



XWCHÍYÒ:M

APRIL 4, 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

APRIL 4 - CHEAM NEWSLETTER
APRIL 7 - CHEAM YOGA CLASS
APRIL 8 - TAEKWONDO CLASSES
APRIL 10 - TAEKWONDO CLASSES
APRIL 12 - CHEAM EASTER BRUNCH & HUNT
APRIL 14 - CARTER MOBILE HEARING CLINIC
APRIL 14 - CHEAM YOGA CLASS
APRIL 15 - CHEAM ELDERS MEETING & LUNCH
APRIL 16 - CHEAM YOUTH COUNCIL
APRIL 17 - TAEKWONDO CLASSES
APRIL 18 -21 BAND OFFICE CLOSED

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.



The Hope Slough project is doing restoration planting along the slough for the next couple of weeks? If you see our planters, wave and cheer them on:)



With funding from DFO, Pelólxw Youth took the lead on a planting project along the Hope Slough! Big thanks to Elia from Alongside Research and our awesome restoration team, Sophie and Eri. Huge kudos to the youth—your work is making a difference!



JOIN US MAY 4TH, 2025

- * Save the Date, more details to come!
- * Everyone is welcome.
- * Poster-making & awareness videos on Friday, May 2nd.

Vist & share the event page!

[MMIWG2S+ Awareness March](#)



4

Sunday, May 4, 2025 at 10 AM

MMIWG2S+ Awareness March

CHEAM'S NEW YOUTH COUNCIL

We are excited to invite all Cheam Youth between the ages of 16-26 to our first Youth Council meeting on Wednesday April 16th from 4:00-7:00pm in the Cheam gymnasium.

This special evening will be a way to gather together and have Cheam Youth lead the discussion on what our Youth Council will look like, and an opportunity for youth to contribute to the creation of the Youth Council's structure.

This Council is a meaningful way for our youth to connect, let their voices be heard, and be more involved in the community.

If you have any questions please contact catana.tommy@cheamband.com

[Watch the video on Facebook!](#)

[Watch the video on TikTok!](#)



CHEAM'S SPRING CLEANUP 2025

Spring Cleanup will look a little different this year. Instead of having dumpsters delivered at an exorbitant cost (and many limitations), we will be utilizing our own truck & creating work for community members.

April 7- 17th For our Elders & disabled community members, we will remove the items from your home that you would like to dispose of. Please contact Dominic at 604-991-8316 to sign up for this service.

April 22 – May 2 The rest of our Cheam community is invited to place disposal items at the end of their driveways, and we will come around and pick up loads for the dump.



The following materials are banned from disposal at the Bailey Landfill:

- hazardous waste
- soil contaminated with hazardous waste
- special waste as defined by the BC Ministry of Environment
- biomedical waste, sharps or infectious materials
- any explosive substance, object or mechanism
- materials that are on fire or above a temperature of 65.5 degrees Celsius
- flammable, combustible or oxidizing materials
- materials that can be recycled through the Curbside Recycling Program
- beverage containers
- compostable waste (food waste, food-soiled paper and yard waste)
- trees, stumps or large logs (exceeding 360 mm in diameter)
- wood treated with creosote, petroleum derivatives, etc.
- concrete containing rebar
- materials originating from industrial and/or agricultural operations
- rubber tires
- small appliances or electronic waste
- light bulbs and light fixtures
- corded and battery-powered electrical outdoor power equipment (gas-powered outdoor power equipment is accepted as scrap metal, provided all oil and gas are removed)
- motor vehicle bodies and other large metallic items, including farm implements
- carcasses, offal or viscera or agricultural or commercial sources of animal excrement
- semi-solid and liquid waste (raw sewage, septic tank sludge, grease trappings)
- industrial or commercial spools
- any single item larger than 2 cubic metres
- waste oil, oil filters or oil containers
- wet cell batteries



XWCHÍYÒ:M

CHEAM FIRST NATION

CHEAM'S POST-SECONDARY SPONSORSHIP APPLICATION

The application can be found on our website at the link below. Complete application packages must be received by the Cheam Education Department by May 1st for both the Fall & Winter semesters of 2025-2026.

<https://cheam.ca/wp-content/uploads/2025/03/Cheam-Post-Secondary-Sponsorship-Application-2025.pdf>

Applications can be emailed, mailed or faxed to the following:

Cheam First Nation
52161 Victor Dr
Rosedale, BC VOX 1X1
Fax: (604) 794-7456
Email: education@cheamband.com

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.



