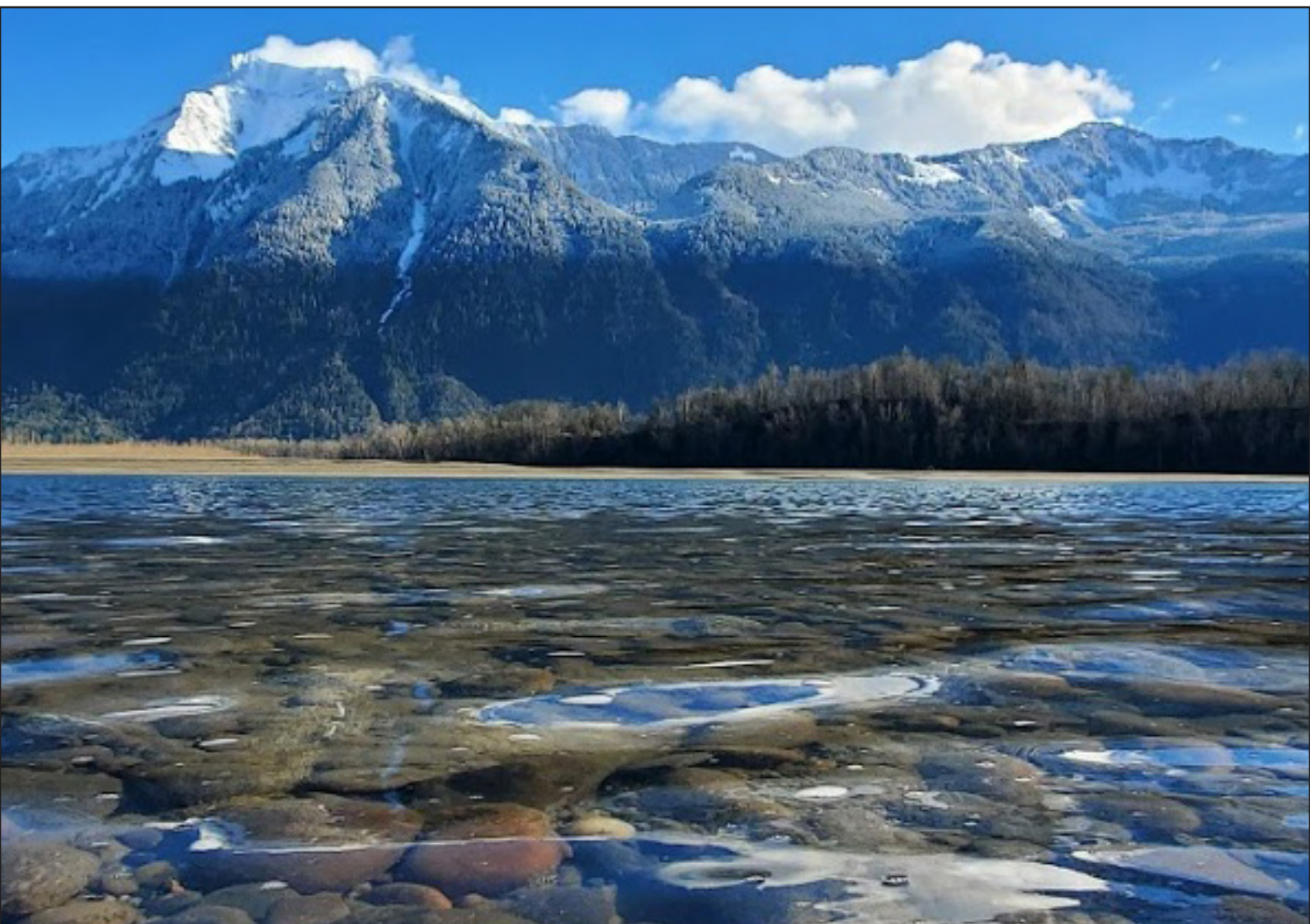




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: December 16, 2022



NEWSLETTER SECTIONS

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XWECHYOM XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom Xwexwilmexw;

