



XWCHÍYÒ:M

SEPTEMBER 20, 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

SEPT. 23 - HEAD START BEGINS
SEPT. 24 - REGULAR COUNCIL MEETING
SEPT. 24 - XYOLHMEYLTH MEET AND GREET
SEPT. 26 - TRUTH & RECONCILIATION EVENT
SEPT. 26 - COASTAL JAM
SEPT. 29 - HARVEST, DEVILS CLUB & MULLEIN
SEPT. 30 - CLOSED FOR STAT HOLIDAY
OCT. 2 - COMMUNITY TOWN HALL
OCT. 14 - CLOSED FOR STAT HOLIDAY

[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.

INTRODUCING OUR NEW HEALTH & WELLNESS DIRECTOR



Please join us in welcoming Betty Cahoose as our new Director of Health & Wellness, effective today September 9, 2024. Betty comes from the Ulkatcho Nation in Anahim Lake, Northern BC. A country girl at heart, she grew up on a farm and deeply values traditional knowledge and practices. She currently resides in Surrey with her family.

Betty brings extensive experience to the position, having worked as a Health Manager with various Nations for over 13 years. She has a comprehensive understanding of health programs funded through the First Nations Health Authority (FNHA), Indigenous Services Canada (ISC), and other related funding streams. Her educational background includes Nursing (completed Year 1), Certified Home Support/Residential Care Attendant, Pre-Health Program Certificate, Health Director's Administration Certificate, Microcomputer in Business 1, and Office Administration - Word Processing.

As a residential school survivor, Betty is dedicated to being an advocate and negotiator for the Nations she works with, particularly in the areas of health and wellness. One of her notable achievements was being part of the team that negotiated a new Health Centre for her community.

Betty's favorite cuisine includes traditional foods such as moose meat, deer meat, garden vegetables, and bannock. In her spare time, she enjoys beading earrings, necklaces, rings, and brooches. She also loves travelling with her family and foraging for wild mushrooms.

Betty is excited to join our community and looks forward to meeting everyone.

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

What We Do...

The Community Corrections Division supervise individuals serving sentences in the community. Our staff are motivated and resilient in their efforts to lead change with their clients every day.

Probation officers at 56 Community Corrections offices across BC seek better outcomes for everyone, by ensuring individuals are following their court orders and working closely with them to connect them with supports in the community, change their behaviour and reduce reoffending.

Our probation officers use case management strategies and interventions that have been proven through research to reduce reoffending. They lead by example, use communication skills, problem-solving strategies and risk assessment techniques, such as Strategic Community Supervision, to help individuals learn better ways of responding to the world around them.

The strategies a probation officer might use include:

- Balancing supervising and enforcing court orders with helping individuals to make positive changes in their lives.
- Applying the appropriate level of intervention and programming to individuals based on their assessed risk to reoffend.
- Identifying needs that must be addressed to reduce reoffending
- Matching individuals with interventions that work with their personal characteristics and learning styles.

We have Hailey and Eric from Community Corrections available to work with members who are on probation. They will be in our community every Thursday each month from 3:30-4:30pm to meet with members who may have transportation barriers to meeting them elsewhere. We have attached a brief description of what they do.

Cheam's New Watchmen Security Program



We were very excited to stand up our new security program the Watchmen today at a luncheon shared with our community, staff, and RCMP members.

The mandate of the CFN Watchmen Services program, as established by Council is:

- * to build community resilience through crime prevention and personal safety program delivery,
- * to maintain the public peace through proactive patrols and positive community engagement,
- * to reinforce compliance with Cheam Laws,
- * to investigate breaches of Cheam Laws,
- * and to investigate other applicable federal and provincial offences in concert with the police of jurisdiction.

We welcome all these Watchmen to our community and hope that you will introduce yourself, and engage with them when your paths cross.

