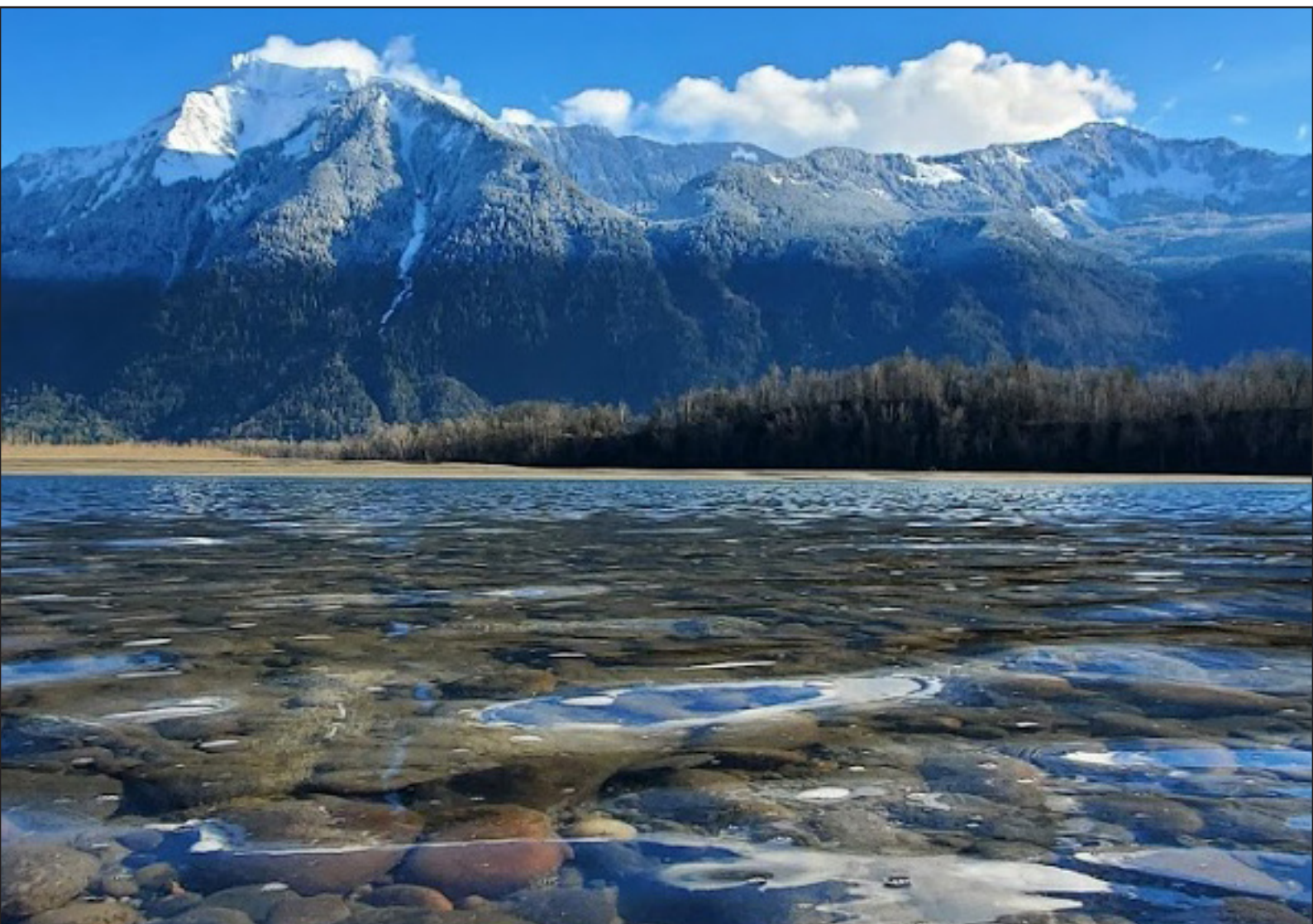




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: May 17, 2024



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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.



