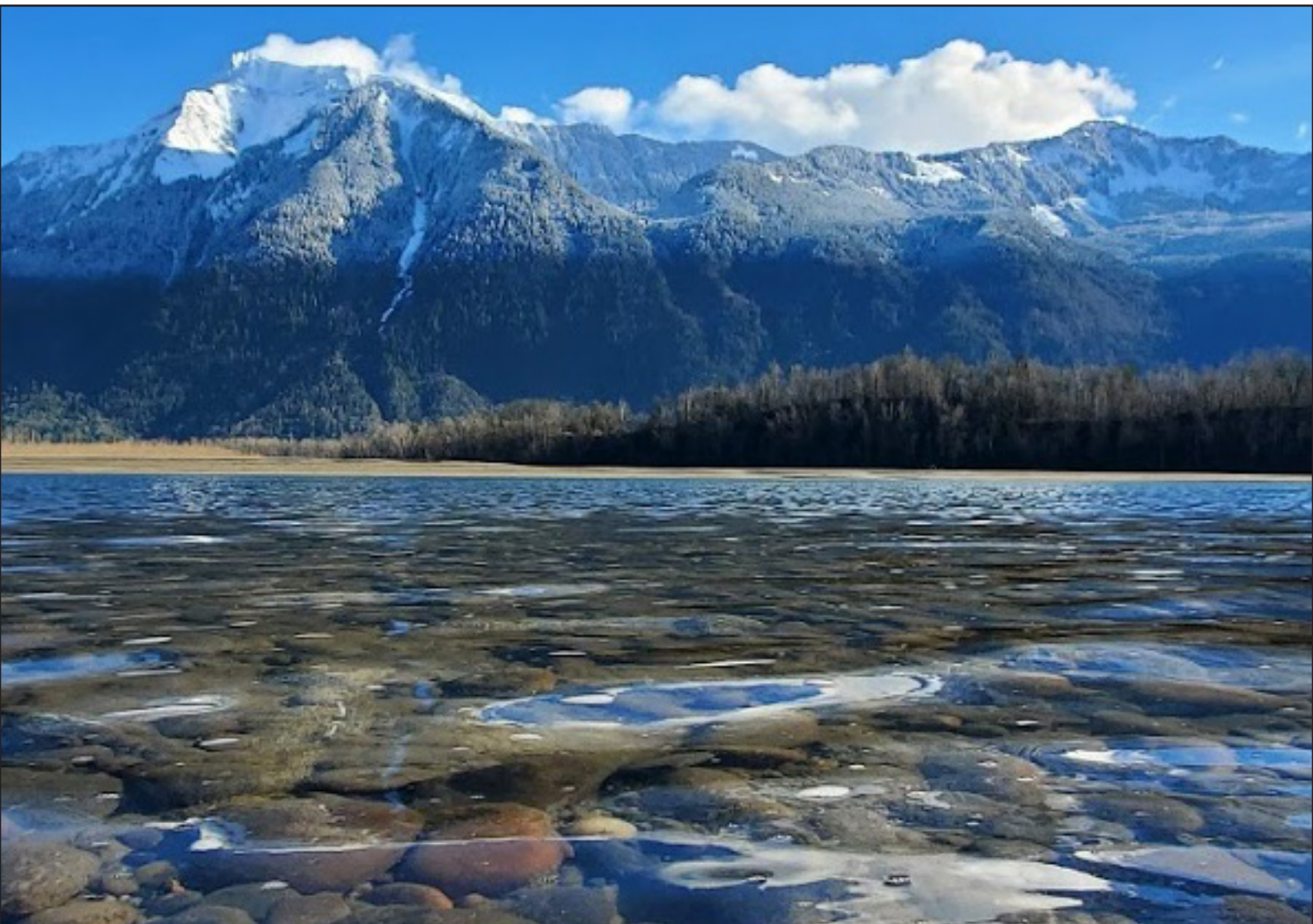




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: April 5, 2024



NEWSLETTER SECTIONS

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XWECHIYOM XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom Xwexwilmexw;

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

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

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

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

CHEAM VISION STATEMENT

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



DATES TO NOTE:

April 7	Pelólxw First Salmon Ceremony @ 10:30am
April 10	Nettle & Dandelion Harvesting 1pm
April 12	Spring Canoe Journey @ 8:20am
April 17	Cedar Headband Weaving 1pm
April 23	Regular Cheam Council Meetings
April 23	Cheam Elder's Meeting & Luncheon
May 1	Community Meeting & Dinner
May 7	Community Kitchen
May 14	Cheam Womens Group Starting

Please see our website for our full calendar of events



Electronic Funds Transfer (EFT) Forms

Our goal is to slowly move all members on to electronic payments so that things like distribution, catering, and other benefits can be deposited right into your bank account. We know it will take time to get everyone switched over, so we are getting started now with the goal of having the majority switched over within one year. You can go into your bank and ask for the EFT form, or can download it from your online banking. If you need help figuring out how to download the form from your online banking please let us know and we will assist you. All forms go to deysi.hernandez@cheamband.com or can be dropped off at the Band Office attention: Deysi. *Rest assured that your EFT information will only be accessed by authorized personnel involved in the payment processing system.*

We appreciate your assistance in helping us switch over to a much more efficient payment system.

"STRENGTHEN YOUR RELATIONSHIP TO THE RIVER AS A WAY OF HEALING IN COMMUNITY"

The next Spring canoe journey for the community and staff will start on April 12th. We will meet at the office at 8:20am and will be leaving the office to meet at the start point. This will allow members to develop a relationship to the river and land. Engaging in a talking circle we can take 12 people on each journey. Our Hope is to have this every Friday, depending on how many sign up. Each person will receive a bagged lunch. Will be on the water for approximately 3-4 hrs. Safety gear provided and journey is guided by Ernie Victor. A collaborative project by Winchester, Ernie, and Crystal. If you would like to attend, please email ernie.victor@cheamenterprises.ca to be put on the list. Further details will be provided to those that sign up.



