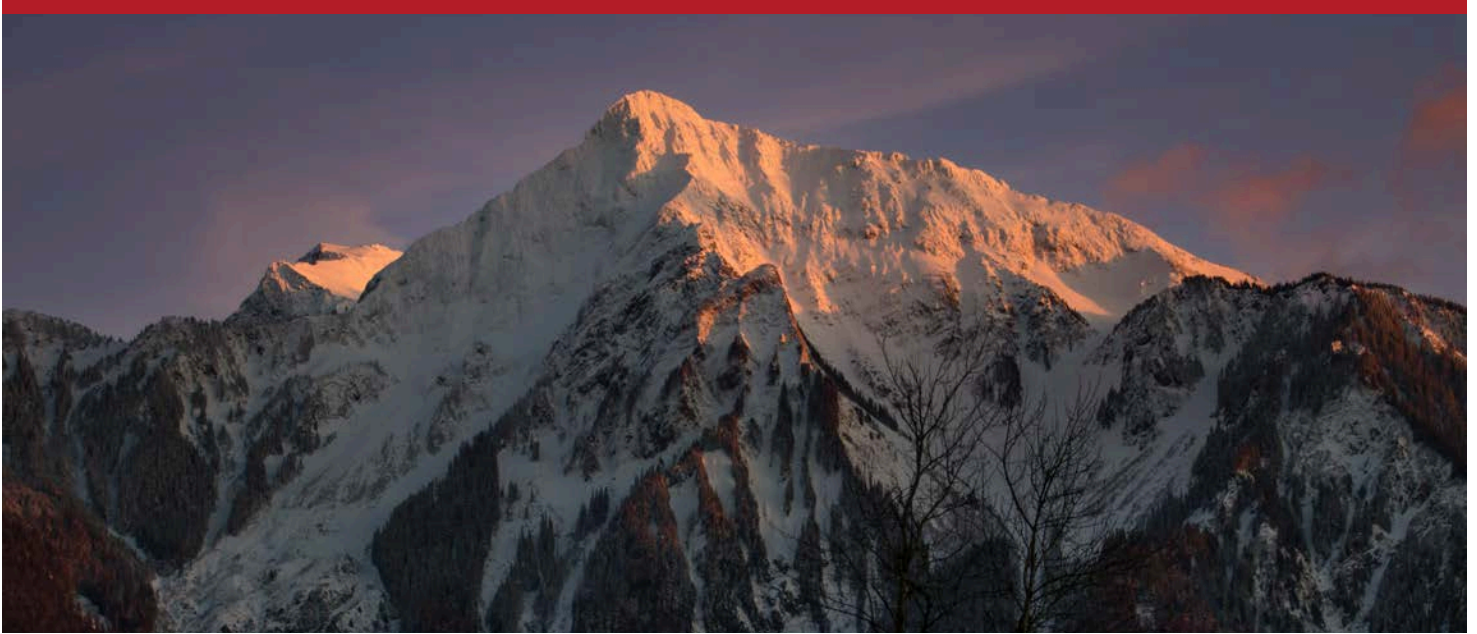




XWCHÍYÒ:M

FEBRUARY 21, 2025 NEWSLETTER

Ey Swayel Friends and Relatives!



If you have any feedback or ideas on our newsletters please feel free to email communications@cheamband.com.

CHEAM CALENDAR

FEB. 23 - WILLS & ESTATES WORKSHOP
FEB. 24 - FAMILY YOGA CLASSES START
FEB. 25 - REGULAR CHEAM COUNCIL MEETING
FEB. 25 - CHEAM ELDERS MEETING & LUNCHEON
FEB. 28 - FALL PREVENTION WORKSHOP
MAR. 5 - CHEAM BY-ELECTION
MAR. 12 - CHEAM TOWN HALL & SWEARING IN
MAR. 18 - CHEAM ELDERS MEETING & LUNCHEON
MAR. 30 - CHEAM USED TOOLS/EQUIPMENT SALE

See our website calendar for more info

XWCHÍYÒ:M 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: l 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 FIRST NATION VISION STATEMENT

We the people of Cheam are committed to developing a united and harmonious community. We respect individual diversity & 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.

Presentation of the CFN 2025-2030 Strategic Plan and Request for Feedback

We are pleased to present Cheam First Nations' 2025 draft strategic plan, developed in partnership with Cheam Leadership, directors and our planning partner, Strategies North. This plan is a result of collaborative efforts and aims to guide our community toward long-term success and resilience.

