



XWCHÍYÒ:M

FEBRUARY 7, 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

FEB. 11 - CHEAM ELDERS MEETING & LUNCHEON
FEB. 12 - CHEAM COMMUNITY OPEN HOUSE
FEB. 17 - CLOSED FOR FAMILY DAY STAT
FEB. 19 - COMMUNITY SAFETY ENGAGEMENT
FEB. 23 - WILLS & ESTATES WORKSHOP
FEB. 25 - REGULAR CHEAM COUNCIL MEETING
FEB. 25 - CHEAM ELDERS MEETING & LUNCHEON
MAR. 5 - CHEAM BY-ELECTION
MAR. 12 - CHEAM TOWN HALL & SWEARING IN
MAR. 18 - CHEAM ELDERS MEETING & LUNCHEON

[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.

CHEAM FIRST NATIONS COMMUNITY ENGAGEMENT: "WHAT DOES COMMUNITY SAFETY LOOK LIKE TO YOU?"

**February 19, 5-7:30pm
Cheam Band Office**

Join us for a community engagement event where we will gather input from the public on the topic of community safety. During this session, we will explore what safety means to each of us, with the goal of understanding diverse perspectives and creating a safer environment for everyone.



We'll discuss various situations, such as:

- How can we improve safety in public spaces?
- What role does communication play in maintaining a safe community?
- How can we support vulnerable members of the community?
- What are some personal experiences or challenges that have shaped your view on safety?

The event will include an open question portion, where you can share your thoughts, ask questions, and engage with local leadership. Food and refreshments will be provided to create a welcoming atmosphere. We look forward to your input and hope to see you there as we work together to make our community a safer place for all.

DO YOU NEED TO SEE A COUNSELLOR? WOULD YOU LIKE TO SEE ONE IN COMMUNITY?

Cheam First Nation is looking into bringing an FNHA counsellor into Cheam. In order to do this we would need a minimum of 8 people who would like to come into the health wing to visit a counsellor.

If you would like to put your name down to see a counsellor please contact our Community Health Representative Sarah Aleck at 778-839-5194 or sarah.aleck@cheamband.com

As soon as we have enough people down to see a counsellor we will schedule a counsellor and set appointments up for those who are interested.





XWCHÍYÒ:M
CHEAM FIRST NATION

52130 OLD YALE ROAD
ROSEDALE, BC, V0X 1X1
P: 604-794-7924
F: 604-794-7456

February 7, 2025

TO ALL EMPLOYABLE SINGLES & PPMB

IT'S THAT TIME OF YEAR AGAIN TO HAVE YOUR FILE UPDATED

PLEASE BOOK AN APPOINTMENT WITH:

AMANDA AUBICHON
Social Development Manager
amanda.aubichon@cheamband.com
P: 604-794- 7927 F: 604-794-7928

DIANA GIROUX
Social Development Assistant
diana.giroux@cheamband.com
P: 604- 794- 7927 EXT.8022

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.



CHEAM STAFF UPDATES

We are thrilled to announce the addition of Denny Pike, Peer Support Worker and Leah Plouffe, Project Coordinator to the Heath and Lands Team respectively.

Denny Pike, Peer Support Worker



Denny grew up in Cheam and has lived here for most of his life. He has previously worked with Cheam in various roles, including Youth Worker, Office Assistant, and as part of the Public Works team.

In his new role, Denny will work closely with supportive housing residents, fostering relationships built on trust, respect, and connection. Drawing from his lived experience, he will provide emotional support, guidance, and encouragement to individuals facing addiction challenges. His personal journey with addiction and recovery gives him a unique ability to empathize with residents, acknowledging their struggles with compassion and understanding.

Denny's approach prioritizes active listening, ensuring residents feel heard and valued. He is committed to being sensitive to the diverse backgrounds, experiences, and cultures of those he supports. His adaptability allows him to respond to each resident's unique needs, helping them access recovery services, maintain stable housing, and navigate their path to healing.

In his spare time, Denny enjoys drum making and pine needle basket weaving. A lifelong fisherman, he participates in fishing whenever possible and has been actively involved in helping Cheam maintain its rights and title as a fishing community.

Leah Plouffe, Project Coordinator



Leah grew up in Abbotsford and Langford. She spent some of her younger years in Alberta and Saskatchewan. In 2022, she made Chilliwack her home, where she lives with her 24-year-old daughter, who is currently pursuing her Early Childhood Education program.

