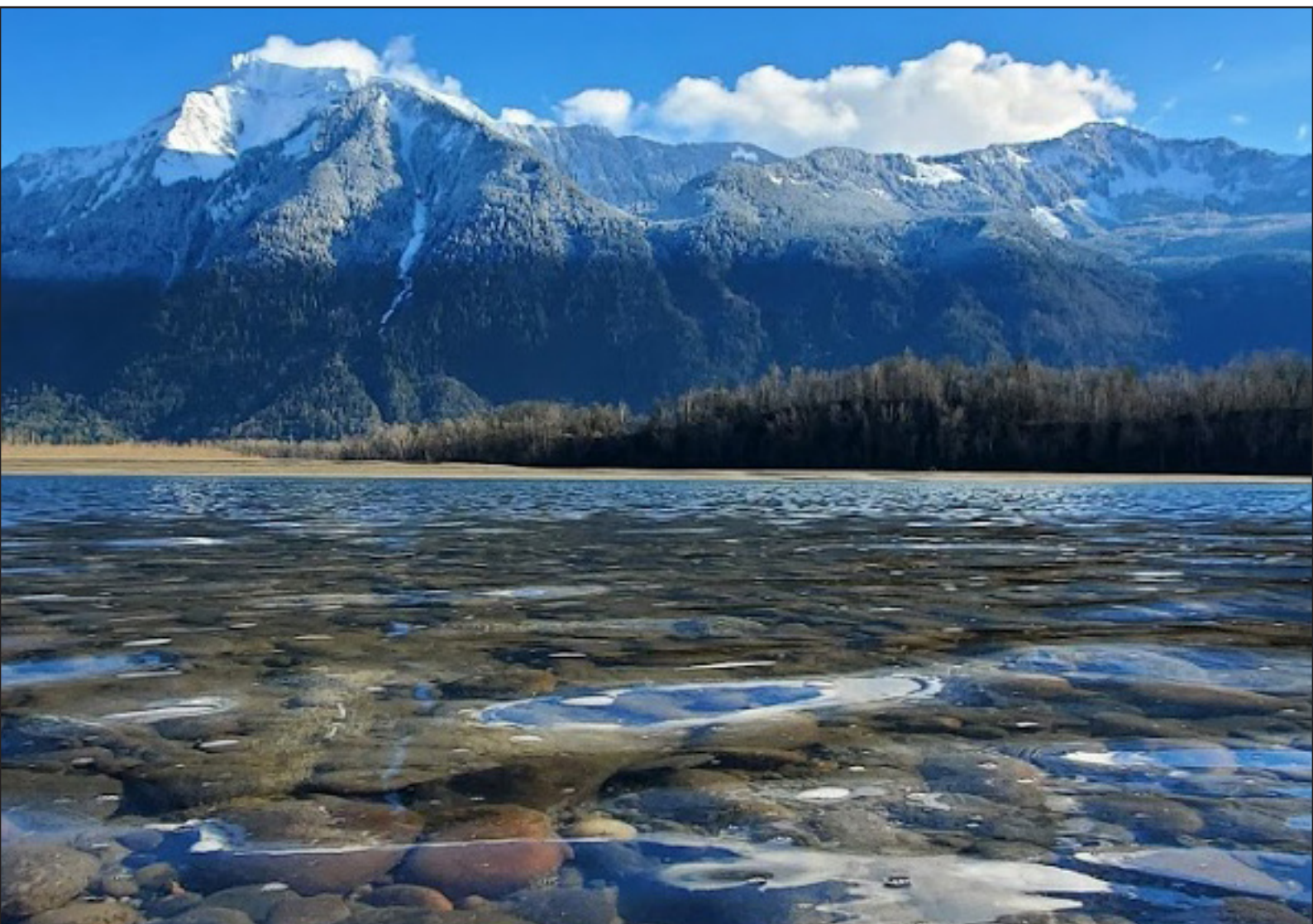




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: July 14, 2023



NEWSLETTER SECTIONS

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XWECHİYOM XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom Xwexwilmexw;

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

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

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

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

CHEAM VISION STATEMENT

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

FIND US ONLINE:



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

ADMINISTRATION NOTICES/UPDATES

UPCOMING CHEAM EVENTS:

| | |
|--------------------|--|
| July 15 | <u>Annual Cheam Days</u> |
| July 18-21 | Cheam Youth Activities @ Band Office (see <u>page 32</u>) |
| July 25 | Bridal Falls Waterpark 10:30am (<i>for those registered</i>) |
| July 25 | Cheam Regular Council Meeting |
| August 7 | Band Office Closed for Stat Holiday |
| August 7 | Cemetary Cleanup 9am-12pm |
| August 23 | Back to School Distribution 4:30pm - 6:30pm |
| August 22 | Cheam Regular Council Meeting |
| September 6 | Band Office Closed for Stat Holiday |
| September 9 | <u>Cheam AGM & Presentation of Financials</u> |

CHEAM 2023 YARD CONTEST

What can you do to make your piece of Cheam cleaner, greener and more beautiful?

This is a contest designed to help motivate, encourage, and inspire all our members to improve their own yards. This is NOT a contest to see who has spent the most on their yard or who has the most beautiful, professionally designed landscape. This is a contest for everyone out there who might have a little bit of time and/or money to make some type of IMPROVEMENT to their yard – it could be as simple as sprucing up a mailbox, planting a small flower garden or putting in a new path. Also – if you are living a more urban life here in Cheam FN and don't have a yard – you can

enter your front porch, balcony, etc. Send in your before and after pics to the following email to: lydia.archie@cheamband.com. Deadline to enter: Tuesday, August 1st.

\$50 gift card and fame to the winners!



INTRODUCING NEW EMERGENCY PROGRAM COORDINATOR



I was born and raised in Chilliwack where I completed my high school and resided until I moved to Rosedale. As a parent, I share 2 wonderful boys with Charles Douglas, Calvin and Robin and also have a son Nathan with Jeff McKay his siblings being Megan and Charles McKay. Becoming a Grandparent has shown me the need to strive for climate readiness, by implementing plans for safety and preserving for the future.

My working career started in the 602 Laborers Union where I was a Traffic Control Person for 22 years. During this time, I took a keen interest in safety regulations and regarded my Occupational First Aid attendant certificate as an honor to be held. Safety plans and operational procedures were part of my day-to-day responsibilities.

In 2004, I went to Vancouver and completed a certificate program for a new career as a cook. Cooking and baking has always been a skill that I take to heart, as it makes us healthy and happy. I worked on my ability to become the Head Cook at Stolo Elders Lodge and remained there for 8 years. This is where my training in Emergency Management started, as they offered staff the opportunity to be involved in the community planning. I also sat in as an alternate for my employer on the Occupational Health and Safety Committee. Since working on my Emergency Management Certificate through the Justice Institute of BC, I have been a casual employee for the Cheam Health Department as a driver for medical appointments and as Medical Reception when needed.

As your new Emergency Planning Coordinator, along with the supporting staff, I strive to work towards plans that provide safety and security for all Emergent events that may or may not occur.

Please reach out to me with any concerns, Debra Douglas eoccoordinator@cheamband.com.



The Cheam First Nation Council would like to know what you, our members, would like to know? What would you like us to do presentations on/provide that you feel you want to know more about. Please email communications@cheamband.com, or drop off to Band Office to provide your feedback before August 15th.

INTRODUCING CHEAM'S 2023 SUMMER STUDENTS

| | | |
|------------------|-------------------|----------------------|
| Sage Douglas | Health/Recreation | Sept 2023 - Grade 11 |
| Duane Douglas | Health/Recreation | Sept 2023 - Grade 12 |
| Colby McLellan | Maintenance | Sept 2023 - Grade 12 |
| Matthaus Chapman | Maintenance | Sept 2023 - Grade 12 |



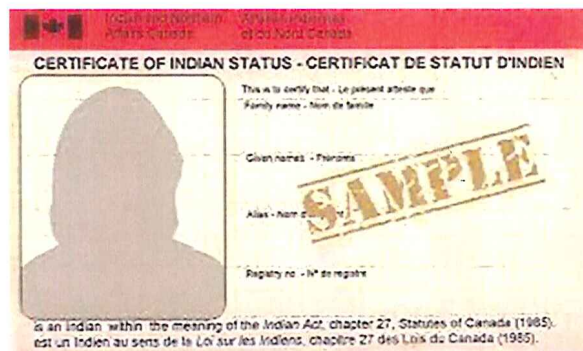
XWCHÍYÒ:M
CHEAM FIRST NATION

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

STATUS CARDS & INDIAN REGISTRATION IS NOW AVAILABLE IN THE CHEAM FIRST NATION OFFICE

Starting next week on Thursday, July 13th, 2023 Cheam First Nation will be issuing CIS cards. The new Indian Registration Administrators are Daphne Edwards, and Kelsy Fredette. They will be booking appointments once per week, Every Thursday or as time permits. This will be available to Cheam First Nation members only. You will need to get a photo taken, the measurements for the photo are 25mmx31mm. There is no charge for the CIS laminate cards, members only need to pay for their photos. Please book your appointments by phone or email. If you have any questions please reach out to Daphne, or Kelsy.

