



XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: OCTOBER 6, 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:

| | |
|------------------|---|
| October 9 | Band Office Closed for Stat Holiday |
| October 10 & 24 | Cheam Regular Council Meetings |
| October 17 | Cheam Elder's Meeting & Lunch |
| October 20-22 | <u>Clarence Wilson 2nd Annual Slahal Tournament</u> |
| October 24 | Cheam First Nation Nomination Meeting 5pm |
| October 25 | Cheam Kids/Family 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 |
| November 21 | Cheam Elder's Meeting & Lunch |
| December 6 | Cheam First Nation Election |
| December 9 | Cheam Community Christmas Dinner |
| December 12 | Cheam Regular Council Meeting |

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.***



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

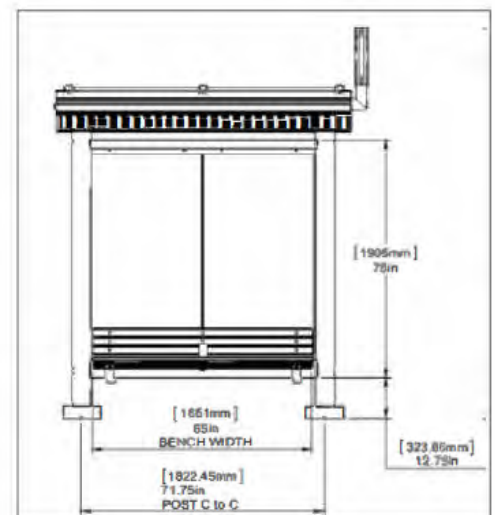
(The full Cheam First Nation Voters List can be picked up at the Band Office or viewed/downloaded on [our website.](#))

An Update from the Public Works (PW) Department

Good news stories and accomplishments from the Public Works Department in recent months:



- The PW department has applied for the minor betterment funding through MOTI. With its approval the BC transit bus shelters on HWY 9 will be replaced with lit, covered bus shelters. (see plans below)
- PW will be planning and designing land beautification from Alexis Crescent to Hwy 9 for a pedestrian trail leading to the south bus shelter.
- During a recent tragic loss in community PW employees went above and beyond helping with ambulance, coroner, bringing supplies and dismantling of a backyard pool.
- A very successful meeting was had with MOTI, McElhanney engineering firm, Chief Victor, Counsellor Stephanie and PW Manager Deidra regarding bus stop locations (see picture above). They are also looking at feasibility and designs for a lit crosswalk for Hwy 9.
- As you may have noticed, PW is working on capital asset inventory to ensure all CFN assets have up-to-date O&M.
- In recent weeks you may have noticed that the speed bumps and parking lot lines got repainted for better visibility and safety during these darkening months.
- The Peacekeeper vehicles are now under inspection and repair to prepare them for sale so that the funds can be reallocated back to Cheam First Nation. This will also free up much needed parking space.
- The Public Works manager Deidra Aleck has returned in a limited capacity will gradually return back to full-time duties, allowing the department to move ahead with bigger projects & future planning. In the mean time she will continue to work hard behind the scenes to get the department up to date in reporting, funding, and project planning.





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.



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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.](#)

ELDER & YOUTH WEAVING CLASS

Come learn the techniques and knowledge around traditional weaving in cedar & wool. Participants must commit to all three days to guarantee they can finish their project.

October 10th, 17th, 24th
from 4:00-6:00pm

With facilitator Ashley Armstrong.

- DINNER PROVIDED
- 15 SPOTS AVAILABLE
- DROP-IN FOR THOSE WHO DIDN'T FINISH THEIR PROJECT FROM THE LAST CLASS.

PLEASE SIGN UP WITH CORI VICTOR AT
CORI.UNDERWOOD@CHEAMBAND.COM
604-794-7927, OR AT HEALTH WING



Indian Residential School Survivors Society

Justice for Day Scholars released this statement on their website

www.justicefordayscholars.com

“Day Scholars Settlement Class Members can apply for an extension until **January 4, 2024** Individuals who attended Federal Indian Residential Schools as a Day Scholar have a four-month extension to apply for compensation.”

If you have any questions or would like help with your Day Scholar application please reach out to your regional Day School Coordinator:



Daniel Joe
B.C. Interior Region
phone: 250-540-4716
email: danieljoe@irsss.ca



Rhianon Teegee
B.C. Fraser-Salish Region
phone: 778-222-5963
email: rhianonteegee@irsss.ca



Leticia Racine
B.C. Northern Region
phone: 778-708-3358
email: leticia Racine@irsss.ca

COMMUNITY EVENTS

A FILM BY
BEAR IMAGE PRODUCTIONS
&
THE CHILLIWACK LOCAL IMMIGRATION PARTNERSHIP

Common Territory

INDIGENOUS AND NEWCOMER
STORIES OF BELONGING



CHILLIWACK
OCT 10

AGASSIZ
OCT 11

HOPE
OCT 18

Local independent documentary explores cultural preservation, assimilation, and connection in unceded territories. Each screening event includes a panel Q & A with guest experts.



**FREE
TICKETS
SCAN
HERE**



Funded by:



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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,
mvector@chilliwackdivision.ca



Chilliwack
Division of Family Practice
A GPSC initiative



Chilliwack &
Fraser Health Rural
PRIMARY CARE NETWORK

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.)

