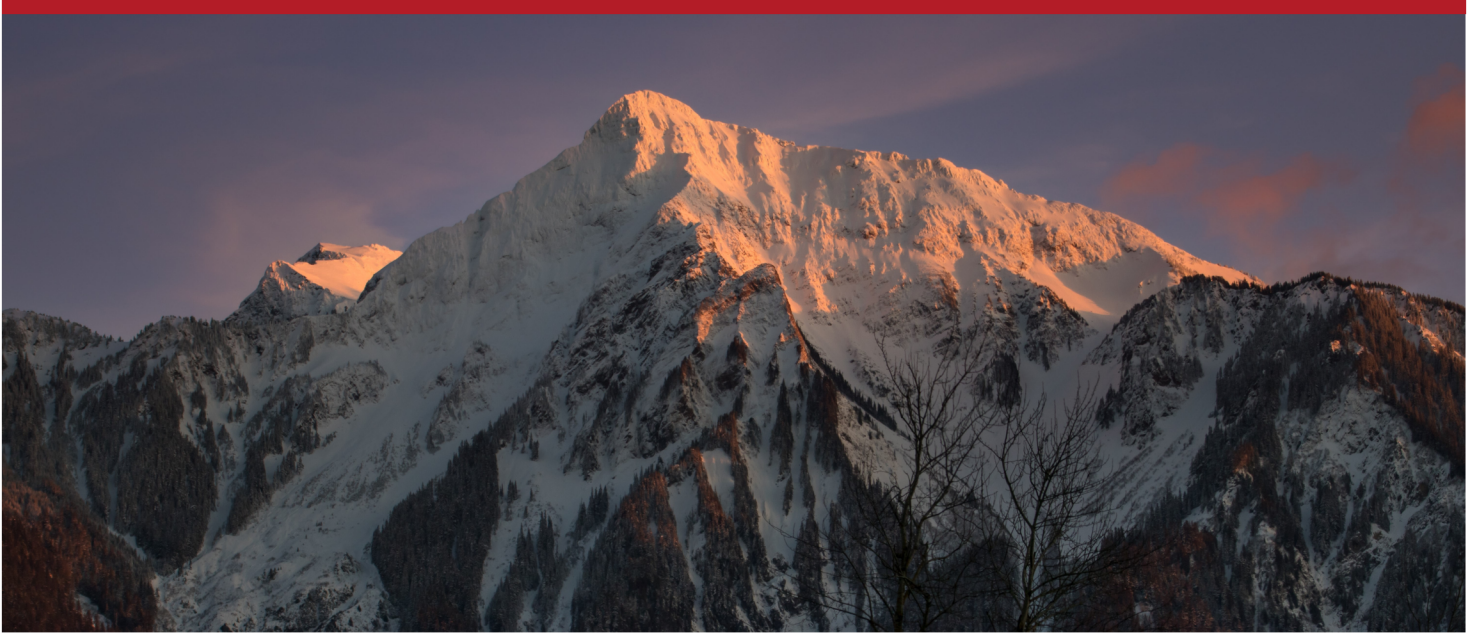




XWCHÍYÒ:M

AUGUST 9, 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. 14 - FNHA SELF CARE WORKSHOP
AUG. 20 - ELDER'S MEETING & LUNCHEON
AUG. 20 - REGULAR CHEAM COUNCIL MEETING
AUG. 26 - CHEAM BACK TO SCHOOL EVENT
SEPT. 4 - COMMUNITY TOWNHALL
SEPT. 10 - REGULAR COUNCIL MEETING
SEPT. 17 - ELDER'S MEETING & LUNCHEON
SEPT. 18 - FNHA SEXUAL HEALTH WORKSHOP

[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.

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



THANK - YOU!

We want to thank all the volunteers that assisted us with our Emergency Planning during the recent landslide/flooding.

This event has helped us identify our strengths and weaknesses/how we can better prepare for future emergencies in our community.

Cheam Housing Needs Assessment

57 members did the survey to help CFN better understand current and future housing needs.



Survey HIGHLIGHT

This survey helps CFN understand the current and future need for housing in our community, and enables CFN to better plan housing projects that better accommodate these in an affordable and sustainable way.

The full survey will be posted on CFN webpage and hard copies available.



XWCHÍYÒ:M

CHEAM FIRST NATION

Construction Announcement

We are pleased to announce that the Elders Working Group has approved the Cedar Hat design for the Memorial Gazebo, and MacQueen Systems has been contracted for the construction. Work on the project started on the morning of Tuesday, August 5, 2025.

Construction is taking place behind the Band office. We kindly ask for your patience and caution when near the area during this time. Your understanding and patience are greatly appreciated as we work to complete this important project.



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CHEAM FIRST NATION

52161 Victor Drive
Rosedale, BC V0X 1X1
604-794-7924
www.cheam.ca

Social Assistance Cheque Schedule 2024

Cheque	Renewals Due By:	Ck. Release Date	Mid-Month 2
January 2024	December 15, 2023	December 21, 2023	January 14, 2024
February 2024	January 15, 2024	February 1, 2024	February 15, 2024
March 2024	February 15, 2024	March 1, 2024	March 15, 2024
April 2024	March 15, 2024	April 1, 2024	April 15, 2024
May 2024	April 15, 2024	May 1, 2024	May 15, 2024
June 2024	May 15, 2024	May 31, 2024	June 14, 2024
July 2024	June 14, 2024	June 28, 2024	July 15, 2024
August 2024	July 15, 2024	August 1, 2024	August 15, 2024
September 2024	August 15, 2024	August 30, 2024	September 13, 2024
October 2024	September 13, 2024	October 1, 2024	October 15, 2024
November 2024	October 15, 2024	November 1, 2024	November 15, 2024
December 2024	November 15, 2024	November 29, 2024	December 13, 2024

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.



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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

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

PNE

Any Cheam families that want PNE tickets please contact the Health department to put your name and children's names with ages down? (Available to both on or off reserve)

Date to be announced at a later time. 604-794-7927 or reception2@cheamband.com

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](https://www.facebook.com/Cheam.fn1)

IG = [@Cheam.fn1](https://www.instagram.com/Cheam.fn1)

LI = [@Cheam-fn](https://www.linkedin.com/company/Cheam-fn)

TT = [@Cheam.firstnation](https://www.tiktok.com/@Cheam.firstnation)

YT = [@Cheamfn](https://www.youtube.com/Cheamfn)

X = [@Cheam_FN](https://twitter.com/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.

CONGRATULATIONS TO ALL OUR YOUTH THAT MADE THE PUYALLUP CANOE JOURNEY, AND TO ALL THE AMAZING VOLUNTEERS THAT MADE IT POSSIBLE!



#CHEAMPROUD



#CHEAMPROUD