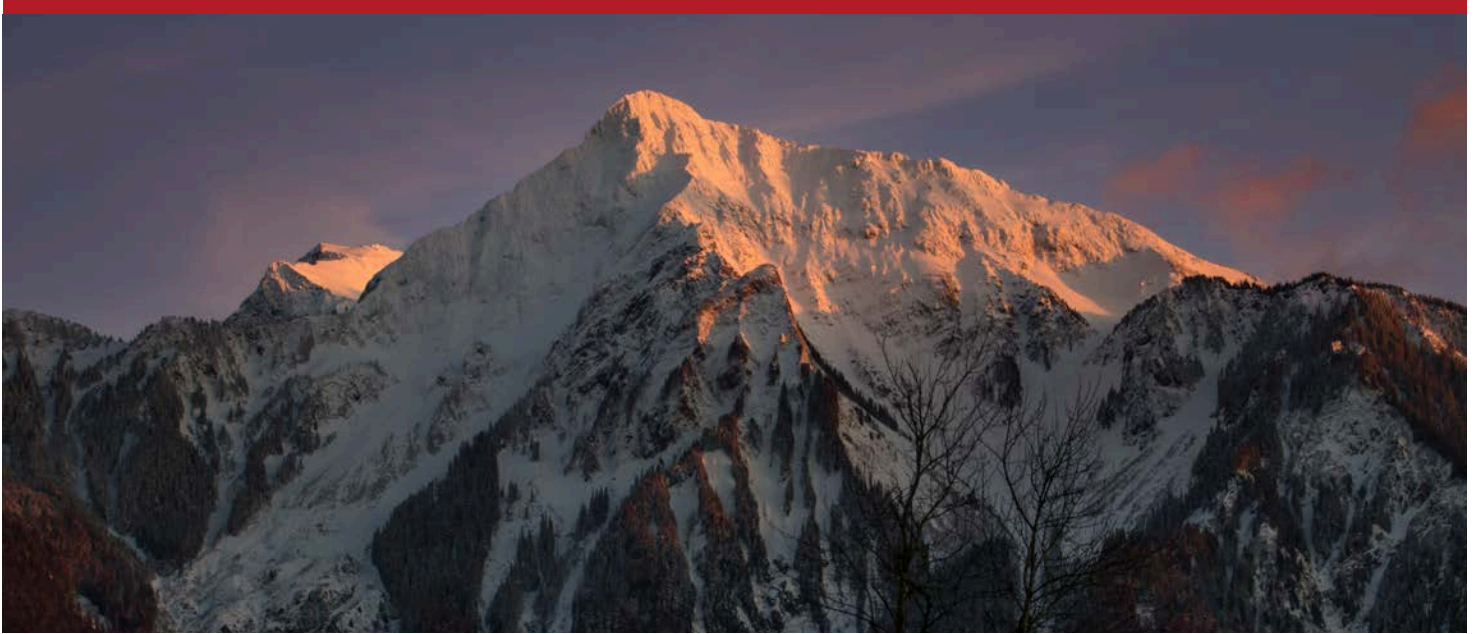




# XWCHÍYÒ:M

AUGUST 8, 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](mailto:communications@cheamband.com).

## CHEAM CALENDAR

AUG. 11 - [COMMUNITY CANNING DAY](#)  
AUG. 13 - [CHEAM YOUTH WORKING GROUP](#)  
AUG. 13 - [YOUTH WELLNESS WEDNESDAY](#)  
AUG. 15 - [CHEAM ART GROUP](#)  
AUG. 15 - [COMMUNITY POOL DAY](#)  
AUG. 19 - CHEAM ELDER'S MEETING AND LUNCH  
AUG. 20 - [YOUTH WELLNESS WEDNESDAY](#)  
AUG. 22 - [CHEAM ART GROUP](#)  
AUG. 23 - [CHEAM DAYS & BACK TO SCHOOL EVENT](#)  
AUG. 26 - CHEAM REGULAR COUNCIL MEETING  
AUG. 27 - [YOUTH WELLNESS WEDNESDAY](#)  
AUG. 29 - COMMUNITY PNE TRIP

[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.