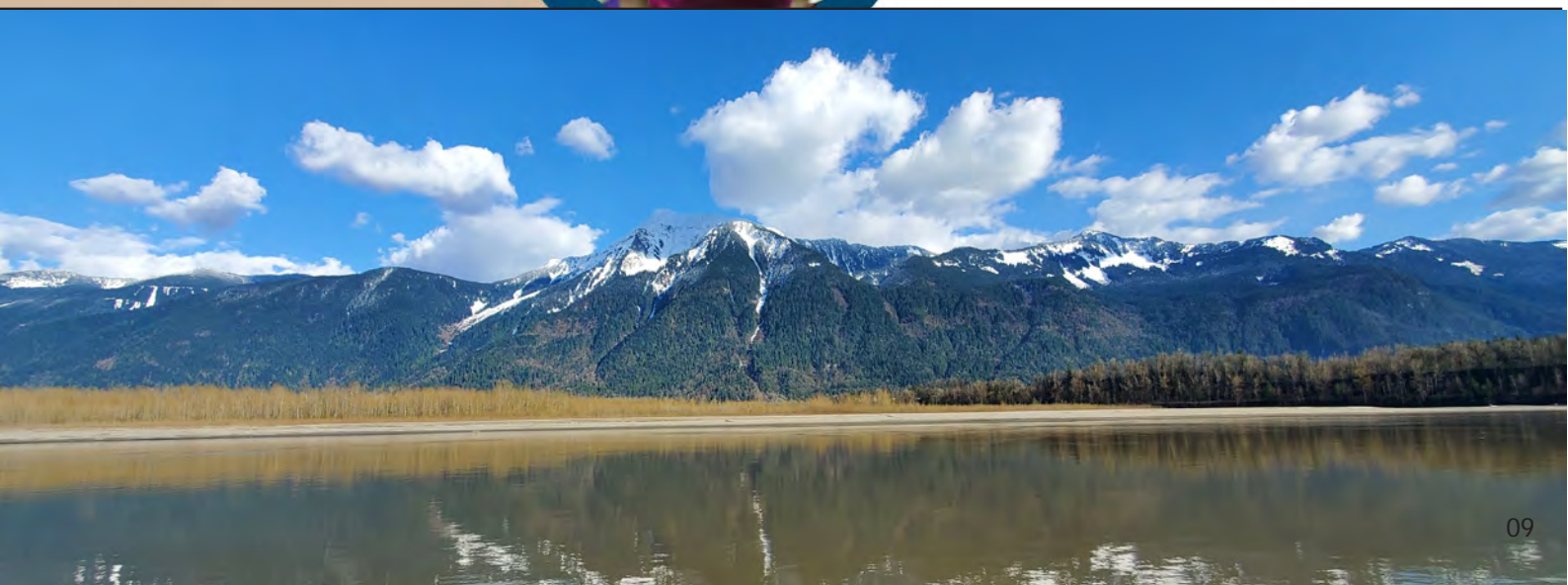
Registration is open now!

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.





Join Us

2023 CEI AGM & COMMUNITY ENGAGEMENT DINNER



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

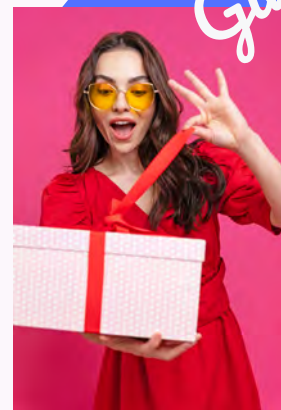


LOCATION: Multiplex gym



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 80 people?
(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

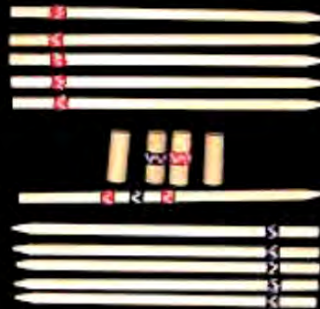
MEMORIAL TOURNAMENT

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 EYSTELEMEXW88@HOTMAIL.COM

MELVIN AT MELVIN_WILSON92@HOTMAIL.COM

NICOLE AT NAQUASH93@GMAIL.COM

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CLOTHES DRYER FIRE SAFETY TIPS

FIRE PREVENTION WEEK – October 8 - 14, 2023

DID YOU KNOW?



You are at higher risk of having a clothes dryer fire if you don't clean your lint filter and dryer vents.

Follow these simple safety tips to prevent a clothes dryer fire in your home.

- Have your dryer installed and serviced by a professional.
- Do not use the dryer without a lint filter. Clean the lint filter before and after each cycle.
- Do not forget to clean the back of the dryer where lint can build up.
- Check the venting system behind the dryer to make sure that it is not damaged, crushed, or restricted.
- Make sure that the outdoor vent covering opens when the dryer is operating.



GUTTER CLEANING

Please note that in the next 3 week the Housing Department will be cleaning the Sec 95 units, and Band Owned unit gutters. Each unit will take approximately 30-45 minutes to do the work. The workers will be using their ladders and equipment. The workers will not disrupt the household other than informing the tenants they are in the area. If you have a dog, please have the dog indoors or tied up for safety reasons. Thank you 😊

Outstanding 2023 Tenancy Agreements

52089 Old Yale Rd, 54404 Douglas Place, 2-52172 Victor Drive, 52178 Victor Drive

Tenants who do not decide to do a tenancy agreement, will by default consider their tenancy void. To avoid action, please make necessary arrangements. Social Development requires new tenancy agreement for all their clients for the new fiscal year. To avoid delay please make an appointment with the Housing Department. Thank you

UPDATES:

22 UNIT – ISC HSP APPLICATION



Housing Department has received the last item today to have the ISC Housing Support Program (HSP) which was the BCR signed by C & C. This 22-unit application provides a subsidy towards regular, health and safety and energy efficiency (new) renovations and is inclusive of building inspection costs.

The application must include a completed application form, including, but not limited to Band Council Resolution (BCR), scope of work, BC BOABC certified inspector assessments for regular renovations, contractor estimates/quotes for new builds and renovations, proof of financing from other sources, and health and safety renovations must include a First Nations Health Authority (FNHA) health assessment. Each home has had all inspections from FNHA to the Building Inspector.

Housing will now wait for the approval and will update all that has applied. 😊

13 UNIT – ISC HSP APPLICATION – FINAL INSPECTION

On Friday, Oct 13, 2023, Danny from Lalem Inspection will be going through the 13 units for final inspection. – The final inspection report must be provided for each unit. The report must be dated and signed by a qualified inspector indicating BC Building Code compliance as well as his or her qualification level. If there are any deficiencies where it cannot pass the inspection, it will be reported to have the contractor to remedy the situation. The 13 units will be delivered a notice on their time and a reminder before the actual date.