ADMINISTRATION NOTICES/UPDATES

DATES TO NOTE:

May 20	Band Office Closed - Stat Holiday
May 28	Regular Cheam Council Meeting
May 30	Next Community Canoe Journey
June 5	Monthly Cheam Community Meeting
June 8	Cheam Education Awards
June 12	FNHA Health Benefits Workshop @ Cheam
June 18	Cheam Elders Meeting & Luncheon
June 21	Band Office Closed - Indigenous Peoples Day

Please see our website for our full calendar of events



Introducing Cheam First Nation's New HR Manager ~ Cedrine Fongang

Cedrine joined the team on May 6th with over 7 years of experience in human resource management in various industries. She has two degrees, one in Law and the other in Human Resources Management and Labor Relations. Cedrine has a 10 month old daughter, enjoys cooking and spending time with family and friends. She lives in Abbotsford & has extensive experience building and maintaining HR departments. "I am very happy to be here, and look forward to working with everyone." Please help us welcome Cedrine and introduce yourself if you run into her in community, or at the Band Office.

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. Please note you must include your email address as well. *Rest assured that your EFT information will only be accessed by authorized personnel involved in the payment processing system.*





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

Bridge Rd., 621 RR#2

Bridge Rd., 745 RR#2

Douglas Place, 53429

Mammam Cr., 10285

Mammam Cr., 10291

Mammam Cr., 52207

Victor Dr, 2-52172

Victor Dr, 1-52174

Alexis Cr., 52191

Mathela Cr., 52163

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

Community Meeting



June 5, 5pm in Gym

**Come share a meal, some
door prizes, and conversation
with Chief and Council.**

OPTIONAL TRIPS FOR CHEAM ELDERS THIS AUGUST



Cheam Elders please reach out to Catana if you would like to attend either the Vancouver Elders Gathering that takes place August 13-14 or the Tulalip Elders Lunch on August 15. Unfortunately you can only pick one but the transportation will be provided.

Further details will be provided after registration is completed. Catana will also be reaching out to Elders who may not see the social media or newsletter post.

*Please sign up by June 1st to Catana at
catana.tommy@cheamband.com or 604-745-8010.*

SEEKING

EXPRESSIONS OF INTEREST

STO:LO ARTIST CALL-OUT

The Cheam Elders are seeking local artists who would like to submit their design for a Residential School Memorial Pole. Artists should keep in mind that the Elders are seeking traditional Sto:lo art and they will be gathering to review all concepts at their next working group meeting.

Please send your concept to
catana.tommy@cheamband.com by June 7th.

Pre-Employment Support Services (PESP) invites you...

STÓ:LŌ Cultural Day Trip

WEDNESDAY
MAY 22, 2024

MEET AT SEABIRD ISLAND
AT 8:30 AM
RETURN BY 4:00 PM

LUNCH IS INCLUDED

Experience and learn about traditions, history, culture, as well as language in the Stó:lō-Coast Salish traditional territory.


Two 90-minute guided walking tours: X̱A:YTEM (Mission) historic site & Coqualeetza grounds (Chilliwack)

REGISTER WITH YOUR PESP CASEWORKER TODAY!



For more info:
kristyna.moydl@seabirdisland.ca
604-819-4885

This is open to on-reserve income assistance clients in the following communities:
Chawathil, Cheam, Scowlitz, Seabird, Shxw'ow'hamel, Skwah, Spuzzum, Squiala, Union Bar, Yale

This initiative is funded by:
 Indigenous
Services Canada





SASET

STO:LO ABORIGINAL SKILLS & EMPLOYMENT TRAINING

Are pleased to host:

Canada Revenue Agency and Service Canada Mobile Clinics



Boston Bar First Nation	April 18, 2024	
Spuzzum First Nation	April 17, 2024	
Sumas First Nation	April 30, 2024	
Seabird First Nation	April 4 & 9, 2024	
Chawathil First Nation	May 7, 2024	
Cheam First Nation	May 8, 2024	
Shxwowhamel First Nation	May 9, 2024	
Aitchelitz First nation	May 14, 2024	
Skowkale First Nation	May, 14 2024	
Yakweakwioose First Nation	May 14, 2024	
Soowahlie First nation	June 12, 2024	
Leqa:mel First Nation	June 19, 2024	

Canada Revenue Agency (CRA)

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

Service Canada

- Employment Insurance, Canada Pension Plan & Old Age Security and Guaranteed Income Supplement
- Social Insurance Numbers (SIN)
- Other Federal Programs and Services