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

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

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

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

CHEAM VISION STATEMENT

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

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ADMINISTRATION NOTICES/UPDATES

A Holiday Message from Cheam Chief & Council

In lieu of Christmas Hampers and a Community Christmas Party, we will be giving each household a Superstore gift card. All Members living in Community can pick up their gift card at the office, for those living outside of Community the gift card will be put in the mail tomorrow. Members living in the U.S. have already received their cheques. Please take care of your heart and mind. *We pray that you have a gentle holiday. That it's gentle to you, and you are gentle to yourself. However you spend this holiday, and through all you're going through, we hope that you know that **you are loved.***



UPOMING CHEAM EVENTS:

December 20th

1. Kids visit with Santa @5pm
2. Movie Night in the Gym @6pm
w/Popcorn, Pizza & Hot Chocolate

Dec. 22 - Jan 3

Cheam Band Office Closed for Winter Break
Essential Services will remain open.

Jan. 11, 18, 22

Life Promotion/Suicide Awareness 10a-12p

Feb. 15 & 22

LGBTQ Awareness Workshop 10a-12p

April 27

Cheam Job Fair 10AM-2PM

Housing Needs Assessment

December 2022

Cheam FN will complete a housing needs assessment to understand the unique current and future planning needs related to housing. The primary purpose of the report is to identify and describe the key needs and gaps in the Cheam's housing system. Cheam will use this document as a foundation for planning and decision-making related to housing over the next five years. The Housing Needs report will be an important part of informing future changes to Community Comprehensive Planning (CCP) and the Cheam Housing Strategy.

Cheam FN will be conducting a housing needs assessment to help guide the future development and administration of housing for the community.

The distribution of a detailed Community Survey is a key element of this engagement. Results from this survey will directly inform the revised Housing Plan and allow Cheam (Chief & Council /Housing Committee) to better meet the current and future housing needs of membership.

Cheam Housing has started the process with conducting the important survey by recruiting members to sit on a subcommittee. The first step for the 9 individuals was to attend a 2-day workshop on Housing Needs Assessment which topics included setting goals, determining scope, data collection strategy, community consultation, community profile, assessing current housing Stock and list goes on. All 9 at the end of the workshop will be receiving a certificate.

The next step for the 9 individuals will be to assist with the Housing Needs Assessment. Hands going up to the 9 individuals who put their name forward for this work. The group consisted of elders, community members along with Cheyanne McKay and Kaylin Paul who are representing the youth.

Please look forward to this important work in the new year to help with future construction.



Types of homes?? Tiny homes, townhouses, apartment building, secondary suites, 4 plex, duplex or single detached homes????

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03

Cheam First Nation Housing Dept is working with BC Hydro and Fortis BC to bring the Energy Conservation Assistance Program (ECAP) to the community

This program is open to on-reserve Cheam membership. Two homes qualified for a new furnace and 12 homes will be receiving a new fridge. I recommend everyone to apply for this program. Call the Housing Dept get an application filled out. DON'T MISS OUT ON THIS GREAT PROGRAM.

Based on the assessment, the following could be installed at your house at no cost:

LED Lights	• Installed in all homes
Dry Rack	• For all homes
Weather Stripping	• Installed in all homes
Water-saving shower head	• Installed in all homes
CO detectors	• For gas heated homes
Window Film	• Optional
New Bathroom Fan	• if qualified
New Fridge	• If qualified
New Furnace	• if qualified
Added Attic Insulation	• If qualified

To receive the service, please fill out the ECAP application form. If you have a BC Hydro and Fortis account, fill both sections of the application. Please drop the filled application at the reception in the band office. Can scan and email to: lydia.archie@cheamband.com. Housing will submit the forms for you.

