



XWCHÍYÒ:M

NOVEMBER 15, 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

- NOV. 15 - DEADLINE FOR XMAS ART CONTEST
- NOV. 19 - CHEAM ELDERS MEETING & LUNCH
- NOV. 20 - FNHA WORKSHOP ON MENTAL HEALTH
- NOV. 21 - FLU CLINIC @ CHEAM 10AM-12PM
- NOV. 25 - SALMON SPAWNING TOUR 12-4PM
- NOV. 26 - CHEAM REGULAR COUNCIL MEETING
- NOV. 28 - PELÓLXW ELDERS LUNCHEON @ SQWÁ
- DEC. 6 - MEMBER DIVIDEND DISTRIBUTION
- DEC. 7 - CHEAM COMMUNITY CHRISTMAS PARTY

[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.



Cheam Member Dividend 2024

A 2024 Cheam Member dividend in the amount of \$1,500 will be distributed to Cheam Band Members on December 6, 2024.

If you have an automatic debit/electronic funds transfer (EFT) set up with our accounting team, then your cheque will be automatically deposited into your bank account. If you live on reserve your cheque will be ready to pick up at the Band Office. For off-reserve members, your cheques will be mailed out to you. Please make sure that you update your address with Catana at catana.tommy@cheamband.com if you have moved within the past year.

Dividend Notes:

- A 10% deduction will be applied to the dividend amount to Members with active rent arrears.
- Dividends will go to all members 19 years of age and older, anyone under that age will have theirs held in a bank until they reach the age of 19.
- An additional \$100 will be issued to the listed Cheam Elders aged 60 and above.

Difference & Definition of Distribution vs. Dividend:

- Distribution generally refers to a Band member's share of profits derived from negotiated arrangements that acknowledge Cheam's rights to its lands and resources.
- Dividend refers to a Band Member's share of income generated from Cheam's business ventures.

Moving forward we will use these terms independently, and properly, to accurately explain what we are distributing to our members.

CHEAM TRIP TO MEET THE GRINCH GONDOLA RIDE AT GROUSE MOUNTAIN ON DECEMBER 14TH

Cheam parents with youth under 18 please RSVP to Health reception at 604-794-7927 or reception2@cheamband.com

Bus departure time to be disclosed closer to the trip based on weather. Step into a world of enchantment at Vancouver's North Pole, where twinkling lights, the gentle echo of snowfall, and the thrill of encountering a real reindeer come together for a magical holiday experience like no other. More details at

<https://www.grousemountain.com/peak-of-christmas>



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 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

NOTICE OF CYBERSECURITY INCIDENT AND DATA BREACH UPDATE

The First Nations Health Authority (FNHA) has concluded its investigation of a cybersecurity incident that occurred on May 13, 2024, and is notifying First Nations people in BC if and how they have been impacted.

In addition to notifying First Nations people of the impact to their personal information, the FNHA will be offering appropriate supports, including live support through a Cyber Incident Support Centre.

“Upon discovery of unauthorized access to the FNHA network, our teams immediately deployed technological countermeasures to secure our files, systems and network from further attack,” said Richard Jock, CEO of the FNHA. “We then retained third-party cybersecurity experts to assist in containing, investigating and recovering from this incident.”

Through the investigation, the FNHA and its third-party experts identified a number of impacted files containing personal information. These files were reviewed using both technological and manual processes, which required time and attention to detail, to identify all of the people affected and the nature of the impacted personal information. A copy of the full notification letter can be found [here](#). A detailed Q&A document has been posted [here](#). The investigation confirmed the following groups of people have or may have had their personal information impacted:

Current (hired before May 13, 2024) and certain former employees of the FNHA (those who received a T4 tax form for the years 2021-2023); First Nations peoples who live or have recently lived in British Columbia (BC) and who have a Certificate of Indian Status card; First Nations peoples and their immediate non-First Nations family members who lived on reserve or in First Nations communities in BC on or before March 29, 2016 and who had one or more Tuberculosis screening tests prior to that date; Individuals who have filed compliments or complaints, or who have had a compliment or complaint filed on their behalf, with the FNHA’s Quality Care and Safety Office, or with another provincial health authority’s Patient Care Quality Office where that compliment or complaint was shared by or with the FNHA’s Quality Care and Safety Office between January 1, 2020 – May 13, 2024.