Our next Harrison Boat Tours will be April 14, 20 and 27th. Guests must have own transportation, but a \$25 gas card will be provided. Cheam community members can sign up by calling Health Reception at 604-794-7927 or emailing reception2@cheamband.com.



.....

EY SWAYEL mekw'ewát

*Please Join us for a
Coastal Jam
DOORS OPEN @5PM*

APRIL 6, 2024
DINNER @ 5:30PM

.....

**DANCING, SINGING,
DRUMMING**

IRONMAN

COMPETITIONS

12 & UNDER, 12+

EVERYONE WELCOME



.....

**PELÓLXW
COASTAL JAM**

Contact Info:

52161 wVictor Drive

Rosedale B.C.

604-794-7927

CHEAM GYMNASIUM



Ts'í:tem ò te Yewál Sth'óqwi

Thanking the First Salmon Ceremony

This annual Ts'í:tem ò te Yewál Sth'óqwi ceremony is a covenant agreement we have with our salmon relatives to show our gratitude, respect and love to them, and in return, the salmon agree to return in numbers to feed the people and all our relations.



Sunday April 7, 2024

10:30am @ Cheam Longhouse



XWCHÍYÒ:M

CHEAM FIRST NATION

TENANCY AGREEMENTS 2024/2025

The Housing Department will require tenants to come in and renew your Housing agreement and sign a repayment agreement for any arrears owing. Please have **ALL** adults living in your home come in to sign the Housing agreement. Social development requires a tenancy agreement & confirmation of residence for all clients for the new fiscal year which starts now. **The below homes listed still need to sign their tenancy agreements.**

Kindly schedule your 30 min appointment with front desk at (604) 794-7924 desk as soon as possible.

Old Yale Road., 51888
Old Yale Road., 52089
Cheam Cr., 52208
Bridge Rd., 621 RR#2
Bridge Rd., 745 RR#2
Squahiti Cr., 52184 B
Douglas Place, 53429
Douglas Place, A-53394
Mammam Cr., 10285
Mammam Cr., 10291
Old Yale Road, 52152

Victor Dr, 2-52172
Victor Dr, 1-52174
Victor Dr, 2-52174
Alexis Cr., 52191
Alexis Cr., 52192
Mammam Cr., 52207
Yalamote Cr., 52210
Squahiti Cr., 52205
Mathela Cr., 52163
Alexis Cr., 52183
Mathela Cr., 52193

All band members that use the shelter as a residence please also need to come in and sign a form.

Thank you,

Lydia Archie - Housing Manager



May 1, 2024 Community Meeting Dinner Bid

This is open for Cheam Band & Community members

Name of Bidder: _____

Phone number: _____

Is your catering business licensed? Yes___ No___

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

Is your food safe certificate attached? Yes___ No___

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

Is their food safe certificate attached? Yes___ No___

Do you have your own transportation? Yes___ No___

Do you need to use the Gym kitchen? Yes___ No___

Did you attach a menu for 100 people? Yes___ No___

Did you attach the costs for?

Food Yes___ No___

Desserts Yes___ No___

Condiments Yes___ No___

Plates, cutlery, cups Yes___ No___

Coffee, tea, juice Yes___ No___

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

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

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

Total catering cost is: _____

Signature of bidder: _____

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

Please have all documents including the bid sheet into the front desk, by 2pm

Thursday April 18, 2024 or email to daphnee@cheamband.com



Shxwlistexw te Sqwá:la Shxwelí

Care for the Life Spirit of the Hope Slough

As we wrap up the first year of Hope Slough restoration, we reflect on the good work so far. One success that stands out is our recent offer of an additional year of funding to continue the good work on Sqwá: la! Here are updates on the work happening in the different activities:

1. Improved Flow Through Sqwá:la: After completing geotechnical studies, designs for two holding ponds have been complete. These ponds will add fresh water to the top end of the slough. We are currently accepting bids from Pelólxw contractors to complete the pond construction. Keep an eye out for the work starting later this summer!

2. Riparian Area Restoration: Invasive removal and planting of native plants is currently underway at the top end of the Hope Slough and at several new farm locations downstream. The work is being led by Pilalt Enterprises and Quillicum Environmental. If you see work crews in the area, please stop by to say hi and hear about the good work they are doing.

3. Fish Habitat Restoration: Design for 5 coho and chum spawning beds are complete! Now we are in the process of hiring contractors for construction and environmental monitoring. The spawning bed work will happen later this summer at Shelowat and along Dunville and Nevin Creek. The positive impact and care for Sqwá:la shxwelí continues to grow!

4. Water Quality Monitoring: Respected biologist Mike Pearson has joined our water quality program. He has supported our community Wildlife and Watershed Technicians with invaluable training and increased the impact of our work. The data collected from agricultural impacts will be featured on datastream.com and pollutiontracker.org to ensure the impact of this important study grows over time.

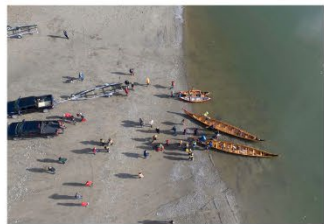
5. Community and Youth Engagement: Our spring break youth event was a huge success! From March 18-23, 23 Pelólxw youth spent 6 days with elders, knowledge keepers and scientific experts exploring “Restoration – Language and Land”. The event’s goal was to prepare the youth as future stewards of our lands, waters, and resources. This month we also hosted a table at a community event to share the good news of the project and hosted youth and guardians from Seabird and Chawatihl on a canoe tour to support them in starting restoration projects in their own community.

Please reach out if you have any questions,

Roxanna Koistra, PM



Through this project we have hired and provided training for 8 community members, 2 as part time employees and 6 as contractors. We are in the process of accepting bids from 5 Pelólxw businesses for all project construction work.