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

FOR MORE INFORMATION PLEASE INFO@SASET OR CALL

www.saset.ca

Canada



SEABIRD ISLAND FESTIVAL 2024

cordially invites you to our

Coastal Jam

Co-hosted by
Sq'ewqel &
Lummi Blackhawks

May 25, 2024

6pm to 10 pm

Dinner: 6:00 pm

Jam Out: 7pm to 10pm

Contests

Iron Man U12

Iron Man 13+

Potato Dance

Seabird Island
Band Gym

2895 Chowat Rd

Agassiz BC



COMPETITIONS!!!

- IRON MAN
- SPECIAL



DINNER!?

Pelóthxw COASTAL JAM

EVERYONE IS WELCOME!!

18 May 2024 | **5:00PM**

Skwah Landing Canoe Race Grounds

SPONSORED BY SUMAS FN HEALING HOMES

CONTACT: DIONNE SHAW
DIONNE.SHAW@SUMASFIRSTNATION.COM





**Come share a meal
and
visit with friends**

Pil'alt Elders 65+ Get Together

Door Open 11:30am

Lunch 12:00pm to 1:00pm

**Last Thursday
of every month from**

**Sqwá Community Hall
30 Landing Drive**

Compassionate
Neighbourhood Health Partners Society



**Hosted by 'Compassionate Neighbours' in Partnership with
Skwah First Nation through funding from United Way BC**



PRE-EMPLOYMENT SUPPORT SERVICES (PESP) INVITES YOU



Sq'ewqel
(Seabird Island)

“Emotional Intelligence” Workshop

Enhance your ability to navigate complex human emotions through interactive exercises, group discussions, and real-life scenarios. You will be introduced to the core principles of emotional intelligence and develop practical strategies to manage emotions in both personal and professional settings.

DATE:
THURSDAY MAY 30, 2024
9:30 AM-3:30 PM
LUNCH IS INCLUDED

LOCATION:
CHAWATHIL FIRST NATION

This is open to on-reserve income assistance clients of Seabird, Squiala, Chawathil, Shxw'ow'hamel, Scowlitz, Cheam, Yale, Skwah, Spuzzum, Union Bar

REGISTER TODAY
Kym Elderkin, PESP Case Worker
cell: 604-793-3141

**THIS INITIATIVE IS FUNDED BY
INDIGENOUS SERVICES CANADA (ISC)**



**Indigenous
Services Canada**



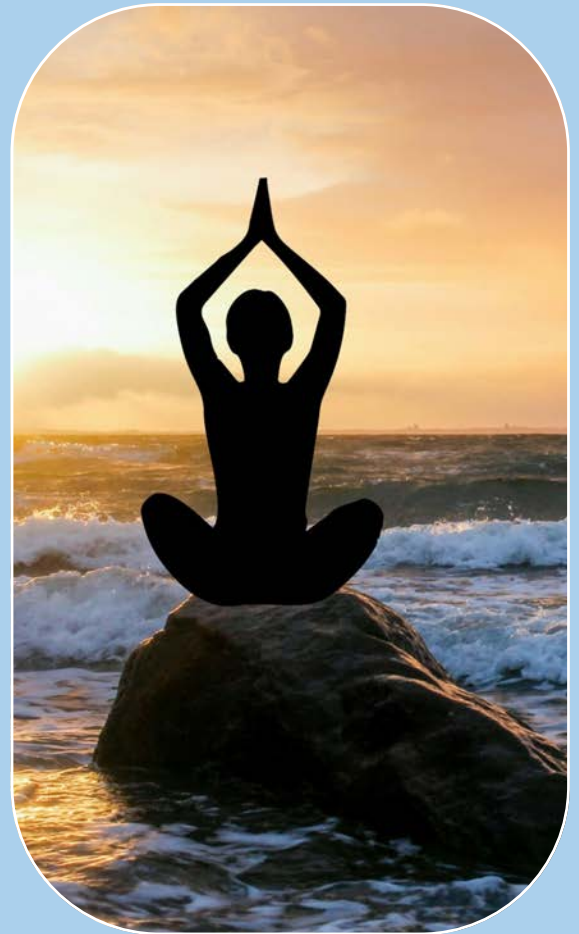
Self-Care Workshop

June 6 & 7, 2024

Looking to learn new ways and ideas on how to do self-care right for you?