Although the impact of the cybersecurity incident is not the same for everyone, the attackers were able to access the following types of information:

- First and last names;
- In some, but not all cases, personal contact information such as home address; home or mobile phone number; email address;
- Demographic information such as date of birth and gender;
- Certificate of Indian Status Card number;
- Personal Health Number;
- Health insurance plan eligibility information (e.g. MSP, Pacific Blue Cross);
- Pacific Blue Cross health insurance claims information, including nature of claims and claims costs;
- Tuberculosis screening test results for those living on reserve or in First Nations communities in BC and who were tested on or before March 29, 2016; and
- Information about compliments or complaints filed with or managed by the FNHA.

The FNHA has arranged to provide a credit monitoring and identity theft restoration service for a period of 24 months at no cost to anyone whose status number has been impacted by the cybersecurity incident. Additionally, a dedicated FNHA Cyber Incident Support Centre is available to people who may have questions not answered in the FNHA’s [frequently asked questions page](#).

To reach the Support Centre by telephone, please call 1-844-723-6518. The operating hours of the Support Centre are 7:00 am – 3:00 pm Pacific time, Monday to Friday. To reach the Support Centre by email, please contact cyberincident@fnha.ca. Emails can be sent at any time and a representative will respond within 48 hours of reading it during the Support Centre’s operating hours.

The FNHA has always taken information security very seriously, and as a result, was able to detect and interrupt this cybersecurity incident

CHEAM ELDER'S CORNER



JOIN INDIGENOUS POLICING SERVICES FOR DONUT WITH A COP ON NOVEMBER 19, DURING THE ELDERS LUNCHEON AT THE BAND OFFICE, AT 1200PM.

'DONUT' MISS THE CHANCE TO CONNECT, CHAT, AND ENJOY DELICIOUS TREATS WITH A RCMP OFFICER.

DONUT WITH A COP



UPCOMING BIRTHDAYS

BIRTHDATE

FRANCINE DOUGLAS	NOVEMBER 29
FRANCES ELAINE VICTOR	DECEMBER 4
AMELIA KATHERINE VICTOR	DECEMBER 5
MARIAN DOUGLAS	DECEMBER 11
DAVID MURRAY ALECK	DECEMBER 24
GEORGE ROGER DOUGLAS	DECEMBER 31
ANITA ROSE CONNAL	JANUARY 6
ELIZABETH PHILLIPS	JANUARY 9
GERALD DAN	JANUARY 24
ISAAC ALEX ALECK	JANUARY 25

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 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 OR 604-745-8010.

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



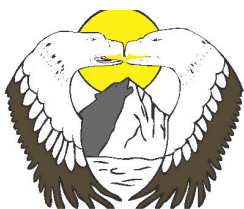
Union Bar



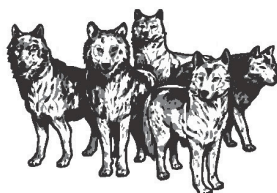
Skwah



Squiala



Chawathil



Kwaw Kwaw Aplit



Shxw'ow'hamel



Sq'ewlets



CHEAM'S COMMUNITY CHRISTMAS

DECEMBER 7TH 2024

- **CHILDREN'S ACTIVITIES**
- **VISIT WITH SANTA**
- **FAMILY PORTRAIT BOOTH**
- **CHRISTMAS DINNER**
- **ENTERTAINMENT**

MORE DETAILS TO COME...



