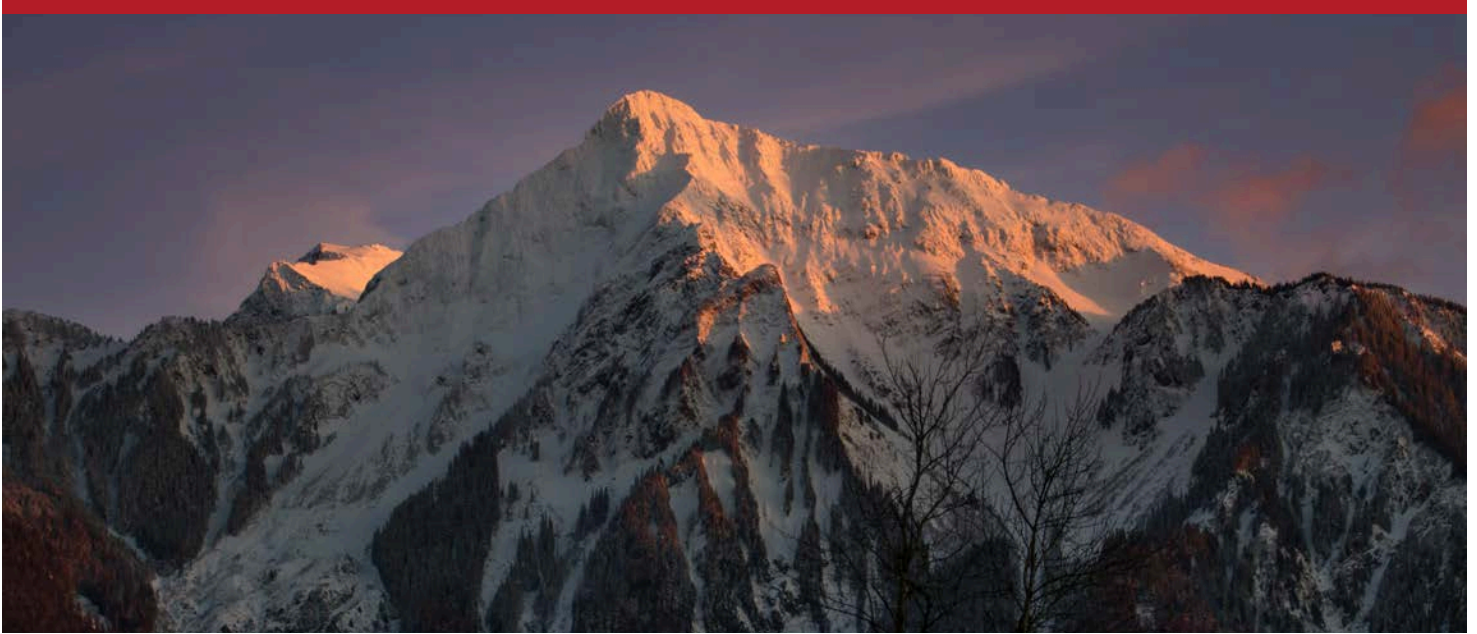




XWCHÍYÒ:M

AUGUST 22, 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

AUG. 23 - CHEAM DAYS & BACK TO SCHOOL EVENT
AUG. 25 & 27 - YOUTH PLANT WALK
AUG. 26 - CHEAM REGULAR COUNCIL MEETING
AUG. 26 - CLOTHING DRIVE @ BAND OFFICE
AUG. 26 - SEABIRD YOUTH MEET & GREET BBQ
AUG. 29 - COMMUNITY PNE TRIP
AUG. 29 - CHEAM ART GROUP
SEPT. 1 - BAND OFFICE CLOSED FOR STAT HOLIDAY
SEPT. 2 - FAMILY FIRST: OVERDOSE AWARENESS EVENT
SEPT. 3 - CHEAM COMMUNITY TOWN HALL

[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.

PELÓLXW YOUTH SOWERBY TRIP



This week a group of Pelólxw youth had the opportunity to helicopter into a lake above Hunter Creek, along the historic hunting trail in that area. The youth were part of a group that had committed over the last 2 years to learning about environmental and land guardian work! With the goal of connecting with the land, the youth fished for trout, learned to harvest temelhs, hiked the mountain ridge and spent the night camping beside a blueberry meadow. The trip was led by our Environmental Department, in collaboration with Alongside Research and Mémiyelhtel (who kindly shared with us all of their camping gear). Thank you to all who supported the youth and this good work over the last two years! The full trip photo/video album will be posted to Facebook this weekend.





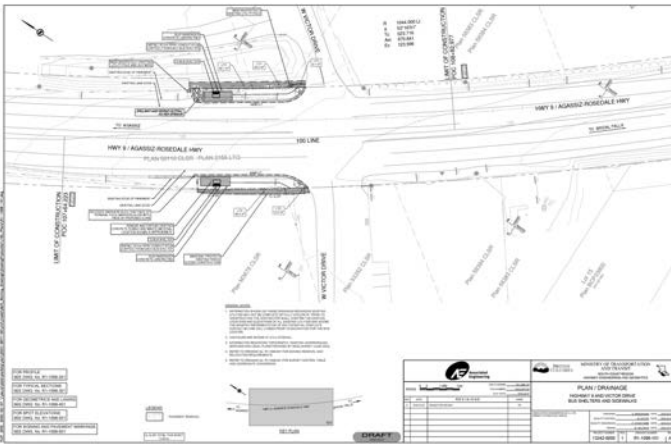
Soccer Field Update

Last week, the sod was installed for Cheam's new soccer field, and the watering system is operational. We have a watering program in place, nets and line painting supplies ordered, and we will be repainting the steel net frames shortly. A big thank you goes out to the Public

Works and Lands teams for helping us deliver this project. We are really looking forward to having this community space open so Cheam families can have their own local games. Right now, the sod needs to establish, and we all need to do our parts in keeping people off the field for the next 2-3 months. We will be monitoring the health of the sod and will remove the signage when its ready, so we can get a bit of soccer in at the end of the season. Those interested in being part of our first tournament can contact Madeline at madelinej@cheamband.com.

