



XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: SEPTEMBER 22, 2023



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XWECHÍYOM XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom Xwexwilmexw;

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

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

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

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

CHEAM VISION STATEMENT

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

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ADMINISTRATION NOTICES/UPDATES

DATES TO NOTE:

| | |
|------------------|--|
| September 26 | Cheam Regular Council Meeting |
| September 29 | Closed to honor Truth/Reconciliation Day |
| October 1,8,29 | <u>Trev's Market</u> @ Cheam Band Office |
| October 2 | <u>Cheam CP and Allotment Law Zoom Call</u> (page 4) |
| October 9 | Band Office Closed for Stat Holiday |
| October 10 & 24 | Cheam Regular Council Meetings |
| October 20-22 | <u>Clarence Wilson 2nd Annual Slahal Tournament</u> |
| October 24 | Cheam First Nation Nomination Meeting 5pm |
| October 25 | Cheam Kids Halloween Event 4-7:30pm |
| November 13 | Band Office Closed for Stat Holiday |
| November 14 & 28 | Cheam Regular Council Meetings |
| November 15 & 16 | All Candidates Meeting for 2023 CFN Election |
| December 6 | Cheam First Nation Election |

PLEASE UPDATE YOUR MEMBER INFO



We are asking all members to please reach out and update all their info in our system (address, phone number, and email) to Catana.Tommy@cheamband.com. This ensures that you will be included in all communications/mailouts as well that urgent notices will get to you in case of an emergency. ***Thank you.***

MEMBER SHOUT-OUT

Bruce Douglas

I just want you to know how proud of you I am for your firefighting work these past few years. Our thought and prayers are with you always, praying for your safety and for the safety of those you fight to protect.

Love Aunty Eleanor



CHEAM FIRST NATION

Notice of Nomination Meeting

Notice is hereby given that a meeting of the electors of the **Cheam First Nation** will be held **at the Cheam Band Gym, located at 52161 Victor Drive, Rosedale, B.C. on the 24th day of October, 2023, beginning at 5:00 o'clock P.M. and lasting for at least three hours**, for the purpose of nominating a Chief and candidates for positions on the Band Council of the said Band for the next ensuing term. **FIVE (5) Councillor Positions** and **ONE (1) position for Chief** are available. **The election will be held at The Cheam Band Gym, 52161 Victor Drive, Rosedale, B. C. on December 6, 2023.**

Please note that any Elector may nominate candidates by using a mail-in nomination form. **Electors residing off-reserve may nominate or run as a candidate for the position of Chief and Council.** You can either deliver, email or mail-in written nomination forms and completed, signed and witnessed voter declaration forms to the electoral officer before the time set for the nomination meeting **OR** you may nominate candidates orally at the nomination meeting. Mailed nominations not received by the electoral officer before the time set for the nomination meeting are void. Also note that any voter may vote by mail-in ballot.

All Cheam First Nation Members, 18 years or older, are eligible to vote in the election.
Given under my hand at Delta, B.C. this 18th day of September, 2023.



Fred Schiffner
Electoral Officer
Phone number: 604-786-2512
Toll Free: 1-800-813-2173

Email: fschiffner90@gmail.com

(Please see the full Cheam First Nation Voters List at the back of this Newsletter)



Cheam CP and Allotment Law

REGULATION ADDRESSING HISTORIC CLAIMS TO AN ALLOTMENT

COMMUNITY ENGAGEMENT & CONSULTATION MEETING

PRESENTED BY: HOLLY VEAR

H. VEAR LAW CORPORATION

Background/Facts

There are a number of "grandfathered Allotments" on Cheam Reserve Lands where Council authorized certain Members to be granted Allotments but due to certain circumstances such as surveying and related issues, the Allotments were never formalized under the *Indian Act*.

Cheam First Nation has asked for advice on the legal requirements related to granting "grandfathered Allotments", which are Allotments that were authorized by Council before the *Land Code* came into effect but that were not formalized.

Members are requested to note the date of this meeting: MONDAY, OCTOBER 2, 2023 via Zoom, 7:00 pm to 8:30 pm.

If you do not have access to zoom/internet please let Madeline know at madelinej@cheamband.com or 604-745-8009.

ZOOM LINK HERE:

<https://us06web.zoom.us/j/86941514570?pwd=Gl9zZ246SvTzpx3uY1xhYLfgjki7CC.1>



Cheam Land Governance Advisory Committee CALL FOR MEMBERSHIP

Cheam First Nation is seeking committed Band Members willing to join the *Cheam Land Governance Advisory Committee*. As Cheam is under Land Code, we require input from membership on land law development and other matters that affect our Reserve Lands. The Committee has (4) seats, plus one (1) Councilor & one (1) staff member of which the term may expire in September 2025.

Role of the Cheam Land Governance Advisory Committee

The Cheam Land Committee was established under Section 6 of the *Cheam First Nation Land Code*.

Committee Established

The purpose of the Committee is to:

- (a) Advise Council and the Land Governance Director on the Cheam Reserve Land administration system;
- (b) Advise Council and Cheam staff on matters respecting Cheam Reserve Lands;
- (c) Recommend to Council Laws, Council Resolutions, policies and procedures respecting Cheam;
- (d) Subject to section 10 (Dispute Resolution), hold, or help arrange, meetings of Members and other meetings to discuss issues relating to Cheam Reserve Lands and make recommendations to Council on the resolution of such issues;
- (e) Assist in the exchange of information between Members and Council regarding Cheam Reserve Land matters;
- (f) Oversee other consultations under this Land Code and providing Council with updates; and
- (g) Perform such other duties and functions as Council may direct.

Eligibility

Any Eligible Voter, whether or not resident on Cheam Reserve Lands, is eligible to be appointed to the Committee.

Terms of Office and Vacancy

A member of the Committee will serve for two years or until that member:

- (a) Resigns in writing;
- (b) Becomes ineligible to be a Committee member;
- (c) Ceases to be an Eligible Voter;
- (d) Is removed by Council Resolution, including if this removal is recommended by other Members of the Committee (e.g., attending sessions under the influence), or if miss two (2) consecutive meetings without confirmation; or
- (e) Dies or becomes mentally incompetent.

Individuals who are successful will be selected by Cheam Chief and Council to fill the four (4) seats with honorariums provided for according to the Terms of Reference and approved budget.

Submission Process

If you are a Cheam Band Member 18 years of age or older and interested in this opportunity, you are encouraged to submit a letter expressing your knowledge, experience and interest and any information that may help with selection. The call for membership will **close on Sunday, October 22, 2023 at 4:00 p.m.** Letters can be submitted to Madeline Jimmy, Cheam Lands Officer, at the Band Office by emailing madelinej@cheamband.com or by faxing 604-794-7456.

INDIAN REGISTRATION NOW OFFERED AT CHEAM FIRST NATION!

Cheam First Nation will be providing members the opportunity to register for their CIS laminate card, SCIS enhanced card, band registration, and more.



XWCHÍYÒ:M

You will need:

- 1 Piece of government-issued photo I.D.
- 3 Photos 25mmx31mm from a photo lab.
- Your old status card if you still obtain one.

We will be accepting appointments only and issuing cards on Thursdays or as time permits. Please phone to book your appointment now. If you have any questions please reach out to Daphne, or Kelsy at the office.



DAPHNE EDWARDS (PRIMARY IRA) OR KELSY FREDETTE (SECONDARY IRA)

P: 604-794-7924 E: cheamira@cheamband.com

Starting 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 service will be available to Cheam First Nation members only. 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.

[You can find the full instruction package on the Cheam website on the news page.](#)

COMMUNITY EVENTS

Hosted by SD78, First Annual Truth and Reconciliation
Powwow

Honouring Our Survivors



When:

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

Where:

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

Who:

Master of Ceremonies-Chris Wells
Arena Director- Everette White
Host Drum- Smokey Valley Drum Group
Head Lady Dancer- Rose Greene
Head Man Dancer- Victor Xastalanexw

Specials:

Tiny Tots Special by Heaven N Earth Native Art Gallery and Cultural Studio
Mens Traditional Special Honouring Kevin Peters by The Peters Family
18+ Payout TBD
Junior Boys Special by Steven Point 1st: \$300 2nd: \$200 3rd: \$100
Teen Girls Special by Gwen Point 1st: \$400 2nd: \$300 3rd: \$200
Other Specials TBA

Residential
School Survivors
will be stood up
and honoured
prior to dinner

Drum Payout
for the first 6
drums



Contact: Caitlin.demmitt@sd78.bc.ca

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2nd Annual Orange Shirt Day Pow wow

September 29, 30, 2023

Host Drum - Wild River
MC - Chris Wells
AD - Gary Abbott

Chilliwack Secondary School - 46363 Yale Rd, Chilliwack, BC

Grand Entry
Friday 7:00pm
Saturday 1:00pm, 7:00pm
Feast Saturday 5pm

Orange Regalia Special
Men's Traditional Special
Women's Old Style Jingle Dress Special
Tiny Tot Special - Teresa Walker

Open to the Public
For more info:
Gary Abbott 604-845-5234

Vendors: First come, first serve. Over 70 spots available
100.00 for the weekend/50.00 per day per spot
set up begins at 3:00pm Friday, 10:00am Saturday
info - Marcella Sunshine 778-779-2918



**Chilliwack
School District**



Jigging
demonstration
Saturday



YOU ARE NOT FORGOTTEN

Not responsible for injury, theft or short funded travelers.

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It's time for hiking



Hiking trails guided by
Xémontalot,
Carrielynn Victor



We are excited to share details of our upcoming On the Land Series hosted by Thelá:ylexw awtxw | The House of Life Givers. Our goal with this series is to set foot on S'ólh Téméxw and to elevate the core values of Healing, Voice, Purpose & Connection. There will be hiking kits provided to participants. Limited transportation is available.

