

Squamish Nation North Vancouver

Weekly Community Newsletter

Date: Wednesday, September 3, 2008

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INSERT:	Squamish Nation Land Code Initiatives; Community Education Forum (Sept 13/08, NV and Sept 14/08 SV),

Grand Opening Community Garden

Date: Saturday, September 27 2008
Time: 10:00am to 12:00 pm noon,
Place: Capilano Reserve
Whonock Road,\ West Vancouver,

Coffee and refreshments will be available on site

Community Kitchen Reopening

Dates: Every Tuesday
Time: 12:30 pm to 2:00 pm
Place: St. Paul's Church Basement
424 West Esplanade,
North Vancouver, BC

Remembering Wendell'

Wendell Paull died September 11, 2006 (church service on September 7th will include a remembrance of Wendell, son of Peter Paull and Late Maxine (nee John) Paull.

Date: September 7, 2007
Time: 11:00 am (Following Service)
Place: St. Paul's Indian Catholic Church
424 West Esplanade,
North Vancouver, BC
Luncheon: To follow - Potluck Style
(bring your favourite dish)

Ustlahn Social Society and **Prevention and Community Awareness** Department - Squamish Nation are pleased to announce that we have been given funding for starting our Community Garden, in the Capilano area, on Whonoak Road and have started to build the garden. Many thank you 's to Squamish Nation Chiefs and Council, Linda and Doris from Prevention and Community Awareness, the Squamish Nation Trust fund, Community Operations – Brian Baker, Bill McCuaig of West Vancouver District (Forestry) and many others soon to be recognized for sharing our vision of a community garden, which will benefit our people.

Contest to name our new community garden **\$100.00 Name can be handwritten or typed, include your name , address and telephone number where you can be reached. Drop off at Prevention and Community Awareness Dept. , or at Rennie's place, 351 Forbes avenue.**

Request for volunteers to help in anyway they can, screening soil, raking, using a wheelbarrow, removing rocks and debris from the soil, etc, the construction and ongoing caring for the garden. Contact Rennie Nahanee Tel: 604-986-1473
Email: rnahanee@gmail.com or shawwman@shaw.ca

Nobody's Perfect Parenting! **"Support for parents with children from birth to age five"**

Parents are invited to join this **free** 6 session group. Meet, share, learn, discuss, and discover positive ways of parenting.

Dates: 6 Friday mornings:
Sept 26th, Oct 3rd, 10th, 17th, 24th, & 31st

Time: 10am to 12 noon

Place: **Hope Family Centre,**
adjacent to Maplewood Farm,
399 Seymour River Place,
North Vancouver

Cost: FREE (but you MUST register)

Child minding and snack provided.
Bus tickets available upon request.

To register: please call North Shore Community Resources at 604-985-7138,
or visit #201, 935 Marine Drive, North Vancouver,
Capilano Mall (beside Go Bananas)
Community Action Program for Children (CAPC)

One Single Key Found

Attached To A Camouflage Key Chain
Found August 19,2008
1st Street On Mission Reserve
Please Identify Key And Pick Up @ Sosahlatch
Reception Desk

Looking for place to rent

Single mother, Willing to pay \$570 month
Please contact Jessica: 778-340-3437



**Squamish Nation
Child & Family Services
AND;
So-Sah-Latch Family Centre
422 West Esplanade**



Prenatal Labour & Delivery Classes

6 :30 pm-8:30 pm

- Monday Sept 15, 2008
- Monday Sept 22
- Monday Sept 29
- Monday Oct 6
- Monday Oct 20
- Wednesday Oct 22
- Lions Gate Hospital Tour

Topics include breathing, relaxation techniques, and positions for comfort are included in each class in preparation for active participation in the birth of your baby.
Breastfeeding, postpartum care of the mother , preparation for the first few weeks at home.

Transportation & Childminding provided.
Call Ginger West for more information or to sign-up 604 985-7826 / 422 West Esplanade, North Vancouver, BC, V7M 1A7

Postnatal Calendar

Tuesdays 11am-1: 30pm
September-December 2008

- Sept 16 Reunion & Songs and Games
 - Sept 23 Craft
 - Sept 30 Baby Clinic/ Community Kitchen
 - October 7 Dental Hygienist
 - Oct 14 Nutrition
 - Oct 21 Craft
 - Oct 28 Baby Clinic/ Community Kitchen
 - November 4 Post Partum Depression talk Nov 11 No Class Remembrance Day
 - Nov 18 No Class -Baby Ceremony Prep.
 - Nov 20 9th Annual Honouring Our Babies Ceremony**
 - Nov 25 Baby Clinic/Community Kitchen
 - December 2 Infant Development talk
 - Dec 9 Community Kitchen
- For more information call 604 985 7826
Ginger West Pre-Postnatal coordinator
Marjorie Sealy Community Health Nurse
Transportation available/ light snack provided
Light Lunch served and Transportation available

FAMILY PROGRAM IS RESTARTING
Restart Date: Monday, September 15th, 2008

Mondays: 1st Mon. Early Literacy, 2nd Health Topic
1 Community Kitchen,
1 Parent Education Topic

Thursdays: Culture, Crafts,
Singing & Drumming, Language

Time: 10:00 to 12:00

Place: Sah-Sa-Latch Health & Family Centre
422 West Esplanade
North Vancouver, B.C.

Phone: (604) 985-7826

Parent Participation and Parent Driven Program
For more information Kelly Baker or Sandra Nahanee at the above

Bus pick up and Snacks Provides.

**The Emotional Highs and Lows of Diabetes
Strategies to Cope**

By Allan Burgmann, MD, FRCPC
Psychiatrist at Lions Gate Hospital

Date: Thursday, September 30th, 2008
Time: 7:30 – 9:00 pm (Doors open at 6:45 pm)
Place: Lions Gate Hospital – Gymnasium
15th Street East, North Vancouver

Free admission but limited seating available,
Please register early: 604-732-1331
Email: infobc@diabetes.ca