2025 COMMUNITY HEALTH SURVEY

With the addition of the new Community Health Representative (CHR) role at Cheam we wanted to find out how we can improve our Health Services to you our members, and if there are any information gaps between what is available through our partners and in the community. Please fill out this survey before **April 17th** to be entered to win one of 3 great prizes; a custom Cheam cutting board, a \$50 Mad Butcher g/c or a beautiful blanket. Surveys filled out at the open house will also count. <https://www.surveymonkey.com/r/KSGV93B>



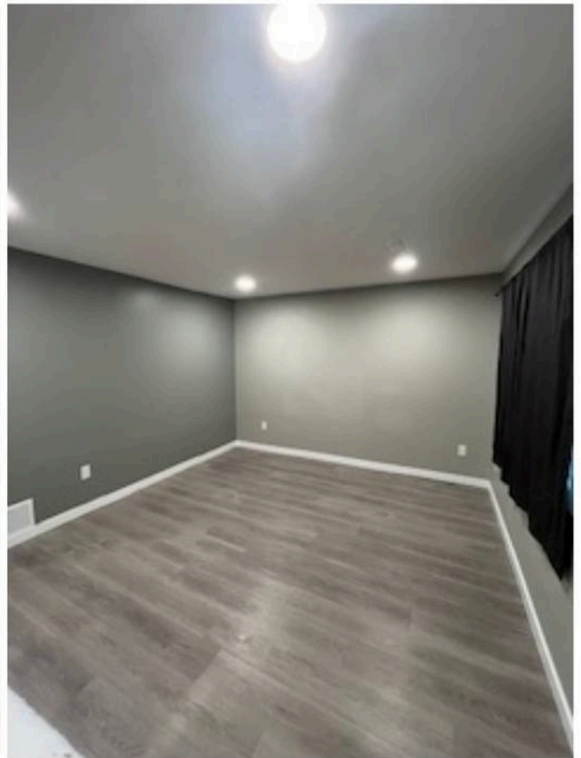
SOCIAL ASSISTANCE CHEQUE SCHEDULE 2025



| Cheque | Renewals Due By: | Ck. Release Date | Mid-Month 2 |
|----------------|--------------------|------------------|--------------------|
| January 2025 | December 15, 2025 | January 2, 2025 | January 14, 2025 |
| February 2025 | January 14, 2025 | February 1, 2025 | February 15, 2025 |
| March 2025 | February 15, 2025 | March 1, 2025 | March 15, 2025 |
| April 2025 | March 15, 2025 | March 31, 2025 | April 14, 2025 |
| May 2025 | April 14, 2025 | May 1, 2025 | May 15, 2025 |
| June 2025 | May 13, 2025 | May 30, 2025 | June 13, 2025 |
| July 2025 | June 15, 2025 | June 30, 2025 | July 14, 2025 |
| August 2025 | July 15, 2025 | August 1, 2025 | August 14, 2025 |
| September 2025 | August 15, 2025 | August 29, 2025 | September 15, 2025 |
| October 2025 | September 15, 2025 | October 1, 2025 | October 14, 2025 |
| November 2025 | October 14, 2025 | October 31, 2025 | November 14, 2025 |
| December 2025 | November 14, 2025 | December 1, 2025 | December 15, 2025 |

AT THE REQUEST OF OUR INCOME ASSISTANCE CLIENTS, THE CHEQUE DATE FOR THE END OF THE MONTH HAS NOW BEEN CHANGED TO THE FIRST OF EACH MONTH.

FOR RENT



2 - 52174 Victor Drive - CFN 4 Plex

Deadline - April 25

\$ 700 / month

2

Bedrooms

1

Bathroom

APPLY TODAY

Application form available on cheam.com,
or email lydia.archie@cheamband.com or
drop in to the front desk



More information: Tel: 604-745-8035 email: lydia.archie@cheamband.com

www.cheam.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

LYLA JANE VICTOR

APRIL 16

GRACE UNRAH

APRIL 23

OLA DIANE SMITH

APRIL 26

BOBBY YUNICK

APRIL 27

DIANA LYNNE HUDSON

APRIL 28

2025 CHEAM ELDER'S MEETINGS

- 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

MEMORIAL GAZEBO CEREMONY

Save the date for April 27th for an event to celebrate the completion of this special space.

More details to come soon.