If you are interested in joining our Watchmen Program you can find further details on our website at <https://cheam.ca/2024/02/watchman>

**THE WATCHMEN CAN BE
CONTACTED
AT 604-745-8052**

PROGRAMS/EVENTS



First Nations Health Authority

FNHA WORKSHOPS COMING TO CHEAM ***NEW***

- October 16th from 5pm to 6:30pm **Chronic Health**
*Dinner will be provided
- November 20th from 5pm to 6:30pm **Mental Health**
*Dinner will be provided
- December 11th from 5pm to 6:30pm **Self Love**
*Dinner will be provided

Cheam's wellness workers will be there for support if needed during workshops. Please contact Crystal.Chapman@cheamband.com or Office: 604-745-8019 to register, as numbers are needed for dinner preparation. Thank you.

Natural Health Workshops



Cheam First Nation Elder, and
Traditional Wellness Mentor at the
Chilliwack Division of Family Practice

Immunity and Gut Health

October 11 2024, 1 pm - 3 pm

Harvesting Medicine

October 25 2024, 1 pm - 3 pm



Please RSVP to 604-794-7927 or email
crystal.chapman@cheamband.com
52161 Victor Drive, Rosedale, BC VOX 1X1



Cheam Women's Group October 23, 5-7:30pm



Expression through painting with
Carrielynn Victor. Please call
604-794-7927 or email
crystal.chapman@cheamband.com
to RSVP by October 16th
(for dinner and art supplies).
20 spots available.

SEPTEMBER 26, 2024

TRUTH & RECONCILIATION AT CHEAM FIRST NATION

12-4:30PM CHEAM GYMNASIUM

**Honoring our Elders and
Residential School Survivors**



COASTAL JAM

5-9:30PM CHEAM GYMNASIUM

**5PM DINNER
6PM COASTAL JAM**



Stó:lō Cultural Sharing Weekend



For Stó:lō Artist & Crafters to share their knowledge to Stó:lō participants.

October 5 & 6th, 2024

**Saturday & Sunday
9 am to 4 pm daily**

**This Event will be held at:
Evergreen Hall
9291 Corbould Street, Chilliwack, BC**

Request an application:

By EMAIL: admin@coqualeetza.com

Or PHONE: 604-858-9431

Who Should Apply?

If you are a Stó:lō First Nation Artist, Crafter or Halq'emeylem Instructor who would like to earn an honorarium for a day or two and can produce quality kits to sell to participants, whom you will share your knowledge with, you should apply to CCEC.

Your activity may take 1 hour or 2 days to complete. For example – if your kit is to construct a cedar hat it may 2 days, but if it is a drumstick, it maybe 2 hours. Each participant will work at their pace and you will have up to 4 participants at your assigned table.

We suggest you create at least 50 kits for easy workshop activities and about 25 kits for more challenging workshops. This should be adequate if you plan to be at the event for the weekend.

Email:

admin@coqualeetza.com

Phone:

604-858-9431



Examples of Workshops

Cedar Weaving



Salish Weaving

Beading



Devils Club Salve

Sponsored By



Hosted
by:



Coqualeetza Cultural
Education Centre

OR: drum making & drum sticks, drumming & singing, Halq'emeylem booklets, knitting of toques or leggings or quarter bags, Ribbon skirts or shirts, root basket weaving, loom beading for hatbands or bracelets and much more..



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 – \(SASET\)](#)
- [Admin Assistant & Medical Transport Driver](#)
- [Education Manager](#)
- [Family Support Worker](#)
- [Watchman \(Security\)](#)
- [Wellness Navigator](#)



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.



CEI JOB OPPORTUNITIES

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

Why work for us:

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



ADMIN ASSISTANT & MEDICAL TRANSPORT DRIVER

Job Summary:

The Admin Assistant & Medical Transport Driver will be responsible performing daily tasks that will support the Cheam Health department, programs, and services. Duties will mainly focus on Medical Transportation for Cheam Members, as well as additional administrative tasks.

