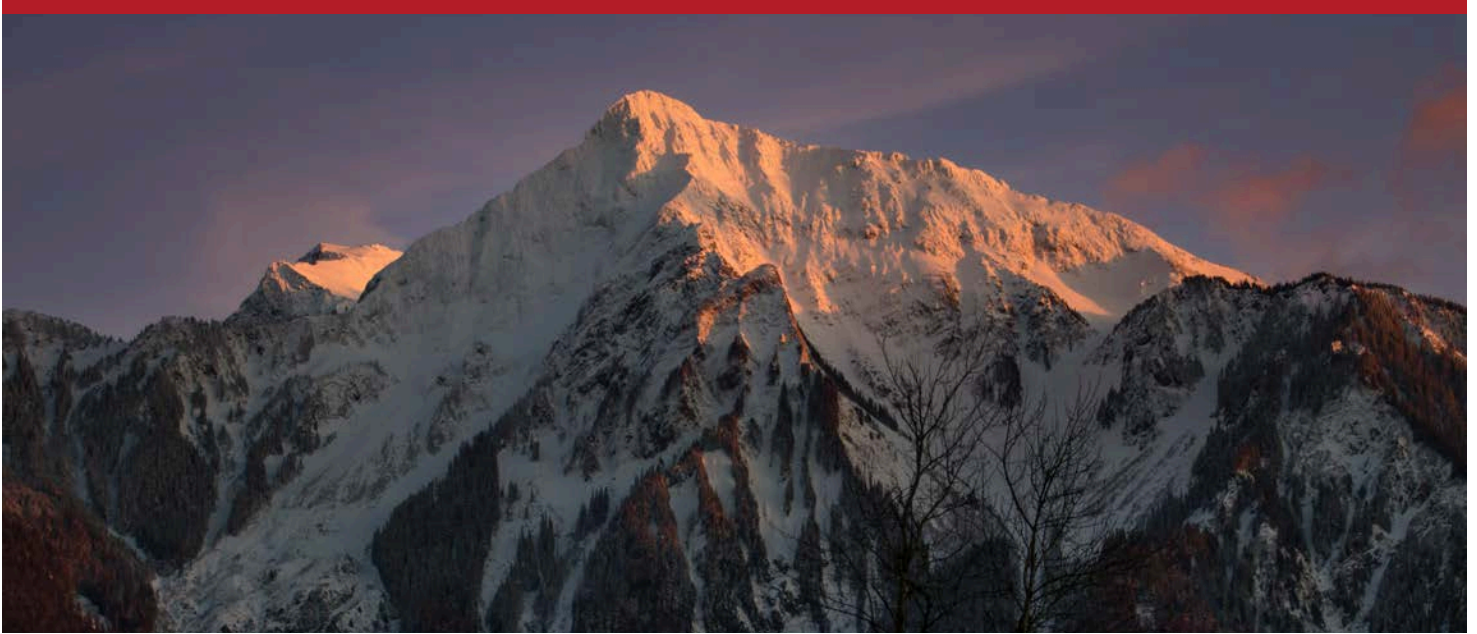




XWCHÍYÒ:M

MAY 2, 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

MAY 2 - FIRST SALMON CEREMONY @ SKWAH
MAY 3 - MMIWG2S+ POSTER MAKING EVENT
MAY 4 - MMIWG2S+ AWARENESS MARCH
MAY 4 - COASTAL JAM
MAY 5 - COMMUNITY KITCHEN & MMIW TALK
MAY 5 - CHEAM FAMILY YOGA
MAY 6 - CARTER HEARING AT CHEAM
MAY 6 - CHEAM TAEKWONDO CLASSES
MAY 7 - COMMUNITY TOWNHALL
MAY 8 - CHEAM TAEKWONDO CLASSES
MAY 9 - CRA/SERVICE CANADA @ CHEAM

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 sqogé;
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.



NOTICE OF CHEAM FIRST NATION REFERENDUM

Notice is hereby given that Cheam First Nation has called a Vote in accordance with the Indian Act *Referendum Regulation* in the matter of determining if Registered Voters approve the Cheam First Nation Custom Election Code.

