



XWCHÍYÒ:M

OCTOBER 18, 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

- OCT. 22 - REGULAR CHEAM COUNCIL MEETING
- OCT. 23 - CHEAM WOMEN'S GROUP
- OCT. 23 - HOPE SLOUGH GATHERING
- OCT. 24 - SERVICE CANADA CLINIC @ CHEAM
- OCT. 25 - HARVESTING MEDICINE W/MURIEL
- OCT. 25 - PETEY'S PUMPKIN PATCH TRIP
- OCT. 29 - COMMUNITY HALLOWEEN PARTY
- OCT. 31 - TRUNK OR TREAT @ CHEAM 5-8PM

See website calendar for more info

XWCHÍYÒ:M XWEXWILMEXW SXWE EYELH

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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.

HEALTH TIPS FOR THE CHANGING SEASON

With the seasons changing, we want to remind everyone about the importance of staying informed and taking precautions against both COVID-19 and Tuberculosis (TB), two **respiratory illnesses that can spread in our community. Your health and the health of those around you are our top priorities.**

COVID-19 Awareness:

As the colder months approach, COVID-19 cases may rise. Please continue to follow these precautions to keep yourself and others safe:

- Wash hands frequently or use hand sanitizer.
- Stay home if you feel unwell or have COVID-like symptoms such as fever, cough, or loss of taste/smell.

Tuberculosis (TB) Awareness:

Tuberculosis is another serious illness that primarily affects the lungs. It's crucial to recognize the symptoms and take steps to prevent its spread: Symptoms of TB include a persistent cough (lasting more than 2 weeks), weight loss, night sweats, and fatigue.

Prevention tips: Cover your mouth when coughing or sneezing, maintain proper ventilation in indoor spaces, and wash your hands regularly.

If you have symptoms or have been exposed to someone with TB, seek medical advice immediately. For more information on TB, visit the [First Nations Health Authority website](#).



Protect Our Community:

Both COVID-19 and TB are preventable and treatable with early detection. By practicing good hygiene and seeking medical attention if you have symptoms, you help protect yourself and your family, friends, and neighbors.

Together, we can keep our community safe and healthy

SIGN UP FOR 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.

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.

Please submit to Madeline Jimmy by Friday,
October 18, 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.



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CHEAM FIRST NATION

WATCHMEN

WATCHMEN@CHEAMBAND.COM

604-745-8052

NOTICE OF UPCOMING RAIL WORK CAUSING TEMPORARY CLOSURES ON CHEAM LAND

Between October 21-22nd the crossing at Mile 63.9 Yale sub/Old Yale Road (beside Fred Quipp's house) will be out of service for up to 36 hours. The alternate crossing to be used during this time is Mile 64.5 Yale Sub (Yale Road/Old Yale Rd, at the skatepark), as pictured below. This is safety-critical work and requires maintenance for both the safety of Cheam First Nation residents and the railroad. As good neighbours, CN has requested, and we have granted, permission for them to perform this work via our roadways.

There will be 12-20 workers on site plus equipment during 2 work blocks. CN will be utilizing Cheam's caterers to feed the crews and help bring more money back into the community.

More information will be provided closer to the work dates with specific times, and details. CN would like to extend their appreciation of our community's support.

For any questions, comments or concerns on this topic please contact Adam Hamoud, Cheam's Director of Lands and Capital at adam.hamoud@cheamband.com or c) 519-501-8503. For any issues during the work, please contact Shane James, Cheam's Manager of Public Works at shane.james@cheamband.com or 604-869-1744.



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.



Please join us



Hope for Hope Slough

Date: October 23, 2024

Time: 6:30pm-8:30pm

Where: Camp River Hall

Please reserve a spot using the QR code

Curious what is happening on the Hope Slough? Whether you live by the slough or just want to learn more about how to help salmon in Chilliwack, come for an evening of dessert and learning. This event will be open house style.





STO:LO ABORIGINAL SKILLS & EMPLOYMENT TRAINING

Is pleased to host:

SERVICE CANADA MOBILE CLINIC



Spuzzum First Nation	10 am - 2 pm	September 18, 2024
Katzie First Nation	10 am - 2 pm	September 23, 2024
Matsqui First Nation	10 am - 2 pm	September 24, 2024
Leqamel First Nation	10 am - 2 pm	September 25, 2024
Boston Bar First Nation	10 am - 2 pm	September 26, 2024
SASET Chilliwack Office	10 am - 2 pm	September 27, 2024
Sumas First Nation	10 am - 2 pm	October 1, 2024
Chawathil First Nation	10 am - 2 pm	October 16, 2024
Shxwowhamel First Nation	10 am - 2 pm	October 17, 2024
Kwantlen First Nation	10 am - 2 pm	October 21, 2024
Cheam First Nation	10 am - 2 pm	October 24, 2024

PLEASE NOTE: BRING 1 PHOTO ID AND YOUR SOCIAL INSURANCE NUMBER TO RECEIVE ASSISTANCE.

