



Skwxwú7mesh Úxwumixw
Squamish Nation

Weekly Newsletter

Machine Operator Certification

Forklift | Scissorlift | Boom-Lift
Telehandler | Skid Steer

Dates: March 11-15th, 2024

Time: 9AM-3PM

Location: Totem Hall

Contact Devan Williams to register:
604-892-2202

Preteen Dance

Thursday, February 15, 2024

7:00 - 9:00PM

Totem Hall

Open to public for kids in grades 5-7

\$10 Entry Fee

Concession will be open

Salve Making Workshop

For Squamish Nation members who reside in
the Squamish Valley ages 13+.

Dates: February 13, 2024

Waiwakum Teen Centre | 5:30 - 7:30PM

February 20, 2024

Totem Hall | 5:30 - 7:30PM

2024 Sports and Recreation Grant
Applications now available for pick up
at Totem Hall.

Deadline: Friday, March 8, 2024

Income Assistance Declaration Week:
February 12-16, 2024

Squamish Valley Weekly

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We ask that flyers be in by end of day Wednesdays as newsletters are printed Thursday mornings, and that flyers are no more than 2 pages to allow space for other submissions. Thank you!
squamishvalley_newsletters@squamish.net



February 2024

SV Elders Bulletin

Keeping Everyone Connected...

Squamish Valley Elders Program

CELEBRATING February Birthdays

Diane L
Larry J
Gwen B
Bonaro N

TRANSPORTATION:

Please call-in advance to
book a ride to an
appointment or errand.

Elders Lounge:
604-848-2241

Celestino, *Team Lead:*

604-848-5190

Shanda, *Members Driver*
604-815-3445

Cyndi, *Scheduler/Driver:*

604-849-0539

'H'wopey Gwen, *Driver:*

604-849-4055

Josie, *Manager:*

604-815-1936

February has finally made it. Hopefully that Groundhog lets us have an early spring.

Feb 1 Footcare (with Melanie)
Feb 5 Wills and Estates
Feb 6 Wayne Mah
Feb 7 Lateral Violence Training (with Anita)
Feb 14 Valentines Lunch
Feb 16 West Vancouver Library (Witness Blanket)
Feb 19 Family Day Stat (Office Closed)
Feb 22 Council "Round Table"
Feb 23 No Programing – First Aid Training for staff
Feb 28 Respectful Relationships Talk (with Anita)

Looks like its going to be a busy month, with many different topics ahead. We have an assortment of different conversations ahead. The Elders will be making up Valentine baskets to sell this month. The baskets can be purchased at the Elders lounge for \$25. You can also put in specialty orders in if you like. We also have the Council returning this month, on the 22nd.

~ *The SV Elders Team:*

Celestino, Cyndi, 'H'wopey Gwen, Shanda, and Josie



**Skwxwú7mesh
úxwumixw**

Ta na wa Ch'awát ta Sxwéxwel
Squamish Valley Operations

squamish.net



**Skwxwú7mesh
Úxwumixw**

Ta na wa Chiawát ta Sxwéxwel
Squamish Valley Operations



February 2024

Tem welhxs [Time of frogs/Time to sleep]

Squamish Valley Elders Program Calendar



SUNDAY Sxexelhnat	MONDAY Skwetkallhyes	TUESDAY Stsamyas	WEDNESDAY Schanxwyes	THURSDAY Sxaa7utsens	FRIDAY Stsiyachis	SATURDAY T'akw'entem
LEGEND: Unless stated, all programs will be at Totem Hall Red= Birthdays Purple= Sign Up REQUIRED				DIANE L 1 9:30 Foot Care 1PM Crafts & Language	LARRY J. 2	3
4	5 1130-2PM Wills & Estate work-shop	6 10:30 Wayne Mah 10:30 Brunch 11 Fitness	MAYA J. 7 Lateral Violence Stawmus Rm 9-3:30	8 1PM Crafts & Language	9	10
11	12	13 10:30 Brunch 11 Fitness	VALENTINE'S DAY 14 12 Lunch	15 1PM Crafts & Language	16 West Vancouver Library Witness Blanket 6PM	GWEN B. 17
18	19 FAMILY DAY STAT Office Closed	20 10:30 Brunch 11 Fitness	21	22 Council Jill Peters Round Table	23 No Programs Staff First Aid Training	24
25	26	27 10:30 Brunch 11 Fitness	BONARO N. 28 PINK SHIRT DAY Respectful Relationship	29 1PM Crafts & Language		



ELDERS PROGRAM SURVEY 2024



NAME	AGE	ADDRESS	CONTACT INFO

1. Do you currently participate in the Elders Program activities?

☐ Yes ☐ No

If you answered NO, please explain in a few words what prevents you from participating. If you answered YES, please list which activities you currently participate in.