# WELCOME HOME TO OUR PADDLE TO ELWHA CANOE JOURNEY PARTICIPANTS

*We have so much more to share but need to let everyone get settled back in and gather all the photos/videos. If you have any footage to share please send it to us on facebook messenger or to [communications@cheamband.com](mailto:communications@cheamband.com)*











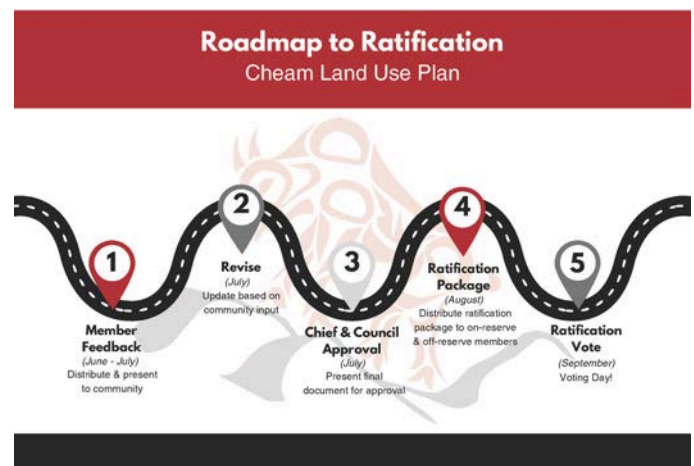
# XWCHÍYÒ:M

## CHEAM FIRST NATION

### LAND USE PLAN

***The Land Use Plan has been updated with the feedback received from Community. The final document is available on our website at <https://cheam.ca/2025/06/cheam-first-nation-land-use-plan> and will be mailed to all members with the ratification package ahead of voting day.***

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.



**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>.**

### 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](mailto: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.***



## Student Information & Waiver Form (2025-2026)

|  |  |
|--|--|
| Student Name                           |  |
| Band Name & Status Number              |  |
| Date of Birth & Age                    |  |
| Current Grade                          |  |
| Grade Entering                         |  |
| Parent/Guardian Name                   |  |
| Parent/Guardian Phone & Email          |  |
| Home Address                           |  |
| Emergency Contact Name                 |  |
| Emergency Contact Phone & Email        |  |
| Allergies & any additional information |  |

|                              |  |
|------------------------------|--|
| Elementary/Middle/Secondary: |  |
| School/Institute:            |  |
| School Contact Info:         |  |
| Last School Attended:        |  |
| <b>If uniform required</b>   |  |

I hereby authorize the school to release information concerning:

- Change of address
- Attendance
- Academic Progress and Report
- Admission and Transcripts Information
- Graduation Status
- Grades

X \_\_\_\_\_ X \_\_\_\_\_  
Parent/Guardian Name - Print Signature

Make Cheque Payable to: \_\_\_\_\_ Date: \_\_\_\_\_



### Reminder to Parents/Guardians:

All student waivers must be completed before the start of the new school year. This helps us keep our records up to date and process everything accordingly.

If you need any assistance, please contact Kelsy Fredette at 604-745-8015 or [kelsy.fredette@cheamband.com](mailto:kelsy.fredette@cheamband.com), or come see her at the Band Office & she can get you a student waiver.

**ONLINE FORM**

**MUST BE FILLED OUT COMPLETELY**

**Please submit completed forms to [kelsy.fredette@cheamband.com](mailto:kelsy.fredette@cheamband.com), hit the online button above, or drop off at the office. Thank You!**



# PROGRAMS/EVENTS



**XWCHÍYÒ:M**  
CHEAM FIRST NATION

**The Cheam Youth Council Working Group** meets 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

\* December 10

\* September 10

\* January 14

\* October 8

\* February 11

\* November 12

\* March 11



## Hiring Licensed Security Workers

Abbotsford, BC

### Seeking Local Security Workers:

- Abbotsford - Industrial Yards
- Valid Security & Driver's Licence Required
- \$300 per Shift (up to 12hrs)

Please send Resume & Licence to:

[employment@canruss.com](mailto:employment@canruss.com)

*Reliable, Safe & Certified*





# CHEAM

## Community Canning Day

A great opportunity to come together, learn about the fish canning process from our knowledge keepers, and gain a deeper understanding of the cultural and traditional importance of salmon to our Community as a vital food source.



