



XWCHÍYÒ:M

JULY 11, 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

JULY 15 - CHEAM ELDERS MEETING & LUNCH
JULY 16 - CHEAM JOB FAIR
JULY 22 - CHEAM REGULAR COUNCIL MEETING
- BLUEBERRY PICKING @ KLASSEN
AUG. 4 - BAND OFFICE CLOSED
AUG. 6 - COMMUNITY TOWNHALL
AUG. 13 - CHEAM YOUTH WORKING GROUP
AUG. 23 - CHEAM DAYS & BACK TO SCHOOL EVENT
AUG. 29 - OVERDOSE AWARENESS EVENT

[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.



LAND USE PLAN

A reminder that feedback on the draft Land Use Plan will be accepted until July 15th. Feedback forms are available at the reception with Daphne, at the link below, and at the back of this newsletter. Completed forms can be emailed to cheamlands@cheamband.com or dropped off at the band office.



Everyone who provides feedback will be entered into a draw to win a full canning kit (including a stainless steel pot, jars, tongs & all the accessories).

For more information, all documents, or the latest updates, please visit our website at <https://cheam.ca/2025/06/cheam-first-nation-land-use-plan>.

Developing a Land Use Plan is an important step towards greater self-determination and long-term planning for Cheam. It empowers our community to shape how our lands are used, protected, and developed in a way that reflects our values, priorities, and vision for the future. This process is about building a clear, community-driven framework that supports responsible growth, cultural preservation, and sustainability to ensure that our lands continue to meet the needs of our members today and into the future.

DOCUMENTS FOR REVIEW

- [Draft Land Use Plan](#)
- [Land Use Plan Summary](#)
- [Letter from the Lands Advisory Committee](#)
- [Roadmap to Ratification](#)
- [LUP Feedback Form](#)
- The Notice of Vote and Online Voting Info Sheet will be uploaded a minimum of 30-days before the ratification date



IMPORTANT DATES

- July 15th – Deadline to submit feedback on draft Land Use Plan
- July 22nd – Chief & Council Meeting, final approval of Land Use Plan
- August 7th – Ratification Packages will be sent to all members via email or mail
- September 8th – Ratification Vote

Cheam Church Survey

We would like to gather input from the community on how you envision the future use of the the Cheam church building. Community feedback would be greatly appreciated.

Some initial suggestions for potential building uses (tick any options you like):

- ___ A community child and youth centre (a safe, supervised space for gathering, games, and youth activities)
- ___ Renovating it back into a church
- ___ Using it for storage
- ___ Converting it into office space
- ___ Other (please fill out) _____

Deadline of July 23 , email to cheamlands@cheamband.com or drop off to Band Office