Sincerely,
Indian Registration Administrators
Daphne, and Kelsy
E: cheamira@cheamband.com P: 604-794-7924



You can find the full instruction package on the Cheam website on the news page.

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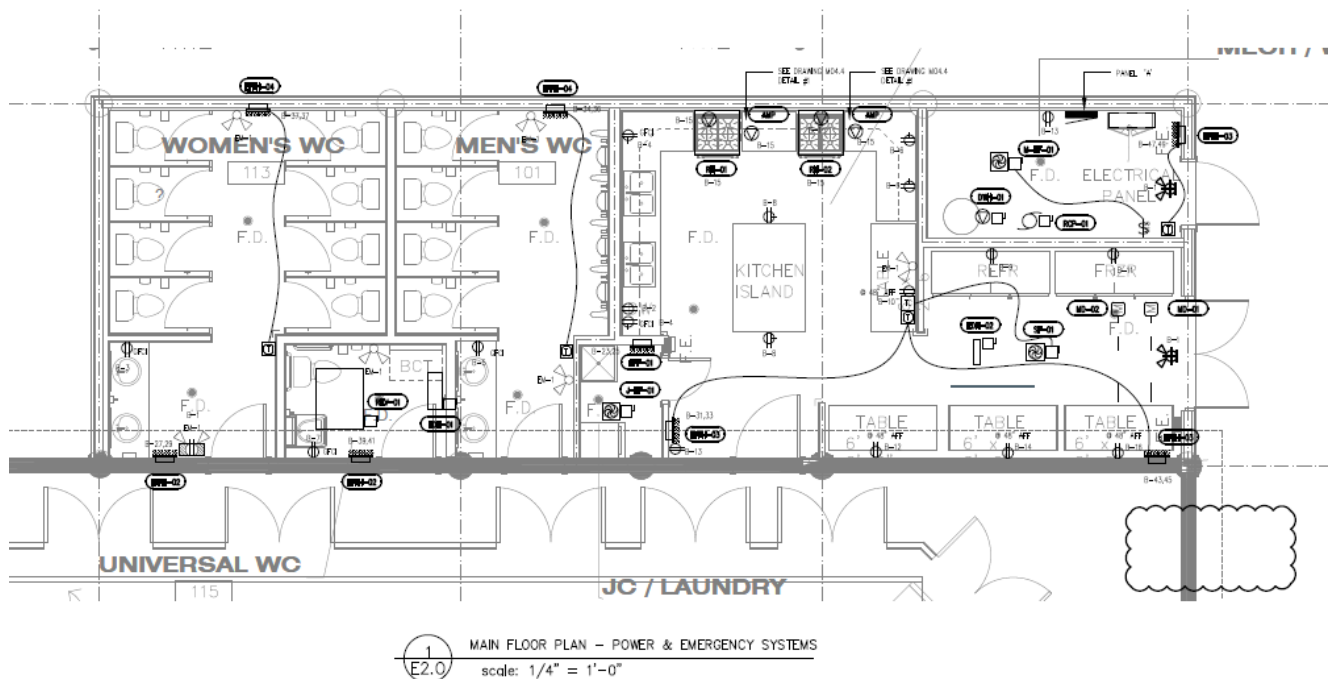
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Cheam Longhouse Addition UPDATE



For the past two years, Cheam First Nation's Chief and Council, Longhouse Committee, and staff have worked to secure funding to support an addition to the Longhouse for a kitchen, washrooms, and septic. On May 5, 2022, the Community was awarded funding through Pacific Economic Development for the project. Due to the rise in material costs, the Chief and Council supported a top-up to ensure project completion. Working with Station One Architects, the design process began, and once it was approved and the tendering process completed, Gerry Enns Contracting (GEC) was hired to build the Longhouse addition and septic field.

We are excited to announce that the construction of the addition will start on Monday, July 17, 2023, with completion this winter.

Over the next few months, you will notice the GEC contractors in the Community working to complete the addition. If you have any questions, or concerns, or would like to receive an update, please connect with Rachel Wille at rachel.wille@cheamband.com, 604-745-8013, or by visiting the Cheam Band office.



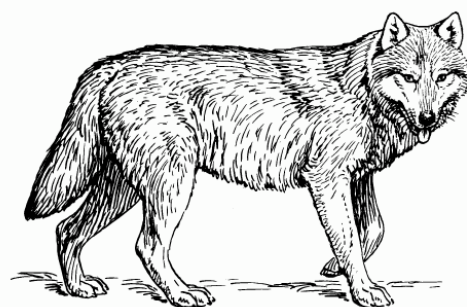
Stó:lō Research and Resource Management Centre
Research and Special Projects Unit

DO YOU HOLD KNOWLEDGE ABOUT PLANTS AND ANIMALS?

The SRRMC is looking for Knowledge Keepers from Stó:lō communities to share knowledge about **culturally significant plants and animals**. Information will be stored in the Stó:lō archives and will be used to help restore and protect species and to guide future research. Help us in protecting our traditional medicines, plants, and wildlife for future generations.

*****Special interest in flowering plants and species-at-risk*****
****Honoraria provided ****

For more information
Contact Sasha Tuttle at:
sasha.tuttle@stolonation.bc.ca



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Sto: lo Aboriginal Skills & Employment Training (SASET)

are please to host:

Canada Revenue Agency and Service Canada Mobile Clinics

| | | |
|---------|---|-------------------|
| July 10 | Shxwowhamel First Nation | 10:00am to 2:30pm |
| July 11 | Leqamel First Nation | 10:00am to 2:30pm |
| July 13 | SASET Chilliwack Outreach (SSA grounds) | 10:00am to 2:30pm |
| July 17 | Katzie First Nation | 10:00am to 2:30pm |
| July 18 | Tzeachten First Nation | 10:00am to 2:30pm |
| July 19 | Soowahlie First Nation | 10:00am to 2:30pm |
| July 20 | SASET EAS Seabird- Seabird Island Band | 10:00am to 2:30pm |
| July 27 | Cheam First Nation | 10:00am to 2:30pm |
| July 28 | Sumas First Nation | 10:00am to 2:30pm |

Canada Revenue Agency (CRA)

- Information on T4 slips and personal tax account overview
- Address changes
- Information and help with benefits and credits such as the Canada Child Benefit (CCB), GST/HST credit, Canada Workers Benefit, and Disability Tax credit
- The Community Volunteer Income Tax Program (CVITP)

Service Canada

- Employment Insurance, Canada Pension Plan & Old Age Security and Guaranteed Income Supplement
- Social Insurance Numbers
- Other federal programs and services

Please Note: Bring 1 photo ID and your Social Insurance Number to receive assistance.

For more information please info@saset.ca or call 604-858-3691

COMMUNITY EVENTS



Cheam Days



JULY 15, 2023

10AM - 6PM @ CHEAM MULTIPLEX

**JOIN US FOR A GREAT
DAY OF CELEBRATION:**

- CHEAM DAY RACES
- LIGHT LUNCH
- SLAHAL GAMES
- CRAFTS & FACE PAINTING
- BINGO W/PRIZES
- SELF-CARE STATION
- DUNK TANK & WATER STATION
- ON-SITE PHOTOGRAPHER
- DOOR PRIZES (INCL. IPAD)
- DINNER & A MAGIC SHOW

(BRING TOWELS/WEATHER-
APPROPRIATE ATTIRE FOR KIDS)

FOR MORE INFO, OR TO VOLUNTEER
PLEASE CONTACT CORI VICTOR AT
CORI.VICTOR@CHEAMBAND.COM





XWCHÍYÒ:M
CHEAM FIRST NATION

CHEAM DAYS 07/15/23

Kitchen

Mini Donuts
Cotton Candy
11:00-3:00

Health CHR room

Self Care
Stations
10:00-4:00

Classroom

Slahal
10-12:00,
1:30- 3:30

LIGHT LUNCH 12:00PM

DINNER 5:00PM

RACES- CASH PRIZES!

1:00 Relay 3:00 Baby Race 3:30 Scavenger Hunt

MAGIC SHOW 6:00-7:00PM

Park Area

Water Balloon Fight
4:00

Dunk Tank
11:00-3:00

Horseback
Riding
11:00-2:30

Gym

Glitter Tattoos
11:00-3:00

Facepainting
11:00-3:00

Craft Table
10:00-3:00

Bingo
W/Prizes
11:00, 1:00,
3:00

A Film Written and Directed by

Á'a:liya Warbus



in Partnership with
United Way
British Columbia



Shá:li

**A FREE FILM SCREENING
OPEN TO EVERYONE**

JULY 21 - 5PM TO 8PM

The Sqwélqwel (story) of Saylesh Wesley, a trans woman who broke ground as the first to confront and reshape the rigid gender roles in her Stó:lō community.