She started her career as a care aide, dedicating almost a decade to supporting individuals before transitioning into project administration within the paper and pulp construction industry, traveling across BC and Alberta. Her experience also includes working with Sto:lo Employment and Skills Training, where she connected individuals and communities with educational resources and funding, as well as her role as a Family and Youth Coordinator at the Asante Center, helping youth in the justice system reintegrate into their communities. Most recently, she spent five years at Cascade Aerospace, where she started her career in Administration and moved up into a Project Manager role.

Outside of work, Leah enjoys exploring the outdoors, hiking, paddleboarding, camping, and even dabbling in amateur stand-up comedy! She is also an avid sci-fi fan and a devoted pet parent to her 4-year-old golden retriever, Murphy. She loves good food especially fresh pasta, pizza, and BBQ'd steak and has a notorious sweet tooth.

Denny and Leah are both very excited to be part of the team, and look forward to contributing to the ongoing success of Cheam First Nation.

MEET YOUR CANDIDATES

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

All candidates have been invited to share their
bios, more may be featured in the next
newsletter, or Facebook.



ELECTORAL OFFICER
CHEAM FIRST NATION

A B O U T

NAOMI DAWN CREY

778-345-6958

Naomicrey@gmail.com



Naomi Dawn Crey is a dedicated leader and advocate for First Nation communities. Raised in the Lower Mainland, Naomi has maintained an important connection to her culture. As a child, she spent summers camping and harvesting salmon along the Fraser River and watching the canoe races at Swilhcha, Cultas Lake. Her professional journey began with the Sto:lo Nation, where at the age of sixteen, she immersed herself in training and gained invaluable historical insights into Xa:ytem, embarking on a meaningful and personal exploration of Sto:lo history and culture. Naomi is the daughter of former Chief, Ernie Crey, and the granddaughter of Minnie Elizabeth Charlie, and Ernest Walter Crey.

With a formal education in Tourism Studies and Management, Naomi has cultivated her expertise over the years, particularly during her time in South America, where she worked on projects relevant to the hospitality and adventure tourism sectors. Following her experience abroad, she developed a cultural exchange program that brought Indigenous peoples from Putamayo, Colombia, to the Yukon. This initiative facilitated the exchange of cultural teachings, traditional knowledge, health and wellness and the arts. It continues to thrive to this day.

Naomi has served as the Executive Director of the Northern Culture Expressions Society for the past five years. Naomi was instrumental in facilitating and negotiating the organization's successful purchase of land in order to create Yukon's first Traditional Arts Training Centre. Naomi's role is to guide her team through innovative projects and programs while reporting to a supportive Board of Directors. Naomi has enjoyed various collaborative projects with architectural firms, First Nation development corporations, project managers, and marketing agencies. Her commitment to economic development and cultural resilience includes spearheading federal and territorial projects aimed at enhancing market readiness for Yukon First Nation art organizations and small businesses. Naomi's focus on providing economic opportunities, employment training, and program delivery designed and implemented by First Nation people, underscores her dedication to empowering Indigenous communities.

Naomi is passionate about gallery development and artist professional development, dedicating her efforts to nurturing emerging artists in their creative journeys. She is also deeply passionate about implementing effective cultural and land-based programming for youth, recognizing the critical importance of including and guiding young people toward positive pathways away from gangs and drugs. Her early career in cultural resilience reflects a decade of steadfast work focused on uplifting youth and fostering a sense of identity and belonging through cultural engagement.

If elected to council, Naomi looks forward to deepening her engagement with her traditional territory, family, and serving her community.



JUSTIN GIROUX

778-839-5146

Justinmarcel8488@gmail.com

I'm Justin Giroux, my family originates from Cheam Reserve. My great grandpa is Harry Edwards, his daughter (my grandma) is Martha Edwards who married my Grandpa Patrick Giroux Sr. My mother is Marie Giroux. I grew up and resided in Chilliwack B.C. through most of my adolescent years.

I started working for Cheam as a summer student when I was 16 years of age, under the supervision of Wesley Edwards Sr. and under the management of Sidney Douglas. Throughout being a summer student and coming back to Cheam and working full time, I was able to learn a lot from my mentors. Through that time, I was able to get to know an abundance of the community and band members and get to help out the community with the knowledge that I accumulated.

Working for the Public Works department has given me the opportunity to work with all other departments and build relationships among them. Given the chance to see how different every department is and help them when I can.