**Monday, August 11, 2025**  
**9:00AM to 4:00PM**  
**Band Office Gymnasium**

Join us for the full day, or drop in as your schedule allows. Lunch is provided. The canned salmon produced will be shared with community.





# CHEAM DAYS & BACK TO SCHOOL CELEBRATION

August 23, 2025

»»» BBQ

»»» FAMILY FUN

»»» PRIZES

»»» ALL AGES WELCOME

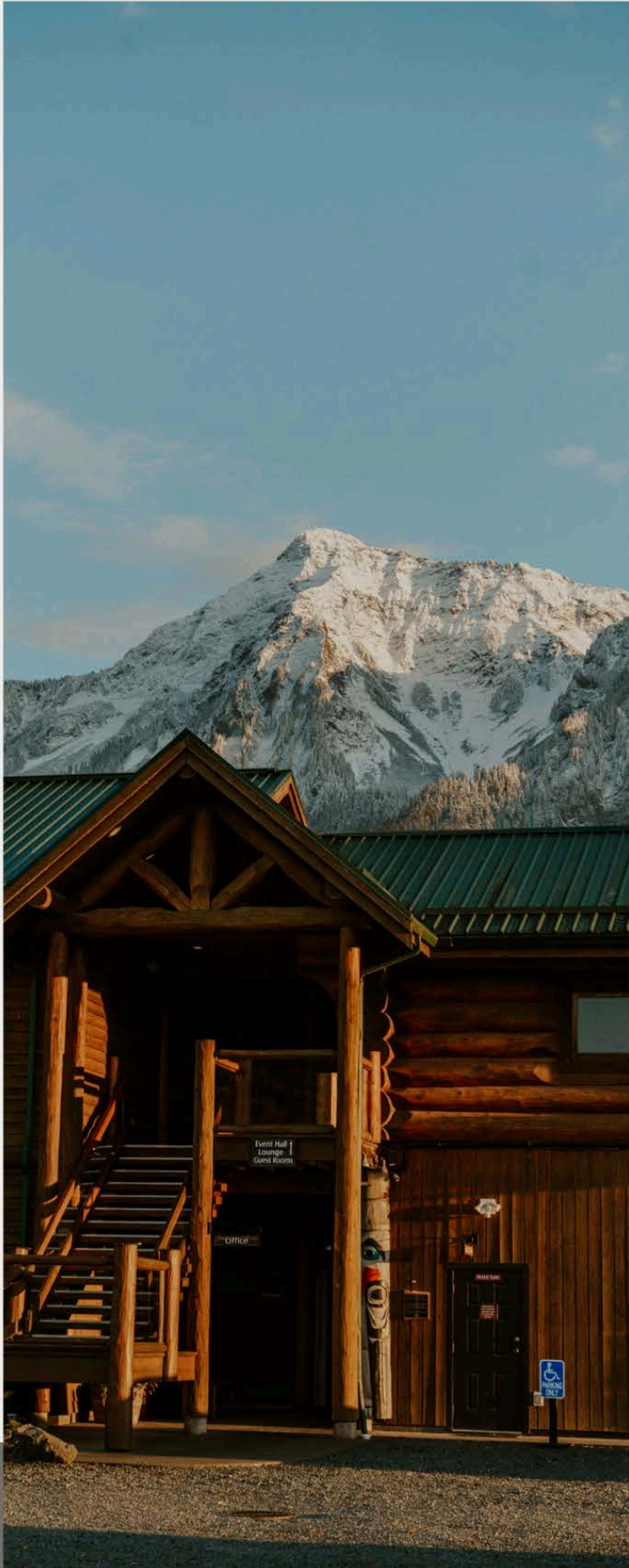
»»» SCHOOL SUPPLIES

»»» CULTURAL ACTIVITIES



# 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](mailto: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**



**CHEAM FIRST NATION  
PRESENTS...**

**FREE  
ADMISSION FOR  
THE WHOLE  
FAMILY!**

# **COMMUNITY POOL DAY!**

**AT FERNY COOMBE POOL**

**SATURDAY**

**AUGUST 16<sup>TH</sup> 2025**

**REGISTRATION DUE  
BY AUGUST 13TH  
2025**

**Please pick up tickets at  
the band office anytime  
from August 11–August 15**

**PLEASE REGISTER ONLINE OR IN THE BAND OFFICE.  
CONTACT NICOLE (604) 798–8380 FOR MORE  
INFO.**

**ONLINE  
REGISTRATION**







# WELLNESS WEDNESDAY

1:30 PM - 3:30 PM

A CALM, WELCOMING SPACE TO TAKE A  
BREAK, DE-STRESS, AND FOCUS ON YOUR  
WELL-BEING.

OPEN TO ALL YOUTH. SNACKS PROVIDED.

***EVERY WEDNESDAY  
CHEAM BAND OFFICE - GYMNASIUM***

FOR MORE INFORMATION  
CONTACT

NICOLE (604) 798-8380

RECWORKER@CHEAMBAND.COM



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 Shyla Downey

Hosted by Indigenous Art Therapist, Coneitia



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

DIRECT P: 604-799-7522

[SHYLA.DOWNEY@CHEAMBAND.COM](mailto:SHYLA.DOWNEY@CHEAMBAND.COM)



# CHEAM CLOTHING DRIVE

We would like to distribute the clothing donations that we had gathered for the clothing swap that got cancelled. Free clothing will be set out in the Band Office lobby for community members to take what they need this Monday from 9am-4pm. Anything left over at the end of the day will be donated.



# ★ 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.

## FAMILY FIRST: A DAY TO RECOGNIZE INTERNATIONAL OVERDOSE AWARENESS



*Save the Date*

