



XWCHÍYÒ:M

JANUARY 24, 2025 NEWSLETTER

Ey Swayel Friends and Relatives!



If you have any feedback or ideas on our newsletters please feel free to email communications@cheamband.com.

CHEAM CALENDAR

JAN. 28 - REGULAR CHEAM COUNCIL MEETING
FEB. 4 - CARTER HEARING @ CHEAM
FEB. 12 - CHEAM COMMUNITY OPEN HOUSE
FEB. 18 - CHEAM ELDERS MEETING & LUNCHEON
FEB. 25 - REGULAR CHEAM COUNCIL MEETING
MAR. 5 - CHEAM BY-ELECTION
MAR. 12 - CHEAM TOWN HALL & SWEARING IN
MAR. 18 - CHEAM ELDERS MEETING & LUNCHEON
MAR. 25 - REGULAR CHEAM COUNCIL MEETING

[See our 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.

Polling Notice For the Cheam First Nation BY- Election

Notice is hereby given to the electors of the Cheam First Nation that a poll will be held to elect ONE (1) Councillor to fill a vacancy on Council for the remainder of the present term and will be held at the Cheam First Nation Administration Building located at 52161 Victor Drive, Rosedale, B.C V0X 1X1, on the 5TH day of March, 2025 from 9:00 AM until 8:00 PM (local time).

And that I will count the votes at the Cheam First Nation Administration Building located at 52161 Victor Drive, Rosedale, B.C. on the 5th day of March 2025, immediately after the close of the poll and declare the results of the election.

Given under my hand at Rosedale, British Columbia, on January 21, 2025.



F.P. Schiffner
Electoral Officer
Cheam First Nation
Cell: 604-786-2512
Toll Free: 1-800-813-2173
Email: fschiffner90@gmail.com

CHEAM FIRST NATION LIST OF CANDIDATES AS OF JANUARY 21, 2025

COUNCIL

1	CREY, NAOMI
2	GIROUX, JUSTIN
3	PIKE, LUKE
4	SHAW, DIONNE
5	VICTOR, ANDREW

NOTE: THE ABOVE LIST OF CANDIDATES ARE SUBJECT TO WITHDRAWAL UP TO JANUARY 26, 2025
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ELECTORAL OFFICER
CHEAM FIRST NATION

XWCHÍYÒ:M

CHEAM FIRST NATION

Notice Of Upcoming Work

Re: unofficial shooting range under BC Hydro right-of-way, within the gravel extraction pit

The shooting range at this location will no longer be safe or permitted as the site has been mobilized as of January 13th, 2025. Fill work to stabilize the banks and restore ground elevations for future use will begin March 3rd, 2025.

The site is currently under the care and control of Copper Raven Capital, with the prime contractor being RAM Engineering.

We appreciate your understanding and cooperation as we work to restore the site.



British Columbia Assembly of First Nations

YOUTH

Win Prizes!

Registration coming soon!

VIRTUAL DIALOGUE SESSION

Save the Date!

February 11, 2025

BC First Nations Youth ages 18 - 29 are eligible to register

events.bcafn.ca

SIGN UP FOR ELECTRONIC FUNDS TRANSFER (EFT)

As we close out our recent 2024 dividends, we kindly remind all members to submit their banking information for EFT payments to ensure the timely processing of all member payments.

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 by the end of 2025. You can go into your bank and ask for the EFT form, or can download it from your online banking app/website.

If you need help figuring out how to download the form from your online banking please contact your bank or 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: Accounts Payable. 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.



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CHEAM FIRST NATION

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

CHEAM STAFF UPDATES



We are thrilled to announce that Sarah Aleck has been promoted to the role of Community Health Representative!

Since joining us in November 2024, Sarah has taken the lead on bringing some health programs to the community. Some of these programs include;

- Coordinating the Mobile Dental Clinic and Mobile Hearing Clinic
- Facilitating Virtual Doctor Services through Modern Pharmacy

Collaborating with Modern Pharmacy to introduce and enhance additional health services for our community

Sarah's love for her community and commitment to improving access to healthcare are qualities we believe will make her successful in her new role.

Please join us in congratulating Sarah on this well-deserved promotion. We are confident that in her new role, she will continue to make a difference in the lives of our community members.



We are pleased to announce the addition of Ashley Thorne to the Administration Team. Ashley is joining the Cheam Team from January 6th, 2025, to March 31st, 2025, as Administrative Assistant and will report directly to Rebecca Pear, Administration Manager.