Out of the many tasks we do in our department, the one benefit that I love most is seeing the happiness of the people that we help in the community. The appreciation from the band and community members makes all the difficult tasks worth it.

I personally like to take care of all the people and make sure that whatever their issue is, my help is the solution that they need.

I won't make promises that I can't keep, but I will make a statement that I will do my absolute best to help my people and my community to my fullest extent.

Sincerely,

Justin Giroux
Cheam Public Works



SEXÓMESTEL

A N D R E W V I C T O R

I am seeking election to the Cheam Council in the 2025 By-Election.

Our community deserves to be strong and flourishing, and that requires addressing the issues impacting our families, our territory, and our way of life. I believe in building bridges with our relatives and neighbours to achieve common goals. By balancing sustainable living with sustainable revenue, we can create a brighter future for our people.



My commitment to Cheam is built on a foundation of diverse experience at the regional, provincial and national levels. I've served four terms on Council, including two as Chief, giving me a deep understanding of our community's needs. My re-election to the *First Nations Health Council* by the Stó:lō Tribal Council Chiefs and Leaders demonstrates the trust placed in my leadership. Furthermore, my roles as Co-Chair of both the *Indigenous Health Collaborative Council* and its *Feedback and Accountability Subcommittee*, and my appointment as BC Representative and Co-Chair of the *National Indigenous Connectivity Inc.*, have provided me with invaluable experience in navigating complex issues and advocating for our community.

(C) 604.316.3784 | AMVICTOR@GMAIL.COM | FB.COM/AVICTOR

CHEAM ELDER'S CORNER

Elders, please feel free to share your stories, tips, photos, recipes etc. in this section by submitting them to communications@cheamband.com or dropping them off at the band office attn: Harmony



UPCOMING BIRTHDAYS

BIRTHDATE

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

- February 11 & 25, 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
FEBRUARY 27 @ SKWAH FIRST NATION**



PROGRAMS/EVENTS

FULLY-FUNDED WILDFIRE & COMMUNITY RESILIENCE TRAINING PROGRAM

It's back for Cohort 2! This FULLY-FUNDED Wildfire & Community Resilience Training program starts February 19, 2025. We're now accepting applicants for training running from February 19 to March 28 in Mt. Currie, BC.

In just 6-weeks, launch your career in wildfire mitigation and forestry. This intensive course delivers 240 hours of training across essential field skills, hands-on experience, and industry-recognized certifications to prepare you for success in the natural resource sector, including training that meets Type 2 fire crew standards. You'll learn from experienced instructors while gaining practical experience.



Delivered by Stillwater Consulting in partnership with Lil'Wat Forestry Ventures. Apply now for our FREE Wildfire & Community Resilience Training program starting by emailing:

levi.robson@lilwatbusiness.ca

STÓ:LŌ BUSINESS BREAKFAST SERIES

30 LANDING DR.
CHILLIWACK,
(NEW COMMUNITY HALL)



FEBRUARY
28TH, 2025



8:00 - 9:30 AM



FREE TO
REGISTER

Inviting Indigenous entrepreneurs, Economic Development Officers, and those in leadership positions from Indigenous communities located within S'ólh Téméxw to gain insights from Indigenous Tourism BC.

Limited seating.

Register now to secure your seat by calling 604-858-0009, or email bhill@stolocf.ca.

Door open at 7:30 am.

Presentations start at 8:00 am sharp.



We are having movie night in the Cheam gym on February 13th from 5-8pm. Please bring a comfy chair if needed otherwise regular chairs will be supplied. Dinner and a movie to follow (Kung Fu Panda 4). Drinks and popcorn will be supplied.



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





UNDERSTANDING WILLS & ESTATE PLANNING

Cheam Lands and Capital Department, with support from the Chief and Council, invites all Members to a Wills & Estates Planning Workshop. The workshop will focus on information about settling estates for those who live on-reserve, however there will be general information that will be of benefit for those living off-reserve as well. The workshop and Wills development will be carried out by Woodward & Company LLP.