Thank you for supporting the good work of Shxwlistexw te Sqwá:la Shxwelí!



NATIONAL INDIGENOUS PEOPLES DAY INDIGENOUS ARTISTS CALL OUT

THEME IS “PURSUING OUR DREAMS”

The chosen artist will receive a \$200 honorarium.
Your work will be featured as the official image for
Fraser River Indigenous Society’s, NIPD 2024
on T-Shirts and Advertisements.

SUBMISSIONS DUE APRIL 15TH.

SEND SUBMISSIONS TO: INFO@FRISOCIETY.CA

VENDOR AND VOLUNTEER REQUESTS
EMAIL: INFO@FRISOCIETY.CA

www.frisociety.ca



Fraser River Indigenous Society

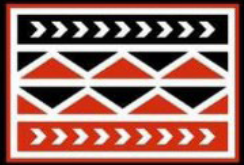


Fraser River Indigenous Society



XWELMEXW GATHERING 2024

Celebrate our Sto:lo Identity



Stó:lō Xwexwílmexw
Government

Xwelmexw means 'the people' and comes from a connection between our people and our land. We are returning to the origin of what the Stó:lō Xwexwílmexw Annual Gathering was once about; gathering the people and celebrating who we are as Xwelmexw people and the growing identity of what it means to be **Stó:lō**.

We invite you to come be a witness at our 8th Xwelmexw Gathering! You will hear from speakers, Stó:lō dance group performance and share a community meal. 1 Free entry to Bingo Game for all SXG members (*you must be from 1 of the 6 SXG communities to be eligible for door prizes, grand prize and Bingo game*) Bingo Game will be 5 games with 5 place winners: 1 line, 2 lines, small picture frame, big picture frame and blackout.

RSVP REQUIRED!

13
APRIL

🕒 10.00 AM - 02.30 PM

📍 The'í:tseliya - S.A.Y. Health & Community Centre

EVENT HIGHLIGHTS:

Family Photography

Weaving

Massage Therapy

Halq'eméylem Lessons

100+ Door Prizes (Adults & Youth)

Cedar Bracelet Crafting

RSVP outreach@sxgov.ca

Include full name + which of the 6 communities you are from, Aitchelitz, Leq'á:mel, Sq'ewá:lxw, Skowkale, Ch'iyáqtel, Yeqwyeqwí:ws!



CHEAM HEALTH & WELLNESS

*A reminder of this great resource available to
Cheam Community Members.*

NO-COST SOMATIC TRAUMA THERAPY

What is it good for? People find it relieving for anxiety, depression, other uncomfortable feelings, even physical ones.

The goal of somatic trauma therapy is to drain some of the weight of the past in a safe way. We end up feeling lighter spiritually, physically, and emotionally.

In small groups or individually we learn to focus on the experience of the body using:

- Body focused grounding tools
- Present moment awareness
- Some learning about how emotions work
- The last portion of the meeting is somatic trauma therapy. People are guided through the process of giving control of their body over to their body. We aim to keep it as safe, and gentle as needed.

Information sessions are one on one with Winchester Victor. They can be booked by phone (604)-794-7927 or an email to winchester.victor39@gmail.com



STINGING NETTLE & DANDELIONS HARVEST

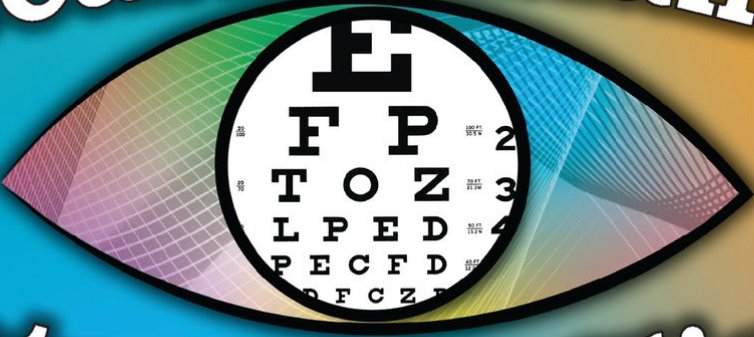
Wednesday, April 10, 2024



We will be meeting at the Band office at 1pm and making our way to the harvest site. Stinging nettle will be distributed to members, there may be a limited supply.

Learning how to harvest, story sharing, and learning from the land. Importance of dandelion and how it helps with Diabetes.

Seabird Island Optometry Clinic



Dates:

April 10-12, 2024

Time:

9am - 6:00pm

Place:

Seabird Island Band

For an appointment, please contact your Community Health Representative OR

Lena/Britt: 604-796-2177

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

- Please enter through Main Entrance of Band Office
- Masks are recommended, not required.
- Are you sick or feeling unwell?
 - If so, please reschedule your appointment.

Thank you for your understanding and cooperation.





BC HOUSING

Community Supports in an Emergency

BC Housing works in partnership with private, non-profit and co-operative sectors, provincial health authorities and ministries, other levels of government and community groups to deliver a range of housing solutions. In an emergency, these support programs provide short and long-term solutions to assist residents and communities in British Columbia.

Support for Individuals and Families

1. Rental Subsidies:

- a. Subsidies can be provided to homeowners, renters, seniors, families, and persons with disabilities:
 - i. Rental Assistance Program (RAP): provides a rent supplement to eligible low-income working families renting in the private market to help with their monthly rent payments.
 - ii. Shelter Aid for Elderly Renters (SAFER): provides a rent supplement to eligible lower income seniors renting in the private market to help with their monthly rent payments.

2. Rental Housing:

- a. Subsidized and market rental, and co-operative housing, typically unfurnished, may be available for seniors, families or persons with a disability, in communities throughout the province. This is eligible to apply and an applicant is added to the Registry to await the availability of housing.
- b. Private market rental housing landlords can be contacted by a recovery or resiliency centre and asked to advise of any vacant rental space which could be made available to evacuees.

