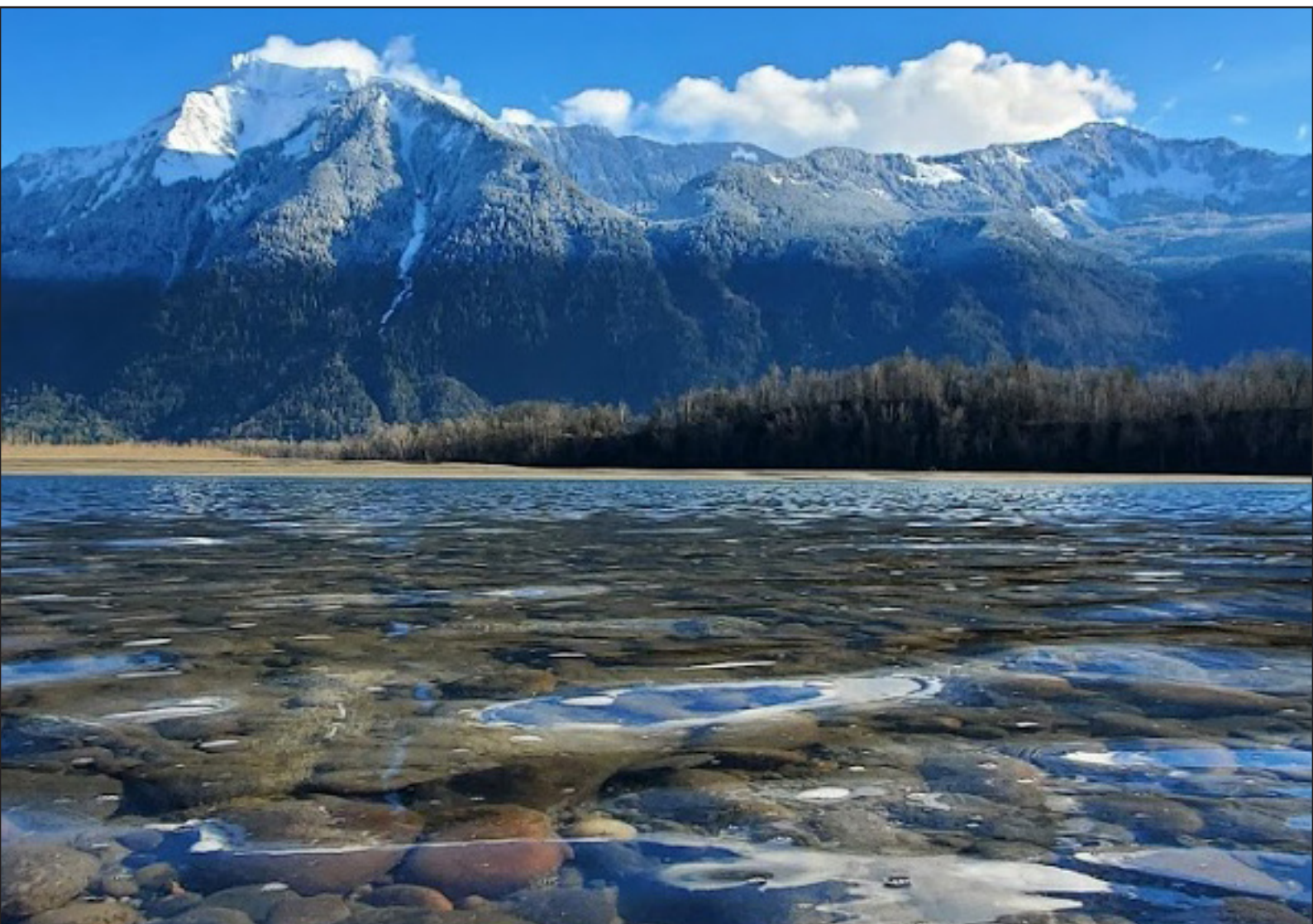




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: May 5, 2023



NEWSLETTER SECTIONS

Administration Notices/Updates	2-7
Elder's Corner	8
Health & Wellness Updates	9-15
Youth Opportunities	16-19
Job Opportunities	20-26
Education/Training Opportunities	27-34
Cheam SA Schedule	35
Cheam Housing Survey	37

XWECHİYOM XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom Xwexwilmexw;

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

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

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

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

CHEAM VISION STATEMENT

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

FIND US ONLINE:



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 1-8	Cheam Community Clean-up (page 7)
May 2, 9, 23, 30	Seabird Island Bear Bus @ Cheam 1-3pm
May 6	Cheam Spring Open House 2-6pm
May 07, 14, 28	Trev's Flea Market 8:30am - 2:30pm
May 8	Education Portable BBQ 4pm (page 5)
May 9 & 23	Cheam Regular Council Meetings
May 14	Cheam Rummage Sale 8:30am - 2:30pm (page 7)
June 3	Cheam Education Awards 11am-3:30pm
June 4, 18, 25	Trev's Flea Market 8:30am - 2:30pm
June 13 & 27	Cheam Regular Council Meetings
July 15	Annual Cheam Days



CHEAM Garden Project

If you would like to register to use one of the 13 garden boxes set up in our community garden space please contact daphnee@cheamband.com and you will be given a \$50 gift card to get your plants/planting started.

If you have your own garden at home to use please send Daphne a picture of your home garden and we will give you a \$50 gift card to start your planting for this season.

***Open to all Cheam Members*

A Message from the Executive Director

Dear Cheam First Nation Community Members,



It is a great honour to make my introduction to your community as your Executive Director. I briefly worked for Cheam in August 2020; in mid-stride of presenting the benefits of the Financial Administration Law, the worker health and safety program and helping the team with systems and processes my employment relationship was terminated for no cause at my first Council meeting. The community and staff always held a special place in my heart. I am very grateful to be working alongside the capable, hard-working staff and to be able to explore your beautiful territory.

As well as serving in a similar role in other Indigenous communities, my career has taken me to some adventurous and challenging places where I served as a conservation officer, business owner, mountain and heliski guide, management consultant for a bank throughout northern BC and the Yukon,

and most recently as a Correctional Officer (sworn Peace Officer) at the Okanagan Correctional Centre in Oliver, BC. I am most proud of my community service as a volunteer/paid on-call firefighter and first responder. In my spare time, I am training for a triathlon known as Ironman Canada.

The hard steps to turn around the organization have been underway over the past 12 months, and I am enjoying contributing my expertise to this monumental effort, including the achievement of your Financial Administration Law with the First Nation Financial Management Board. The results of the financial statement preparations for the past three fiscal years, as well as highlights of the programs and activities, will be presented at the Annual General Meeting in mid-September (*date TBA*). Stay tuned for ways to learn more and get involved!

Thank you again, and I look forward to meeting you soon.

Wendy Rockafellow, MBA

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)

03

CHEAM SPRING OPEN HOUSE

May 6, 2023 2-6pm

Please join us for an afternoon of learning about what our departments, Council and committees are currently working on. Meet the new CFN Executive Director. Provide your feedback, share a meal, & win prizes!



VISIT OUR BOOTHS:

- CFN Council
- Cheam Enterprises
- Health Department
- Housing Department
- Recreation Department
- Shelter/Overdose Prevention
- Social Development/Education
- Lands Department
- Rights, Title, Culture, Tradition Comm.
- Custom Election Code Committee
- 2024 Multi-Day Cheam Days Committee

FIND US ONLINE:

04



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)

Cheam Family & Youth Leadership Program



Our goal is to bring in elders and cultural knowledge holders to refresh our history, teach us medicine, language, and so much more. In hopes to bring our people together in unity for families and youth in need.

We will be planning family field trips and have many special guests join us for activities and trips across the Sto'lo Territory.

Cheam staff and community members, we are pleased to announce our opening of another family and youth program to the community. This is a culturally based program to help guide, enhance and teach the Cheam youth and families cultural practices.

This program is open to all community families and youth. We are encouraging all families to attend and join us Monday-Friday from 11a.m-6p.m



We are pleased to announce our grand opening this May.8th/2023 @ 4p.m with a BBQ at the educational portable, please take the time to stop in for a bite to eat and meet the new staff!



Thank you from Cheam Staff

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)



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

CHEAM ANNUAL SPRING

Community Clean-Up

MAY 1 - 8, 2023



Bins will be placed on the following streets:



- Alexis Crescent
- Yalamote Crescent
- Cheam Crescent
- Squahiti Crescent
- Mammam Crescent
- Mathela Crescent
- Edwards Road
- Frontage Rd
- Douglas Place
- Bridge Rd

ALL PROCEEDS TO ELDER
& YOUTH PROGRAMS

CHEAM RUMMAGE SALE



MAY
14



8:30AM - 2:30PM

@ CHEAM CLASSROOM

IF YOU HAVE ANY USED OR NEW ITEMS TO DONATE PLEASE
DROP THEM OFF TO LUANA (BY MAY 12), IN THE ADMIN
WING. A GREAT WAY TO JUNK OUT, AND SAVE YOURSELF
THE HASSLE OF TRYING TO SELL THOSE LOW-TICKET ITEMS.