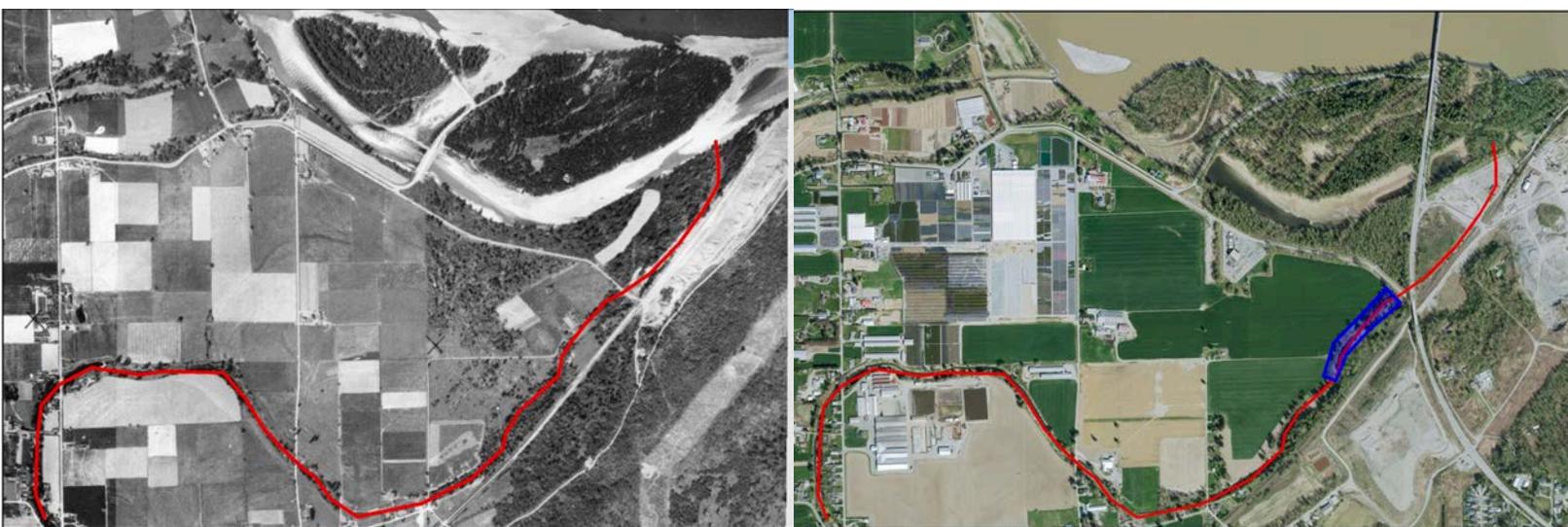
Hope Slough Restoration Update

Cheam's Operations Department and Environmental Department are working together this August and September on the restoration of water channels at the upper end of the Hope Slough. This work will help prepare the channel for future reconnection to Backwash Slough and the Fraser River, and create spawning space for adventurous coho that may return to this part of the slough.

Machines will be accessing the site from the dyke and will not go through the farm field. If you have any questions about this project, please reach out to Roxanna in the Environmental Department.

Did you know that the Hope Slough used to connect to Backwash through the channel in red? (1953)

The area in blue is where the excavation work will take place."



SIGN UP FOR ELECTRONIC FUNDS TRANSFER (EFT)



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 you 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 accountspayable@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.

STAFF UPDATES

We are pleased to announce the addition of Bruce Douglas, Georgia Bernard, Angelina Louie and Leanne Prest to the Cheam Team.



Georgia Bernard is joining us as **Administrative Assistant (SASET)** on a fixed-term contract from July 7, 2025 – March 31, 2026, and will report directly to Rachel Wille, Director of Operations. Georgia is a Cheam member with a passion for baking, photography, and beading. She also enjoys gaming (her favorite game is Fortnite) and spending time with friends at the beach. Georgia is currently working to complete two courses to receive her high school diploma. During her time with us Georgia will be working closely with Daphne at the front desk and learning reception.



Bruce Douglas is joining us as **EOC Coordinator** on a fixed-term contract from July 7, 2025 – January 31, 2026 and will report directly to Rachel Wille, Director of Operations. Bruce is a proud Cheam member, the son of the late JJ Douglas and a father of four. Bruce has deep roots in the community and has lived in Cheam since 2012. Bruce has a strong background in paddling, having paddled with the 5 Star Canoe Club and currently with the Lost Boys Canoe Club. He served a term on Cheam Band Council in 2020, and has been involved in wildfire fighting since 2021. He has been working on pursuing his apprenticeship as a utility arborist and is very excited to work in the community again.



Angelina Louie is joining us as **Administrative Assistant (SASET)** on a fixed-term contract from July 7, 2025, to March 31, 2026, and will report directly to Rachel Wille, Director of Operations. Born in Powell River and raised in Ucluelet, Angelina has lived in Chehalis for the past five years. She graduated from Agassiz Secondary School in 2022. In her free time, she enjoys walking her dog by the river and spending time with family and friends. During her time with us, Angelina will be assisting with records management.



Leyaqwemot (Leanne) Prest is joining us as **Cultural Liaison** starting July 7, 2025 and will report directly to Noelle Hart, Interim Health & Wellness Manager. Leanne grew up off-reserve in Hope and has been connected to Cheam since 1998, and lives in the community with her husband and six grown children. She previously managed Cheam Landfill for ten years before pursuing a career in addictions counselling, earning her diploma in 2017. After graduating, she worked with Indigenous inmates at Kent Institution and Fraser Valley Institution. As she continues her own healing journey, she has decided to start focusing more on herself and her community. She is super excited to rejoin the Team as Cultural Liaison.

Please join us in welcoming Bruce, Georgia, Angelina and Leanne to the team.

YOUTH PROGRAMS/EVENTS



XWCHÍYÒ:M
CHEAM FIRST NATION

The Cheam Youth Council Working Group will be meeting once a month, on the second Wednesday of every month. Over the next year, the meetings are in place to continue engaging with the Youth as the structure of the Youth Council gets built.

With a goal to have the first official Youth Council up and running by next spring. Youth input is essential in the development of this upcoming Youth Council. Meetings will be from 5pm - 7pm in the Cheam Gymnasium. Once the Youth Council has been built, it will be for ages 16-26, however, if any 13-15 year olds wish to join the working group meetings, they are welcome.

Below are the Working Group meeting dates:

- * August 13
- * September 10
- * October 8
- * November 12
- * December 10
- * January 14
- * February 11
- * March 11



Co-Create Indigenous Tech Futures and Enter to Win \$500 in Cash Prizes!



Have Your Say!

Help shape the Indigenous Leadership in Technology Strategy, our three-year action plan to modernize and expand our digital skills training and career services for Indigenous youth (18-35) across BC.

This is your opportunity to shape the future and co-create training programs that open doors to meaningful careers in technology and tech-enabled sectors!