CMHC SPECIAL CONTRIBUTION



CMHC has given a Special Contribution of **\$57,000** to assist with repairs/maintenance and replacement of capital items in Phase 3. The Special Contribution funding will be provided through an agreement linked to the terms and conditions of your existing CMHC Operating Agreement(s). It is intended that this funding will be released by June 1, 2023. Cheam Housing is working or have done work on their unit with replacing a specific item such as a new roof, flooring, or heating such as heat pump.

ENERGY CONSERVATION ASSISTANCE PROGRAM (ECAP)



A CLEAResult® Company

The Energy Conservation Assistance Program (ECAP) is a free program available to First Nations communities. This program provides community members with a free home energy evaluation to help them understand their energy use, the installation of energy-saving products and advice.

Some homes may also qualify for a free ENERGY STAR® refrigerator; insulation in walls, attics and/or crawlspaces; and/or an ENERGY STAR® natural gas furnace. To qualify, the homes



must be heated by natural gas from FortisBC or electricity from FortisBC or BC Hydro.

Cheam FN had three units get new furnaces and two units received new fridge. Many units did get the energy-saving products installed in their home such as:

- LED light bulbs
- Weather stripping to reduce drafts around windows and doors
- High-efficiency showerheads
- Water-saving tap aerators
- LED night light
- Fridge and freezer thermometer



If you are interested in this program, please notify the Housing Department and we will put you on the list to have the ECAP crew come out to assess your home. Great Program 😊

HOUSING POLICY AMENDMENTS – 2023

Review and amend the following sections:

- Section 1 Introduction / Mission Statement / Glossary of Terms
- Section 2 Governance
- Section 3 General
- Section 4 Rental
- Section 5 Rent to Own
- Section 6 Renovations
- Section 7 Privately Owned Homes
- Section 8 Appeals

Add the following section under Homeownership.

- Section 9 Market Based Housing

There are 3 major revisions

- 1) Not cultivate or smoke cannabis in band owned unit***
- 2) Not permitted to do any renovations***
- 3) Comply with the Cheam Animal Control and Protection Law.***



Methodology

To provide the professional services as outlined above, Flamand Management Services will complete the project as follows:

- 1) Discuss with Cheam Housing deliverables.
- 2) Review existing Housing Policy with Housing to modify and amend to meet the needs of the community.
- 3) Add a new Market Based Housing Section under Homeownership.
- 4) Meet with Chief and Council for review and approval.
- 5) Deliver Community presentation.

Update on this is 3 major revisions and an added section under Homeownership was done to the policy. The next step is for a Community Meeting to present the revisions for discussion. After this will be then presented to Council for approval. Housing Department will be setting up a meeting within the next month and will be WELL advertised. Keep you all posted on this.

NEW HOUSING INTERN HIRED – SPONSOR CMHC.

CFN has received 20-week funding to hire an intern for Housing. Selena Mancia is working with a program Docstar which stores documents electronically and access content on-the-go and increases efficiency and speed with secure access to data from any computer or device. This enables you to find documents faster and is great for archive documents which Housing has many files.

Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.



SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.

If you need smoke detectors please call Housing!

FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire.
- ❗ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ❗ Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



**NATIONAL FIRE
PROTECTION ASSOCIATION**
The leading information and knowledge resource
on fire, electrical and related hazards

*FIRE PREVENTION WEEK
October 8 to 14*

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Heating Safety

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

BE WARM AND SAFE THIS WINTER!

- Keep anything that can burn at least three-feet (one metre) away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot (one metre) "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms at least once a month.



Heating Equipment Smarts

Install wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you **smell** gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.



FACT

Half of home heating fires are reported during the months of **December, January, and February.**



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FIRE PREVENTION WEEK.
OCTOBER 9 to 14, 2023

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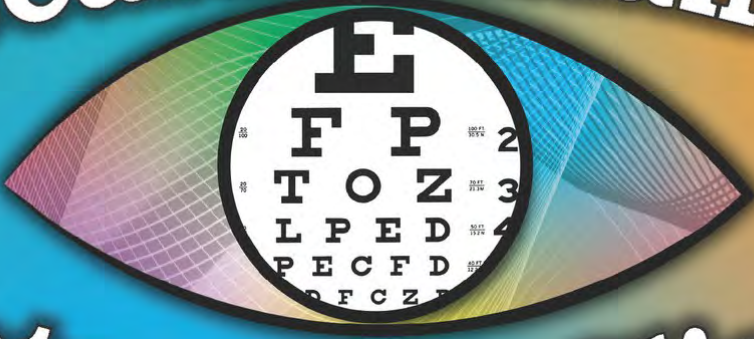


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Seabird Island Optometry Clinic



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

KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

Diabetes Self-Management Program



- ✓ Enhance daily activities
- ✓ Learn to balance activity, nutrition and medication to better manage symptoms
- ✓ Communicate effectively with your health care team
- ✓ Take action and live a healthy life!

FREE Six-Session Workshop for Adults with Diabetes

Family Members and Friends Welcome

DATES/TIME: October 10, 2023 to November 14, 2023

Tuesdays, 9:30 a.m. to 12:00 p.m.

LOCATION: Chilliwack & Fraser Health Rural Primary Care Centre
#104 7955 Evans Road, Chilliwack BC

TO REGISTER: 604-940-1273 or Toll-Free 1-866-902-3767

www.selfmanagementbc.ca



Connect with us:



@SelfManagementBC



@SMPatUVic

Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!



**University
of Victoria**

Institute on Aging
& Lifelong Health

Self-Management
British Columbia



**BRITISH
COLUMBIA**

Self-Management BC is supported by the Province of British Columbia

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KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

Chronic Pain Self-Management Program



- ✓ Understand and manage symptoms
- ✓ Deal with stress and difficult emotions
- ✓ Learn to safely maintain physical activity and improve flexibility
- ✓ Communicate effectively with your health care team

FREE Six-Session Workshop for Adults with Any Kind of Ongoing Pain

Family Members and Friends Welcome

DATES/TIME: October 12, 2023 to November 16, 2023
Thursdays, 1:30 p.m. to 4:00 p.m.