The Cheam Elders are forming a Society

Over the months of March and April the Elders voiced their desire to form a Society and move away from the current Elder's Committee.

On Tuesday, April 25th Cheam Elders had their first working group to discuss the next steps and development of the Elder's Society. The regular Elder's Meetings listed below will continue for the time being to allow for transition.



We are looking for your submissions of stories, songs, prayers etc. We are also happy to interview an Elder in your family to capture their stories. Submissions can be dropped off to the Band Office or emailed to communications@cheamband.com

CHEAM ELDER'S MEETINGS 2023

May 23, 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

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



HOME IGNITION ZONE

EXTENDED ZONE

10m to 30m

INTERMEDIATE ZONE

1.5m to 10m

IMMEDIATE ZONE

0m to 1.5m



FireSmart, Intelli-feu and other associated Marks are trademarks of the Canadian Interagency Forest Fire Centre (CIFFC).

THERE ARE MANY FACTORS THAT MAY IMPACT YOUR PROPERTY'S RISK TO WILDFIRE

Check out the *FireSmart Begins at Home Guide* for an in-depth look at how you can build wildfire resiliency.

IMMEDIATE ZONE

0m to 1.5m

The Immediate Zone is a non-combustible area that starts at the house and extends to a 1.5 metre perimeter around the home and attached structures, including decks. Reduce the chance of wind-blown embers igniting your home by starting with these proactive steps:

- Choose non-combustible building materials when constructing or renovating your home.
- Clear vegetation and combustible material down to mineral soil and cover with non-combustible materials like gravel, brick, or concrete.
- Avoid planting woody shrubs or trees. If any are present, prune and maintain them regularly.

INTERMEDIATE ZONE

1.5m to 10m

Elements in the Intermediate Zone are managed so they don't transmit fire to your home. Here are a few actions you can take to reduce your home's vulnerability:

- Plant fire-resistant vegetation and select non-combustible landscaping materials.
- Avoid incorporating any woody debris, including mulch.
- Keep combustible items like firewood piles, construction materials, patio furniture, tools, and decorative pieces out of this zone.
- Move trailers, recreational vehicles, storage sheds, and other combustible structures into the Extended Zone. If that is not possible, store firewood inside your mitigated garage, shed, or other ember-resistant structures.
- Create a non-combustible ground cover, like a gravel pad, underneath and 1.5 metres around trailers, recreational vehicles, and sheds.

EXTENDED ZONE

10m to 30m

The goal in the Extended Zone is not to eliminate fire, but to reduce its intensity. If your property extends into this zone, a few important steps you can take include:

- Selectively remove evergreen trees to create at least 3 metres of horizontal space between the single or grouped tree crowns.
- Remove all branches to a height of 2 metres from the ground.
- Regularly clean up accumulations of fallen branches, dry grass, and needles to eliminate potential surface fuels.
- Continue to apply these principles if your property extends beyond 30m. Work with your neighbours in overlapping zones and seek guidance of a forest professional if affected by other conditions, like steep slopes.

Get started on your FireSmart journey!

WWW.FIRESMARTCANADA.CA

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.

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)

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
Nakazdliieelders@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.

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



Stó:lō Research
and Resource
Management Centre

STSA



**S'ólh Téméxw
Stewardship
Alliance**



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)

CHILLIWACK

EARLY YEARS FAIR



May 17th
11:00am–1:00pm



Sardis Library
5819 Tyson Road
Chilliwack, BC



Free activities and food!



Bussing available from Bernard or Central Elementary



REGISTER HERE

Registration closes Friday, May 12



ACTIVITIES & STATIONS

- Face Painting
- Balloon Art
- Singing
- Art
- Bannock Tacos
- Hot Dogs
- Scavenger Hunt
- Outdoor Play
- Story Time
- Library Card Registration

and more!

AGES 0–5



Chilliwack School District



Chilliwack Learning Society



Fraser Valley Child Development Centre
Helping kids shine!



Sardis Doorway



Chilliwack Community Services
SHARE YOUR BELONG



BRITISH COLUMBIA
Ministry of Children and Family Development

FIND US ONLINE:

18



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1

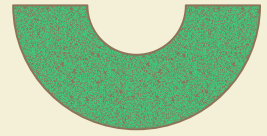


@CHEAM_FN



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

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)

EMPLOYMENT OPPORTUNITIES



XWCHÍYÒ:M
CHEAM FIRST NATION

Administrative Assistant – SASET

Position Summary:

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.

