



**Skwxwú7mesh Úxwumixw**

Squamish Nation

# Syetsm tl'a Sxexelhnát

News of the Week

Published: Monday March 30, 2020

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Email Submissions to: [northvannewsletter@squamish.net](mailto:northvannewsletter@squamish.net)

Deadline: Friday End of Day for Following Week

**YouTube** [theSquamishNation](https://www.youtube.com/theSquamishNation)

[/SquamishNation](https://www.facebook.com/SquamishNation)

[www.squamish.net](http://www.squamish.net)



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# SAFER DRUG USE PRACTICES

During the Covid-19 Pandemic

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March 26, 2020

## Practice safer drug use

- Do not share supplies, such as cigarettes, joints, pipes, injecting equipment, containers for alcohol, utensils, and other supplies. If you have to share, wipe pipes with alcohol wipes or use new mouthpieces.
- To minimize risk, avoid close contact and try to stay at least an arms' length - ideally 2m (6.5 ft) from your buddy, to avoid passing the virus. Using with a buddy is safer than using alone.
- Wash your hands or use wipes before preparing, handling or using your drugs. Prepare your drugs yourself.
- Cough or sneeze into your elbow or use tissues. Throw tissues away immediately and wash your hands thoroughly.
- Clean surfaces with soap and water, alcohol wipes, bleach or hydrogen peroxide before preparing drugs if possible.
- Find your "buddies" who can bring you food, harm reduction supplies, medicine, and substances so that you can stay well. You can also be a buddy to those who may need extra support. Check in on your buddies regularly.
- If you have a phone buddy, make sure they are nearby, and have them stay on the line and ask them to call 911/emergency response if you become unresponsive.
- Carry naloxone and have an overdose plan. It is unclear at this time the degree to which the face shield will protect you from COVID-19 while providing rescue breaths. If you choose to provide rescue breaths, always use the face shield.

## Harm Reduction Supplies and Opioid Agonist Therapies (OAT)

- Make sure you have naloxone.
- If you're on medication assisted treatment/opioid agonist therapies, check with your pharmacist and provider and ask what their procedures will be if you are quarantined or they have to close.
- Stock up on harm reduction supplies (new syringes and safe use supplies) as you may be quarantined or the places you get these supplies may have limited staffing or hours.
- If possible, try to stock up on your drug of choice. Be safe: Having larger amounts of drugs can be dangerous if you are stopped by police or someone desperate enough to target you for them.
- Remember if you have to change dealers, to always GO SLOW when using from a new supplier.



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# SAFER DRUG USE PRACTICES

During the Covid-19 Pandemic

Page 2 of 2

March 26, 2020

- If possible, test any drugs you may get from a new or unknown source.
- You might lose access to your drug of choice in an outbreak. Consider alternative drugs or medications that could help. If facing potential opioid withdrawal, consider buying over the counter medications to make it less difficult (ibuprofen, Pepto-Bismol, Imodium). Work with your local pharmacist regarding OAT or access to other medication assisted treatment (e.g. for stimulants or benzodiazepines).
- Health Canada is working on exemptions to ensure access to OAT and other medicines. For more information contact: [hc.exemption.sc@canada.ca](mailto:hc.exemption.sc@canada.ca)

## Responding to Overdose

- In the event of an overdose, **CALL 9-1-1 AND ADMINISTER NALOXONE.**
- Continue to stimulate the person, use your gloves to check their airway and, as needed use the recovery position.
- Is unclear at this time the degree to which the face shield will protect you from COVID-19 while providing rescue breaths.
- If you choose to provide rescue breaths, always use the face shield. We understand that, at the community level, if you respond to an overdose, it is likely someone that you will know. We urge you to use your discretion when it comes to rescue breaths, as they are life-saving, understanding the dilemma between saving a life and potentially being at risk of catching COVID-19.
- BC Emergency Health Services (BCEHS) will have access to appropriate personal protective equipment (PPE) needed for responding to opioid ODs during this time
- Anyone not responding to overdose should leave the room or immediate area.
- Recognizing data and information is changing every day, please stay tuned, check out the BC Centre for Disease Control's '[People Who Use Substances](#)' section of their website.