This workshop will cover:

- Understand Self Care
- Identify support networks and resources
- How to manage your mental health



**Workshop will take place
on-site at Sts'ailes EAS
4690 Salish Way
Agassiz, BC**

604-796-5536

**June 6 & 7, 2024
8:30 AM TO 4:30 PM**

**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**

Canada



FNHA WORKSHOPS COMING TO CHEAM

- May 15th from 10:30 am to 12pm **Healthy Eating**
*Lunch will be provided
- June 12th from 10:30am to 12pm **Health Benefits**
*Lunch will be provided
- July 17th from 5pm to 6:30pm **Chronic Health**
*Dinner will be provided
- August 14th from 10:30am to 12pm **Self-care**
*Lunch will be provided
- September 18th from 5pm to 6:30pm **Sexual Health**
*Dinner will be provided
- October 16th from 5pm to 6:30pm **Youth Wellness**
*Dinner will be provided
- November 13th from 5pm to 6:30pm **Grief and Loss**
*Dinner will be provided
- December 18th from 5pm to 6:30pm **Trauma**
*Dinner will be provided

Cheam's wellness workers will be there for support if needed during workshops. Please contact Tyrone Giroux at 604-791-0290 or tyrone.giroux@cheamband.com to register.



First Nations Health Authority



QWÍ:QWÉLSTÓM

MEN'S RESPECTFUL RELATIONSHIPS

TUESDAYS IN STS'AILES

MAY 7TH-JULY 9TH 2024

TIME: 12:00 PM-2:30 PM

Lunch provided

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





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**.



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 ≥ 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 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.



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 PROGRAMS/OPPORTUNITIES

INDIGENOUS EDUCATION DEPARTMENT SD33

CULTURAL NIGHTS



Open to everyone!



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

CERTIFICATE TRAINING

FOR YOUTH SUMMER EMPLOYMENT



Dates

July 2-5 2024

Location

SASET EAS
Bldg 5B 7201 Vedder Rd
Chilliwack BC

Course Includes

FoodSafe
Emergency First Aid with CPR
WHMIS
WCB Awareness
Customer Service

LUNCH IS PROVIDED



Canada 

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



UBC SUMMER SCIENCE PROGRAM

IS BACK THIS SUMMER!

"It makes everything more clear and helps you choose where you want to go after high school."

"It's so fun!"

"It has given me opportunities to look further into different careers."

What is UBC Summer Science Program?

UBC Summer Science is a one-week cultural, health and science program for Indigenous students currently in grades 8 to 11. The program promotes interest in health and science programs through first hand experience at the University of British Columbia. The Summer Science Program is a great opportunity to meet new friends, eat great food, connect with Elders/role models while enjoying fun, laughter and learning.

Where: UBC Vancouver campus

Who/When: **Week 1: June 30th - July 6th**
(For students going into Grades 11 & 12 in the fall)

Week 2: July 7th - July 13th
(For students going into Grades 9 & 10 in the fall)

Application deadline May 1st, 2024

For more information: <https://bit.ly/UBCSSP>
Got Questions? Email: summer.science@ubc.ca

SCAN ME



Special thanks to our sponsors and supporters who have made the Summer Science Program possible:



NSERC
CRSNG



First Nations Health Authority
Health through wellness



THE UNIVERSITY
OF BRITISH COLUMBIA
Centre for Excellence in
Indigenous Health





SOLH TEMEXW

Cultural Youth Camp



Ages 12 - 17



Cultural activities
Sports
Lake day
Keynote speakers *SURPRISE*

JULY 23 - 25, 2024
SWELTZER CREEK CAMPGROUND



PLEASE REGISTER WITH YOUR
COMMUNITY YOUTH WORKER



For further information please contact Antonia
at antonia.francis@skowkalefn.com





WE ARE HIRING



McCreary
Centre Society

YOUTH RESEARCH ACADEMY RESEARCH ASSISTANTS

Learn to design, develop, and deliver research projects for youth in and from government care and the agencies that serve them.

