



# XWCHÍYÒ:M

NOVEMBER 1, 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](mailto:communications@cheamband.com).*

## CHEAM CALENDAR

NOV. 6 - CFN/CEI ANNUAL GENERAL MEETING  
NOV. 7 - SMILE DENTAL VAN @ CHEAM  
NOV. 11 - STAT HOLIDAY - REMEMBRANCE DAY  
NOV. 13 - CANDLE LIGHT VIGIL  
NOV. 15 - DEADLINE FOR XMAS ART CONTEST  
NOV. 19 - CHEAM ELDERS MEETING & LUNCH  
NOV. 20 - FNHA WORKSHOP ON MENTAL HEALTH  
NOV. 26 - CHEAM REGULAR 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: I 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.

## SIGN UP FOR ELECTRONIC FUNDS TRANSFER (EFT)

*As we diligently work on finalizing the details of member dividends, we kindly remind all members to submit your banking information for EFT payments to ensure timely processing. If you have active rent arrears, please note that our finance policy allows for a 10% deduction from your member dividends to help address these outstanding amounts. We will provide further details regarding the payment date and additional information shortly. Thank you for your cooperation!*

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 [accountspayable@cheamband.com](mailto:accountspayable@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.



**XWCHÍYÒ:M**  
CHEAM FIRST NATION

**WATCHMEN**

**WATCHMEN@CHEAMBAND.COM**

**604-745-8052**

# WELCOME TO THE TEAM

*With the recent change in our organizational structure and the transition of the Environmental Projects Team from CEI to CFN, we are excited to announce the addition of Alli Calliou & Roxanna Kooistra to the CFN Lands Team.*



Alli joined us effective October 21 as an Administrative Assistant, reporting to Adam Hammoud, Director of Lands and Capital Management.

Alli grew up in Cheam and continues to reside here. She recently graduated from the University of Fraser Valley with a Bachelor's degree in Business Administration, majoring in Finance. Her educational background has equipped her with valuable skills that we are confident will benefit our team.

In her previous role as a Special Projects Administrative Assistant, Alli gained experience supporting Ernie, Roxanna, and CEI. She has enjoyed her work thus far and looks forward to contributing to the success of CFN.

On a personal note, Alli is a proud mother of two beautiful daughters, Lily and Summer, aged 11 and 2. She has been married for five years and has been with her husband for a total of 12 years. Family is very important to her, and she enjoys spending her spare time watching her daughters and nephews play league soccer. Alli also has a passion for photography and loves indulging in her favorite cuisine, which is Chinese. Alli is super excited to join the team.



Roxanna joined us on October 21 as Project Manager, reporting to Adam Hammoud, Director of Lands and Capital Management. Born in Abbotsford and raised in Chilliwack alongside her three brothers. Roxanna currently lives on the Eastern Hillside with her husband and four children. She joins the team with a diverse educational background including a Photography Business Program at Langara College, Business Management classes at Thompson Rivers University, and Project Management at BCIT.

Roxanna began her career as a portrait photographer, capturing precious moments from weddings to family gatherings. As her family grew, she transitioned into commercial photography, working on ad campaigns for renowned outdoor companies like Sport Chek, Canadian Tire, Keen Shoes, and Toyota. This journey allowed her to explore the stunning backcountry of BC, often accompanied by her children.

8 years ago, she joined Eddie Gardner and Ernie Victor in starting SOS - Save Our Slough, a volunteer grassroots community group promoting restoration for the Hope Slough. That group is still going today! Her volunteer work led to a job at Watershed Watch Salmon Society as an Engagement Manager for their salmon advocacy and restoration programs. 18 months ago, she joined the Pelolxw work officially as Project Manager for Shxwłístexw te Sqwá:la Shxwelí and she is excited to continue on the momentum built by Ernie Victor and Eddie Gardner.

In her spare time, Roxanna enjoys hiking, exploring trails, camping, canoeing rivers and lakes, foraging for mushrooms and volunteering with her family and dogs (a wise, Red Heeler cross named Pepper and a hilarious, Silver Lab pup named Duke) In 2017 she wanted to do more for her community and joined the Chilliwack Search and Rescue as a volunteer. Over the next 5 years she studied mountain, helicopter and swiftwater rescue. She has Swift Water Rescue Level 3, Wilderness First Aid, Jetboat License, Mountaineering and Hover Entry Exit Certificates. The November 2021 floods will forever stay in her memory. The swift water rescue team worked for 5 days and nights to rescue flooded residents in the Sumas area.

Roxanna is excited to join our team and cannot wait to meet everyone.