A digital copy of the draft can be found in the members-only section of our website at <https://cheam.ca/cheam-strategic-plans> and a paper copy was mailed out on February 14th to all Cheam Band Members (on reserve homes will be hand delivered).

Our strategic plan outlines key priorities, goals, and actions designed to shape our collective future. It reflects a shared vision developed through thoughtful consultation with leadership and stakeholders, with an emphasis on community involvement and sustainable growth. As we move forward, your feedback is essential to ensure that the plan accurately reflects the needs, aspirations, and values of our community. We invite you to review the document and share your comments, suggestions, and concerns.

Please direct your feedback and comments to:

Nicholas Point, Executive Coordinator

Nicholas.Point@cheamband.com

604.703.3383

The deadline for submitting feedback is March 14, 2025.

After this date, we will begin finalizing the strategic plan for implementation.



We greatly appreciate your input and encourage you to actively engage in this process. Together, we can make this plan a valuable resource for our community's continued growth and prosperity.

Chaperones Needed

We need 4 chaperones for this years

Gathering Our Voices Youth

Conference. All expenses paid, you

must be available March 17-21st.

Please sign up with Rachel Wille at

rachel.wille@cheamband.com before

February 28th. Thank you for helping

us make these important youth

programs possible! For more info

about the conference please visit their

website at

<https://gatheringourvoices.ca>



DOES THE FNHA SECURITY BREACH EFFECT YOU?

B.C.'s First Nations Health Authority Suffers Cyberattack and Data Breach



If you are concerned with whether your personal data was hacked in the FNHA security breach in May we have a staff member on sight to help our members find out. Please contact shawnee.linger@cheamband.com, 604-794-7927 or drop by the Band Office Health Department.

What happened, and when did this happen?

During the week of May 13, 2024, FNHA responded to an incident in which an unauthorized entity (the attacker) gained access to certain FNHA information technology systems. FNHA detected and immediately responded to this incident while it was occurring, but the attackers were able to access, copy and steal files from one portion of the FNHA network.

A reminder from our Housing Department to not flush anything other than toilet paper into the toilets on the reserve.

That includes baby wipes, garbage, paper towels etc. **It can cause major problems for your/our septic system.**

Thank you for your cooperation.



**PLEASE
DO NOT FLUSH
FEMININE PRODUCTS,
BABY WIPES, TRASH
PAPER TOWELS,
OR DIAPERS
THANK YOU**



XWCHÍYÒ:M
CHEAM FIRST NATION

52130 OLD YALE ROAD
ROSEDALE, BC, V0X 1X1
P: 604-794-7924
F: 604-794-7456

February 7, 2025

TO ALL EMPLOYABLE SINGLES & PPMB

IT'S THAT TIME OF YEAR AGAIN TO HAVE YOUR FILE UPDATED

PLEASE BOOK AN APPOINTMENT WITH:

AMANDA AUBICHON
Social Development Manager
amanda.aubichon@cheamand.com
P: 604-794- 7927 F: 604-794-7928

DIANA GIROUX
Social Development Assistant
diana.giroux@cheamand.com
P: 604- 794- 7927 EXT.8022

SIGN UP FOR ELECTRONIC FUNDS TRANSFER (EFT)

As we close out our recent 2024 dividends, we kindly remind all members to submit their banking information for EFT payments to ensure the timely processing of all member payments.

Thank you for your cooperation!

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 by the end of 2025. You can go into your bank and ask for the EFT form, or can download it from your online banking app/website.

If you need help figuring out how to download the form from your online banking please contact your bank or let us know and we will assist you. All forms go to accountspayable@cheamand.com or can be dropped off at the Band Office attention: Accounts Payable. 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.



WHAT DOES COMMUNITY SAFETY LOOK LIKE TO YOU?

If you missed Wednesdays Community Safety engagement and still want to provide your feedback to help shape the future of Cheam's safety please answer the questions below. All feedback can be emailed to dafyd.haase@cheamband.com or dropped off to the band office attn: Dafyd.

Questions to the Community

- *What does community safety look like through your eyes?*
- *What can we do as a community to achieve these goals?*

Scenario 1: At 1 am the watchman receives a call in regards to a disturbance at a house on Cheam Ct. The Watchman arrives and see two male Individuals pushing each other on the lawn. They have been exchanging harsh words and profanity for several minutes prior to the Watchman arrival. Many neighbors are also outside complaining about the noise and trying to assist the situation by calming down the two men.

- *What should our response look like?*
- *What additional measures should be taken?*

Scenario 2: At around 3 pm the Watchman receive a call in regards to a person who currently has an active BCR. This person was issued this BCR due to numerous incidents in the past where they have become aggressive and even violent towards members of the community. The BRC states this person is not permitted on Cheam lands. To complicate the situation this person refuses to leave Cheam lands.