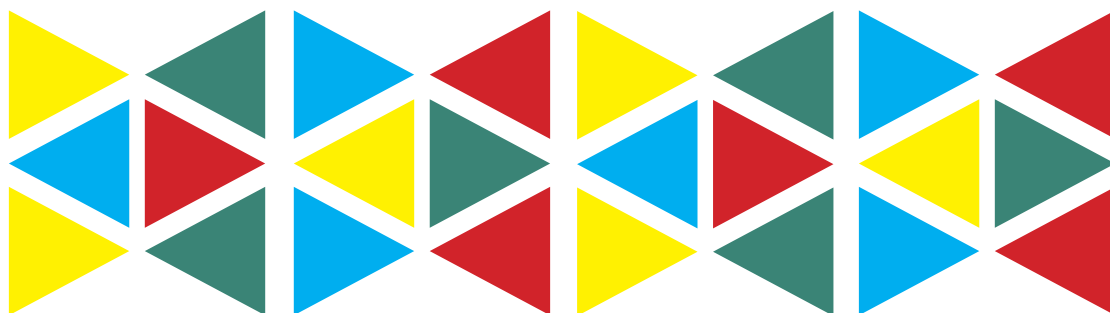
WHAT	WHO CAN APPLY	WHEN	WHERE
<p>Youth Research Assistant \$20.00 per hour</p> <p>Upcoming projects:</p> <p>Research to support youth transitioning out of care, including:</p> <ul style="list-style-type: none">▶ Youth Transitioning Out of Care Longitudinal Study analysis and results dissemination▶ 2023 BC Adolescent Health Survey analysis and results dissemination	<p>Youth aged 16–27 with government care experience (e.g., foster home, group home, youth custody centre), or on a Youth Agreement</p> 	<p>June 27, 2024– March 31, 2025</p> <p>Tuesdays & Thursdays 12:30pm–4:30pm Occasional weekends</p> 	<p>McCreary Centre Society 3552 E. Hastings Street Vancouver</p> 

No research experience is required.

INTERESTED?

Applications are being accepted now! Visit mcs.bc.ca/youth_research_academy to find out more and to apply. Questions? Contact Katie at 604-291-1996 ext. 235 or yra@mcs.bc.ca.

The Youth Research Academy aims to represent the diversity of youth in care in BC. We particularly welcome Indigenous youth, youth with a disability, visible minority youth, and 2SLGBTQIA+ youth to apply.



YOUTH HEALTH
YOUTH RESEARCH
YOUTH ENGAGEMENT



Grade 10-12 Cheam Students

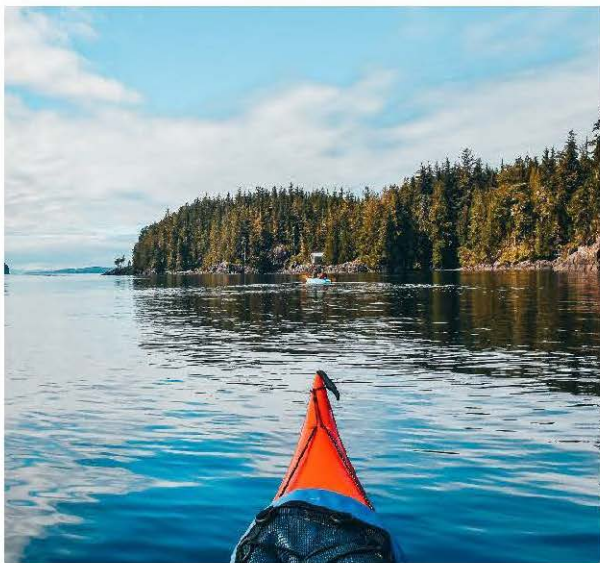
Two fun filled days for excellent attendance.

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.



GRADUATION HELP FOR CHEAM STUDENTS

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.

TRAINING OPPORTUNITIES

If any Cheam members would like to get their "L" driver's licence please connect with Amanda at amanda.aubichon@cheamband.com or 604-794-7927. We need to see how many are interested before running a program.