2. Please list up to 3 activities you would like to see included in the Elders Program:



ELDERS PROGRAM SURVEY 2024



3. Do you have any concerns about the Elders Program or any suggestions as to how it can be improved?

4. What do you do for fun? Who do you do it with?

5. Would you be willing to volunteer any time to assist with Elders Program activities?

6. Do you have your own means of transportation? Do you just drive locally? Are you able to drive out of town? Elders Program Transportation.



ELDERS PROGRAM SURVEY 2024



7. Do you have any special skills/talents/hobbies you would be willing to teach/share with the Elders Program?

8. Are you receiving regular information about Elders Program activities?

☐ Yes ☐ No

9. How would you like to receive information about the Elders Program activities?

☐ EMAIL ☐ FACEBOOK ☐ PHONE CALLS ☐ TEXT ☐ NEWSLETTER

10. If necessary, would you be ok with the Elders Team contacting you at a future date to discuss this further? If yes, please identify the best way to contact you and what days/times work best.



ELDERS PROGRAM SURVEY 2024



11. Do you have any new meal requests for Tuesday Brunch OR Wednesday Lunch? Do you have any Food Allergies? What are your dislikes?

ALLERGIES

Favourite Meal (Recipe)

Likes

Dislikes

Meal Ideas for Brunch

Meal Ideas for Lunch

Favourite LOCAL Restaurant

12. Any additional comments, questions, concerns



ELDERS PROGRAM SURVEY 2024



Thank you for participating in our survey!

Your answers and personal information will be kept confidential.

**We invite you to submit your survey no later than
Thursday March 15, 2024 to Elders Team**

1. Please take a moment to fill out the survey and hand deliver to any Squamish Nation office. We can sit down and assist you in completing your survey if needed. Come down to Elders Lounge or Call us at 604-848-2241.
2. Please let us know if you would like a copy emailed to you OR check the newsletter for a copy.

**We will be reviewing all comments and will be
reporting back once the survey is complete.**

INVITING ALL ELDERS

WoodfibreLNG Lunch & Learn



KNOWLEDGE SHARING & SEAFOOD

We would like to invite our elders to a seafood feast, and a place to share knowledge and stories of Swi'yát (WoodfibreLNG). We recognize the importance of informing elders about the WoodfibreLNG project to hear their suggestions on future initiatives and answer any questions. This session is organized by Squamish Nation but we have invited senior staff from WoodfibreLNG to share the occasion.

"The former Woodfibre Pulp and Paper Mill site in Nexwnéwu7ts Átlk'a7tsem (Howe Sound), approximately seven kilometres south of Skwxwú7mesh is on the historical location of a Skwxwú7mesh Úxwumixw village known as Swi'yát. Swi'yát and Nexwnéwu7ts Átlk'a7tsem are tied to the cultural well-being of Skwxwú7mesh Úxwumixw members, our ancestors, and their descendants."



Future WoodfibreLNG site rendering photo

Date & Time:
February 15
from 12:00-
3:00 pm

Location:
Pier Salon
Room,
Pinnacle Hotel,
North
Vancouver

*** TRANSPORTATION PROVIDED * PLEASE CONTACT EVANGELINE NAHANEE AT
604-987-4646 TO REGISTER * 30 SPOTS AVAILABLE *
REGISTRATION DEADLINE: FEBRUARY 9, 2024**



ELDER'S ROUND TABLE

11AM – 3PM

North Vancouver: Wednesday, January 24th

Squamish Valley: Friday, January 26th

Joint Gathering: Thursday, February 22nd

Dear Elders of the Squamish Nation,

You're Invited!

We cordially invite you to a special gathering, where you can join in a friendly and open discussion with our elected Chair, Council, and Band Manager. Mark your calendars:

- **Chief Joe Mathias Centre: Wednesday, January 24th from 11AM – 3PM** – Contact NV Elder's Coordinator for transportation (604-987-4646)
- **Totem Hall: Friday, January 26th from 11AM – 3PM** – Contact SV Elder's Coordinator for transportation (604-815-3445)
- **Joint Gathering at Totem Hall: Thursday, February 22nd from 11AM – 3PM** – Contact your respective Elder's Coordinator for transportation

The purpose of the Round Table meetings is to:

- Build a strong relationship between our leaders and our cherished elders.
- Hear your valuable insights and concerns on overall community-issues.
- Make sure everyone has a chance to speak and be heard.

Our senior administrative team, led by Chief Administration Officer Sheldon Tetreault, along with the Executive Directors for People Services, Community Services, and Territory & Culture Divisions, will be there too, ready to listen and take notes on anything we need to follow up on.

We'll be serving a delicious meal from 12 pm to 1 pm at both meetings.

Our Elders requested these meetings, and we listened. Our plan is to meet once in Squamish Valley and once in North Vancouver to discuss community-specific issues. Then, we'll come together for a big meeting, so all of our elders can hear about the progress we've made.

Your thoughts and ideas matter to us, and we want to hear them all. Bring your questions, concerns, and advice. Don't forget to share this with your elderly friends and relatives about this opportunity too. Together, let's make life even better for our Squamish People.