Water System Improvements Design

In alignment with the Nation's strategic goal to support the construction of more housing we are happy to announce that we have received funding from ISC to complete the design phase of improvements to the water distribution system within CHEAM1. These improvements will include the addition of valves, shutoffs for lots, and main upsizing. These upgrades when complete will allow us to better manage existing properties and add more density to the community in places where we can build multi-family housing. We expect the work to take place at the end of next summer.



Hwy Bus Stop Construction

Work on the Hwy 9 and Victor Drive Bus Shelter project is anticipated to begin on Monday, August 25, 2025 and continue through to October 31, 2025. Cheam can anticipate construction personnel on site from 8am to 9pm. Next week specifically, proposed works include saw cutting on the shoulder within the Ministry right of way.



XWCHÍYÒ:M
CHEAM FIRST NATION

WATCHMEN

WATCHMEN@CHEAMBAND.COM

604-745-8052



XWCHÍYÒ:M

CHEAM FIRST NATION

LAND USE PLAN

The Land Use Plan has been updated with the feedback received from Community. The final document is available on our website at <https://cheam.ca/2025/06/cheam-first-nation-land-use-plan> and will be mailed to all members with the ratification package ahead of voting day.

Developing a Land Use Plan is an important step towards greater self-determination and long-term planning for Cheam. It empowers our community to shape how our lands are used, protected, and developed in a way that reflects our values, priorities, and vision for the future. This process is about building a clear, community-driven framework that supports responsible growth, cultural preservation, and sustainability to ensure that our lands continue to meet the needs of our members today and into the future.



For more information, all documents, or the latest updates, please visit our website at <https://cheam.ca/2025/06/cheam-first-nation-land-use-plan>.

SIGN UP FOR ELECTRONIC FUNDS TRANSFER (EFT)



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 within one year. You can go into your bank and ask for the EFT form, or you can download it from your online banking. If you need help

figuring out how to download the form from your online banking please 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: Deysi. 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.

COMMUNITY NOTICE: CANNING DAY SALMON DISTRIBUTION



Dear Community Members,

In the spirit of transparency, we are reaching out with an important notice regarding the recent Community Canning Day event. It has come to our attention that some of the canned salmon processed using water baths may not have completed the full cooking time required to ensure safe consumption. While all batches did reach the two-hour mark, current safety guidelines require a full four-hour cook time to fully sterilize the product and make it shelf stable.

The majority of the affected batches were identified and set aside for non-human consumption (pet food only). However, it has been flagged that one or two cases may have been unintentionally distributed for community consumption. Out of an abundance of caution, we ask that if you received canned salmon from the event, please double-check your jars and refrain from consuming them unless you are certain they were from a properly processed batch.

We sincerely appreciate your attention to this matter and your understanding as we continue to prioritize community health and safety. If you have any questions or concerns, please do not hesitate to reach out to the CFN Health reception at 1-604-794-7927.

CHEAM STAFF UPDATES



Brian Govereau is joining us as Social Development Manager. Brian grew up moving between Winnipeg, Manitoba, and his First Nation communities, Fisher River Cree Nation, Keeseekoowenin First Nation, and Riverton. He now resides in Chilliwack, BC. He joins the team with a Diploma in Business Administration from the University of the Fraser Valley, an Advanced Career Development Certificate from Douglas College, and IVES certification as a Mobile Equipment Trainer. Brian has over 15 years of experience in Indigenous employment, training, and social development programming. His career milestones include managing Seabird Island's Employment Services Department (2015–2025), contributing to the Métis Grade 4 Cross Curriculum Project, launching his own forklift training business, and serving on the CLBC Indigenous Advisory Provincial Committee since 2017.



Kathia Godin has been promoted from her role as Family Support Worker to Health Executive Assistant. Kathia joined our team on December 2nd, 2024, and has made a lasting impact in her role as Family Support Worker. She dedicated her time to advocating for children and families, worked closely with community members and partner organizations to keep families together, while building a stronger foundation for the Family Support department. Throughout her time with Cheam, she has worn many hats, offering support wherever needed, and always with a focus on strengthening the department and the community. Her natural strengths lie in administration, coordination, and planning, which are skills we believe will make her successful in her new role as Health Executive Assistant.



Michael Paddy is joining us as a Family Cultural Connection Worker. Michael is Cree from the Thunderchild First Nation in Saskatchewan. He was born and raised in the Fraser Valley and has lived in Chilliwack since 2012. He recently earned his Child & Youth Social Services Diploma from CDI College and holds certifications in Non-Violent Crisis Intervention, the Mandt System, Occupational First Aid Level 1, Psychological First Aid, Naloxone administration, and Trauma-Informed Practice from the Justice Institute of BC. Michael began working with youth and families as a teenager in his home community and has since built a career supporting high-risk youth in care through both independent contracting and agency roles. One of his most rewarding moments came when a former client returned years later to introduce his newborn son, a testament to the impact of their earlier work together.

