, 2023

TO INCOME ASSISTANCE CLIENTS

WE HAVE A DEPOSIT OF INFLATION FUNDS THAT WE WILL BE DISTRIBUTING OUT
ON THE FOLLOWING DATE:

APRIL 21, 2023

MAY 1, 2023

MAY 15, 2023

JUNE 1, 2023

IF YOU HAVE ANY QUESTIONS, PLEASE DON'T HESITATE TO ASK.

AMANDA AUBICHON

SOCIAL DEVELOPMENT MANAGER



CHEAM HOUSING - NEEDS ASSESSMENT

(Deadline to submit May 31st)

1. CLASSIFICATION QUESTIONS

The following questions are for classification purposes.

Please specify your age group:

- | | |
|--------------------------------------|--|
| <input type="radio"/> 18 to 24 years | <input type="radio"/> 55 to 64 years |
| <input type="radio"/> 25 to 34 years | <input type="radio"/> 65 and over |
| <input type="radio"/> 35 to 44 years | <input type="radio"/> Prefer not to say. |
| <input type="radio"/> 45 to 54 years | |

Please specify your gender:

- ☐ Male
- ☐ Female
- ☐ Other
- ☐ Prefer not to say.

What is your marital status?

- | | |
|----------------------------------|--|
| <input type="radio"/> Single | <input type="radio"/> Widowed |
| <input type="radio"/> Married | <input type="radio"/> Divorced |
| <input type="radio"/> Common Law | <input type="radio"/> Prefer not to say. |

Is your spouse/partner a registered member of Cheam First Nation?

- ☐ Yes
- ☐ No
- ☐ N/A

2. LOCATION

The following questions are related to the location where you live.

Do you currently live on Cheam First Nation lands?

- ☐ Yes
- ☐ No
- ☐ I do not know.

Would you like to live, (or continue to live) on Cheam First Nation lands in the future?

- ☐ Yes
- ☐ No
- ☐ Maybe

3. PEOPLE

What is the total number of people living in the home you currently live in (including yourself)?

Please breakdown the number of people in your home based on the following categories.

Note that the number of people should add up to the total number of people in your home, including yourself.

Married or common law adult (18 years or older)

Single adult (18 years or older)

Female child between 6 and 17 years

Male child between 6 and 17 years old

Child 5 years or younger

Please specify the number of dependents living in the same home as you (if any) by age group.

Note that a dependent is a person who relies on you, especially a family member, for financial support. For example, this could be a child, or a parent.

Please specify the number of dependents living in the same house as you (if any) by age group.

	1	2	3	4	5	6	7	+
Under 18	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18-24 years old	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25-34 years old	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35-44 years old	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
45-54 years old	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
55-64 years old	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
65 years and over	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How many separate family units are living in the home you currently live in?

Note that a family unit would be considered an individual, or group of people, that would typically live in separate homes, such as parent(s) with their dependent children, an independent single adult, or other legal guardians with their dependents.

How many individuals living in your home are not considered members of Cheam First Nation?

4. CURRENT HOUSING

The following questions will help us understand the home you live in.

Please specify your current living situation:

- | | |
|--|---|
| <input type="radio"/> Own on Cheam First Nation Reserve | <input type="radio"/> Rent off Cheam First Nation Reserve |
| <input type="radio"/> Own off Cheam First Nation Reserve | <input type="radio"/> Rent to Own on Cheam First Nation Reserve |
| <input type="radio"/> Rent on Cheam First Nation Reserve | <input type="radio"/> Other |

What is the age of your on-reserve home? More specific

Note: Please provide an approximate age (number of years).

How many finished bedrooms are there in your current home?

Note: a bedroom would be considered a private room with a door and a window.

- | | |
|-------------------------|---------------------------------|
| <input type="radio"/> 0 | <input type="radio"/> 4 |
| <input type="radio"/> 1 | <input type="radio"/> 5 |
| <input type="radio"/> 2 | <input type="radio"/> 6 |
| <input type="radio"/> 3 | <input type="radio"/> 7 or more |

If you live on Cheam First Nation lands, please rate the condition of your home on a scale of 1 to 5 (where 1 is Poor and 5 is Excellent).

- | | |
|-------------------------------|-----------------------------------|
| <input type="radio"/> Poor | <input type="radio"/> Good |
| <input type="radio"/> Fair | <input type="radio"/> Excellent |
| <input type="radio"/> Average | <input type="radio"/> Do not know |

Is your current on-reserve home in need of maintenance or repairs?

- ☐ Yes
- ☐ No
- ☐ N/A

If your home needs maintenance or repair, please indicate the types of repairs required:

- | | |
|--|--|
| <input type="radio"/> Interior finishes (walls, stairs, floors, paint, appliances, cabinets, etc.) | <input type="radio"/> Electrical (outlets, switches, lighting, etc.) |
| <input type="radio"/> Structural (foundation, exterior deck, and stairs, etc.) | <input type="radio"/> Fire & Life Safety (smoke detectors, sprinklers, etc.) |
| <input type="radio"/> Roof & Envelope (roof, windows, doors, siding etc.) | <input type="radio"/> Other |
| <input type="radio"/> Mechanical (heating, water heater, plumbing, sewer, etc.) | |

5. FINANCIAL INFORMATION

You are halfway there!

