



# XWCHÍYÒ:M

OCTOBER 4, 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

OCT. 11 - IMMUNITY & GUT HEALTH WORKSHOP  
OCT. 14 - CLOSED FOR STAT HOLIDAY  
OCT. 14 - COMMUNITY THANKSGIVING DINNER  
OCT. 15 - ELDER'S MEETING & LUNCHEON  
OCT. 16 - CHRONIC HEALTH WORKSHOP  
OCT.21/22 - CN CLOSURES/WORK AT CHEAM  
OCT. 22 - REGULAR CHEAM COUNCIL MEETING  
OCT. 23 - CHEAM WOMEN'S GROUP  
OCT. 25 - HARVESTING MEDICINE W/MURIEL

*[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  
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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.



# XWCHÍYÒ:M

## CHEAM FIRST NATION

September 27, 2024

Dear Members,

Re: Council member resignation

The Council would like to inform you that due to personal reasons, Lincoln Douglas has submitted his resignation from Council, effective October 8, 2024. The Council respects and accepts his decision, and we extend our heartfelt thanks for his service and commitments during his time with us. We wish him all the best in his future endeavors.

While Lincoln will be missed, please be assured that the Council will continue with the important work that we are undertaking on behalf of our community. Our commitment to ongoing projects and initiatives remains steadfast, and we will continue to work collaboratively with staff to ensure a seamless continuation of services.

Council and staff are currently reviewing the process for filling the now vacant council seat. We will provide more information on this process and next steps as soon as details become available.

We appreciate your understanding and continued support during this transition. If you have any questions or concerns, please feel free to reach out.

Sincerely,

Chief Darwin Douglas  
On behalf of the Council



## **SIGN UP FOR ELECTRONIC FUNDS TRANSFER (EFT)**

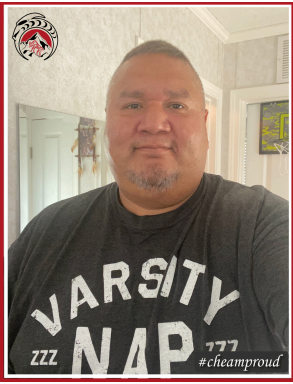
Our goal is to slowly move all members on to electronic payments so that things like distribution, catering, and other benefits can be deposited right into your bank account. We know it will take time to get everyone switched over, so we are getting started now with the goal of having the majority switched 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](mailto: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.

# INTRODUCING OUR NEW PUBLIC WORKS MANAGER



We are pleased to announce the addition of Shane James to the Public Works Team. Shane is joining us effective today, September 23rd, 2024, as Public Works Manager and will report directly to Adam Hammoud, Director of Lands and Capital Management.

Shane is a member of the Shxw'ōwhámél First Nation. He was born and raised on the reserve and currently resides there with his two daughters, ages 10 and 11.

Shane holds a Road Builders Certificate, a Heavy Equipment Certificate from Thompson River University, and a Registered Onsite Wastewater Practitioner Certification from the Applied Science Technician & Technologist of British Columbia. He also has a Class 3 Driver's License from Valley Truck School in Chilliwack. Shane has held various roles, including Chief Operating Officer for Shxwowhamel Ventures and Chief Administrative Officer for Shxwowhamel First Nation. He also managed his own businesses, SJ & Sons Contracting and Bolan Leasing Ltd. Some of the biggest achievements of Shane's career are; securing a \$2.2 million Recreation Grant and a \$1.2 million Daycare Grant for his community, projects that reflect his lifelong commitment to enhancing the lives of those around him.

In his free time, Shane enjoys spending quality time with his daughters, and exploring the outdoors through fishing, hunting, golfing, and going side-by-siding in the mountains. He shares his home with four dogs, two of which are cherished indoor pets. An avid poker player, Shane participates in the World Series of Poker in Las Vegas each year, enjoying the thrill of competing with professionals.

Shane is very excited to join the Public Works Team and is excited to connect with everyone. Please join us in welcoming Shane to Cheam First Nation! We are excited to see the positive impact he will make in his new role.