LOCATION: District of Kent Community Recreation & Cultural Centre
6660 Pioneer Avenue, Agassiz BC

TO REGISTER: 604-940-1273 or 1-866-902-3767 (toll-free)
www.selfmanagementbc.ca

Connect with us:



@SelfManagementBC



@SMPatUVic



Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!



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MODERN PHARMACY

ROSEDALE



**It's free & easy
to transfer
your
prescriptions**



Please Log on
www.modernpharmacy.ca
or

Call the Pharmacy at 778 704 0474

51296 Yale Road

Rosedale, BC V0X 1X0

Phone/WhatsApp: 778-704-0474

Fax: 236-436-2035

Email: info@modernpharmacy.ca

SERVICES OFFERED

- Pharmacist Prescribing for Minor Ailments and Contraception
www.modernpharmacy.ca
- Consultations
- Insurance Claim Processing
- Home Care Supplies
- Diabetic Supplies
- Compliance Packaging Available
- Compounding
- Supports & Braces
- Ostomy Supplies
- Vaccinations
- Free Prescription Delivery
- Medication Reviews
- Compression Stockings
- Free Flu Shots
- All types of intramuscular/subcutaneous injections except allergy serums and



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

Designed by Seabird Communications Program LPS

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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



Created by SI Communications 3022

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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.

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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**



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YOUTH HUNTING PROGRAM

Cheam First Nation will be holding a Youth Hunting program this November. This program is designed to teach 6 of our youth proper firearms technique and safety and to gain experience shooting a rifle. Following the training the youth will be chaperoned and guided by 2 highly experienced hunters and a first aid attendant on a hunting trip near Merrit.

Must be 18+ to sign up

Program activities include:

- A 2-day PAL Firearms Course.
- Firearms shooting practice at the local range.
- 4-day hunting trip near Merrit
 - (all travel, accommodations, and meals included)
- Once the group returns from the hunting trip, the kill will be sent to the butcher for processing and a ceremony will be held for the youth to gift the meat to our Elders.

If you are a youth interested in participating in this program, please contact Roseanna Bello at Roseanna.Bello@cheamband.com or 604-794-7924.

In the event the program is full and you would still like to take the PAL Firearms Course, please register with Roseanna and have the fee of \$180.00 payable to the Nation.

The deadline to register is October 15, 2023



CHEAM FAMILY HALLOWEEN PARTY

OCTOBER 25

4-7:30PM
DINNER 5PM

COSTUME PRIZES
(YOUTH - ADULTS)

YOUTH FILL OUT
AN ACTIVITY
PASSPORT TO WIN
MORE PRIZES!

- GAMES
- WIENER ROAST
- BONFIRE
- CAKE WALK
- PHOTO BOOTH
- CRAFTS/ACTIVITIES
- TRICK OR TREAT
- SAFETY BOOTH



CAKE DONATIONS NEEDED! DROP OFF DAY BEFORE OR UP TO 2PM DAY OF.
PLEASE EMAIL CORI.UNDERWOOD@CHEAMBAND.COM IF YOU CAN HELP.

/CANOE\ /CONNECT\

EXPEDITION INTO INDIGENOUS FIRE STEWARDSHIP

For Indigenous youth ages 16-30 | *no canoeing experience necessary*

Interested in learning from leading Indigenous fire practitioners and experts? Join us for a week-long canoe expedition and land-based dialogue led by Interior Salish Firekeeper and long-time fire crew lead Joe Gilchrist. We will canoe the South Thompson River, learning from elders and experts along the way, and connecting lessons to the landscape around us.

Cost: Free (including gear provided as needed)

Dates: October 18-24

Where: Squilax to Savona



JOIN US!

contact Yolanda Clatworthy:
yolanda_clatworthy@sfu.ca
250 626 7720

PARTNERS:

Interior Salish Firekeepers
Outward Bound Canada
SFU Centre for Dialogue

We are grateful to paddle through Secwépemc territory

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**

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Ages 14 - 24

Programs are 5pm-8pm

Youth Hub is open during the day



SCAN ME

For more information, contact
Finley (Youth Connections
Worker)

fb Finley c FRAFCA

phone 604-319-3879

email

finley.macalpine@fracfa.org

Youth Hub Location:

14727 108 Ave #205

2023 . OCTOBER



| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|--------------------------------------|-----------------------------------|---------------------|--|--|-----|
| 1 | 2 FRAFCA OFFICES CLOSED | 3 FRAFCA YouthHub CLOSED | 4 Culture Night | 5 Life Skills Resume/job readiness | 6 | 7 |
| 8 | 9 Thanksgiving Holiday | 10 Healing Through Art | 11 Culture Night | 12 Life Skills Gratitude | 13 Powwow Practice | 14 |
| 15 | 16 Youth Night Halloween decor | 17 Healing Through Art | 18 Culture Night | 19 Life Skills Drop in/ your choosing | 20 *°☆ Fright Night *°☆ RSVP filled | 21 |
| 22 | 23 Youth Night Beading | 24 Healing Through Art | 25 Culture Night | 26 Life skills | 27 (no powwow practice) | 28 |
| 29 | 30 Halloween party 🎃👻🍷🍂🕷️ | 31 Healing Through Art | 1 Culture Night | 2 Life skills | 3 | 4 |

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



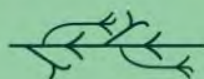
604-796-8055



ARE YOU A **FIRST NATION, METIS, OR INUIT** YOUTH (AGES 18 TO 29) LIVING IN CANADA? WE WANT TO HEAR FROM **YOU!**

Canadian Roots Exchange (CRE) is launching a coast-to-coast-to-coast survey that seeks to better understand how Indigenous youth envision their own **empowerment** and **futures**.

To learn more about this research project visit www.canadianroots.ca



Take the survey!

\$50 honorarium will be given to the first **1000 Indigenous youth** who fill out the survey!

canadianroots.ca/indigenous-youth-reconciliation-barometer-2-0/

Survey closes **December 31, 2023**



INDIGENOUS YOUTH RECONCILIATION BAROMETER 2.0 SURVEY

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



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[@CHEAM_FN](https://twitter.com/CHEAM_FN) 39

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.