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 Construction²⁷



S'Í:WES TE S'ÓLH TÉMÉXW

Teachings of Our Land

A Stó:lō Land Stewardship and Governance Course

**A FIVE-WEEK PROGRAM FOR STÓ:LŌ YOUTH TO
FURTHER THEIR UNDERSTANDING AND KNOWLEDGE OF
STÓ:LŌ LAND STEWARDSHIP AND GOVERNANCE**

JULY 2 - AUGUST 2, 2024

Open to Stó:lō Youth Ages 16-21

4 days/week | 9:30am - 3:30pm

Stó:lō Research and Resource Management Center, Chilliwack, B.C.

Earn STSA Certification | Honouraria Upon Completion

**EMAIL LEARN@STSA.CA FOR MORE INFORMATION AND TO SUBMIT AN APPLICATION
SPACE IS LIMITED - APPLY BEFORE MAY 31, 2024**



Collaborative
Stewardship
Forum



Stó:lō Research
and Resource
Management Centre

STSA



S'ólh Téméxw
Stewardship
Alliance

S'ólh Téméxw Guardians Cultural Training Program



A thirteen week course for First Nation individuals seeking to strengthen their knowledge and understanding around Stó:lō cultural perspectives related to land stewardship.

This course will provide learners with cultural training and skills applicable to current and prospective career opportunities in Guardianship, Land Stewardship, and other similar roles.

Over a period of thirteen weeks participants will engage with course materials, on-the-land learning experiences, and teachings from Elders, Knowledge Holders, and other experts.

Participants will spend two days each week in learning sessions:

- One day of in-class research, inquiry, and reflection.
- One day of field research and experience, learning from and on the land.

- Lunch is provided.
- Free for STSA member First Nations (Chowéthel, Xwchíyò:m, Kwaw'Kwaw'Apilt, Sq'éwlets, Sq'éwqel, Shxw'ōwhámél, Sq'ewá:lxw, Sqwá, Semá:th, Yale, Áthelets, Shxwhà:y Village, Sq'ewqéyl, Th'ewá:li, Sxwoyehálá, Ch'íyáqtel, Yeqwyeqwi:ws).

Requirements:

- For ages 18 and up.
- Must have transportation to and from Seabird College.
- Must have rain/outdoor gear.

Date Range:

Sept 3 - Dec 6, 2024

Commitment:

2 days each week

Location:

Seabird College
2895 Chowat Road
Agassiz

All participants will receive a Certificate of Completion upon completion of the course

To register or for more information contact:
learn@stsa.ca



Seabird College
EDUCATION FOR REAL LIFE



Stó:lō Research
and Resource
Management Centre

STSA



S'ólh Téméxw
Stewardship
Alliance

S'ólh téméxw te ikw'elò. Xyólhmet te mekw' stám ít kwelát. This is our land. We have to take care of everything that belongs to us.



Upcoming SASET Programs

Youth Certificate Program SEABIRD and SASET CHWK

July 2 - 5 / 2024
SASET - Chilliwack
Seabird EAS

Piping Foundations

January 2025
SASET - Chilliwack
Bldg #5B 7201 Vedder Rd

Service Canada Mobile Clinic

May 27 / 2024
SASET - Chilliwack
Bldg #5B 7201 Vedder Rd

To Be Determined Dates

- Medical Office Assistant (UFV)
- Microsoft Office Training
- Building Service Worker (UFV)
- Road Building (IUOE Union)

And so much more. Stay tuned!



Construction Training Program

June 10 - 29 / 2024
SASET - Chilliwack
Bldg #5B 7201 Vedder Rd

Traffic Control Training (TCP)

May 15 - 16 / 2024
Sts'ailes - Agassiz
4690 Salish Way

SASET Landscaping Program

May 27 - 31 / 2024
SASET - Chilliwack
Bldg #5B 7201 Vedder Rd

Sts'ailes Landscaping Program

June 3 - 14 / 2024
Sts'ailes - Agassiz
4690 Salish Way

Sts'ailes Self-Care Workshop

June 6 & 7 / 2024
Sts'ailes - Agassiz
4690 Salish Way

Construction Certificate

June 10 - 20 / 2024
T'szil Learning Center
125 Lillooet Lake Road, Mount Currie

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

Canada

FOODSAFE CERTIFICATION COURSE AT CHEAM

With the help of FNHA we will be hosting a foodsafe certification course here at Cheam. The course will be 6 hours, lunch included. We are collecting names right now to see how many community members are interested so that we can arrange a date(s). Please sign up with Catana at 604-745-8010 or catana.tommy@cheamband.com