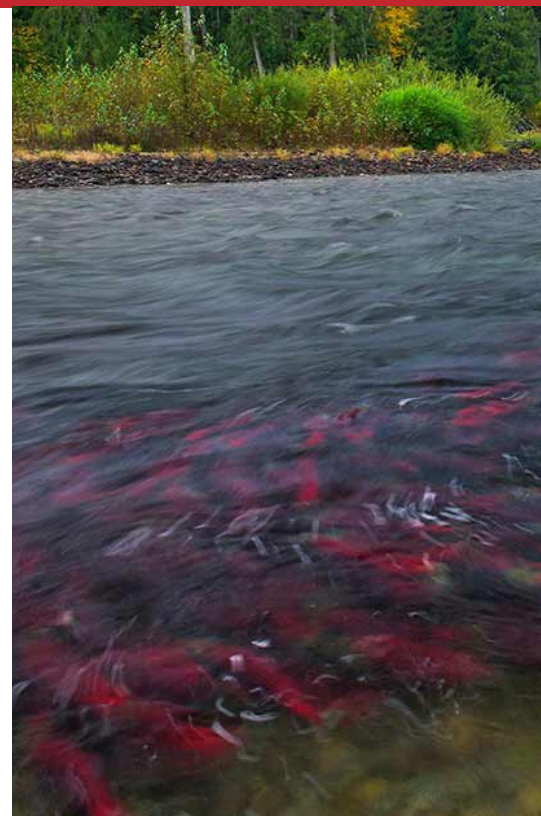
SALMON SPAWNING CREEK TOURS

Spend time on the land, with the water and fish, and learn about salmon spawning restoration projects. We will meet at the band office at 12pm starting with lunch, transportation will be provided. We will go up to 3 hours, or we feel finished.

Tour Dates:

- Monday, November 25 – Tour of Gill Bar
- Thursday, December 12 – Touring different sites along Hope Slough

Tours are open to all ages. Please RSVP to Winchester at winchester.victor39@gmail.com or 604-745-8017.



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
or by dropping off to the band office attention Catana.

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



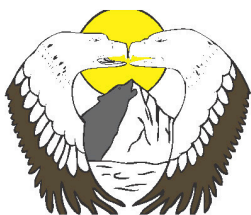
Union Bar



Skwah



Squiala



Chawathil



Kwaw Kwaw Aplit



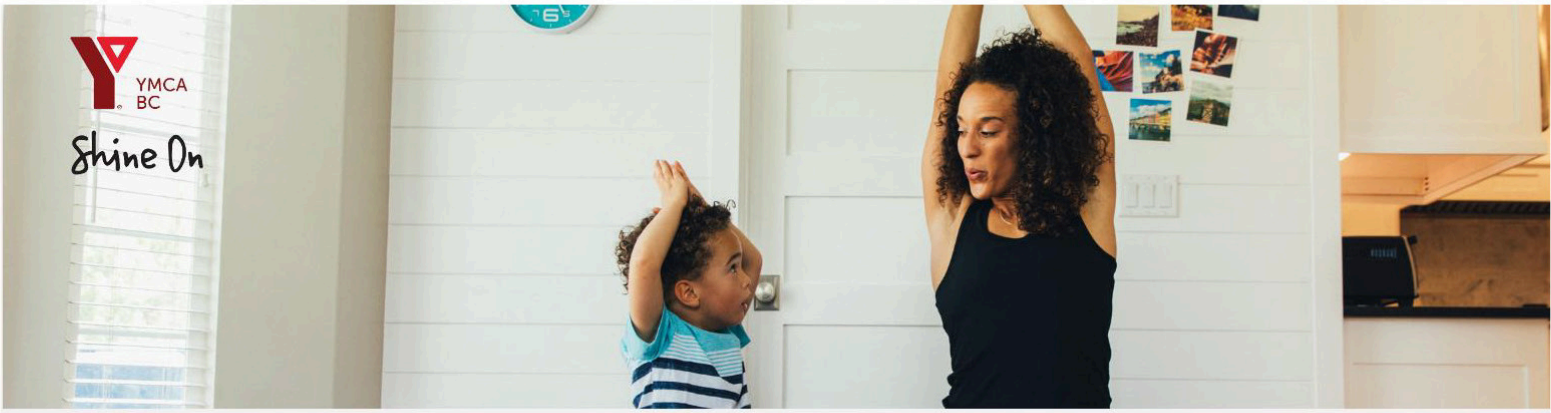
Shxw'ow'hamel



Sq'ewlets



Shine On



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
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 to set up an account for you.

www.ymcahome.ca/join

PESP INVITES YOU TO PARTICIPATE

EDUCATION PATHWAYS PROGRAM

January - April 2025

Explore Early Childhood Education Assistant (ECEA), Early Childhood Educator (ECE) and Education Assistant (EA) Pathways

**CONTACT YOUR CASEWORKER FOR
MORE DETAILS OR 604-796-6835**

This is open to on reserve Income Assistance clients living on Chawathil, Cheam, Scowlitz, Seabird Island, Shxw'ow'hamel, Skwah, Spuzzum, Squiala, Union Bar First Nations and Yale First Nations