Funding Acknowledgement

This venture has been made possible due to a partnership between School District #33 and the City of Chilliwack. RTCSS would like to gratefully acknowledge funding received by the City of Chilliwack.

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

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

POCUS

Halloween Fun!

October 27th 8-10pm

Details coming soon!



A:Imelhawtxw Head Start Program



Play



Explore



Learn

We offer programming for Indigenous Families and their children ages 0-5 years old. Caregivers and expectant parents are always welcome. We provide early learning services such as: Preschool, family program, circle time, storytelling, arts and crafts, social networking, guest speakers, parent workshops, outdoor and gym time.



**PLEASE CALL
FOR MORE
INFORMATION
604-824-6505**

**Every Tuesday & Thursday
9am-12:00am
When: Programming Starting
October 3/2023
Where: Stó:lō Service Agency
Building #9 - 7201 Vedder Rd**

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

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>



Trans Mountain Opportunities: 16 current opportunities:

Base Business (16 postings)

| # | Title | Location | Posting Closing Date |
|----|--|-------------|----------------------|
| 1 | Account Analyst | Calgary, AB | 18-Oct-23 |
| 2 | Manager, Business Solutions | Calgary, AB | 17-Oct-23 |
| 3 | Compliance Advisor | Calgary, AB | 12-Oct-23 |
| 4 | Manager, Internal Communication | Calgary, AB | 11-Oct-23 |
| 5 | Emergency Management Co-Op Student (8-month term) | Calgary, AB | 9-Oct-23 |
| 6 | Project Engineering (Electrical) Co-Op Student (12-month term) | Calgary, AB | 9-Oct-23 |
| 7 | Regulatory Co-Op Student (12-month term) | Calgary, AB | 9-Oct-23 |
| 8 | Finance Co-op Student (12-month term) | Calgary, AB | 9-Oct-23 |
| 9 | Shipper Services Co-op Student (12-month term) | Calgary, AB | 9-Oct-23 |
| 10 | Pipeline Engineering Co-Op Student (12-month term) | Calgary, AB | 9-Oct-23 |
| 11 | Environment Co-Op Student (8-month term) | Calgary, AB | 9-Oct-23 |
| 12 | Compliance Co-Op Student (12-month term) | Calgary, AB | 9-Oct-23 |
| 13 | Senior Administrative Assistant, Expansion Project (term role) | Calgary, AB | 4-Oct-23 |
| 14 | Security Advisor | Calgary, AB | 1-Oct-23 |
| 15 | Project Manager, Regulatory | Calgary, AB | 30-Sep-23 |
| 16 | Drafter | Calgary, AB | 29-Sep-23 |

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

| | |
|---|---------------------------------------|
| Job Title: Home Support Worker/Care Aide | |
| Department: Health & Social Development | Effective Date: September 2023 |

Position Summary:

The Home Support Worker's primary goals are to improve the quality of life of the Cheam First Nation community/s members by assisting them to make healthier lifestyle choices; promote client dignity, independence, comfort, mobility, personal appearance, and safety; and to provide support to the Community Health Nurse (CHN) and /or Home and Community Care (HCC) nurse. These goals are to be achieved by using the professional public health knowledge and skills within the Medicine Wheel practice model.

Specific Responsibilities:

- Assist clients with activities of daily living such as bathing, skin care, toileting and transfers of functions as delegated by the nurse.
- Assist with the administering of medications for clients in accordance with the transfer of functions by the HCC nurse.
- Plans, shop, prepare and serve meals for individual clients as well as the Meals on Wheel (MOW) program.
- Performs housekeeping tasks which include vacuuming, mopping floors, cleaning bathrooms and laundry.
- Observes and reports any behavioral, physical, and /or cognitive changes in a client, as well as any unsafe conditions to the HCC Supervisor.
- Provides information to clients regarding meal planning and preparation, grocery shopping and housekeeping tasks in accordance with the pre-established care plan (in home folders).
- Completes related documentation such as in home client folders.
- Accompanies clients on outings such as appointments and shopping.
- Provide family support to the group home as scheduled.
- Attends all scheduled staff meetings, case conferences and trainings.
- Make referrals to appropriate programs and services.
- Attends family case conference as requested by Health Supervisor and community members.
- Performs other related duties as assigned.
- Adhere to the Cheam First Nation personnel policies and procedures and be familiar with Cheam First Nation policies/procedures.
- Sign and maintain strict oath of confidentiality.

Shared Responsibilities:

- Participate in case conferences as directed by the Manager.

Cheam First Nation 09/22/2023



- Advocate for Cheam First Nation members' and community members' rights and entitlements.
- Participate in community activities and functions as requested by the Cheam First Nation Chief and Council.

Qualifications:

- Completion of Home Support Worker training and/or Home Care Aide Program.
- Experience working in a First Nation community or rural setting.
- Knowledge of Cheam First Nation community/s, Sto:lo culture, tradition and language an asset.
- Ability to balance competing priorities and to work under pressure.
- Flexibility and creativity.
- Excellent verbal, written and listening skills.
- High professional ethical standards.
- Respect for Cheam First Nation rights and entitlements.
- Driver's License
- Reliable transportation

Standards Of Service:

- Maintain confidentiality of professionally acquired information.
- Provide prompt, respectful service in a non-judgmental manner.
- Provide services fairly, equitably, and unbiased, according to existing policies and procedures.
- Be accessible, accountable, and responsive to community members.
- Present themselves professionally in the workplace when conducting business for the Cheam First Nation, always keeping in mind they represent the Cheam First Nation in the way they conduct themselves.

Accountability:

The Home Support Worker/Care Aide will have direct professional supervision and support provided by the Health Manager.

Candidates will be screened according to the qualifications/requirements. Interested candidates are required to submit a resume. Please include the position title on the subject line. Send to: Cheam First Nation

52161 Victor Drive
Rosedale BC V0X 1X1
Email: hr@cheamband.com

SENIOR PROJECTS COORDINATOR
LIMITED CASUAL PART-TIME
(CONTRACT)



Located in the eastern Fraser Valley, the communities of Cheam First Nation, District of Kent, Sq'ewlets First Nation, Seabird Island Band, Stó:lō Tribal Council, Sts'ailes First Nation, and the Village of Harrison Hot Springs are parties to a Memorandum of Understanding (MOU) on Cooperation and Communication. The parties meet quarterly to discuss concerns and projects of mutual interest.