**Stó:lō
Community
Futures**
has a new online
booking system.

Our Services

- Business Support
- Business Training
- Business Aftercare

BOOK NOW



SCAN HERE

604-858-0009

www.stolocf.ca



GETTING YOUR “L”

May 31st, 2024

9 am - 3 pm

JOIN US

5B - 7201 Vedder Rd
Chilliwack



Canada 

To sign up call 604.858.3691 or email info@saset.ca



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





Seabird College
EDUCATION FOR REAL LIFE



**REGISTER
TODAY!
2024**

Let us help you achieve your educational goals!

FOUNDATION OF ECO-CULTURAL RESTORATION

**INTERESTED IN LEARNING HOW TO RESTORE
YOUR TRADITIONAL LANDS?**

**Sign up now to learn about Eco-Cultural
Restoration techniques and skills!**

Foundations of Eco-Cultural Restoration is a three-week, university credit course, offered at Seabird College. Restoration will focus on the lands around Seabird Island.

Students will learn how to incorporate their cultural perspectives and ideas into restoration projects and planning.

- The program is sponsored for Indigenous students.
- Raingear and lunches provided.
- Transportaion is available where needed and possible.

To register, or for more information, please contact:

Seabird College at Phone: 604-796-6839 or E-mail: colrecruit@seabirdisland.ca

START DATE:

JULY 8 - 26

MON TO FRI, 9:00 AM - 4:00 PM

STUDENTS WILL LEARN ABOUT:

- Hands on fieldwork
- Local restoration planning
- Native plants and animals
- Road rehabilitation
- Planning for climate change
- Fish habitat restoration
- ...and more!



Tim Brigham
Royal Roads University
tim.brigham@royalroads.ca

2812 Chowat Road, Agassiz BC

In partnership



Dare to Dream, Dare to Do: Your Entrepreneurial Journey Begins With You!



Community
Futures Stó:lō

Embrace the spirit of innovation, seize opportunities, and turn your vision into reality. The future is yours to create! 🚀

.....

We currently have 215 Indigenous Youth entrepreneurs in S'ólh Téméxw, and your business can be next!

if you are between the ages 18-30 and want to start a business, contact SCF today!

Contact SCF:

604-858-0009

bhill@stolocf.ca

www.stolocf.ca

Éy Swáyel
Grooming

Cassidy Hall



Find your
passion in
the trades

Providing pre-apprenticeship, apprenticeship and certification training in the Piping Trades: Plumbing, Sprinklerfitting, Steamfitting and Welding.

The UA
Piping Industry
College of BC

**PIPING
FOUNDATIONS**

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



XWCHÍYÒ:M

CHEAM FIRST NATION

Cheam is Hosting an Emergency Support Services Course – EMERG1618

Our Nation requires a team with the applied knowledge and tools to help provide services and support for those affected by an emergency or disaster. Learn how to adapt facilities to shelter style accommodation for people displaced from their homes during a disaster. This three and a half (3.5) hour course covers the fundamentals for ESS responders who may be called upon to work in or support the activities at a group lodging facility.

Apply Group Lodging (GL) skills and practices in a mentored functional exercise. Practice key basic GL tasks by responding to a mock emergency affecting a community. This exercise can also be used as a venue for identifying further GL training and planning needs.

Date: June 10, 2024

Hours: 9-2 lunch included

Location: Cheam Band Office Gymnasium
52161 Victor Drive
Rosedale, BC V0X 1X1



The course can only proceed with a minimum of 12 students. Please register by May 15th to Debbie Douglas, Emergency Program Coordinator, at :

eoccoordinator@cheamband.com

Cell: 604 819 9841 Office: 604 794 7927



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.