Question to be asked of the Eligible Voters of Cheam First Nation by Ballot:

1. Do you approve the Cheam First Nation Custom Election Code, with a final draft dated for reference, and presented at a community information meeting on April 2, 2025 & May 7, 2025?

POLLING LOCATION

CHEAM FIRST NATION ADMINISTRATION OFFICE, 52161 VICTOR, DR.
ROSEDALE, B.C.

POLLING DATE & TIMES

Electronic Polls: Open May 30 at 9:00 AM, Closing at 8:00 PM, June 2, 2025

Regular Polls: Open at 9:00 AM, Closed at 8:00 PM, June 2, 2025

IMPORTANT INFORMATION

- **Eligibility to Vote:** All Cheam First Nation Members 18 years of age and older as of June 2, 2025, are eligible to vote in this referendum.
- **Ways to Vote:** Any Registered Voter may vote in person, by Mail-in Ballot, or electronically. Go to <https://www.onefeather.ca/nations/cheam> (Detailed Instructions for voting online are attached)
- **Information Meeting:** An Information Meeting will be held on May 7, 2025, at the Cheam First Nation Administration Offices, 52161 Victor Dr., Rosedale, B.C.
- **Additional Information:** Copies of the Background Documents, the Ratification Documents, Referendum Regulation, and Referendum Process may be obtained from Rachel Wille, and the Voters' List may be examined at the Cheam First Nation Administration Office, 52161 Victor Dr., Rosedale, B.C.
- **Missing or Incorrect Name on Voter List:** Please contact the Ratification Officer by no later than May 2, 2025, if your name is missing or is incorrectly listed on the Voters' List, or if you believe a name has been incorrectly included on the Voters' List.
- **Counting Ballots:** Ballots will be counted at the polling station immediately after the close of polls at 8:00 PM on June 2, 2025.
- **Announcing Results:** The results of the Referendum will be publicly announced at the polling station once the ballots have been counted, will be posted at the Cheam First Nation Administration Office and other locations on Cheam First Nation Reserve, and will be posted online and in other media sources.

Dated at Delta, Province of British Columbia this 16th day of April 2025.

Ratification Officer: Fred Schiffner

For more information, please contact Fred Schiffner, Chief Referendum Officer

Office Phone: 604-786-2512

Email: fschiffner90@gmail.com

Toll Free: 1-800-813-2173

5245 Augusta Place, Delta, B.C., V4M 4E1

Are you ready to vote?!?
Cheam's Custom Election Code (CEC) Vote is on June 2, 2025. Please check out our website for:

- * CEC details
- * CEC voting instructions
- * Important CEC dates
- * Ongoing video interviews from our Elders on the importance of this vote

<https://cheam.ca/2025/04/cheams-custom-election-code-2025>



INSTRUCTIONS FOR VOTING ONLINE

VOTING ONLINE COMMENCES MAY 30TH AT 9:00 A.M.

AND CLOSSES AT 8:00 P.M. JUNE 2, 2025

Welcome to OneFeather – to get started visit the link below and click the **RED** button to get started and you will be guided step by step through the process.

<https://www.onefeather.ca/nations/cheam>

Activating your profile is easy and quick. You will require a current personal email address, and when a voting event becomes activated, you will be required to enter your 10-digit status (registry/treaty) number and date of birth. OneFeather protects your personal and confidential information using the latest encryption technologies and data protection systems and architecture. To learn more about how we protect your data and personal information please visit: <https://support.onefeather.ca>

IF YOU HAVE AN PROBLEMS VOTING ON LINE

PLEASE TELEPHONE Fred Schiffner at:

Toll Free 1-800-813-2173

- 604-786-2512

Fred Schiffner- Ratification Officer
Cheam First Nation

**CHEAM'S CUSTOM
ELECTION CODE**

VOTE
JUNE 2ND

**Self Determination
for Cheam First Nation**

ENVIRONMENTAL WORK

Our Environmental Department with the volunteers at SOS Save our Slough, spent the day with 194 students on the Hope Slough! The students learned about Pelólxw history, the importance of salmon in the slough, and had the opportunity to participate in restoration planting.

It's great to see youth, the future stewards of the land, so engaged!