How You Can Get Involved

Register for a virtual focus group

- Wednesday, July 9, 2:00-3:30pm
- Tuesday, July 22, 1:30-3:00pm
- Wednesday, August 13, 10:00-11:30am
- Tuesday, August 19, 6:00-7:30pm

Or schedule a 30 minute virtual one-on-one interview at a time most convenient for you

An honourarium will be provided to all focus group and interview participants (\$100/hour pro-rated).

Or fill out our survey

Spend 10-15 minutes sharing your ideas and be entered to win one of two \$500 cash prizes!

Register or Take
the Survey!



👉 Scan to join a focus group, book an interview, or take the survey



First Nations
Technology Council



Visions and Voices Bowling Tournament Ages 6-19



**July 23rd 10:30am-1:30pm
@Galaxy bowl, Abbotsford**

Children and Youth bowling event! Come out this summer and have some fun bowling, chance to win **prizes** or a trophy! Event is open to Indigenous youth in care or previously in care ages 6-19.

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



PROGRAMS/EVENTS

CHEAM JOB FAIR

DOOR
PRIZES

FREE WIFI
& A/C



We are bringing the jobs to you!
Refreshments, free wifi, air conditioning
& resume services are provided on-site.
Everyone welcome!



July 16th, 2025 10am - 3pm

Cheam Gymnasium
52161 Victor Drive,
Rosedale, BC V0X 1X1

For more information: communications@cheamband.com

Calling Cheam Artists

SHOWCASE YOUR WORK AT FRASER RIVER LODGE



Fraser River Lodge is proud to support and promote the incredible talent in the Cheam community. We're currently seeking small, travel-friendly pieces to feature in our on-site gift shop; the perfect way for our guests to take home a piece of local culture.

We're looking for:

- Beaded keychains or lanyards
- Postcards or prints
- Small carvings or wall hangings
- Jewelry, crafts, or other handmade items

This is a unique opportunity to share your artistry with guests from around the world.

Interested? Let's connect!

Reach out to Caylin Kenyon at execteam@fraserriverlodge.com

Please include:

- ✓ Your name & contact info
 - ✓ A short description of your art
 - ✓ Photos or samples (if available)
-



CHEAM
FIRST NATION



FRASER RIVER LODGE

SEABIRD ISLAND BAND OPEN HOUSE

Sq'èwqel Day

**ALL DEPARTMENTS/PROGRAMS
ARE ENCOURAGED TO SET-UP**

**JULY 16 2025
TRACK FIELD**

- Booth *must* be setup between 10 AM - 12 PM
- Event runs from 12 - 5 PM
- Each Dept/Program must
 - Email Events # of tables and chairs needed
 - Email Events # of meal tickets for staff that will be attending
 - Provide a door prize, min. value \$50
- Deadline to Register: July 9 at 4 PM

- Display your Department / Program Information:

- Highlights
- Upcoming Events
- Introduce New Staff
- Handouts / Brochures
- Provide a game / activity or mini draw to engage with Community Members

Other Attractions:

- Bouncy Castles
- Food Trucks
- Hamper Pick-up (Band Gym)



This is not a structured therapeutic group. If you would like to participate and come in to do art, Coneitia will have all the supplies set up. She will have a directive for the week that would have therapeutic benefit, for example, 'Create your own mandala', but if you would like to do your own thing that's OK too:)



Inner Balance
Solutions

Art Group Fridays 10AM-12PM

Unwind, Create, Express

Located in the Community Health Room
Light refreshments included
Sign up through Sarah Aleck

Hosted by Indigenous Art Therapist, Coneitia

SIGN UP WILL BE WITH SARAH BY CALL, TEXT, EMAIL, SMOKE SIGNALS, OR JUST POP IN:)

**DIRECT P: 778-839-5194
SARAH.ALECK@CHEAMBAND.COM**

FAMILY FIRST: A DAY TO RECOGNIZE INTERNATIONAL OVERDOES AWARENESS

Save the Date

DATE: FRIDAY, AUGUST 29, 2025
 TIME: 12:00 PM – 5:00 PM
 WHERE: CHEAM FIRST NATION

MORE DETAILS TO COME



★ See a Need, ★ Fill a Need

Give What You Can – Take What You Need



Have a can of soup you no longer need?

Need a little help to get through the next few days?

Bring it to the Health Wing – every donation helps.



Come to the Health Wing – we're here for you.

STOP this initiative is for **food items only** at this time.

Let's support one another – a little goes a long way.

Together, we care. Together, we share.

Join the
STO:LO BUSINESS DIRECTORY!
www.stolocf.ca



Community Futures Sto:lo

Your free listing can include:

- Business contact information
- Link to website/social media
- Description of services
- Pictures and videos



#stolobiz

This is a free business listing on the SCF website for businesses that are at least 51% Indigenous owned/controlled operating within the SCF service area, between Kwantlen First Nation and Yale First Nation, on both sides of the Fraser River!

