



XWCHÍYÒ:M

MARCH 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

- MAR. 10 - WELLNESS WORKSHOP
- MAR. 10 - CHEAM WEEKLY FAMILY YOGA
- MAR. 12 - CHEAM TOWN HALL & SWEARING IN
- MAR. 17 - CHEAM WEEKLY FAMILY YOGA
- MAR. 18 - CHEAM ELDERS MEETING & LUNCHEON
- MAR. 19 - ELDER'S TEA WITH SEABIRD RN
- MAR. 24 - CHEAM WEEKLY FAMILY YOGA
- MAR. 25 - CHEAM COUNCIL MEETING
- MAR. 30 - CHEAM USED TOOLS/EQUIPMENT SALE

[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
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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.



**CHEAM FIRST NATION
MARCH 5, 2025 BY- ELECTION**

OFFICIAL RESULTS OF BY- ELECTION

COUNCILLOR	VOTES	COMMENTS
CREY, NAOMI	17	
GIROUX, JUSTIN	12	
PIKE, J. LUKE	32	
SHAW, DIONNE	10	
VICTOR, ANDREW	44	ELECTED

NUMBER OF BALLOTS CAST FOR COUNCIL

115

NUMBER OF REJECTED BALLOTS FOR COUNCIL

0

**CHEAM FIRST NATION
MARCH 5, 2025 BY- ELECTION**


ELECTED CANDIDATE

TO THE OFFICE OF COUNCILLOR

VICTOR, ANDREW

THE COUNT WAS DILIGENTLY CONDUCTED IN ACCORDANCE

WITH THE INDIAN ACT ELECTION REGULATIONS


F.P. Schiffner - Electoral Officer

CHEAM FIRST NATION


Deputy Electoral Officer


Witness

PRESENTATION OF THE CFN 2025-2030 STRATEGIC PLAN AND REQUEST FOR FEEDBACK

We are pleased to present Cheam First Nations' 2025 draft strategic plan, developed in partnership with Cheam Leadership, directors and our planning partner, Strategies North. This plan is a result of collaborative efforts and aims to guide our community toward long-term success and resilience.

A digital copy of the draft can be found in the members-only section of our website at <https://cheam.ca/cheam-strategic-plans> and a paper copy was mailed out on February 14th to all Cheam Band Members (on reserve homes will be hand delivered).

Our strategic plan outlines key priorities, goals, and actions designed to shape our collective future. It reflects a shared vision developed through thoughtful consultation with leadership and stakeholders, with an emphasis on community involvement and sustainable growth. As we move forward, your feedback is essential to ensure that the plan accurately reflects the needs, aspirations, and values of our community. We invite you to review the document and share your comments, suggestions, and concerns.

Please direct your feedback and comments to:
Nicholas Point, Executive Coordinator
Nicholas.Point@cheamband.com
604.703.3383



The deadline for submitting feedback is March 14, 2025.

After this date, we will begin finalizing the strategic plan for implementation.

We greatly appreciate your input and encourage you to actively engage in this process. Together, we can make this plan a valuable resource for our community's continued growth and prosperity.

DOES THE FNHA SECURITY BREACH EFFECT YOU?

If you are concerned with whether your personal data was hacked in the FNHA security breach in May we have a staff member on sight to help our members find out. Please contact shawnee.linger@cheamband.com, 604-794-7927 or drop by the Band Office Health Department.

What happened, and when did this happen?

During the week of May 13, 2024, FNHA responded to an incident in which an unauthorized entity (the attacker) gained access to certain FNHA information technology systems. FNHA detected and immediately responded to this incident while it was occurring, but the attackers were able to access, copy and steal files from one portion of the FNHA network.



Community Townhall



March 12, 5pm in Gym
Come share a meal, some
door prizes, and conversation
with Chief and Council.

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.





Tenancy Agreement Renewals

March 17-20, 9am - 4pm

Please contact the Band Office front desk at 604-794-7924 to book an appointment with Housing for on one of these days.

Post Secondary Sponsorship Applications

Please be advised that the BC Scholarship Society has opened the 2025 Indigenous Student Award Program for 2025.