**Cheam's Early Years Program is now open
Monday to Friday from 10am-4:30pm**

**We encourage families who haven't
registered yet to come
by the Early Years building to sign up!**



Thank you to everyone who
attended our BBQ Open House!
We had 8 children register that day.

Please reach out to:

Elisabeth (CC) at 604-794-7924
or EarlyYears@cheamband.com



CARTER Hearing

**Come in for your *Free*
Hearing Screening!**

for your peace of mind

**Quality
Assured**

**Doing follow-up visits if anyone needs their
hearing aids adjusted, or hearing tests**

**May 6, 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

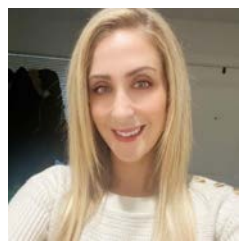
CHEAM STAFF UPDATES



David Ateboh, Accountant, joins the team with a Bachelor's in Business Education (Accounting) from Niger Delta University, a Master's in Oil and Gas Accounting from Robert Gordon University in the UK, and an MBA from University of Canada West. He is a Certified Chartered Accountant (FCCA), a member of ACCA UK, Nigerian Institute of Management (NIM), and Chartered Managers Canada (CIM).



Tanya Bates, Executive Assistant - Throughout her career Tanya has completed various courses through the Government of Alberta, and has completed business and technology courses from the University of Alberta, as well as Payroll Level 1 from NAIT. Her professional journey began with State Farm Insurance as an Executive Assistant before moving into the public sector, where she supported leadership at the Edmonton Remand Centre and served in multiple roles including; Project Coordinator, Business Manager, and Executive Assistant with the Alberta Crown Prosecution Service. She also previously worked as the Executive Assistant to the Director of Education at Seabird Island. A significant milestone in Tanya's career was receiving a Merit Award from the Deputy Minister of Alberta Justice for her involvement in the "Train the Trainer" program, in collaboration with the Canadian Mental Health Association. The program led to the development and rollout of a province-wide First Responders Mental Health Program now being used across Alberta.



Amy Derksen, Housing Clerk, in her role she will support Lydia Archie, Housing Manager and provide general administrative support to the Lands Team. She joins the team with over 15 years of experience in finance and accounting, having worked in a corporate setting and the Metis Nation of BC. She completed her studies at Douglas College in Coquitlam. Amy's strong administrative background and passion for helping others makes her a valuable asset to the Team.



Elisabeth (CC) Hock, Early Years Supervisor, joins the team with a Family Childcare Certificate, Early Childhood Education Certificate, Infant Toddler Certificate, and a Class 1 Commercial Driver's License. In the course of her career, she has held roles in daycares, preschools, Head Starts, and Aboriginal Supported Child Development programs across the Fraser Valley and Northern BC. Her passion for building connections with families and children makes her a perfect fit for the Early Years Supervisor role.



Melissa Knight, Rights & Title Manager, joins the team with a Bachelor's in Anthropology from the University of Western Ontario and a Master's in Archaeology from the University of Calgary. Her professional journey began in research archaeology, working across Latin America (Belize, Mexico, and Guatemala) before moving into consulting archaeology in Ontario, Alberta, and British Columbia. While working in the oil and gas industry in northeast BC, she had the privilege of collaborating with Elders, members and leaders of Treaty 8 communities. In 2005, a Chief encouraged her to apply for a Special Projects Coordinator role in his community, where she joined a team negotiating their Treaty Land Entitlement settlement. Since then, she has been working with Indigenous communities, businesses, and legal counsel to support the assertion of Aboriginal rights and title.



We are pleased to announce the promotion of **Rebecca (Bekki) Pears** from the Administrative Manager role to the **Education Manager** role, effective immediately! Bekki has been a valuable member of the Team, having previously served as our Social Development and Education Clerk, and most recently rejoined the Team as Administrative Manager. Her dedication, passion and strong organizational skills have been evident throughout her time with us. In her new role as Education Manager, Bekki will lead our efforts to support the academic success and personal growth of Cheam's students. Her time with the community has given her a strong understanding of the values, strengths, and aspirations of our youth, and she brings a thoughtful, student-centered approach to everything she does.