SAVE THE DATE

Sto:lo Tribal Council

AGM

December 16, 2022

9:30am to 12:00pm

On Zoom:
Meeting credentials to follow

AGENDA to follow

STC Member Bands
Chawathil, Shxwowhamel, Seabird,
Cheam, Sqewlets, KwawKwawapilt,
Soowahilie
18 years of age or older

Door Prizes



Contact:

Lori Kelly
lori.kelly@stolotribalcouncil.ca

Postermywall

GATHERING OUR MEMBER'S STORIES

Phase 1 - In conversation with one of our Elders we have decided to try to catalogue and collect as many Eulogies as possible of those Cheam members that have passed on. Paper copies can be dropped off or mailed to the band office attention Harmony, or digital copies can be emailed to harmony.poisson@cheamband.com. If there was no Eulogy written or it has been lost, we would be honored to include their story in any form that you can provide.



CHEAM ELDER'S CORNER SUBMISSIONS NEEDED!!

We are looking for your stories, pictures, prayers, songs, recipes, and knowledge! They can be submitted to Harmony at harmony.poisson@cheamband.com, or dropped off to the Band Office. Without your submissions we can't keep this section going...



Upcoming Birthdays Birthdate

David Aleck	Dec. 24
George R. Douglas	Dec. 31
Ryder	Jan. 5
Anita Rose Connal	Jan. 6
Elizabeth Phillips	Jan. 9
Gerald Dan	Jan. 24
Isaac Alex	Jan. 25

FREE SOMATIC TRAUMA THERAPY FOR CHEAM MEMBERS

What is it good for?

People find it relieving for anxiety, depression, other uncomfortable feelings, even physical ones.

The goal of somatic trauma therapy is to drain some of the weight of the past in a safe way. We end up feeling lighter spiritually, physically, and emotionally. Somatic trauma therapy will be run in groups of 4 people, meeting weekly, for 12 weeks. Consider how committing to this program would affect other parts of life. Intake is ongoing.



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

- Body focused grounding tools
- Present moment awareness
- Some learning about how emotions help with somatic therapy
- The last portion of the meeting is somatic trauma therapy. People are guided through the process of giving control of their body over to their body. There can be some shaking, or crying, or other involuntary movement or sounds. This is part of the body's instinctive process of resolving being traumatized. We aim to keep it as safe, and gentle as needed.

Information sessions are one on one with Winchester Victor. They can be booked with Diana Giroux (604)-794-7927 or Winchester: winchester.victor39@gmail.com



"Being cut off from our own natural self-compassion is one of the greatest impairments we can suffer. Along with our ability to feel our own pain go our best hopes for healing, dignity and love."

Gabor Mate'





Helping **First Nations children** access the products, services, and supports they need, such as:

speech therapy • educational supports • medical equipment • mental health services • and more

Phone **1-855-JP CHILD (1-855-572-4453)**,
open 24 hours a day, 7 days a week

VISIT **CANADA.CA/JORDANS-PRINCIPLE**

Contact us if you know a First Nations child who had or has an unmet need for (health, social or educational) services from 2007 to today.



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

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08



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Book Your APPOINTMENT TODAY!

Ages 40 - 79

Mammogram Clinic

When | February 9th, 2023

Where | Seabird Band Office Parking Lot

About 1 in 8 people will develop breast cancer in their lifetime. Regular screening every 2 years can detect breast cancer early, usually before it has spread. Make it part of your regular health routine.

*Early detection
SAVES lives!*



Please contact the CHR in your Community for more information, registration forms & to book your appointment.

Seabird CHR - 604-796-2177

CHR - Community Health Representative



Created by SI Communications 2022

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First Nations Health Authority
Health through wellness

First Nations Health Benefit Program

The First Nations Health Benefit (FNHB) Program covers specific medically necessary items, services, and travel that support First Nations peoples' health and wellness needs. The program is administered through partnerships with Pacific Blue Cross and PharmaCare.

Eligibility

The FNHB Program is available to First Nations people with Indian status who live in BC and infants (up to 24 months) of an eligible parent. To access the benefits and coverage under the Health Benefits Program, First Nations people must first enroll in the program. Please call 1-855-550-5454 or visit fnha.ca/benefits/eligibility for more information on how to enroll.

Health Benefits Coverage

The FNHB Program covers six benefit areas:



DENTAL

The Dental benefit provides coverage for items and services to maintain good oral health, prevent cavities, gum disease, and restore damaged tooth function. Some items and services covered under the dental benefit are bridges, crowns, exams and x-rays, fillings, and preventive services.