TUESDAY, SEPTEMBER 2, 2025

12:00 PM – 5:00 PM

@ CHEAM FIRST NATION

MORE DETAILS TO COME





## Courses

Academic Upgrading

Agriculture

Carpentry

Education Assistant

Eyelash Application

Halq'eméylem

Health Care Assistant

Indigenous Early Childhood Education

Indigenous Entrepreneurial Cook

Medical / Dental Office Assistant

Nail technician

Residential Building Maintenance

Residential Construction Foundation program

Social & Community Service Worker program

Welding



## Statement

Sqwa Adult Education Centre provides students with the tools they need to succeed. Our partnerships with post-secondary institutions allow us to offer a wide range of programs and certifications. Our partnership with the Chilliwack School District allows us to offer the BC Dogwood and Adult Dogwood diplomas. Whether you are looking to obtain your high school diploma or further your career goals, we have a program for you.

## Sqwa Adult Education Centre



### WHAT ARE YOU DOING THIS FALL?

Do you know that your tuition is FREE to anyone who has not completed grade 12 with a Dogwood Diploma. Did you know that your tuition is **FREE** if you were a child in care for at least 24 months. Ask about other way your tuition may be free!

## Contact

Dianne Parkinson  
Phone Number: 1-236-510-4829  
Email: [adult.education.reception@skwah.org](mailto:adult.education.reception@skwah.org)  
<https://www.sqwaadulteducation.com>

### Academic Upgrading

Sqwa First Nation's Adult Education Centre, in partnership with the Chilliwack School District, is now offering the courses required to complete grade 12. If you have graduated, but are missing courses required by the of post-second ary of your choice, these courses are also available at no charge.

### Agriculture

Vertical Hydroponic Greenhouse gardening, and outdoor field gardening. Be part of the solution to your nation's food insecurity by learning to produce fruits and vegetables in both an outdoor field garden and year-round, in an indoor hydroponic garden.