ALL NATIONS ELDERS LUNCHEON

The next All Nations Elders Luncheon will be at Skwah First Nation Community Hall on Wednesday May 7, 2025 from 11:00 am (doors open), lunch is served at 12:00 pm until 1:00 pm. The Compassionate Neighbourhood Health Partners Society (CNHPS) asks that you pre-register. You can phone 604-798-2023 or email neighborhealth@gmail.com to let them know you'd like to pre-register for the above named event. We would love to see your community Elders there.

PROGRAMS/EVENTS

CHEAM EASTER BRUNCH & HUNT

APRIL 12, 2025
10AM - 1PM



- **BUFFET BRUNCH**
- **DOOR PRIZES**
- **COOKIE DECORATING**
- **FACE PAINTING**
- **EASTER EGG HUNT**



FOLLOW CHEAM FIRST NATION'S SOCIAL MEDIA ACCOUNTS:





First Nations Health Authority
Health through wellness

Blood Glucose Testing Strips

Have you or a loved one been recently diagnosed with diabetes?

You may have been told by your care provider to start checking your blood sugar. Information about your blood sugar can help guide your health and wellness decisions. For most people with type 2 diabetes, occasional checking is usually enough. More frequent checking may be needed if you are taking certain medications (such as insulin) to manage your diabetes. Talk to your healthcare provider about your diabetes treatment and how often you should check your blood sugar.

Learning about your diabetes is important.

Exercise, food, stress, medications, and illness can all affect your blood sugar. Checking your blood sugar can help you make decisions that keep you at a balanced sugar level. Maintaining balanced blood sugar levels is important for your wellness as it helps prevent complications of low blood sugar and protects your heart, eyes, kidneys, feet and blood vessels from damage related to consistently high blood sugar.

*Did you know?
Blood glucose test strips are covered by First Nations Health Benefits.*



*Did you know?
If you are using insulin to manage your diabetes, you may be eligible for a continuous or flash glucose monitor (such as the DexCom G6®, DexComG7® or FreeStyle Libre 2®). Talk to your prescriber about this option.*

Frequently Asked Questions

How do I activate coverage for test strips?

You or your healthcare provider can activate lifetime coverage for test strips by calling First Nations Health Benefits (FNHB) at 1-855-550-5454.

Additionally, test strips coverage can be activated after attending an education session at designated Diabetes Education Centre.

How many test strips am I eligible per year?

The number of test strips you are covered for is based on the diabetes treatment you are receiving. In the event of an exceptional circumstance where you need additional test strips, your prescriber may be able to request approval through the Special Authority process.

Do I have to buy my own glucose monitor?

No, you do not have to buy your own glucose monitor. Monitors are free when you receive test strips.

What other products are available to support blood glucose checking?

In addition to test strips and glucose monitors, you will also find lancets, sharps containers, alcohol swabs, and ketone strips at your local pharmacy. Talk to your pharmacist to access coverage for these products.



For more information about the items covered by your drug plan, contact your local pharmacy or speak with a First Nations Health Benefits pharmacy assessor at 1-855-550-5454.

For more information about Health Benefits coverage of diabetes medications and supplies, scan the QR code above.

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



FAMILY YOGA W/ INNER VISION YOGA

*Every Monday for 6 months
4:45pm-5:45pm*

***NEW
TIME**

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



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.

Moving forward we will be splitting our Taekwon-do classes into 2 sessions. Still held on Tuesdays and Thursdays. The times have changed to accommodate the new structure below:

- **5:30-6:30pm will be for participants in the age group of 5-7**
- **6:30-7:30pm will be for participants in the age group of 8-adults**

Please make sure that you are on time to class if not at least 5 mins early, and also make sure to wear the right attire. Open to both Cheam & Seabird community members. Any questions can go to Kat at familysupport@cheamband.com

CARTER

Hearing

Come in for your *Free*
Hearing Screening!

for your peace of mind

Quality
Assured



April 14, 2025
9:30am - 4pm

Please sign up to:

778-839-5194 or sarah.aleck@cheamband.com

Laura Carter, RHIP.

*Registered Hearing Instrument Practitioner
Owner and Clinic Manager*



Chilliwack
School District

KINDERGARTEN REGISTRATION IS OPEN!

Chilliwack schools are accepting Kindergarten registrations
for **September 2025**.

IF YOUR CHILD WILL BE FIVE YEARS OLD BEFORE
DECEMBER 31, 2025, PLEASE REGISTER AT:



<https://sd33.bc.ca/registration>



REGIONAL HEALTH SURVEY (RHS4) Cheam

Share your voice
and receive a \$25
gift card for
participating!