An exciting opportunity is available for an individual who possesses advanced skills and knowledge of the functions and objectives of Boards and/or Committees. The Senior Projects Coordinator plays an integral role by providing confidential, senior level administrative, protocol and communications support functions.

The successful candidate is an experienced administrative professional with the ability to coordinate all aspects of meetings, which includes but is not limited to maintaining contact lists; liaising with a rotation of host communities; preparing agendas and completing detailed minutes in Microsoft Word, SharePoint and PDF. Your work style is organized and detail-oriented with a commitment to accuracy and consistency. In addition, this position must be able to work independently and to complete follow-up items from the meetings.

The incumbent must be able to demonstrate his/her ability to establish and maintain a high level of tact, diplomacy, and confidentiality in interacting with elected officials, staff, and the public.

Preference will be given to candidates with a minimum of five years direct local or first nation's government experience along with post-secondary education in public administration or an undergraduate degree in a related discipline. Hours of work are limited casual part-time and may vary based upon the meeting schedule. Pay for this position ranges from \$33.00 to \$38.00 per hour depending on experience.

Questions regarding this opportunity may be directed to Ms. Clair Lee, Director of Corporate Services, District of Kent, at 604-796-2235.

Please submit your application in confidence to:

Mr. Alan Lucas, Director of Human Resources / Occupational Safety
District of Kent
P.O. Box 70, 7170 Cheam Avenue
Agassiz, B.C., V0M 1A0
Fax: 604-796-8516
Email: jobs@kentbc.ca

The closing date for this position is **Friday, October 13, 2023 at 4:00 p.m. PST** or remains open until filled.

Preferred candidates will be required to successfully complete a police information check and to provide a recent driver's license abstract.

We would like to thank all applicants for their interest; however, only those selected for an interview will be contacted.



Stó:lō Service Agency - Human Resource Office

Building #8-7201 Vedder Road
Chilliwack, BC V2R 4G5

September 25, 2023

OPERATIONS ASSISTANT (EXTERNAL)

Stó:lō Service Agency (SSA) requires the services of a qualified Heritage Stewardship and Archaeology Unit **Operations Assistant** to fill a vacancy within the **Stó:lō Research and Resource Management Centre (SRRMC) Department**.

The Heritage Stewardship and Archaeology Unit **Operations Assistant** within the SRRMC will assist all day-to-day operations. The position's Key Result Areas (KRAs) are the following operations support, including:

- Monitor safety email
- Manage maintenance of safety equipment & vehicles
- Oversee Unit's Occupational Health & Safety Program
- Invoicing and permit applications
- Scheduling field work and tracking employee hours
- Maintenance & development of MS Access databases
- Preparing summary reports
- Maintain Unit's administration-related files and information
- Performance of other tasks as assigned & as so directed by the Unit Manager

This position will report to the SRRMC Heritage Stewardship and Archaeology Manager. The successful candidate will work out of the Central (Chilliwack) Office.

QUALIFICATIONS/REQUIREMENTS:

- Post-Secondary education with courses in office administration/ management and related courses.
- Actual experience (minimum of 3 years) in any or all tasks cited in the specific duties and responsibilities.
- Necessary computer skills (MS EXCEL/ MS OFFICE/ MS ACCESS) supplemented by an aptitude for detailed work, ability to follow instructions, and possession of basic analytical skills.
- Must be highly organized, flexible, and adaptable in a fast-paced office environment.
- Must be able to keep a good recording system.
- Must have the ability to work independently and with minimum supervision and within a team environment.
- Excellent verbal and written communication skills and proven ability to establish rapport with people of all educational and occupational backgrounds.
- Ability to maintain a healthy working relationship with staff, community representatives/members and representatives of other organizations. Including collaboration with other SSA programs and staff as required.
- Maintain confidentiality guidelines of all records, materials and communications concerning clients, staff and SSA.

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

- Proof of education documentation.
- References: The names, phone numbers, and email addresses of three references (e.g., recent supervisors/managers).
- Must possess and maintain a valid Class 5 BC Drivers' License.
- Must successfully pass the required pre-employment Ministry of Public Safety and Solicitor General Check.
- Must be fully vaccinated for Coronavirus/Covid-19 with a Federally approved vaccine.

SALARY RANGE:

\$20 - \$25 per hour, commensurate with qualifications/experience.

TYPE OF POSITION:

Full-time with benefits, subject to 3-month probationary period.

APPLICATIONS DEADLINE:

4:00 PM, Friday October 27, 2023

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

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



PROJECT ARCHAEOLOGIST
(EXTERNAL)

Stó:lō Service Agency (SSA) requires the services of a qualified **Project Archaeologist** to fill a **Full-Time Position** with the **Stó:lō Research & Resource Management Centre (SRRMC)**. Pursuant to section 41 of the BC Human Rights Code, preference may be given to applicants of Aboriginal ancestry. Please self-identify on your cover letter or resume.

The Project Archaeologist will manage and conduct archaeological projects within S'óelh Téméxw - Stó:lō Traditional Territory, assist with the administration of the Stó:lō Heritage Policy, be involved in cross-cultural awareness initiatives, conduct research, and maintain databases.

This position reports to the Heritage Stewardship Manager. The successful candidate will work out of the Central (Chilliwack) office. Some travel may be required for this position.