Contact SCF Business Analyst, Shannon Smith, at 604-824-5278 or by email ssmith@stolocf.ca



Sign up for Blue Berry Picking at Klassen Farms!

JULY 22ND 2025

11AM -1PM

**KLASSEN FARMS: 51211 CHILLIWACK
CENTRAL RD**

RSVP WITH MAKENZIE PETERS:

604-206-7056

**PLEASE INDICATE IF YOU WILL NEED
TRANSPORTATION**

DEADLINE TO SIGN UP IS JULY 11TH

BERRY PICKING AT KLASSEN FARMS

This month's community Kitchen we will be berry picking at Klassen farms!

Wear appropriate clothing for the weather and appropriate shoes. Bring water bottles to stay hydrated!

Join our nutrition educator, Jaime Peters and our Seabird nurses and participate in some fun games and berry picking!

Workshop on Sun and Water safety will be provided as well as a picnic afterwards.

Gas cards provided as contribution for those driving out themselves.



CULINARY ARTS PRE-TRADES PROGRAM



September 8, 2025

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, Metis or Inuit individual residing in the SASET catchment area who has an interest in the cooking profession?

If so, contact a SASET Employment Counsellor to apply



Canada



SKILLED TRADES BC

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

UFV

SASET—Chilliwack Office
5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

SASET—Sts'alles Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-5536

SASET—Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865



CARPENTRY

FOUNDATIONS

September 8, 2025 to March 20, 2026



Are you interested in learning the skills that form the backbone of the construction industry? Our Carpentry Foundations Training Program is designed to provide you with hands-on experience, essential techniques, and the confidence to start a successful career in carpentry.

Concurrent studies option!

The Carpentry program is located at the Trades & Technology Centre at the Canada Education Park in Chilliwack. Classes and shops may be scheduled 8am-3pm, Monday to Friday.

What You'll Learn:

- Reading and interpreting drawings
- Using specialty equipment
- Site and building layout
- Building concrete forms
- Framing a building
- Finishing internal and external details

Check Out SASET.CA or Contact Us At:

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



CONSTRUCTION READINESS PROGRAM



BACK DUE TO HIGH DEMAND



Lunch Provided



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

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

CERTIFICATES

- Confined Space Entrant
- Fall Protection
- Ground Disturbance Level 2
- Hoisting & Rigging
- Small Tools
- Skidsteer
- Telehandler
- Concrete Level 1



DATE & LOCATION

July 21 - Aug 8, 2025
Bldg 5B 7201 Vedder Rd
Chilliwack BC

Canada

SASET—Chilliwack Office
5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

SASET—Sts'ailes Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-2116

SASET—Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865



Canada

STÓ:LŌ ABORIGINAL SKILLS &
EMPLOYMENT TRAINING IS HOSTING

Traffic Control & Basic First Aid

July 14th - 16th, 2025
(8:30am - 4:30pm)



This training is open to all
Indigenous unemployed and
underemployed people living in
the SASET catchment area.
Regardless of origin in Canada.

Training will be held at Katzie
FN: 19700a Salish Rd, Pitt
Meadows

Please call 604-858-3691
for more information

Email training@katzie.ca or
brian.govereau@saset.ca for more information

Lunch,
Transportation
Supports and
Safety Gear
Provided!

SASET—Chilliwack Office
5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

SASET—Sts'alles Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-5536

SASET—Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865

BASIC COMPUTER SKILLS TRAINING

Every Friday by Appointment

Are you looking to improve your basic computer skills? Join our workshop every Friday! Whether you're a complete beginner or just looking to brush up on your knowledge, our sessions are designed to help you navigate the digital world with ease. Call our office to book 604-858-3691!



CALL NOW TO BOOK!!

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

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](#)
- [Executive Coordinator](#)
- [Family Cultural Connections Worker](#)
- [On-call Labour](#)
- [Recreational Summer Student](#)
- [Recreation Worker](#)
- [Social Development Manager](#)
- [Supportive Housing Worker](#)
- [Wellness Advocate](#)



Check out our upcoming Cheam Job Fair on July 16th, 2025. Everyone welcome!

XWCHÍYÒ:M

CHEAM FIRST NATION

JOB FAIR

JULY 16, 2025

**SAVE THE
DATE!**

WE BRING THE JOBS TO YOU!





EXECUTIVE COORDINATOR

The Executive Coordinator plays a pivotal role in supporting the executive team. This position involves managing schedules, coordinating meetings, taking minutes, and facilitating communication between the executive team and various stakeholders. The ideal candidate will possess exceptional organizational skills, strong attention to detail, and a proactive approach to problem-solving.