### Education Assistant

The Education Assistant works with teachers to support students with exceptionalities at all educational levels. They help support students with physical, emotional, and learning needs. The Education Assistant's job is to implement individual and group instruction in communication, life skills, and behavior management. Education Assistants help to modify/adapt curriculum, assignments, and tests to accommodate the diverse needs of their students. Educational Assistants also provide personal care which may include toileting, positioning, mobility assistance, feeding, grooming, dressing, and transfers to and from wheelchairs, desks, special equipment, and/or other work areas.

### Eyelash Application

(can be completed in as little as 10 weeks full time)

This Advanced Eyelash Extension Course is the perfect way to launch your beauty career or build upon your existing skills. You will learn the key theoretical knowledge and practical skills to apply flawless lashes, including both classic and volume.

### Halq'eméylem

The Halq'eméylem Language Fluency Certificate & Diploma programs are foundational and innovative programs with a focus on Halq'eméylem Language content. Admission is open to all learners within the respective Halq'eméylem communities, particularly those wishing to enhance their knowledge, understanding and conversational ability. The expected start date for this program is late fall 2025.

### Health Care Assistant (HCA)

The Health Care Assistant program will equip participants with the skills and knowledge to provide care and support to clients in various settings, such as hospitals, care homes, and community care facilities. This program combines classroom learning, lab practice, and clinical placements. HCA's, sometimes called Health Care Aides, provide important personal assistance and support services for a wide variety of medical and chronically ill people who require short term assistance or ongoing support.

### Indigenous Entrepreneurial Cook

Get a hands-on approach to the cooking industry by learning the skills of the trade, while working in a professional kitchen and catering to a wide variety of Indigenous functions. Chef Gerry uses his extensive experience, as an entrepreneur in the food industry, to teach the business side of the industry. This year there will be a special focus on developing new products and taking them to market. Graduates of the program will be prepared to become self-employed cooks, employed as cooks in restaurants or self-employed entrepreneurs, marketing the product/products they have created.

### Medical and Dental Office Assistant

This program is designed to provide students with the skills, training, and knowledge required to work within a medical office. Students will learn how to create and maintain patient records, as well as perform coding and billing duties. Students are taught how to assist Doctors / Dentists with examinations, prepare patients for clinical procedures, and carry out other administrative duties within various health care settings.

### Nail Technician

(can be completed in as little as 12 weeks full time)

This Certificate in Nail Tech is a comprehensive exploration of the most popular nail styling methods, blending theoretical and practical modules for a flexible, self-paced experience. This program covers acrylics, gel polish, builder gel, dipping systems, and essential business practices. It is the ideal program for anyone aspiring to become a certified Nail Technician.

### Residential Building Maintenance

Residential Building Maintenance Worker training will prepare individuals to work in maintenance department at Bands and beyond. Students will learn to maintain and repair various buildings, such as single-family homes, low-rise and high-rise buildings, and community buildings. The training includes mold mitigation, carpentry, drywall repair, electrical work, floor installation, painting, plumbing, refrigeration, ventilation, and roof repairs. This program is offered at Sqwa First Nation, in partnership with College of New Caledonia and Skilled Trades BC.

### Residential Construction Foundation Program

As with most trades, there is a shortage qualified entry-level/apprentice carpenters to meet the current and projected need due to an aging workforce. This program meets the need of the residential construction industry by providing students with the necessary theoretical and practical knowledge to seek employment as an apprentice carpenter. The Residential Construction program introduces students to all aspects of the trade including the use of hand tools, portable power tools and other equipment used by carpenters. Through the construction of a residential wood-frame project, students are given the opportunity to work with a variety of materials used by carpenters, including lumber, panel products, concrete, fasteners, and hardware. The focus is on developing practical skills for the construction workplace.

### Social & Community Service Worker program

This Social & Community Service Worker program is designed to provide students with the skills, knowledge and attitudes required to assist adult clients dealing with personal and social problems. Graduates may be employed by social service agencies, mental health agencies, group homes, shelters, substance abuse centers, client homes, and day programs. The Social and Community Service Worker is a seven-month program and includes a five-week, 100 hour practicum.

### Indigenous Early Childhood Education (IECE) (year full time)

This program provides students with the skills and knowledge to provide quality care and education for young children. The IECE certificate honors Indigenous ways of knowing and being by placing local and traditional child development practices at the center of the program and by preparing Early Childhood Educators to work in Indigenous communities.