General Maintenance Worker (Public Works) SASET

Position Summary:

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

Position Summary:

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

Position Summary:

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)

Position Summary:

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

Position Summary:

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 @ <https://cheam.ca/employment>

FIND US ONLINE:

20



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM_FN

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 **108 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 **188 Jobs**

895 3rd Avenue

Hope, BC, V0X 1L0

604-869-2279

centre-hope@workbc.ca

<http://workbccentre-hope.ca>

Work BC - Chilliwack **702**

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: 23 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



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



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

FIND US ONLINE:



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM_FN

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:

26



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)

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:



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)



FRASER SALISH REGION

First Nations Health Authority

Dear Community Members,

As some of you may be aware, we are hosting an Indigenous 'End-of-Life Guide' Workshop at the Tzeachten Hall from May 15-18th, 2023. This is a very important, four-day workshop designed for anyone who wishes to become an End-of-Life Guide and learn to provide care, support, and advocacy for those requiring end-of-life care.

The course covers topics such as palliative support, advanced communication skills, active listening, conflict resolution, cultural practices, and how to facilitate family meetings, which include dealing with difficult conversations and grief.

For more information, please see the video on our Facebook page, by clicking [HERE](#). Registration and funding are offered through FNHA. To apply for the course in your area, complete an application form and return to FNHA by email at homecare@fnha.ca or by fax at 604-666-0275. Each participant who completes the four-day course will receive a Recognition of Course Completion.

Please share this information with your community contacts, and help us make this course a success! If you have any questions, please contact me at the email below.

Respectfully,

Denorie Cochrane
Community Engagement Coordinator
Fraser Salish Region- FNHA
denorie.cochrane@fnha.ca



Wildland Fire Fighting Training

²⁸ 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
- Steel Toe Boots, meals and allowance (if eligible) provided
- For indigenous Peoples - Status, Non-Status, Métis and Inuit
- Training May 15th - June 2nd, 2023

Enroll by May 12th, 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!

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:



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:

30



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM_FN

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

Wildlands Fire Fighting

May 15th—26th, 2023

LUNCH, AND TRANSPORTATION SUPPORTS PROVIDED!



- For Indigenous individual who reside in SASET's catchment area and have an interest in Wildlands Fire Fighting
- Must be willing to commit to a 2-week full-time program
- Physically fit and able candidates are encouraged to apply



Call Today!
604-858-3691

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

Sts'ailes Employment Centre
4690 Salish Way
Agassiz, BC
Phone: 604-796-5536

Seabird Employment Centre
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865

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)

FREE 1 DAY WORKSHOP



Vancity



**WEALTH
MINDSET**
Indigenous Financial
Resilience

Do you
struggle
with
budgeting?

Advice you
can bank
on!



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

Shannon Smith
SCF Business Analyst



**Are you
interested in
starting a
business?**

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

ssmith@stolocf.ca

(604) 824-5278



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:



CHEAM.CA



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



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

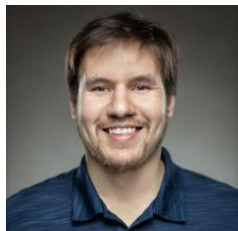


[@CHEAM.FN](https://CHEAM.FN)



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:

34



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@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



FIND US ONLINE:



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM_FN



CHEAM HEALTH

PHONE 604- 794- 7927

FAX 604- 794- 7928

April 11, 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 15th)

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.

4. CURRENT HOUSING

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

Please specify your current living situation:

- ☐ Own on Cheam First Nation Reserve
- ☐ Rent off Cheam First Nation Reserve
- ☐ Own off Cheam First Nation Reserve
- ☐ Rent to Own on Cheam First Nation Reserve
- ☐ Rent on Cheam First Nation Reserve
- ☐ 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.

- ☐ 0
- ☐ 4
- ☐ 1
- ☐ 5
- ☐ 2
- ☐ 6
- ☐ 3
- ☐ 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).

- ☐ Poor
- ☐ Good
- ☐ Fair
- ☐ Excellent
- ☐ Average
- ☐ 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:

- ☐ Interior finishes (walls, stairs, floors, paint, appliances, cabinets, etc.)
- ☐ Electrical (outlets, switches, lighting, etc.)
- ☐ Structural (foundation, exterior deck, and stairs, etc.)
- ☐ Fire & Life Safety (smoke detectors, sprinklers, etc.)
- ☐ Roof & Envelope (roof, windows, doors, siding etc.)
- ☐ Other
- ☐ 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"/>