**FREE ENTRY
DINNER AT 6:30
DOOR PRIZES**

THE'Í:TSELÍYA - S.A.Y.
HEALTH & COMMUNITY CENTRE

7256 CHILLIWACK RIVER RD,
CHILLIWACK



**PLEASE
REGISTER**

Email Heather.Walker@StoloNation.bc.ca
or call 604-798-3328

Saturday, July 22

2614 Else Rd, Agassiz, BC

9:00am - 4:00pm



Project
AIM

Family Fair & Market



Vendor Market • Pony Rides
Live Music • Silent Auction
Food Trucks • Lemonade
Face Painting • Cotton Candy
Tarot Readings • & More!

Morning
Yoga
\$15



Scan for
More Info!

Proceeds go to Project AIM to help provide incontinence and menstrual products for people in need in our community



Sponsored by the
Agassiz-Harrison
Lions Club





Lunch and participant
funding provided



Ministry of
Social Development
and Poverty Reduction

In-Person Engagement:

TogetherBC B.C.'s Poverty Reduction Strategy

Invitation to Indigenous People

Vancouver
July 24
12:00pm-5:00pm

Vancouver Aboriginal
Friendship Centre



To register email:
events3@mahihkan.ca

FIND US ONLINE:

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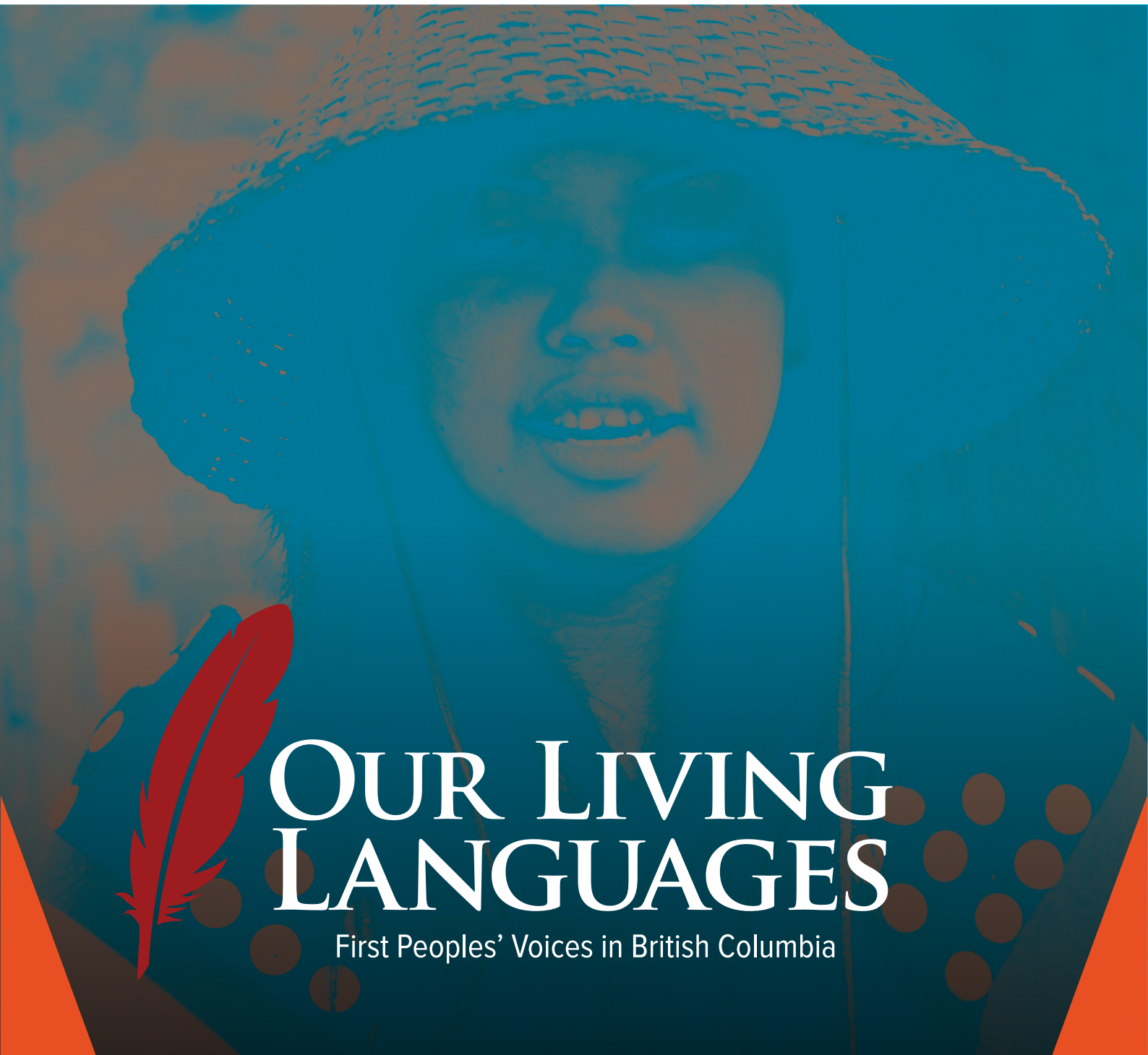
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OUR LIVING LANGUAGES

First Peoples' Voices in British Columbia

PRESENTED BY



ROYAL BC MUSEUM



FIRST PEOPLES'
CULTURAL COUNCIL

PROUDLY SUPPORTED BY

Canada 

Everyone Welcome

Agassiz-Harrison Museum
TRAVELLING EXHIBITION

June 4 to August 29
10:00am - 4:00pm

7011 Pioneer Ave, Agassiz, BC V0M 1A0

Tele: 604-796-3545

For more information visit
agassizharrisonmuseum.org

This project has been made possible in part by the Government of Canada
Ce projet a été rendu possible en partie grâce au gouvernement du Canada



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Cultural Experience Series Summer Events 2023!



EVERYONE WELCOME - BY DONATION

CULTURAL/EDUCATIONAL EXPERIENCE BY DONATION:

Xá:ytem Interpretive Centre Cultural Experience

Tuesdays: July 4th, 11th, 18th and 25th 10:30am-noon
at Xá:ytem, 35087 Lougheed Hwy., Mission, BC

Coqualeetza Cultural Experience (meet at Longhouse)

Thursdays: August 3rd, 10th, 17th & 24th ~ 10:30am-noon
Coqualeetza Grounds, 7201 Vedder Rd, Chilliwack (meet at Longhouse)

GROUNDS TOURS BY DONATION:

St. Marys, (Former Residential School) Mission (90 minutes)

Meet in front of building at: 34110 Lougheed Hwy, Mission, BC
Wednesday, August 23rd, 10:30am-noon

Coqualeetza Grounds Tour:

Tuesdays: August 8th and 22nd ~ 10:30am-noon
Coqualeetza Grounds, 7201 Vedder Rd, Chilliwack (meet at Longhouse)

Come join us this summer for these events by donation. Bring the whole family! Arrive at 10:25am

**Please email: stolo.tourism@stolonation.bc.ca
for more information**



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**KCCA
PRESENTS**

KIDS FUN DAY

Partnered with



SARDIS PARK

**16 JULY
3PM - 7 PM**

**6898 School Ln,
Chilliwack, BC V2R 5T1**



**WITH
SNACKS & ICE CREAM**

For Details: ☎ +778 952 3314

www.facebook.com/KindnessChainChilliwack

ACTIVITIES

- ✓ Face Painting
- ✓ Henna Tattoo
- ✓ Bouncy castle
- ✓ Water Slide
- ✓ Rock Painting
- ✓ Egg spoon relay Race
- ✓ Magic Pen floating art
- ✓ Potato sack race
- ✓ Picture with Mickey & Minnie
- ✓ Paper Crafts

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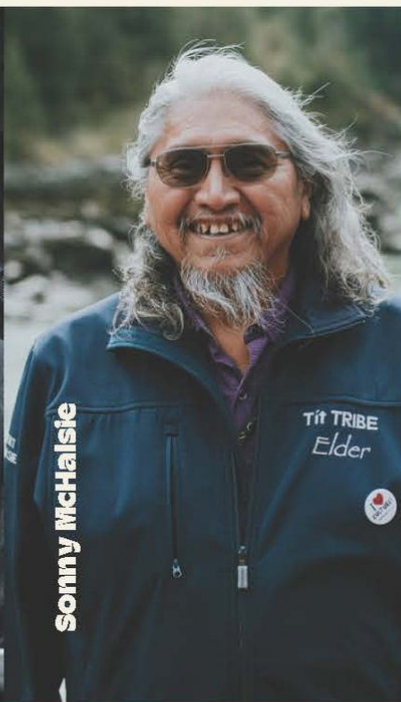


@CHEAM_FN

AUGUST 10

Stories About Place: Through a Stó:lō Lens.