# **TAX SEASON COVID-19 UPDATE**

**PLEASE NOTE THAT ALL  
TAX CLINICS HAVE BEEN  
POSTPONED  
INDEFINITELY DUE TO  
THE COVID-19  
OUTBREAK**

**THE GOVERNMENT OF  
CANADA ANNOUNCED  
THAT THE PERSONAL TAX**

**FILING DEADLINE HAS  
BEEN MOVED FROM  
APRIL 30 TO JUNE 1**

**THE NATION WILL  
ADJUST PLANS TO MEET  
THE REVISED DEADLINE**

**SEE ATTACHED TAX INTAKE FORM  
AND AUTHORIZATION FORMS IN  
PREPARATION FOR TAX SEASON**

**ANY QUESTIONS PLEASE CONTACT ROBERT  
MICHELS @ 604-982-8612 OR  
ROBERT\_MICHELS@SQUAMISH.NET**



**Skw̓wxwú7mesh Úxwumixw/ Squamish Nation**  
**PERSONAL INCOME TAX INTAKE FORM - 2019**



**PERSONAL INFORMATION**

**BAND NUMBER:** \_\_\_\_\_ **SPOUSE BAND NUMBER:** \_\_\_\_\_  
**NAMES:** \_\_\_\_\_ **SIN #:** \_\_\_\_\_  
**MAILING ADDRESS:** \_\_\_\_\_ **POSTAL CODE:** \_\_\_\_\_  
**CITY:** \_\_\_\_\_ **CARE OF:** \_\_\_\_\_  
**DATE OF BIRTH:** MONTH \_\_\_\_\_ DAY \_\_\_\_\_ YEAR \_\_\_\_\_  
**DO YOU WANT TO BE A REGISTERED VOTER? (CIRCLE ONE)** Yes No

**SPOUSE INFORMATION (IF APPLICABLE)**

**NAMES:** \_\_\_\_\_ **SIN:** \_\_\_\_\_  
**DATE OF BIRTH:** MONTH \_\_\_\_\_ DAY \_\_\_\_\_ YEAR \_\_\_\_\_  
**SPOUSE NET INCOME (LINE 236)** \_\_\_\_\_ **SPOUSE SOURCE OF INCOME:** \_\_\_\_\_  
**IS THIS RETURN FOR A DECEASED PERSON (CIRCLE ONE)** Yes No  
**DATE OF DEATH:** MONTH \_\_\_\_\_ DAY \_\_\_\_\_ YEAR \_\_\_\_\_

**MARITAL STATUS AT DECEMBER 31, 2019 (CIRCLE ONE):**

MARRIED COMMON LAW WIDOWED DIVORCED SEPERATED SINGLE

**DID YOUR MARTIAL STATUS CHANGE DURING THE YEAR? DATE (IF YES)** Month \_\_\_\_\_ Day \_\_\_\_\_

*\*\*GST CREDITS WILL BE ISSUED TO THE INDIVIDUAL WHOSE RETURN IS PROCESSED FIRST BY CRA\*\**

**DEPENDANT INFORMATION**

NAMES	DATE OF BIRTH	RELATIONSHIP	NET INCOME
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____

**INCOME SUMMARY (Check box if applicable. Identify income earned on reserve by entering "OR" in the box )**

	You	Spouse		You	Spouse
T4 - EMPLOYMENT INCOME			T5 - INVESTMENT INCOME		
T4A - PENSION/RETIREMENT/ANNUITY/OTHER			T5007 - INCOME ASSISTANCE		
T4A(OAS) - OLD AGE SECURITY			RRSP CONTRIBUTION SLIPS		
T4E - EMPLOYMENT INSURANCE			MEDICAL EXPENSE RECEIPTS		
T4(P) - CPP BENEFITS			CHILD CARE EXPENSE RECEIPTS		
T4RIF - RETIREMENT INCOME FUND			OTHER?		
T4RSP - RRSP INCOME			OTHER?		

**TAX CREDITS**

DID YOU HAVE A SEVERE MENTAL OR PHYSICAL IMPAIRMENT DURING 2019 THAT HAS LASTED OR IS EXPECTED TO LAST AT LEAST 12 MONTHS?  
 IF YES, YOU MAY BE ELIGIBLE FOR THE DISABILITY TAX CREDIT AND SHOULD SPEAK WITH A MEDICAL PRACTITIONER ABOUT FILLING IN FORM T2201.