- *What should the Watchman do in this circumstance?*
- *How much force, if any, should the Watchman use to facilitate removing this person from Cheam lands?*

Scenario 3: At 10 pm. the Watchman receive a call regarding a person in medical distress. The Watchman arrives at a home and determine the person has consumed a large portion of narcotics. They are non-responsive.

- *What should the Watchman response look like?*
- *What additional measure should be taken?*





fraserhealth

Better health. Best in health care.

PUBLIC SERVICE ANNOUNCEMENT

A new case of measles infection has been confirmed in the Lower Mainland. Fraser Health and Vancouver Coastal Health (VCH) have determined the infection was acquired by a Fraser Health resident who travelled abroad to Southeast Asia. Public Health officials from both health authorities are following up directly with individuals who are known to have been exposed to the virus. Members of the public may have been exposed to measles if they were on Air Canada Flight 66, arriving in Vancouver on February 11, 2025, or if they spent time in the international arrivals area of YVR, including customs or baggage claim, from 7:00 AM to 9:30 AM on Feb 11, 2025.

Measles is a highly infectious disease transmitted by airborne spread. Most people in Canada will be immune to measles due to prior immunization or natural infection. People who are at risk of getting measles are those who have never had measles disease and those who have not had two doses of a measles vaccine. For people who are not fully protected against measles and may have been exposed, Public Health officials are recommending the following: If you were born in 1970 or later and have not had two doses of measles vaccine, you should get a booster dose of measles vaccine. It is most effective if received within three days of being exposed but still can be received after that. Measles vaccine is provided free of charge.

Certain people should not get the measles vaccine. These include babies less than six months of age, pregnant people, and people with certain immune conditions. If you, or your child, are in one of these groups, please call your local Public Health team as soon as possible and no later than six days after being exposed. You may be advised that you, or your child, receive a medication that can prevent measles disease. This is also provided free of charge.

For Fraser Health residents please call the closest Public Health unit listed below.

VCH Communicable Disease: 604-675-3900 or 1-855-675-3900

Free measles vaccine is available at the following locations to those exposed who are at risk of getting measles:

- Rosedale - Modern Pharmacy
- A list of local pharmacies (call for weekend hours) or VCH Public Health Units (open weekdays) is available at www.vch.ca/en/health-topics/measles.

The measles vaccine is provided free at public health units and certain family doctors and walk-in clinics. Pharmacists can immunize adults and children over five years old. Please call ahead to ensure the vaccine is available at your preferred location.

Individuals exposed should monitor for any symptoms of measles that develop up to three weeks after being exposed. Symptoms of measles include fever, dry cough, runny nose, and red eyes; followed a few days later by a rash that starts at the hairline and spreads rapidly down to the rest of the body.

If you develop symptoms of measles, please contact your health care provider before you visit them so they can take precautions to prevent spreading measles to others.

For general information about measles visit www.healthlinkbc.ca/healthlinkbc-files/measles

For information on accessing your immunization history visit

<https://immunizebc.ca/immunization.../immunization-records>

MEET YOUR CANDIDATES

Polling Notice For the Cheam First Nation BY- Election

Notice is hereby given to the electors of the Cheam First Nation that a poll will be held to elect ONE (1) Councillor to fill a vacancy on Council for the remainder of the present term and will be held at the Cheam First Nation Administration Building located at 52161 Victor Drive, Rosedale, B.C V0X 1X1, on the 5TH day of March, 2025 from 9:00 AM until 8:00 PM (local time).

And that I will count the votes at the Cheam First Nation Administration Building located at 52161 Victor Drive, Rosedale, B.C. on the 5th day of March 2025, immediately after the close of the poll and declare the results of the election.

Given under my hand at Rosedale, British Columbia, on January 21, 2025.