The ideal candidate possesses a class 5 driver's license with a clean driving abstract, has outstanding customer service skills and is a team player.

Key Duties and Responsibilities:

- Assist clients with determining what transport option to use. Consult with Seabird Island Band Medical transport program. Transport (drive) Cheam Members/Non-Members when the client does not qualify for a funded medical transport driver.
- Transport (drive) Cheam Members/Non-Members to and from medical appointments as required.
- Communicate all medical transport needs, booked appointments etc. with clients and service providers.
- Observe, record, report and tend to all maintenance and repair needs of the Cheam Medical Transport vehicle. This includes keeping the vehicle clean for client transport and maintaining an accurate travel log.
- Perform various administrative task to support the health team.
- Develop, oversee, administer, and report on Cheam Health - COHI program.
- Maintain Health Manager calendar, including prioritization, coordination and scheduling internal and external meetings/appointments and events.
- Assists to resolve time management/scheduling conflicts as required.
- Assist with organizing Health events as required. This may include shopping for supplies, booking caterers, coordinating registration, set-up, take-down, etc.
- Prepare confidential documents, memoranda, letters, briefing reports, FNHA Medical transportation Reporting etc. as required.
- Develop and/or maintain efficient electronic and physical filing systems, records storage and databases for the Health Manager and Health Programming.
- Perform data entry, photocopying and faxing as required.
- Other duties as required.

Job Requirements

- High School Graduate and related Post-Secondary training in an area of Health and/or Administration.
- Minimum of two years' work experience in a related health/administrative position.
- Excellent time management, organizational, and planning skills.
- Ability to be flexible and to work in an environment that applies cross training within other Departments.
- Excellent listening, verbal, and written communication skills.
- Excellent computer skills
- Ability to maintain Confidentiality and abide by Cheam First Nations' Policies and Procedures.
- Knowledge, respect and understanding of Stó:lō culture, traditions and language is considered an asset.
- Valid BC Driver's License, Class 5. Clean drivers abstract.
- Satisfactory Criminal Record Check.

How to Apply

Apply by submitting your resume and a cover letter detailing your relevant experience and interest in this role to hr@cheamband.com.

Thank you for your interest in joining our team at Cheam. We appreciate the time and effort you have taken to apply for the **Admin Assistant & Medical Transport Driver** role.

Please note that only candidates selected for an interview will be contacted. We thank all applicants for their interest and encourage you to apply for future opportunities that match your qualifications.

We are excited to announce that we are creating an on-call list of Band Members willing to provide coverage for roles in the Band Office as needed. These individuals will provide essential coverage for both planned and unplanned absences across various departments within the Band office.

Position Overview: The on-call positions are designed to offer flexibility and support in areas including but not limited to Finance, Administration, Public Works, and Health. We are looking for individuals who possess a strong can-do attitude, a willingness to learn, and the flexibility to be trained for multiple roles as needed. Ideal Candidates will have:

- A positive and proactive attitude.
- A strong willingness to learn and adapt to new tasks.
- The ability to cover various positions as required.
- Excellent interpersonal skills and the ability to work well with others.
- Flexibility to be trained for different roles and responsibilities.



These on call individuals will be crucial for ensuring the smooth operation of our Band Office, and we are eager to find motivated individuals who are ready and willing to contribute positively to our community.

If you are interested in becoming an on-call person we can call to fill vacancies in the Band Office or if you have any questions, please contact Cedrine Fongang at 604-745 -8025 for more details. You can also, send your resume to hr@cheamband.com stating On Call or Part Time in the subject line. Interested applicants, please send your resumes by the end of the day on Friday, September 20th. Priority will be given to Band Member applicants.

Thank you for your attention and support in helping us maintain a high level of service and efficiency within our Band Office.