Key Responsibilities

- Provide administrative support to the Executive Team
- Manage calendars, schedule meetings, and coordinate travel arrangements as needed.
- Organize and prepare agendas for meetings, ensuring all necessary materials are distributed in advance.
- Prepare and organize reports, presentations, and correspondence.
- Assist in the planning and execution of meetings, events, etc.
- Attend meetings, draft meeting Agendas, transcribe and create meeting minutes, and follow up on action items.
- Handle sensitive and confidential information with discretion.
- Maintain organized files and records, ensuring easy access to important documents while safeguarding confidentiality.
- Assist in the preparation and submission of reports and documentation required by funders and stakeholders.
- Maintain and organize confidential files and documentation.
- Serve as a liaison between the executive office and other departments, as well as external stakeholders.
- Assist in the planning and execution of special projects and initiatives.
- Track project timelines and deliverables, providing updates to the executive as needed.
- Foster a positive and professional environment within the executive office.
- Assist the Executive Team with various administrative tasks as required.
- Work closely with other administrative staff to ensure cohesive operations across all Executive Assistants/Coordinators
- Assist executives in prioritizing and keeping them on track with various deadline and urgent matters.
- Other duties and responsibilities as required.

Qualifications, Skills, and Experience

- Grade 12 or post-secondary with 4 years of experience in a similar role along with knowledge of First Nations governance and culture.
- Exceptional organizational and time management skills, with the ability to prioritize tasks effectively.

EXECUTIVE COORDINATOR - CONTINUED

- Strong written and verbal communication skills with the ability to handle sensitive information with discretion and integrity.
- Proficient in Microsoft Office Suite and project management tools.
- Knowledge of Sto:lo cultural protocols is an asset.
- A proactive, solution-oriented mindset with a commitment to teamwork and collaboration.
- Flexible with the ability to handle multiple priorities.

Salary Range

- \$65,000 to \$70,000/year

How to Apply

Apply by submitting your resume and a cover letter to hr@cheamband.com detailing your relevant experience and interest in this role.

Cheam First Nation is an equal opportunity employer and is committed to fostering a respectful, inclusive, and culturally safe workplace. We welcome and encourage applications from all qualified individuals, including Indigenous Peoples, women, persons with disabilities, members of visible minorities, and persons of all sexual orientations and gender identities.

As an Indigenous organization, preference will be given to qualified Indigenous applicants (First Nations, Métis, and Inuit).

All applicants are encouraged to voluntarily self-identify in their application if they are a member of an equity-deserving group.

Thank you for your interest in joining our team at Cheam. We appreciate the time and effort you have taken to apply for this role. Please note that only candidates selected for an interview will be contacted. We thank all applicants for their



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CHEAM FIRST NATION

WATCHMEN

WATCHMEN@CHEAMBAND.COM

604-745-8052



Black & McDonald

Career Opportunity

Indigenous Engagement Coordinator Vancouver, BC

BUILD YOUR CAREER AT BLACK & MCDONALD

Black & McDonald is an integrated, multi-trade service provider that safely delivers high quality construction, facilities management, and technical solutions. We are a family-owned and family-run company that employs thousands of highly skilled and talented professionals across North America. With nearly 100 years of diverse market experience, we are a forward-thinking organization with a strong track record of delivering operational excellence and customer-focused solutions that stand the test of time.

ABOUT THIS CAREER OPPORTUNITY

Black & McDonald's BC team is growing! If you are an If you are committed and collaborative professional looking to contribute to a hard-working, innovative team, this opportunity is for you. The Indigenous Engagement Coordinator is an in-office position located in Burnaby, BC supporting a large multi-year facilities management contract with BC Hydro. The role will be based at the BC Hydro Edmonds office location and reports directly to the Operations Manager.

The Indigenous Engagement Coordinator will lead the development and execution of the Indigenous Engagement Plan within the BC Hydro facilities management contract. This key role will participate in all procurement activities involving Designated Businesses, working closely with the Procurement Specialist. They will also build relationships with Designated Businesses through respectful practices and community engagement, representing the client with integrity.

Responsibilities include but are not limited to the following:

- Development, execution, and maintenance of Indigenous Engagement Plan as per the contract agreement
- Participate in all procurement activities involving First Nations Designated Businesses (FNDB) including:
 - Coordination of the contracting process for successful FNDB
 - Collaboration / coordination with the client's Indigenous Relations (IR) team
 - Identification of new FNDBs and opportunities during expansion of work phases
 - Vetting all FNDBs for viability in support of B&M Procurement
- Build relationships with DBs through stakeholder engagement and respectful practices
- Provide regular reporting on procurement activities associated with FNDBs
- Update relevant progress reports related to the Indigenous Engagement Plan
- Engage with Indigenous Communities as a representative on behalf of the contract to identify potential employment and training opportunities.
- Provide consultation, coordination and/or training to the contract team as it relates to the Indigenous engagement and participation key metric
- Create quality checks to ensure fairness and transparency of all activities
- Identify and implement continuous improvements to the Indigenous Engagement Plan including:
 - Improvements to increase the viability of DBs and future opportunities
 - Right size work to fit DB capacity
 - Growing the capacity of DBs to match scope
 - Division of scope to enable multiple DBs
 - Reasonably reduce Service Level Agreements (SLA) to enable engagement of smaller DBs
- Other duties as assigned.