- » **Qwemí:lits**
HillKeep Trail, Chilliwack Mountain
5pm start time

AUGUST

23

- » **Qoqó:lem Park**
Vedder Mountain Hike
9am start time

SEPTEMBER

9

- » **Kw'okw'échíwel**
Dragon's Back Trail, Hope
10am start time

SEPTEMBER

16

- » **Lexwqwóm**
Chilliwack Community Forest
11am start time

SEPTEMBER

30



REGISTER NOW

🌐 <https://www.stolowomen.com/events.html>

Register now!

CARETAKING EARTHSIDE: A BIRTH WORKER COMMUNITY CONFERENCE

October 10-11, 2023

FRASER RIVER LODGE on the traditional, unceded and unsurrendered ancestral lands of the Cheam People (near Agassiz, B.C.)

Registration is open now!

Pay what you can

Sponsorship options will be available

bcaafc.com/caretaking-earthside

Thank you to everyone in the diverse and growing birth worker community. We strive to create a safe and caring space for Indigenous birth workers and the Indigenous families they care for. We invite all self-identifying Indigenous birth workers who live their daily responsibilities to their community/kin to attend. We express gratitude to all allies for respecting our space.



Truth and Reconciliation Day Event at Sardis Park with Wilma's!

Wilma's
TRANSITION SOCIETY



Join Wilma's in honor
of Truth and
Reconciliation Day
11am-3pm Saturday
Sept 30th at
Sardis Park



Plant Walk & Harvest

Saturday, October 14th 9:15am-12pm hosted by Cristal Biela

We will be meeting at the "On the Way" store, 46484 Chilliwack Lake Rd

Join Muriel Victor, Traditional Wellness Mentor, on a foraging and plant ID walk.

Expect steep terrain, boots with good tread are highly recommended!

- no shorts or open toed sandals please -

Snacks and a tea appropriate to the harvest will be provided.

Please note that the Plant Walk & Harvest will take place on Cristal Biela's property, which is quite remote and difficult to find.

As a result, we are asking that all participants meet beforehand and we will convoy up to the location as a group - car pooling is encouraged!

REGISTER TODAY! →



Questions? Email Muriel Victor,
mrvictor@chilliwackdivision.ca

XYÓLHMET YE SYÉWIQWÉLH

TAKING CARE OF OUR CHILDREN

An Invitation

Stó:lō Commemoration Ceremonies

It is with a heavy heart that we invite the people to witness a weaving of funeral and memorial ceremonies for the missing children and the unmarked graves and burials of the children who attended the St. Mary's Residential School in Mission, B.C.

- Friday September 29th, Saturday September 30th, and Sunday, October 1st, 2023
- Fraser River Heritage Park at 7494 Mary St, Mission, BC
- To learn more please visit www.xyólhmetyesyéwiqwélh.com or contact phone: 604-997-4913 email: francine@istolo.net



COMMUNITY SHRED EVENT

HOSTED BY: Seabird Island Band's Records Team & INFOshred

AVOID THE RISK OF IDENTITY-THEFT – WE CAN HELP!

DATE: Saturday, October 14, 2023

TIME: 11:00 am – 3:00 pm

LOCATION: 2895 Chowat Road, Agassiz
(Seabird Island Band Office)



Shred by Donation: Non-perishable Food Item **OR** \$2-5 per Bag/Box

WHAT CAN BE SAFELY AND SECURELY SHREDDED?



- Paper Based Documents
 - personal documents
 - letters
 - bills
 - bank statements
 - receipts,
 - etc.
- Prescription Packaging (with label)



If shredding, please enjoy complimentary light refreshments, and

ENTER YOUR NAME FOR A “SURPRISE” GRAND PRIZE DRAW VALUED OVER \$100!

(Limit of 1 entry per person)

For further information, please contact the **Records Team**
Email: records@seabirdisland.ca / **Phone:** [\(604\) 798 - 8470](tel:(604)798-8470)

THANK YOU FOR YOUR PARTICIPATION. SEE YOU THERE!



Join Us

2023 CEI AGM & COMMUNITY ENGAGEMENT DINNER



**OCTOBER 16, 2023
5:00 PM TO 8:00 PM**

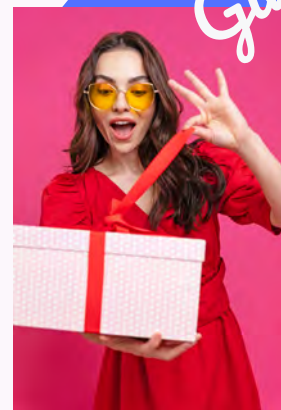


LOCATION: Multiplex gym



Our Agenda

- Welcome
- Community Dinner
- Annual Report Overview
- Community engagement
Progress report
- Financial Overview



Name of Bidder: _____

Phone number: _____

Is your catering business licensed? ☐ Yes ☐ No

Do you have a valid food-safe certificate? ☐ Yes ☐ No

Is your food-safe certificate attached? ☐ Yes ☐ No

Does your support kitchen crew have a 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 300 people?
(Luncheon and dinner) ☐ 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

Goody bags ☐ 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: ☐ Yes ☐ No

(If you need more room, please submit an additional page)

Total catering cost is: _____

Signature of bidder: _____

For assistance with completing this form, please contact Ashley Douglas at
ashley.douglas@cheamenterprises.ca

CLARENCE WILSON

2ND ANNUAL SLAHAL

MEMORIAL TOURNAMENT

OCTOBER 20-22, 2023

CHEAM Gymnasium



- Entry Fees into a 50/50
- Photography On-site
- Friday Night Open Games
- Saturday:
 - Registration 12 noon sharp (*No Exceptions*)
 - The tournament starts 3pm and finishes on Sunday



FOR MORE INFO CONTACT:

RICHARD AT 604-819-4718 OR EYSTELMEXW88@HOTMAIL.COM

MELVIN AT MELVIN_WILSON92@HOTMAIL.COM

NICOLE AT NAQUASH93@GMAIL.COM

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Chilliwack
Learning
Society

PRESENTS

A Novel Night to Remember

DOOR PRIZES | 50/50 | SILENT AUCTION

Saturday, October 28

The Coast Hotel
Chilliwack, BC

Doors Open: 5:30pm
Dinner: 6:15pm

TICKETS

Individual - \$45

Table of 8 - \$350

info@chilliwacklearning.com
or <https://bit.ly/45ltKXN> for tickets



**Come see your
favourite book
characters
come to life &
support literacy
programs in our
community**

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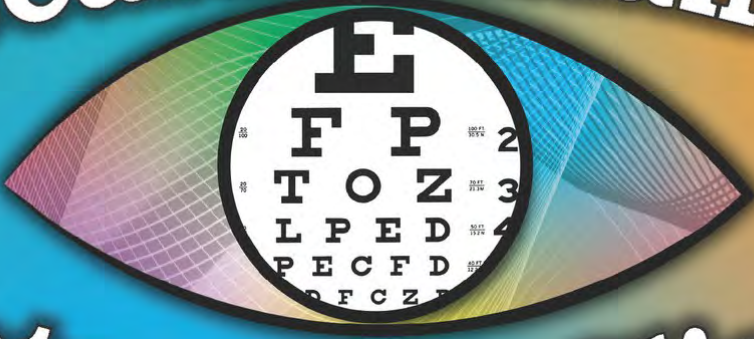


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Seabird Island Optometry Clinic



RESCHEDULED - NEW DATE

Dates:

October 12-13, 2023

Time:

9 a.m. - 6 p.m.

Place:

**Community Health
Room**

For an appointment please
contact your Community
Health Representative OR

Emma Leon, CHR

604-796-2177

- Adults eligible once every 2 years
- 0 - 18 eligible once a year
- 65+ eligible once a year

Enter through main entrance of Band Office.

- Masks are recommended, not required.
- Are you not feeling well or are sick?
(Please reschedule your appointment.)

Thank you for your understanding and cooperation.



Toxic Drug Response & Priority Populations Overdose Outreach Team

What's Happening?

The Fraser Health (FH) Overdose Outreach Team (OOT) works in allyship with individuals accessing the unregulated toxic drug supply to reduce the risk of toxic drug poisoning. OOT works with individuals to enhance wellness, personal resilience, self-determination and build knowledge to support safer navigation of or separation from the increasingly toxic drug supply.

OOT acknowledges not everyone who uses substances or experiences a toxic drug-poisoning event has a substance use disorder that requires clinical substance use services.

When Will This Happen?

OOT is currently taking referrals. Please see below for referral process.

Important Things To Know About OOT?

- Individuals are not required to alter their substance use to access OOT services.
- OOT is a multidisciplinary team comprised of peer support workers, outreach, and nurses working alongside social workers and consulting with harm reduction coordinators.
- **Target population:** Anyone \geq 19 yrs., accessing the unregulated toxic drug supply and are at risk of toxic drug poisoning.
- **Referrals:** Anyone can refer to OOT and clients can self refer. Client consent for referral is required.

For Fraser Health sites that use PARIS:

Please refer by completing and submitting a referral through the 'Substance Use Referral Form' on PARIS. Select the OOT team for the region you are making the referral to, which is determined by the client's address (i.e. if you are making a referral for Fraser East, please select *PH Overdose Outreach Team East*).

Community and Fraser Health Programs that do not use PARIS:

Please refer by one of the methods listed below:

- **Email:** oot@fraserhealth.ca please include your name, address, and best way to reach you when emailing a referral. ***Please do NOT send client identifying information via email due to privacy.***
- **Fax:** 604.930.5432 please include your name, address, and best way to reach you when faxing a referral.
- **Phone:** 236.332.4857 **Non-Emergency Intake Line Open 24 Hrs** please leave a **voicemail** or **text** message with your name and best way to reach you.

****Please note:*** referrals will be responded to within 24-48 hours (weekends/holidays may extend this time).

The OOT team is available for consultation for reducing toxic drug poisoning risk across the region.