YOUTH PROGRAMS/EVENTS



XWCHÍYÒ:M
CHEAM FIRST NATION

The Cheam Youth Council Working Group meets once a month, on the second Wednesday of every month. Over the next year, the meetings are in place to continue engaging with the Youth as the structure of the Youth Council gets built.



With a goal to have the first official Youth Council up and running by next spring. Youth input is essential in the development of this upcoming Youth Council. Meetings will be from 5pm - 7pm in the Cheam Gymnasium. Once the Youth Council has been built, it will be for ages 16-26, however, if any 13-15 year olds wish to join the working group meetings, they are welcome.

Below are the Working Group meeting dates:

*** August 13**

*** December 10**

*** September 10**

*** January 14**

*** October 8**

*** February 11**

*** November 12**

*** March 11**

YOUTH CANOE TRIP - AUGUST 21, 2025



Student Information & Waiver Form (2025-2026)

Student Name	
Band Name & Status Number	
Date of Birth & Age	
Current Grade	
Grade Entering	
Parent/Guardian Name	
Parent/Guardian Phone & Email	
Home Address	
Emergency Contact Name	
Emergency Contact Phone & Email	
Allergies & any additional information	

Elementary/Middle/Secondary:	
School/Institute:	
School Contact Info:	
Last School Attended:	
If uniform required	

I hereby authorize the school to release information concerning:

- Change of address
- Attendance
- Academic Progress and Report
- Admission and Transcripts Information
- Graduation Status
- Grades

X _____ X _____
Parent/Guardian Name - Print Signature

Make Cheque Payable to: _____ Date: _____

MUST BE FILLED OUT COMPLETELY

Please submit completed forms to kelsy.fredette@cheamband, hit the online button above, or drop off at the office. Thank You!



Reminder to Parents/Guardians:

All student waivers must be completed before the start of the new school year. This helps us keep our records up to date and process everything accordingly.

If you need any assistance, please contact Kelsy Fredette at 604-745-8015 or kelsy.fredette@cheamband.com, or come see her at the Band Office & she can get you a student waiver.

The poster is framed by a decorative border of various green leaves and plants, including ferns, monstera leaves, and other tropical foliage, arranged around the central text area.

Join us...

YOUTH PLANT
MEDICINE WORKSHOP

Monday August 25th &
Wednesday August 27th
2025

Cheam Band Office -
Gymnasium

1:30 PM - 3:30 PM

Drop in! Youth gathering to
engage with culture and
community.

Contact Nicole for more
information @ 604-798-8380

recworker@cheamband.com



SUMMER

MEET & GREET BBQ

Meet Seabird's Youth Team!
Discover exciting opportunities and resources,
enjoy delicious food,
and join fun, engaging activities!



TUES AUGUST 26
AT 1:00PM - 4:30PM



CHEAM BAND
OFFICE
GYMNASIUM

FOR MORE INFO

recworker@cheamband.com





3RD ANNUAL INDIGENOUS YOUTH ENTREPRENEUR SUMMIT & JOB FAIR

Indigenous Entrepreneurs Ages 18 - 30

OCTOBER 20 - 24, 2025

Holiday Inn & Suites Downtown Vancouver

Presented by:



**BEARS' LAIR
DREAM CAMPS**
Xwp'a7áysus tl'a mixelh

\$10,000 PRIZE

APPLICATIONS ARE
OPEN, APPLY TODAY!



IMPORTANT:

THERE IS NO COST TO
APPLY.

**IF YOU ARE SELECTED TO
ATTEND,** THERE WILL BE A
\$500 REGISTRATION FEE TO
SECURE YOUR PLACE AT THE
EVENT

SPACES ARE LIMITED!

For More Information:
cjohnston@afoabc.org

PROGRAMS/EVENTS



CHEAM DAYS & BACK TO SCHOOL CELEBRATION

August 23, 2025

»»» BBQ

»»» FAMILY FUN

»»» PRIZES

»»» ALL AGES WELCOME

»»» SCHOOL SUPPLIES

»»» CULTURAL ACTIVITIES

YOU ARE INVITED



AUG 27 2025

STS'AILES MESTIEXW

**We are gathering to share a meal, our stories
and photos of our Paddle to Elwha.**

Dinner will be served at 5:30pm

Charlie Longhouse

Bring your drums and regalia

michelle.victor@stsailles.com

CALL 604-796-9601

**CHEAM JOURNEY PARTICIPANTS, PLEASE RSVP TO CHRISTIANNE BATT AT (604) 991-9729
SO THAT SHE CAN PROVIDE OUR NUMBERS ATTENDING TO THE ORGANIZERS.**

COMMUNITY DAY TO THE PNE

Friday August 29th 2025



Transportation Available

Bus departs 9:00 AM from Cheam Band Office



One meal per person will be offered



Tickets will be available for pick up on August 27th & 28th

Register today at Cheam Band Office or Online

For more info

recworker@cheamband.com



FAMILY FIRST: A DAY TO RECOGNIZE INTERNATIONAL OVERDOSE AWARENESS

TUESDAY, SEPTEMBER 2, 2025

11:00 AM - 2:00 PM

@ CHEAM FIRST NATION



Event Schedule:

- 11am – Doors open & opening remarks
- 11:30am – Vigil by the Cedar Hat
- 12pm – Lunch
- 1pm – Art therapy, booths & Activities outside



Thank you to all of our community partners:



Inner Balance
Solutions

Community Kitchen & Life Promotion Workshop!