3. Emergency Shelter Program:

- a. In some communities; Year-around, Temporary, and Extreme Weather shelters (when a community issues an Extreme Weather Alert based on their Extreme Weather Response Plan during November and March) provide support to vulnerable individuals or families with a diverse range of needs and abilities.

4. Homeless Outreach and Homeless Prevention Programs:

- a. In some communities; engages people where they are situated, such as living in public places, in a shelter, or in a temporary location, to help people who experience homelessness or are at risk of homelessness. Maximum income limits apply.
- b. In some communities; provides temporary rental supplement assistance primarily to people who are not able to make the complete payment for their housing needs.

Support for Communities

5. Building Damage Assessment:

- a. Trained personnel can be coordinated and deployed to assist in assessing buildings impacted by floods or earthquakes.
- b. Training and resources assistance can be provided to communities and organization to run their own damage assessment program.
- c. For more information, visit the **Post-Disaster Building Assessments website**: <https://www.bchousing.org/about/SES/post-disaster-building-assessments>

Eligibility information and other details about each of these support programs can be found at www.bchousing.org.





Community Supports in an Emergency

Summary of Support Programs

Eligibility Requirement Summary	Programs		Emergency Shelters	Housing Programs	
	RAP	SAFER		Rental Housing	Indigenous Housing
Receiving Income Assistance	Not Eligible	Not Eligible	Eligible	Eligible to apply	Eligible
Receiving Employment Insurance	Eligible	Eligible	Eligible	Eligible	Eligible
Receiving Employment Income	Required	Eligible	Eligible	Eligible	Eligible
Receiving pension	Eligible	Eligible	Eligible	Eligible	Eligible
Maximum Income	Maximum Income Limit	Maximum Income Limit	Not Applicable	Maximum Income Limit	Maximum Income Limit
Maximum Assets	Maximum Asset Limit	Not Applicable	Not Applicable	Maximum Asset Limit	Maximum Asset Limit
Prior residency in Province	Required One (1) year	Required One (1) year	Not Required	Current BC Resident	Not Required
Age Requirement	Maximum Age of Children 19/25	Minimum Age 60	Varies	Varies	None
Indigenous Ancestry	Not Required	Not Required	Not Required	Not Required	Required
Family Size	Applicable	Applicable	Applicable	Applicable	Applicable
Person with Disability	Not Required	Not Required	Not Required	Not Required	Not Required
No permanent address or residence	Not Eligible	Not Eligible	Eligible	Eligible	Eligible
Full Eligibility requirements	bchousing.org/rap	bchousing.org/safer	bchousing.org/housing-assistance/homelessness-services	bchousing.org/housing-assistance/rental-housing	bchousing.org/housing-assistance/rental-housing/indigenous-housing-providers

This information is intended for quick reference only. For a complete list of the eligibility requirements, additional information and other details of BC Housing supports, please call **604-433-2218** in the Lower Mainland or **1-800-257-7756** in the rest of the province.

Eligibility information and other details about each of these support programs can be found at www.bchousing.org.



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

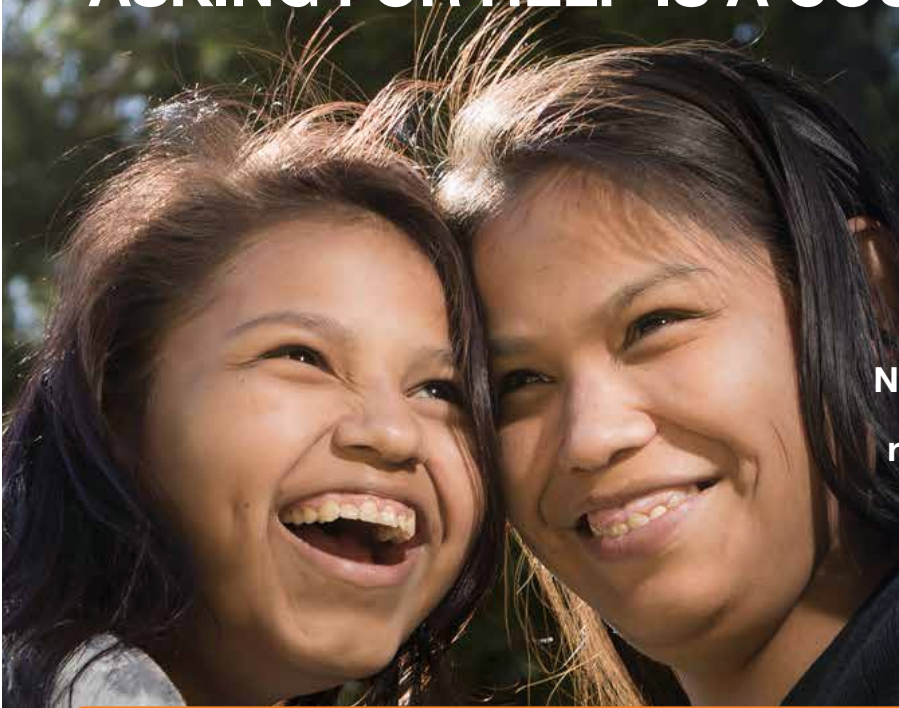
Pamela Carr, Manager, Clinical Operations pamela.carr@fraserhealth.ca

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



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 wheelchairs.



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.