Shane can be reached at [shane.james@cheamband.com](mailto:shane.james@cheamband.com)

# INTRODUCING OUR NEW LANDS MANAGER



We are thrilled to announce the addition of Sarah Copeland, Lands Manager to our Cheam team. Sarah starts effective today, October 1st and will report directly to Adam Hammoud, Director of Lands & Capital Management.

Sarah was born in Johannesburg, South Africa and moved to Canada at a young age. She spent her childhood in Calgary before moving to B.C. in 2010. Sarah lives in Chilliwack, which she has been calling home for the past four years. Sarah has a Bachelor of Applied Science in Agroecology & Sustainable Agriculture from KPU, where she focused her research on salinized soils. Throughout her career, she has worked in various agricultural sectors. Her interest in land use took her to the world of real estate development, where she spent the last few years working for a local residential development company in Chilliwack. She has been the Development Manager on various single-family and multi-family projects.

In her spare time, Sarah enjoys working out, exploring new recipes/restaurants, and spending time with friends and family. She loves reptiles and obscure creatures and would one day like to own her dream pet, a chameleon.

Sarah is very excited to join the team and cannot wait to meet everyone. Please join us in welcoming Sarah to the Cheam First Nation team!

Sarah can be reached at [sarah.copeland@cheamband.com](mailto:sarah.copeland@cheamband.com)

# 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.



# XWCHÍYÒ:M

## CHEAM FIRST NATION

# WATCHMEN

WATCHMEN@CHEAMBAND.COM

# 604-745-8052

# NOTICE OF UPCOMING RAIL WORK CAUSING TEMPORARY CLOSURES ON CHEAM LAND

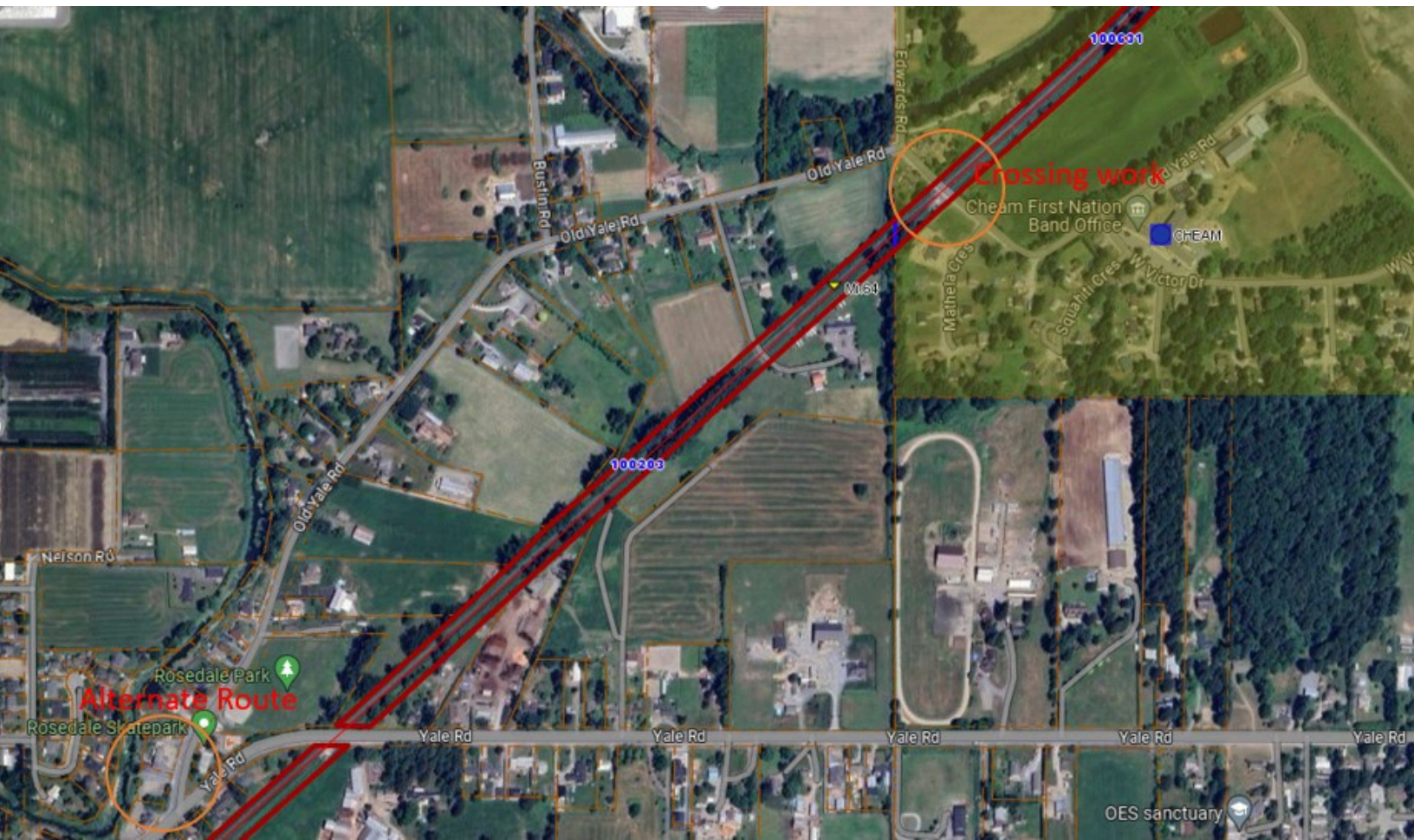
Between October 21-22nd the crossing at Mile 63.9 Yale sub/Old Yale Road (beside Fred Quipp's house) will be out of service for up to 36 hours. The alternate crossing to be used during this time is Mile 64.5 Yale Sub (Yale Road/Old Yale Rd, at the skatepark), as pictured below. This is safety-critical 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 Hammoud, Cheam's Director of Lands and Capital at [adam.hammoud@cheamband.com](mailto:adam.hammoud@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](mailto: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](mailto: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](mailto: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](mailto:crystal.chapman@cheamband.com)  
to RSVP by October 16th  
(for dinner and art supplies).  
20 spots available.