When: September 16th, 2025

Where: Community Health Room, Cheam

Time: 12pm-2pm



JOIN SEABIRD
HEALTH FOR SOUP

Spend some time together as a community to make a healthy and hearty take home meal.

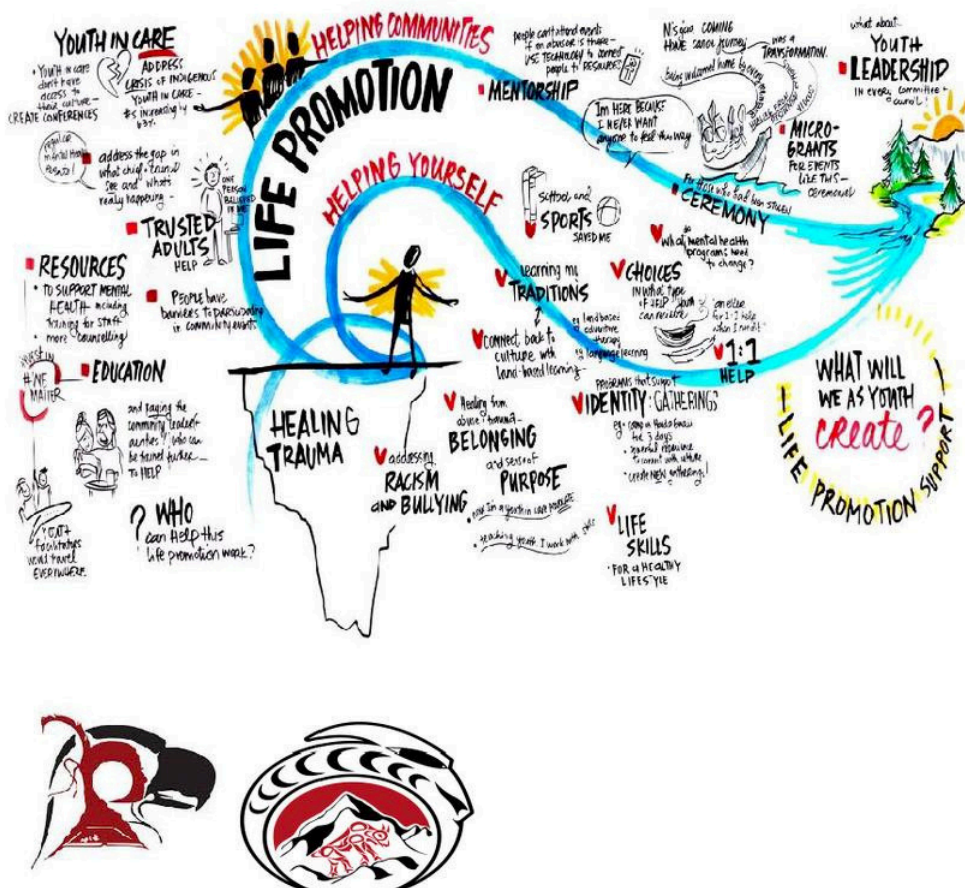
Acquire food skills, build social connections and community development. Coming together to prepare and share a meal.

Lunch will be provided to participants.

Workshop on life promotion with Cheyenne Gardner, RN and Jeff Aleck, LPN.

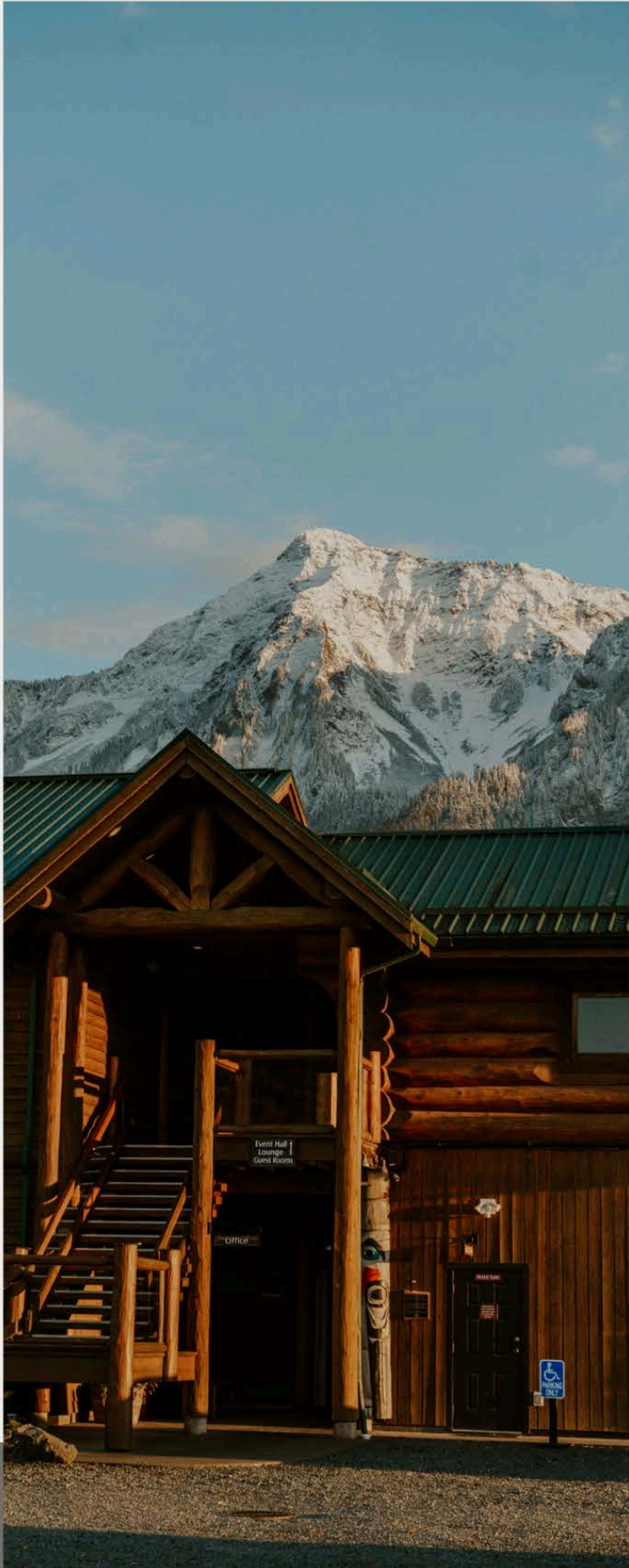
Trauma & Grief counselor, Maria Nagy will be present during workshop session.