XWCHÍYÒ:M
CHEAM FIRST NATION

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

Social Assistance Cheque Schedule 2024

Cheque	Renewals Due By:	Ck. Release Date	Mid-Month 2
January 2024	December 15, 2023	December 21, 2023	January 14, 2024
February 2024	January 15, 2024	February 1, 2024	February 15, 2024
March 2024	February 15, 2024	March 1, 2024	March 15, 2024
April 2024	March 15, 2024	April 1, 2024	April 15, 2024
May 2024	April 15, 2024	May 1, 2024	May 15, 2024
June 2024	May 15, 2024	May 31, 2024	June 14, 2024
July 2024	June 14, 2024	June 28, 2024	July 15, 2024
August 2024	July 15, 2024	August 1, 2024	August 15, 2024
September 2024	August 15, 2024	August 30, 2024	September 13, 2024
October 2024	September 13, 2024	October 1, 2024	October 15, 2024
November 2024	October 15, 2024	November 1, 2024	November 15, 2024
December 2024	November 15, 2024	November 29, 2024	December 13, 2024



Youth Workshops:

Soapstone Carving Ages 10+ with Care2Carve



Abbotsford 3:30PM-5PM
April 9, 16, 23, 30

Chilliwack 3:30PM-5PM
April 11, 18, 25, May 2

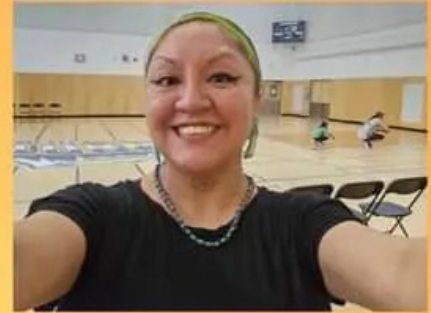
Come learn to Carve an Eagle Head out of Soapstone! *Youth will need to attend at least 3 of the sessions to complete their piece

Free Workshop open to Indigenous Youth ages 10+ registration required and spots are limited. Transportation not provided.

Registrations and questions can be sent to
Registration@xyolhemeylh.bc.ca



CULTURAL NIGHTS



Hosted by
Breanna Tso & Charlie Michell
Host drum: Cedar Hat -
Francis "Skootsie" James Jr

Intertribals:
Powwow Practice
Dancing,
Singing,
Learning &
Sharing!

EVERY THURSDAY
6:00 - 8:00 PM
MINI GYM

Thank you to our sponsors!
School District 33
VYPER
Skwah First Nation



Chilliwack Secondary School
46363 Yale Road, Chilliwack, BC

Drug & alcohol free event. Not responsible for any injuries, lost or stolen items.



Medicine Harvesting

Are you familiar with the different plants growing in your area? Do you know that many of them are medicinal and have been used as such for a long time?

Our Seabird Island Youth Program is excited to introduce a new, ongoing Youth Cultural Mentorship Group!

Join us with Carol Peters and Sue Harris to learn about properly harvesting, and about local, traditional medicines.

Youth Mentorship Group

Youth ages:
13 - 24

Starting April 17

3:30 - 5:30 PM

Limited Spaces Available

Contact Robert Dunning to register:
robert.dunning@seabirdisland.ca or (604)-819-2781





PARENTS AND GRANDPARENTS DINNER

THURSDAY APRIL 18
5:00 - 6:30

Indigenous families are invited to join us in the multi-purpose room for food, games, prizes, and a great time of connecting!

Rosedale Traditional Community School

50850 Yale Road Rosedale BC, V0X 1X2



S'iwes te Temexw

Teachings of the Earth

Celebration

April 20th from 10:00 am - 3:30 pm
at the Great Blue Heron Nature Reserve

10:00 - 10:15 am: Welcome

10:15 - 12:00 pm: Create Medicine Bags
(stelmexw) with Dianne Harris

1:00 - 2:30: "It's Not Just a Rock" Play by Gracie
Kelly Temewx Teachings

2:30 - 3:30: Plant your Own Sunflower Seeds to
Take Home!



Please contact us: (604)823-6603 or gbhnr@gmail.com for more info!



Lunch Included!

INDIGENOUS GRADE 9 STUDENTS

April 16
ALL DAY

Q'epq'epem:

CONNECTING, TOGETHER

DOOR PRIZES!



Activities:

- Archery
- Ropes course
- Basketball
- Climbing Wall
- Earring Beading (limited seats)
- Hiking



We invite all Indigenous Grade 9 students to join us at Camp Charis on Tuesday, April 16th to gather and connect with each other while we enjoy a variety of outdoor activities. Lunch is provided and there is no cost to attend.

Transportation: We will be taking a school bus from Sardis Secondary departing at 8:40 and returning at 4:45.

Must Bring: Students must bring running shoes, a light jacket, and a water bottle with them. Please let me know if you are in need of any of these items. Lunch: Lunch is provided. Please let me know if your student has a dietary restriction.

There are limited seats available so please sign up on [QuickPay](#) as soon as possible.

Please forward any questions to Marianne Beveridge at marianne_beveridge@sd33.bc.ca

STEM into Spring Break!

Join us at

Skwah First Nation
to celebrate the trilogy of
Natural Sciences, Matriarchy & Indigenous Knowledge



March 25, 26 & 27: 4-7pm

Location: Skwah Community Ctr, 30 Landing Drive, Chilliwack, BC.

March 28 2-8pm

Location: Great Blue Heron Nature Reserve, 5200 Sumas Prairie Road, Chilliwack, BC.

Grade 10-12 Cheam Students

Two fun filled days for excellent attendance.

Come join us for some white water rafting, whale watching.....etc.

Dates: July 4th 8am-1pm/whitewater rafting

July 4th 2 pm kayaking in Harrison

July 5th whale watching in Vancouver



Please sign up with amanda.aubichon@cheamband.com or diana.giroux@cheamband.com
P:604-745-8017 Attendance records will be required.

For those that need to improve their attendance you have til June to improve it by 60%.

Open to all Cheam grade 10-12 band members.



To all Cheam grade 12 students/parents of graduating grade 12 students: please contact Amanda Aubichon for financial help with tuxes/grad gowns at 604-794-8026 or email: amanda.aubichon@cheamband.com.

Proof of graduation from the school will be required.



Bus for Education and Aboriginal Resource Program Newsletter April 2024

What is happening on BEAR Bus?

BEAR Bus is getting ready for some new things. Doing a draw for the families that have attended for March.

There will be a draw each month for now!

