



XWCHÍYÒ:M

SEPTEMBER 6, 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. 12. - HEAD START MEET & GREET
SEPT. 13 - WATCHMAN INTRO LUNCHEON
SEPT. 17 - ELDER'S MEETING & LUNCHEON
SEPT. 23 - HEAD START BEGINS
SEPT. 24 - REGULAR COUNCIL MEETING
SEPT. 30 - CLOSED FOR STAT HOLIDAY
OCT. 2 - COMMUNITY TOWN HALL
OCT. 14 - CLOSED FOR STAT HOLIDAY
NOV. 6 - 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.

CHEAM HEADSTART PROGRAM

Parents of Cheam youth aged 0 - 6 are invited to a Head Start Program meet and greet next Thursday, September 12th from 10am-1pm at the Early Years Building. If you require transportation, or have any questions please contact Crystal Chapman at 604-794-7927.

The new Head Start program will start on September 23rd. The program will be on every Monday and Wednesday from 10am-1pm. Snacks and lunch will be provided, parent participation is required.

The new Head Start Program will be on Monday and Wednesday's.
The daily schedule will be 10AM - 1PM:

- Morning snack
- Free play
- Circle time
- Teaching
- Language development
- Lunch

Family Night: To be held once a month.

Year-End Celebration: Planned for June.



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



**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**



COMMUNITY POTLUCK & ONLINE BINGO

Thursday, September 19th community potluck to watch & play the Monarch Lions Online Bingo together at the Band Office. Gather at 5pm for potluck, online bingo starts at 6pm. Community members are responsible for purchasing their own tickets in advance.

https://dogwoodlions.com/online_bingo

NEW BUS ROUTE



There is now a school bus for School District No.78 (Fraser Cascade) students. There is only one stop and it's at the Cheam Band Office, pickup is at 7:31am and drop off is 3:30 pm.

We will provide more details as we get them but they started today and will be back tomorrow morning. Thank you to the councillors and staff who worked for years to make this happen.

Watchman Luncheon



September 13, 12pm in the Gym

We are excited to stand up the new Watchman program for our community by holding a luncheon for them. Please join us to meet all the new Watchman staff.

What Does Truth and Reconciliation Mean to You?

*This is a wonderful opportunity to reflect on, and express, your personal vision of this important concepts through art.
The winning design will be printed on our orange shirts and distributed to community & staff members.*

ORANGE SHIRT DAY CONTEST

WIN A \$100 GIFT CARD!!



How to Enter:

- Design a t-shirt graphic that embodies your interpretation of Truth and Reconciliation. You can use any art medium you prefer, but ensure that the design is suitable for t-shirt printing.
- Please send your design by email in to catana.tommy@cheamband.com, or drop off to the Band Office Attn: Catana by noon September 13th.
- Along with your design, please provide your name, contact information, and a brief description explaining your design and its meaning.

Judging and Voting:

Elder Panel: Our esteemed panel of Elders will review and vote on the submissions. Their insights and perspectives will be instrumental in selecting the winning design.

Voting Date: The Elders will cast their votes at the Elder's luncheon on September 17.

Important Dates:

Submission Deadline: September 13th, 2024

Winning Design Announced: September 17th, 2024

We are excited to see how you capture the essence of Truth and Reconciliation in your designs. This contest is a meaningful way to engage with these important themes and contribute to a collective expression of understanding and unity.



PHARMACIST WALK-IN CLINIC



ROSEDALE B.C.

778 704 0474

WWW.MODERNPHARMACY.CA

YOUR HEALTH IS OUR PRIORITY Minor Ailments

- Acid Reflux
- Acne
- Allergies
- Birth Control
- Bladder Infection
- Cold Sores
- Headache
- Hemorrhoids

- Insect Bites
- Menstrual cramps
- Muscle Strains/Pains
- Nicotine dependence
- Pink Eye
- Shingles
- Skin Infections
- And many more

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 – \(SASET\)](#)
- [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.

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!

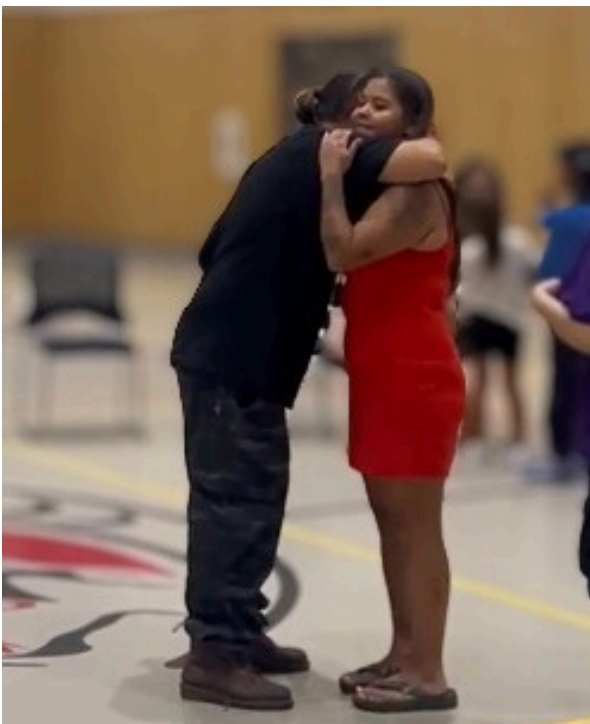
Scan the QR Code to register
online!



EMPOWERED BY:



**THANK YOU TO EVERYONE WHO JOINED OUR OVERDOSE
AWARENESS WALK LAST WEEK. LET'S KEEP THE AWARENESS
AND EDUCATION GOING!!!**



#CHEAMPROUD

#CHEAMPROUD