MEDICAL SUPPLIES AND EQUIPMENT

The Medical Supplies and Equipment (MS&E) benefit provides coverage for items and services needed in the short or long-term to support health and wellness. Some items and services covered under the MS&E benefit are bathing and toileting aids, hearing aids and repairs, limb and body orthotics, ostomy supplies, walking aids, and wheel-chairs.



MEDICAL TRANSPORTATION

The Medical Transportation (MT) benefit assists with the cost of meals, accommodation, and transportation towards travel for a medical appointment outside your community of residence. The MT benefit may also cover travel escorts under certain conditions.



MENTAL HEALTH

The Mental Health benefit covers in-person and virtual counselling services from a qualified mental health provider registered with the FNHB. Coverage is available for Mental Health counselling from four programs. The Mental Wellness and Counselling program is for Status First Nations individuals, while the Indian Day Schools Health Support Program, Indian Residential School Resolution Health Support Program, and Missing and Murdered Indigenous Women and Girls Health Support Services are available to both status and non-status individuals. Talk to your Mental Health Provider to determine the appropriate program for you.



PHARMACY

The Pharmacy benefit, administered mainly through Plan Wellness (Plan W), provides coverage for medications and items that support First Nations people on their wellness journeys. The Pharmacy benefit covers specific prescription drugs, over-the-counter drugs, non-drug over-the-counter items, and Shingrix® vaccine. Please call 1-855-550-5454 to enroll in Plan W.

In addition to Plan W, the provincial agencies, including the BC Cancer Agency, BC Transplant, BC Renal Agency, and the BC Centre for Excellence in HIV/AIDS, provide specialty pharmacy items to all BC residents living with specific illnesses or conditions.



VISION CARE

The Vision Care benefit provides coverage for items and services to ensure proper eye health and support access to preventative care. The benefit covers eye exams, sight tests, prescription eyewear and repairs.

OTHER COVERAGE

BC Medical Services Plan (MSP)

The FNHB manages MSP for First Nations people in BC. If you have status and need to register for MSP, call 1-855-550-5454.

Ambulance Bills

The FNHB covers the cost of ambulance transport to a hospital in an emergency situation and from a lower level care facility to a higher level care facility (e.g., long-term care home to a hospital).

View Your Plan Details

To check details about your coverage for dental, vision, medical supplies, and mental health, please create an online PBC Member Profile on www.pac.bluecross.ca or download the PBC app on your smartphone or tablet. The PBC Member Profile offers convenient and secure access to detailed information about your benefits coverage 24 hours a day.

Please call Health Benefits at 1-855-550-5454, email healthbenefits@fnha.ca or visit fnha.ca/benefits to learn more about the First Nations Health Benefits program and benefit coverages.

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INDIGENOUS OUTREACH

Our team can provide a range of services to support you in your substance use journey.

- HARM REDUCTION SUPPLIES
- INDIVIDUAL & FAMILY COUNSELLING
- SUBSTANCE USE TREATMENT REFERRALS
- NALOXONE TRAINING
- GRIEF AND LOSS SUPPORT
- GROUP THERAPY
- RESOURCE NAVIGATION

Are you struggling with substance use? Or know someone that does? Are you wanting support but unsure how to reach out?



First Nations Health Authority
Health through wellness

Office Phone:
604-701-3660



fraserhealth

Better health. Best in health care

We recognize Fraser Health provides care on the unceded and traditional territories of the Coast Salish and Nlaka'pamux Nations

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YOUTH OPPORTUNITIES

**Hosted at the
Cheam Band
office**

**STARTING AGAIN
IN JANUARY**

Impacts on student learning

Come learn about cultural activities

Cheam is hosting cultural activities here on Cheam for youth from grades K-12, come and learn about drumming, beading, and so much more! It will be every Thursday from 5:30pm-7:30pm.

**Contact Cori Victor
For sign up or more info**

604-378-4692 or Cori.victor@cheamband.com



Youth Empowered Speakers (YES)

Funding for post secondary tuition, living expenses and language learning!