XWCHÍYÒ:M
CHEAM FIRST NATION

WATCHMEN

WATCHMEN@CHEAMBAND.COM

604-745-8052



GWXIII
Gathering Wisdom
for a Shared Journey

Honouring our Shared Vision through Culture and Tradition

CALLING FOR EXPRESSIONS OF INTEREST FOR GATHERING WISDOM FOR A SHARED JOURNEY XIII
Vancouver Convention Centre, 1055 Canada Place, Vancouver BC
June 4 – 6, 2025

IMPORTANT APPLICATION DEADLINE: ~~APRIL 18, 2025~~
Please submit your application to FSevents@fnha.ca
by Friday, April 18, 2025

EXTENDED!

The First Nation Health Council (FNHC) has raised the vital importance of having Elders and Youth participate at the *Gathering Wisdom for a Shared Journey* forum. Every 18-months, *Gathering Wisdom for a Shared Journey* manifests the commitments made through the Tripartite BC First Nations Health Plan which underpins the transformation of health and wellness for BC First Nations. Through engagement and dialogue, significant province-wide decisions are made around roles, responsibilities and mandates within the BC First Nations Health Governance Structure.

Hosted by the FNHC, the 2025 Forum will feature discussions on the BC-specific Approach to Indigenous Health Legislation and the Evolution of the Health Governance Structure, updates on engagement, and the roadmap to Gathering Wisdom XIV. There will be opportunities to participate in discussions with the FNHC, First Nations Health Authority (FNHA), the First Nations Health Directors Association (FNHDA) and other health system and government partners.

Elder Participants will witness the discussions and work being done to contribute to the health and well-being of future generations of First Nations in BC. They will be asked to share what they have witnessed with the Fraser Salish Regional Caucus following the forum.

Youth Participants will be offered an opportunity to participate in the Youth Leaders Program. This program provides the chance to learn from the present leaders, and to participate in a provincial-level dialogue on the health and well-being of First Nations in BC.

A Youth Leader is a positive role model in their community between the ages of 19 and 30 who is ready to represent the views of their peers, share their perspectives on health and wellness challenges in their communities, and champion positive change.

Selected Youth Leaders will convene as a group to prepare closing comments to be presented on Day three of the forum based on their reflections, hopes for the future, and recommendations for further engagement with youth.



Why apply?

Selected Elders and Youth will receive an all-expense paid trip to Vancouver for the Gathering Wisdom XIII forum on June 4 - 6, 2025, including travel, accommodation and meals.

Individuals will receive the opportunity to connect directly with First Nation leaders from across BC and share and represent the voices of their communities at the largest Indigenous health and wellness forum in the country.

APPLICATION AND SELECTION PROCESS

How to apply?

There is no application form for this opportunity.

If you meet the requirements below, attach a completed Letter of Endorsement (template provided) and email to: FSevents@fnha.ca by **April 18, 2025**.

Participant Requirements



Elder Participants Must:	Youth Participants Must:
<ul style="list-style-type: none">• Be a member of a Fraser Salish First Nation Community,• Be available to attend the 3-day forum (June 4 - 6) daily from 8:30 AM – 4:30 PM,• Have the physical capacity to travel.• Attach letter of endorsement from Chief (or equivalent), or Band Administration, or Health Department indicating community endorsement and travel support (template provided).	<ul style="list-style-type: none">• Be between the ages of 19 – 30,• Be available to attend a Youth Leaders Program Dinner on June 3,• Be available for the 3-day forum (June 4 – 6) daily from 8:30 AM – 4:30 PM,• Be comfortable with public speaking in front of approximately 700 attendees: youth will share closing comments on June 6.• Attach letter of endorsement from Chief (or equivalent), or Band Administration, or Health Department indicating community endorsement and travel support (template provided).

Selection Process

- One Elder and one Youth from each regional collective will be selected to attend. The three collectives are: **Stó:lō Nation Chiefs' Council**, **Stó:lō Tribal Council**, and **Independents**.