Cedar brushing will be available



Calling Cheam Artists

SHOWCASE YOUR WORK AT FRASER RIVER LODGE



Fraser River Lodge is proud to support and promote the incredible talent in the Cheam community. We're currently seeking small, travel-friendly pieces to feature in our on-site gift shop; the perfect way for our guests to take home a piece of local culture.

We're looking for:

- Beaded keychains or lanyards
- Postcards or prints
- Small carvings or wall hangings
- Jewelry, crafts, or other handmade items

This is a unique opportunity to share your artistry with guests from around the world.

Interested? Let's connect!

Reach out to Caylin Kenyon at execteam@fraserriverlodge.com

Please include:

- ✓ Your name & contact info
 - ✓ A short description of your art
 - ✓ Photos or samples (if available)
-



CHEAM
FIRST NATION



FRASER RIVER LODGE

This is not a structured therapeutic group. If you would like to participate and come in to do art, Coneitia will have all the supplies set up. She will have a directive for the week that would have therapeutic benefit, for example, 'Create your own mandala', but if you would like to do your own thing that's OK too:)



Inner Balance
Solutions



Art Group Fridays 10AM-12PM

Unwind, Create, Express

Located in the Community Health Room
Light refreshments included
Sign up through Shyla Downey

Hosted by Indigenous Art Therapist, Coneitia



SIGN UP WILL BE WITH SHYLA BY CALL, TEXT, EMAIL, OR JUST POP IN:)

DIRECT P: 604-799-7522

SHYLA.DOWNNEY@CHEAMBAND.COM



CULINARY ARTS PRE-TRADES PROGRAM



Course Includes

Certificates: FoodSafe, First Aid Level 1, WHMIS & WCB Awareness

- Occupational Skills
- Stocks, soups and sauces
- Vegetables and fruits
- Starches
- Meats & Poultry
- Seafood
- Garde-mange
- Eggs, Breakfast cookery and dairy
- Baked goods, desserts and beverages
- Basic kitchen management
- Two week practicum placement

September 8, 2025

Are you an Indigenous, Metis or Inuit individual residing in the SASET catchment area who has an interest in the cooking profession?

If so, contact a SASET Employment Counsellor to apply



Canada



SKILLED TRADES BC

This program is funded by the Government of Canada and the Province of British Columbia.

UFV

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

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

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



CARPENTRY

FOUNDATIONS

September 8, 2025 to March 20, 2026



Are you interested in learning the skills that form the backbone of the construction industry? Our Carpentry Foundations Training Program is designed to provide you with hands-on experience, essential techniques, and the confidence to start a successful career in carpentry.

Concurrent studies option!

The Carpentry program is located at the Trades & Technology Centre at the Canada Education Park in Chilliwack. Classes and shops may be scheduled 8am–3pm, Monday to Friday.

What You'll Learn:

- Reading and interpreting drawings
- Using specialty equipment
- Site and building layout
- Building concrete forms
- Framing a building
- Finishing internal and external details

Check Out SASET.CA or Contact Us At:

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

Canada 

JOB OPPORTUNITIES



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.

- [Administration Manager](#)
- [Early Years Supervisor](#)
- [Executive Coordinator](#)
- [Family Cultural Connections Worker](#)
- [On-call Labour](#)
- [Public Works](#)
- [Recreational Summer Student](#)
- [Supportive Housing Worker](#)



Our culture is rich and resilient. With an abundance of community programs, we have fun, respect ourselves and others, and take pride in our community, who we are, and where we come from. Our vision is to be socially, culturally, and physically stable. If you are looking for an opportunity to use your expertise to really make a difference with a progressive First Nation, apply today!

WHY WORK FOR CHEAM?