Join our discussion with leading Stó:lō
creatives, thinkers, storytellers, and artists
at this year's Chilliwack Mural Festival.



LOCATION: Flashback Brewing, 9360 Mill St.

TIME: 7:30- 9:30PM (FREE)



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CHEAM AGM 2023



Please save the date for Cheam First Nation's upcoming AGM
September 9th, 2023 from 12pm-4pm. The Annual Report will be mailed
out to all member households to arrive at least 2 weeks prior to this event.

**SATURDAY
SEPTEMBER 9, 2023
12:00PM – 4:00PM
CHEAM BAND OFFICE**



Event Schedule

12 pm Welcoming Remarks

~ Meal Prayer

~ Lunch

~ AGM:

* Presentation of the Completed Audit by MNP

* Presentation of the Audited Financial Statements

- For the year ended March 31, 2021

- For the year ended March 31, 2022

- For the year ended March 31, 2023

* Presentation of the 2023 Annual Report

* Q&A Session

4 pm Closing Remarks



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Save the date!

HONOURING OUR SURVIVORS

POWWOW

September 23rd, 2023 | 1pm and 7pm Grand Entries
5pm Coastal Jam.

Shxw'ōwhámél Community Building.
58700 St Elmo Rd, Hope, BC, V0X1L2

MC-Chris Wells

Host Drum-Smokey Valley & Francis James.
Arena Director-Everette White

School District 78 would like to invite
you to our first annual Truth and
Reconciliation Powwow

Call for vendors!

To register as a vendor at this event please
contact Caitlin.demmitt@sd78.bc.ca Due to
limited space preference will be given to
indigenous vendors



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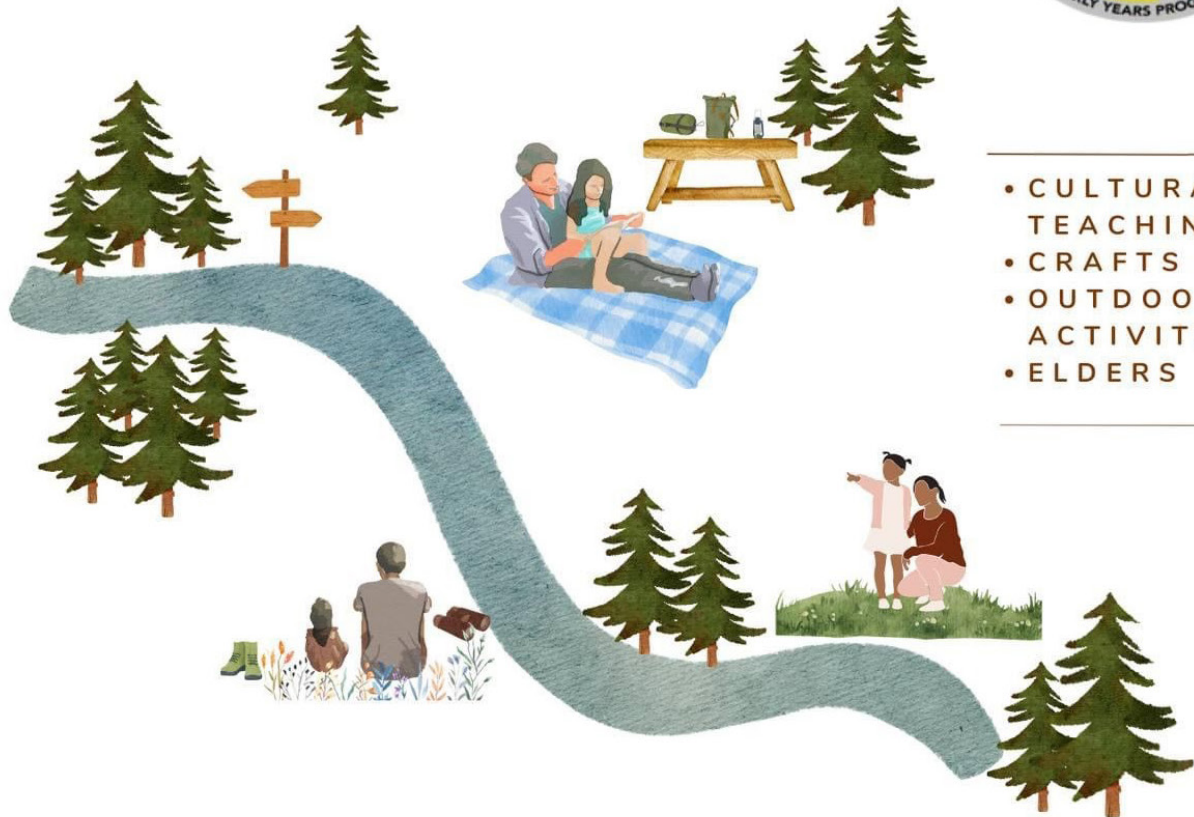


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JOIN US FOR INDIGENOUS PALS SEPTEMBER 2023 7 WEEK PROGRAM



Fraser River Indigenous Society



- CULTURAL TEACHINGS
- CRAFTS
- OUTDOORS ACTIVITIES
- ELDERS

A program for Indigenous families with children aged 4 to 6. We will meet once a week on Wednesdays from 5:00pm-7:30pm. A light meal will be provided

Spaces are limited, to register email us at ascd@frisociety.ca on or before September 1st 2023.

When: September 20th- November 1st 2023

Time: Wednesdays 5pm- 7:30pm Weekly

Venue: Maple Ridge Leisure Center



604-458-0151



<https://www.frisociety.ca/>



ascd@frisociety.ca

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CHEAM ELDER'S CORNER

ELDERS BAKE SALE July 21, 11am-4 pm at Cheam office building

Elders please drop off a baked good for the sale. If you are unable to bake ask a friend or family member to bake in your place. Also looking for some Elders to help at the sale.

Contact lovey.victor@outlook.com or (604) 745-3353

Cheam Elder's Society Raffle

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

Tickets can be purchased by cash from Lovey Victor or by e-transfer to lovey.victor@outlook.com
Draw date July 18th @ the next Elders Meeting.

First Prize



Second Prize



Third Prize



Thank you and good luck!

CHEAM ELDER'S MEETINGS 2023

July 18, 2023

August 15, 2023

September 19, 2023

October 17, 2023

November 21, 2023

December 12, 2023



Upcoming Birthdays Birthdate

| | |
|----------------------|---------|
| Eugene Victor | July 21 |
| Lavern Victor | July 21 |
| Patricia Victor | July 26 |
| Jaqueline J. Douglas | July 29 |
| Sydney Douglas | Aug 3 |
| Anna I. Aleck | Aug 16 |
| Lincoln J. Douglas | Aug 20 |
| Dean J. Douglas | Aug 28 |

DRUG ALERT: CHILLIWACK

Vape juice containing **cannabis and suspected synthetic cannabinoids** sold in **REFILLABLE, UNMARKED** and **UNBRANDED** cartridges tested **positive for benzodiazepines** in **Chilliwack**. Reported side effects include: prolonged sedation, nausea, vomiting, and black outs.

IF YOU'RE WITH SOMEONE EXPERIENCING THESE SYMPTOMS:



CALL 9-1-1 AND STAY WITH THEM

PROVIDE RESCUE BREATHING IF NECESSARY (less than 12
 breaths per minute)

Naloxone will NOT work in this situation unless an opioid is also onboard.



Please look out for each other.

TIPS FOR SAFER DRUG USE



Stagger use with friends so someone can respond if needed

Longer monitoring will be needed

Watch for changes in respiratory rate when not completely conscious



Start low go slow

Take a small amount, wait and see how it feels



If using alone

- Let someone know and ask them to check on you
- Download the Lifeguard or BeSafe apps (available on Apple/Android)
- Call the National Overdose Response Service: 1-888-688-6677 if no cell data



Mixing substances increases risk of overdose

This includes alcohol and prescription drugs



Find local harm reduction services

<https://towardtheheart.com/site-finder>



Get your drugs checked

<https://www.fraserhealth.ca/drugchecking> or
<https://getyourdrugstested.com/>



Carry Naloxone

Visit www.naloxonetraining.com for a training refresher

ADDICTION...