Wills & Estate Planning Workshop

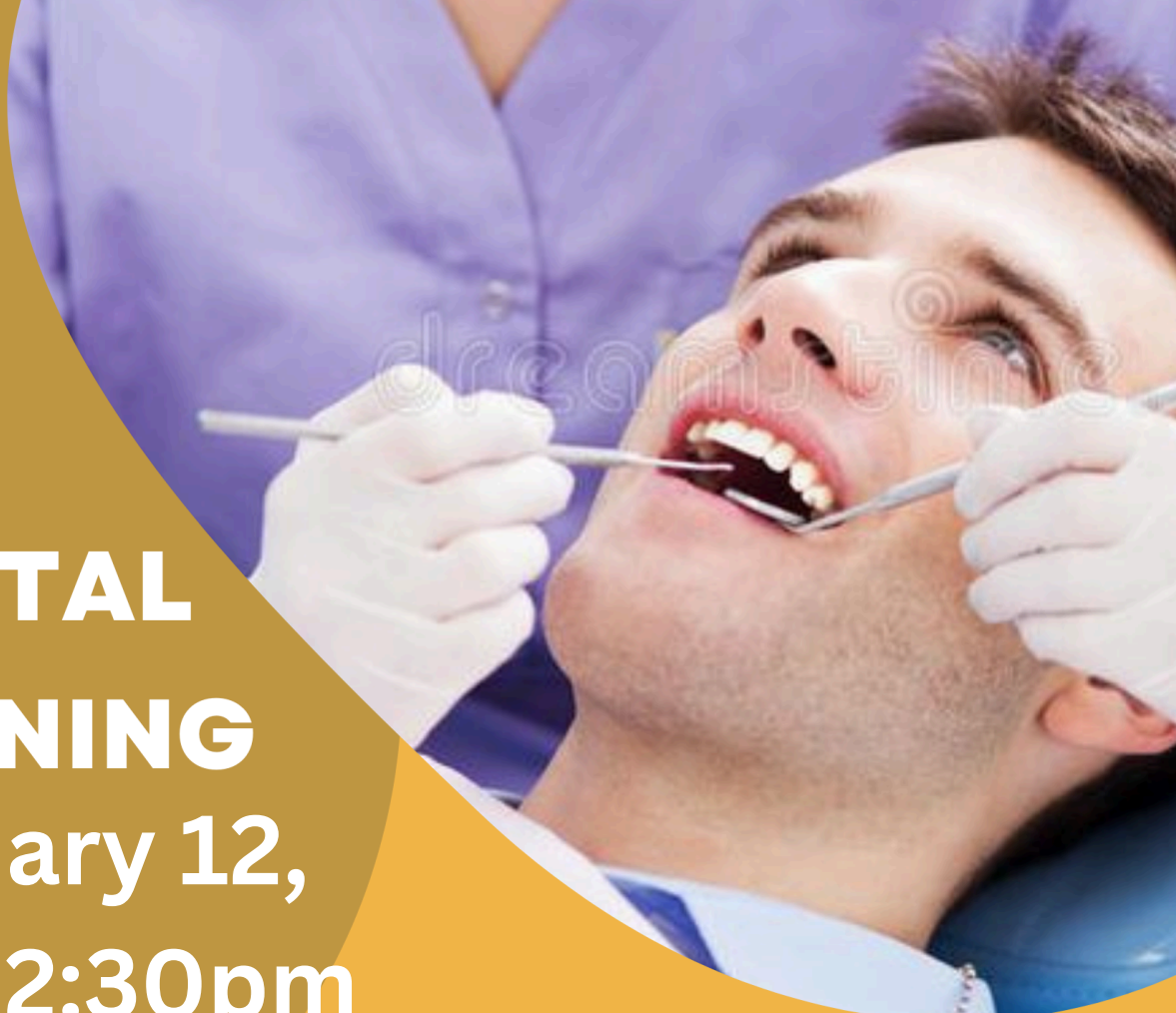
Date: Sunday, February 23, 2025

Time: 6:00 PM

Location: Cheam FN Gym

Dinner to be provided

Sign up for by Feb. 14th (catering purposes), contact Lydia Archie – 604-378-4625.