There are some new books so I hope to add some nature walks or trips to go along with the books to add some fun and learning.

BEAR has been in the shop for some added things to fix but will be back out this month. Hope to see some new families as Spring is here.

Someone So Small will join BEAR in April and do some infant massage in one community. Exciting for that as it has been a while since we had that.

Time to plant your gardens and herbs, go for walks and harvest some natural medicines, get out your rain boots, find your rain jackets and get out in nature with your children.

Find some new books on nature or do a nature hunt.

Any new ideas Please let staff know what are some things you would like to do, see or have on BEAR. Open to new ideas to create memories with you and your children.

Language:

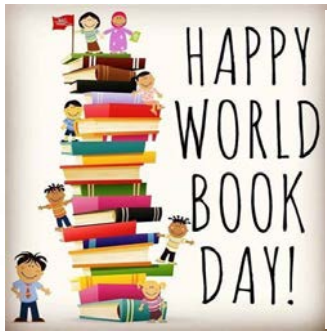
- ⇒ Time for baby sockey-temkwikwexél
- ⇒ Spring shower in the eyes-lhemtóles
- ⇒ Rabbit-Sqíqewàth
- ⇒ Yellow-Sqwóqqwiyel
- ⇒ Pink-Tskwí:kwemel
- ⇒ Three (3)-Lhí:xw
- ⇒ Four (4)-Xe'ó:thel

Some Ideas:

- ⇒ Plant flowers and share
- ⇒ Plant a garden
- ⇒ Read a new book outdoors
- ⇒ Pack a picnic & go for a hike
- ⇒ Go for a bike ride in nature
- ⇒ Spend time with family
- ⇒



Always
Unique
Totally
Interesting
Sometimes
Mysterious



Your siblings are
the only people in the world who
know what it's
like to have been brought
up the way you were.



Dates for April

- ◇ 1st-April Fool's Day
- ◇ 2nd-Autism Awareness Day
- ◇ 2nd-Int'l Childrens Book Day
- ◇ 14th-Int'l Carrot Day
- ◇ 7th-Green Shirt Day
- ◇ 10th-Nt'l Siblings Day
- ◇ 13th-Int'l Plant Appreciation
- ◇ 14th-Day of Laughter
- ◇ 16th-World Voice Day
- ◇ 22nd-Earth Day
- ◇ 23rd-World Book Day
- ◇ 29th-Int'l Dance Day

BEAR COORDINATOR

Connie Joe
connie@seabirdisland.ca
P.O Box 765, 2895
Chowat Rd
Agassiz, BC V0M 1A0
tel: 1-800-788-0322 | fax:
604-796-3279
www.seabirdisland.ca

Sparkling Healthy Safe





April 2024

Sun Mon Tue Wed Thu Fri Sat

	1 EASTER MONDAY CLOSED	2 Ag Rec Center 10:00-12:00 Sts'ailes 2:30-4:00	3 Spuzzum 10:00-12:00 Hope Library 1:00-3:00	4 Boothroyd 10:00-12:00 Boston Bar 1:00-3:00	5 Ruby Creek 10:00-12:00	6
7	8 Chawathil 10:00-12:00 Shxw'Ow'Hamel 1:00-3:00	9 Ag Rec Center 10:00-12:00 Cheam 2:30-4:00	10 Spuzzum 10:00-12:00 Hope Elem School 1:00-3:00	11 Boothroyd 10:00-12:00 Boston Bar 1:00-3:00	12 Ru- by Creek 10:00-12:00 	13
14	15 Chawathil 10:00-12:00 Shxw'Ow'Hamel 1:00-3:00	16 Ag Rec Center 10:00-12:00 Cheam 2:30-4:00	17 Spuzzum 10:00-12:00 Hope Library 1:00-3:00	18 Boothroyd 10:00-12:00 Boston Bar 1:00-3:00	19 Ruby Creek 10:00-12:00	20
21	22 Chawathil 10:00-12:00 Shxw'Ow'Hamel 1:00-3:00	23 Ag Rec Center 10:00-12:00 Cheam 2:30-4:00	24 Spuzzum 10:00-12:00 Hope Elem School 1:00-3:00	25 Boothroyd 10:00-12:00 Boston Bar 1:00-3:00	26 Ruby Creek 10:00-12:00	27
28	29 Chawathil 10:00-12:00 Shxw'Ow'Hamel 1:00-3:00	30 Ag Rec Center 10:00-12:00 Cheam 2:30-4:00	31 Spuzzum 10:00-12:00 Hope Library 1:00-3:00			



TRAINING OPPORTUNITIES

Indigenous Youth Career Development Workshop

18+

This is an excellent opportunity for Indigenous Youth to learn essential confidence-building, money management, and career exploration skills while becoming more comfortable with presenting and public speaking.

- June 1st, 2024
- 10 am - 5 pm
- 7201 Vedder Road, Chilliwack
Building 10 - 1st Floor Room

*This workshop is for Youth 18 years
of age or older.*

To register

604-858-0009

bhill@stolocf.ca



Activ8
CORPORATE RELATIONS + TRAINING



Schi:ya Construction



Power and Place: Stó:lō Téméxw Responsibility, Reflection and (Re)Storying Associate Certificate

CONDENSED PROGRAM | EARLY SUMMER 2024



Quick, condensed and transformative learning!

Join us in the early summer semester, in May and June, for an immersive journey into Stó:lō ways of knowing, being, and allyship. Become a better advocate for Indigenization, Decolonization, and Reconciliation, while learning from shared experiences, storytelling, land-based stewardship practices, and a variety of artistic expressions of resistance and resurgence.

With limited seats available, now is the time to take action. **Apply now** for an unforgettable summer of learning, growth, and empowerment.

Start your journey:

Land-based Storytelling

IPK 206 (3 credits)

Learn about the practical understanding of place names and their associated stories, offering a deeper engagement with land-based storytelling.