### Welding

8-12 weeks of in class training. Simply put, Welders attach all sizes of metal together with precision. Trainees in Level 1 of the Welding program will learn how to perform basic trade related mathematical calculations, how to use automatic and semi-automatic cutting machines, how to read and interpret welding drawings, how to perform welding inspections and testing procedures. In levels 2 and 3, trainees progress to become proficient in the areas of pressure welding, custom fabrication and more. Over three years, welders will complete 26-30 weeks of in class (technical) training and 4620 hours of paid work based experience.





# CULINARY ARTS PRE-TRADES PROGRAM



## 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

September 8, 2025

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'ailes Office**  
4690 Salish Way  
Agassiz, BC  
Phone: 604-796-5536

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





# **CARPENTRY**

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# **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

**Canada** 



# 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!!

Canada

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

**SASET— Sts'ailes Office**  
4690 Salish Way  
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Phone: 604-796-5536

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Agassiz, BC  
Phone: 604-796-6865



# JOB OPPORTUNITIES



# 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](#)
- [Supportive Housing Worker](#)
- [Wellness Advocate](#)



*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!*

### WHY WORK FOR CHEAM?

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



# 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





First Nations Health Authority  
Health through wellness

# Blood Glucose Testing Strips

## Have you or a loved one been recently diagnosed with diabetes?

You may have been told by your care provider to start checking your blood sugar. Information about your blood sugar can help guide your health and wellness decisions. For most people with type 2 diabetes, occasional checking is usually enough. More frequent checking may be needed if you are taking certain medications (such as insulin) to manage your diabetes. Talk to your healthcare provider about your diabetes treatment and how often you should check your blood sugar.

## Learning about your diabetes is important.

Exercise, food, stress, medications, and illness can all affect your blood sugar. Checking your blood sugar can help you make decisions that keep you at a balanced sugar level. Maintaining balanced blood sugar levels is important for your wellness as it helps prevent complications of low blood sugar and protects your heart, eyes, kidneys, feet and blood vessels from damage related to consistently high blood sugar.

*Did you know?  
Blood glucose test strips are covered by First Nations Health Benefits.*



*Did you know?  
If you are using insulin to manage your diabetes, you may be eligible for a continuous or flash glucose monitor (such as the DexCom G6®, DexComG7® or FreeStyle Libre 2®). Talk to your prescriber about this option.*

## Frequently Asked Questions

### How do I activate coverage for test strips?

You or your healthcare provider can activate lifetime coverage for test strips by calling First Nations Health Benefits (FNHB) at 1-855-550-5454.

Additionally, test strips coverage can be activated after attending an education session at designated Diabetes Education Centre.

### How many test strips am I eligible per year?

The number of test strips you are covered for is based on the diabetes treatment you are receiving. In the event of an exceptional circumstance where you need additional test strips, your prescriber may be able to request approval through the Special Authority process.

### Do I have to buy my own glucose monitor?

No, you do not have to buy your own glucose monitor. Monitors are free when you receive test strips.

### What other products are available to support blood glucose checking?

In addition to test strips and glucose monitors, you will also find lancets, sharps containers, alcohol swabs, and ketone strips at your local pharmacy. Talk to your pharmacist to access coverage for these products.



For more information about the items covered by your drug plan, contact your local pharmacy or speak with a First Nations Health Benefits pharmacy assessor at 1-855-550-5454.  
For more information about Health Benefits coverage of diabetes medications and supplies, scan the QR code above.