**TAX RETURN HISTORY**

**DID YOU FILE YOUR 2018 PERSONAL INCOME TAX RETURN? (CIRCLE ONE)** Yes No  
**DID YOU FILE YOUR 2018 PERSONAL INCOME TAX RETURN WITH THE BAND? (CIRCLE ONE)** Yes No  
 (IF NO, PLEASE ATTACH A COPY OF YOUR 2018 TAX RETURN)  
**DO YOU NEED ASSISTANCE WITH FILING YOUR PERSONAL INCOME TAX FOR OTHER YEARS?** Yes No  
 IF YES, PLEASE INDICATE YEARS \_\_\_\_\_  
**COPY OF YOUR NOTICE OF ASSESSMENT FOR 2018 ATTACHED? (CIRCLE ONE)?** Yes No

**DIRECT DEPOSIT**

IF YOU WOULD LIKE ANY REFUNDS (INCOME TAX, GST) TO BE BY DIRECT DEPOSIT PLEASE ATTACH A VOID CHEQUE  
*\*\*IF YOU'VE PREVIOUSLY SIGNED UP FOR DIRECT DEPOSIT NO FURTHER ACTION IS REQUIRED\*\**

**OFFICE USE ONLY**

DATE SUBMITTED: \_\_\_\_\_ DATE PROCESSED: \_\_\_\_\_ PREPARED BY: \_\_\_\_\_



## WANT TO WIN TICKETS TO CANUCKS GAMES AND OTHER EVENTS?

Join the "Squamish Nation Ticket  
Lottery" group on our Facebook page.

All draws for tickets will be conducted through this  
new Facebook group, which is exclusively for  
Squamish Nation members.



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### HOW TO ENTER

**On Facebook:** Join the Squamish Nation Ticket Lottery group. When a giveaway is posted, comment on the thread to enter yourself. If you wish to enter your child or an immediate family member who is not on Facebook, you must send us a direct message (Facebook Messenger) containing the individual's full legal name and band number for verification purposes.

**By email:** Alternatively, if you do not have a Facebook account you can email us your full legal name and band number at: [communications@squamish.net](mailto:communications@squamish.net). Please be sure to include "Squamish Nation Ticket Lottery" in the subject or body of the message. Entries must be received within the specified contest period (see schedule). Entries received outside of these periods will be disregarded.

**By phone:** If you do not have an email account, you can phone Kyla Peters at 604-982-8633. You must provide your full legal name, status number, and phone number when entering the giveaway or leaving a voicemail. Entries must be received within the specified contest period (see schedule). Entries received outside of these periods will be disregarded.

**Note:** You must re-enter the Squamish Nation Ticket Lottery giveaway each time tickets are announced/available in order to be entered to win tickets (re-enter for each contest).

Join the Squamish Nation Ticket Lottery group on Facebook to be entered in a ticket giveaway for different events and sports tickets, as they become available.

You can find the group under "Groups" on the Squamish Nation Facebook page. (Please note that you must answer all questions in full to be approved to join. Your personal information is required for verification purposes, and is only visible to the staff moderators. Please send us a direct message (Facebook Messenger) if you did not answer all questions or are not approved to join within 2 business days of submitting your request.) Only Squamish Nation registered members are eligible for the ticket giveaways.

### CANUCKS TICKET LOTTERY SCHEDULE

Dates of upcoming home games (at Rogers Arena) and when the giveaway/draw will take place:

One contest will be administered for three games March 27– April 4. Winners will be assigned to the games in the order names are drawn. One parking pass is also available per game, and will be given to the first name drawn for each game.

#### GIVEAWAY:

**Game:** Fri., March 27<sup>th</sup>, 2020 at 7:00 PM

**Game:** Sat., March 28<sup>th</sup>, 2020 at 7:00 PM

**Game:** Sat., April 4<sup>th</sup>, 2020 at 7:00 PM

**Contest opens:** Mon., March 16<sup>th</sup>, 2020 at 9:00 AM

**Contest closes:** Tues., March 17<sup>th</sup>, 2020 at 9:00 AM

**Winners selected:** Tues., Mar. 17<sup>th</sup>, 2020

Winners are drawn using an online random name selector tool. Winners will be notified by Facebook, email, or phone.

Thank you to everyone who entered the giveaways. After this giveaway, it will bring the **total to 180 winners of Canucks Box Suite tickets.**



## **CANUCKS BOX SUITE TICKET CONSIDERATIONS AND RULES**

Please read the following considerations and rules carefully. Failure to comply will result in an automatic exclusion from all future opportunities to win tickets.