Everyone has an addiction... Some just aren't as bad as other addictions... At least that's the way most people view it... At least I'm not doing this, at least I'm not doing that, but there is one addiction that hurts everyone who cares about you... Drugs... Yeah at first it's a choice to try to escape reality.. but is it really reality that we are trying to escape from? Or is it all the hurt and betrayal that we've endured after thinking that once something tragic happened that you wouldn't end up alone? That is how I see it anyways... There are so many people in addiction that ended up where they are now because they were in a bad position and when they needed someone the most no one was there so they end up numbing their feelings because they are afraid to show vulnerability... They are constantly being put down by those that don't know them... Being called "Junkies", "Thieves", "Low lifes", "Lost souls"... The list goes on... And eventually, it gets to their head .. to the point they feel unworthy of being cared for or loved any-more.. feel they have nothing to lose so they get further into the addiction... So far that you might lose them... So please always remind your loved one that they are loved... And keep praying that they will start to believe that they are actually loved again and maybe they will finally accept the help that is offered...

*A Poem by Amelia Victor Jr.,
of Cheam First Nation*



APPLICATIONS FOR INTERNATIONAL OVERDOSE AWARENESS DAY GRANTS NOW OPEN

Aug. 31, 2023 is International Overdose Awareness Day (IOAD), the world's largest annual campaign to end overdose, remember without stigma those who have died and acknowledge the grief of the family and friends left behind. It is a time to remember and a time to act. The FNHA is offering community-based grants of \$2,000 for First Nations communities and First Nations Health Service Organizations that provide well-ness and harm reduction services to Indigenous people in BC to hold an event, gathering or ceremony on or around Aug. 31, 2023.

Further information & application

Grants funds are intended to support an event, gathering or ceremony that reflects the unique needs of your community or group as it relates to the toxic drug emergency. Some ideas for the day could include, but are not limited to:

- * Grief and loss supports or circles
- * Education sessions/speakers
- * Community meal with guest speakers
- * Ceremony
- * A commemorative space or design (e.g.: mural, carving, plaque, sculpture, a garden space)
- * Community event where everyone is welcomed together in a safe space
- * How to use naloxone trainings
- * Cultural gathering to share teachings
- * Create and share medicine bundles
- * Candle light vigil
- * Collage of videos and pictures of those who have died
- * Designate a space for a memorial
- * Harm reduction conversations

31 AUGUST
—
INTERNATIONAL OVERDOSE
AWARENESS DAY

RECOGNIZE
THOSE GONE
UNSEEN



International Overdose
Awareness Day



PENNINGTON
INSTITUTE

International Overdose Awareness Day is convened by
public health non-profit Pennington Institute

FRASER EAST RAPID ACCESS TO
ADDICTIONS CARE

INDIGENOUS OUTREACH

Our team can provide a range of services to support you in your substance use journey.

- HARM REDUCTION SUPPLIES
- INDIVIDUAL & FAMILY COUNSELLING
- SUBSTANCE USE TREATMENT REFERRALS
- NALOXONE TRAINING
- GRIEF AND LOSS SUPPORT
- GROUP THERAPY
- RESOURCE NAVIGATION

Are you struggling with substance use? Or know someone that does? Are you wanting support but unsure how to reach out?



First Nations Health Authority
Health through wellness

Office Phone:
604-701-3660



fraserhealth

Better health. Best in health care

We recognize Fraser Health provides care on the unceded and traditional territories of the Coast Salish and Nlaka'pamux Nations

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HEALING TAKES TIME

ASKING FOR HELP IS A COURAGEOUS STEP

If you're struggling to stay grounded, want support or just need someone to chat with, there are many First Nations resources and people ready to provide support that is easy to access, free, safe and secure.



Indian Residential School Survivors Society (IRSSS)

IRSSS helps support youth throughout the province who are dealing with trauma and seeking support in their healing.

1-800-721-0066 | reception@irsss.ca



Foundry BC

Provides young people with health and wellness resources, services and supports across BC.

1-800-668-6868 | info@foundrybc.ca



Tsow-Tun Le Lum

Provides confidential outreach services, such as counselling and cultural support.

1-888-403-3123 | info@tsowtunlelum.org



First Nations Health Authority
Health through wellness

First Nations Virtual Doctor of the Day

Enables First Nations people in BC with limited or no access to their own doctors to make virtual appointments.

1-855-344-3800



KUU-US Crisis Line Society

24/7 First Nations and Indigenous specific crisis line, toll-free from anywhere in BC, specifically for children and youth.

250-723-2040



HEAT SAFETY

A heat wave is when temperatures reach 32 °C (89.6 °F) or higher for 3 or more days. This is a time where everyone, including pets, is at risk for heat-related illness.

Symptoms of heat-related illness include: dizziness, faintness, nausea, vomiting, headache, rapid breathing/heartbeat, dry mouth/sticky saliva.

Consider the tips below to care for yourself and others during a heat wave:



Drink water BEFORE you feel thirsty and avoid drinks that could dehydrate you (like sugary drinks or coffee)



Slow down and avoid activity during the hottest part of the day. If you must go outdoors **protect yourself by wearing sunscreen (SPF 15 or higher), loose-fitting, light-coloured clothing, and a wide-brimmed hat.**



Close blinds and windows. You can even **cover windows with tin foil or cardboard** to block the sun. Stay in the coolest room in your house. If you have air conditioning, use it to keep at least one room cool, or you can **place a tray of ice water in front of a fan** to create a cool breeze. **Prepare meals that don't need to be cooked in your oven.**



Make water fun for kids! You can add fruit juice, or provide fruits and vegetables that have a high water content (such as watermelon or cucumber). Pay close attention to their behavior, as **symptoms of heat illness in children can include changes such as sleepiness or temper tantrums.**



Ensure your pets have access to shade and water and avoid walking your dogs during the hottest time of day. **DO NOT leave a pet in your car for any amount of time.**



Check in on your friends, family, and elders. Are they comfortable, and drinking enough water? **If you can, visit safely following COVID-19 protocols** in order to watch for signs of heat illness you might miss over the phone. **Some medications or illnesses may require special attention during heat waves.** Talk to a doctor if you think extra caution might be required.

Anyone showing signs of heat illness should immediately move to a cooler place and drink water. Call 8-1-1 for free health information

If someone is unconscious, confused, or has stopped sweating, call 9-1-1



For more information on tips and tricks to stay safe during a heat wave check out resources provided at: <https://www.healthlinkbc.ca/healthlinkbc-files/heat-related-illness>



The Cost of Keeping Cool

How much does it really cost to keep your home cool?

A heat wave is more extreme than typical summer heat. It's important to find cool spaces and avoid heat-related illness.

Using these appliances for 9 hours a day for 3 months costs about*:



\$7.20 for fans



\$40.50 for a Window mounted Air Conditioner



\$99.90 for a Portable Air Conditioner

What about air purifiers?

A mid-sized unit uses roughly 50 Watts, which is about \$7 for 12 hours of use over 3 months.



Cool Tips

- Fans work by moving air, but they don't actually lower the temperature. Turn the fan off if you're not in the room.
- Don't set your AC for cooler than 25° Celsius, and turn it off when you leave home for an hour or more.
- Try to avoid larger appliances: use a microwave or toaster oven, aim to barbeque, eat salads, or hang your clothes to dry your laundry.

Cool Tools

- Sign up for "My Hydro" to see your electricity use down to the hour, and look for places you can save <https://app.bchydro.com/accounts-billing/bill-payment/rates-energy-use.html>
- "Cost Calculator" lets you check the costs of running certain appliances <https://www.bchydro.com/powersmart/residential/tools-and-calculators/cost-calculator.html>

Giving your body a break is the goal.

Take advantage of community-run cooling centres too, check with your municipality for a centre near you.

*Rates based on BC Hydro statistics and are only an estimate



FRASER SALISH REGION
First Nations Health Authority





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.



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 Awtextw (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.

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CHEAM DRUMMING PROGRAM

Cheam Youth/Teens are invited to register for this program which will be held twice a week for two months.

Dates to come after we have enough registered.



Please register to:

amanda.aubichon@cheamband.com or cori.victor@cheamband.com



**TEENS CAN ACCESS CHEAM, CHILLIWACK LANDING FOR FREE AFTER 4 P.M.,
FOUR DAYS A WEEK, THIS SUMMER**

CHILLIWACK — To keep teens active this summer, the YMCA says it will offer free usage of the Cheam Leisure Centre and Chilliwack Landing Leisure Centre this summer on selected days for users ages 13-19.

According to YMCA manager Lauren Janzen, teens are free to use the Cheam Leisure Centre after 4 p.m. on Wednesday and Friday, while teenagers can access the Chilliwack Landing Leisure Centre for free after 4 p.m. on Tuesday and Thursday.

For their safety, teens are required to complete a fitness orientation before using the strength and conditioning areas.