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



XWCHÍYÒ:M

PUBLIC WORKS EMPLOYEE

Xwchíyò:m (Cheam First Nation) is looking for a dedicated and hardworking Public Works Employee to join its Public Works team. This position plays a vital role in supporting the day-to-day maintenance and operational integrity of Cheam First Nation's public spaces, infrastructure, and facilities. This includes landscaping, sanitation, housing repairs, equipment operation, and responding to emergencies. The role is labour-intensive, requiring a strong work ethic, mechanical aptitude, and a commitment to community service.

Key Duties & Responsibilities

- Perform general maintenance and repair duties on community infrastructure (roads, sidewalks, culverts, signage, etc.)
- Operate and maintain tools and equipment such as lawnmowers, chainsaws, snowplows, tractors, and other machinery
- Assist in the inspection, maintenance, and minor repair of water and wastewater systems under the direction of certified operators
- Conduct landscaping and groundskeeping (mowing lawns, clearing brush, planting, snow removal, etc.)
- Assist with maintenance and repair of housing units, including but not limited to, drywall installation and repair, painting and surface preparation, minor plumbing etc.
- Maintain the cleanliness and safety of public spaces, buildings, and facilities
- Support waste management and recycling programs, including garbage collection when required
- Respond to urgent maintenance issues and assist with community clean-up efforts
- Assist with capital or special projects related to infrastructure development or improvement
- Comply with WorkSafeBC, WHMIS, and all organizational safety policies
- Track and maintain inventory of tools, materials, and supplies
- Follow all occupational health and safety regulations and organizational policies
- Maintain logs of work completed, equipment used, and supplies needed
- Perform other duties as assigned by the Public Works Supervisor and Public Works Manager

Qualifications

- High school diploma or equivalent preferred
- Minimum of 5 years of experience as general labour, groundskeeping, or housing repair.
- Experience operating small machinery such as skid steer and mini-ex's would be an asset.
- Experience working in a First Nations community setting is considered an asset
- Valid Class 5 Driver's Licence (Class 3 or higher preferred)
- WHMIS and First Aid (or willingness to obtain)
- Criminal Record Check required
- Physically fit and capable of working outdoors in all weather conditions
- Mechanical aptitude and willingness to learn
- Reliable, cooperative, and safety-minded
- Strong communication and teamwork skills
- Working Conditions
- Outdoor work in various weather conditions
- May require weekend or evening work for emergencies or community events
- Physical labour, lifting heavy objects, operating loud equipment

How to Apply

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

Cheam First Nation is an equal opportunity employer and is committed to fostering a respectful, inclusive, and culturally safe workplace. We welcome and encourage applications from all qualified individuals, including Indigenous Peoples, women, persons with disabilities, members of visible minorities, and persons of all sexual orientations and gender identities. As an Indigenous organization, preference will be given to qualified Indigenous applicants (First Nations, Métis, and Inuit). All applicants are encouraged to voluntarily self-identify in their application if they are a member of an equity-deserving group.

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



XWCHÍYÒ:M

ADMINISTRATION MANAGER

Reporting to the Director of Operations, the Administrative Manager is responsible for coordinating administrative functions to ensure efficient operations. The role includes supervising administrative staff, implementing office systems, and supporting organizational projects etc. They will work closely with the Director of Operations to streamline processes and provide essential support across departments.

Key Responsibilities

- Oversee day-to-day office operations to ensure smooth and efficient functioning.
- Implement and maintain office systems, policies, and procedures.
- Manage office supplies, equipment, and maintenance to ensure operational efficiency.
- Ensure compliance with administrative policies, guidelines, and regulations.
- Supervise and provide direction to administrative staff.
- Coordinate administrative staff schedules, task assignments, and workload distribution.
- Support staff development through training and guidance.
- Assist in the planning, coordination, and execution of organizational projects and events.
- Track project timelines and deliverables to ensure successful completion.
- Provide administrative support for community programs, initiatives, and events.
- Organize and prepare materials for meetings, including scheduling, agendas, and minutes.
- Coordinate logistics for special events, workshops, and community gatherings.
- Provide logistical and administrative support for internal and external meetings.
- Serve as a liaison between departments, staff, and external stakeholders.
- Draft, review, and distribute internal and external communications, reports, and presentations.
- Manage and maintain records, documents, and databases as required.
- Other duties as required.

Qualifications

- Diploma in Business Administration, Management, or related field preferred.
- Minimum of 3 years of experience in office management or administrative roles, with supervisory experience preferred.
- Experience in project management and staff coordination.
- Previous experience working in Indigenous communities or non-profit organizations is an asset.
- Strong organizational, multitasking, and problem-solving skills.
- Excellent written and verbal communication abilities.
- Proficiency in Microsoft Office Suite (Word, Excel, PowerPoint, Outlook).
- Ability to work independently and as part of a team.
- Strong attention to detail and ability to maintain confidentiality.
- A commitment to working respectfully within Indigenous communities and upholding cultural values.
- Adaptable, proactive, and able to manage multiple priorities in a dynamic environment.

How to Apply

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

Cheam First Nation is an equal opportunity employer and is committed to fostering a respectful, inclusive, and culturally safe workplace. We welcome and encourage applications from all qualified individuals, including Indigenous Peoples, women, persons with disabilities, members of visible minorities, and persons of all sexual orientations and gender identities. As an Indigenous organization, preference will be given to qualified Indigenous applicants (First Nations, Métis, and Inuit). All applicants are encouraged to voluntarily self-identify in their application if they are a member of an equity-deserving group.

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

Cheam Children's Book Project



We are excited to share that we have received funding for the creation and printing of a children's book that celebrates Cheam's stories, language, and teachings!