CHEAM ELDERS



UPCOMING BIRTHDAYS

BIRTHDATE

SONNY JOE JOHNSON

SEPT. 24

KELLY ANN DOUGLAS

SEPT. 25

ANGELA ELISE HAINES

OCT. 15

LORRAINE CAROLYN BAILIE

OCT. 16

MURIEL VIVIAN VICTOR

OCT. 16

DELLA ANNETTE VICTOR

OCT. 22

★ ★ ★ ★

SAVE THE DATE! You're Invited

Qwí:qwelstóm Elder's

HALLOWEEN

COSTUME DANCE

★ PRIZES FOR BEST COSTUME! ★

TRIBUTE ARTISTS: TINA TURNER, ROD STEWART & ELVIS

Wednesday
October 30th
12PM-4PM

THE'TSELIYA SAY
COMMUNITY BUILDING
7256 Chilliwack River Road

For More Info call:
Heather Walker 604-798-3328 or
Alicia Peters 604-819-8942

STO:LO
SERVICE AGENCY

Created by A.P.



ALL FIRST NATION
ELDERS 60+
GET TOGETHER
THURSDAY
SEPTEMBER 29, 2024

PLEASE COME
SHARE A MEAL
AND VISIT WITH
OLD FRIENDS AND
MEET SOME NEW
ONES

DOORS OPEN 11:30AM
LUNCH 12:00PM TO
1:00PM

SQWÁ COMMUNITY
HALL

WALKING FORWARD

SEPTEMBER 29

9AM- 8PM

SEMÁ:TH FIRST NATION
SUMAS MOUNTAIN RD.



Join Sto:lo Nation and
Sts'elemeqw Residential
School Thrivers Society for
thier annual September
event to honour
Residential School
Survivors, and for the first
time 60's Scoop and Day
School Survivors.

We want to come together
to listen to stories, share
our culture, and find
positives ways forward.

Schedule

9:00 Opening Ceremony

- Survivors Panel
- Squidilitch Ceremony
- Lunch
- Xyólhmet ye Syéwíqwélh
(Taking Care of Our
Children) Panel
- Wellness Panel
- Thrivers Panel
- Closing
- Dinner - Salmon BBQ Feast
- Entertainment and Slahal
Tournament

Running concurrently:

Breakout Tents including
raffles, Salmon preperation
videos, gifts wellness tent,
sharing tent

Contact: darienj_85@live.ca for
questions



Honouring Residential School Thrivers and Survivors

Stó:lō leadership and the Sts'élemeqw Residential School Thrivers Society extend an invitation to attend an event honouring residential school thrivers and survivors.

Speakers and wellness supports.

This event will be outside, please dress for the weather.

Monday September 30

10:30am to noon • Meal to follow

**Coqualeetza Residential School
Memorial Post**

(North side of Longhouse)

7201 Vedder Road, Chilliwack, BC

TakingCareOfOurChildren@stolonation.bc.ca

Funded by the Government of Canada
Financé par le gouvernement du Canada

Canada

CHEAM ENTERPRISES



WILDERNESS FIRST AID +

Training opportunity coordinated and funded by:
Special Projects Team at Cheam Enterprises Inc.

Instructed by: Raven – Rescue Safety Medical

Date: **October 5–6th**

When: **8:30am –5:30pm**

Where: **Cheam Gym**

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



Contact us if you are interested at:
alli.calliou@cheamenterprises.ca
Scan the code for Alli's email!



CHEAM ENTERPRISES INC.

SWIFTWATER SAFETY

RESCUE LEVEL 1 – SAFETY



TRAINING OPPORTUNITY FOR ALL CHEAM MEMBERS &
COMMUNITY MEMBERS

DATE: OCTOBER 26TH – 1 DAY TRAINING

TIME: 8:30AM–4:30PM

WHERE: CHEAM GYM IN MORNING

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

SCAN FOR ALLI'S EMAIL

Contact us for more details or if interested:

ALLI.CALLIOU@CHEAMENTERPRISES.CA





BEARS' LAIR
Youth **Camps**

EXCITING ANNOUNCEMENT!