Ashley grew up in Musqueam, where she lived for 20 years, and has been a resident of Cheam for the past five months. She is currently pursuing a degree in Equine Science and has three years of prior experience as a Recreation Assistant with Musqueam. Ashley enjoys spending time with her family, engaging in cultural activities, canoe pulling, playing soccer, and working with her horses, ZZ and Clover. Her commitment to staying connected with her community and contributing meaningfully to the community she serves makes her a valuable addition to our team.

Please join us in giving Ashley a warm welcome to Cheam First Nation!

Also great news that we have hired our new Environmental Monitors and they are starting work at a district of Kent site, and are monitoring Gill Bar/Carey Island.

The 4 Pelólxw Community members hired are: Danya Douglas, Cameron Douglas, Krissi Bonthoux and Tyler Kelly.





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CHEAM FIRST NATION

CHIEF AND COUNCIL 2025 MEETING SCHEDULE

2025	Cheam Council Connect Meeting	Regular & In-Camera Chief and Council Meetings
January	N/A	28
February	4	25
March	4	25
April	1	29
May	6	27
June	3	24
July	N/A	22
August	N/A	26
September	N/A	23
October	7	28
November	4	25
December	N/A	9

CHEAM ELDER'S CORNER



UPCOMING BIRTHDAYS

BIRTHDATE

GERALD DAN	JANUARY 24
ISAAC ALEX ALECK	JANUARY 25
BRUCE PETER CREY	FEBRUARY 04
DENISE ANN ALEXIS	FEBRUARY 11
CHARLENE EDWARDS	FEBRUARY 16
DIAN MCKUSICK	FEBRUARY 21
VIVIAN MARIE WILLIAMS	FEBRUARY 23
GENEVIEVE DOUGLAS	FEBRUARY 26
JUDITH DORIS DOUGLAS	MARCH 1
MARGARET MARIE LOLKEMA	MARCH 5

2025 CHEAM ELDER'S MEETINGS

- ~~January 21, 2025~~
- February 18, 2025
- March 18, 2025
- April 15, 2025
- May 20, 2025
- June 17, 2025
- July 15, 2025
- August 19, 2025
- September 16, 2025
- October 21, 2025
- November 18, 2025
- December 9, 2025



PELÓLXW ELDER'S LUNCHEON
January 30th @ SKWAH FIRST NATION



PROGRAMS/EVENTS



**hear life's
important
moments!**



*please provide status
number and phn when
registering*

(Ages -18 and uP)

1 Day FREE Hearing Screening Clinic

Free Hearing Aids Cleaning and Maintenance

778-839-5194

RSVP TO: SARAH.ALECK@CHEAMBAND.COM

Day and Time: February 4, 9:30am - 4:30pm

Clinic Location: Cheam Band Office



CARTER Hearing



Call today **604-392-9211**

CHILLIWACK • HOPE • PRINCETON

TF: 844-234-6665 | PH: 604-392-9211 | carterhearing.ca

Laura Carter, RHIP.
Registered Hearing Instrument Practitioner
Owner

CHEAM COMMUNITY OPEN HOUSE



You are invited to: meet the team, learn about our programs & services, see highlights on our major projects, learn about our 2025-2026 Strategic Plan, hear about what CEI is working on, and provide your feedback to help us plan for the future of Cheam First Nation

Grand Door Prize
2 Canucks Tix for
the March 5th
Indigenous Night
Game!

**WEDNESDAY
FEBRUARY 12, 2025
3:30PM - 7 PM
CHEAM BAND OFFICE**



EVENT SCHEDULE

- 3:30pm**
 - Visit Open House Booths
- 5:30pm**
 - Dinner Song/Dinner
- 6:00pm**
 - Presentation of Strategic Plan
 - Door Prizes



Building Healthy Relationships by Understanding Anger

Join Our Free
4-Week
Course

 Starts January 31, 2025

 Fridays 1 PM - 4 PM

 Cheam First Nations Band Office

Anger is a normal feeling, but it can hurt relationships when it's not managed well. This course will help you:

- ✓ Recognize anger triggers
- ✓ Stay calm in tough situations
- ✓ Build stronger relationships

Who Should Join?

✓ Anyone experiencing **anger** or **stress**. ✓ People wanting **healthier relationships** with family, friends, or coworkers.

Why Attend?

✓ Gain **practical tools** to manage anger. ✓ Improve how you **express** your **emotions**. ✓ **Strengthen** your **connection** with your community.

Contact Kathia to Register:

604-794-7924

familysupport@cheamband.com

Training
provided by:



Helps Counselling

Spaces are limited.

Sign up today!





