



XWCHÍYÒ:M

AUGUST 23, 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

AUG. 26 - CHEAM BACK TO SCHOOL EVENT
AUG. 28 - COMMUNITY PANTRY
AUG. 29 - OVERDOSE AWARENESS WALK
SEPT. 4 - COMMUNITY TOWNHALL
SEPT. 17 - ELDER'S MEETING & LUNCHEON
SEPT. 18 - FNHA SEXUAL HEALTH WORKSHOP
SEPT. 24 - REGULAR COUNCIL MEETING
SEPT. 30 - CLOSED FOR STAT HOLIDAY
OCT. 2 - CHEAM 2024 AGM

[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 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.



XWCHÍYÒ:M

CHEAM FIRST NATION

FOR IMMEDIATE RELEASE

August 20, 2024

Cheam First Nation Purchases Fraser River Lodge

Cheam / Pelólxw Territory (Rosedale, B.C. CANADA) – Cheam First Nation has finalized the purchase of the Fraser River Lodge, a world-class tourism lodge and successful business which is located near the Cheam First Nation reserve lands, close to Agassiz BC. This new property is also just one mile upriver from their Cheam Fishing Village and Campground.

This recent \$18.1m acquisition of the Fraser River Lodge is an example of Cheam First Nation taking steps to rebuild their community and increase the much-needed land base for their future. Cheam is taking matters into their own hands to create a better world for their people. They see a sustainable, prosperous future in eco-cultural tourism, eco-system-based agriculture, sustainable land development, and building world-class holistic health systems for their people and all neighbors in the region.

Cheam has also recently purchased two parcels of farmland on the North side of the Fraser River near their reserve lands. These lands combined with the agricultural lands Cheam already has are creating a base for an ecosystem-based farming initiative that Cheam started this year.

[Read Full Press Release](#)





FNHA WORKSHOPS COMING TO CHEAM

- 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.

ELECTRONIC FUNDS TRANSFER (EFT)



Our goal is to slowly move all members on to electronic payments so that

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

PROGRAMS & EVENTS

OVERDOSE AWARENESS WALK



In honor of Overdose Awareness Day we will be walking from the Band Office to the top of the hill (entrance of Cheam) and back on August 29th.

- DENNY PIKE WILL SHARE HIS STORY WITH THE COMMUNITY AND SPEAK TO THE IMPORTANCE OF OVERDOSE AWARENESS
- LIGHT REFRESHMENTS AND BEVERAGES SERVED
- TOUR OF & MORE INFO ON OUR MOBILE OPS SITE
- DRUG TESTING STRIP TRAINING ON-SITE W/FRASER HEALTH
- EACH PARTICIPANT WILL BE GIVEN A CEDAR ROSE PIN



PLEASE RSVP BY TUESDAY AUGUST 27
to Health Reception at 604-794-7927 to ensure that we have enough cedar pins.





Student Information & Waiver Form 2024-2025

Name	
Address	
Phone #	
Email Address	
Current Grade	
Date of Birth & Current Age	
Band Name & Status #	
Family Phone # & Email Address	
Emergency Contact Name & Phone #	
Allergies & any additional info.	

Elementary/Middle/Secondary:	
School/Institute:	
School Contact Info:	
Last School Attended:	
If uniform required	Contact ASAP at 604-745-8026

I hereby authorize the school to release information concerning:

- Change of address
- Attendance
- Progress and Report
- Admission and Transcripts information

X _____
Parent/Guardian Name - Print

X _____
Signature

Cheque Payable to: _____ Date: _____

MUST BE FILLED OUT COMPLETELY

Cheam on-reserve students/parents are asked to please complete the student waiver form by August 23rd, and return it to the health front desk. Paper copies are available at the Band Office. Our Back-to-School distribution event will be August 26, 8:30-4:30 in the Cheam classroom.



DO-IT-YOURSELF AIR CLEANER WORKSHOP!

This is a free workshop on how to put together and use a DIY Air Cleaner to protect your home from particulates and pollutants from wildfire smoke. You'll get your own, personalized Air Cleaner to take home with you!



Drop in any time. No appointment is needed.
Construction time is only 15 minutes.
Easy, step by step instructions.
Come for a snack and gift bag!

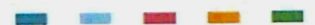


AUGUST 26TH, 2024

9:00AM - 3:00PM

Cheam First Nation
52161 Victor Drive,
Rosedale, BC

*For more information and how to register, contact us at ian.tait@fnha.ca



FRASER SALISH REGION
First Nations Health Authority

WILDERNESS FIRST AID+

Instructed by: Raven – Rescue Safety Medical

- 3-years certification
- Mixture of classroom and outdoor sessions
- 16+ years of age
- Open to all Cheam community members that are interested





CHEAM ENTERPRISES INC.

SWIFTWATER SAFETY RESCUE LEVEL 1 – SAFETY

OCTOBER 26TH – 1 DAY TRAINING

TRAINING OPPORTUNITY FOR ALL CHEAM COMMUNITY MEMBERS

This course is based on personal risk and self-rescue and for those that operate in the transition between the “cold and warm zones.”

- ✓ MUST BE IN GOOD HEALTH AND ABLE TO SWIM
- ✓ SWIFTWATER AWARENESS INCLUDED (ONLINE) MUST COMPLETE PRIOR TO INPERSON TRAINING

Instructed by: Rescue Canada

Contact us if interested:

ALLI.CALLIOU@CHEAMENTERPRISES.CA





Shxwlístexw te Sqwá:la Shxwelí

Hope Slough Project



Shxwlístexw te Sqwá:la Shxwelí

Hope Slough Project

Construction of fish habitat with Shxwlístexw te Sqwá:la Shxwelí has started! Keep an eye out for after photos of this pond in the fall. We'll organize a trip in October to welcome the spawning Coho to their grounds. Want to learn more about this good work? Ask Daphne at the front desk for a brochure!





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 \(Security\)](#)
- [Wellness Navigator](#)



CEI JOB OPPORTUNITIES

- [Administrative Assistant
\(1-Year Maternity Leave\)](#)
- [Director of Indigenous
Eco-Tourism Farming](#)



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.

MEMBER SHOUTOUTS



VOTE FOR MEL

We are so proud of Mel, a 2024 Semi-Finalist for Pow Wow Pitch! This Fall she will be pitching to win \$25K to take her business to the next level ❤️ Check out this year's Semi-Finalists <https://www.powwowpitch.org/semi-finalists/>

Did you know you can vote for Pow wow pitch peoples choice?

KWÓSEL
MEL VICTOR
XWCHÍYÒ:M



WELCOME HOME

A huge congratulations to all of the families that have returned home from their soccer tournaments in Europe in Hawaii. We couldn't be prouder to have you representing us! We hope that had a great time, and made some life long memories.



**WELCOME HOME TO ALL OUR CHEAM ELDERS THAT MADE THE
JOURNEY TO EITHER THE TUALIP OR VANCOUVER
ELDER'S GATHERINGS.**



#CHEAMPROUD



#CHEAMPROUD