For more information

Erin Gibson, Manager, Clinical Operations erin.gibson@fraserhealth.ca

Pamela Carr, Manager, Clinical Operations pamela.carr@fraserhealth.ca

Sherif Amara, Director, Toxic Drug Response & Priority Populations sherif.amara@fraserhealth.ca

Wellness Care Clinic

Topic Categories:

- » Birth Control support and provision
- » Routine Sexually Transmitted Infections Testing - including Chlamydia / Gonorrhea / Syphilis and HIV testing
- » Morning-After Pill (Emergency Contraception)
- » Pregnancy Tests
- » Condoms
- » Pap Tests (Cervical Cancer Screening)

November 8th, 2023

Seabird Island Band



Contact your Community Health Representative or Nurse Lisa 604-819-9658 and Nurse Ceilidh 604-798-7199 to find out more information and to book an appointment.



Seabird Island



Cheam



Skwah



Chawathil



Kwaw-kwaw-Apilt



Shxw'ōwhámél



Scowlitz



Squiala

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Book Your APPOINTMENT TODAY!

Ages
40 - 79

Mammogram Clinic

When | Nov 8th, 2023

Where | Seabird Island Band, Health parking lot

About 1 in 8 people will develop breast cancer in their lifetime. Regular screening every 2 years can detect breast cancer early, usually before it has spread. Make it part of your regular health routine.

*Early detection
SAVES lives!*



Please contact the CHR in your Community for more information, registration forms & to book your appointment.

Seabird CHR - 604-796-2177

CHR - Community Health Representative



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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





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

Gitxsan 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.

FIND US ONLINE:

24





QWÍ:QWÉLSTÓM

MEN'S RESPECTFUL RELATIONSHIPS

TUESDAYS

SEPT 12TH-NOV 14TH 2023

TIME: 1:30 PM-3:00 PM

Respectful Relationships is a 10 week Men's program. It offers information on how behavior affects our relationships.

**Gain skills to
communicate
as our Elders
would say "In
a good way"**

- **Respect**
- **Honour**
- **Connection**

**Graduation
Ceremony with
Certificate**

**TO REGISTER CALL:
HEATHER WALKER
(604) 798-3328**



FIND US ONLINE:



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM_FN

Emergency Wildfire Preparedness Checklist



Evacuation Tips

Monitor conditions and follow the advice of local officials. If ordered to evacuate, do so **IMMEDIATELY**.

| | |
|--------------------------|---|
| <input type="checkbox"/> | Review your home emergency plan with the people you live with. Visit PreparedBC.ca/EmergencyPlan for helpful tips and a fill-in-the-blank template. |
| <input type="checkbox"/> | Have your grab-and-go bag ready and stocked with food, water, battery-powered/hand-crank radio and flashlight, power bank, first aid kit and prescriptions, cash in small bills, toiletries, change of clothes and an emergency blanket. Also include a copy of your emergency plan and copies of important documents, such as insurance and emergency contact information. Don't forget a bag for your pets! Visit PreparedBC.ca/EmergencyKit for more information and a complete list of supplies. |
| <input type="checkbox"/> | Pre-register for Emergency Support Services through the BC Services Card app. Connect with friends and family who may be able to provide a place to stay if an evacuation order is issued. This will help ensure local accommodation is available for those who have no other option. Visit ESS.gov.bc.ca for more information. |



Quickly address outside surroundings

Complete a scan around the home and property and take steps to remove combustibles.

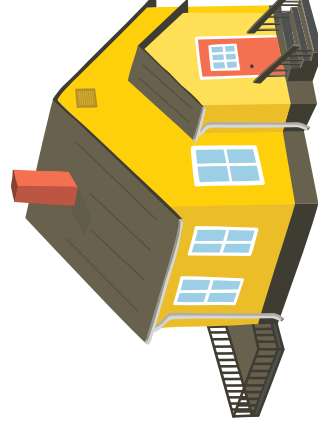
| | |
|--------------------------|--|
| <input type="checkbox"/> | Remove leaves, pine needles and other debris from your roof and gutters. |
| <input type="checkbox"/> | Mow grass within 10 metres of the house to 10 centimetres in length, or less. |
| <input type="checkbox"/> | Clear all dead plants, leaves, and weeds within 10 metres of your home. Maintain a 1.5 metre non-combustible zone around your home and deck. |
| <input type="checkbox"/> | Move combustible items that are within 10 metres of your home such as propane tanks, doormats, toys, patio furniture, cushions, decorative items, firewood, and potted plants. This includes items on or under decks. Move all combustible items into your home or garage. |
| <input type="checkbox"/> | If you have a large stationary propane tank located on your property, remove all combustible material surrounding it. |
| <input type="checkbox"/> | If you have a combustible fence that attaches to your home: <ul style="list-style-type: none"> Secure gate in an open position. Clear vegetation and debris along both sides of combustible fence lines. |



Check around the house

Check vents on roof, foundation and exterior walls to prevent embers from entering the home.

| | |
|--------------------------|---|
| <input type="checkbox"/> | Ensure all vents on the home are in good condition (i.e., are operating correctly, not damaged or poorly attached). Cover dryer vents and wall-mounted make-up air openings for furnaces with a plywood cover, or non-combustible tape. Be sure to remove tape when you return home. |
| <input type="checkbox"/> | If you store cardboard boxes and other easily ignited materials near a vent in your attic or crawl space, move them as far away as possible from vent(s). <ul style="list-style-type: none"> Another option is to place tape over vent(s) at these locations. |
| <input type="checkbox"/> | Before evacuating: Turn off air conditioning, home water, electricity and gas. Close all doors, garage doors and windows and skylights. |



Chilliwack Public Health Drop-In Immunization Clinics

No Appointments Necessary. Ages <19 years old.



Chilliwack Health Unit

45470 Menholm Rd, Chilliwack

Every Tuesday & Thursday

2:30 – 5:30 PM

Gateway for Families – Central Elementary Community School

9435 Young Rd, Chilliwack – The Family Place door

The first Wednesday of every month

10:00 AM – 3:00 PM

Booked appointments also available Monday-Sunday at the Health Unit. Please call 604-702-4900.

Story Blanket

JOIN US THIS FALL

Family Drop-in Program for children 0-6 yrs, emphasizing Indigenous teachings like the Medicine Wheel & Seven Sacred Teachings. Inclusive of parents, and caregivers. Featuring play, arts, storytelling, and elder guidance.

Supported by Fraser River Indigenous Society
AIDP/ASCD Consultants.

Mondays @ FRIS

Second Floor, 11830 223 St. Maple Ridge

10am to 11:30 am

Sept 25 - Dec 11, 2023

Tue & Wed's @ Albion Community Ctr

24165 104 Ave, Maple Ridge

11 am to 1 pm

Sept 19 - Dec 13, 2023

Fridays @ Pitt Meadows Rec Ctr

12027 Harris Rd, Pitt Meadows

10 am - 12 pm

Sept 15 - Dec 15, 2023



Fraser River Indigenous Society



604-458-0151



storyblanket@frisociety.ca



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



CULTURAL NIGHTS



**Come out & learn:
Powwow Dancing
Singing
Regalia Making
& More!**

**Every Thursday
Starting September 14
6:00 - 8:00 pm
Small gym**

46363 Yale Road, Chilliwack, BC

**CHILLIWACK SECONDARY SCHOOL
INDIGENOUS DEPARTMENT**

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)

GOV 2024

Indigenous Youth
Leadership Event

March 19-22, 2024
Victoria, BC

Take part in the largest annual
Indigenous youth event in Canada

bcaafc.com

Chance to

WIN!



HP OMEN 40L Gaming PC
(AMD Ryzen 7 5800X/1TB
SSD/16GB
RAM/GeForce RTX 3080)

Plus many more
cool prizes



Don't miss out!
Register NOW
for FREE



Stó:lo Youth

Entrepreneurship Initiative

October 14, 2023 - Seabird Island Band Office Gym

9 am - 4 pm

Join us for an Unforgettable Journey of Talks,
Workshops, and Mind-Blowing Insights! This event is for
all Indigenous youth across BC ages 16 - 29.



Exciting Door Prizes



Engaging Workshops



Captivating Speakers



Knowledge Sharing



Networking Opportunities



Seabird Island Band Office Gym, 2895 Chowat Rd, Agassiz



events.sqdc@sqewqel.ca



604-796-8055



Indigenous Youth App Development Program

**\$200
completion
incentive!**
Food & Transportation
also provided

Science Alive, from Simon Fraser University's Faculty of Applied Sciences, is teaming up with ACCESS to deliver an 8-week App Development Camp. Join us on a learning journey into the world of app creation! You will learn how to create your very own app from scratch, develop basic coding skills and learn about computer science.

WHO: Grade 8-12 Indigenous Students: Status, Non-Status, Inuit & Metis

WHEN: Tuesdays, 4pm - 6pm
October 10th - December 5th, 2023

WHERE: ACCESS Vancouver, 110-1607 E Hastings St

Actua provides training, resources and support to its national network of members located at universities and colleges across Canada in the delivery of science, technology, engineering and mathematics (STEM) education outreach programming. Each year, these members engage over 350,000 youth in 500 communities nationwide.

Please visit Actua at www.actua.ca

Enroll by October 6th, 2023

Book Your Spot Today!

604-251-7955

ACCESSFUTURES.COM

A network member of **actua**

Canada



Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island

PACIFICSPORT
FRASER VALLEY



A United Way British Columbia Hi Neighbour Initiative

STRIVE

SKATEBOARDING & LONGBOARDING



Participants are encouraged to wear orange to celebrate Truth & Reconciliation Day

Free 'Try It' Sports Event for Girls Age 5-12

SEPTEMBER 30TH
3 TIME SLOTS: 12 PM, 1PM, 2PM
ARC SKATEPARK
MCCALLUM AND OLD YALE ROAD
ABBOTSFORD

Participants must sign up in advance
Free Snacks, & Swag Bags
Coaches from REPLAY Boardshop and
LANDYACHTZ Longboards



Use QR code to register on Eventbrite
or search "Strive Skateboarding"



Questions? Contact Jasmine (Abbotsford Community Builder) at JasmineB@uwbc.ca

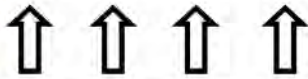
Rosedale Traditional Community School Society (RTCSS) Fall 2023

RTCSS follows all PHO in addition to the Ministry of Education Direction around communicable disease plans. Please email if you are uncertain if there are new restrictions.