F.P. Schiffner
Electoral Officer
Cheam First Nation
Cell: 604-786-2512
Toll Free: 1-800-813-2173
Email: fschiffner90@gmail.com

CHEAM FIRST NATION
LIST OF CANDIDATES
AS OF JANUARY 21, 2025

COUNCIL

1	CREY, NAOMI
2	GIROUX, JUSTIN
3	PIKE, LUKE
4	SHAW, DIONNE
5	VICTOR, ANDREW

NOTE: THE ABOVE LIST OF CANDIDATES
ARE SUBJECT TO WITHDRAWAL UP TO
JANUARY 26, 2025



ELECTORAL OFFICER
CHEAM FIRST NATION

A B O U T

NAOMI DAWN CREY

778-345-6958

Naomicrey@gmail.com



Naomi Dawn Crey is a dedicated leader and advocate for First Nation communities. Raised in the Lower Mainland, Naomi has maintained an important connection to her culture. As a child, she spent summers camping and harvesting salmon along the Fraser River and watching the canoe races at Swilhcha, Cultas Lake. Her professional journey began with the Sto:lo Nation, where at the age of sixteen, she immersed herself in training and gained invaluable historical insights into Xa:ytem, embarking on a meaningful and personal exploration of Sto:lo history and culture. Naomi is the daughter of former Chief, Ernie Crey, and the granddaughter of Minnie Elizabeth Charlie, and Ernest Walter Crey.

With a formal education in Tourism Studies and Management, Naomi has cultivated her expertise over the years, particularly during her time in South America, where she worked on projects relevant to the hospitality and adventure tourism sectors. Following her experience abroad, she developed a cultural exchange program that brought Indigenous peoples from Putamayo, Colombia, to the Yukon. This initiative facilitated the exchange of cultural teachings, traditional knowledge, health and wellness and the arts. It continues to thrive to this day.

Naomi has served as the Executive Director of the Northern Culture Expressions Society for the past five years. Naomi was instrumental in facilitating and negotiating the organization's successful purchase of land in order to create Yukon's first Traditional Arts Training Centre. Naomi's role is to guide her team through innovative projects and programs while reporting to a supportive Board of Directors. Naomi has enjoyed various collaborative projects with architectural firms, First Nation development corporations, project managers, and marketing agencies. Her commitment to economic development and cultural resilience includes spearheading federal and territorial projects aimed at enhancing market readiness for Yukon First Nation art organizations and small businesses. Naomi's focus on providing economic opportunities, employment training, and program delivery designed and implemented by First Nation people, underscores her dedication to empowering Indigenous communities.

Naomi is passionate about gallery development and artist professional development, dedicating her efforts to nurturing emerging artists in their creative journeys. She is also deeply passionate about implementing effective cultural and land-based programming for youth, recognizing the critical importance of including and guiding young people toward positive pathways away from gangs and drugs. Her early career in cultural resilience reflects a decade of steadfast work focused on uplifting youth and fostering a sense of identity and belonging through cultural engagement.

If elected to council, Naomi looks forward to deepening her engagement with her traditional territory, family, and serving her community.



JUSTIN GIROUX

778-839-5146

Justinmarcel8488@gmail.com

I'm Justin Giroux, my family originates from Cheam Reserve. My great grandpa is Harry Edwards, his daughter (my grandma) is Martha Edwards who married my Grandpa Patrick Giroux Sr. My mother is Marie Giroux. I grew up and resided in Chilliwack B.C. through most of my adolescent years.

I started working for Cheam as a summer student when I was 16 years of age, under the supervision of Wesley Edwards Sr. and under the management of Sidney Douglas. Throughout being a summer student and coming back to Cheam and working full time, I was able to learn a lot from my mentors. Through that time, I was able to get to know an abundance of the community and band members and get to help out the community with the knowledge that I accumulated.

Working for the Public Works department has given me the opportunity to work with all other departments and build relationships among them. Given the chance to see how different every department is and help them when I can.

Out of the many tasks we do in our department, the one benefit that I love most is seeing the happiness of the people that we help in the community. The appreciation from the band and community members makes all the difficult tasks worth it.

I personally like to take care of all the people and make sure that whatever their issue is, my help is the solution that they need.

I won't make promises that I can't keep, but I will make a statement that I will do my absolute best to help my people and my community to my fullest extent.

Sincerely,

Justin Giroux
Cheam Public Works



DIONNE SHAW

Dear Community Members,



I am honored to seek your support as I run for council, driven by a deep commitment to advocacy, accountability, and the empowerment of our people. Politics, to me, is a tool for change—a means to amplify our voices, protect our rights, and build a stronger, more self-determined future for our Nation.

As a proud member of the Cheam First Nation and a dedicated advocate for our community, I have spent my career championing policies that respect Indigenous sovereignty, promote economic opportunity, and enhance the well-being of our people. My experience in governance, education, and cultural preservation has reinforced my belief that true leadership must be grounded in both tradition and forward-thinking action.