- Squamish Nation members can win ONE pair of Canucks tickets ONCE per season. To facilitate the giveaway process, please do not enter a giveaway after you have already won.
- All winners will receive TWO tickets for the Canucks home game. No exceptions. Winners can bring a guest of their choice with their second ticket; this person does not need to be a Nation member.
- Interested Squamish Nation band members must re-enter each ticket giveaway to qualify for the available tickets.
- Hardcopy tickets will be available for pick up at Reception one hour after the announcement with the winners name on the envelope. The address of the main office is 320 Seymour Blvd, North Vancouver, V7J 2J3. Tickets are available for pickup from 8:30am to 9pm Monday to Friday.
- Electronic tickets are also available for those who cannot pickup their tickets in person. We strongly recommend that you screen shot your tickets the first time you view them to ensure that you are able to access it later on.
- If you can't attend the event/game, then you must notify us as soon as possible on Facebook or email [communications@squamish.net](mailto:communications@squamish.net); an alternate person will receive your ticket if you provide adequate notice (i.e., one business day), and you will be eligible to re-enter a future giveaway. Alternate names will be drawn at the same time as the winners; if the alternate name(s) aren't needed for the game(s), then the alternate person will be eligible to enter and win future tickets.
- Winners must complete and sign an "Acknowledgment of Responsibilities and Obligations for the Use of the Squamish Nation Box Suite" form before receiving your tickets. For this reason, the winner is required to pick up his/her own tickets and cannot delegate pickup to a friend or family member.
- Some food and non-alcoholic beverages will be pre-ordered for guests attending events in the Box Suite. Attendees are responsible for any other items purchased and will not be reimbursed.
- The consumption of alcohol or drugs in the Box Suite is strictly prohibited. Failure to comply will result in an automatic exclusion from future opportunities. If you appear to be inebriated in the suite, you may be asked to leave.
- Persons under 19 must be accompanied by an adult.
- For Canucks tickets, no-shows will be ineligible to win tickets for the rest of the season.
- All attendees must treat other attendees with respect and no form of sexism, racism, homophobia, transphobia, or other discrimination will be tolerated.
- Winners are responsible for providing their own transportation to and from events.

*\*\*Note: The above rules are in effect on an interim basis while a formal policy is being developed. This policy, once approved, will serve as the official document to guide the ticket lottery process. \*\**



**Willie Lewis**  
Stitsma Career Centre

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March 23, 2020

# High School and Post-Secondary Students

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## Stitsma Career Centre Summer Work Experience Program

### WHO IS ELIGIBLE:

- Must be between the ages of 15-29
- Must have attended school full time in the 2019/2020 school year
- Must be returning to school full time in September 2020
- Must have successfully completed all courses in your field of studies
- Must have a Social Insurance Number (Applications for new SIN cards available at Service Canada)
- Must complete a criminal record check-vulnerable section

### Requirements for APPLICATION:

- Come to the Eslha7an/Stitsma Centre
- Fill out a Personal Information Form
- Bring your resume and cover letter
- Bring your most recent report card or transcript (April)
- Bring your Social Insurance Number
- Bring valid picture ID (i.e. Status card, license)
- Bring a reference letter from your last supervisor or a school teacher if you have not worked

## APPLY TODAY

**NORTH VANCOUVER APPLICATION DEADLINE IS Friday, May 29th 2020**

Please submit your application to:

### **Eslha7an- North Vancouver**

345 West 5th Street  
North Vancouver, BC V7M 1K2  
604-985-7711  
Willie\_lewis@squamish.net



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Member Services

## Eagle Draw

The Conservation Officer recovered 4 Bald Eagles in 2019. All Eagles are 'medium, adult male in good condition'. The eagles have been handed over to Squamish Nation.

A draw will be held and open to *Syéwen Dancers* **ONLY**. This is primarily for parts of your own personal uniform, and **NOT** to be used for sale of any kind.

Due to the sensitivity of this matter we will only post in newsletters. Please advise family and relatives you may know who live off reserve and may be interested in this draw.

**Apply by:** Friday, April 3, 2020  
**Draw Date:** Friday, April 10, 2020  
**Time:** 10:00 am  
 Capilano Big House - Kitchen

**Criteria:**

1. Must be a registered member of Squamish Nation;
2. Must be currently active and participating in Big House;
3. Must have knowledge/teachings to **use all parts** of the eagle or have someone available to be able to teach you how to use all parts of an eagle carcass;
4. Must be prepared to work on the eagle immediately; and
5. Return any part of the eagle not being used to the Long House Committee.

We do have papers if you are going to use a taxidermist.