DENTAL CLEANING

**February 12,
10am-2:30pm**

✓ **DENTAL CLEANINGS ARE RECOMMENDED TWICE A YEAR TO HELP PREVENT
EARLY TOOTH LOSS FOR INDIVIDUALS AGE 2 AND ABOVE.**

✓ **%100 COVERED WITH STATUS #.**

✓ **WE HANDLE DIRECT BILLING.**

Walmart ✨ **\$15**
Gift Card

Complementary



✓ **COMPLEMENTARY GIFT CARDS AVAILABAL AT YOUR APPOINTMENT.**



BOOK NOW

Nikki Jackson : 604-794-7927

Nichole.jackson@cheamband.com



LOCATION:

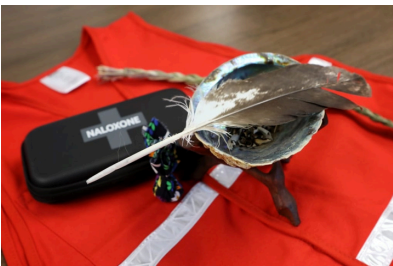
Cheam Band Office

HARM REDUCTION IN NATIVE COMMUNITIES:

A Path Toward Healing and Empowerment Introduction

Harm reduction is a powerful framework that prioritizes the well-being, dignity, and autonomy of individuals facing substance use and other health challenges. In Native communities, harm reduction takes on a unique and profound role, intertwined with cultural resilience, historical trauma, and a commitment to holistic healing. By embracing harm reduction strategies, Native communities can address substance use while honoring traditional values and fostering communal strength.

Understanding Harm Reduction



Harm reduction is a public health philosophy that acknowledges the complexities of substance use and seeks to minimize its negative consequences rather than solely focusing on abstinence. This approach emphasizes nonjudgmental support, access to resources, and the empowerment of individuals to make informed choices. Examples of harm reduction practices include:

- Providing clean syringes to reduce the spread of infectious diseases.
- Distributing naloxone to reverse opioid overdoses.
- Offering safe spaces and culturally informed care for those in need.

In Native communities, harm reduction aligns with the principles of compassion, respect, and collective care that are deeply rooted in Indigenous traditions.

The Importance of Culturally Grounded Approaches

Native communities often face disproportionate challenges due to historical trauma, systemic inequities, and ongoing marginalization. Substance use and related health disparities can stem from these deeply entrenched issues.

Harm reduction strategies tailored to Native communities must:

- **Center Indigenous Knowledge:** Incorporating traditional healing practices, such as talking circles, sweat lodges, and the guidance of elders, can complement harm reduction efforts.
- **Build Trust Through Community Involvement:** Community-led initiatives ensure that harm reduction programs resonate with local values and priorities.
- **Acknowledge Historical Trauma:** Addressing the root causes of substance use—such as the lasting impacts of colonization and cultural disconnection—is vital to creating lasting change.

Harm Reduction in Action

Several Native communities have successfully implemented harm reduction programs that integrate cultural practices with evidence-based interventions. These programs often include:

- Mobile Health Units - Bringing harm reduction resources directly to remote or underserved areas.
- Educational Campaigns - Raising awareness about safe practices and the availability of resources in a culturally sensitive manner.
- Peer Support Networks - Empowering individuals with lived experience to guide and mentor others on their journey.

For example, programs offering naloxone training alongside traditional ceremonies have proven effective both in saving lives and fostering cultural renewal.

Breaking Stigma and Building Resilience

The stigma around substance use can be a significant barrier to seeking help. In Native communities, harm reduction initiatives must actively combat this stigma by promoting messages of acceptance and understanding. Normalizing discussions about substance use, celebrating small victories, and focusing on strengths rather than shortcomings are critical steps toward breaking down these barriers.

Harm reduction is not just about mitigating risks—it's about creating pathways for healing and connection. By emphasizing the strengths of Native cultures and supporting individuals in their journeys, harm reduction initiatives can empower communities to reclaim their health and sovereignty.

Conclusion

Harm reduction offers a compassionate and pragmatic approach to addressing substance use in Native communities. By weaving together cultural traditions, community leadership, and evidence-based practices, harm reduction becomes a tool for healing and empowerment. Native communities have long been resilient in the face of adversity, and through harm reduction, they can continue to thrive while honoring their heritage and values.

Let's envision a future where harm reduction is not just a policy but a practice that uplifts and strengthens the heart of every community. Together, we can make it happen.