# 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

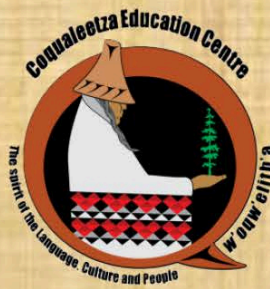
**PLEASE NOTE: BRING 1 PHOTO ID AND YOUR SOCIAL INSURANCE NUMBER TO RECEIVE ASSISTANCE.**

- 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](mailto:INFO@SASET.CA)

[www.saset.ca](http://www.saset.ca)

# Stó:lō Cultural Sharing Weekend



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

**October 5 & 6<sup>th</sup>, 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](mailto: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](mailto: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 attn: HR.

- [Administrative Assistant - \(SASET\)](#)
- [Admin Assistant & Medical Transport Driver](#)
- [Education Manager](#)
- [Executive Co-ordinator](#)
- [Family Support Worker](#)
- [Watchman \(Security\)](#)
- [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

# CHEAM ELDERS



UPCOMING BIRTHDAYS	BIRTHDATE
ANGELA ELISE HAINES	OCTOBER 15
LORRAINE CAROLYN BAILIE	OCTOBER 16
MURIEL VIVIAN VICTOR	OCTOBER 16
DELLA ANNETTE VICTOR	OCTOBER 22
ROSE RUTH VICTOR	NOVEMBER 1
RUSSELL VICTOR	NOVEMBER 1

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

Created by AP



ALL FIRST NATION  
ELDERS 60+  
GET TOGETHER  
THURSDAY OCTOBER  
31, 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



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

# CHEAM ENTERPRISES



## WILDERNESS FIRST AID +

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

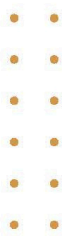
Instructed by: Raven – Rescue Safety Medical

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](mailto: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](mailto: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:**





# 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





## XWCHÍYÒ:M CHEAM FIRST NATION

How to update your information?

- Email [catana.tommy@cheamband.com](mailto: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)* :