INFORMATION ON HPV AND CANCER



For youth, parents and caregivers

HPV (Human Papillomavirus) can cause 6 types of cancer

- **HPV is a common virus that can affect people's wellness.**
- Most people don't know they have HPV because it usually has no symptoms. *With no symptoms, people can pass it on without knowing.*
- HPV can be passed through close skin-to-skin contact and sexual activity.
- Some types of HPV can cause warts on genitals.
- Some types of HPV can be more serious and cause cancer. *This happens when the virus changes our cells in a way that can lead to cancer over time.*

How to prevent HPV: Vaccines, health checks and wellness practices

- **The HPV vaccine works extremely well to prevent cancers caused by HPV.**
- It works best at a younger age, helping youth build strong protection.
- Regular health check-ups, including screening or self-swabs, along with wholistic health and wellness practices also help prevent HPV.

About the HPV vaccine

It works

- It's more than 95% effective at preventing HPV infections, genital warts and certain cancers.
- It's most effective when received at a young age, before any contact with the virus.

It's safe

- More than 200 million doses have been safely given around the world.
- It has been tested carefully and monitored closely for over 15 years.

It's free for youth in BC

This includes:

- Youth of all genders ages 9 to 18 years.
- Some young adults ages 19 to 26 years.
Check eligibility at healthlinkbc.ca/HPV

It's offered at:

- Schools (Grade 6 routine vaccines).
- Community health centres and clinics.
- Some pharmacies.



First Nations Health Authority
Health through wellness

For more information

FNHA.CA/HPV



Common questions about HPV

Is HPV really a concern for my child or community?

Yes, HPV is very common and can affect anyone. Around 3 in 4 people are likely to get HPV if they are not vaccinated. While in most cases, HPV infections come and go within a couple of years, it can sometimes lead to serious health issues like cancer.

What types of cancer does the HPV vaccine prevent?

The HPV vaccine helps protect against 6 types of cancer caused by HPV, including cancers of the throat and neck, cervix, penis, anus, vulva and vagina. It reduces the need for medical treatments for HPV-related cancers and genital warts.

Do parents or guardians give consent?

- **In BC, parents or guardians** give consent for school vaccines.
- **Youth older than 12** can consent on their own as mature minors if they understand the benefits and risks.

Are there side effects of the HPV vaccine?

Many people have no side effects from vaccines. For those that do, they are usually mild and go away on their own in a few days. Side effects include: soreness where the shot was given, fever, dizziness, nausea. Serious allergic reactions are extremely rare and can be treated.

Is the HPV vaccine only for girls?

The HPV vaccine is for all genders. It helps protect everyone from cancers and genital warts.

Is my child too young to receive the HPV vaccine?

The vaccine works best when received early. Younger people build stronger immunity and are best protected before any contact with the virus. If your child misses the vaccine, it is not too late to get vaccinated or chat with your care provider about your options.

Is the vaccine needed if my child is not sexually active? Does the HPV vaccine promote earlier sexual activity?

The HPV vaccine is still recommended because it helps protect youth before they are sexually active. Studies show that getting the HPV vaccine does not lead to earlier sexual activity.

What other wellness practices can I follow to prevent HPV?

- **Caring for your mind, body and spirit.** This may include seeking cultural or spiritual supports.
- **Share the knowledge on HPV**, cancer, and the vaccine with your community.
- **Use safer sex practices** (e.g., condoms or oral dams). Have open conversations with partners.
- **Try to get health check-ups and cancer screening.** For cervical cancer, Pap tests or at-home self-swabs are available for people with a cervix aged 25–69.
You can learn more at screeningbc.ca/cervix
- **Consider a dental check-up** to help catch mouth and throat cancer.
- **Talk to a community nurse or care provider.**



First Nations Health Authority
Health through wellness

For more information

FNHA.CA/HPV



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

GAIL ELIZABETH KOENIG

MAY 20

KELLY CASIMIR

MAY 23

THERESA NORA DOUGLAS

MAY 25

ROSE WENDLA ALLEN

MAY 29

PHILOMENA FRASER

MAY 30

2025 CHEAM ELDER'S MEETINGS

- May 20, 2025
- June 17, 2025
- July 15, 2025
- August 19, 2025
- September 16, 2025
- October 21, 2025
- November 18, 2025
- December 9, 2025

CHEAM ELDERS FUNDRAISER

Cheam Elders are raising funds for future adventures :

- Pancake Breakfast, Mothers Day
Sunday May 11 2025, 8:30- 10:30am
- 50/50 draw tickets on sale now till May 11th
\$5-each, 3-\$10, or arm's length-\$20



Elders please contact Lovey at 604-745-3353 if you can participate in either fundraiser. If you are unable to help please ask family or friends to stand in your place so you get credit for participating .