I stand for:

- **Stronger Governance** – Ensuring transparency, accountability, and integrity in decision-making.
- **Economic Empowerment** – Advocating for sustainable development that directly benefits our people.
- **Cultural and Language Revitalization** – Strengthening our identity through education and community initiatives.
- **Social Justice and Equity** – Breaking down systemic barriers and standing up for the rights and welfare of our Nation.
- **Environmental Stewardship** – Protecting our land, water, and resources for future generations.

Now, more than ever, we need leaders who will stand up for our people, challenge outdated systems, and drive meaningful change. With your support, I will work tirelessly to ensure our voices are heard, our rights upheld, and our future secured.

Together, we can build a political landscape that reflects our values, honors our traditions, and paves the way for progress.

I humbly ask for your support in this journey. Let's create a future that is strong, just, and filled with opportunity.

Sincerely,

Dionne Shaw

SEXÓMESTEL

A N D R E W V I C T O R

I am seeking election to the Cheam Council in the 2025 By-Election.

Our community deserves to be strong and flourishing, and that requires addressing the issues impacting our families, our territory, and our way of life. I believe in building bridges with our relatives and neighbours to achieve common goals. By balancing sustainable living with sustainable revenue, we can create a brighter future for our people.



My commitment to Cheam is built on a foundation of diverse experience at the regional, provincial and national levels. I've served four terms on Council, including two as Chief, giving me a deep understanding of our community's needs. My re-election to the *First Nations Health Council* by the Stó:lō Tribal Council Chiefs and Leaders demonstrates the trust placed in my leadership. Furthermore, my roles as Co-Chair of both the *Indigenous Health Collaborative Council* and its *Feedback and Accountability Subcommittee*, and my appointment as BC Representative and Co-Chair of the *National Indigenous Connectivity Inc.*, have provided me with invaluable experience in navigating complex issues and advocating for our community.

(C) 604.316.3784 | AMVICTOR@GMAIL.COM | FB.COM/AVICTOR

CHEAM ELDER'S CORNER

Elders, please feel free to share your stories, tips, photos, recipes etc. in this section by submitting them to communications@cheamband.com or dropping them off at the band office attn: Harmony



UPCOMING BIRTHDAYS

BIRTHDATE

DIAN MCKUSICK

FEBRUARY 21

VIVIAN MARIE WILLIAMS

FEBRUARY 23

GENEVIEVE DOUGLAS

FEBRUARY 26

JUDITH DORIS DOUGLAS

MARCH 1

MARGARET MARIE LOLKEMA

MARCH 5

NORAH ANNIE NEWMAN

MARCH 7

JUDITH ELLEN DOUGLAS

MARCH 19

2025 CHEAM ELDER'S MEETINGS

- February 11 & 25, 2025
- March 18, 2025
- April 15, 2025
- May 20, 2025
- June 17, 2025
- July 15, 2025
- August 19, 2025
- September 16, 2025
- October 21, 2025
- November 18, 2025
- December 9, 2025

XWCHÍYÒ:M
CHEAM FIRST NATION

PROGRAMS/EVENTS



XWCHÍYÒ:M
CHEAM FIRST NATION

Empower Yourself with Self Defense Training



Come join us on February 26th
from 6pm - 7:30pm @ Cheam
Band Gym
Contact Kathia for sign up
Familysupport@cheamband.com

Join Our Women's Self Defense Class

Learn to protect yourself
effectively and confidently.

Build Skills and Confidence

Gain valuable skills to **defend
against threats** in real
situations.

Sq'ewqel (Seabird Island Band)

HEALTH CONFERENCE



Save the Date

**Saturday,
February 22, 2025**

Location:
Band Office Gym

Times:
9 AM Registration
Event: 9 AM – 7 PM
5:15 PM Comedy Show



For more information please
contact: [604-796-2177](tel:604-796-2177)

Or Tash Peters at:
tashpeters@seabirdisland.ca

Registration and more
information to follow.

**SWAG BAGS,
DOOR PRIZES, AND
LUNCH & DINNER
PROVIDED!**

MC:
Kailie McRae

GUEST SPEAKERS:

Lolly Andrew

Meal Prep Done Easy:
Val Thompson

Diabetes:
Lerinda Wright & Pamela Kalia

Fitness:
Dr. Robert Fox

Rotating Group HEALTH SESSIONS:

- Traditional Medicine
- Reiki
- Fitness
- Nature Bath (dress for weather)
- Smudging
- Yoga
- Sound Healing
- And More...

COMEDY SHOW

Comedians:



Beverly O'Neil



Giovanni Beltran



Keith Nahanee



“The class will be slow moving and focused on the breath to ease the mind and body”



FAMILY YOGA W/ INNER VISION YOGA

February 24, 5:30pm-6:30pm
On Mondays for 6 months

Learn how to incorporate mindfulness into daily life and benefit from focusing on one thing at a time. This yoga class is non-competitive and encourages each individual to flow at their own pace.