Adults who
complete the
survey to be
entered in a
monthly draw
for \$100 Visa
Gift Card!

What is the RHS4?

The RHS is a voluntary nation-wide survey for First Nations people **living in their home community**. It asks about wellness, access to health care, health conditions and behaviors, housing, traditional health, food security, water quality, etc. The survey is important to gather data that will help in policy development and decision-making to improve the well-being of First Nations people. Your voice is important, and we want to hear it!

Visit www.fnha.ca/health-surveys for more information about us!

Ways to
take the
RHS4



ONLINE



OVER THE PHONE



IN-PERSON

Interested in participating? email RHS4@fnha.ca or

call our toll-free line at 1-833-633-3642 press #3 and #3 to connect to our Knowledge Gatherers

Only Nation members living in Cheam First Nation Community may participate



REGIONAL HEALTH SURVEY (RHS4)

Cheam Youth

You could win a Nintendo Switch!



What is the RHS4?

Scan the QR code below with your phone to watch RHS4 video on YouTube



Your voice matters!

The RHS is a voluntary nation-wide survey for First Nations people **living in their home community**. It asks about wellness, access to health care, health conditions and behaviors, housing, traditional health, food security, water quality, etc. The survey is important to gather data that will help in policy development and decision-making to improve the well-being of First Nations people. Your voice is important, and we want to hear it.

All Youth participants who complete the survey in will receive:

- \$25 gift card on completion of survey
- Automatic entry into a grand prize draw, with a top prize of a Nintendo Switch and second or third prize of a Nintendo Switch Lite

Interested in participating? email RHS4@fnha.ca or

call our toll-free line at 1-833-633-3642 press #3 and #3 to connect to our Knowledge Gatherers

Only Nation members living in Cheam First Nation Community may participate



Stó:lō Artist & Crafters

Are you a Stó:lō Artist or Crafter who would be interested to earn
\$300.00 per day on April 26th & 27th, 2025

CCEC has secured a funding support from FNCCEC to facilitate our 2nd Cultural Sharing Weekend Event and we would like to hire Stó:lō Artist/Crafter for one or both days to share your knowledge and skill of your art or craft to our Stó:lō community members. Up to 100 registered participants each day will have the opportunity to purchase one of your kits



WHO should register as an Artist or Crafter?

If you are a local Stó:lō First Nation Artist/Crafter who is keen to earn \$300.00 per day and can produce up to 50 quality kits for the event to sell and teach to our registered Stó:lō participants then this is a great opportunity for you!

Your activity may take 1 hour or 2 days to complete -we will review the contents and time needed for the activity.

You will provide the supplies in a kit to sell to your participant and you will teach the activity. We suggest you create at least 50 kits for short workshops and 25 for longer workshops. Especially if you plan to be at the event for both days

NOTE: Refreshments and lunch will be provided daily to all participants.



WHAT type of arts/crafts can be shared?

Example: a Cedar kit to make a rose - could be a 1-hour workshop but a cedar woven hat may take 2 days. Drum or Drum Stick making- drum over 2 days but will still have time while it is drying to make a drum stick and learn a Traditional song or two. Beading - a pair of earrings, a flower or a lanyard – each of these will vary in time – one hour to two days. Crochet or knit coin bag, headband or leggings. Salish weaving for small wall hanging or headband. Learning Halq'emeylem basic greetings and or phrases. Traditional teas, salves or natural remedies and or gathering of traditional items.

Contact CCEC email admin@coqualeetza.com or call 604-858-9431 for more info.

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](#)
- [Lands Coordinator](#)
- [On-call Labour](#)
- [Public Works – SASET](#)
- [Recreational Summer Student](#)
- [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

[Check out our upcoming Cheam Job Fair on July 16th, 2025. Everyone welcome!](#)

XWCHÍYÒ:M

CHEAM FIRST NATION

JOB FAIR

JULY 16, 2025

**SAVE THE
DATE!**

WE BRING THE JOBS TO YOU!





Where ideas work



Indigenous Youth Internship Program (IYIP) **\$59,015.56 annually**

Internships will begin on September 8, 2025, and end on August 31, 2026. Internships may be located in Vancouver, Victoria, or multiple communities around the Province of BC, depending on positions and operational requirements.

Gain valuable experience through this award-winning program - with an opportunity you'll never forget!

Find out more about the program, its people and successes, and submit your application before April 30, 2025. You will learn many aspects of public service and provincial government processes, participate in workshops across the province, develop your leadership and professional skills and create a path for your future education and career development.