<h3>Eagle Draw Ticket:</h3>	
Name:	Band Number:
Email:	Phone Number:

**Attention:**

**Tallia Reginald, MSS Events Services**  
**Fax: 604 980-4523**  
**email: [tallia\\_reginald@squamish.net](mailto:tallia_reginald@squamish.net)**

**Drop Off:**

**Main Office**  
**320 Seymour Boulevard,**  
**North Vancouver, BC**

H:\Admin\Eagle Draw

## Chit-Chat



First Nations Health Authority  
Health through wellness

# Protect Yourself From COVID-19 (caused by novel coronavirus)

Each of us plays a role in protecting our communities and loved ones.  
Follow these tips to prevent COVID-19 and stop the spread of germs!

- Remember to wash your hands frequently with soap and water, and encourage others to do the same. If you can't wash your hands, then use hand sanitizer.
- Try to avoid touching your face.
- Frequently clean and sanitize door handles, washrooms and surfaces that are touched often.
- Recommend that people sneeze and cough into a tissue or their elbow.
- You may be used to greeting friends, family and colleagues with a hug or a handshake, but make bumping elbows the new greeting for now.
- Make sure to wash your hands before and after eating, and don't share plates or utensils with others.
- If you are not feeling well, please stay home from work or work from home. This will keep those around you safer.
- Limit unnecessary travel and avoid gathering with others unless necessary.
- If you have traveled out of the country, you should self-isolate for 14 days upon return.
- Masks are not effective at preventing infection, and may increase risks by causing people to touch their faces more often. Use a mask only if directed to by your health care provider.

**During this time, it is important to check in with yourself and others—if you aren't feeling 100%, it is better to stay home for now. Thank you for doing your part to keep your community safe!**

Learn more and get all COVID-19 updates at [www.fnha.ca/coronavirus](http://www.fnha.ca/coronavirus)



First Nations Health Authority  
Health through wellness

# Prevent COVID-19 (novel coronavirus) by Washing Your Hands

Wash your hands often to keep your community safe and healthy.



1. Wet your hands.



2. Apply enough liquid soap to cover your hands.



3. Lather and scrub your whole hand, including the front, back and fingers - 20 seconds.



4. Rinse - 10 seconds.



5. Dry your hands with a paper towel.



6. Turn off tap with the paper towel.

For more information: <https://www.fnha.ca/coronavirus>



First Nations Health Authority  
Health through wellness

INFORMATION UPDATE | FEBRUARY 24, 2020

# CORONAVIRUS

## UPDATE

### **FNHA Novel Coronavirus FEBRUARY 24, 2020**

There have been a total number of seven confirmed coronavirus cases in the province to date. Of these seven cases, the first case has recovered and the others remain in self-isolation and under care from public health teams.

While the risk to First Nations people in British Columbia from this virus continues to be low, the threat is being taken seriously. The First Nations Health Authority is working with our provincial partners and the Public Health Agency of Canada to actively monitor the situation. Protocols are in place to screen for infections in any returning travelers and follow up on any identified cases. The Public Health Agency of Canada continues to reassure Canadians that our public health system is well positioned to identify and manage any additional cases.

The novel coronavirus causes a respiratory disease that has similar symptoms to other respiratory illnesses, including fever, dry cough, sore throat and headache. The virus is spread by droplets produced when a person with the infection coughs or sneezes. There is no reason for travelers returning from Hubei province or other locations in China who have been screened and found to be without symptoms, to be prevented from working, going to school or attending events unless instructed to do so by public health officers.

We are reminding everyone to take the following measures, which can also protect against other respiratory illnesses such as influenza:

- Frequent and thorough handwashing
- Cover your mouth with a tissue when coughing or sneezing
- Stay home when sick

We have received some questions regarding the need for community members to wear face masks for protection from coronavirus. We do not recommend that the general public wear masks. Surgical masks are not designed for this purpose and are unlikely to provide significant protection.

**More information about novel coronavirus can be found on the BC Centre for Disease Control (BCCDC) website:**

[www.bccdc.ca/about/news-stories/stories/2020/information-on-novel-coronavirus](http://www.bccdc.ca/about/news-stories/stories/2020/information-on-novel-coronavirus).