Student Information & Waiver Form 2023-2024

| | |
|----------------------------------|--|
| Name | |
| Address | |
| Phone # | |
| Email Address | |
| Current Grade | |
| Date of Birth & Current Age | |
| Band Name & Status # | |
| Family Phone # & Email Address | |
| Emergency Contact Name & Phone # | |
| Allergies & any additional info. | |

| | |
|------------------------------|--|
| Elementary/Middle/Secondary: | |
| School/Institute: | |
| School Contact Info: | |
| Last School Attended: | |
| | |

I hereby authorize the school to release information concerning:

- Change of address
- Attendance
- Progress and Report
- Admission and Transcripts information

X _____
 Parent/Guardian Name - Print

X _____
 Signature

MUST BE FILLED OUT COMPLETELY

Please email amanda.aubichon@cheamband.com or drop off to the Health Reception.

July

K-12 summer activities

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|---|---|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 10:00-7:00pm Cheam Days |
| 16 LUNCH PROVIDED Week of 18 th -21 st | 17 Deadline to sign up for waterslides | 18 10:00-3:00 Canoe + Water Safety Meet at Band office at 9:30am | 19 9:00-1:30 Canning Cherries + Raspberry Jam | 20 10:00-3:00 Beading earrings | 21 Cedar Hearts 10:30-12:00 Kids can cook! 1:00-3:00 | 22 |
| 23 | 24 | 25 10:30-3:30 Water slides! k-12 + parents/guardians | 26 5:00-7:30 Open Gym Night + PIZZA! | 27 | 28 | 29 |
| 30 | 31 | | | | | |

Highlighted programs- 15 spots available - ages 6+

Please sign up with Cori Victor at Cori.victor@cheamband.com

YOUTH EMPLOYMENT PROGRAM



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

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

Transportation
supports &
lunch provided

What will I gain from this program?

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

What does a day in the program look like?

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

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



REGISTRATION DETAILS

DATE

July 24 - Aug 4, 2023

LOCATION:

SASET Office
5B-7201 Vedder Road,
Chilliwack BC

HOW TO REGISTER:

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

Gain practical skills for your future job!



STÓ:LŌ ABORIGINAL SKILLS
& EMPLOYMENT TRAINING &
BUNGALOW 968

INDIGENOUS HOCKEY CAMP

AUG 14TH-18TH @ SARDIS SPORTS COMPLEX



The Chilliwack Jets & Homelife Hockey are providing a **FREE** Hockey Development Camp for Indigenous Kids looking to expand their skills through the guidance of experienced local hockey players.

WHAT TO EXPECT

- 1 TO 1 MENTORSHIP
- 5 ICE SESSIONS
- SKILLS DEVELOPMENT
- MENTAL AWARENESS
- DRYLAND TRAINING



REGISTER NOW!
WWW.CHILLIWACKJETS.COM

For more info or to register online go to: <https://www.chilliwackjets.com/indigenous-hockey-camp>

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MANY VOICES, ONE MIND
"QXELƏC, NƏ ƏĆ Ć ƏMAT ƏƏŁ KʷƏƏ ŠXʷQʷELƏWƏN"
"LETS'EMÓT Á:LXEMSÓXW"

CALL OUT TO INDIGENOUS YOUTH ARTISTS

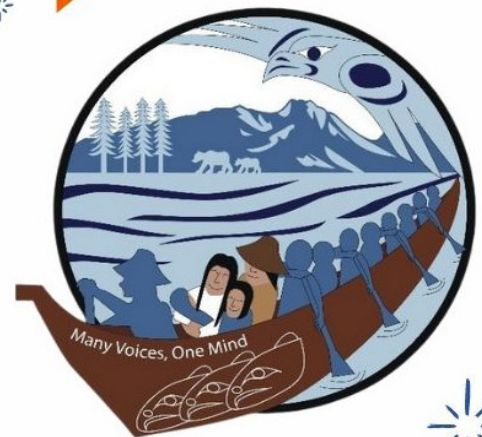
The Details:

- Open to Indigenous Artists
Age 16– 25
- Closing Date: July 21, 2023
- Decision Made: August 4, 2023
- Portrait size : 8.5" x 11"

We are looking for an
Indigenous youth to
help us create the title
page for our Salmon
Resource Guide!

Prizes

1st place: \$500.00
2nd place: \$100.00 Gift Card
3rd place: \$50.00 Gift Card



Artists will need to incorporate the Title "Spirit of the Salmon".
We are looking for artwork that represents Stó:lō culture –
artwork could include salmon, river, mountains, cedar trees,
animals and/or traditional fishing.

Please scan your high resolution (300 dpi) design to
brendar@seabirdisland.ca



Setting the Table Summer 2023

"Feeding our mind, body and spirit"

Open to All
Indigenous Children
& Youth, Parents, and
Caregivers



Every second
Thursday afternoon in
July & August,
3:30 to 5:30 pm



Thursday July 6: Abbotsford, Ellwood Park
Thursday July 27: Chilliwack, Coqualeetza
Thursday August 3: Abbotsford, Ellwood Park
Thursday August 17: Chilliwack, Coqualeetza
3:30 to 5:30 pm



We will share a meal and enjoy cultural activities & teachings

Meal will include hamburgers, hot dogs (veggie options too), salad & fruit.

No RSVP necessary, but if you need transportation, please contact your worker.

Children 10 and under require adult supervision.

Seating is limited. Please bring a lawn chair or blanket to sit on.

Fraser Valley Aboriginal Children & Family Services Society
www.fvacfss.ca

FIND US ONLINE:





East Region Youth Drop-In Thurs July 27th, 2023 5pm-7pm

#4-60814, BC-7 #7, Hope, BC V0X 1L3
(Chawathil Gymnasium)

Free drop-in open to any youth residing in Chawathil,
Skawahlook, Yale, Shxw'ow'hamel, and Cheam!

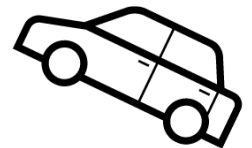


LEARN HOW TO WEAVE A QUARTER BAG

ENJOY A MEAL TOGETHER



TRANSPORTATION CAN BE PROVIDED



Honour, Engage, Accountable, Respect, Trust

Questions can be sent to shaelee.harper@xyolhemeylh.bc.ca &
krystal.poje@xyolhemeylh.bc.ca

Fraser Valley Aboriginal Children & Family Services Society
www.fvacfss.ca

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



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

Public Health Vaccine Drop In Clinic

Chilliwack Health Unit

45470 Menholm Rd

604-702-4900



July:

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|-------------------------------------|-----------|--------------------|--------|----------|
| 2 | 3 | 4 2:30-5:30 PM | 5 | 6 2:30-5:30 PM | 7 | 8 |
| 9 | 10 | 11 2:30-5:30 PM | 12 | 13 2:30-5:30 PM | 14 | 15 |
| 16 | 17 | 18 2:30-5:30 PM | 19 | 20 2:30-5:30 PM | 21 | 22 |
| 23 | 24 | 25 2:30-5:30 PM | 26 | 27 2:30-5:30 PM | 28 | 29 |
| 30 | 31 | All children up to 19 years welcome | | | | |

No Appointment Necessary



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July 2023 BEAR

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|--|--|---|-----|
| 2 | 3 | 4 | 5 | 6 Boothroyd 10:00-12:00 Boston Bar 12:30-2:30 | 7 Fieldtrip to Greater Van Zoo | 8 |
| 9 | 10 Chawathil 10:00-12:00 Shxw'Ow'Hamel 1:00-3:00 | 11 Ag Rec Center 10:00-12:00 Cheam 2:30-4:00 | 12 Spuzzum 10:00-12:00 Hope Library 1:00-3:00 | 13 Boothroyd 10:00-12:00 Boston Bar 12:30-2:30 | 14 Ruby Creek 10:00-12:00 | 15 |
| 16 | 17 Chawathil 10:00-12:00 Shxw'Ow'Hamel 1:00-3:00 | 18 Ag Rec Center 10:00-12:00 Cheam 2:30-4:00 | 19 Spuzzum 10:00-12:00 Hope Cent. Park 1:00-3:00 | 20 Boothroyd 10:00-12:00 Boston Bar 12:30-2:30 | 21 Ruby Creek 10:00-12:00 | 22 |
| 23 | 24 Chawathil 10:00-12:00 Shxw'Ow'Hamel 1:00-3:00 | 25 Ag Rec Center 10:00-12:00 Cheam 2:30-4:00 | 26 Spuzzum 10:00-12:00 Hope Library 1:00-3:00 | 27 Boothroyd 10:00-12:00 Boston Bar 12:30-2:30 | 28 Ruby Creek 10:00-12:00 | 29 |
| 30 | 31 Chawathil 10:00-12:00 Shxw'Ow'Hamel 1:00-3:00 | | | | | |





Correctional Service
Canada

Service correctionnel
Canada

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



Correctional Officer I CX-01

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

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

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

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

ESSENTIAL QUALIFICATIONS:

Education:

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

Experience:

No essential experience is required.