Web: www.rtcss.ca

RosedaleTraditionalCommunitySchoolSociety(rtcss)



Check us out on
Facebook!

Office Hours:
Monday-Thursday 8am-5pm
Friday 10am-4pm

50850 Yale Road
Rosedale BC V0X 1X2
Phone: 604 378-0300
Email: rtcss@rtcss.ca
Fax: 604 794-7872

RTCSS Membership

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

Party Rentals

\$85 for two hours

Includes:

Multipurpose room

Kitchen

Small gym with equipment

A deposit will be required upon booking

Looking to host a large gathering, business meeting or a sports camp? We have the space for you. Contact us today for custom rentals.

All rentals are booked through email.
Please email rtcss@rtcss.ca to enquire about availability and cost.

Community Connections

Empty Nesters drop in social
Tuesdays 10:30am-12pm

A great chance to meet new friends, enjoy a game of cards, play some board games, or just hang out!

A social time for those who no longer have children at home. Enjoy a cup of tea or coffee with a goodie along with good conversation.

Starts October 3rd
Meet in the Community MP Room
FREE! FREE! FREE!

Tea and Tots

Parent/tots drop in social
Wednesdays 10am-12pm

Parents are welcome to drop in to a play-based interactive space. Meet other parents and create new relationships and healthy attachment. Our program is led by an experienced Early Childhood Educator who will create a safe, inclusive environment for all! Tea, coffee and water will be available.

Starts September 27th

"Time spent playing with children is never time wasted."
Don Lantero
Pre-registration required-FREE!



Music Lessons

All levels welcome. Lessons are once a week for 1/2 hour

Guitar:

Mondays \$23 per 1/2 hr lesson

Piano:

Wednesday/ Thursday \$19 per 1/2hr lesson

Violin: call for info



4-6 years

My Little Princess

3-5yrs

A Royal program for Princesses to get together in their princess attire to play games, have a Tea Party and make crafts, all relating to the Princess theme.

Thursdays
Oct 12-Nov 2

12:30-1:30pm
\$50



Little Artist

3-5yrs

Designed for the young artist at heart. This program will explore the world of arts and crafts through a variety of mediums.

Thursdays
November 9-30

12:00-1:30pm
\$50



Tiny Cooks

4-6yrs

For children who love to help in the kitchen. Children will work together to complete a recipe item to take home and share with mom and dad.

Tuesdays
Oct 24-Nov 14

2:15-3:15pm
\$60

Little Einstein

4-6yrs

The perfect combination of science and art. Each week children will participate in age appropriate science experiments in conjunction with an art project.

Tuesdays
Nov 21-Dec 12

2:15-3:15pm
\$60



6-12 years

Young Artist

6-9yrs

Designed for the young artist at heart. This program will explore the world of art through a variety of mediums.

Wednesdays
Nov 1-22

2:15-3:15pm
\$60

Cheerleading-Infinity Cheer Elite 6-12yrs

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

Thursdays

4:00-5:00pm
October 26-Nov 30
\$105



Chef's In Training

7-11yrs

Full hands on program. Each week students will make two dishes to take home and share with mom and dad. New recipes are shared in each session.

Tuesdays
Oct 24-Nov 14

3:30-4:30pm
\$70

Mad Scientists

7-11yrs

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

Tuesdays
Nov 21-Dec 12

3:30-4:30pm
\$70

10+ years

At Home Alone

10+yrs

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

Saturday
October 21

9:00am-1:00pm
\$40



Babysitters Training

11+yrs

Learn about your rights and responsibilities, how to care for a child and how to deal with emergency situations. You will receive a certificate at the end of this Canadian Safety Council Babysitters Course.

Saturday
Oct 28

9:00am-4:30pm
\$50

Friday Fun Zone Grades 3-5

Looking for a place to hang Friday Nights? Come with your friends and check out the many activities offered!

Fridays
6:00-8:00pm
\$3.00

Starting Sept 22nd

IMPORTANT INFORMATION

Friday Fun Zone Pre-Registration

Parents of ALL participants MUST complete a registration form with contact information before attending. Please email office for a link to online registration.

Weekly pre registration is mandatory.
Email rtcss@rtcss.ca for a registration link.

Adult Programs

Yoga

Hatha Style Yoga class using postures (asana) and stretches in combination with the breath to develop flexibility and encourage proper alignment of the body and bring balance, strength, and calmness. Hatha Yoga classes are based on the classic and ancient practices with attention to alignment and the deeper layers of yoga. Some flow of movement and core work may be included. Suitable for all levels. Bring yoga mat & water.

Tuesdays 6:30-7:30pm
Oct 3-Dec 5 \$120
Drop In \$15



Drop In Sports-\$3

Pickleball Tuesdays 6:00-8:00pm
Badminton Thursdays 7:00-9:00pm

Starts the week of September 19th

Register for programs by emailing
rtcss@rtcss.ca

Youth Night

Grades 6-8

Once a month

Special events!

HOCUS
FOCUS

Halloween Fun!
October 27th 8-10pm
Details coming soon!



EMPLOYMENT OPPORTUNITIES

WorkBC

Work BC - Aggasiz/Kent **128**

7086 Pioneer Avenue

Agassiz, BC, V0M 1A0

604-796-0266

centre-agassiz@workbc.ca

<http://workbccentre-agassiz.c>



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

Work BC - Hope **228**

895 3rd Avenue

Hope, BC, V0X 1L0

604-869-2279

centre-hope@workbc.ca

<http://workbccentre-hope.ca>

Work BC - Chilliwack **660**

200 - 45905 Yale Road

Chilliwack, BC, V2P 2M6

778-860-5452

centre-chilliwack@workbc.ca

<http://workbccentre-chilliwack.ca>



TRANSMOUNTAIN

Trans Mountain Opportunities: 13 Current Opportunities

Base Business (13 postings)

| # | Title | Location | Posting Closing Date |
|----|--|-------------|----------------------|
| 1 | Senior Administrative Assistant, Expansion Project (term role) | Calgary, AB | 4-Oct-23 |
| 2 | Security Advisor | Calgary, AB | 1-Oct-23 |
| 3 | Drafter | Calgary, AB | 28-Sep-23 |
| 4 | Emergency Response Advisor | Burnaby, BC | 28-Sep-23 |
| 5 | Senior Communications Advisor | Calgary, AB | 25-Sep-23 |
| 6 | Senior Health & Safety Advisor | Calgary, AB | 24-Sep-23 |
| 7 | Instrumentation Technician | Burnaby, BC | 23-Sep-23 |
| 8 | Instrumentation Technician | Hope, BC | 21-Sep-23 |
| 9 | Marine Interface, Supervisor | Burnaby, BC | 21-Sep-23 |
| 10 | Maintenance Administrative Assistant (term role) | Burnaby, BC | 19-Sep-23 |
| 11 | Project Manager, Regulatory | Calgary, AB | 18-Sep-23 |
| 12 | Senior Incident Investigator | Calgary, AB | 18-Sep-23 |
| 13 | Communications Coordinator | Calgary, AB | 15-Sep-23 |

<https://csi.transmountain.com/csi/isinfo/>



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

COME WORK WITH US

Apply today at fvr.d.ca/careers



Join Our Team as a Parks Technician!

Are you passionate about the great outdoors? Do you want to make a positive impact in the region while working in a beautiful natural setting? Look no further!

As a full-time Parks Technician with the FVRD, you'll play a vital role in maintaining and enhancing our regional and community parks, ensuring they remain a lush, safe haven for all to enjoy. Join us in preserving the beauty of our communities!

Ready to embark on this exciting journey with us? Visit our website, fvr.d.ca/careers, to submit your application by Oct 10, 2023.

LocalMaid.ca



spotless
sparkling clean
transformed

vibrant
pristine
fresh

LocalMaid is recruiting residential cleaners in Chilliwack and Abbotsford. Earn Minimum \$24.00/Hour + for a limited time \$1000 sign up bonus(rules apply). If you provide supplies and a vacuum your hourly rate of pay will be more. You have the flexibility to manage your own schedule. You have the flexibility to choose the neighborhoods you want to work in.

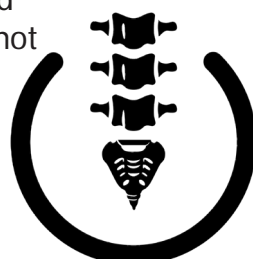
Must have your own transportation and must be able to complete and pass criminal record check. Minimum 1 year professional or related cleaning experience required.

Visit LocalMaid.ca and click on the recruitment link there to get started
or contact us at recruitment@localmaid.ca

Life and Motion Chiropractic & Wellness is looking to hire a front office receptionist for part time hours, 20-30 hours a week, at 20\$ an hour.

If you have experience working in a medical environment or have a receptionist background this could be for you! We use the Jane software app, experience using this is an asset but not a must.

Contact Lucas Pain, at 236-975-2573 or email dr.lucas@lifeandmotion.ca to discuss further.





Hope
Community
Services

Community Food Resource Coordinator

Hope Community Services is seeking a dynamic individual to join our team at the Food Resource Centre as a part-time Community Food Resource Coordinator.

The role would consist of focusing on the general day-to-day operations of the Community Food Resource Centre by assisting in already existing programs including, but not limited to Food Bank, Lunch with Bunch, Community Meal, Community Market, Greens RX program, Family Meal Kits and Adventures in Cooking.

Requirements:

- *Diploma in a related/social services field or a combination of education and related experience
- *Two years related experience
- *Current Food Safe Certification
- *Valid driver's license and a clean driver's abstract
- *Able to lift 25-50 lbs.
- *Sensitivity to working with a diverse population of volunteers & participants
- *Experience working in a physically demanding environment and within changing environment conditions
- *Good organization, time and general management skills
- *An ability to work under pressure and competing priorities
- *Team player who can work effectively as part of a team
- *Self-motivated and able to work at times with minimal supervision

This is a BCGEU union position at 24 hours a week @ \$28.32 per hour not limited to some evening and weekend work.