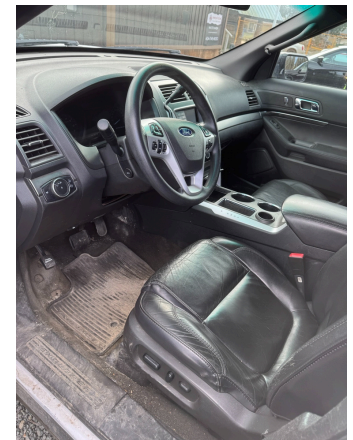
Indigenous students in BC are welcome to apply for either a NEW or RENEWAL Award through an online, secure application website. Detailed eligibility criteria, application instructions and links are available at: <https://www.bcscholarshipsociety.ca/ind.../about-this-award/>.

The Application Deadline for the 2025 Indigenous Student Awards is WEDNESDAY, APRIL 2, 2025. If you have any questions, please email me (Scott) at santaya@bcscholarshipsociety.ca.

CHEAM FIRST NATION IS SELLING OFF OUR USED SECURITY VEHICLES

The first used vehicle that we have up for sale is a 2013 Ford Explorer \$6,000

*Leather interior * 270,000km * Certified cheque or money order * Needs some work, but is running currently * First dibs to Cheam Community Members * More photos available by request



For more information, to set up a viewing, or to make a deal, please contact:
Dafyd Haase, Watchmen Manager, CHEAM FIRST NATION - Xwchíyò:m
P: 236-338-1207 dafyd.haase@cheamband.com

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

NORAH ANNIE NEWMAN

MARCH 7

JUDITH ELLEN DOUGLAS

MARCH 19

NORA JEAN DODSON

MARCH 27

WAYNE ROBERT DOUGLAS

MARCH 29

CHARLES KIRKLAND DOUGLAS

APRIL 1

LYLA JANE VICTOR

APRIL 16

GRACE UNRAH

APRIL 23

2025 CHEAM ELDER'S MEETINGS

- 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

NETTLE PESTO RECIPE

INGREDIENTS:

- 1 small bag (about 6 cups) Young fresh bag of nettles, rinsed
- 1 bunch (about 2 cups leaves) Basil, stems removed, washed, and drained
- 1/2 cup Parmesan or Romano cheese, grated
- 1/3 cup Walnuts or Pine Nuts
- 1/3 cup Extra virgin olive oil
- 1-3 cloves Garlic, chopped
- 1 tsp Lemon juice
- to taste Salt and pepper



INSTRUCTIONS:

1. Add your nettle and basil to your food processor or blender, along with your walnuts and garlic. Mix.
2. Add your lemon, cheese and oil and mix again until blended.

Source: *Food Is Medicine Cook Book*

Join us for Elder's Tea

We invite the Elders to meet the nurse. Cheyenne is the RN with Seabird Island and works in community. Take the time to get to know your community health nurse and learn about what services are provided to community. Come have some tea and refreshments and get to know the nurse :)

Seabird Island Health

Please sign up with Sarah at 778-839-5194 or sarah.aleck@cheamband.com, and let her know if you require transportation.



You're Invited to AESS HOUSE POST CEREMONY

Thursday March 13th 9am-10am

Location: School gymnasium and foyer

Please join us for refreshments in the Indigenous Support Room after the Ceremony

Shawnee.kruger@sd78.bc.ca
Laura.jeanes@sd78.bc.ca



First Nations Child and Family Services and Jordan's Principle Settlement

The Claims Period for the Removed Child Class and their eligible Caregiving Parents or Caregiving Grandparents opens on March 10, 2025.

It's time to get ready.

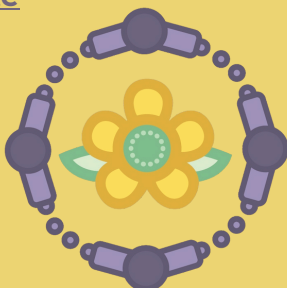


Removed Child Class



Removed Child Family Class

- [Learn more about the Settlement](#)
- [Sign up for Updates](#)
- [Website](#)



Are you a First Nations individual who was removed from your home as a Child, on Reserve or in the Yukon, between April 1, 1991, and March 31, 2022, and placed into care funded by Indigenous Services Canada? Or are you the Caregiving Parents or Caregiving Grandparents of a Removed Child?

If so, you may be eligible for compensation under this Settlement.

Compensation is not yet available, but you can get ready to submit your Claim by ensuring you have:



valid government-issued identification



a mailing address



a bank account in your name for compensation deposit

For more information about the Settlement and Claims Process, visit www.FNChildClaims.ca or contact the Administrator toll-free at 1-833-852-0755.

Mental health counselling and crisis support is available to Class Members 24 hours a day, seven days a week, through the Hope for Wellness Helpline at 1-855-242-3310 or online at HopeForWellness.ca.