Black & McDonald

COMPETENCY REQUIREMENTS

- Communicates Effectively
- Customer Focus
- Holds Self and Others Accountable
- Problem Solving and Innovation
- Teamwork and Collaboration
- Values and Respects Others

EDUCATION REQUIREMENTS

- A degree or diploma from a post-secondary institution in Business Administration, or relevant discipline is considered an asset.

WORK EXPERIENCE REQUIREMENTS

- 3-5 years of experience in an Indigenous coordination or related role
- Ongoing involvement within Indigenous communities is essential
- Participation and support our communities of interest and their economic development as required.
- Experience in leading a team is considered an asset.
- Industry experience in the facilities management sector is considered an asset.
- Previous experience in Business Development, presentation writing and public speaking is considered an asset.
- Entrepreneurial experience is considered an asset.

SKILLS, ABILITIES, AND OTHER REQUIREMENTS

- Existing contacts with Indigenous Communities, Provincial and Federal Ministries responsible for Indigenous Affairs considered an asset.
- Ability to travel to local Indigenous communities is essential.
- A valid BC Drivers' License and clean abstract is required
- Travel to sites across the province is required
- Excellent leadership and interpersonal skills
- Excellent communicator with strong written and verbal skills
- Strong writing abilities and presentation skills are essential
- Strong organizational and time management abilities

The expected salary range for this role is between \$70,000-\$80,000. The starting salary will be based on several factors such as the successful candidate's qualifications, including but not limited to education and experience. Salary is one component of Black & McDonald's total rewards package. Total rewards vary by position and may include additional offerings such as group insurance benefits, pension plan, annual performance bonus, career development programs, and other HR programs.

Please be advised that a Criminal Background Check and Professional Reference Check will be required as part of our employment screening and selection process. Additionally, all applicants must be legally entitled to work in Canada, unless otherwise stated in the job posting.

We welcome and encourage applications from persons with disabilities.
Accommodations are available upon request for candidates taking part in all aspects of the recruitment and selection process.

[Apply to this Career Opportunity](#)
[Explore all opportunities at Black & McDonald](#)

HEALTH NOTICES

OVER-THE-COUNTER MEDICATION ASSISTANCE

CHEAM FIRST NATION HEALTH DEPARTMENT

IN PARTNERSHIP WITH

MODERN PHARMACY ROSEDALE



Thanks to the generosity of Javed at Modern Pharmacy, we now have a selection of OTC (Over-the-Counter) medications available at the Health Wing for those in need.

If you are unable to visit the pharmacy but need basic OTC medications, please come see Sarah at Health Wing for support and assistance

**YOUR HEALTH MATTERS –
WE’RE HERE TO HELP!**



LOCATION:
CHEAM HEALTH WING



**HOURS: 8:30AM
4:30 PM**



**FOR MORE INFORMATION,
CONTACT SARAH**

sarah.aleck@cheamband
778-839-5194



How to activate your Member Profile

Did you know?

You do not need to activate your Member Profile to claim your benefits. Simply show your Status Card to dental, vision and medical supplies and equipment providers.

If you are already covered by a **group benefits plan** administered by Pacific Blue Cross, instead of activating your FNHA profile, sign in or activate your Member Profile using your group plan's Policy and ID number. You should be able to see both your group plan and FNHA Policy 40000 in your profile.

What is your Member Profile?

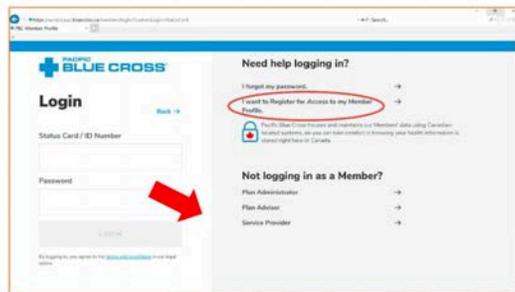
As a client of the First Nations Health Authority (FNHA), you automatically get a Pacific Blue Cross Member Profile as part of our Health Benefits Program. Your profile is unique to you. Your Status Number doubles as your Pacific Blue cross Member ID number.

You can sign in to your Member Profile any time to:

- look up your dental, vision and medical supplies and equipment benefits
- keep track of how much you've claimed for each benefit
- submit claims online
- set up direct deposit payments to your bank account
- print or email a copy of your Pacific Blue Cross Member ID card
- find vision care providers who offer direct billing

Getting started

Go to pac.bluecross.ca/fnhaclient and click **I want to Register for Access to my Member Profile:**



Follow the same steps to activate your child's Member Profile.