- [Administrative Assistant – \(SASET\)](#)
- [Director of Operations](#)
- [General Maintenance Worker, Public Works \(SASET\)](#)
- [Health & Wellness Director](#)
- [Lands & Capital Director](#)
- [Peace Keeper](#)
- [Project Manager](#)
- [Public Works Manager](#)
- [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





Cheam Fishing Village & Campground Site Maintenance Assistant

1. Key Responsibilities:

This position supports the efforts of the Site Maintenance Supervisor

Without limiting the generality of the following:

- Operates mowers and other equipment to maintain grounds, beach, fence lines, banks and hillsides;
- Rakes and maintains the river's edge, campsites and surrounding areas;
- Maintains lawns and walkways;
- Reports equipment problems or failure to their direct Supervisor or in their absence the Campground Operations Manager.
- Returns all equipment to the designated location at the maintenance facility;
- Cleans the maintenance areas and site(s).
- Recycling sorting
- Helps with project work;

2. Scheduled Hours/Days

- Mon - Fri 8:30AM - 4:30PM beginning May 17th, 2024 to September 6th, 2024
- This is a sixteen (16) week **SASET** summer position

3. Requirements

- Must be First Nations/Inuit, status/non-status, reside on or off reserve, within SASET catchment area
- Should be minimal 15 years of age and returning to school
- Secondary and Post-Secondary students must be registered full-time students during previous academic year and intend to return to full-time studies in the following academic year
- Reliable Transportation
- Must have valid Social Insurance Number at the start of the program
- All Service Canada Personal Information forms (PIFS) and Client Consent forms (CC's) must be submitted prior to commencement of program

If you are interested in applying for this position, please send your resume to noelle.hartt@cheamenterprises.ca





Are you interested in a BC Hydro career?

Currently accepting applications for the following Student Co-ops:

- Computer/Electrical Engineer
- Electrical Engineering
- Compliance, Data Analysis, Policy
Commerce, Business Admin, Marketing
- Program and Contract Management

Deadline to Apply

May 31, 2024

May 31, 2024

May 31, 2024

May 31, 2024

May 31, 2024

Why BC Hydro?

We're investing more than \$2 billion per year in major capital infrastructure projects to help meet the growing demand for safe, reliable power. We're upgrading transmission lines, building new substations, and investing in our hydroelectric generation facilities. We aim to provide meaningful and challenging work, opportunities for growth and a healthy work/life balance. We've been recognized for excellence and been named one of B.C.'s Top Employers and one of Canada's Best Diversity Employers for four years in a row.

HOW TO APPLY:

- Visit BC Hydro Careers Page
- Create or update your candidate profile
- Upload Resume, Cover letter & proof of pre-requisite completion, and required documentation listed in posting
- Click on the Apply Button in the posting and follow steps

See full postings, qualifications & application steps at:

<https://www.bchydro.com/toolbar/careers.html>

FOR INFORMATION OR SUPPORT WITH APPLICATION:

Connie Strayer–Regional Specialist

Indigenous Employment & Training

connie.strayer@bchydro.com

 **BC Hydro**
Power smart



RAVEN



BASIC MILITARY QUALIFICATION (BMQ)
A CANADIAN ARMED FORCES INDIGENOUS INITIATIVE

Do something incredible this summer!



**Are you an Indigenous Canadian?
Have you completed Grade 10 and are 16 or older?
Do you want a challenging and rewarding opportunity this summer?
Then Raven is exactly what you're looking for!**

TRAINING

Raven is held at Canadian Forces Base (CFB) Esquimalt in Victoria, BC from July to August each year. It begins with a 3½ day Culture Camp where recruits learn self-discipline, teamwork, and pride through Indigenous traditions within military service.

Then a 6-week Basic Military Qualification commences which includes a day sail with one of our naval ships. The course ends with a final graduation parade and a choice to continue with the Canadian Armed Forces.

BENEFITS

Included in the course:

- all travel expenses to and from CFB Esquimalt
- meals and accommodations
- military clothing and equipment
- a salary of roughly \$4,200
- show young Indigenous people potential for part-time employment or a fulltime career with the Canadian Armed Forces.

HOW TO APPLY

Contact your nearest Recruiting Center through www.forces.ca and click "Talk to a recruiter" or call: **1-800-856-8488**.
The sooner you apply the greater chance you will have of joining Raven for an incredible summer!



Find us on Facebook:
Search Canadian Armed
Forces Raven Program

