



XWCHÍYÒ:M

JUNE 28, 2024 NEWSLETTER

Ey Swayel Friends and Relatives!



Our Cheam newsletter and website are going through some upgrades. If you have any feedback or ideas on either project please feel free to email communications@cheamband.com.

CHEAM CALENDAR

- JUNE 28 - FNHA HEALTH BENEFITS WORKSHOP
- JULY 1 - BAND OFFICE CLOSED - STAT HOLIDAY
- JULY 2 - FNHA DRUG IDENTIFYING & TESTING TRAINING
- JULY 3 - MONTHLY COMMUNITY TOWN HALL
- JULY 3 - COMMUNITY KITCHEN
- JULY 4&5 - CHEAM GRADE 10 - 12 TRIP
- JULY 13 - CHEAM DAYS
- JULY 16- ELDERS MEETING & LUNCHEON
- JULY 17 - FNHA CHRONIC HEALTH WORKSHOP

See website 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.

ADMINISTRATION

ELECTRONIC FUNDS TRANSFER (EFT) FORMS

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 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 deysi.hernandez@cheamband.com or can be dropped off at the Band Office attention: Deysi. Please note you must include your email address as well.

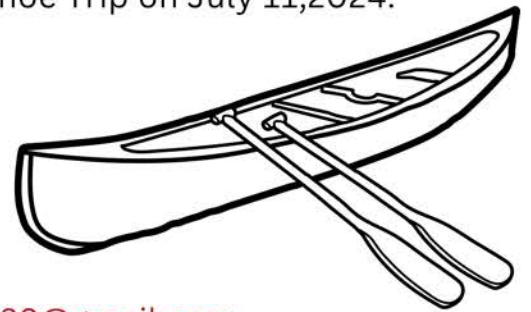
Rest assured that your EFT information will only be accessed by authorized personnel involved in the payment processing system.

We appreciate your assistance in helping us switch over to a much more efficient payment system.

CHEAM COMMUNITY CANOE TRIP

We're working on arranging the next Cheam Community Canoe Trip on July 11, 2024. Here are the details so far:

- Meet at the Cheam Band Office (out front) at 8:30am
- Trip location is Gill Bar
- 14 seats are available
- Open to all community members, and staff of Cheam
- A bag lunch will be provided



Please register with Winchester Victor at winchester.victor39@gmail.com



MEMBER SHOUTOUTS

" Congratulations to Lil Dee (Duane Douglas) and baby Lucas (Lucas Julian) for graduating high school!! We are so proud of you two! You are both becoming such amazing

young men. We can't wait to see what kind of success your future will bring! You both have such a huge support system and cheer team that will be with you every step of the way "

Love your Sisters, Brothers, Parents, Grandparents, Aunts & Uncles "

FOLLOW US

FB = @Cheam.fn1

IG = @Cheam.fn1

LI = @cheam-fn

TT = @cheam.firstnation

YT = @cheamfn

X = @Cheam_FN



PROGRAMS & EVENTS

JOIN THE **CHEAM DAYS** CELEBRATION!



DATE: JULY 13 '24
TIME: 10-7 PM
DINNER @ 6PM



ENJOY:

- OUTDOOR GAMES
- ACTIVITY STATIONS
- FOOD TRUCKS
- + TONS OF PRIZES



MY
WELLNESS
IS INDIGENOUS

FNHA WORKSHOPS COMING TO CHEAM

- June 28th from 10:30am to 12pm **Health Benefits.** * new date *
*Lunch will be provided
- July 17th from 5pm to 6:30pm **Chronic Health.**
*Dinner will be provided
- August 14th from 10:30am to 12pm and the topic will be **Self-care.**
*Lunch will be provided
- September 18th from 5pm to 6:30pm and the topic will be **Sexual Health.**
*Dinner will be provided
- October 16th from 5pm to 6:30pm and the topic will be **Youth Wellness.**
*Dinner will be provided
- November 13th from 5pm to 6:30pm and the topic will be **Grief and Loss.**
*Dinner will be provided
- December 18th from 5pm to 6:30pm and the topic will be **Trauma.**
*Dinner will be provided

Cheam's wellness workers will be there for support if needed during workshops. Please contact Tyrone Giroux at 604-791-0290 or tyrone.giroux@cheamband.com to register.



First Nations Health Authority



DRUG IDENTIFICATION & TESTING STRIP TRAINING

JULY 2 2024, 1PM

Jana Baller with Fraser Health will be providing this training to staff and Community members. We will start with lunch and training will begin at 1 pm. Training will be approximately 1 ½ hours and will also include the different types of drugs, what the substance looks like and the effects.

“Drug checking is a harm reduction service that allows people to determine what is in their substances and potentially take action to reduce the risk of any associated harms. Fentanyl test strips can detect fentanyl and some fentanyl analogues in a drug sample. They are easy to use and results are instant. This course will provide guidance on how to use fentanyl test strips at point-of-care, or as a take-home option. It will give additional information about drug checking in context, how to communicate instructions and how to read test strip results.”



**PLEASE RSVP TO HEALTH RECEPTION
OR
CRYSTAL.CHAPMAN@CHEAMBAND.COM
TO CONFIRM ATTENDANCE.**



SOLH TEMEXW



Sq'ewqel
Seabird Island

Cultural Youth Camp

Ages 12 - 17

Cultural activities

Sports

Boating

Keynote Speaker

MADELAINE MCCALLUM

JULY 23 - 25, 2024

SWELTZER CREEK CAMPGROUND



For further information please contact Antonia
at antonia.francis@skowkalefn.com



XWCHÍYÒ:M

JOB OPPORTUNITIES

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.

- [Administrative Assistant – \(SASET\)](#)
- [General Maintenance Worker, Public Works \(SASET\)](#)
- [Health & Wellness Director](#)
- [Lands & Capital Director](#)
- [Watchman \(Security\)](#)
- [Public Works Manager](#)
- [Shelter Support Worker](#)
- [Social Worker](#)



CHEAM
ENTERPRISES INC

CEI JOB OPPORTUNITIES

- [Campground Host/Manager](#)
- [Director of Indigenous Eco-Tourism Farming](#)
- [Site Maintenance Assistant](#)



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.