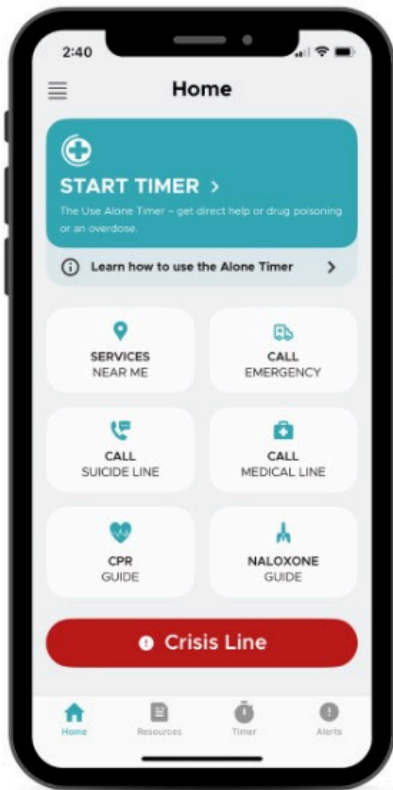
For more information, or support, please contact:



Ray Hartt
ray.hartt@cheamband.com
Addictions & Treatment Specialist

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 app 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

Sq'ewqel (Seabird Island Band)

HEALTH CONFERENCE



Save the Date

**Saturday,
February 22, 2025**

Location:
Band Office Gym

Times:
9 AM Registration
Event: 9 AM – 7 PM
5:30 PM Comedy Show



For more information please
contact: **604-796-2177**

Or Tash Peters at:
tashpeters@seabirdisland.ca

Registration and more
information to follow.

**SWAG BAGS,
DOOR PRIZES, AND
LUNCH & DINNER
PROVIDED!**

MC:
TBA

GUEST SPEAKERS:

TBA

Meal Prep Done Easy:
TBA

Diabetes:
TBA

Rotating Group

HEALTH SESSIONS:

- Traditional Medicine
- Reiki
- Fitness
- Nature Bath (dress for weather)
- Smudging
- Yoga
- Sound Healing
- And More...

**COMEDY
SHOW**

Comedians:



Beverly O'Neil



Giovanni Beltran



Keith Nahanee



ATTENTION STUDENTS GRADES 9 – 12 PLEASE JOIN US FOR AN
INDIGENOUS EXPERIENCE AT UBC. THERE WILL BE A \$100.00 INCENTIVE
FOR THOSE WHO ATTEND. PLEASE CONTACT NIKKI AT
NICHOLE.JACKSON@CHEAMBAND.COM TO REGISTER.



UBC Indigenous Student
Recruitment & Advising

INDIGENOUS EXPERIENCE UBC



Wednesday
Feb 19, 2025
9:30am-2:00pm

Explore campus

Meet UBC's
Indigenous community

Lunch included!

There will be a \$100.00 incentive
for those who attend.

Please contact Nikki at
Nichole.jackson@cheamband.com
to register.

Who: Indigenous
students in grades 9- 12

Where: UBC's
Vancouver campus



XWCHÍYÒ:M
CHEAM FIRST NATION

Empower Yourself with Self Defense Training



Come join us on February 26th
from 6pm - 7:30pm @ Cheam
Band Gym
Contact Kathia for sign up
Familysupport@cheamband.com

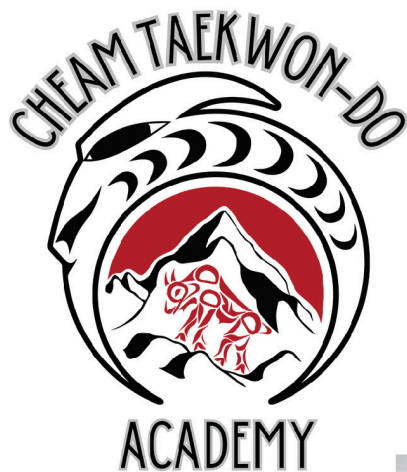
Join Our Women's Self Defense Class

Learn to protect yourself
effectively and confidently.

Build Skills and Confidence

Gain valuable skills to **defend
against threats** in real
situations.

Instructor - Dafyd Haase



CLASSES STARTING
FEBRUARY 18TH
@ CHEAM BAND GYM



YOUTH & ADULTS
TAEKWON-DO
CLASSES FOR
COMMUNITY
MEMEBERS.



CONTACT KATHIA (FAMILY
SUPPORT WORKER) TO
SIGN UP NOW!
PLEASE EMAIL
FAMILYSUPPORT@CHEAMB
AND.COM

COME JOIN US TWICE A WEEK TO LEARN FROM THE BEST –
INSTRUCTOR – GRAND MASTER DAFYD HAASE

MR. DAFYD HAASE BEGAN TAEKWON-DO AT AGE 4 IN 1973, ENCOURAGED BY HIS AUNT. BY 5, HE COMPETED IN NATIONAL CHAMPIONSHIPS AND MET TAEKWON-DO FOUNDER GRAND MASTER CHOI HONG HI, WHO WAS IMPRESSED BY HIS DEDICATION. HAASE CONTINUED TRAINING WITH CHOI UNTIL HIS PASSING IN 2002. A 9TH DEGREE BLACK BELT, HAASE HAS WON 15 NATIONAL AND 5 WORLD TITLES AND WAS THE YOUNGEST INDUCTED INTO THE WORLD MARTIAL ARTS HALL OF FAME.