We are seeking a Project Lead to guide this work from concept to print – overseeing the full process, including budget and story development, cultural and language integration, illustrations, editing, and coordination with the printer.

This is a community-led project, and the Project Lead will work closely with Knowledge Keepers to ensure our stories and teachings are shared in a way that honours our traditions and values. Once all Expressions of Interest have been received, a selection committee will review submissions and choose the Project Lead.



How to Apply

Please send your name, contact info, a note about your interest, book idea and experience to Kelsy.Fredette@cheamband.com by September 5, 2025. We thank all who submit for their interest and commitment to this important work.



CHEAM LANGUAGE NEST LEAD - EXPRESSION OF INTEREST

Cheam First Nation is establishing a Language Nest to immerse our community — from the youngest children to Elders — in Halq'eméylem. This program will be a safe, welcoming, and culturally rich space where everyone can learn, share, and strengthen our language together.

We are seeking a Language Nest Lead to guide this initiative from planning to daily delivery — overseeing program design, creating immersive language activities, integrating cultural teachings, and engaging learners of all ages.

The Language Nest Lead will:

- Develop and deliver Halq'eméylem-based learning experiences for children, youth, adults, and Elders.
- Create and adapt learning materials, storybooks, songs, and games for multiple age groups and abilities.
- Incorporate on-the-land teachings that support seasonal gathering, traditional foods, and cultural protocols.
- Coordinate community language events, intergenerational gatherings, and language days to encourage participation and visibility.
- Record, store, and share resources in alignment with Cheam's data sovereignty protocols.
- Track participation and progress to support long-term program growth.

Experience and Skills Required:

- Strong Halq'eméylem speaker with confidence in both conversation and teaching across age groups.
- Strong time management and organizational skills.
- Ability to plan and work within budgets.
- Experience collaborating with other Nations, organizations, and community partners.
- Familiarity with language revitalization principles and cultural programming.
- Strong communication and facilitation skills.

How to Apply:

Please send your name, contact info, a note about your interest, and experience to Kelsy at Kelsy.Fredette@cheamband.com by **September 30, 2025**. Once all Expressions of Interest have been received, a selection committee will review submissions and choose the Nest Lead.



We thank all who submit for their interest and commitment to this important work!

HEALTH NOTICES

OVER-THE-COUNTER MEDICATION ASSISTANCE

CHEAM FIRST NATION HEALTH DEPARTMENT
IN PARTNERSHIP WITH
MODERN PHARMACY ROSEDALE



Thanks to the generosity of Javed at Modern Pharmacy, we now have a selection of OTC (Over-the-Counter) medications available at the Health Wing for those in need.

If you are unable to visit the pharmacy but need basic OTC medications, please come see Sarah at Health Wing for support and assistance

**YOUR HEALTH MATTERS –
WE’RE HERE TO HELP!**



LOCATION:
CHEAM HEALTH WING



**HOURS: 8:30AM
4:30 PM**



**FOR MORE INFORMATION,
CONTACT SARAH**

sarah.aleck@cheamband
778-839-5194

Mammograms Can Save Lives

The mobile mammogram coach is coming to a community near you.

Mammograms are available for women ages 40+. Take a positive step for your health and book a free screening mammogram.

Visit www.screeningbc.ca to learn more.

Upcoming Visits:

Date: Monday, October 6, 2025 and

Tuesday, October 7, 2025

Location: Seabird Island Health Centre

2895 Chowat Road, Agassiz BC V0M 1A0

Time: October 6: 9:30am to 5:00pm

October 7: 9:30am to 4:30pm



NEW PSYCHOACTIVE SUBSTANCES

31 AUGUST

INTERNATIONAL
OVERDOSE
AWARENESS DAY

WHAT ARE NEW PSYCHOACTIVE SUBSTANCES?

New Psychoactive Substances (NPS), also known as 'synthetic drugs' or 'legal highs' are chemicals that are made to act in a similar way to drugs like cannabis, ecstasy, cocaine or methamphetamine.

They come in different forms including:

- a) Powders / pills.
- b) Synthetic cannabis (synthetic chemicals that have been added to herbal or plant material).

Although called 'new' some have been around for decades and are often sold as incense, bath salts, plant food or wrongly marketed as safer or legal alternatives to other drugs.

MISCONCEPTION ABOUT THEIR LEGAL STATUS

In attempts to stay ahead of, or get around the law, manufacturers have changed the molecular structure of NPS. NPS have been changed so often and new substances made that it is practically impossible to know what is in what you are taking.

Laws regarding NPS may be different depending on where you are in the world but even NPS bought from regulated licensed sources can be dangerous. Buying them from the internet or from unregulated sources can be very risky as even if it has 'legal' on the packet there is no guarantee what's in the packet is legal or safe.

For example, two products, each sold as synthetic cannabis may be completely different chemicals from each other and have nothing in common with cannabis or even the ingredients written on the packets.

NPS have been linked to deaths in the United Kingdom, Europe, America and Australia.

SIGNS OF OVERDOSE

The effects of NPS vary from substance to substance and so may signs of overdose.

Some signs of overdose can include:

Physical signs

- Rigid muscles / spasms
- Shaking / shivering
- Fever / overheating
- Nausea or vomiting
- Difficulty / stopped breathing
- Can't be woken up
- Seizure

Psychological signs

- Confusion or distress
- Paranoia, fear and panic
- Agitation and aggression

OVERDOSE RESPONSE

If you think someone has overdosed, please consider the following:

Before you act, check for dangers such as needles.