The following questions will help us understand the costs associated with your home.

What range is the current monthly payment towards your home (not including utility costs)?

Note: this means the total mortgage or rent for the home you live in, not just the portion you pay.

- | | |
|-------------------------------------|--------------------------------------|
| <input type="radio"/> \$0 | <input type="radio"/> \$600- \$799 |
| <input type="radio"/> \$1 - \$199 | <input type="radio"/> \$800 - \$999 |
| <input type="radio"/> \$200 - \$399 | <input type="radio"/> \$1000 or more |
| <input type="radio"/> \$400 - \$599 | <input type="radio"/> I do not know. |

What is your estimated total household income? *Note: this includes the total of all incomes contributing to the rent or mortgage payment.*

- | | |
|--|--|
| <input type="radio"/> Less than \$10,000 | <input type="radio"/> \$50,000 to \$59,999 |
| <input type="radio"/> \$10,000 to \$19,999 | <input type="radio"/> \$60,000 to \$69,999 |
| <input type="radio"/> \$20,000 to \$29,999 | <input type="radio"/> \$70,000 to \$79,999 |
| <input type="radio"/> \$30,000 to \$39,999 | <input type="radio"/> \$80,000 or more |
| <input type="radio"/> \$40,000 to \$49,999 | |

What is the average monthly cost of utilities for your home (Hydro, Electricity, Natural Gas)?

- | | |
|--|--|
| <input type="radio"/> I don't pay for utilities. | <input type="radio"/> \$200 - \$299 |
| <input type="radio"/> \$99 or less | <input type="radio"/> \$300 or greater |
| <input type="radio"/> \$100 - \$199 | |

6. HOUSING NEEDS

This section will help us get information on your current and future housing needs.

Are you currently on the wait list?

- ☐ Yes
☐ No

Are you eligible to be on the wait list?

- ☐ Yes
☐ No
☐ I do not know.

***Does your current home suit your needs?**

- ☐ Yes
☐ No

If your current home does not suit your needs, please indicate why:

- | | |
|-------------------------------------|---|
| <input type="radio"/> Too big | <input type="radio"/> In need of handicap accessibility |
| <input type="radio"/> Too small | <input type="radio"/> Location |
| <input type="radio"/> Too expensive | <input type="radio"/> Other |
| <input type="radio"/> Overcrowded | |

If a more suitable home became available, would you trade in your current home for that option?

- ☐ Yes
- ☐ No
- ☐ N/A

If your current home does not suit your needs and you would like to live or continue living on Cheam First Nation lands in the future, which size would best suit your needs?

- | | |
|---|--|
| <input type="radio"/> Studio - no bedroom | <input type="radio"/> 3 bedrooms |
| <input type="radio"/> 1 bedroom | <input type="radio"/> 4 bedrooms or more |
| <input type="radio"/> 2 bedrooms | |

If your current home does not suit your needs and you would like to live or continue living on Cheam First Nation lands in the future, which type of home would suit your needs?

Select all that apply.

- | | |
|--|---|
| <input type="radio"/> Apartment | <input type="radio"/> Tiny home (under 500 square feet) |
| <input type="radio"/> Basement or secondary suite | <input type="radio"/> Townhouse or row home |
| <input type="radio"/> Duplex | <input type="radio"/> Other |
| <input type="radio"/> Mobile home | |
| <input type="radio"/> Single detached home (regular house) | |

7. HOUSING OPTIONS

Final section! Thank you for sticking with it :)

These questions will help us gather your opinion on the type of homes you would like to see in the community in the future.

To what level do you agree with the construction of each of the following types of homes in the community?

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	I do not know
Apartment towers (over 4 stories)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Basement or secondary suites	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Combined retail and apartment building	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Duplexes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mobile homes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Single detached homes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Small, secondary free-standing structure (Example: garden suite) next to your home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Townhouse or row homes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tiny homes (under 500 square feet)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Are there other types of homes that you would like to see in the community?

Would you support the development of mixed-market housing on Cheam First Nation lands?

Note: Mixed market housing is an approach to housing that could be an apartment building, or subdivision, where Cheam members and non- members live as neighbors.

- ☐ Yes
- ☐ No
- ☐ I do not know

Do you think Cheam members should be able to have recreational property on Cheam First Nation Lands? *Note: this means a member living part-time on Band Lands and part-time off Band Lands.*

- ☐ Yes
- ☐ No
- ☐ I do not know

The Draw - We appreciate your feedback. Please enter your contact information below to enter a draw for 6 \$50 gift certificates. If you are not interested in entering the draw, please click "Submit".

Name	<input type="text"/>
Email Address	<input type="text"/>
Phone Number	<input type="text"/>

Please return to the Band Office, Attn: Lydia - Housing

WE WANT YOUR FEEDBACK!



1. Please provide any feedback you want to the Band Office:

2. **Future planning** - top 3 things that you want to see in your community in the next 5 years

1)

2)

3)

3. **Community planning circle** - Would you like to attend a community planning circle in June or July?

Please circle your preferences:

Yes or No

In Person or on Web

Name:

Phone:

Email:

Please drop off at the Band Office or email your answers to communications@cheamband.com.