- Employment Insurance, Canada Pension Plan & Old
- Age Security and Guaranteed Income Supplement
- Social Insurance Numbers (SIN)
- Other Federal Programs and Services

FOR MORE INFORMATION PLEASE EMAIL INFO@SASET.CA

www.saset.ca



COMMUNITY TRIP TO PETEY'S PUMPKIN PATCH

October 25, 2024
1:00 – 5:00 pm.

*9423 Gibson Road,
Chilliwack, BC*

*PLEASE RSVP TO
CATANA.TOMMY@CHEAMBAND.COM
OR 604-745-8010*

- Firepits
- Train Rides
- Petting zoo
- Bouncy Castle
- Pumpkin Patch
- Mazes & Games
- Lunch: Hotdogs, Chips, Drinks
- Transportation Available (bus leaves Cheam at 12:30pm)

** this is a drug/alcohol free event**



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



CHEAM FAMILY HALLOWEEN

PARTY

OCTOBER 29

5-9:00PM
CHEAM GYM



- PUMPKIN CONTEST
PUMPKINS PROVIDED 2-3 DAYS
PRIOR (YOUTH & ADULT)

- COSTUME CONTEST
(BABY, YOUTH & ADULT)

- FUN GAMES AND
ACTIVITIES

- PIZZA AND SPOOKY
TREATS



AGE CATEGORIES
0-7, 8-16, 17-100





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 TO BOOK.



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

Scan the code for Alli's email



CHEAM ELDERS



UPCOMING BIRTHDAYS

BIRTHDATE

DELLA ANNETTE VICTOR	OCTOBER 22
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

THEY ONLY HAVE 150 SEATS AVAILABLE.

IF ANY ELDERS FROM CHEAM WISH TO GO PLEASE REACH OUT TO CATANA ASAP.

IF TRANSPORTATION IS NEEDED PLEASE LET HER KNOW

CATANA.TOMMY@CHEAMBAND.COM
604-745-8010



SAVE THE DATE! You're Invited

Qwí:qwelstóm Elder's

HALLOWEEN COSTUME DANCE

TRIBUTE ARTISTS: TINA TURNER, ROD STEWART & ELVIS!
★ PRIZES FOR BEST COSTUME! ★

**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



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](#)
- [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

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



XWCHÍYÒ:M CHEAM FIRST NATION

How to update your information?

- [Filling out our online survey](#)
- Email catana.tommy@cheamband.com
- Phone 604-745-8010
- Filling out the next 2 pages and handing in to the Band Office
- Picking up paper copies to fill out at the Band Office

When does this need to be done by?

ALL INFORMATION MUST BE UPDATED WITH CATANA TOMMY PRIOR TO NOVEMBER 1st. ONCE YOU HAVE SPOKEN WITH CATANA REGARDING YOUR UPDATED INFORMATION, YOU WILL THEN BE SIGNED UP FOR THE HAMPER, YOUTH XMAS PRESENT, THE DISTRIBUTION OR ALL THE ABOVE.

Why do we need this information?

This helps the staff of Cheam Band Office assist and aid your needs more efficiently. This makes the processes for cheques, distributions and hampers easier for both staff and members. With the holidays coming up quickly we will need to make sure all member information is as up to date as possible for the XMAS HAMPER, the YOUTH XMAS PRESENT, and the ANNUAL DISTRIBUTION.

What we need from you?

- Current address
- Phone number and Email
- Name and age of everyone in your household
- Who is the head of the household?
- Who is a Cheam member and who is not?
- Do you have any pets?
- What kind?
- Have you signed up for Electronic Funds Transfer/EFT? ([see page 3](#))

PARENTS!!

Will your kid(s) be attending the annual Cheam xmas party/dinner? (Answer needed asap so we can ship out the gifts to those not attending in a timely manner)

To ensure adequate distribution, hampers and representation for your household please update all information. Thank you.

Member Information Form

Head of the Household – Name:

Head of Household – Age:

Head of Household - Phone Number:

Head of Household - Email:

Address:

Mailing Address *(if different than address above)*:

Name and Age of those who live in the address provided above:

Cheam Band Member *(answer YES or NO)*

(19+)* Do you have direct deposit set up? If yes, did you attach your direct deposit information or send it via email?

Do you have any pets? What kind? How many?

PARENTS/GUARDIANS ONLY* Do you plan on having your child(ren) attend the 2024 Christmas Party/Dinner? *(If they don't live in the household, please provide their name and age)*

Additional Comments *(here you can add an additional information that you see fit. example: phone numbers and emails for other adults living in the household) :*