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 12:00 pm until 1:00 pm. Please register to attend with Catana Tommy at catana.tommy@cheamband.com or (604) 745-8010.

PROGRAMS/EVENTS

Community Townhall



May 7, 5pm in Gym

**Share a meal, some door prizes,
and a conversation on our
proposed Custom Election Code.**

FOLLOW CHEAM FIRST NATION'S SOCIAL MEDIA ACCOUNTS:





Please join us to celebrate



Pelólxw



NEW DATE!!

FRIDAY, MAY 2, 2025

NEW DATE!!

5:00 - 7:00PM

**SKWAH COMMUNITY CENTRE (30 LANDING DR.)
CEREMONY WITH LUNCHEON TO FOLLOW**



Sqwá



Xwchí:yóm



Qweqw'ópelhp



Shxwhá:y



Join us
May 4th, 10am-2pm

2nd Annual

*MMIWG2S+ Awareness
Walk*



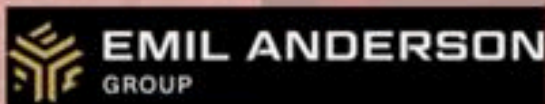
MMIW Poster
making
When: May 3rd
Time: 10am-2pm
Where: Cheam
Gymnasium



*The poster
making day will
have lunch
provided, MMIW
awareness videos
and all the
supplies to create
a poster for the
walk on Sunday
May 4th.*

*Cheam First Nation invites you to join the 2nd Annual
MMIWG2S+ Walk. To help bring awareness and honour those
who we've lost and have gone missing.
A 2km walk to the Cheam beach. Transportation will be provided for Elders.
Please wear red & bring yours drums and rattles!*

Supporting partners:



STARBUCKS

SEABIRD HEALTH INVITES YOU TO:

COMMUNITY KITCHEN

RED DRESS DAY WORKSHOP

MAY 5TH 2025

4PM-6PM

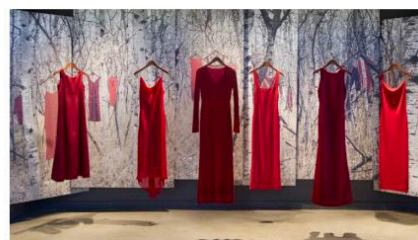
Cheam Classroom



PLEASE ARRIVE AT 4PM IF YOU
WOULD LIKE TO PARTICIPATE IN
COMMUNITY KITCHEN ♥

COMMUNITY KITCHEN WITH VAL
THOMPSON AND JAIME PETERS FOR
MAKE AND TAKE SUPERFOOD SALAD
BAGS & HOME-MADE CITRUS SALAD
DRESSING

WE WILL MAKE SOME TO SAMPLE ♥



Join our nurses, Cheyenne
Gardner, RN and Jeff Aleck LPN
for a discussion on MMIWG2S

Get involved in creating a
community red dress collage!
The collage will be showcased in
your community !

Cedar Brushing will be available
to anyone who needs

MMIW

Coastal Jam

Hosted by: Cheam First Nation
Host drummers: River Spirit Club

52161 West Victor Drive, Rosedale



Date: May 4th
Start: 5:30pm
Dinner Provided
Iron man Competition

In recognition of the upcoming MMIW Day, Cheam would like to invite you to join us in a MMIW Coastal Jam. We would like to honour and bring awareness to this important topic. A time to give strength to those we've lost and have gone missing. Please wear red! All drummers & singers welcome!

Contact Daphne Edwards



daphnee@cheamband.com

Drop-in Clinic with Canada Revenue Agency & Service Canada

Join us to find out more about the benefits, credits, pensions, programs, and services you may be entitled to!

Date: May 9th 2025

Time: 10:00 am – 2:30 pm

Canada Revenue Agency (CRA)

- Tax Slip information (T4, T5007, T4A -Pension, T4A- OAS and more)
- Notice of Assessments (NOAs) and Assistance with CRA correspondence
- Benefits and Credits information: Disability Tax Credit (DTC), Canada Child Benefit (CCB), GST/HST credit, Canada Worker's Benefit (CWB)
- Account updates (address, contact number, etc.)