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

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

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

Kiewit

Location: Hope BC Area

Schedule: 14/7 rotation with paid flights

Hours: 10-hour days rotation with paid flights

Accommodation: Camp provided

Employment Opportunities:

- Office Administrator (Good Excel Skills)
- Heavy Equipment Operators (Op 1)
- Traffic Control Person
- Drivers (Class 1)

All employees:

- Must successfully complete Drug and Alcohol and 50lb Fit for Work Test
- Must have steel-toed boots; all other Personal Protective Equipment (hard hat, gloves, safety glasses, vest) is provided.
- Receive comprehensive medical, dental, vision, RRSP and Pension Benefits through CLAC
- Have opportunity for advancement and in-the-field-training

Email resume to Robin Farr
KBTP.Communications@KBTP.ca



Job description

Kiewit is hiring **Heavy Equipment Operators** for the **Trans Mountain Expansion Project** located in **Hope, BC**.



Requirements

- **3-5 years Pipeline** experience operating **Excavator/Dozer/Loader**
- Valid **Class 5** (or higher) driver's license with clean abstract
- Experience working around utilities
- Steep slope experience
- Ability to work in tight congested areas while utilizing spotters

Shift Information

- Up to 12 hours a day
- 14/7 rotation with paid flights

Additional Information

- Please list all valid safety tickets on resume
- Upon an offer, all candidates must be able to pass a pre-access Drug and Alcohol and Fit for Work test

Project Information

The Trans Mountain Expansion Project includes Spread 5B pipeline construction, located in the Coquihalla – Hope region of British Columbia. The Spread 5B project is a Kiewit and Bonatti partnership, which includes the construction of approximately 85 km of pipeline.

About Kiewit

Kiewit is one of North America's largest and most respected construction and engineering organizations. With its roots dating back to 1884, the employee-owned organization operates through a network of subsidiaries in the United States, Canada, and Mexico. Kiewit offers construction and engineering services in a variety of markets including transportation; oil, gas and chemical; power; building; water; industrial; and mining. Kiewit had 2022 revenues of \$13.7 billion and employs 25,700 staff and craft employees.

For more information on Kiewit's current projects/job openings, or to apply online visit our website at: <https://www.kiewit.com/pages/trades-jobs-in-canada/>

Due to the volume of applicants, only candidates who meet the minimum requirements will be contacted.

Job Type: Full-time

Salary: \$45.04-\$47.86 per hour

Schedule:

12-hour shift

Overtime

Weekend availability

Supplemental pay types:

Bonus pay

Overtime pay

Experience:

Excavator: 1 year (preferred)

Dozer: 1 year (preferred)

Loader: 1 year (preferred)

Driving License (required)

Email resume to Robin Farr KBTP.Communications@KBTP.ca



JBS EQUIPMENT IS NOW HIRING - Multiple FULL-TIME positions!

- * Dental care & Extended healthcare
- * Safe and reliable working environment.
- * Competitive Salaries
- * Rewards and recognition for the length of service and good production.
- * Company events including an epic Christmas party!
- * Unlimited opportunities for development, growth, and advancement.



APPLY ONLINE TODAY! <https://ca.indeed.com/cmp/Jbs-Equipment/jobs>



JBS EQUIPMENT

NOW HIRING!

Apply Online!

- Shipper/Receiver
- Material Handler
- Senior Supply Chain Specialist
- Engineering Manager

Visit our page
on Indeed for more
details and job listings

FIND US ONLINE:



**We're
HIRING:)**

Advanced Care Paramedics & Safety Services

British Columbia, Canada

We're hiring medics for Southern BC: **OFA3 | EMR | PCP**

- **Full-time Positions**
- **Flexible Rotations**
- **Benefits Package
(After 3 months full-time)**
- **\$300-\$400 per Day
(Based on Medic Level)**
- **Accommodations & Meals Provided**

**Please send resumé to:
employment@canruss.com**

Chilliwack Community Services has the following postings:



Housing Coordinator, full-time (maternity leave coverage).

Oversees the day-to-day operations of housing and residential programs and buildings. Provides ongoing supervision of residential employees and develops and evaluates program policies that align with the health and safety of clients and residents. In partnership with the management team, develops and plans new housing projects that align with the agency's service mandates. Engages with community stakeholders by attending and facilitating committee/community meetings to develop partnerships, increase awareness of our housing programs, and develop opportunities for our community. Closes on June 16.

Lead Administrative Assistant, full-time. Closes on June 21.

Supervise administrative staff and participate in their recruitment and selection. Participates in the coordination of administrative work in an office. Perform a variety of administrative and clerical duties as required.

Building Maintenance Worker, 30 hours per week, flexible schedule. Closes June 21

The Building Maintenance Worker is responsible for scheduling maintenance, ensuring cleanliness, safety, and repair of all agency facilities and equipment. Prepare correspondence and other documents relating to the position. Responsible for organizing First Aid Training.

Family Support Worker, permanent full-time. Closes on June 23.

Provides family intervention support to parents and their children through partnership with the Ministry of Children and Family Development (MCFD) to reunify families and prevent children being exposed to parental neglect, or abuse and needing child protection. This position may require some evening and weekend hours.

WorkBC

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

7086 Pioneer Avenue

Agassiz, BC, V0M 1A0

604-796-0266

centre-agassiz@workbc.ca

<http://workbccentre-agassiz.ca>

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>



WorkBC

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.



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



Community
Futures Stó:lō



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

TRAINING OPPORTUNITIES



Spark Your New Career Today

Start your journey to a new career.



Electrical Foundation Program

- 8-week Essential Skills 'Alternate Pathways to Electrical'
- 15-week foundation program at EJTC
- 10-week paid work practicum through IBEW 213
- Fully funded program
- For Indigenous People - Status, Non-status, Métis or Inuit

Enroll by October 20th, 2023

Call Today!

604-251-7955

ACCESSFUTURES.COM



Canada

Join the **STÓ:LŌ** BUSINESS DIRECTORY

This is a free business listing on the SCF website for businesses that are at least 51% Indigenous owned/controlled operating within the SCF service area, between Kwantlen First Nation and Yale First Nation, on both sides of the Fraser River!

Your free listing can include:

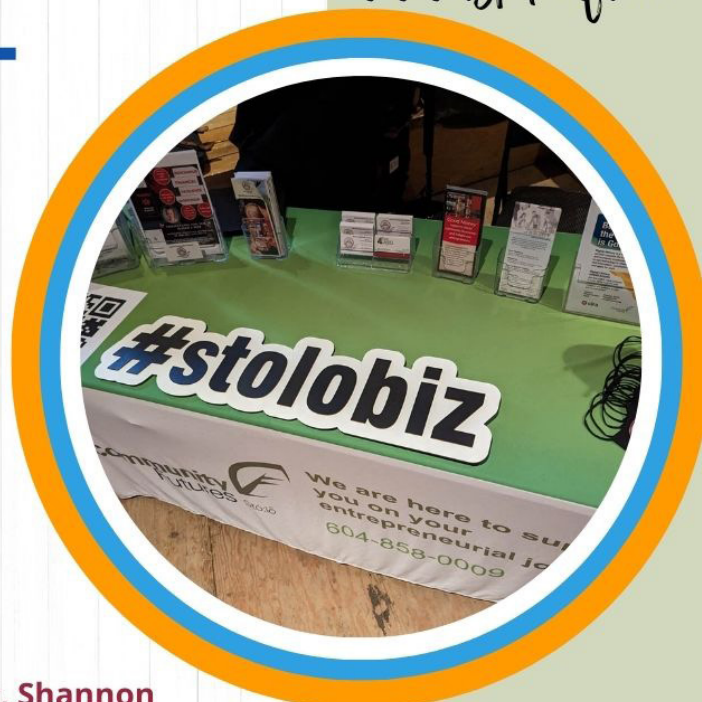
- Business contact information
- Link to website/social media
- Description of services
- Pictures and videos

Contact SCF Business Analyst, Shannon Smith, at 604-824-5278 or by email ssmith@stolocf.ca | www.stolocf.ca



Community Futures Stó:lō

www.stolocf.ca





In-Demand Training!

Security Systems Technician Training

- 24 week Technical Training
- Paid 4 week Work Practicum
- Fully funded Program
- For indigenous Peoples - Status, Non-Status, Métis and Inuit

Enroll by September 1, 2023

**Start your journey to a new career.
Call Today!**

604-251-7955

ACCESSFUTURES.COM

FOOD SAFE COURSE

A food handling, sanitation and work safety course designed for food service establishment operators and front line food service workers such as cooks, servers, bussers, dishwashers, and deli workers. The course covers important food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing.

Spaces are limited, so sign up soon!

Certificates have a 5 year expiry.