# 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.

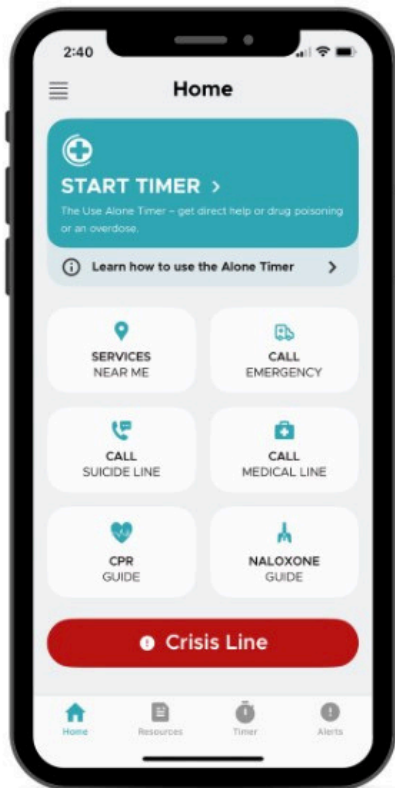
Best for a first training or annual refresher training. Completion time is approximately 60 minutes.

- 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



# CRYSTAL METHAMPHETAMINE

31 AUGUST

INTERNATIONAL  
OVERDOSE  
AWARENESS DAY

## WHAT IS CRYSTAL METHAMPHETAMINE?

Methamphetamine (or methylamphetamine hydrochloride) is a central nervous system (CNS) stimulant.

It is generally available in four forms:

- 1 **Speed** – which comes in powder form and is typically of low purity.
- 2 **Base** – a damp oily substance with white to yellow or brown colour (also known as “pure”, “paste”, “wax”).
- 3 **Pills/tablets** – usually contain only a small dose of methamphetamine.
- 4 **Crystal** – purest form of methamphetamine and has a translucent to white crystalline appearance. The crystal form of the drug is also known as ice.

Meth can be swallowed, snorted, smoked or injected, with each of these methods having different risks. For example, swallowing makes it difficult to work out the dose and when its effects will be felt. Smoking is harsh on the lungs and risks burning them. Injecting any drug attracts risks of injection-related injury and diseases including blood borne viruses (e.g. HIV, hepatitis C).

Smoking and injecting ice can have a nearly instantaneous onset of its effects which might account for the higher likelihood of methamphetamine dependence among people who smoke and/or inject ice.

## SIGNS OF OVERDOSE

Because of its high purity, meth overdose, or toxicity, can occur even with small doses, especially when mixed with other drugs. The greatest concern in meth overdose is the risk of seizures, stroke and heart attack. Emergency presentations featuring meth toxicity are less common than meth psychosis. However, risks to the cardiovascular system from high levels are significant, especially when there is a pre-existing health problem.

Some signs of overdose can include:

### Physical signs

- Hot, flushed, sweaty skin
- Severe headaches
- Chest pain
- Unsteady walking
- Rigid muscles or tremors, spasms, jerky movements
- Movement of the limbs, and seizures
- Difficulty breathing

### Psychological signs

- Psychotic symptoms in individuals with no prior mental illness
- Severe agitation or panic
- Altered mental state (e.g. confusion, disorientation)

## OVERDOSE RESPONSE

**Before you act**, check for dangers such as needles.

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

**Move the person to a quiet**, safe room away from bystanders, noise, excessive light, heat and other stimulation.

**If confused or panicking**, try to reassure them.

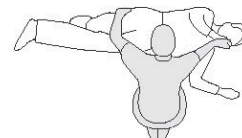
**If overheating**, try to cool them down by loosening outer clothing or putting a wet towel on the back of the neck or under their arms.

**If you can't get a response** or the person is unconscious, put them in the recovery position.

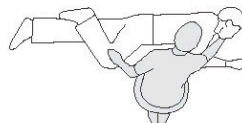
**If muscle spasms or seizures occur**, remove anything from the immediate environment that might cause injury.

### The Recovery Position

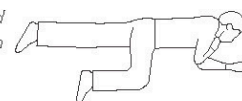
**Support face** Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



**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 the person alone.
- Do **NOT** give the person anything to eat or drink, or try to induce vomiting.

TIME TO  
REMEMBER.  
TIME TO ACT.

**International Overdose Awareness Day**  
prevention and remembrance

A Penington Institute Initiative

For more information visit  
[www.overdoseday.com](http://www.overdoseday.com)



# STIMULANTS

31 AUGUST

—  
INTERNATIONAL  
OVERDOSE  
AWARENESS DAY

## WHAT ARE STIMULANTS?

Stimulants are a category of drug that increase alertness and heart rate, producing an effect of increased confidence, and energy.