- All equipment included
- Please dress appropriately



**Facilitator is:
Natasha Aleck**

RSVP to Nikki at 604-794-7927 or
nichole.jackson@cheamband.com

INNER VISION

YOGA



CLASSES STARTING
FEBRUARY 18TH
@ CHEAM BAND GYM



YOUTH & ADULTS
TAEKWON-DO
CLASSES FOR
COMMUNITY
MEMEBERS.



CONTACT KATHIA (FAMILY
SUPPORT WORKER) TO
SIGN UP NOW!
PLEASE EMAIL
FAMILYSUPPORT@CHEAMB
AND.COM

COME JOIN US TWICE A WEEK TO LEARN FROM THE BEST –
INSTRUCTOR – GRAND MASTER DAFYD HAASE

MR. DAFYD HAASE BEGAN TAEKWON-DO AT AGE 4 IN 1973, ENCOURAGED BY HIS AUNT. BY 5, HE COMPETED IN NATIONAL CHAMPIONSHIPS AND MET TAEKWON-DO FOUNDER GRAND MASTER CHOI HONG HI, WHO WAS IMPRESSED BY HIS DEDICATION. HAASE CONTINUED TRAINING WITH CHOI UNTIL HIS PASSING IN 2002. A 9TH DEGREE BLACK BELT, HAASE HAS WON 15 NATIONAL AND 5 WORLD TITLES AND WAS THE YOUNGEST INDUCTED INTO THE WORLD MARTIAL ARTS HALL OF FAME.

HISTORY OF TAEKWON-DO

GRAND MASTER CHOI, A KOREAN GENERAL CAPTURED DURING WWII, DEVELOPED TAEKWON-DO BY BLENDING TAEKYON AND SHOTOKAN KARATE. IN 1955, IT WAS FORMALLY ESTABLISHED, WITH CHOI NAMING IT. TAEKWON-DO TODAY FOCUSES ON SELF-DEFENSE, INNER SPIRIT, AND EQUALITY, WITH LESS EMPHASIS ON COMPETITION COMPARED TO OLYMPIC TAEKWON-DO.

NO EXPERIENCE NECESSARY – ALL SKILL LEVELS WELCOMED.
WE WILL HAVE BRANDED T-SHIRTS FOR ALL PARTICIPANTS.



The fall prevention clinic is officially booked for February 28, at 1pm. We have four more spots available. Please contact Sarah at 778-839-5194, sarah.aleck@cheamband.com

Why attend the Falls Prevention Mobile Clinic?

- ✓ To learn what you can do to reduce falls
- ✓ To stay as independent as possible

Did you know?

- Some medical conditions can put you at a higher risk for falls.
- Seniors who have had one fall have 2x the risk of future falls.
- **Most falls are preventable!**

Do you want to read more about preventing falls?

Read [Your Guide to Independent Living](#) by going to: patienteduc.fraserhealth.ca/permalink/24140



For more information on clinics and presentations, contact us at

(604) 374-2273

or

fallsprevention@fraserhealth.ca

You can also find information on our website

fraserhealth.ca/fallsprevention



www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.
Catalogue # 255849 (June 2023)



Falls Prevention Mobile Clinic



 **fraserhealth**



How to attend a clinic

There are two options. You can attend in person at a mobile clinic in your community, or virtually on Zoom.

Your total time at a clinic is about two hours.

Clinics are free to attend. Please register in advance. You do not need a doctor's referral.

For a schedule of mobile clinics in your community, go to:

fraserhealth.ca/fallsprevention.

We also offer presentations on falls prevention.

Register for a clinic

To register, call us at

(604) 374-2273

or email us at

fallsprevention@fraserhealth.ca

Your clinic visit

There are 3 steps to your visit.

1. Intake and Assessment

We do a Falls Risk Assessment for you. We check your strength, balance, vision, body awareness, and reaction time. We also check your:

- Blood pressure
- Pain
- Falls history

2. Pharmacist visit

Our pharmacist discusses your bone health and checks if you are getting enough calcium and vitamin D. They also discuss any pain you have, sleep, and overall health.

The pharmacist reviews your medications with you, focussing on those that increase the risk of falls.

3. Physiotherapist visit

Our physiotherapist explains the results of your Falls Risk Assessment.

They talk with you about your activity level and help you develop a physical activity program. They also discuss any equipment you might need for safety.