If your child is over 18 months of age but too young to activate a Member Profile, create a profile by entering your child's:

- Status Number
- first and last name
- birthdate

Enter your email address as the contact. A child under 18 months of age will appear in your Member Profile as a dependent.

HOW TO ACTIVATE YOUR MEMBER PROFILE

How to activate your profile

Enter your Status Card Number. Click Continue.

Then, type in your:

- first and last name on your Status Card
- contact email address
- birthdate

Next, choose 3 security questions and answers. Pacific Blue Cross will ask these to confirm your identity if you forget your password. Choose a hint for each one, in case you need help to remember the answer.

Question	Answer	Hint
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

- ☑ Check the first box if you want to subscribe to the Pacific Blue Cross member newsletter (optional). If you leave this box blank, you will still receive important emails about your account and claims confirmations.
- ☑ Click on the second box **I accept the User Agreement and Privacy Policy** (required).
- Click on the blue button **Register for Caresnet**.

By checking this box, I consent to receive emails about healthy service, savings and coverage from Pacific Blue Cross. These emails are sent out to Pacific Blue Cross Members and include valuable savings along with information on Pacific Blue Cross benefits, insurance offerings, health information and our community initiatives. You can withdraw your consent and unsubscribe at any time.

I accept the User Agreement and Privacy Policy.

CANCEL REGISTER FOR CARESNET

If you see the box below, congratulations! You've now activated your Member Profile.



Register for your Member Profile

You have successfully registered for CARESnet access.

A temporary password has been emailed to you. You must use this temporary password the first time you sign in to CARESnet.

Please close this window and sign into CARESnet when you receive your temporary password.

CLOSE



Did you know?

You can also activate your Member Profile on the Pacific Blue Cross mobile app at pac.bluecross.ca/mobile.

Next step: create your personal password

**Something not working?
Call us at 1.855.550.5454**

NEED HELP?

FNHA HEALTH BENEFITS: 1-855-550-5454

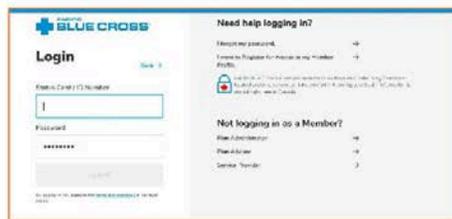
**HEALTHBENEFITS@FNHA.CA
PBC MEMBER SERVICES: 1-877-722-2583**

**FRASER SALISH REGION
CONTACT: SANDRA MARTINSONER:
EMAIL: SANDRA.MARTINSONER@FNHA.CA OR CALL: 604-802-6941**

Create your new password

Check your email account.

- You should see an email from Pacific Blue Cross with the subject line **Activate your Member Profile**.
- Click on the temporary password link to go back to the Pacific Blue Cross member sign-in page.
- Type in your Status Card number and click the **Login** button to choose your new password.



Click **Login with your new password**.

Choose a strong password

Your new password:

- must be between 8 and 255 characters long
- can include any combination of letters, symbols and numbers EXCEPT the following: < , > .

Congratulations on activating your Member Profile. Click on the Account menu and follow the steps to print your ID card or sign up for direct deposit.



STREET COMMUNITY

ART SESSIONS

WE MAKE ART | WE MAKE NOISE | WE MAKE CHANGE

UPCOMING WORKSHOPS

12 pm - 2 pm

✘ July 16th

✘ August 13th

Trinity Memorial United Church
33737 George Ferguson Way

Information:

coordinator@stopodabbotsford.ca

Join us in making art to raise awareness of the ongoing toxic drug crisis—showcased during International Overdose Awareness week in August.

Multiple art mediums available & everyone welcome!

\$10 honorarium for those who need it.



ALCOHOL

31 AUGUST

INTERNATIONAL
OVERDOSE
AWARENESS DAY

WHAT IS ALCOHOL?

Alcohol is a legal depressant that slows down the messages travelling between the brain and the body. In small amounts, alcohol can cause you to feel relaxed, more confident and heighten your emotions.

Alcohol depresses the nerves that control involuntary actions such as breathing and the gag reflex (to prevent choking). A fatal dose of alcohol will eventually cause these functions to shut down. Since alcohol is an irritant to the stomach, excessive vomiting is also common. If the person is unconscious, this could lead to death by asphyxiation.

SIGNS OF OVERDOSE

- Confusion
- Loss of co-ordination
- Vomiting
- Seizures
- Irregular breathing (a gap of more than 10 seconds between breaths)
- Slow breathing (less than eight breaths per minute)
- Pale or blue tinged skin
- Low body temperature (hypothermia)
- Unconsciousness or passing out

OVERDOSE RESPONSE

Call an ambulance, tell the operator your location, and stay on the line.

Keep them warm.