QUALIFICATIONS/REQUIREMENTS:

- Minimum Bachelor's degree in Archaeology or Anthropology (with a focus in Archaeology).
- Field Director and Permit Holder status.
- Drug and alcohol testing required for specific projects.
- Strong organizational skills and a team player with a strong background and demonstrated skills in communications.
- Familiarity and understanding of Stó:lō and/or other First Nations' culture, traditions and history, a commitment to learning more about Stó:lō culture and history is essential.
- Knowledge of federal, provincial, and local governance policies/legislation related to heritage and First Nations.
- Knowledge of the Stó:lō Heritage Policy.
- Excellent physical health and physically fit for surveying in rough terrain, shovel testing, and excavation.
- Have proven ability to work on a variety of Windows computer programs including MS Word, Excel and Access.
- Familiarity with GIS is an asset.
- Should have Level One First Aid training.
- Comfortable with working independently and in a collaborative team environment.
- Ability to work under pressure and in an effective manner.
- Ability to maintain a healthy working relationship with staff, community representatives/members and representatives of other organizations.
- Must maintain the confidentiality guidelines of all records, materials and communications concerning clients, staff and SSA.
- Field experience with off-road vehicles is an asset.
- Belonging curation skills is an asset.

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

- Proof of education documentation
- References: Three names, emails and phone numbers of recent supervisors
- Must possess and maintain a valid Class 5 BC Drivers' License
- Must successfully pass the required pre-employment Criminal records Check
- SSA has implemented a mandatory COVID-19 vaccination policy, requiring all staff to be fully vaccinated

SALARY RANGE:

\$30.00 - \$40.00/hour dependent upon qualifications and experience

TYPE OF POSITION:

Full-time with a 3-month probationary period and planned performance evaluations.

APPLICATIONS DEADLINE:

Open Until 4pm, November 30, 2023

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

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



Rosedale Traditional Community School Society

Job Title

Responsible Adult-Part Time

Hours

Shift-Monday thru Friday (flexible)
Time-1:30-6 (flexible)

Job Summary

Is responsible for the care, supervision and management of a group of school aged children (5-11 yrs of age).

Key Duties and Responsibilities

1. Develop, implement and evaluate program.
2. Engage with participants to promote physical, cognitive, emotional and social skills.
3. Provide a balanced program, allowing quite time for children to complete homework, or to do independent reading.
4. Provide a healthy snack.
5. Maintains records for legislative and regulatory purposes, report problems or concerns to Childcare Center manager.
6. Keeps program facilities and equipment safe and clean, reporting any repairs and concerns to Child care Center manager.
7. Forms collaborative partnerships with families.
8. Performs other related duties as required.

Qualifications

Education-Grade 12, plus have completed a course, or a combination of workshops/courses of at least 20 hours in child development, guidance, health, safety and nutrition.

Experience-Minimum two years of demonstrated proficiency in child care setting

Please email enquiries/resumes to rtcss@rtcss.ca.

Posting open until filled



Rosedale Traditional Community
School Society (RTCSS)
50850 Yale Road
Phone: 604 378-0300
Email: rtcss@rtcss.ca
Rosedale BC V0X 1X2
Fax: 604 794-7872
Web: www.rtcss.ca





SASET Outreach Services **on-site at Cheam First Nation** **Every Friday from 9:30am to 3:00pm**

Who are we?

We provide Indigenous Employment and Training Services to First Nation working age population in the Fraser Valley Catchment area.

Who do we serve?

If you are an Indigenous person and are either the following:

- Is un-under employed
- Student
- Employed but unable to meeting basic living requirements
- Resides in SASET's catchment area (Langley to Boston Bar and throughout the Fraser Valley; or with 3 communities in the Head of the Lakes)

Outreach Employment Services:

Employment and Career Counselling
Resumes and Cover Letters
Education and training information
Computer with internet access
Job postings
Employment Readiness
Career Planning/Decision Making
Labour Market Information

Scholarships, Grants and Bursary information
Job Search assistance
Applying online
Employability workshops
Basic Computer Skills Workshops
And much more

Lucinda Louie, Employment Counsellor

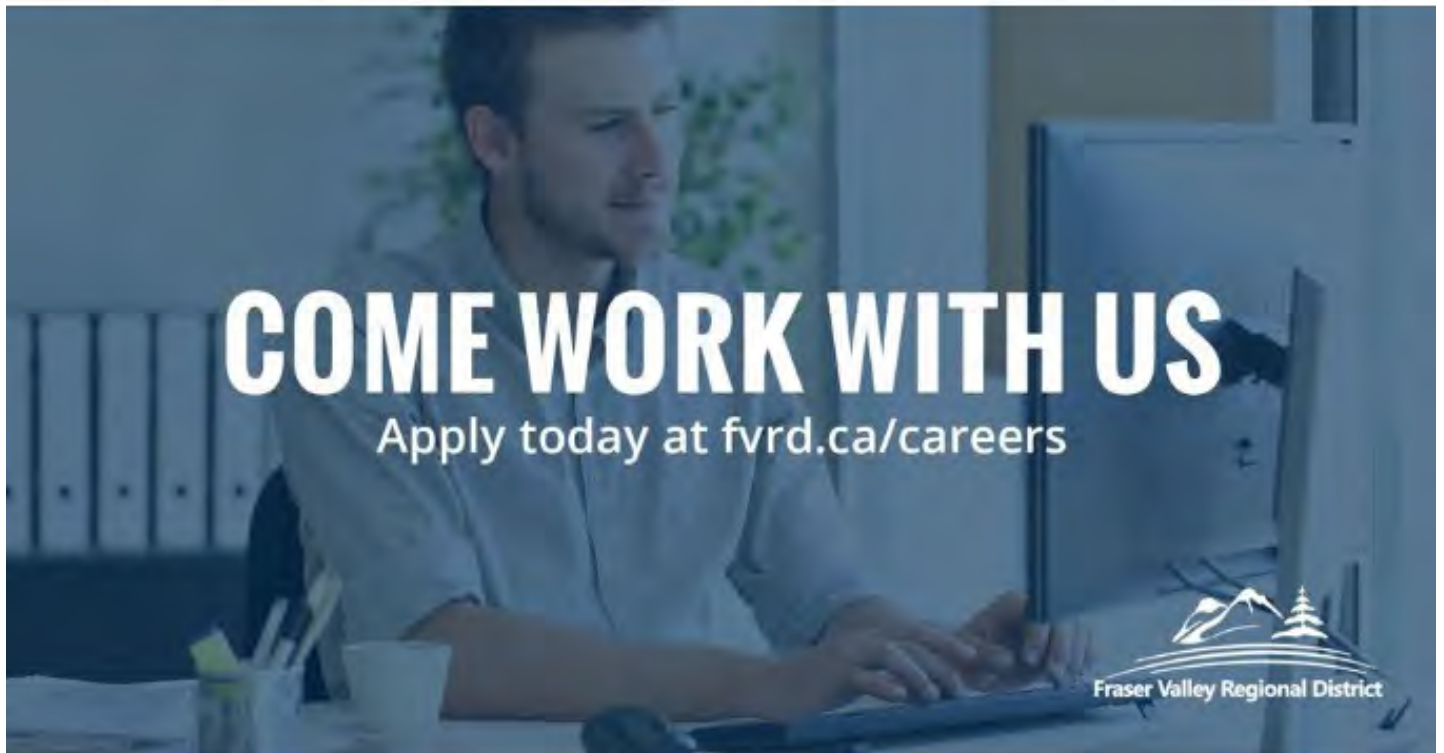
Phone or text: 778-684-1464 or email: Lucinda.Louie@saset.ca