**Anyone who is concerned they have been exposed to – or are experiencing symptoms of – COVID-19 should contact their primary care provider, local public health office, or call 811**



**Office of the Chief Medical Health Officer**  
Suite 800, 601 West Broadway  
Vancouver, BC V5Z 4C2

## **Novel Coronavirus Update**

January 28, 2020

This morning, Health Minister Adrian Dix and Provincial Health Officer Dr. Bonnie Henry announced that the first presumptive positive case of novel coronavirus (known as 2019-nCoV) in BC has been identified in the Vancouver Coast Health (VCH) region. The patient is in isolation at home and poses no risk to the public. VCH Public Health is currently monitoring the patient and their close contacts.

Even with this presumptive case, the risk to residents in the VCH region and in B.C. remains low. There is no ongoing risk posed to the public, and health care staff in our region are prepared should other cases arise.

The novel coronavirus (named 2019-nCoV) causes a respiratory disease that was first reported in Wuhan, China. VCH Medical Health Officers, our provincial partners and the Public Health Agency of Canada continue to actively monitor the situation and have protocols in place to screen for infections in any returning travellers. While there have been cases identified outside of China, all of these individuals are known to have recent travel to the Wuhan area. The Public Health Agency of Canada continues to reassure the public that the risk to Canadians is low and that our public health system is well positioned to identify and manage any additional cases.

All travellers returning from the Wuhan area who do not have symptoms are being advised to monitor for symptoms for a 2 week period. At this time, reports indicate that this virus is spread only after symptoms develop. There is no reason for travellers returning from Wuhan, or other locations in China, without any symptoms to be prevented from working, going to school or attending events unless instructed to do so by Public Health. There is also no evidence that novel coronavirus is circulating in the Chinese Canadian community.

In the meantime, we are reminding everyone to follow proper respiratory hygiene etiquette during the cold and flu season. This includes proper hand-washing with soap and water, covering your mouth and nose with a tissue when coughing or sneezing, and staying home when you are sick.

We do not recommend that the general public or staff wear masks. Surgical masks are not designed for this purpose and are unlikely to provide significant protection. There is also no need to post signage, stockpile supplies or to implement special cleaning procedures.

More information about novel coronavirus can be found on the BC Centre for Disease Control (BCCDC) website: [www.bccdc.ca/about/news-stories/stories/2020/information-on-novel-coronavirus](http://www.bccdc.ca/about/news-stories/stories/2020/information-on-novel-coronavirus).

If you have any questions, please don't hesitate to contact your local Medical Health Officer.

Sincerely,

A handwritten signature in black ink, appearing to read "Mark Lysyshyn".

Mark Lysyshyn, MD, MPH, FRCPC  
Deputy Chief Medical Health Officer  
Vancouver Coastal Health



## CALL OUT FOR A NEW LGBTQ2S COMMUNITY PRIDE T-SHIRT DESIGN

The Squamish Nation Pride Committee is accepting artwork submissions for a new LGBTQ2S Community Pride T-shirt design!

### Eligibility:

- Artists must be Squamish Nation band members
- Artwork/designs must represent the Squamish Nation and LGBTQ2S community
- The designs must embody LGBTQ2S Pride

### How to Submit:

- Email digitized artwork to: [snpride@squamish.net](mailto:snpride@squamish.net)
- Deliver a printed copy of your artwork to the Squamish Nation main band office or Yúustway Health& Wellness building (9A, 380 Welch Street).

**The artist who submits the selected design will receive \$500!**

**Deadline: Sunday, March 15, 2020**

**Additional Information:** The selected design will belong to the SN Pride Committee. It will be used for the upcoming and future Pride Parades. The design may be used for T-shirts, communications, and other swag. *Please note, selected artwork for the T-shirt design will become digitized, if not already a vector file (digital).*

If you have any questions, please contact [snpride@squamish.net](mailto:snpride@squamish.net)



# Squamish Nation Members: Let's stay in touch!

If you've moved or changed phone numbers,  
please contact the Registry Department  
at 604-982-8607

## WE THANK OUR COMMUNITY

On behalf of the Apodaca and Lewis families we thank our community and the nation for providing support during the loss of our dearly beloved mother, grandmother, sister, auntie, cousin and friend "Theresa Zagala". Thank you very much for the excellent attention to every detail surrounding the arrangements, you were all very kind, respectful, and professional. That made us feel comfortable and we appreciated the guidance all of you gave us. All your kind words helped us through the process from beginning to end.