August 3rd
9:00 am-4:30 pm

Fee: \$80
Register with CCRR:
ccrr@comserv.bc.ca or
call 604-792-4267

CCRR
45938 Wellington Ave



FIND US ONLINE:



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[@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:**



Customer Service Training

Canada 

July 17—21, 2023

Class Time: 8:30AM—4:30PM

Program will take place at:

2895 Chowat Road , Agassiz

**This program is open to Indige-
nous individuals who reside
within our catchment area with
an interest in Customer Service
employment opportunities.**

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

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**

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Have you ever thought to... Try-A-Trade

The Try-A-Trade (TAT) program invites Indigenous candidates to participate in a paid job shadow work experience to learn about the trades in a workplace setting. Participants gain on the job experience, knowledge and skills while exploring their future career choices, creating connections and building a network at BC Hydro.

- o Offered province-wide to all Indigenous candidates interested in a trades or technical career with BC Hydro
- o This program provides safety training, and job shadow in trades, technical, and construction roles giving students/candidates the opportunity to explore trades within BC Hydro

Try-A-Trade today to experience the different trades within BC Hydro!

visit our website at [Indigenous Employment and Training](#) or email us at Indigenous.Employment@bchydro.com

Remove by: August 5, 2023 Contact Dunia.PadronPardo@bchydro.com



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

First Aid Level 2



**LUNCH IS PROVIDED
&
TRANSPORTATION SUPPORTS MAY BE AVAILABLE**

If you are an Indigenous individual who:

- Is un or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 1-week full-time program



If so... we are presently accepting applications for this training opportunity!

There are a limited number of seats, so don't delay in scheduling an appointment with a SASET Employment Counsellor!

July 24 - 28, 2023

**CLASS TIME: 8:30AM TO 4:30 PM
Monday to Friday**

**Program will take place on-site at:
SASET
7201 Vedder Rd, Chilliwack, BC**



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

Please visit www.SASET.ca for our Employment Assistance Service hours and locations

FIND US ONLINE:

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

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



SPUZZUM FIRST NATION

Our Land. Our Future. Our Success. Forward Focused Nation Building.

36500 Main Road, Spuzzum, BC V0K 2S1
Office: 604-863-2395 / Fax: 604-863-2218
www.spuzzumnation.com

Catch Monitor 2 Positions Available

For the season, monitors will collect the Food, Social and Ceremonial (FSC) salmon catch information at Spuzzum First Nation fishing sites during salmon fishery openings. Catch Monitoring crew will be monitoring the Spuzzum First Nation fishing sites by conducting in person interviews and effort counts. While collecting catch data, crews will also collect Coded Wire Tag (CWT) information from all Chinook encountered.

Responsibilities:

Major responsibilities include, but are not limited to the following:

1. Catch Monitors (CM) will collect biological samples, catch and input data from FSC fishers in all areas monitored.
2. CM will inspect all Chinook for missing adipose fins and take biological samples from as many inspected Chinook as possible. Heads from Chinook with missing adipose fins will be removed and returned to DFO as per the sampling protocols set out by DFO Catch Monitoring staff. Biological sampling equipment and data forms will be provided by DFO prior to the start of monitoring.
3. Prior to the start of their respective program, CM staff will attend an orientation session for catch monitoring delivered by DFO staff. This may include a tour of fishing areas.
4. Any conservation and protection issues/concerns that CM have during their shift will be reported to their supervisor who will contact the appropriate DFO staff.

Job Requirements:

- Knowledge of computer equipment
- Ability to work as a part of a team and independently
- Reliable transportation and valid driver's license
- Time management skills and the ability to prioritize work

Position: Contract work during Fishing Season(Part to Full time hours until Approx Sept 20th 2023)

Salary: \$24.00 per hour

Hours: to be determined based of DFO forecasted schedules

Please submit resume and cover letter to:

Crystal MacDonald
36437 Main Road
Spuzzum, British Columbia V0K 2S1
admin@spuzzumnation.com
Telephone: (604) 863-2395

Closing date: July 14th 2023

We thank all who apply; however only those selected for an interview will be contacted.





Receptionist (Part or Full-Time)

Under the supervision of the Administrator, Spuzzum First Nation is looking for a temporary receptionist to cover a leave of absence, who will be responsible for providing administrative and clerical services to ensure effective and efficient operations. The successful candidate will have an eye for detail, willingness to learn and the ability to multitask.

Responsibilities:

Major responsibilities include, but are not limited to the following:

- Answer and direct phone calls
- Organize and schedule meetings
- Write and distribute email, correspondence memos, letters, and forms
- Maintain filing system
- Provide general support to visitors
- Other duties as directed by the senior administrative staff

Job Requirements:

- Knowledge of computer equipment
- Ability to work as a part of a team and independently
- Reliable transportation and valid driver's license
- Time management skills and the ability to prioritize work
- Attention to detail and problem-solving skills

Salary: \$16.75 per hour. 17 or 35 hours per week.

Please submit resume and cover letter to:

Crystal MacDonald
36437 Main Road
Spuzzum, British Columbia V0K 2S1
admin@spuzzumnation.com
Telephone: (604) 863-2395

Closing date: July 14th 2023

We thank all who apply; however only those selected for an interview will be contacted.

Trash pickup | Redline Removal | British Columbia

Redline Junk Removal



Junk Removal Pros full service disposal serving the Fraser Valley

Summer help wanted, Must be strong and good with customers.

Text

604-791-3112

No wheels no problem I can pick you up!!

CASTING CALL:

Looking for Indigenous Background Performers on the land now referred to as Vancouver Island (also known as the unceded territories of the Coast Salish, Nuu-chah-nulth and Kwakwakaw'akw peoples). Filming in the greater Cowichan Valley in August. PAID! No experience necessary. Please email me with a picture and availability (full day only) at justin@deitalent.ca



ORCA COVE media

WE ARE CASTING

For a major feature film role shooting summer 2023
Pow Wow Romance

Starring Graham Greene, Produced by Harold Joe and Leslie Bland

SEEKING 9 - 13 YR OLD INDIGENOUS BOY
FOR THE ROLE OF SAWYER
A comic book loving, superhero wanna-be, loveable 'nerd'.

-NO EXPERIENCE NECESSARY-

For more information contact
lbinfo@shaw.ca

SEEKING BACKGROUND PERFORMERS
INDIGENOUS
ALL AGES WELCOME

-NO EXPERIENCE NECESSARY-

For more information contact
justin@deitalent.ca



The FNHA is seeking an Employed Student Nurse for the Northern region!

As the Employed Student Nurse, you will work in collaboration with other staff members and collaborating agencies to advocate that all Community Health Nursing programming. You will provide direct nursing care to clients experiencing varying degrees of health challenges and acuity.

Find out more and apply here: <https://www.fnha.ca/about/work-with-us>



First Nations Health Authority
Health through wellness



Canada

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

FORESTRY/CONSTRUCTION TRAINING

JULY 17—28, 2023

If you are an Indigenous Individual who:

- **Is un- or under employed**
- **Resides in SASET's catchment area**
- **Is willing to commit to a 2 week full-time program**
- **Enjoys outdoor work in all types of weather**
- **Has an interest in Forestry or Construction**

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

**Training will take place at
Sts'ailes**

**Lhawathet - 16300 Morris Valley
Road, Agassiz, BC**

July 17—28, 2023

Monday to Friday 8:30am to 4pm

COURSE INCLUDES

- **First Aid Level 1**
- **WHMIS**
- **Mini Excavator**
- **Ground Disturbance**
- **Skid Steer**
- **Confined Space**
- **Chainsaw Safety**
- **And more**



**LUNCH AND
SAFETY GEAR PROVIDED!**



info@saset.ca



www.facebook.com/SASET.EAS



TO APPLY PLEASE CONTACT SASET:

SASET—Chilliwack Office

5B-7201 Vedder Road

Chilliwack, BC

Phone: 604-858-3691

SASET— Sts'ailes Office

4690 Salish Way

Agassiz, BC

Phone: 604-796-5536

SASET—Seabird Office

2895 Chowat Road

Agassiz, BC

Phone: 604-796-6865

FIND US ONLINE:

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Have you ever wanted to become a trail builder? Now's your chance!

Free Trail Building Course July 17-21, 2023

Get hands-on learning experience on the trails you love!*

*with the potential of working on a trail crew in the following season.

Contact mike@fvmba.com for more information



Photo: Dawson Friesen

FIND US ONLINE:



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 |



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.



XWCHÍYÒ:M

CHEAM FIRST NATION

FEED BACK FORM

RE: PROPOSED LAND CODE LAW: JUNE 2023 : ANIMAL CONTROL AND PROTECTION LAW

USE THIS FORM TO PROVIDE FEEDBACK ON THE PROPOSED LAW. FEEDBACK MAYBE DELIVERED BY HAND, OR BY MAIL TO THE ADMINISTRATION OFFICE, CARE OF THE LANDS DEPARTMENT, 52161 VICTOR DRIVE, ROSEDALE, BC, VOX 1X1. YOU MAY ALSO SUBMIT FEEDBACK BY EMAIL @ madelinej@cheamband.com

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