Service Canada

- Canadian Dental Care Plan - Information and Application
- Pension information on Old Age Security and Canada Pension Plan
- Get a Social Insurance Number (birth certificate in most cases will be required)
- Receive an access code to sign up for online My Service Canada
- General Government of Canada information

* Please bring any ID you have as what is required will depend on the services accessed



"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



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



**YOUTH & ADULTS
TAEKWON-DO
CLASSES FOR
COMMUNITY
MEMEBERS.**

**CLASSES STARTING
FEBRUARY 18TH
@ CHEAM BAND GYM**



**CONTACT KATHIA (FAMILY
SUPPORT WORKER) TO
SIGN UP NOW!
PLEASE EMAIL
FAMILYSUPPORT@CHEAMBAND.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.**

COASTAL JAM

SHXW'ŌWHÁMÉL

58700A ST. ELMO RD HOPE BC VOX1L2

May 16, 2025

after KASP, Tradition over Addiction



Dinner provided
Bring your regalia and drums
Any questions, contact
Justin Kelly 604.206.9445

CHEAM FIRST NATION

EDUCATION AWARDS

JUNE 7, 4-7PM

CHEAM GYMNASIUM

*"Education is the
foundation upon which
we build our future."*

Please join us in celebrating the
Cheam students with dinner &
awards!

Please RSVP to kelsy.fredette@cheamband.com



S'ÍWES TE S'ÓLH TÉMÉXW

(Teachings of Our Land)



A five-week summer program for Stó:lō youth who want to further their knowledge and understanding of Stó:lō land stewardship.

JULY 07 - AUGUST 07

- For Stó:lō youth entering Grade 10 to age 21
- On the land learning from Stó:lō Knowledge Holders, Elders, and other experts
- Halq'eméylem language learning
- Secondary students receive 4 credits toward graduation (including the Indigenous-focused Graduation Requirement)
- Honouraria given upon completion of the program



**Presented by the
Stó:lō Téme'xw
Stewardship Alliance**

**For More Information Email
learn@stsa.ca**

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.

- [Admin Assistant \(SASET\)](#)
- [Health Receptionist](#)
- [On-call Labour](#)
- [Public Works \(SASET\)](#)
- [Recreational Summer Student](#)
- [Social Development 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

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!





Administration Assistant

Job Summary:

The Administration Assistant will support the general administrative functions of the organization, with a focus on transitioning to digital records and providing departmental support as needed.

Key Responsibilities:

- Perform general administrative duties, including filing, data entry, and correspondence.
- Assist in the digitalization of organizational records.
- Provide support to the Administration Department.
- Manage office supplies and inventory.
- Coordinate meetings and events, including preparing agendas and taking minutes.
- Serve as a point of contact for general inquiries.
- Other duties as assigned

Qualifications:

- Diploma or certificate in business administration or a related field.
- Strong organizational and multitasking skills.
- Proficiency in Microsoft Office Suite.

Additional Requirements: Candidates must meet ALL SASET criteria to be considered for this position:

1. Must be Aboriginal Status/non-status, on/off reserve who resides within the SASET catchment area.
2. Must be 18 years of age or older (not currently in school).
3. Long-term unemployed (3 months or more).
4. No longer required by law to attend school.
5. Not receiving other Services Canada supports funding.

How to Apply

Apply by submitting your resume and a cover letter detailing your relevant experience and interest in this role to hr@cheamband.com.

Receptionist, Health

Xwchíyò:m (Cheam First Nation) is seeking a friendly and organized, Receptionist to be the welcoming face and first point of contact for the Health Wing. This role is responsible for managing front desk operations, answering and directing phone calls, receiving and distributing mail, scheduling appointments, as well as maintaining a tidy and organized reception area. The ideal candidate is warm, respectful, and committed to fostering a positive experience for all community members and guests.