To apply please submit your resume and cover letter to

Robin Wells, Acting Executive Director

rwells@hopecommunityservices.com

or mail to

Hope Community Services

Box 74

Hope BC VOX 1L0



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

TRADITIONAL WELLNESS MENTOR WORKSHOP

IMMUNITY PART 1: IMMUNITY IN YOUR KITCHEN CUPBOARD

MONDAY, SEPTEMBER 25 | 1:30 - 3:30PM



Shxw'éyelhawxt Sacred Space Room
Primary Care Centre
#104 - 7955 Evans Road, Chilliwack

Community members, join us for an afternoon of learning from Muriel Victor, Traditional Wellness Mentor. Muriel will speak on immunity and remedies to aid in achieving it.

This FREE workshop will include:

- A make-and-take tea
- Door prizes
- Tools and resources

Questions?

email: mvictor@chilliwackdivision.ca

OR gkelly@chilliwackdivision.ca

**SCAN HERE TO
REGISTER TODAY!**





Specialized Employment Services for Survivors of Violence / Abuse

WorkBC LEADS is a group-based service for survivors of violence and/or abuse, offered as part of WorkBC Employment Services in Chilliwack.

In group workshops, various topics are covered to assist in **preparing for, finding and maintaining employment**, as well as health and safety. Each pathway will bring you a step closer to **enhancing wellness, increasing employability and strengthening confidence**.

Topics covered include Vision & Goals Setting, Building & Maintaining Safety, Career Research and Confidence Building, Addressing & Overcoming Impacts of Violence/Abuse, Resume and Cover Letters, and other relevant topics.

Services and Program Incentives may include*:

- Group Workshops & Employment Coaching
- Childcare Top-up Costs
- Food Cards
- Clothing Support
- Bus Transportation Costs

*Subject to funding and eligibility for WorkBC Employment Services

PATHWAY ONE:

Recognizing, Understanding and Overcoming Impact of Abuse

PATHWAY TWO:

Survivor Traits and Strengths

PATHWAY THREE:

Survivor Discoveries and Career Options

PATHWAY FOUR:

Beyond Survival

PATHWAY FIVE:

Renewing Employability Experiences

WorkBC LEADS Services in Chilliwack will be delivered through a hybrid program, with in-person sessions taking place two days a week (Tuesdays and Thursdays), and online sessions being held on Wednesdays. If you need support with accessing technology to attend the sessions, contact us and we can work with you.

The next start date is October 3, 2023. To find out more and register, contact Donna Esau at 778.860.5452 x 1226 / donna.esau@wcgservices.com

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!



Community
Futures Stó:lō

www.stolocf.ca

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

Stó:lō Community Futures will be at the Leq'á:mel First Nation Satellite Office.

Vancity

Cynthia Robinson
SCF's Program
Facilitator

Cynthia Robinson, SCF's Program Facilitator, will be at Leq'á:mel First Nation on September 28th, 2023 from 9:00 am to 10:00 pm.

She will be going over some material from the Vancity Small Business Curriculum workshop.

Stop by to learn how you can start your own business.

Address: 43101 Lougheed Hwy, Deroche, BC








Zynim

— O U T S I G H T —

Outsight Pilot Program

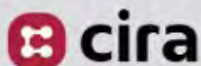
 October 18, 2023 to December 13, 2023.

 Building 10 – 1st Floor, 7201 Vedder Road

 4:30 pm to 8:00 pm

Participants can register for:

1. Learn to Code Program
2. Learn to Use AI Program
3. Startup Accelerator Program
 - a. Pre-seed Market Validation
 - b. Seed Program for Growth Foundation



Space is limited.



Stó:lō Community Futures in partnership with Zynim Inc. are happy to announce the Outsight Program.

Indigenous participants can register for either program however, the Learn to Code Program is aimed for high schoolers and the Learn to Use AI Program is aimed for entrepreneurs.

The Startup Accelerator Program Pre-seed Market Validation is for the arising entrepreneur whereas, the Seed Program for Growth Foundation is for established entrepreneurs.

To register, please contact Bridgette Hill, SCF Administrative Assistant, by phone at 604-858-0009, or by email at bhill@stolocf.ca.

FIND US ONLINE:





PRE-EMPLOYMENT HOSPITALITY WORK SKILLS TRAINING PROGRAM

SEPTEMBER 25-29, 2023
SQEMEL LALEM LODGE
HOPE, BC

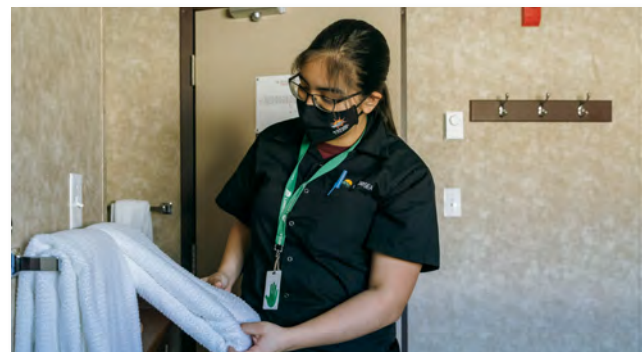
A five-day immersive program designed for Indigenous Participants interested in exploring a career in remote camp hospitality.

The Pre-Employment Skills program includes:

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

Upon program completion, participants will be job-ready and capable of pursuing future employment in LandSea or Trans Mountain camps.

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



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

For questions contact Kim:
kwestlake@landseacamps.com



LANDSEA



TRANSMOUNTAIN

FIND US ONLINE:



Canada

Sts'alo Aboriginal Skills & Employment Training is pleased to offer:

CONSTRUCTION TRAINING

OCTOBER 23—NOVEMBER 3, 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
1A 7201 Vedder Rd, Chilliwack

October 23—November 3, 2023
Monday to Friday 8:30am to 4pm

COURSE INCLUDES

- First Aid Level 1
- WHMIS
- Mini Excavator
- Traffic Control
- Skid Steer
- Confined Space
- Forklift
- 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:

 CHEAM.CA

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 @CHEAM.FN1

 @CHEAM_FN



Mentor-Apprentice Program

OPEN FOR APPLICATIONS

Deadline: October 23, 2023

Funding amounts: from \$6,500 to \$21,300 per year

MAP is a one-on-one language immersion program in the home and on the land and waters! The goal is to support the development of fluent speakers of B.C. First Nations languages.

Offering two program streams:

MAP (Up to \$21,300): offers 300 hours of immersion per year, for up to 3 years.

MAP: Connections (Up to \$6,500): offers 100 hours of immersion per year, for up to 3 years, at a flexible pace.

Program Contact

Aurora Skala, Program Coordinator

map@fpcc.ca

For more information and guidelines, visit:

fpcc.ca/MAP

fpcc.ca/grants

FIND US ONLINE:



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



Customer Service Training

Canada

October 16—20, 2023

Class Time: 8:30AM—4:30PM

Program will take place at:
5B 7201 Vedder Rd, Chilliwack

This program is open to Indigenous 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 appointment 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

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)

TUESDAY TRAINING FALL 2023

All sessions start at 11 and close at noon, unless otherwise specified.

All sessions are held at the Neighbourhood Learning Centre 46361 Yale Road

When available, Traditional Wellness Mentor Muriel Victor will do a brief teaching

- September 5 Dr. Lees – Brief introduction to solution focussed counselling
- September 12 Mary Anna Ennis – Youth Suicide Risk Assessment (11 to 12:30)
- September 19 Shannon White -- Early Psychosis Program
- September 26 Lianne Radmore- Goal Attainment
- October 3 Tracey Tantrum Aboriginal Child & Youth Mental Health Program
- October 10 Jae Yoo Child and Youth Mental Health
- October 17 Jackie Oldhaver Gender 101
- October 24 PCRS - Addiction Treatment Services in Chilliwack
- October 31 Gracie Kelly Intro to Cultural Competence with Indigenous Clients
- November 7 Catherine Drennan, Trauma and the CCI program
- November 14 Ali Bursher Making a Good Ending: The Ulysses Agreement
- November 21 Alyson King, Drumming as a Therapeutic Tool
- November 28 Rosemarie Fabijan, Adult Mental Health Program.
- December 5 Dr. Madill & Tam Shulz Eating Disorders

46361 Yale Rd, Chilliwack, BC V2P 2P8

 /chilliwackyhyc www.chilliwackyhyc.com

REGISTRATION IS OPEN



BC Aboriginal
Child Care Society

*Registration
Open!*

BCACCS Annual
Training
Conference

September 28 & 29, 2023

Online

One Day: \$40.00
Two Days: \$65.00

Register at:
[https://register.acc-
society.bc.ca/event/112](https://register.acc-society.bc.ca/event/112)

Additional Fall
Day Training

Leadership Training for Child Care
Directors, Managers,
Assistant Directors and Team Leads

October 6th

Register at:
[https://register.acc-
society.bc.ca/event/113](https://register.acc-society.bc.ca/event/113)

We are one:

Lifting Each Other Up



The BCACCS Annual Fall Conference is taking place online
September 28 & 29, 2023.

Registration is now open.

Visit our [conference webpage](https://register.acc-society.bc.ca/event/112) to find out more.

COST

One Day: \$40.00

Two Days: \$65.00

<https://www.acc-society.bc.ca/education-training-3/bcaccs-annual-provincial-training-conference/>

FIND US ONLINE:



CHEAM.CA



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



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



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

HIRING FAIR

WEDNESDAY, SEPTEMBER 6 AT 2PM

MAIN ENTRANCE (GATE 1) 33800 KING RD., ABBOTSFORD

OPENING POSITIONS INCLUDE:

- Concession Attendant • Concession Supervisor
- Server • Bartender • Concession Cooks • Steward
- Culinary Supervisor • Retail • And More!

VISIT [JOBS.CANUCKS.COM](https://jobs.canucks.com) FOR MORE INFORMATION!