Call an ambulance, tell the operator your location, and stay on the line.

If confused or panicking, try to reassure them.

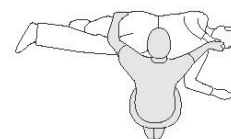
Maintain calmness in the area.

If overheating, try to cool them down by loosening outer clothing or putting a wet towel on the back of the neck or under their arms.

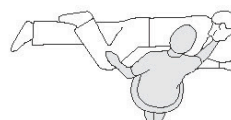
If you can't get a response, put them in the recovery position.

The Recovery Position

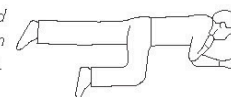
Support face Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



Lift Leg Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



Roll over Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

- Do **NOT** leave the person alone.
- Do **NOT** give the person anything to eat or drink, or try to induce vomiting.

TIME TO
REMEMBER.
TIME TO **ACT.**



International Overdose
Awareness Day
prevention and remembrance

A Penington Institute Initiative

For more information visit
www.overdoseday.com

DEPRESSANTS

31 AUGUST

INTERNATIONAL
OVERDOSE
AWARENESS DAY

WHAT ARE DEPRESSANTS?

Benzodiazepines, barbiturates (medical depressants), and alcohol all slow the central nervous system to produce a calming effect.

These substances are often prescribed to relieve pain, help you sleep or in the case of alcohol, used recreationally when socialising. However, when taken in excessive amounts or in combinations with other drugs, depressants can depress normal functions such as breathing and heart rate until they eventually stop, resulting in brain damage or death.

SIGNS OF OVERDOSE

- Vomiting
- Unresponsive, but awake
- Limp body
- Pale and/or clammy face
- Blue fingernails or lips
- Shallow or erratic breathing, or not breathing at all
- Slow or erratic pulse (heartbeat)
- Choking or sounds of a gurgling noise
- Loss of consciousness

OVERDOSE RESPONSE

Call an ambulance, tell the operator your location, and stay on the line.

Be prepared to give CPR if they stop breathing before an ambulance arrives.

Ensure the person has adequate air by keeping crowds back or opening windows. Loosen tight clothing.

If the person is unconscious or wants to lie down, put them in the recovery position and continue to monitor them.

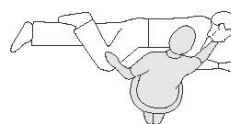
Provide paramedics with as much information as possible, such as what, and how much of the drug was taken, how long ago and any pre-existing medical conditions. If the drug came in a bottle or packet, give the packaging to the ambulance officers.

The Recovery Position

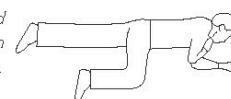
Support face Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



Lift Leg Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



Roll over Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.

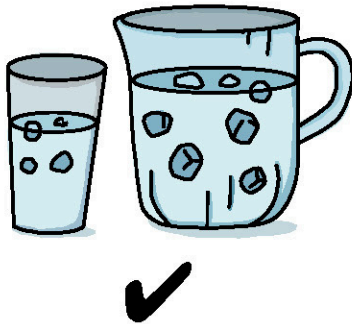


WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

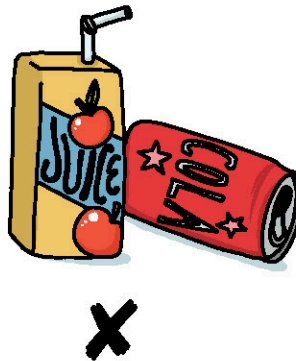
- Do **NOT** ignore snoring or gurgling: This could mean someone is having trouble breathing.
- Do **NOT** leave the person alone.
- Do **NOT** give the person anything to eat or drink, or try to induce vomiting.

How do I cool down my body?

To avoid heat stroke, keep your body cool during extreme heat events.



Make ice and prepare jugs of cool water. Drink lots of water, even if you don't feel thirsty.



Avoid coffee, sugary and alcoholic drinks. They cause dehydration.



Take cool baths, showers, or foot baths to draw heat from your body.



Remove clothes. Mist yourself and use ice packs or cool damp cloths on your neck, armpits, and groin. Chill cloths in the fridge for extra relief.



Find shade outside or, for those who can swim and where it's safe, cool off in local rivers, lakes, or the ocean.

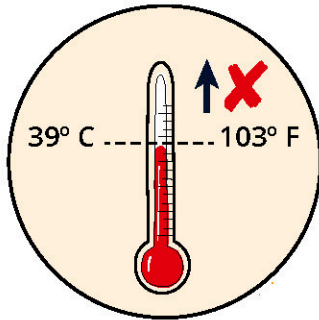


Sleep with a wet sheet or in a wet t-shirt.

Fans cannot effectively reduce body temperatures or prevent heat-related illness in people at-risk. DO NOT rely on fans to cool you down during an Extreme Heat Emergency.

What are the signs of heat stroke?

Call your local emergency care centre if you see ANY signs of heat stroke in yourself or others when it's hot.



Body temperature of 39°C (103°F) or higher



Hot, red, or dry skin



Fast pulse



Headache



Dizziness



Rapid breathing



Extreme thirst



Nausea



Confusion



Passing out

If you have ANY of these symptoms, take immediate steps to cool down and seek emergency care.