Duties & Responsibilities

- Provide polite and friendly service to all clientele, visitors, and staff.
- Welcome visitors in person or by telephone; answer or refer inquiries as appropriate.
- Direct visitors to designated Health Services staff and provide clear instructions as needed.
- Maintain a daily attendance log for Health Services staff.
- Answer incoming calls promptly and direct them efficiently to the appropriate person or department.
- Receive, log, and distribute all incoming and outgoing mail, faxes, and correspondence.
- Monitor visitor access and maintain security procedures, including managing the visitor logbook and granting Health Wing access.
- Transmit information or documents using a computer, scanner, or fax machine.
- Organize, post, and distribute health-related meeting notices, announcements, bookings, and schedules.
- Collect information from Health Services staff and ensure health-related updates are included in the weekly Cheam Community Newsletter.
- Maintain filing systems and ensure availability of current Health Services forms; provide information and forms to clients as needed.
- Oversee inventory and ordering of all Health office supplies, ensuring appropriate program coding; maintain clean and safe supply areas.
- Assist in the planning/coordination of health-related events, workshops, and community engagement sessions.
- Schedule venues, equipment, and supplies for programs; prepare participant lists and send notifications.
- Assist with Medical Transportation reporting as needed.
- Ensure all office equipment functions effectively; coordinate repairs or replacements as necessary.

- Keep the reception area clean, safe, and compliant with office procedures and regulations.
- Support administrative tasks such as photocopying, faxing, and taking meeting notes.
- Follow building opening and closing procedures.
- Perform other duties as assigned.

Job Requirements

- 1–3 years of receptionist or administrative assistant experience is required; experience in a Health Services environment is considered an asset.
- Experience using telecommunication systems and standard office equipment is required.
- Proficient computer skills, including Microsoft Outlook, Word, Excel, and internet navigation.
- Strong time management, organizational, and customer service skills.
- Demonstrates a strong work ethic, high motivation, and ethical standards.
- Effective conflict resolution and problem-solving abilities.
- Ability to work in a team-oriented, culturally sensitive, and politically aware environment.
- Capable of balancing competing priorities, multitasking, and working well under pressure.
- Flexible and adaptable; willing to support cross-training and collaboration with other departments.
- Excellent listening, verbal, and written communication skills; comfortable engaging with community members and staff.
- Ability to maintain confidentiality and comply with Cheam First Nation's policies and procedures.
- Knowledge, respect, and understanding of Stó:lō culture, traditions, and language is considered a strong asset.
- Experience working with First Nations communities is an asset.
- Valid Class 5 BC Driver's License.
- Satisfactory Criminal Record Check is required.
- Professional appearance with a friendly, outgoing, and cooperative demeanor

How to Apply

Apply by submitting your resume and a cover letter detailing your relevant experience and interest in this role to HR@cheamband.com.

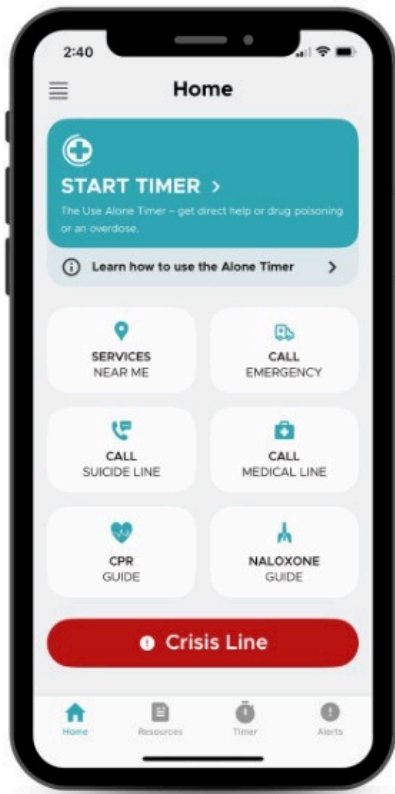
We encourage Cheam Band Members and Indigenous People to self-identify when applying.

Thank you for your interest in joining our team at Cheam. We appreciate the time and effort you have taken to apply for the **Receptionist, Health** role.

Please note that only candidates selected for an interview will be contacted. We thank all applicants for their interest and encourage you to apply for future opportunities that match your qualifications.

OVERDOSE PREVENTION/TOOLS

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ALERTS