Archway
Community Services

WE ARE

HIRING

MULTIPLE POSITIONS AVAILABLE

- Youth and Family Engagement Coordinator
- Immigrant Youth Worker – Ukrainian speaking
- Regional Community Food Hub Coordinator
- Food Bank Volunteer Coordinator
- Christmas Bureau Administrative Assistant
- Local Immigration Partnership Community Coordinator
- Resettlement Worker




Apply TODAY at Archway.ca/careers



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

WAREHOUSE TRAINING TBA

Canada 

If you are an Indigenous individual who:

- **Is un- or under employed**
- **Resides in SASET's catchment area**
- **Is willing to commit to a 2 week full-time program**

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
SASET Chilliwack Office
5B—7201 Vedder Rd**

**Monday to Friday
8:30am to 4pm**

COURSE INCLUDES

- First Aid
- WHMIS
- Scissor Lift
- Genie Boom Lift
- Forklift Training
- Power Pallet Jack
- Confined Space
- Fall Protection
- Scaffold & Ladder Safety
- Respiratory Protection
- 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:



CHEAM.CA



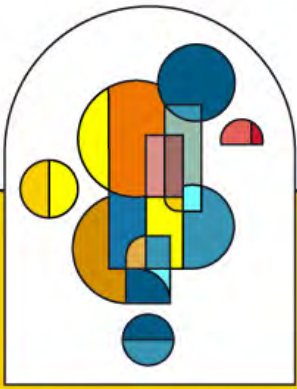
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[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



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



THE NWAC NATIONAL
APPRENTICESHIPS PROGRAM



Native Women's
Association of Canada
L'Association des
femmes autochtones
du Canada

Funded by the Government of
Canada's Apprenticeship Service

Canada

FIND A NEW CAREER



BUILDING SKILLS & CREATING OPPORTUNITIES

[Visit website for more information](#)

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 28, 2023 | October 13, 2023 |
| November 2023 | October 14, 2023 | November 1, 2023 | November 15, 2023 |
| December 2023 | November 14, 2023 | December 1, 2023 | December 15, 2023 |





CHEAM
FIRST NATION

VOTERS LIST

AS OF DECEMBER 6, 2023

***FRED. SCHIFFNER –ELECTORAL OFFICER
5245 AUGUSTA PLACE
DELTA, B.C. V4M 4E1
PHONE (604) 786-2512
TOLL FREE 1-800-813-2173
EMAIL fschiffner90@gmail.com***

CHEAM FIRST NATION VOTERS LIST AS OF DECEMBER 6, 2023

| | Surname | Given Name |
|----|---------------|-----------------------------|
| 1 | ALECK | ANNA IONA |
| 2 | ALECK | ANNIS GREGORY |
| 3 | ALECK | ARTHUR LOUIS |
| 4 | ALECK | ASHLEY LEE |
| 5 | ALECK | DAVID MURRAY |
| 6 | ALECK | DEIDRA ELAINE |
| 7 | ALECK | DEON JOSEPH |
| 8 | ALECK | JAMES MICHAEL |
| 9 | ALECK | JEFFREY RUSSELL |
| 10 | ALECK | NICOLE ANN MARIE |
| 11 | ALECK | SARAH JANE |
| 12 | ALECK | SIOBHAN BAHIIYIH CECELIA M. |
| 13 | ALECK | TANISHA KIYA |
| 14 | ALEX | ERIC BOYD |
| 15 | ALEX | ISABELLA ANNA MARIE |
| 16 | ALEXIS | DENISE ANN |
| 17 | ALEXIS | LEAH RAE |
| 18 | ALEXIS | WAYNE ZACHARY |
| 19 | ALLEN | GABRIELLE ROBIN |
| 20 | ALLEN | JASON EMMANUEL |
| 21 | ALLEN | JEREMIAH ALEXANDER |
| 22 | ALLEN | SARAH AMBER |
| 23 | ALLEN | TABITHA LOUISE |
| 24 | ALLEN | WENDLA JOY |
| 25 | ANGUS | RICHARD ALLAN |
| 26 | ARCHER | SHERRY LEAH |
| 27 | AUCLAIR | SUZANNE GEORGETTE MARIE |
| 28 | BAILIE | GORDON AARON |
| 29 | BAILIE | ISAAC MONTGOMERY |
| 30 | BAILIE | LORRAINE CAROLYN |
| 31 | BAILIE | SEAN JAMES GORDON |
| 32 | BATT | CHRISTIANNE ALICIA |
| 33 | BATT | FREDERICK SIMON |
| 34 | BATT | JOSEPH WILFRED |
| 35 | BEER | ALICIA WINTER SKY |
| 36 | BERNARD | DUSTIN NORMAN |
| 37 | BERNARD | ZACHRY JACOB |
| 38 | BIAMONTE | DARWIN MARC |
| 39 | BIRCH | JAMES JOSEPH JEREMY ZYLER |
| 40 | BIRCH DOUGLAS | ADAM RALPH BERNARD |
| 41 | BIRKENHEAD | LEVI LOGAN DAMIAN |
| 42 | BOEHRINGER | CATHY LELA |

**CHEAM FIRST NATION
VOTERS LIST AS OF
DECEMBER 6, 2023**

| | Surname | Given Name |
|----|------------------|--------------------------------|
| 43 | BOULANGER-VICTOR | ROBERT MATHIEU PHILLIPE |
| 44 | CAMPBELL | JENNIFER-LEE |
| 45 | CARPENTER | ELIAS TAY |
| 46 | CASIMIR | ELMER |
| 47 | CASIMIR | KEVIN ALVIN |
| 48 | CAWTHORNE | DEMETRIUS PAUL |
| 49 | CAWTHORNE | HOPE INGRID |
| 50 | COBON | ROBYN NAN |
| 51 | CONNAL | DANIEL JAMES |
| 52 | CONNAL | HARRY JAY |
| 53 | COOPER | VERONICA RENEE |
| 54 | COURTOREILLE | XANTANA MORNING STAR |
| 55 | CREY | AARON ERNEST JOHN |
| 56 | CREY | ARIEL AMBER LOUISA |
| 57 | CREY | ASHLEY AMBER TAMARA |
| 58 | CREY | BRUCE PETER |
| 59 | CREY | DAVID ERROL |
| 60 | CREY | ERNEST WALTER |
| 61 | CREY | FAITH ELIZABETH DESOUSA |
| 62 | CREY | HOPE TERESA DE SOUSA |
| 63 | CREY | KARRMEN LORRAINE |
| 64 | CREY | LORRAINE |
| 65 | CREY | NAOMI DAWN |
| 66 | CREY | SHERRY LOLA |
| 67 | DAN | GERALD |
| 68 | DAN | KEITH FREDRICK |
| 69 | DARGATZ | KYLE ALVIN |
| 70 | DEKRAKER | JESSICA ANN MARIE |
| 71 | DEKRAKER | PAULA |
| 72 | DELGADO | KATIE ELIZABETH |
| 73 | DELGADO | TREVOR MICHAEL |
| 74 | DESMUL | JACQUELINE ANNE |
| 75 | DESMUL | JAMES ALOYSIUS |
| 76 | DESMUL | NICOLE MARIE |
| 77 | DIRNAICHNER | STEPHANIE ELIZABETH ROSE MARIE |
| 78 | DODSON | NORA JEAN |
| 79 | DOUGLAS | AARON DAVID |
| 80 | DOUGLAS | ANGELA CHRISTINE |
| 81 | DOUGLAS | ANITA ROSE |
| 82 | DOUGLAS | ASHLEY TANIS |
| 83 | DOUGLAS | BRENDA LYNN |
| 84 | DOUGLAS | BRIAN JOE |

CHEAM FIRST NATION

VOTERS LIST AS OF

DECEMBER 6, 2023

| | Surname | Given Name |
|-----|---------|---------------------------|
| 85 | DOUGLAS | BRUCE JONATHAN JAMES |
| 86 | DOUGLAS | CALVIN AARON |
| 87 | DOUGLAS | CALVIN LEWIS |
| 88 | DOUGLAS | CAMERON |
| 89 | DOUGLAS | CHAD RAY |
| 90 | DOUGLAS | CHANTAL ELIZABETH MAE |
| 91 | DOUGLAS | CHARLES ANTHONY |
| 92 | DOUGLAS | CHARLES KIRKLAND |
| 93 | DOUGLAS | CHARLIE JR. |
| 94 | DOUGLAS | CHEMAINE CHARLOTTE |
| 95 | DOUGLAS | CHRISTINA MAY |
| 96 | DOUGLAS | CHRISTINE |
| 97 | DOUGLAS | CHRISTINE LEA |
| 98 | DOUGLAS | CONNOR DEREK |
| 99 | DOUGLAS | CRAIG CLARENCE LEE |
| 100 | DOUGLAS | CRYSTAL DIANE |
| 101 | DOUGLAS | DANYA ROSE |
| 102 | DOUGLAS | DARWIN JASON OLIVER JAMES |
| 103 | DOUGLAS | DARWIN LEE FELIX |
| 104 | DOUGLAS | DEAN JOSEPH |
| 105 | DOUGLAS | DEBRA ANN |
| 106 | DOUGLAS | DEMPSEY LOUIS |
| 107 | DOUGLAS | DEREK VINCENT |
| 108 | DOUGLAS | DOROTHY |
| 109 | DOUGLAS | DUANE KEITH WILSON |
| 110 | DOUGLAS | EDNA |
| 111 | DOUGLAS | EDNA DENISE |
| 112 | DOUGLAS | ERIC LEEROY |
| 113 | DOUGLAS | FRANCINE COLETTE |
| 114 | DOUGLAS | GENEVIEVE INEZ |
| 115 | DOUGLAS | GEORGE ROGER |
| 116 | DOUGLAS | HAYDEN ALEXANDER |
| 117 | DOUGLAS | HOLLY DAWN |
| 118 | DOUGLAS | IAN TRAVIS |
| 119 | DOUGLAS | JACK |
| 120 | DOUGLAS | JACQUELINE JO-ANNE |
| 121 | DOUGLAS | JAMES JOSEPH |
| 122 | DOUGLAS | JANICE |
| 123 | DOUGLAS | JEAN LUCILLE |
| 124 | DOUGLAS | JERMAINE DARIAN RAY |
| 125 | DOUGLAS | JUDITH DORIS |
| 126 | DOUGLAS | JUDITH ELLEN |