*Thank you from the bottom of our hearts,  
Shawwna Apodaca on behalf of the  
Apodaca and Lewis families*

## HOUSE TO RENT

My name is Pamela Ryan, I am searching for a house to rent for my Family and I. Our Landlord has renewed our lease till December 2020. I work full time in North Vancouver, my youngest Daughter works full time in West Vancouver, my oldest Daughter is Special Needs and my partner works full time in Coquitlam. We currently live in Surrey, and we are finding the commute long. We would like to shorten our commute to work. Previous to living in Surrey, I lived in the same apartment in Vancouver for 26 years. I enjoy the amenities that North Vancouver has to offer and the proximity to public transportation. We are quiet and respectful of others' privacy and have always had a good relationship with our previous landlords. We have two older dogs and two older cats. We will treat your home like it was our own, I love planting flowers and my partner can maintain the landscaping and small repairs around the house.

We are looking for long term stable tenancy, you may contact me at 236-867-0404.

Thank you  
Pamela Ryan

**DO YOU NEED CLEANING SERVICES FOR A REASONABLE PRICE?**

**Tina Harry – 778-788-5144**

**\$15 per hour**

Please call for services and we can use your cleaning supplies or bring our own

**ATTENTION:**

All families wishing to hold ceremony or work in the Capilano community longhouse this coming winter or in the future: Please contact the caretakers to meet AND discuss booking dates as we do have family works currently booked in advance.

We can be reached by email and phone:  
caplonghouse@gmail.com  
604-783-9232 & 778-871-0652

**INDIGENOUS GREEN CLEAN**

Home & Office Cleaning Service  
Organic Cleaning Product Sales  
(604) 674-3050

For more info  
indigenousgreenclean@gmail.com  
Ask for Free Sample of All Purpose Cleaner



## Numbers To Know

### Anthony Joseph's Art Gallery & Studio

201 Mathias Road, WV  
9:00 AM - 5:00 PM  
(604) 987 - 2059

### Boxing Lessons by Dan Yelton

Personal Training or Private Lessons Available  
(778) 873 - 8955

### ForestRaine Cleaning Services

Special Events, Residential, Commercial Cleaning Service  
(604) 329 - 1493  
forestraine\_cleaningservices@yahoo.com

### Free Spirit Pottery by Stewart Jacobs

218 Jacobs Road, WV  
(604) 984 - 3217

### Indian Residential School Crisis Line

Emotional & Crisis referral services  
24hr hotline - 1-866-925-4419

### Nahanee Moving

No job too big or too small  
(604) 652 - 1846

### Red & Son's Art Framing

Custom framing - ideal for traditional prints and paintings  
199 Lawa Street, WV  
(604) 904 - 1290

### Rennie's School of Music

Provides personal training in guitar, piano, voice...  
(604) 986 - 1473  
shawwman@shaw.ca

### SNAPPS

(Squamish Neighbourhood Animal Partnership & Protection Society)  
(778) 384 - 3226

### T`Sala Salon Spa ``DISCOVER THE DIFFERENCE!``

106 2nd St E, North | Vancouver, BC |V7L 1C3  
(604) 770 - 4777  
appts@tsalasalonspa.com  
info@tsalasalonspa.com  
www.tsalasalonspa.com

### Mike Billy

Carpenter / Handy Man  
(604) 500 - 6454

### BeYOUtiful Salon

☐hair cuts, color, styling; gel polish & braids ☐  
197 Jacobs Crescent, West Van  
(604) 314 - 2383

### Younique

Julie Peters (604) 446 - 5844

### Florist for every occasion - Marliyn Mon Rose

338 Skawshen Rd. W.Vancouver  
Brenda Scott - (604) 346 - 5455

### Totem Landscaping

Lawn care, Tree cutting, Junk removal, Pressure washing, Brush & Snow removal  
(604) 445 - 1365  
totem\_landscaping.1592@yahoo.ca

### Geo's Paint

NO JOB TOO SMALL!!! - Excellent quality & service  
(778) 855 - 4841 Sean.s.paul@facebook.com

### Island Green Clean

Organic cleaning for healthier homes  
Jill Paull at (604) 674-3050  
jill@islandgreenclean.com

## Places to Go

### Shaker Church

1st and 3rd Saturday in Capilano @ 7:00 PM  
104 Mathias Road, Capilano IR No. 5, WV  
2nd Saturday in Squamish @ 7:00 PM  
1365 Billy Drive, Stawamus IR#24, SV

### St. Paul's Indian Catholic Church Services

424 West Esplanade, Mission IR#5, NV  
Sunday Mornnings: 11:00 AM  
Tuesday & Thursday Evenings: 7:00 PM

Community Prayer Meetings:  
Sunday Mornings: 10:00 AM - 12:00 PM  
100 Capilano Rd (Kids Club)  
Coffee, Tea and Treats provided

## Want to Submit an Article?

**Email:** northvannewsletter@squamish.net  
Deadline for each submission is **Friday**, end of day! For next weeks newsletter!  
Please provide dates for each submission!