HISTORY OF TAEKWON-DO

GRAND MASTER CHOI, A KOREAN GENERAL CAPTURED DURING WWII, DEVELOPED TAEKWON-DO BY BLENDING TAEKYON AND SHOTOKAN KARATE. IN 1955, IT WAS FORMALLY ESTABLISHED, WITH CHOI NAMING IT. TAEKWON-DO TODAY FOCUSES ON SELF-DEFENSE, INNER SPIRIT, AND EQUALITY, WITH LESS EMPHASIS ON COMPETITION COMPARED TO OLYMPIC TAEKWON-DO.

NO EXPERIENCE NECESSARY – ALL SKILL LEVELS WELCOMED.
WE WILL HAVE BRANDED T-SHIRTS FOR ALL PARTICIPANTS.



The fall prevention clinic is officially booked for February 28, at 1pm. We have four more spots available. Please contact Sarah at 778-839-5194, sarah.aleck@cheamband.com

Why attend the Falls Prevention Mobile Clinic?

- ✓ To learn what you can do to reduce falls
- ✓ To stay as independent as possible

Did you know?

- Some medical conditions can put you at a higher risk for falls.
- Seniors who have had one fall have 2x the risk of future falls.
- **Most falls are preventable!**

Do you want to read more about preventing falls?

Read [Your Guide to Independent Living](#) by going to: patienteduc.fraserhealth.ca/permalink/24140



For more information on clinics and presentations, contact us at

(604) 374-2273

or

fallsprevention@fraserhealth.ca

You can also find information on our website

fraserhealth.ca/fallsprevention



fallsafezone

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.
Catalogue # 255849 (June 2023)



Falls Prevention Mobile Clinic



Image by iStock



fraserhealth



How to attend a clinic

There are two options. You can attend in person at a mobile clinic in your community, or virtually on Zoom.

Your total time at a clinic is about two hours.

Clinics are free to attend. Please register in advance. You do not need a doctor's referral.

For a schedule of mobile clinics in your community, go to:

fraserhealth.ca/fallsprevention.

We also offer presentations on falls prevention.

Register for a clinic

To register, call us at

(604) 374-2273

or email us at

fallsprevention@fraserhealth.ca

Your clinic visit

There are 3 steps to your visit.

1. Intake and Assessment

We do a Falls Risk Assessment for you. We check your strength, balance, vision, body awareness, and reaction time. We also check your:

- Blood pressure
- Pain
- Falls history

2. Pharmacist visit

Our pharmacist discusses your bone health and checks if you are getting enough calcium and vitamin D. They also discuss any pain you have, sleep, and overall health.

The pharmacist reviews your medications with you, focussing on those that increase the risk of falls.

3. Physiotherapist visit

Our physiotherapist explains the results of your Falls Risk Assessment.

They talk with you about your activity level and help you develop a physical activity program. They also discuss any equipment you might need for safety.

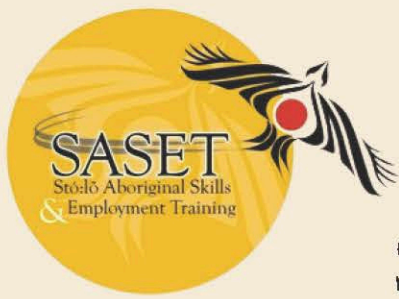
After the clinic

After visiting the clinic, you receive the following:

- ✓ Your Falls Risk Assessment
- ✓ Recommendations on ways to reduce your risk of falls and fall-related injuries
- ✓ Referrals to community resources
- ✓ An Action Plan will be mailed to you

We send a summary of results and recommendations to your family doctor or nurse practitioner.

***Your independence is valuable.
Why risk it?***



Stólo 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

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](#)
- [Executive Co-ordinator](#)
- [Medical Transport Driver](#)
- [On-call Labour](#)
- [Rights & Title Manager](#)
- [Watchmen \(security\)](#)
- [Wellness Advocate](#)



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](#)