If you can't get a response or the person is unconscious, put them in the recovery position. Don't leave them on their back.

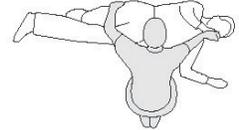
If they are awake, try to keep them in a sitting position and awake.

Be prepared to give CPR if they stop breathing before an ambulance arrives.

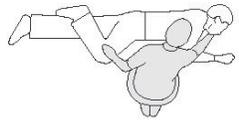
If muscle spasms or seizures occur, remove anything from the immediate environment that might cause injury.

The Recovery Position

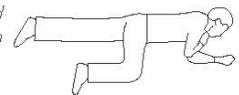
Support face Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



Lift Leg Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



Roll over Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

- **Do NOT leave them to sleep it off:** the amount of alcohol in someone's blood continues to rise even when they stop drinking.
- **Do NOT give them coffee:** alcohol and coffee both dehydrate the body. Having both can lead to severe dehydration and permanent brain damage.
- **Do NOT make them sick:** alcohol can interfere with a person's gag reflex, causing them to choke on their own vomit.
- **Do NOT walk them around:** alcohol slows brain function and affects co-ordination and balance. Walking them around might cause accidents.
- **Do NOT put them in a cold shower:** it could dangerously reduce body temperature and lead to hypothermia.
- **Do NOT let them drink more alcohol:** the amount of alcohol in their bloodstream could become even higher – which could put them in further danger.

TIME TO
REMEMBER.
TIME TO
ACT.

 **International Overdose
Awareness Day**
prevention and remembrance

A Penington Institute Initiative

For more information visit
www.overdoseday.com

OVERDOSE PREVENTION/TOOLS

These are some online trainings that anyone can access:

Here are some resources for anyone who might give or train someone to give nasal naloxone:

- Naloxone 101 Course <https://towardtheheart.com/naloxone-course>
Online, self-paced training tool.

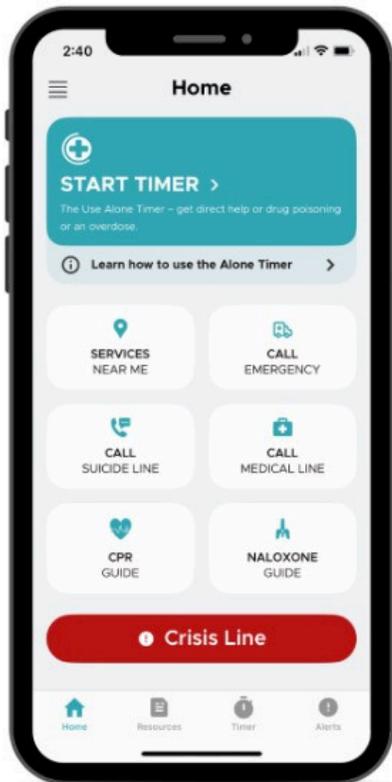
Best for a first training or annual refresher training. Completion time is approximately 60 minutes.

- NaloxoneTraining.com <https://www.naloxonetraining.com>
Online, self-paced training tool. Best for quick refresher training.

SAVE ME Steps to Respond to a Suspected Opioid Poisoning
<https://towardtheheart.com/resource/save-me-steps-to-respond-to-suspected-opioid>

-Completion time is approximately 10 minutes. Can support training needs in busy settings.

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

FEEDBACK FORMS



XWCHÍYÒ:M
CHEAM FIRST NATION

Cheam First Nation – Land Use Plan Feedback Form

We value your input! Please take a few minutes to share your thoughts on the Draft Land Use Plan (LUP). Your feedback helps ensure the LUP reflects the vision, needs, and values of our community.

Name (optional): _____

Are you a Cheam member?

Yes No

How did you review the Land Use Plan?

Community Meeting Online Printed Copy Other: _____

1. How clear and understandable was the Land Use Plan?

Very Clear Mostly Clear Somewhat Confusing Very Confusing

Comments:

2. Do you feel the Plan reflects Cheam's values and long-term vision?

Yes Somewhat No Not Sure

Comments:





XWCHÍYÒ:M

CHEAM FIRST NATION

3. Are there any sections you strongly agree or disagree with?

Agree with: _____

Disagree with: _____

Why?

4. What would you like to see added or changed?

5. Do you support the Land Use Plan moving forward to ratification?

Yes No Not Sure

Comments (optional):

Additional Comments or Suggestions:



XWCHÍYÒ:M

CHEAM FIRST NATION

Written feedback can be dropped at the Band Office. Comments can also be submitted via email to cheamlands@cheamband.com, or request a one-on-one meeting if preferred. We want to ensure all members have a chance to participate.

Feedback will be accepted until July 15th, 2025

Your voice is critical in shaping a plan that reflects our collective vision and supports a strong, self-reliant future for Cheam.

If you have any questions or would like more information, please don't hesitate to reach out.

