



XWCHÍYÒ:M

JULY 26, 2024 NEWSLETTER

Ey Swayel Friends and Relatives!



Our Cheam newsletter and website are going through some upgrades. If you have any feedback or ideas on either project please feel free to email communications@cheamband.com.

CHEAM CALENDAR

JULY 22 - EARLY YEARS CLOSED TO AUG. 5
JULY 28 - HOPE TO CHILLIWACK ELDERS LUNCH
AUG. 5 - BAND OFFICE CLOSED - STAT HOLIDAY
AUG. 7 - COMMUNITY KITCHEN
AUG. 7 - COMMUNITY TOWN HALL
AUG. 14 - FNHA SELF CARE WORKSHOP
AUG. 20 - ELDERS MEETING & LUNCHEON
AUG. 20 - REGULAR CHEAM COUNCIL MEETING

[See 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 sqoge;
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.

ADMINISTRATION

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 can download it from your online banking.

If you need help figuring out how to download the form from your online banking please let us know and we will assist you. All forms go to deysi.hernandez@cheamband.com or can be dropped off at the Band Office attention: Deysi. Please note you must include your email address as well.

Rest assured that your EFT information will only be accessed by authorized personnel involved in the payment processing system.

We appreciate your assistance in helping us switch over to a much more efficient payment system.

Thank you,
Wenjuan Sun - Sr. Finance Manager
Cheam First Nation, Finance Department

GARBAGE REMINDER



If your on-reserve residential garbage is ever not picked up please call the front desk and put in a maintenance request to alert Public Works. They will get the message faster than if you contact Housing, and they are the ones in contact with the garbage companies. Please also include if there was a reason they skipped you such as no access or dangerous dogs.

Thank you



We have created a **new Facebook group [Pelólxw Tribe](https://www.facebook.com/groups/1500488330552790)** for the members of all of the Pelólxw tribes. We are excited to first utilize this new group page to follow the journey of the Pelólxw participants who have joined together to make the 2024 Puyallup journey (see map). This will be a hub to put all our communications into one place, and for our families and friends to follow along and share in this important work. Please join this group if you want to be kept up to date with the latest news and pictures of their journey!

<https://www.facebook.com/groups/1500488330552790>



PROGRAMS & EVENTS

Come share a meal
and
visit with friends

Pil'alt Elders 60+ Get Together

Door Open 11:30am
Lunch 12:00pm to 1:00pm

Last Thursday
of every month from

Sqwá Community Hall
30 Landing Drive



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

Join us for a sit down, served, meal to honor you.



Inviting Elders
Sunday July 28, 2024
3:30pm



Cheam First Nation
52161 Victor Dr
Rosedale, BC

Elders from
Hope to
Chilliwack
welcome!

• Feed the People

MY
WELLNESS
IS INDIGENOUS

FNHA WORKSHOPS COMING TO CHEAM

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



First Nations Health Authority

Cheam's wellness workers will be there for support if needed during workshops. Please contact reception2@cheamband.com or 604-794-7927 to register.

FOLLOW US



FB = [@Cheam.fn1](#)

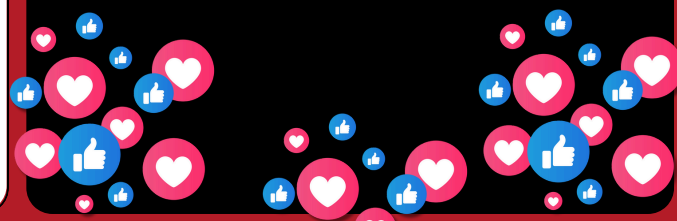
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LI = [@Cheam-fn](#)

TT = [@Cheam.firstnation](#)

YT = [@Cheamfn](#)

X = [@Cheam_FN](#)





XWCHÍYÒ:M

JOB OPPORTUNITIES

COME WORK WITH US AT CHEAM!

To apply to any of the jobs listed below, click on the job title for further details, visit the careers page of our website, or drop off your resume at the Band Office.

- [Administrative Assistant – \(SASET\)](#)
- [Education Manager](#)
- [Family Support Worker](#)
- [Health & Wellness Director](#)
- [Lands Manager](#)
- [Public Works Manager](#)
- [Resident Support Worker](#)
- [Watchman \(Security\)](#)



CEI JOB OPPORTUNITIES

- [Campground Host](#)
- [Director of Indigenous Eco-Tourism Farming](#)
- [Site Maintenance Assistant](#)



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.

**THANK YOU TO EVERYONE THAT MADE IT OUT TO CELEBRATE
CHEAM DAYS, AND TO ALL THE AMAZING VOLUNTEERS THAT
MADE IT POSSIBLE!**



#CHEAMPROUD

#CHEAMPROUD