Land-based Stewardship

GEOG 300F (4 credits)

Examine water stewardship through Indigenous and non-Indigenous science, covering water health monitoring, fish ecologies, Indigenous water governance, Stó:lō community relations, and mapping for treaty processes.

Land-based Art and Design

IPK 401 (4 credits)

Explore the topics of Indigenization, Decolonization, and Reconciliation through recognizing Stó:lō and Indigenous patterns in art, understanding land acknowledgment, and developing advocacy skills related to the struggles and resilience of Stó:lō people.

Reflective Practice: Reconciliation and Reciprocity

ARTS 401 (3 credits)

Engage in guided reflection and create a reciprocity action plan and resource kit. Participate in reflective practices designed to deconstruct your learning experiences and explore new knowledge creation to enhance learning opportunities.

Note: This program is delivered on a cohort model, and students are required to register in all four courses in order to be accepted in the cohort.

Power and Place: Stó:lō Téméxw Responsibility, Reflection and (Re)Storying Associate Certificate

CONDENSED PROGRAM | EARLY SUMMER 2024

Courses Schedule

Duration: 7 weeks (from May to June 2024)

Date	Time	Course or Activity	In-person or Online
May 6, 2024	09:30-12:00	Orientation	In-person, UFV Chilliwack Campus
May 7-10, 2024	09:00 - 15:00	IPK 206: Stó:lō Communications & Worldview*	In-person, UFV Chilliwack Campus
May 13-16, 2024	09:00 - 15:00	GEOG 300: Special Topics in Geography*	In-person, UFV Chilliwack Campus
May 17-24, 2024	Scheduled break		
May 28-31, 2024	09:00 - 15:00	IPK 401: Indigenous Worldviews & Spirituality**	In-person, UFV Chilliwack Campus
May 28-31 June 3, 2024	09:00 - 15:00 09:00 - 12:30	ARTS 401: Reflective Practice: Reconciliation & Reciprocity**	In-person, UFV Chilliwack Campus
June 17, 2024	09:30 - 13:30	Wrap up ceremony	In-person, UFV Chilliwack Campus

*These courses will require field trips during the regular class.

**These courses may meet at the Great Blue Heron Nature Reserve in Chilliwack.

To confirm your course schedule, please scan the code or [click here](#) to check UFV's timetable. Please check each course schedule individually as individual course registration is required.



Power and Place Stó:lō Téméxw Responsibility, Reflection and (Re)Storying Associate Certificate

CONDENSED PROGRAM | EARLY SUMMER 2024

How to apply?

To submit an application, please ensure you meet one of the following entrance requirements:

Option 01: Current UFV students

Completion of 45 university-level credits with a CGPA of 2.50 on all credits attempted, AND completion of any IPK course numbered 102 or higher, any FNST course, or HIST 103.

Option 02: For external (non-university) applicants

For external or non-university students, a demonstration of equivalent professional experience and/or instructors' permission is required.

The following documents are required to complete your application:

- A letter of intent (up to 500 words in length) that explicitly describes the applicant's interest in learning about Indigenous relationships to land and water, Stó:lō language and culture, colonialism and reconciliation.
- An employment record or letter of reference that demonstrates professional experience such as holding a significant position or role in an Indigenous Band or Tribal Council for at least two years (e.g., elected leader, technician, elder, etc.); employment as a paralegal, legal historian, or lawyer; or work in a government ministry or other organization.

For the 2024 summer program please forward your letter of intent or reference to coa@ufv.ca, and we will get back to you. If you are a current UFV student, please include your student ID when contacting us. **All applications for the Summer 2024 intake should be submitted by email to coa@ufv.ca.**

Review of applications will begin on March 8, 2024, until the program is full.

You can learn more about the Power and Place Associate Certificate at the [Indigenous Studies department website](#) or by scanning the QR code.



CULINARY ARTS PRE-TRADE PROGRAM



Start Date
September 2024

Course Includes

Certificates: FoodSafe, First Aid Level 1, WHMIS & WCB Awareness

- Occupational Skills
- Stocks, soups and sauces
- Vegetables and fruits
- Starches
- Meats & Poultry
- Seafood
- Garde-mange
- Eggs, Breakfast cookery and dairy
- Baked goods, desserts and beverages
- Basic kitchen management
- Two week practicum placement

Are you an Indigenous individual residing in the SASET catchment area who has an interest in the cooking profession?

If so, contact a SASET employment counsellor to book an appointment and complete the package.



Canada

UFV

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





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

CONSTRUCTION TRAINING PROGRAM



Course Includes:

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

April 15 - 26, 2024

Training will take place on-site at Sto:lo Service Agency
Building 5B, 7201 Vedder Road Chilliwack, BC
Monday to Friday 8:30am to 4pm

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





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:
April 8 - 19, 2024**



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



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



The UA
Piping Industry
College of BC

PIPING FOUNDATIONS

Training consists of learning the basics of three of the piping trades: Plumbing, Sprinklerfitting and Steamfitting. With a strong focus on safety and practical projects, this course is designed for individuals who are unsure of which trade they want to pursue and/or have little experience working on a job site or with tools. Upon successful completion, students are awarded a certificate of completion and are given credit for completion of Level 1 apprenticeship in their chosen trade.

Program supports include (free to participants):
CSA approved work boots, transportation & meal allowance

**TUITION
FREE**

JAN 06 - MAY 30, 2025



FOR MORE INFORMATION CONTACT
CALL 604-858-3691 OR EMAIL INFO@SASET.CA
TO BOOK AN APPOINTMENT WITH AN EMPLOYMENT COUNSELOR

Canada





Sto:lo Aboriginal Skills & Employment Training is offering

Wildlands Firefighting Training

April 22 - May 3, 2024

Training will take place on-site at Sto:lo Service Agency
Building 5B, 7201 Vedder Road Chilliwack
Monday to Friday 8:30am to 4pm



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



EMPLOYMENT OPPORTUNITIES



Come Work With Us at Cheam!