# INVITATION FOR EXPRESSIONS OF INTEREST CHEAM LANDS COMMITTEE

## 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.

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

**\*Extended\***

Please submit to Madeline Jimmy by Friday,  
**November 15, 2024**, at 4:30 p.m.  
madeline.jimmy@cheamband.com or in  
person to the Band Office.



Visit our website to download the full application/documentation,  
or pick up a printed copy at the band office.

## CHEAM ELDER BIRTHDAYS



### UPCOMING BIRTHDAYS

### BIRTHDATE

ROSE RUTH VICTOR

NOVEMBER 1

RUSSELL VICTOR

NOVEMBER 1

CATHY LELA BOEHRINGER

NOVEMBER 4

ANNIS GREGORY ALECK

NOVEMBER 7

MELODIE ANN DOUGLAS

NOVEMBER 9

DAPHNE ALICE EDWARDS

NOVEMBER 10

ALLAN MILES GIROUX

NOVEMBER 10

FRANCINE DOUGLAS

NOVEMBER 29

FRANCES ELAINE VICTOR

DECEMBER 4

AMELIA KATHERINE VICTOR

DECEMBER 5

# PROGRAMS/EVENTS



First Nations Health Authority

## FNHA WORKSHOPS COMING TO CHEAM **\*NEW\***

- 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 email [reception2@cheamband.com](mailto:reception2@cheamband.com) or phone 604-794-7927 to register, as numbers are needed for dinner preparation. Thank you.*

**Recognized food-service skills in 1 day!**  
FoodSafe certification opens up a world of possibilities. Register today!

### **FOOD SAFE COURSE AT CHEAM**

NOVEMBER 21ST, ONLY 25 SPOTS  
FREE TO CHEAM COMMUNITY MEMBERS. PLEASE SIGN UP WITH CATANA AT  
[CATANA.TOMMY@CHEAMBAND.COM](mailto:CATANA.TOMMY@CHEAMBAND.COM) OR 604-745-8010.

# SAVE THE DATE CFN & CEI JOINT AGM

November 6, 2024



JOIN US STARTING  
AT 2PM FOR:

- Open House
- Both Financial Presentations
- Dinner & Door Prizes



*More details to come next week*

## XWCHÍYÒ:M CHEAM FIRST NATION

### *Candlelight Vigil*

Date:  
November 13th

Time:  
5:00 to 8:00 PM

Community:  
Cheam

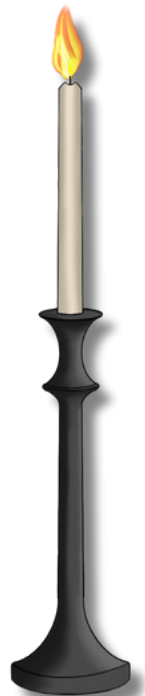
Place:  
Band Office Gym

*A Candlelight vigil  
is a gathering to honour  
and respect loved ones  
that have passed.*

*Dinner and snacks  
will be provided.*

*Come share your memories and laughter with one another.*

*Celebration of Life*



win  
an iPad



# Christmas ART CONTEST

We are looking for a design for the front of this years  
Cheam Christmas cards!!

- Deadline November 15th at 4pm
- The winner will be chosen November 19th at the Elders luncheon.
- Open to all ages, but must be a Cheam member/community member.
- Submission can be digital, painted, hand drawn etc.

Please submit by email to [catana.tommy@cheamband.com](mailto:catana.tommy@cheamband.com)  
or by dropping off to the band office attention Catana.



**STÓ:LŌ XA:YXELEQ HÁ:KW'ELES SWÁYEL**

**STÓ:LŌ VETERANS REMEMBRANCE DAY**

**HÁKW'ELESTSET YE STÓ:MEXELH**  
***"WE REMEMBER OUR PAST WARRIORS"***

**PLEASE JOIN US**

**MONDAY, NOVEMBER 11, 2024**

Coqualeetza Longhouse  
7201 Vedder Road  
Chilliwack, BC

**TIME**

9:00 am Longhouse Doors Open  
10:00 am Ceremony Begins  
10:50 am Processional to Memorial Site  
11:00 am Roll Call  
11:11 am Moment of Silence  
Laying of Wreaths



**LUNCH TO FOLLOW**

Building 10 / Longhouse







# DENTAL CLEANING



**Recommended every 6 months**



## OUR SERVICES:

- ✓ DENTAL HYGIENE EXAM
- ✓ GUM CARE
- ✓ DENTAL CLEANING
- ✓ POLISH/FLUORIDE



**Cheam Health Centre**

**November 7th**



**604-794-7927**

PLEASE CONTACT NIKKI AT 604-794-7927 OR [NICHOLE.JACKSON@CHEAMBAND.COM](mailto:NICHOLE.JACKSON@CHEAMBAND.COM) TO BOOK.