The Indigenous Youth Internship Program (IYIP) will launch its 19th year in the public service this September. The one-year opportunity – led by the BC Public Service Agency – welcomes exceptional Indigenous youth ages 19-29 and supports you through:

- Nine months of work in a ministry.
- Three months of work at an Indigenous organization in BC.

[Click here for more information or to apply online](#)

CANADAS FEDERAL ELECTION

With the federal election now underway, here are the key deadlines to help you plan.

Registering to Vote

To vote in a federal election, you must be registered on the list of electors.

- Register in advance at [Elections Canada's Online Registration Service](#).
- If you register in advance at the correct address, you will receive a voter information card in the mail. This card tells you when, where, and the ways to vote.
- Deadline to register in advance: April 22, 6 p.m. (local time)
- You can also register at your polling station when you go to vote.

Voting at an Elections Canada Office

- You can vote early at any Elections Canada office across the country by April 22, 6:00 p.m. (local time).

Voting by Special Ballot

Any elector who cannot or does not want to vote at an advance or election day poll can apply to vote by special ballot. You can apply to vote by mail on the [Elections Canada website](#). With a special ballot, you can vote by mail or in person at any Elections Canada office.

- Apply to vote by special ballot as soon as possible. You must submit your completed application by April 22, 6 p.m. (local time). We strongly recommend not to wait until then to apply.
- To be counted, completed special ballots must arrive at Elections Canada in Ottawa by election day, Monday, April 28, 6 p.m., Eastern time.
- Once you've applied and been accepted for a special ballot, this will be your only way to vote; you cannot vote at advance polls or on election day.

For Assistance at the Polls

To request voting assistance in advance, including language and sign language interpretation, call the Elections Canada office in your riding by the Tuesday before election day, April 22, 6 p.m.(local time). You can find the number:

- On your voter information card
- By entering your postal code into the Voter Information Service box at [elections.ca](#)
- By calling Elections Canada at 1-800-463-6868 or 1-800-361-8935 (TTY)



The Assembly of First Nations (AFN) is working together with Elections Canada to eliminate barriers to First Nations' participation in federal elections, if they choose to participate.

Elections Canada Employment Opportunities

Elections Canada is recruiting community members 16 years and older to apply to work at polling stations. Elections Canada offers paid employment and training. Weekend hours are available, and applicants can choose to work in the riding that is most convenient for them.

Poll Worker Positions

Poll workers work primarily at polling places, on the front line and make it possible for electors to vote in an orderly fashion. Poll workers can work on election day, during advance polling days, or both. Shifts typically begin an hour before polls open and end after the last ballots are counted. Paid training is provided.

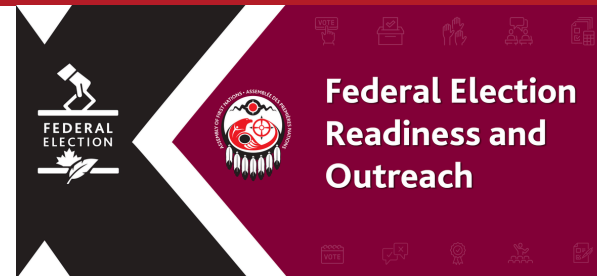
For more information and to apply, visit: Elections Canada - [Employment Opportunities](#).

Indigenous Community Relations Officer Positions

Indigenous Community Relations Officers (ICROs) play a critical role in ensuring that electors who face barriers to voting can access the information and assistance they need to participate in federal elections. ICROs work with local leadership to raise awareness of registration and voting and to ensure accessibility for First Nation electors throughout the electoral process.

For more information and to apply, visit: Elections Canada - [Employment Opportunities](#).

If you have any questions, please email electoraloutreach@afn.ca



CHEAM WATCHMEN PROGRAM



Sergeant of the Month: Tim Fayant. Tim has been instrumental in the development of our program. He has been a tremendous asset to the team and just an overall great person to rely on. We honour him with the Sergeant of the Month Award.

Client Service Award: Robyn Haase. Robyn has been critical to the smooth operation of the Gravel Pit. Ram Environmental has numerous mentions that they would not want to liaise with anyone else. She continues to set the bar high for others and has built a deep connection with the Ram Environmental Team. Robyn's award was presented by SGT Tim Fayant.