**CHEAM FIRST NATION
VOTERS LIST AS OF
DECEMBER 6, 2023**

| | Surname | Given Name |
|-----|-------------------|-------------------------|
| 127 | DOUGLAS | JUDITH LOUISE |
| 128 | DOUGLAS | KATRINA MARIE |
| 129 | DOUGLAS | KELLY ANN |
| 130 | DOUGLAS | KIRKLAND JOHN |
| 131 | DOUGLAS | KRISTI SARA AMELIA |
| 132 | DOUGLAS | LEVI BRANDON DAVID |
| 133 | DOUGLAS | LINCOLN JOHN |
| 134 | DOUGLAS | LISA MAY |
| 135 | DOUGLAS | LYN JASON |
| 136 | DOUGLAS | MARIAN |
| 137 | DOUGLAS | MELODIE ANN |
| 138 | DOUGLAS | MEREDITH CINDY |
| 139 | DOUGLAS | MICHEL TREVOR JOHNATHON |
| 140 | DOUGLAS | MYRON LEE |
| 141 | DOUGLAS | NASHON ISAIAH |
| 142 | DOUGLAS | RAVEN-LEE |
| 143 | DOUGLAS | RAYMOND JOHN |
| 144 | DOUGLAS | RAYN LEE |
| 145 | DOUGLAS | ROBIN LEE |
| 146 | DOUGLAS | ROSA LEE |
| 147 | DOUGLAS | SAMANTHA RAE |
| 148 | DOUGLAS | SAMUEL DAVID |
| 149 | DOUGLAS | SHAYLA DAWN MARIE |
| 150 | DOUGLAS | STADE ALBERT |
| 151 | DOUGLAS | SYDNEY TREVOR JULIAN |
| 152 | DOUGLAS | TANNER JACK |
| 153 | DOUGLAS | THERESA NORA |
| 154 | DOUGLAS | TRACY RENEE |
| 155 | DOUGLAS | VINCENT PATRICK |
| 156 | DOUGLAS | WAYNE JOHN |
| 157 | DOUGLAS | WAYNE ROBERT |
| 158 | DOUGLAS BIRCH | CAMERON STANLEY |
| 159 | DOUGLAS BIRCH | TAKODA MAKYA GEORGE |
| 160 | DOUGLAS-ARCHACKEN | CHARLIE BERNARD RAILS |
| 161 | DOUGLAS-NELSON | ZIYAH EDDY |
| 162 | DOWNING | BRUCE ALAN |
| 163 | DOWNING | PAYTON MARIE |
| 164 | DURALIA | NORIEN LOUISE |
| 165 | EDWARDS | CHARLENE GERTRUDE |
| 166 | EDWARDS | DANIEL NORMAN |
| 167 | EDWARDS | DAPHNE ALICE |
| 168 | EDWARDS | EVANGELINE JOYCE |

**CHEAM FIRST NATION
VOTERS LIST AS OF
DECEMBER 6, 2023**

| | Surname | Given Name |
|-----|----------------|------------------------|
| 169 | EDWARDS | JONATHAN LEE |
| 170 | EDWARDS | LEWIS BARTHOLOMEW |
| 171 | EDWARDS | LYLE GEORGE |
| 172 | EDWARDS | SHEENA MARIE |
| 173 | EDWARDS | WESLEY FRANCIS |
| 174 | EDWARDS | WILLIAM |
| 175 | FOLLAND | RAYMOND ALEXANDER |
| 176 | FRASER | PHILOMENA |
| 177 | FRASER | SHARA FRANCES |
| 178 | FREDETTE | KELSY EVA |
| 179 | FREDETTE | SARA ASLEY |
| 180 | FREDETTE | SHAYLYNNE MARIAH |
| 181 | FREDETTE | STEPHANIE FRAN |
| 182 | FRY | MONIQUE RENEE |
| 183 | GARDNER | MARGARET MAY |
| 184 | GIBSON | REBECCA EVE |
| 185 | GIROUX | ALEXANDER PETER |
| 186 | GIROUX | ALLAN MILES |
| 187 | GIROUX | ANTHONY CHARLES |
| 188 | GIROUX | COLLEEN CANDACE |
| 189 | GIROUX | DANICA AMBER MARTHA |
| 190 | GIROUX | DIANA LOUISE |
| 191 | GIROUX | GERMAINE |
| 192 | GIROUX | IONA GERALDINE |
| 193 | GIROUX | JOANNE MICHELLE SYLVIA |
| 194 | GIROUX | JOSEPH LEE |
| 195 | GIROUX | JULIE ANNE |
| 196 | GIROUX | JUSTIN MARCEL |
| 197 | GIROUX | KADENSE MARIE AMBER |
| 198 | GIROUX | LENA CHRISTY |
| 199 | GIROUX | LOUISE MARILYN |
| 200 | GIROUX | MARIE |
| 201 | GIROUX | MARK |
| 202 | GIROUX | MARTHA ELIZABETH |
| 203 | GIROUX | MATTHEW JOHN CLAYTON |
| 204 | GIROUX | MORGAN WILLIAM KEN |
| 205 | GIROUX | MYLES JOHN WILLIAM |
| 206 | GIROUX | NICHOLAS MILES |
| 207 | GIROUX | PAUL EDWIN |
| 208 | GIROUX | ROXANNE |
| 209 | GIROUX | SILAS WILLIAM ISIAH |
| 210 | GIROUX | STEPHANIE MERCEDES |

**CHEAM FIRST NATION
VOTERS LIST AS OF
DECEMBER 6, 2023**

| | Surname | Given Name |
|-----|------------------|--------------------------|
| 211 | GIROUX | STEWART PATRICK RAVEN |
| 212 | GIROUX | TASHA MARIE |
| 213 | GIROUX | TYRONE ODELL |
| 214 | GIROUX | WILLIAM PETE |
| 215 | GIROUX-KINSHELLA | SHELBY MALENA FRANCIS |
| 216 | GORNISIEWICZ | CHRISTINA ROSS |
| 217 | GOULET-LEO | TYRELL MICHAEL |
| 218 | GRIGG | PHILIP BARTON |
| 219 | GUNDERSON | JUSTIN OLAF |
| 220 | HAINES | ANGELA ELISE |
| 221 | HAINES | DUSTIN AARON |
| 222 | HAINES | JEREMIE DANIEL |
| 223 | HALL QUIPP | SHELDON FREDERICK |
| 224 | HANSEN | ADAM JAMES VICTOR |
| 225 | HANSEN | CODI-CURTIS TYSON DENNIS |
| 226 | HENRY | SHEA LEE |
| 227 | HERNANDEZ-CREY | KITCHE LUIS |
| 228 | HILBORN-SILVER | JESSE JAMES |
| 229 | HOURLIE | ANGELA RAE |
| 230 | HOURLIE | HARLAN KIRBY |
| 231 | HOURLIE | KEATON LEE |
| 232 | HOURLIE | KIRBY DALE |
| 233 | HOURLIE | MORGAN BRENT |
| 234 | HOURLIE | NATASHA RAE |
| 235 | HOWARD | DAWN LISA |
| 236 | HOYRUP | CHERYL ANNE |
| 237 | HUDSON | ANNA JACQUELINE |
| 238 | HUDSON | ASHAWN'TA TENNISHA MARIE |
| 239 | HUDSON | BERNADETTE MARIE |
| 240 | HUDSON | CALEB ANTHONY |
| 241 | HUDSON | DALE PATRICK |
| 242 | HUDSON | DEWEY IDRIS RASHAUD |
| 243 | HUDSON | DIANA LYNNE |
| 244 | HUDSON | FIDEL AUGUST |
| 245 | HUDSON | ISAAC DAMIAN |
| 246 | HUDSON | ISRAEL JACOB |
| 247 | HUDSON | JULIAN DOUGLAS |
| 248 | HUDSON | MICHAEL BRANDON |
| 249 | HUDSON | PAUL |
| 250 | HUDSON | PHILLIP ANTHONY |
| 251 | HUDSON | RITCHIE |
| 252 | HUDSON | ROSE WENDLA |

**CHEAM FIRST NATION
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| | Surname | Given Name |
|-----|----------------|-----------------------------|
| 253 | HUDSON | TERESA |
| 254 | HUDSON | TERESA IONE |
| 255 | HUDSON | THERESA TEIKA ANITKO |
| 256 | HUDSON | VAN NORMAN |
| 257 | HUDSON III | FIDEL AUGUST |
| 258 | INK | JASMINE RUHIYYIH MACKAY |
| 259 | JOE | JUNE BERNADETTE |
| 260 | JOHNSON | CLIFTON NEILL |
| 261 | JOLIE | RALENE KRISTEN |
| 262 | JONES | DALTON RYAN |
| 263 | JONES | SHAY LYNN |
| 264 | KELLY | ROBERT JAMES ALEXANDER |
| 265 | KILSBY | TREVOR HANS |
| 266 | KILSBY | WILLIAM JOSEPH |
| 267 | KILSBY | WILLIAM JUSTICE |
| 268 | KIMBER | JAKOB ISAAC |
| 269 | KOENIG | GAIL ELIZABETH |
| 270 | LAJEUNESSE | KELSEY DAYLE FRANCES |
| 271 | LAJEUNESSE | RAE-ANN |
| 272 | LAJEUNESSE | REID RAYMOND DOUGLAS |
| 273 | LARCHER | PAMELA |
| 274 | LAVENDER | CALEB DAVID |
| 275 | LAVENDER | JONATHAN LUCAS |
| 276 | LAVENDER | JORDAN CHEYENNE RAVEN-MARIE |
| 277 | LEE | SAGE RACIE DOUGLAS |
| 278 | LEO | CARL LYLE |
| 279 | LEO | FRANCESCA CHEY-ANNE |
| 280 | LOBO CREY | TATIANA CAMISHA LORRAINE |
| 281 | LOLKEMA | CHERYL ANN |
| 282 | LOLKEMA | LESLY ROBIN |
| 283 | LOLKEMA | MARGARET MARIE |
| 284 | LOWE | LINCOLN MICHAEL |
| 285 | LOWE | TYLER MELODIE |
| 286 | MACDONALD | MARK ANDREW |
| 287 | MALBOEUF | LLORENE TAMI |
| 288 | MALLOWAY | CHRISTOPHER ADAM LEE |
| 289 | MALLOWAY | KARMA CYNTHIA SIYAMIA AUGER |
| 290 | MALLOWAY | VINCENT JAMES LEE |
| 291 | MAUPIN | DENISE LYNN |
| 292 | MAXIE | PAULA ROBIN |
| 293 | MAXIE | SHAMIKA RENAE |
| 294 | MAXIE | TERRANCE REYMON |