# Influenza Only Clinic

Date: November 21, '24 Time: 10:00 to 12:00

Location: Cheam Gym

## Age 6 Months and over

Influenza and Covid vaccines available at  
your local pharmacy.

Please contact Local CHR with any questions you  
may have at 604-794-7171



Seabird Island



Cheam



Union Bar



Skwah



Squiala



Chawathil



Kwaw Kwaw Aplit



Shxw'ow'hamel



Sq'ewlets



# CHEAM'S SHXWLISTEXW TE TEMEXW LAND GUARDIAN PROGRAM

Our expectation is to have more capable Land Guardians who can more fully participate and support the protection and restoration of fish and fish habitat.

Sign up now for the following courses:

**Fish Habitat Assessment: level 1**      November 8-9

Instructed by: NR Training

(prerequisites: first aid course. Completed prior or after this program. We suggest taking our wilderness first aid on October 5-6)

**Salmonid ID Training**      November 6

Instructed by: Pearson Ecological

**Plant Identification - traditional use**      To be determined

**Net making workshop**      To be determined

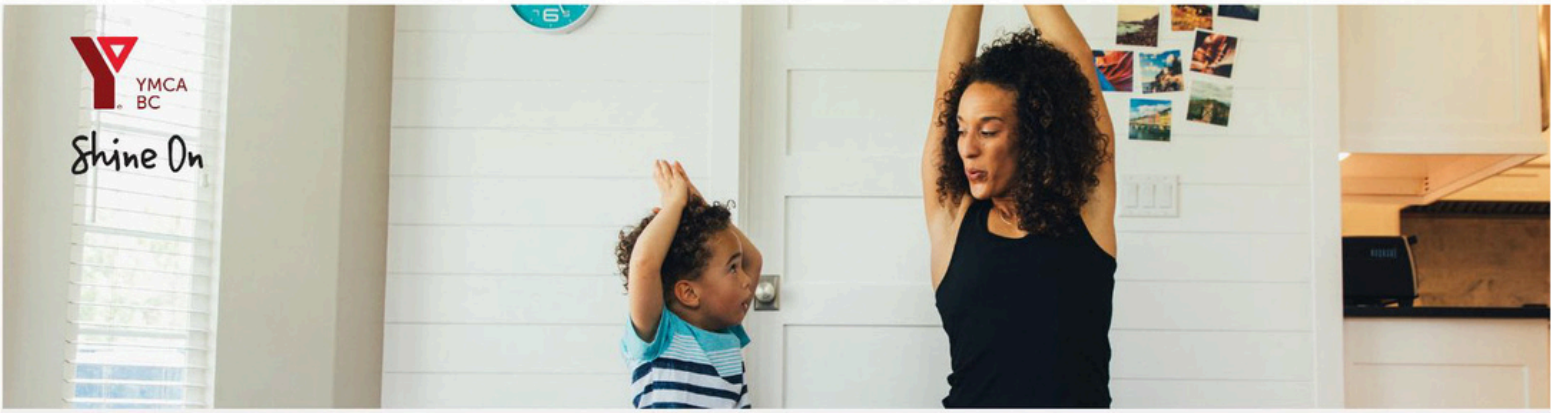
**Fish Restoration - instream techniques**      To be determined

We have up to 12 seats available. On call contract opportunities available once completed  
(must participate in all training offered or already certified)

Email if interested:  
[alli.calliou@cheamenterprises.ca](mailto:alli.calliou@cheamenterprises.ca)

Scan the code for Alli's email





# MAKE WELLNESS A LIFESTYLE FOR YOUR WHOLE FAMILY

USE THE CODE **HEALTH\_2024** FOR A FREE YEARLY Y@HOME+ MEMBERSHIP

We believe everyone can reach their potential when they are active, learning and connected. Y@HOME+ is your virtual YMCA connecting you and your family to online fitness, health and wellness programs.

## JOIN NOW FOR FREE AND ACCESS

- LIVE FITNESS CLASSES
- OVER 600 ON-DEMAND WORKOUTS
- YOGA & MEDITATIONS
- HEALTHY RECIPES
- KIDS & FAMILY ACTIVITIES
- AND MORE!



## HOW TO SIGN UP

1. Visit [ymcahome.ca/join](https://ymcahome.ca/join)
2. Scroll down and click on the red button, "Join Y@Home+ Now".
3. Create an account by filling in your information.
4. Click the red button, "Join Y@Home+ Now" again
5. Under Payments & Discounts, you will need to enter a valid credit card number, CVC and the postal code attached to your credit card. *You will not be charged any fees with your discount code.*
6. Enter the discount code **HEALTH\_2024**
7. Click the teal Subscribe button under "Review & Purchase".
8. Click "Y@Home PLUS" in the top banner to get started on your wellness journey.