OCTOBER 18-21 2024
CHEAM FIRST NATION
ADDRESS: 52161 VICTOR DRIVE,
ROSEDALE, BC

FRIDAY- 5PM-8:30PM
SATURDAY-9:30AM-4PM
SUNDAY- 9:30AM-4PM
MONDAY - 5PM-8:30PM

FREE YOUTH ENTREPRENEURSHIP CAMP
(INDIGENOUS YOUTH AGES 11-18)

Explore the basics of business, team building, games and more!
Learn how to turn your ideas into reality!

EACH YOUTH RECEIVES \$100 MASTERCARD
FOR PARTICIPATING, AND THE WINNING
TEAM RECEIVES \$250 EACH!

AT THE COMMUNITY CELEBRATION DINNER OCTOBER 21TH!

DREAM CAMP INCLUDES:

- Dinner Friday & Monday
- Breakfast & Lunch Saturday & Sunday
- Hoodie & Swag
- Team Coaches to help Youth tackle Challenges and develop valuable business, teamwork and life skills such as negotiating, public speaking and budgeting.
- Lots of hands-on activities to create a start-up plan and Team Pitch video for YOUR business ideas.

REGISTER TODAY!

Scan the QR Code to register
online!



EMPOWERED BY:



THANK YOU TO EVERYONE WHO JOINED OUR LUNCHEON TO INTRODUCE/WELCOME OUR NEW WATCHMEN SECURITY TEAM!!!



#CHEAMPROUD



#CHEAMPROUD





XWCHÍYÒ:M

CHEAM FIRST NATION

Lands Committee Invitation for Expressions of Interest

Purpose

The purpose of the Lands Committee will be to:

- Make recommendations to Council on laws, resolutions, policies and procedures respecting Band lands
- Assist in disseminating information on land issues between Membership and Council
- Oversee community approvals under the Cheam First Nation Land Code
- Carry out any other duties that may be assigned or delegated by Council.

Composition

The Lands Committee shall be composed of:

- One exofficio member of Council appointed by Council; and
- four members of the Community appoint by Council.

Eligibility

- Member of Cheam First Nation
- Be of good character, credibility, and reputation within the Cheam First Nation community and administration.
- Demonstrate aptitude through formal or informal education and/or experience in one of the following fields: lands and natural resources, land use planning, public policy or law.

Term

Appointed members shall sit on the committee for a maximum of two (s) years, but they are not precluded from being appointed for further terms.

Meetings

Regularly scheduled meeting of the Lands Committee will be held at least once per month.

Honouraria

Honouraria will be made available to the Lands Committee members at the rates set out in the Cheam First Nation Finance Policy.

Deadline for Application

Friday, October 18, 2024. Late applications will NOT be considered.

Selection

Lands Committee applications will be reviewed by Chief and Council as soon as practicable following the deadline. Chief and Council will then appoint members to the Committee from the applicant pool. All applicants will be notified once the selection process has concluded.



XWCHÍYÒ:M

CHEAM FIRST NATION

Lands Committee Application Form

Name: _____

Address: _____

Phone: _____

Alternate Phone: _____

Email: _____

Availability: Day Meetings ☐ Evening Meetings ☐ Virtual Meetings ☐

Please submit to Madeline Jimmy by Friday, October 18, 2025, 4:30 p.m.
madeline.jimmy@cheamband.com
or in person at the Band Office 52161 Victor Drive, Rosedale BC V0X1X1



XWCHÍYÒ:M

CHEAM FIRST NATION

Lands Committee

Expression of Interest Summary Page

Please provide a brief description (not to exceed one page) of why you would like to be a Lands Committee member and how your formal or informal education and/or experience make you a suitable candidate. Bullet format is acceptable.

Please submit to Madeline Jimmy by Friday, October 18, 2025, 4:30 p.m.
madeline.jimmy@cheamband.com
or in person at the Band Office 52161 Victor Drive, Rosedale BC V0X1X1