After the clinic

After visiting the clinic, you receive the following:

- ✓ Your Falls Risk Assessment
- ✓ Recommendations on ways to reduce your risk of falls and fall-related injuries
- ✓ Referrals to community resources
- ✓ An Action Plan will be mailed to you

We send a summary of results and recommendations to your family doctor or nurse practitioner.

*Your independence is valuable.
Why risk it?*

Free Tax Assistance for Indigenous Entrepreneurs in the Stó:lō Territory.

Liaison Officer seminars

for small business owners and self-employed individuals



If you have inquiries related to taxes, this is an excellent opportunity to have them addressed!

Our seminars are conducted by professionals from the Canada Revenue Agency (CRA), who will provide valuable insights on the following topics:

- Business tax deductions
- Common tax errors
- Useful tools and services available through the CRA
- General bookkeeping concepts and best practices
- Taxation on and off reserve

Join us to enhance your understanding and navigate tax-related matters effectively.

March 10, 2025

1:00 - 4:00 pm

Lunch Provided

March 11, 2025

9:00 am - 12:00 pm

Breakfast Provided

Location:

Bldg 10 - 1st Floor, 7201 Vedder Road, Chilliwack



Door Prizes Provided



Please RVSP



Canada Revenue Agency

Agence du revenu du Canada

Canada



INDIGENOUS
BUSINESS DEVELOPMENT
SERVICES



Community
Futures Stó:lō

Drop-in Clinic with Canada Revenue Agency & Service Canada

Join us to get your taxes filed, find out more about the benefits, credits, pensions, programs, and services you may be entitled to!

Date: March 1st, 2025

Time: 11:00 am – 3:00 pm

Location: 5819 Tyson Rd, Chilliwack, BC V2R 3R6

Canada Revenue Agency (CRA)

- Tax Slip information (T4, T5007, T4A -Pension, T4A- OAS and more)
- Notice of Assessments (NOAs) and Assistance with CRA correspondence
- Benefits and Credits information: Disability Tax Credit (DTC), Canada Child Benefit (CCB), GST/HST credit, Canada Worker's Benefit (CWB)
- Account updates (address, contact number, etc.)

Community Volunteer Income Tax Program (CVITP) – Free Tax Filing

- You may be eligible if you have a modest income and a simple tax situation.

Service Canada

- NEW Canadian Dental Care Plan - Information and Application/Attestation
- Pension information on Old Age Security and Canada Pension Plan
- Get a Social Insurance Number (birth certificate in most cases will be required)
- Receive an access code to sign up for online My Service Canada
- General Government of Canada information

* Please bring any ID you have as what is required will depend on the services accessed



Gouvernement
du Canada

Government
of Canada

Canada



**Sto:lo Aboriginal Skills &
Employment Training is offering**

Wildfire Fighting Training

March 10 - 21, 2025

Training will take place on-site at SASET
5B - 7201 Vedder Rd, Chilliwack BC
Monday to Friday 8:30am to 4pm



Call to apply:

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

EMPLOYMENT PREP TRAINING

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

March 3 - 7, 2025

Certificates Offered:

- First Aid
- Aerial Lifts
- Forklift
- Food Safe
- Fall Protection



Training will take place at
Sto:lo Nation
Building 5B, 7201 Vedder
Rd Chilliwack
Monday to Friday
8:30 AM TO 3:30 PM



Lunch,
Transportation
Supports and
Safety Gear
Provided!

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

JOB OPPORTUNITIES AT CHEAM



XWCHÍYÒ:M

COME WORK WITH US AT CHEAM!

To apply to any of the jobs listed below, click on the job title for further details, visit the [careers page of our website](#), or drop off your resume at the Band Office attn: HR.

- [Early Years Supervisor](#)
- [Education Manager](#)
- [Executive Co-ordinator](#)
- [Medical Transport Driver](#)
- [On-call Labour](#)
- [Rights & Title Manager](#)
- [Watchmen \(security\)](#)
- [Wellness Advocate](#)



WHY WORK FOR CHEAM?