DEADLINE: JANUARY 16, 2023

Funding amounts up to: \$30,000

The YES program is for B.C. First Nations students age 18-30 who are working towards a career as a language immersion teacher or early childhood immersion educator.

This program includes:

- Tuition
- Living allowance
- Mentor-apprentice language learning
- Paid internship

The goal of the program is for youth to learn their language while preparing for a career in language revitalization in one of two streams:

1. Early Childhood Immersion Educator Stream for ECE students
2. Language Immersion Teacher Stream for BEd. students

Program Contacts

Hannah Green, Language Program Coordinator

Beckie Wesley, Language Program Associate

yes@fpcc.ca

For more information and guidelines, visit: **fpcc.ca/yes**

fpcc.ca/grants





CE Barry -
October 11, 2022
Kent Indigenous
Learning Portable -
October 24, 2022

CE Barry -
November 14,
2022
Kent Indigenous
Learning Portable -
November 28,
2022

CE Barry -
January 9, 2023
Kent Indigenous
Learning Portable -
January 23, 2023

CE Barry -
February 6, 2023
Kent Indigenous
Learning Portable -
February 13, 2023

CE Barry -
April 3, 2023
Kent Indigenous
Learning Portable -
April 17, 2023

CE Barry -
May 8, 2023
Kent Indigenous
Learning Portable -
May 15, 2023

SD78 Culture Night

Ribbon dress sewing, storytelling, powwow dancing, cedar bark weaving, regalia sewing, and teachings.

C.E. Barry and Kent Indigenous Learning Portable

Time: 4:30 – 6:30 pm

Monthly gatherings with traditional teachings and food.

Children under 12 must be accompanied by a parent or guardian. Please register at <https://forms.office.com/r/r4Qzcnj8ds>

SACRED JOURNEY

Travelling Exhibition

JULY 15, 2022 – FEBRUARY 20, 2023



Science World is honoured to host Sacred Journey, to share a powerful story of canoe resurgence as told by its leaders, and to uphold narratives of Indigenous Peoples as knowledge keepers.

To celebrate, we're offering free general admission for Indigenous Peoples from July 15–Feb 20, 2023.

You are welcome to walk up in-person for a free visit. Please let the Admissions staff know you are using the coupon code "SACREDJOURNEYSW" or that you self-identify as Indigenous. You can also purchase a ticket on our website with the same code.

If you have any questions, please contact info@scienceworld.ca and our team will gladly assist you.



January 21
Event Time: 11am- 4pm



Learn to Skateboard with:

Nations

SKATE YOUTH

Register
with Rob by
messaging
604-819-278

1



Meal,
Skateboards
and Helmets
Provided



Seabird Island Band

MENU



Public Safety
Canada

Sécurité publique
Canada

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Family Snow Shoe

Manning Park/ Lightning
Lake Loop

When: Tuesday, Dec 20th
@9:00am

***FOOD, SNOW SHOES AND
TRANSPORTATION PROVIDED***

Please text Rob to register:
604 819 2781



Seabird Island Band



Public Safety
Canada

Sécurité publique
Canada

YOUNG ADULTS NIGHT

@

CAPILANO
SUSPENSION
BRIDGE

Date: December 22, 2022

Time: 3:30pm – 9pm

Pick-up/Drop-off: Seabird Island

Ages: 17 - 24

RSVP: Marissa – 778-885-6409

Dinner Included

Cheam young adults, Ages 17-24 are welcome to join SIB to go to Capilano Suspension Bridge.

We can arrange rides to Seabird for 3:30 and drop off at Cheam Band Office after the event, please contact Cori Victor at cori.victor@cheamband.com or 604-794-7927.

EMPLOYMENT OPPORTUNITIES



Come Work With Us at Cheam!

To apply to any of the jobs listed below, please visit our website, apply on **Indeed.ca**, or drop off your resume at the Band Office.