**THIS INITIATIVE IS FUNDED BY
DEPARTMENT OF INDIGENOUS SERVICES OF
CANADA (DISC)**



Government
of Canada

Gouvernement
du Canada

ESS for Nations Reception Centre Mock Exercise

Wed. 15th January 2025
9:00am - 4:00pm



LUNCH WILL BE PROVIDED

Please email us any dietary restrictions
before January 6th 2025

VOLUNTEERS & INTERVIEWEES

We are looking for individuals that would be
willing to volunteer or be interviewed. Honoraria
provided if they RSVP before December 19th!

43101 Leq'a:mel Way, Deroche

KEY DETAILS

- The mock exercise will be filmed by a video production company to showcase the importance of ESS training and highlight our capabilities.
- This exercise is part of our ongoing commitment to building resilience in Indigenous communities through practical, hands-on training.

WHY ATTEND?

- Gain firsthand experience in how an evacuation center operates.
- Learn more about the ESS For Nations initiative, which is focused on empowering Indigenous communities to take lead roles in emergency responses.
- Build skills and confidence in helping community members during evacuations and emergencies.



PLEASE NOTE THAT ANY VOLUNTEERS & INTERVIEWEES WHO ARE PARTICIPATING
NEEDS TO RSVP BEFORE DECEMBER 19TH 2024 TO RECEIVE HONORARIUM

essfn@outlook.com

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](#)
- [Administration Manager](#)
- [Early Years Supervisor](#)
- [Education Manager](#)
- [Executive Co-ordinator](#)
- [Family Support Worker](#)
- [On-call Labour](#)
- [Watchmen \(Security\)](#)
- [Watchmen Manager](#)
- [Wellness Navigator](#)



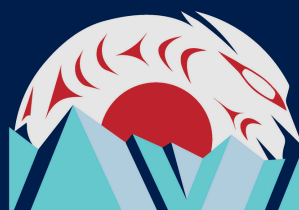
Our culture is rich and resilient. With an abundance of community programs, we have fun, respect ourselves and others, and take pride in our community, who we are, and where we come from. Our vision is to be socially, culturally, and physically stable.

Why work for us:

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

CEI CAREER OPPORTUNITIES:

- Board of Directors EOI (Next Page)
- [Planning/Budget & Reporting Consultant](#)



CHEAM
ENTERPRISES INC

Call for Expression of Interest to join the Cheam Enterprises Inc. (CEI) Board of Directors

Cheam Enterprises Inc. (CEI) is the operating company for CFN Holdings LP – the wholly-owned economic development corporation of Cheam First Nation. CEI has a mandate from the community to increase revenues and employment opportunities for the membership. The company has numerous partnerships place, across a variety of industry sectors, exploring sustainable growth and development opportunities in the traditional territory of the Cheam First Nation.

CEI is currently seeking Expressions of Interest to fill the following positions:

- One (1) Independent Director Position (Not a member of Chief and Council or a Cheam First Nation / Cheam Enterprises Inc. employee)

CEI's mandate is to be an economic development engine for Cheam that is appropriately independent, administratively self-sufficient, and suitably connected to Cheam. Cheam Enterprises Inc. pursues and implements economic opportunities that:

- Are profitable and provide economic returns to Cheam;
- Are consistent with Cheam's values and vision;
- Provide training and employment opportunities of all types for members, including in professions, trades, management, governance and business;
- Provide industry diversity;
- Encourage business innovation;
- Support the development of Cheam member-owned businesses and entrepreneurship.

CEI is seeking experienced professionals who are passionate about contributing to the economic growth and sustainability of Cheam First Nation. Ideal candidates for the CEI Board of Directors should have:

- **Professional Experience:** Demonstrated leadership experience in business, economic development, finance, or another relevant field.
- **Governance Expertise:** Knowledge of corporate governance practices and experience serving on boards or in senior management positions.

We maintain the history of enterprise which has sustained The Xwchíyò:m for thousands of years in S'ólh Téméxw.