Large doses of these drugs can result in anxiety, panic, seizures, headaches, stomach cramps, aggression and paranoia.

Examples of stimulant drugs include: amphetamines, cocaine and Ecstasy (MDMA).

## SIGNS OF OVERDOSE

### Physical signs

- Hot, flushed or sweaty skin
- Headaches
- Chest pain
- Unsteadiness
- Rigid muscles, tremors or spasms
- Uncontrolled movements or seizures
- Difficulty breathing

### Psychological signs

- Psychotic symptoms in individuals with no prior mental illness
- Severe agitation or panic
- Altered mental state, such as confusion or disorientation

## OVERDOSE RESPONSE

**Before you act**, check for danger

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

**Move the person to a quiet**, safe room away from bystanders, noise, excessive light, heat and other stimulation.

**If confused or panicking**, try to reassure them.

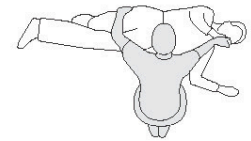
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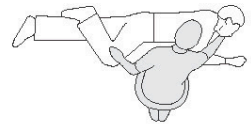
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## The Recovery Position

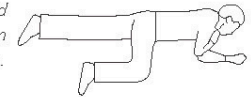
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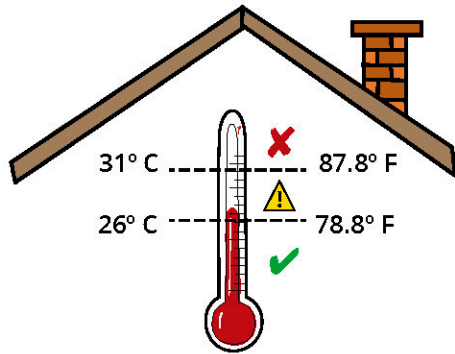
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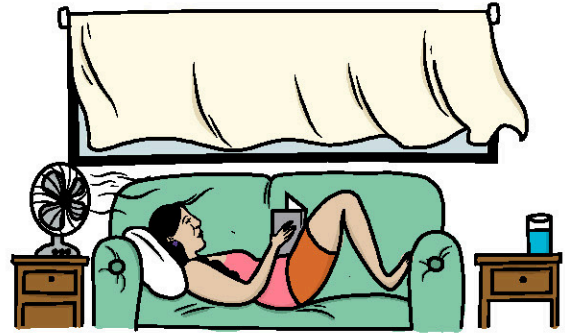


# Extreme heat is most dangerous indoors

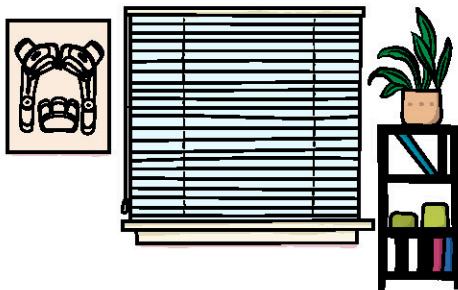
Stay safe when your home gets hot.



INDOOR temperatures above 26°C (78.8°F) start to get dangerously hot.



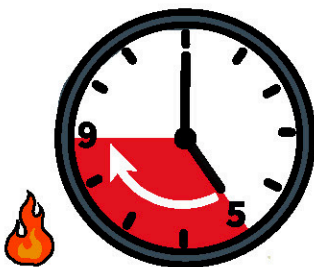
Spend time in the coolest areas of your home and sleep there if you can. See if there are cooling centres near you.



Close your doors, windows, curtains and blinds from 10 am - 8 pm. After the sun sets, turn on fans to move cool air inside.



Cover your windows on the **outside** of the glass to reflect the heat. Cardboard works well.



Heat builds up indoors throughout the day and peaks anytime from 5 - 9 pm. Once it's cooler outside, open doors and windows to let the hot air escape.



Sleep in an air-conditioned space or outside if your home is still too hot.