- **Early Childhood Educator**
- **Early Childhood Educator Assistant**
- **Emergency Coordinator Assistant**
- **Executive Assistant**
- **Health Assistant/Medical Transport Driver**

All other HR enquiries can go to **tasnia.buchanan@cheamband.com**

Trans Mountain is committed to Indigenous and local inclusion. Please visit our website to view our current opportunities here:

[Trans Mountain Opportunities: 23 current postings](#)

Alternatively individuals interested in working directly for a Trans Mountain contractor are strongly encouraged to follow this link and populate the “Expression of Interest for Employment”: **<https://csi.transmountain.com/csi/isinfo/>**



Allteck Current Job Postings

candidates can apply online through our websites, on Indeed or send a resume:

Email **work@quantaservices.com**

Website **<https://allteck.com/about-us/careers/>**

Indeed **<https://ca.indeed.com/cmp/Allteck-Limited-Partnership/jobs>**

Job Title

Powerline Technician

Trades Trainee

HSE Advisor

Project Administrator

Administrative Assistant

Field Engineer

Location

Burnaby, Dawson Creek, Saskatchewan

Burnaby

Burnaby or Surrey

Nanaimo, Duncan or Courtenay

Surrey

Surrey



SASET Outreach Services **on-site at Cheam First Nation** **Every Friday from 9:30am to 3:00pm**

Who are we?

We provide Indigenous Employment and Training Services to First Nation working age population in the Fraser Valley Catchment area.

Who do we serve?

If you are an Indigenous person and are either the following:

- Is un-under employed
- Student
- Employed but unable to meeting basic living requirements
- Resides in SASET's catchment area (Langley to Boston Bar and throughout the Fraser Valley; or with 3 communities in the Head of the Lakes)

Outreach Employment Services:

Employment and Career Counselling
Resumes and Cover Letters
Education and training information
Computer with internet access
Job postings
Employment Readiness
Career Planning/Decision Making
Labour Market Information

Scholarships, Grants and Bursary information
Job Search assistance
Applying online
Employability workshops
Basic Computer Skills Workshops
And much more

Lucinda Louie, Employment Counsellor

Phone or text: 778-684-1464 or email: Lucinda.Louie@saset.ca

Or email: info@saset.ca

See our website for more information at www.saset.ca



Indian Residential School Survivors Society

WE ARE HIRING Human Resources

- **HR MANAGER**
- **HR ASSISTANT**

JOIN OUR TEAM

SEND RESUMES TO RESUMES@IRSSS.CA



December 12, 2022



A QUANTA SERVICES COMPANY

Banister Pipelines Hiring Details

Hiring needs

We are interested in identifying candidates for entry level positions such as labourer, apprentice operator and welder helpers. We are also accepting resumes from experienced Welders and Principal Operators. Primarily Operators of Dozers, Backhoes and Side Booms (e.g.: D6, D8, D10 Cat Dozers, 350, 470, 670 JD Backhoes & 583, 589 & 594 Side Booms). We are accepting resumes from qualified drivers to operate buses & dual or triaxle trucks. (Strong preference for Class 1 licence).

We will be identifying and hiring a large portion of our workforce within the first few months of 2023. The bulk of the employment opportunities available are the ones listed above. It is our goal to identify candidates who are suitable for these positions so that we can act quickly to fill them when on-the-ground conditions allow a new crew to start.

These positions entail a workload that consists of long hours that can be around 60-70 hours a week. (This is not a guarantee of minimum weekly hours or a maximum limit). Candidates must also be prepared to endure physically demanding work environments: steep slopes, outdoor conditions (hot, cold, mud, snow), repetitive movements (bending, lifting, mounting, and dismounting machinery with 3-point contact), working in rainy conditions and/or in excessive ground water.

Send resumes to: employment@banister.ca



FIRST PEOPLES'
CULTURAL COUNCIL

Deadline Extension!

Mentor-Apprentice Program

**UP TO
\$16,100
IN FUNDING
AVAILABLE**

**APPLY
TODAY!**

Apply by January 9, 2023



Culinary Arts

Pre-Trade Program

Next classes start: January 9th, 2023



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

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

CONTACT US TODAY!