OCCUPATIONAL *FIRST AID*

BASIC (Formerly OFA Level 1)

What you will learn:

- Performing Cardiopulmonary Resuscitation for adults (CPR Level A)
- Airway breathing circulation (ABC) reassessments
- Describe the roles and responsibilities of a designated first aid attendant
- The WorkSafeBC regulatory requirement for first aid record keeping
- The procedures will follow the guidelines described in this guide.
- How to use an automated external defibrillator (AED)
- Assessing soft tissue injuries
- Clearing obstructed airways
- How to use a pocket mask



LUNCH INCLUDED

JANUARY 27, 2025 | 8:30 AM

**5B - 7201 VEDDER ROAD,
CHILLIWACK BC, V2R 4G5**

Canada 

CONTACT US:

SASET—Chilliwack Office
5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

SASET—Sts'ailes Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-5536

SASET—Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865



Stó:lo Aboriginal Skills & Employment Training is please to host

Indigenous Mapping for Stewardship and Cultural Heritage Management



February 10 - 14, 2025

Through participation in this course, students will:

- Advance interview and field data collection skills
- Understand the how and why behind methods and tools designed to support Indigenous Land Stewardship
- Further understanding of Geographic Information Systems (GIS)
- Gain hands on experience with data management platforms and field apps

Training will take place on site at:
5B 7201 Vedder Rd, Chilliwack, BC

February 10 - 14, 2025
8am - 4pm

Call us to apply:



SASET—Chilliwack Office
5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

SASET— Sts'ailes Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-5536

SASET—Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865

APPLY NOW



Project Management for Indigenous Women 2025

Trans Mountain is offering a Project Management for Indigenous Women Program starting in April 2025.

This unique Mount Royal University program will be open to a limited number of successful applicants.

- Starts April 14, 2025
- 100% online
- Seven courses
- 15-20 hours per week includes homework
- 12-month program
- No cost to participate
- Program completed as one group
- Coaching support



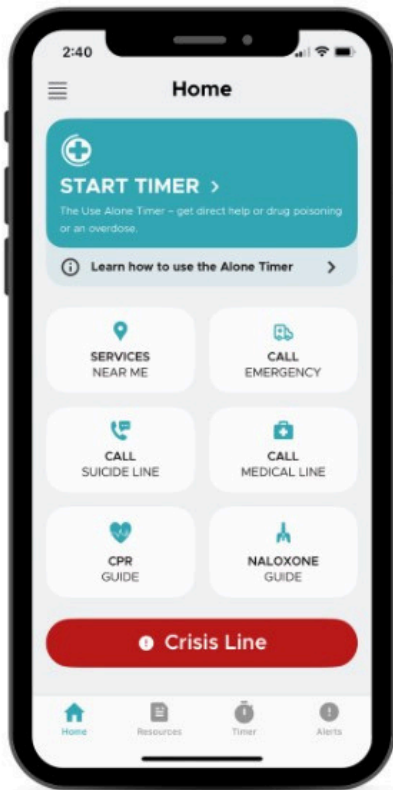
APPLY BY February 14, 2025 to:

Stephanie_Felker@transmountain.com



2 Great Overdose Prevention Tools!

Microsoft Partner



LifeguardConnect™ v6: Your Lifesaving App, Redesigned

Download Now on iOS & Android

Introducing LifeguardConnect™ v6, now better than ever! We've streamlined the app to focus on what you need most, offering quick access to essential resources. Enjoy an expanded and improved search experience, with resources organized for easy navigation. Reliable features like the emergency timer and alerts are now even easier to use. Built with enhanced security and privacy, LifeguardConnect™ v6 provides the best user experience yet. Download LifeguardConnect™ on iOS or Android.

Benefits of the evan Platform include:

- 🕒 Use Alone Timer
- 📍 Enhanced "Services Near Me"
- 📞 Organized Resources
- 🔄 Customizable Theme Selection
- 📍 Real-Time Drug Alerts
- ✍️ Feedback-Driven Design
- 🚚 Remote/Rural Response
- 👤 Personalized Resources

Sign up for toxic drug alerts

Text **JOIN** to **253787**
ALERTS

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.

- [Early Years Supervisor](#)
- [Education Manager](#)
- [Events Co-ordinator](#)
- [Executive Co-ordinator](#)
- [Family Support Worker](#)
- [Medical Transport Driver](#)
- [On-call Labour](#)
- [Project Coordinator](#)
- [Rights & Title Manager](#)
- [Watchmen \(Security\)](#)
- [Wellness Navigator](#)



WHY WORK FOR CHEAM?

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

FRASER RIVER LODGE JOB OPPORTUNITIES:

- [Assistant Front of House Manager](#)
- [Assistant Wedding Manager](#)
- [Assistant Wedding Coordinator](#)
- [Maintenance Manager](#)