To apply to any of the jobs listed below, click on the job title for further details, visit our job page <https://cheam.ca/employment>, or drop off your resume at the Band Office.

- [Executive Coordinator](#)
- [Health & Wellness Director](#)
- [Human Resources Manager](#)
- [Lands & Capital Director](#)
- [Peace Keeper](#)
- [Project Assistant – Lands and Capital](#)
- [Project Manager](#)
- [Recreation Leader – Wellness Strong Families](#)
- [Shelter Support Worker](#)

Our culture is rich and resilient. With an abundance of community programs, we have fun, respect ourselves and others, and take pride in our community, who we are, and where we come from. Our vision is to be socially, culturally, and physically stable.



If you are looking for an opportunity to use your expertise to really make a difference with a progressive First Nation, apply today!



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



Part-time Employment Opportunity

Position:

Wildlife and Watershed Technician

Requirements:

- Physically fit, ready, and willing to work outdoors in all weather conditions.
- Interested in connecting with the land and environmental restoration work with a long-term goal of guardian work.
- Able to track hours and submit a time sheet.
- Cheam or Sqwá band member and high school graduate
- Experience with water quality testing and riparian planting an asset

What we offer:

- Above industry average wage - minimum 20 hours per week
- Wide range of training and certification.
- Cultural support.

Send your resume to roxanna.kooistra@cheamenterprises.ca



WYNKER

BROS

E X T E R I O R S

WYNKER BROTHERS EXTERIORS & MANUFACTURING IS HIRING!!

- * Are you NOT afraid of heights?
- * Are you the type of person who likes to show up on time and be recognized for your work?

Then this job may be for YOU!

We are currently looking for Metal Roofers and Cladders!

- * Our team takes their work seriously and have pride in the finished product.
- * We are a friendly, family run company.
- * We give flexibility to our team so they can have a life outside of work.
- * We are an established company offering steady work.
- * We have a clear, concise path for growth within the company.
- * We offer good pay.
- * We are based in Chilliwack.
- ** Drug and alcohol abusers need not apply.

If all these points resonate with you, please send your resume to:

stephen@wynkerbros.com
or call (604) 991-9600

WYNKER BROS
E X T E R I O R S

**WE ARE HIRING
JOIN OUR TEAM!**

- ▶ No drug or alcohol abusers
- ▶ Friendly, family run team
- ▶ Flexible schedules
- ▶ Steady work
- ▶ Room for growth
- ▶ Good pay
- ▶ Based in Chilliwack

CALL TODAY! (604) 991-9600

41



XWCHÍYÒ:M

CHEAM FIRST NATION

Cheam FN Housing Survey - Coming Home

Hi, I'm Lydia Archie, Housing Manager for Cheam First Nation. We are seeking input from the community in order to create a member-developed, obtainable housing plan that represents the needs of the members of Cheam First Nation, now and into the future. I am excited to be involved in this and am invested in improving the housing situation in Cheam First Nation. Did you know the many financing options such as Individual Housing with BMO to A to A Leasing? Or do you just want to build without help from the nation using your own source revenue?

Please fill out this short survey to help us understand what Cheam membership is asking for Housing. Are there prizes for participating? YES, all applications filled out and submitted to the band office either online or in person by April 30th, 2024, will be entered for prizes.

1. Do you want to move home?

Cheam is in the planning stage for new home construction. Do you want to join the waiting list for the upcoming housing?

- Yes
- No

2. Do you currently live on Cheam First Nation Lands?

- Yes
- No

3. If you live off reserve, would you like to live on Cheam FN lands in the future?

- Yes
- No
- Unsure at this time.

4. Please specify your current living situation

- Own
 - Rent
 - Living in a household with others
 - Elder's Lodge
 - Temporarily living in a shelter or homeless
 - Other (please specify) _____
-

5. Do you spend more than 30% of your household income on housing costs?

- Yes - 30 to 49% spent of income on Housing
- Yes - 50% or more spent of income on Housing
- No
- Unsure

6. What is your annual income?

- Between \$15,000 and \$29,999
- Between \$30,000 and \$49,999
- Between \$50,000 and \$74,999
- Over \$75,000

7. How many people currently live in your household?

8. Is your home overcrowded?

- Yes
- No
- Unsure

9. What is your current employment status of Household members? (click all that apply)

- Full time employed
- Part-time employed
- Retired
- Student
- Disabled/Unable to work
- Self-employed
- Homemaker
- Unemployed less than 6 months

10. Are any of the members of your household? - (click all that apply)

- Over 60
- Single Parent
- Person with a disability
- None of the above

11. Of the following, what is the most important priority for housing improvements?

- More single family housing available for purchase
- More rental housing
- Renovate existing homes
- Provide more elder focused housing
- More one bedroom housing units

12. **Would you, or any members of your household, prefer to own a home but do not?**

- Yes
- No
- Maybe

13. **What have been the obstacles, if any, you've encountered when trying to attain a house?**

- Too expensive
- Not eligible for financing
- Not available
- Paperwork and financing too difficult
- Desired location not available
- No lots available to build own home
- I have not encountered any obstacles
- Other (please specify)_____

14. **How much would you be willing to pay each month for housing ownership?** (excluding heating, electrical, water and sewer costs)

15. **What type of housing program are you most interested in?** (either now or in the future)

- Finance options such as Bank of Montreal (BOM) On-reserve Housing Loan Program,
- A to A leasing, and own source
- Access to funding to help renovate my home
- Home maintenance education program
- A rental unit to move into
- I am not interested in a housing program at this time
- Financial literacy program
- I have land and need access to a loan to build my own home

16. Any further questions or comments?

Contact Information:

Name_____

Email_____

Phone_____

Street Address_____

City_____

Province_____

Zip code_____

Please return to the Band Office attn: Lydia Archie by April 30, 2024.