604-858-3691 Fax: 604-858-3528

Toll Free (BC): 1-888-845-4455



www.saset.ca



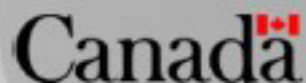
<https://www.facebook.com/SASET.EAS>



5579 Tyson Rd, Chilliwack,
BC V2R 0H9

Program 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 good, desserts and beverages
- ◊ Basic kitchen management



**FULLY-FUNDED
ONLINE TOURISM
AND HOSPITALITY
PROGRAM FOR
INDIGENOUS**

**ARTISTS
CARVERS
CREATORS
PERFORMERS
STORYTELLERS
ENTREPRENEURS**

ELIGIBILITY

**INDIGENOUS
BC RESIDENTS**

**PROGRAM
DELIVERY**

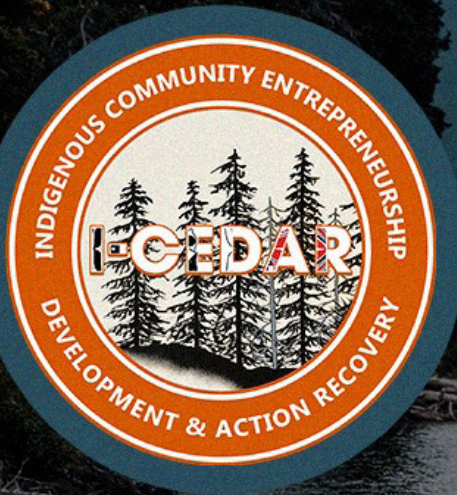
ONLINE

PROGRAM LENGTH

**14 WEEKS
JANUARY - MAY
2023**

FEE

**NO FEES - FULLY
FUNDED**



**APPLY
NOW
ICEDAR.CA**



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When does our next course start?

March 6, 2023

Deadline for applications:

January 6, 2023

Academic placement exam:

January 14, 2023

Canada

[About the ELTT Program](#)

[Watch the video](#)

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**A career in tech will take you
where you want to go**

**Looking for a job? Begin your tech career by completing
one of our online programs in only 3 months, for free!**



**Junior IT
Analyst**



**Junior Data
Analyst**

Learn the best and latest digital skills, programs and techniques. Earn industry approved certifications and train for today's fast-paced, solution focused tech environment. Graduates receive job placement support to launch your tech career. Programs are fully funded and are no cost for participants.

A career in tech can change everything.

Apply now

npowercanada.ca/programs/

Classes run Monday - Friday

Location: Online Classroom Environment

Call our Outreach Team: 604.495.0580 (x2)

or email at: outreach@npowercanada.ca



Social Assistance Cheque Schedule 2023

Cheque	Renewals Due By:	Ck. Release Date	Mid-Month 2
January 2023	December 15, 2022	December 21, 2022	January 14, 2023
February 2023	January 14, 2023	February 1, 2023	February 15, 2023
March 2023	February 15, 2023	March 1, 2023	March 15, 2023
April 2023	March 15, 2023	March 31, 2023	April 14, 2023
May 2023	April 14, 2023	May 1, 2023	May 15, 2023
June 2023	May 13, 2023	June 1, 2023	June 15, 2023
July 2023	June 15, 2023	June 30, 2023	July 14, 2023
August 2023	July 15, 2023	August 1, 2023	August 15, 2023
September 2023	August 15, 2023	September 1, 2023	September 15, 2023
October 2023	September 15, 2023	September 29, 2023	October 13, 2023
November 2023	October 14, 2023	November 1, 2023	November 15, 2023
December 2023	November 14, 2023	December 1, 2023	December 15, 2023



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XWCHÍYÒ:M

CHEAM FIRST NATION

CHIEF AND COUNCIL 2023 MEETING SCHEDULE

2023	Committee of the Whole	Regular & In-Camera Chief and Council Meetings		
January	N/A	10	and	24
February	7	14	and	28
March	7	14	and	28
April	4	11	and	25
May	2	9	and	23
June	6	13	and	27
July	4		25	
August	N/A		22	
September	5	12	and	26
October	3	10	and	24
November	7	14	and	28
December	N/A		12	