Wellness support is also available through Kids Help Phone: 1-800-668-6868 or text FIRSTNATIONS to 686868.

Scan here for more information:



PROGRAMS/EVENTS

EMERGENCY MANAGEMENT

HAZARD, RISK, AND VULNERABILITY ANALYSES (HRVA) TRAINING



EMRG-1121

Tuesday, April 22 2025



Full Day 9am – 4pm
Cheam Gymnasium



Coffee, lunch, snacks will be provided

Using a selection of tools, this course guides learners through the process of identifying hazards, evaluating risks, assessing vulnerabilities and resilience, and assessing impacts of potential disasters on communities and organizations.

This course also discusses hazard mitigation, resilience plans, community engagement, and continuous improvement.



Registration: Please contact Catana Tommy, by email at catana.tommy@cheamband.com, by phone at (604) 745-8010 or stop by the Band Office.

Registration Deadline: March 15, 2025



Facilitated by
Justice Institute
of BC



“The class will be slow moving and focused on the breath to ease the mind and body”



FAMILY YOGA W/ INNER VISION YOGA

March 10, 5:30pm-6:30pm
On Mondays for 6 months

Learn how to incorporate mindfulness into daily life and benefit from focusing on one thing at a time. This yoga class is non-competitive and encourages each individual to flow at their own pace.

- All equipment included
- Please dress appropriately



**Facilitator is:
Natasha Aleck**

RSVP to Nikki at 604-794-7927 or
nichole.jackson@cheamband.com

INNER VISION

YOGA

XWCHÍYÒ:M

*Join us for great deals on our
used tools & equipment on
March 30, 2025!*

USED TOOL SALE



**8:30am - 2:30pm
Cheam Classroom
during Trev's Market**

52161 Victor Drive, Rosedale BC

THE OUTLAND YOUTH EMPLOYMENT PROGRAM

FIND US ON



EQUITY & OPPORTUNITY

for Indigenous youth through

A REMOTE CAMP EXPERIENCE:

- Gender-sensitive accommodations
- On-site chef
- 3 meals and snacks
- Bi-weekly pay schedule
- Free time after work:
 - workout spaces, volleyball, swimming, canoeing, etc

1. EDUCATION

OYEP offers alternative, land-based education to support all forms of learning styles.

- Opportunity to tour active natural resource operations
- Energy, mining and forestry education
- Science Week - spend a week living at and attending class as a post secondary student at a College and/or University!
- Two high school credits*
*Based on province

2. WORK

Gain valuable work experience in Silviculture, Forestry and Mining!

- Tree planting
- Brush cutting
- Juvenile spacing
- Trail building, clearing and maintenance

3. TRAINING

During the 6 weeks, complete various training with accredited certifications that focus on employment Natural Resources sector:

- WHMIS
- First Aid
- Canoe Safety
- Tree Planting
- Brush Cutting
- Forest Fire Fighting
- Chainsaw Safety
- Learners driving permit training
- and more!

WHO CAN APPLY:

- Indigenous youth
- 16 to 18 years of age
- Eligible to work in Canada
- Must have a Social Insurance Number

HOW TO APPLY:

- Email: OYEP@dexterra.com
- Visit: www.OYEP.ca
- Speak to your school guidance counsellor!



SIX WEEKS ON THE JOB



SAFETY



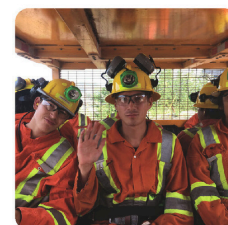
FORESTRY



**SCIENCE
WEEK**



ENERGY



MINING



**FIELD
WORK**

Free Tax Assistance for Indigenous Entrepreneurs in the Stó:lō Territory.

Liaison Officer seminars

for small business owners
and self-employed individuals



If you have inquiries related to taxes, this is an excellent opportunity to have them addressed!

Our seminars are conducted by professionals from the Canada Revenue Agency (CRA), who will provide valuable insights on the following topics:

- Business tax deductions
- Common tax errors
- Useful tools and services available through the CRA
- General bookkeeping concepts and best practices
- Taxation on and off reserve

Join us to enhance your understanding and navigate tax-related matters effectively.

March 10, 2025

1:00 - 4:00 pm

Lunch Provided

March 11, 2025

9:00 am - 12:00 pm

Breakfast Provided

Location:

Bldg 10 - 1st Floor, 7201 Vedder Road, Chilliwack



Door Prizes Provided



Please RVSP



Canada Revenue
Agency

Agence du revenu
du Canada

Canada



INDIGENOUS
BUSINESS DEVELOPMENT
SERVICES



Community
Futures Stó:lō



First Nations Health Authority
Health through wellness

Do you have a good understanding of your FNHA/Pacific Blue Cross benefits?