Or email: info@saset.ca

See our website for more information at www.saset.ca



We're hiring! Our Integrated Planning & Engagement Department is looking for a Planning Technician to join their team. Apply here: www.fvrd.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, fvrd.ca/careers, to submit your application by Oct 10, 2023.



EMIL ANDERSON

MAINTENANCE | FRASER VALLEY

DOOR
PRIZES!

Emil Anderson's Winter Maintenance 'Winterizing' Career Fair on **October 14th**

Winter Road Maintenance Operators

- Seasonal full-time and part-time
- Overtime opportunities
- On-site Training
- Set Shifts

Requirements

- Safety conscious
- Valid Class 3 license w/air or higher
- Verifiable snowplow experience an asset
- Ability to work outdoors in all weather conditions

Join us! **Saturday, October 14th at 51160 Sache St, Rosedale from 12 pm - 3 pm.** Bring your family and enjoy a BBQ while discovering exciting careers in winter maintenance. Don't miss this chance to connect with industry professionals and kickstart your career! Apply on the spot and take the first step towards a rewarding opportunity within the maintenance industry. For more information visit our website at <https://emilanderson.ca/careers>.



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JOIN OUR TEAM



GET PAID TO LOVE CARS

Now hiring Service Technicians.

Mr Lube offers a fun work environment, competitive wages and the best paid training and advancement program in the industry.

Role consists of:

- 70% customer service
- 30% mechanical duties

Be a big part of the reason our customers keep coming back!

Email resume to:
dave@mrlubechilliwack.com

45922 Yale Road West, Chilliwack, BC

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We Are Hiring Casual Instructors



We are seeking instructors for our very popular children's programs.
2 - 4 hours per day, 2 - 3 days per week.

This position pays \$18 hr plus vacation pay.

You must be able to pass a criminal record check,
and obtain first aid training prior to your first day.

Candidates must have experience working with children,
including those with diverse needs,
and excel at classroom management.

You **MUST** be skilled in at least one of the following areas;
art, sports, or cooking.

The ideal candidate has Food Safe and
cooking experience as children's cooking
is our most popular programing.

Instructors are scheduled for 4 - 6 week blocks,
no stats.



CLCSACUTUSLAKE@GMAIL.COM



Training Provided

Must have a vehicle

Great Wages

Must be hard working

Monthly Bonuses

**Must be available
Evening & Weekends**

Flexible Hours

**Must be able to work well
with others and alone**



FULL THROTTLE CLEANING
Residential and Commercial Services

Send Resume to

victoria@fullthrottlecleaning.com

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



ELECTRICAL JOINT
TRAINING COMMITTEE

Canada



Info session: E-Comm 9-1-1

E-Comm 9-1-1
Helping to Save Lives and Protect Property

What does it take to be
a 9-1-1 operator?

Join E-Comm 9-1-1 and ACCESS for an info session outlining the steps, application and education needed to work as a 9-1-1 operator in the lower mainland.

Friday, November 10th, 2023 at 10am

Email now to sign up!

smecas@accessfutures.com

Canada

*This session is for all Indigenous peoples:
status, non-status, Métis and Inuit.*

WWW.ACCESSFUTURES.COM

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BladeRunners

Work in Construction!

2-week Fully Funded entry-level construction training for Youth 18-30 with a valid SIN.

Guaranteed Job

- **\$200** in employment bonuses
- **\$100** food vouchers when you start a new job
- **\$775** in workgear and tools
- Hot breakfast and lunch everyday during training

NEXT PROGRAM RUNS:

October 10 - 20, 2023

GET IN TOUCH WITH US TODAY!



604-688-9116



bladerunners@accessfutures.com



www.facebook.com/BladerunnersVancouver

Office Hours: Monday - Friday, 8:30 am - 4 pm

Canada



Funding provided by the Government of Canada through the Canada-British Columbia Job Fund.

FIND US ONLINE:

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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



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



Canada

Sto:lo 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:



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:



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**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:

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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

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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:

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Social Assistance Cheque Schedule 2023

| Cheque | Renewals Due By: | Ck. Release Date | Mid-Month 2 |
|----------------|--------------------|--------------------|--------------------|
| January 2023 | December 15, 2022 | December 21, 2022 | January 14, 2023 |
| February 2023 | January 14, 2023 | February 1, 2023 | February 15, 2023 |
| March 2023 | February 15, 2023 | March 1, 2023 | March 15, 2023 |
| April 2023 | March 15, 2023 | March 31, 2023 | April 14, 2023 |
| May 2023 | April 14, 2023 | May 1, 2023 | May 15, 2023 |
| June 2023 | May 13, 2023 | June 1, 2023 | June 15, 2023 |
| July 2023 | June 15, 2023 | June 30, 2023 | July 14, 2023 |
| August 2023 | July 15, 2023 | August 1, 2023 | August 15, 2023 |
| September 2023 | August 15, 2023 | September 1, 2023 | September 15, 2023 |
| October 2023 | September 15, 2023 | September 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 |