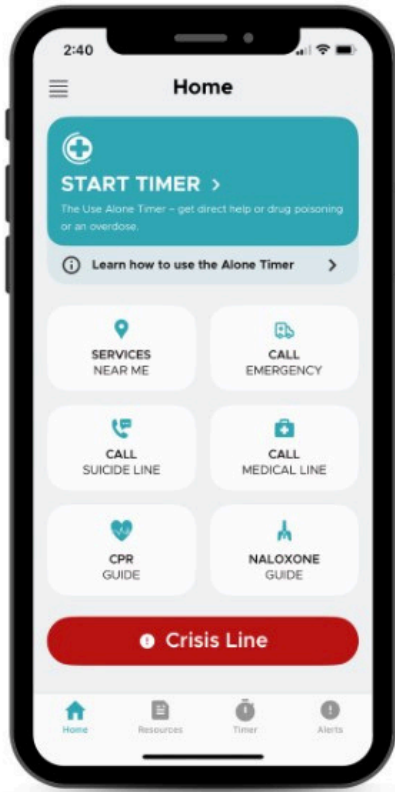
- Cultural Enrichment
- Community Impact
- Advancing Reconciliation
- Personal Growth
- Competitive Starting Wage
- Benefit Coverage
- Company and Community Events
- Holiday Closures

FRASER RIVER LODGE JOB OPPORTUNITIES:

- [Assistant Front of House Manager](#)
- [Assistant Wedding Manager](#)
- [Assistant Wedding Coordinator](#)
- [Maintenance Manager](#)

OVERDOSE PREVENTION/TOOLS

Microsoft Partner



LifeguardConnect™ v6: Your Lifesaving App, Redesigned

Download Now on iOS & Android

Introducing LifeguardConnect™ v6, now better than ever! We've streamlined the app to focus on what you need most, offering quick access to essential resources. Enjoy an expanded and improved search experience, with resources organized for easy navigation. Reliable features like the emergency timer and alerts are now even easier to use. Built with enhanced security and privacy, LifeguardConnect™ v6 provides the best user experience yet. Download LifeguardConnect™ on iOS or Android.

Benefits of the evan Platform include:

- 🕒 Use Alone Timer
- 📍 Enhanced "Services Near Me"
- 📞 Organized Resources
- 🔄 Customizable Theme Selection
- 🚨 Real-Time Drug Alerts
- ✍️ Feedback-Driven Design
- 🏠 Remote/Rural Response
- 👤 Personalized Resources

Sign up for toxic drug alerts

Text **JOIN** to **253787**
ALERTS

NALOXONE: SAVE ME STEPS TO SAVE A LIFE



Naloxone is an antidote to opioid overdose. Taking too much of opioid drugs (like morphine, oxycodone, methadone, heroin, or fentanyl) can slow down or stop breathing. Naloxone may restore normal breathing and consciousness within 1 to 5 minutes of injection. Giving naloxone and rescue breathing can prevent death or brain damage from lack of oxygen during an opioid overdose.

SIGNS OF OPIOID OVERDOSE



**Not moving and
can't be woken**



**Slow or not
breathing**



**Blue/grey lips
and nails**



**Choking, gurgling
sounds or snoring**



Cold or clammy skin



Tiny pupils

CALL 911 or the emergency response number in your community. The Good Samaritan Drug Overdose Act can protect people from arrest for simple possession.

TELL ATTENDANT: Person is not responsive and not breathing.

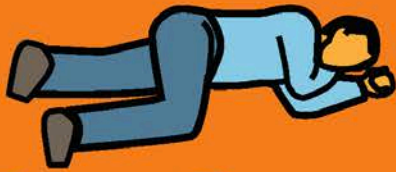
HealthLink BC: 8-1-1

BC Drug & Poison Information Centre:
1-800-567-8911



First Nations Health Authority
Health through wellness

FOLLOW THE SAVE ME STEPS BELOW TO SAVE A LIFE.



If the person must be left unattended at any time, put them in the recovery position.



STIMULATE
Unresponsive?
CALL 911



AIRWAY
Check and
Open



VENTILATE
1 breath every
5 seconds



EVALUATE
Breathing?



MEDICATION
1 dose of
Naloxone



**EVALUATE
& SUPPORT**
Wait another
3 minutes.

Another dose? Alternate
nostrils with each dose

HOW TO GIVE BREATHS

1



Tilt head back
to open airway

2



Pinch nose.
Cover mouth with
mask or clothing

3

Give
1 breath
every 5
seconds

BREATHING CAN SLOW DOWN DURING AN OVERDOSE BUT THE HEART IS PROBABLY STILL BEATING - GIVE BREATHS TO KEEP THEM ALIVE

HOW TO USE NALOXONE

1



Peel package open. Avoid touching
the tip. Do not press until ready to
give Naloxone.

2



Place the tip in the nostril.

3



Press firmly. Dispose of used
naloxone spray safely.

www.fnha.ca/harmreduction

To access Nasal Naloxone spray, contact FNHA Health Benefits at: healthbenefits@fnha.ca or 1-855-550-5454