Do you know what kind of things are covered or how to get them covered?

Would you like to have a better understanding of your benefits?



**Join us on April 2nd at 5pm
Cheam Gymnasium**



We will have dinner, then a presentation from Sandy Martins-Toner from FNHA. She will be able to answer any questions that you may have.

A zoom link will be provided for those that cannot attend in person.

Please RSVP to Sarah Aleck at 778-839-5194 or sarah.aleck@cheamand.com if you would like to attend (so we can ensure there is enough dinner available). Please also let her know if you have any dietary restrictions, or are in need of transportation.

YOUTH LAND PARTICIPATION OPPORTUNITY

We are looking for young adult participants (finished with school, as this is during school hours) who are interested in learning firsthand about the land and offering inspiration to Land Guardianship.

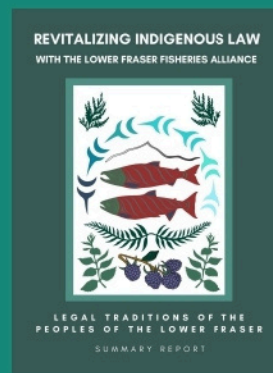
Our Knowledge Keeper will be doing 2 field days to start:

- The morning of March 13 (until approx. 2:00pm) This day is an easier hike
- The day of March 17 (time range tbd, but assuming it would be a full day) You must be able to hike off-trail

RSVP to Roxanna at roxanna.kooistra@cheamand.com by March 9th.

We are also speaking with another leader to add 2 more potential field days, so if these dates don't work for you but you are still interested, please feel free to sign up for future opportunities.

RESPECTING ORAL HISTORY AND TRADITIONS: World of Words Workshop



Leah Ballantyne LLM

March 15 10:00 am
Agassiz Library

**The Kent Harrison Arts Council and Agassiz Library invite you to a presentation
by Leah Ballantyne on behalf of the Lower Fraser Fisheries Alliance.**

Join us for a shared discussion and analysis of oral stories, traditions and Elders' knowledge that reflect the wisdom and voices of the peoples of the Lower Fraser. The LFFA RELAW Summary Report and volumes provide a basis for ongoing learning and dialogue. LFFA recognizes the importance of traditional stories (sxwōxwiyám/ s'x'wəx'wəyém and sqwélqwel/ sq'wəlq'wəl) and Elders' knowledge as it relates to watershed management – and we help others to do the same!

We look forward to seeing you at this event!



LOWER FRASER
**FISHERIES
ALLIANCE**

The
KENT HARRISON ARTS COUNCIL
RANGER STATION ART GALLERY

96 ROCKWELL DRIVE, HARRISON HOT SPRINGS 604-796-2723 kentharrisonartsCouncil@shaw.ca

FVRL
FRASER VALLEY REGIONAL LIBRARY

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](#)
- [Housing Clerk](#)
- [Lands Coordinator](#)
- [On-call Labour](#)
- [Project Coordinator](#)
- [Rights & Title Manager](#)
- [Supportive Housing Worker](#)
- [Watchmen](#) (security)
- [Wellness Advocate](#)



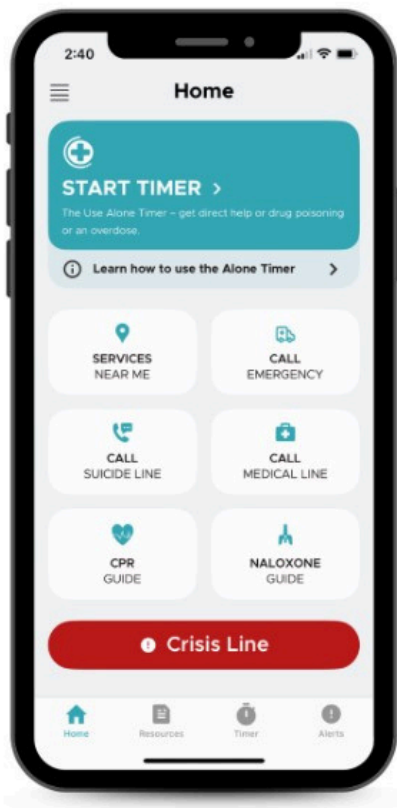
WHY WORK FOR CHEAM?

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



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