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| | Surname | Given Name |
|-----|----------------|--------------------------|
| 295 | MCCLELLAND | CAITLIN MARIE |
| 296 | MCCLELLAND | MACKENZIE LYNN |
| 297 | MCCLELLAND | RHONDA MARIE |
| 298 | MCKAY | CHEY-ANNE JULIAN |
| 299 | MCKAY | JIMMIE ALEXANDER WILLIAM |
| 300 | MCKAY | SANTANA RAY JAMES |
| 301 | MILLER | BREANNA MAE MAK |
| 302 | MILNE | SAUL DAVID HALL |
| 303 | MURPHY | DENNIS BRUCE |
| 304 | MURPHY | EUGENE |
| 305 | MURPHY | HENRY ALEX |
| 306 | MURPHY | MORRIS JAMES CHARLIE |
| 307 | MURPHY | PERCY WAYNE |
| 308 | MURPHY | STEVEN HENRY |
| 309 | MURRAY | ADRIAN SKYLER WILLIAM |
| 310 | NELSON | ANDREA MICHAELE |
| 311 | NELSON | MICHELL STACEY |
| 312 | NEWMAN | CHARLES DEREK |
| 313 | NEWMAN | KODA MICHEAL |
| 314 | NEWMAN | NORAH ANNIE |
| 315 | NEWMAN | PAUL EDWARD |
| 316 | NEWMAN | VICKI ELAINE |
| 317 | NOEL | LORRAINE YVONNE |
| 318 | NOEL | MARY EVONE |
| 319 | NOEL | SARAH MARIE |
| 320 | NYBERG | ADRIENNE KATRINA |
| 321 | NYBERG | ALEXANDER HARRISON |
| 322 | NYBERG | ANNA ROSE |
| 323 | O'NEAL | NICOLE SHERICE |
| 324 | OBERST | MADISON JADE |
| 325 | OLDHAM | LINDA LOUISE |
| 326 | ONGARO | SUSANNA TERESA |
| 327 | PATTYSON | DEVON ERIC |
| 328 | PAUL | KAYLIN HAYLEY ERIN |
| 329 | PAUL | SKY-LYNN CAMILLE CASSIDY |
| 330 | PEARCE | ROSALINDE NADINE |
| 331 | PENNIER | FELICIA ANGELENE |
| 332 | PHILLIPS | ELIZABETH |
| 333 | PIKE | BILLI JO |
| 334 | PIKE | DENNY JAKE |
| 335 | PIKE | JUSTIN LUKE |
| 336 | PREST | LEANNE RENAE |

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| | Surname | Given Name |
|-----|----------------|---------------------------|
| 337 | PREST JR | JOHNATHON EARL GRANT |
| 338 | QUIPP | DALE WILLIAM ALLEN |
| 339 | QUIPP | FRANK GERARD |
| 340 | QUIPP | FREDERICK WILLIAM |
| 341 | QUIPP | HYACINTH |
| 342 | QUIPP | WILLIAM HENRY |
| 343 | RICHARDSON | RHONDA GAIL |
| 344 | RUSSELL | KIRK JOSEPH LEE |
| 345 | RYDER | BEVERLEY ANN |
| 346 | SANDERS | JESSICA DALE |
| 347 | SHAW | ALMA LORRAINE |
| 348 | SHAW | BEVERLEY ANN |
| 349 | SHAW | CHRISTINA JOAN |
| 350 | SHAW | DIONNE STARR |
| 351 | SHAW | HERMAN |
| 352 | SHAW | JESSICA HELEN |
| 353 | SHAW | LAWRENCE ANTONIO |
| 354 | SHAW | ROBERT DANIEL |
| 355 | SHAW | RONALD MATTHEW |
| 356 | SHAW | STEPHANIE MARY |
| 357 | SHAW | TINA ANN |
| 358 | SHAW-HUDSON | PATRICK JOSEPH |
| 359 | SHOCKEY | ADAM LEE |
| 360 | SHOCKEY | ALYSSA LYNN |
| 361 | SHORE | ROBERT PAUL |
| 362 | SHYVERS | ANASTASIA TERESA |
| 363 | SHYVERS | ROCHELLE HOPE |
| 364 | SILVER | DARIUS JORDAN LEE |
| 365 | SILVER | LESLEY ANN |
| 366 | SIPOS | CARLA DAYLE |
| 367 | SMITH | OLA DIANE |
| 368 | SNAKESKIN | NATHANIEL DAVID |
| 369 | STANBROOK | DEREK WILLIAM |
| 370 | STEDEL | GLEN MARVIN |
| 371 | STEPHENSON | ELEANOR LOUISE |
| 372 | STEWART | GERALD ROBERT |
| 373 | STEWART | KENNETH JAMES |
| 374 | SULKANUM | CHERISSE ELIZABETH SHANIA |
| 375 | TESSIER | AVIENDHA RAVEN ELIZABETH |
| 376 | THOMPSON | CYNTHIA CHERYL TILLY |
| 377 | TOMMY | CATANA ASHLEY |
| 378 | TOMMY | RHONDA ELLEN |

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| | Surname | Given Name |
|-----|----------------|---------------------------|
| 379 | UNRUH | GRACE HELEN MARIE |
| 380 | VAN IEPEREN | GARY |
| 381 | VAN IEPEREN | MARY AGNES |
| 382 | VARGA | ANIKO IRMA |
| 383 | VARGA | AVA LAURA LEE |
| 384 | VARGA | CHANTELLE ERIN |
| 385 | VARGA | FELICIA AVA |
| 386 | VARGA | JOHN THEODORE |
| 387 | VARGA | SHERICO LEANNE |
| 388 | VICTOR | ALEXIS LYLE |
| 389 | VICTOR | ALLISON MARY |
| 390 | VICTOR | AMELIA KATHERINE |
| 391 | VICTOR | AMELIA MIRIAM DAVINA ROSE |
| 392 | VICTOR | ANDREW CHRISTOPHER |
| 393 | VICTOR | ANGELA MARIE |
| 394 | VICTOR | ANNELYN RUBY |
| 395 | VICTOR | CARRIE LYNN |
| 396 | VICTOR | CORI SALISH AMBER |
| 397 | VICTOR | CORRINA LYNNE |
| 398 | VICTOR | DACIAN RUSSELL AVERY |
| 399 | VICTOR | DARREN EDWARD |
| 400 | VICTOR | DELLA ANNETTE |
| 401 | VICTOR | ELIZABETH LOUISE |
| 402 | VICTOR | ERNEST EUGENE |
| 403 | VICTOR | EUGENE LYLE |
| 404 | VICTOR | FELIX JR. |
| 405 | VICTOR | FLORENCE ISABELLE |
| 406 | VICTOR | FRANCES ELAINE |
| 407 | VICTOR | GABRIELLA MEGAN |
| 408 | VICTOR | GARY |
| 409 | VICTOR | GARY JOHN |
| 410 | VICTOR | GENE DUNCAN |
| 411 | VICTOR | JAMEE LEE THERESA |
| 412 | VICTOR | JASON ELLIOT |
| 413 | VICTOR | JASON PAUL |
| 414 | VICTOR | LAURIE MARIE |
| 415 | VICTOR | LAVERNE JEAN |
| 416 | VICTOR | LYDIA MARIE |
| 417 | VICTOR | LYLA JANE |
| 418 | VICTOR | MATHEW EDWARD |
| 419 | VICTOR | MELISSA ANNE |
| 420 | VICTOR | MICHAEL JOSEPH THIRD |

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| | Surname | Given Name |
|-----|----------------|----------------------------|
| 421 | VICTOR | MONICA JEAN |
| 422 | VICTOR | MURIEL VIVIAN |
| 423 | VICTOR | PATRICIA SARAH |
| 424 | VICTOR | ROMA BEATRICE |
| 425 | VICTOR | ROSE RUTH |
| 426 | VICTOR | RUSSELL |
| 427 | VICTOR | SANDRA |
| 428 | VICTOR | WINCHESTER RUSSELL FRANCIS |
| 429 | WALLER | CHASE KEITH |
| 430 | WALTON | ROSALEE ANNE |
| 431 | WARD | DIANE LOUISE |
| 432 | WELLS | BETTY-JO |
| 433 | WILLIAMS | ANGELA RENEE |
| 434 | WILLIAMS | AUSTIN ANDREW RUSSELL |
| 435 | WILLIAMS | BRIANNA ELIZABETH MARIE |
| 436 | WILLIAMS | FRANK PIERRE |
| 437 | WILLIAMS | JONATHAN DAVID |
| 438 | WILLIAMS | MICHEAL MELVIN STEPHEN |
| 439 | WILLIAMS | ROY WAYNE |
| 440 | WILLIAMS | RUSSELL ALBERT |
| 441 | WILLIAMS | TRINA ROSE |
| 442 | WILLIAMS | VIVIAN MARIE |
| 443 | WILLIAMS-PIKE | ANTERO SANTOS |
| 444 | WILSON | CLARENCE HENRY |
| 445 | WILSON | MELVIN RICHARD |
| 446 | WOOD | TODD KENNETH |
| 447 | YUNICK | BOBBY MAURICE |
| 448 | YUNICK | BRENDA LEE |