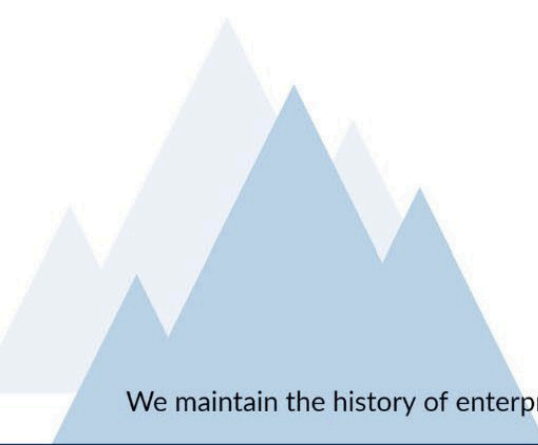
- **Alignment with Cheam Values:** A commitment to supporting First Nation economic development, respecting cultural values, and advancing community priorities.
- **Strategic Thinking:** Strong problem-solving abilities, strategic foresight, and the capacity to guide CEI's growth and sustainability goals.
- **Financial Acumen:** Familiarity with financial statements, budgeting, and fiscal management.
- **Community-Minded Approach:** Ability to work collaboratively, respect diverse perspectives, and support Cheam First Nation's broader economic and social goals.

Candidates with experience in one or more of the following areas are especially encouraged to apply:

- Indigenous-owned business and partnership development
- Real estate, construction, land development, and tourism
- Entrepreneurship and innovation

If you are interested in joining the CEI Board of Directors, please email a cover letter outlining your areas of expertise and reasons for interest, along with a curriculum vitae or resume to info@cheamenterprises.ca. To learn more about CEI visit <https://cheamenterprises.ca/>.

Please note that all applications must be received by 12:00 noon on December 6, 2024.



We maintain the history of enterprise which has sustained The Xwchíyò:m for thousands of years in S'ólh Téméxw.

Position Opening: Planning / Budget & Reporting Consultant (Contract)

Start Date: December 2, 2024

Duration: Project-based, expected completion by Jan 31, 2025

Location: In-office presence is required

About Us:

Cheam Enterprises Inc. (CEI) and its subsidiaries are dedicated to sustainable development and economic growth through strategic business initiatives. We are seeking an experienced consultant to develop our 2025 work plan, budget, cash flow, and reporting frameworks to align with our strategic plan and operational transparency across CEI and CFN Holdings.

Position Overview:

The Strategic Planning & Financial Reporting Consultant will work closely with CEI's executive team to develop a comprehensive work plan and budget for 2025, designed to support the company and its subsidiaries in achieving their objectives. This role includes creating a standardized reporting template for CEI, ensuring efficient monthly updates to the Board of Directors and Chief & Council (C&C).

Key Responsibilities:

- **Develop a 2025 Work Plan and Budget:** Create a detailed work plan for CEI and its subsidiaries, including strategic goals, key milestones, timelines, and resource allocation.
- **Financial Planning and Cash Flow Management:** Design a comprehensive budget and cash flow template for 2025, enabling effective financial planning and tracking throughout the year.
- **Monthly Reporting Template:** Create a standardized template for CEI and CFN departments to facilitate consistent, clear monthly updates to the Board of Directors and C&C.
- **Collaboration and Communication:** Work with CEI's leadership and department heads to align work plan objectives and reporting requirements, ensuring that all financial and strategic elements meet organizational needs.

Qualifications:

- Proven experience in strategic planning, financial budgeting, and cash flow management, preferably with in Indigenous communities or related industries.
- Strong expertise in creating clear, structured reporting templates.
- Excellent communication and collaboration skills, with the ability to work across multiple departments.
- Advanced proficiency in Microsoft Excel and other relevant financial software tools.

To Apply :

Please submit your resume and a brief cover letter outlining your relevant experience and approach to creating strategic work plans and financial reports. Applications should be sent to marg.schulz@cheamenterprises.ca by Nov 27th 2024.

Preference given to qualified Cheam First Nation member / First Nation community member.

with the subject line "Strategic Planning & Financial Reporting Consultant Application."

This position is a unique opportunity to play a pivotal role in the strategic growth of CEI and CFN. Join us to help shape a sustainable and prosperous future for our communities!

We maintain the history of enterprise which has sustained The Xwchìyò:m for thousands of years in S'ólh Téméxw.

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