*If you don't have a credit card, please email Christina at [christina.matthews@bc.ymca.ca](mailto:christina.matthews@bc.ymca.ca) to set up an account for you.*

[www.ymcahome.ca/join](https://www.ymcahome.ca/join)

# JOB OPPORTUNITIES AT CHEAM



# XWCHÍYÒ:M

## 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 attn: HR.

- [Accounts Payable Clerk](#)
- [Administrative Assistant - \(SASET\)](#)
- [Admin Assistant & Medical Transport Driver](#)
- [Administration Manager](#)
- [Early Years Supervisor](#)
- [Education Manager](#)
- [Executive Co-ordinator](#)
- [Family Support Worker](#)
- [On-call Labour](#)
- [Watchmen \(Security\)](#)
- [Watchmen Manager](#)
- [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.*

### Why work for us:

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



## Administration Manager

### Position Summary

Reporting to the Director of Operations, the Administration Manager is responsible for coordinating administrative functions to ensure efficient operations. The role includes supervising administrative staff, implementing office systems, and supporting organizational projects etc.

They will work closely with the Director of Operations to streamline processes and provide essential support across departments.

### Key Responsibilities

- Oversee day-to-day office operations to ensure smooth and efficient functioning.
- Implement and maintain office systems, policies, and procedures.
- Manage office supplies, equipment, and maintenance to ensure operational efficiency.
- Ensure compliance with administrative policies, guidelines, and regulations.
- Supervise and provide direction to administrative staff.
- Coordinate administrative staff schedules, task assignments, and workload distribution.
- Support staff development through training and guidance.
- Assist in the planning, coordination, and execution of organizational projects and events.
- Track project timelines and deliverables to ensure successful completion.
- Provide administrative support for community programs, initiatives, and events.
- Meeting & Event Coordination:
  - Organize and prepare materials for meetings, including scheduling, agendas, and minutes.
  - Coordinate logistics for special events, workshops, and community gatherings.
  - Provide logistical and administrative support for internal and external meetings.
- Draft, review, and distribute internal and external communications, reports, and presentations.
- Manage and maintain records, documents, and databases as required.
- Maintain confidentiality of financial and organizational information in line with Cheam First Nation's policies.
- Other duties or responsibilities as assigned by your supervisor.

## Qualifications

- Diploma in Business Administration, Management, or related field preferred.
- Minimum of 3 years of experience in office management or administrative roles, with supervisory experience preferred.
- Experience in project management and staff coordination.
- Strong organizational, multitasking, and problem-solving skills.
- Excellent written and verbal communication abilities.
- Proficiency in Microsoft Office Suite (Word, Excel, PowerPoint, Outlook).
- Ability to work independently and as part of a team.
- Strong attention to detail and ability to maintain confidentiality.
- A commitment to working respectfully within Indigenous communities and upholding cultural values.
- Adaptable, proactive, and able to manage multiple priorities in a dynamic environment.
- Ability to maintain Confidentiality and abide by Cheam First Nations' Policies and Procedures.
- Experience working with First Nations community is considered an asset.
- Valid BC Driver's License, Class 5.
- Satisfactory Criminal Record Check must be bondable.

## 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](mailto:hr@cheamband.com) stating **Administration Manager** in the subject line.

Thank you for your interest in joining our team at Cheam.

Band members and Indigenous People are encouraged to self-identify when applying.

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.

# UPDATED SA SCHEDULE FOR 2024/25

## 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	October 31, 2024	November 15, 2024
December 2024	November 15, 2024	November 29, 2024	December 13, 2024

## Social Assistance Cheque Schedule 2025

Cheque	Renewals Due By:	Ck. Release Date	Mid-Month 2
January 2025	December 13, 2024	December 23, 2024	January 15, 2025
February 2025	January 15, 2025	January 31, 2025	February 14, 2025
March 2025	February 14, 2025	February 28, 2025	March 14, 2025
April 2025	March 14, 2025	March 31, 2025	April 15, 2025
May 2025	April 15, 2025	April 30, 2025	May 15, 2025
June 2025	May 15, 2025	May 30, 2025	June 13, 2025
July 2025	June 13, 2025	June 30, 2025	July 15, 2025
August 2025	July 15, 2025	July 31, 2025	August 15, 2025
September 2025	August 15, 2025	August 29, 2025	September 15, 2025
October 2025	September 15, 2025	September 30, 2025	October 15, 2025
November 2025	October 15, 2025	October 31, 2025	November 14, 2025
December 2025	November 14, 2025	November 28, 2025	December 15, 2025