Most Inspiring Employee Award: . Sergeant Lughmani has been extremely kind, considerate and understanding in everything she does. She is a shining example to the rest of the team and inspires others to be better and do more. She cares for the Cheam community deeply, and this is reflected in her duties every day. She continues to strive for excellence, and I am sure we will see many more great things from her in the future.

These employees of the Watchman Program have brought honour to themselves, to the Watchman, and to all of Cheam with their actions. Together, we can build a safer and brighter future for Cheam.

SAFETY TIP

BE AWARE, BE PREPARED, STAY CONNECTED



Our community's safety is a shared responsibility. Here are some important tips to help keep you and your loved ones safe:

Trust Your Instincts – If something feels off, take precautions and remove yourself from the situation.

Stay Connected – Let family or friends know where you are going and when you expect to return.

Light Your Path – Keep outdoor areas well-lit at night and carry a flashlight when walking in dimly lit areas.

Know Who to Call – In case of emergency, call the Watchman at 604-745-8052

Respect Traditional Protocols – Following cultural teachings and looking out for one another strengthens our community's safety.

Together, we can create a safer, stronger community for all. Stay safe and take care of each other!

Thank You, Cheam Community!

We sincerely appreciate everyone who attended our recent Cheam Community event on public and community safety. Your participation, insights, and dedication to making your neighbourhood safer mean so much to us. Together, your voices shape positive change, and together, we can shape a safer, stronger, and more connected community. We're excited to continue this important work with your support.

What We Heard:

- Reducing Theft & Break-Ins
- Visitor Monitoring & Access Control
- Potential for a Gated Community
- Highway Detour Policy
- Improving Emergency Response Times
- Family Involvement in Resolution Processes
- Enhancing Community Lighting & Walkways
- Installing a Community Camera System
- Updating Google Maps for Accurate Addresses
- Strengthening RCMP Communication
- Enforcing Dog Leash Laws
- Community Announcements & Public Safety Reports
- Transparency in Community Incidents
- Ensuring Watchmen Know Community Members
- Advanced Training for Watchman Staff
- Enhancing Communication & Safety Planning



Next Steps:

We have organized all the feedback into overall goals and action items and have ranked the action items based on their timeline and cost to implement. We will be presenting an overall plan to Chief & Council for their comments and buy-in, and then likely will have another community engagement session to refine the top-picked ideas. The great news? Some initiatives are cost-effective and can be implemented right away! Others will require strategic planning, and we'll keep the community informed as we progress.

Thank you again to those who participated. If you have additional comments, please send them to dafyd.haase@cheamband.com

PUBLIC ANNOUNCEMENT: UNDERSTANDING THE "WATCHMAN" PROGRAM AT CHEAM FIRST NATION

The "Watchman" program at Cheam First Nation is a unique initiative focused on community safety and support, rather than traditional security enforcement. While our program does include some security elements, we are not a security service. Unlike the security industry, which is often centered around enforcing rules and consequences, the Watchman program is about helping, guiding, and connecting.

Cheam First Nation has many valuable resources available to its members. When individuals face challenges such as housing instability, addiction, or other physical and mental health barriers, the Watchman team is on the ground to offer support.

Our approach is twofold:

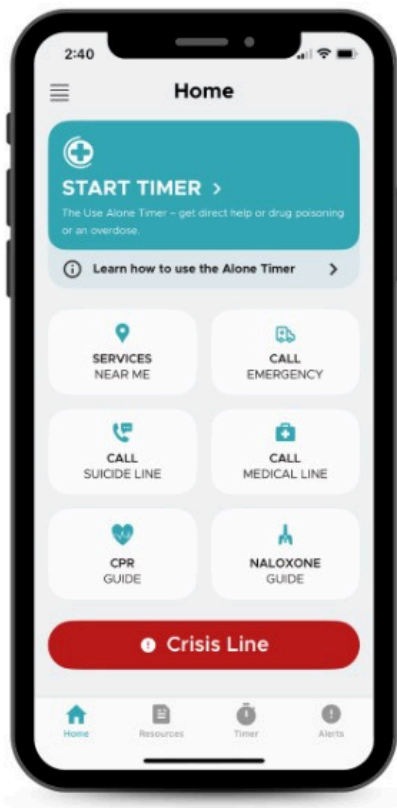
Address immediate needs – We assess the situation and help where possible.

Plan for long-term support – If Cheam has resources available, the Watchman will help facilitate connections to ensure members get the help they need.

Ultimately, the path forward is in the hands of each individual and their families, but the Watchman will be there to encourage, guide, and support them every step of the way.

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