## LAST WEEK'S ANSWERS:

### "CHOPPING BLOCK"

1	D	A	T	U	M	6	S	I	R	I	10	S	T	O	W	
14	A	B	A	S	E	15	E	C	O	N	16	E	R	G	O	
17	M	Y	C	E	N	18	T	C	E	N	T	19	R	A	R	E
20	P	S	I	21	S	A	T	22	E	N	V	I	E	S		
24	S	T	I	C	K	26	I	S	R	A	E	L				
28	T	H	E	29	D	O	W	N	D	U	M	P	S			
32	N	A	G	S	35	T	I	N	O	36	A	P	A	R	T	
37	A	M	I	38	F	O	G	39	O	I	L	41	P	E	A	
42	V	E	N	43	M	O	44	S	A	N	G	46	E	S	P	N
47	I	N	J	U	R	48	Y	I	N	S	U	L	T			
50	O	S	M	E	N	T	51	A	I	S	52	L	E			
54	L	O	I	T	E	R	56	T	N	T	57	E	X	E		
59	U	R	N	S	60	T	H	E	E	A	R	S	W	E	T	
64	R	A	T	E	65	L	A	V	A	66	E	P	I	C	S	
67	E	L	S	E	68	E	Y	E	S	69	S	A	S	S	Y	

Puzzle Date: March 30, 2020  
**TAKING THINGS LITERALLY**

**ACROSS**

- 1 Bit of information
- 6 She can have an Irish voice in iOS 12
- 10 Place in the overhead bin, say
- 14 Belittle
- 15 Possible major for a future CPA
- 16 Thus
- 17 Opinion I give, visually?
- 19 Steak order
- 20 Tire gauge meas.
- 21 Settled on a settee
- 22 Is jealous of
- 24 What a good idea can do
- 26 Neighbor of Jordan
- 28 What you are after a bad breakup, visually?
- 32 Old horses
- 35 Nickname hidden in "get in on"
- 36 Separated
- 37 "Who \_\_\_ to judge?"
- 38 Common San Francisco forecast
- 39 It doesn't naturally mix with water
- 41 Cause of sleepless nights, in a fairy tale
- 42 App for paying people
- 44 Participated in a choir
- 46 NBA game channel
- 47 Make an upsetting situation worse, visually?
- 50 Haley Joel of "The Sixth Sense"
- 51 Reach across the \_\_\_
- 54 Hang around
- 56 Explosive letters
- 57 Palindromic PC file extension
- 59 Large coffee holders
- 60 Like a rookie, visually?
- 64 Give five stars to, say
- 65 What the floor is, in an improv game
- 66 "Iliad" and "Odyssey"
- 67 If not
- 68 Retinas' organs
- 69 Smart-alecky

**DOWN**

- 1 Moist
- 2 Deep hole
- 3 Wordlessly implied
- 4 Function
- 5 Person of integrity
- 6 The Quakers, for one
- 7 Word before "cream" or "cube"
- 8 Swanson in "Parks and Recreation"
- 9 Often-unpaid worker
- 10 Present, as food
- 11 They'll show you the path
- 12 Shrek, e.g.
- 13 Troubles
- 18 Become fond of
- 23 2019 French Open winner Rafael
- 25 "\_\_\_ a date!"
- 26 What's never free of charge?
- 27 Faints from emotion
- 29 Starts eating with gusto
- 30 Get ready, briefly
- 31 Pal of Kenny and Kyle
- 32 "Avatar" people
- 33 "You said it!"
- 34 Speakeasies, e.g.
- 38 "None \_\_\_, thanks"
- 40 Galapagos lizard
- 43 Movie you shouldn't miss
- 45 One may crawl through an outlet
- 46 UFO crew
- 48 Dr. Seuss's turtle
- 49 Petrol units
- 52 Clark's partner
- 53 Corp. higher-ups
- 54 Item in a tackle box
- 55 Type of history
- 56 Rooibos and Earl Grey
- 58 Popular craft site
- 61 It may be baled
- 62 "Killing \_\_\_" (Sandra Oh show)
- 63 Place for a massage

1	2	3	4	5		6	7	8	9		10	11	12	13
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67					68						69			