If you have questions, please call 604-980-4553 to speak to **Jill Peters, Administrative Officer**.



Skwxwú7mesh Úxwumixw

JANUARY 2024

WOODFIBRE LNG & FORTIS BC EAGLE MOUNTAIN GAS PIPELINE PROJECTS

Update from Skwxwú7mesh Úxwumixw Rights & Title
and Environmental Working Group



Please be advised that rolling lane closures are expected along Mamquam Forest Service Road as part of road upgrades for Eagle Mountain Pipeline construction.

CULTURAL AWARENESS TRAINING

Cultural awareness training is required by all employees working on both the Eagle Mountain Pipeline (FortisBC) & Woodfibre LNG projects. Orientations include videos and presentations prepared by qualified Skwxwú7mesh Úxwumixw members. This training educates contractors and employees about Skwxwú7mesh history, our culture, our connections both past and present to our territory and our role as stewards of our lands.

WLNG:

This in-person training, in which approximately 500 workers have received, is broken up into three segments - first segment is focused on Skwxwú7mesh Úxwumixw Culture. The second segment is on MMIWG, and the final segment is on Archaeology & and chance find procedure.

In the first segment on Skwxwú7mesh Úxwumixw Culture topics include Creation Story/Great Flood, Pre contact trade and society, language, European contact and Trade, usurpation of Skwxwú7mesh Úxwumixw Lands, the Indian Act, Residential Schools, the battle for rights, and present and future successes (SNLUP- Squamish Nation Land Use Plan, Forestry tenures, Olympics, Hydro Projects, MST, Woodfibre LNG (SNEAA))

The second segment on MMIWG, looks at the National Inquiry (including recommendations for industry), the Standing Committee on the Status of Women and Girls, the impact of Residential schools on women, facts on violence against women and the disparity between Indigenous and non-indigenous women, systematic racism, 2spirit, red dress project, the Highway of Tears, and gender and cultural safety.

The final segment focus is on archaeology, what may be encountered, basic information on archaeology and legal protections, and a clear focus on what to do in the event a belonging or ancestral remains are encountered.

FortisBC EGP:

Fortis EGP orientation modules include an Indigenous cultural awareness orientation which covers broad topics including terminology, MMIWG2S, residential schools, UNDRIP, Archaeological Chance Find Procedure orientation and more. The Skwxwú7mesh Úxwumixw cultural awareness video we are currently working to finalize will also include:

- Territory (size, reserves, culturally sensitive areas) and why it's important to us
- Pre-European contact (longhouses, potlatches, professions, spirituality, way of living, etc)
- Language and how it connects us to the land
- Arrival of settlers
- Post-contact & colonization
- Residential Schools
- Amalgamation
- Present day - Squamish People (Council)
- Importance of Skwelwil'em Wildlife Management Area (mouth of Squamish River)
- Archeology
- SNEAA

CITY OF VANCOUVER

UNDRIP Strategy

Calling on all Indigenous Peoples
in Vancouver

HONORARIA
AVAILABLE

The City of Vancouver invites you to join our workshop on the United Nations Declaration Rights of Indigenous Peoples (UNDRIP) Strategy.

The workshop will include a review of the current UNDRIP Strategy, and an opportunity to share your feedback.

Please let us know how to make the event more accessible to you (e.g. larger font, ASL interpretation), contact: Indigenous.Engagement@vancouver.ca

Online Engagement Session

Thursday, February 8, 2024

1 – 3:30 pm *(meeting link shared after registration)*

In-person Engagement Session

Saturday, February 10, 2024

1 – 4 pm

Vancouver Aboriginal Friendship Centre
1607 East Hastings Street, Vancouver



Registration

For more information or to register, scan the QR code or visit:

shapeyourcity.ca/undrip-engagement

The City of Vancouver acknowledges that it is situated on the unceded traditional territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səliłwətał (Tsleil-Waututh) Nations.



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Multicultural Gathering Totem Hall Sat. Feb 10 12:30 – 4:00



Celebrating Unity in Diversity and Fostering Friendship since 1993

Join us for an afternoon of music, dance and cultural activities – learn – share – participate!

**FREE
ADMISSION**

For information contact squamishmultifaith@gmail.com



Hosted by Squamish Valley Elders and Squamish Multifaith Association

Special thanks to Squamish Valley Administration for their support

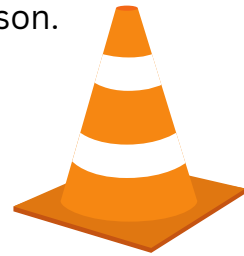


ONGOING CONSTRUCTION ACTIVITIES

With both projects in the construction phase you may observe more activity downtown and at Swiyát.

Swiyát (WOODFIBRE LNG)

Marine construction is busy in January: this is mainly pile driving, and some shoreline work. Skwxwú7mesh Úxwumixw has had independent observers on site to audit the noise monitoring for marine mammal and fish protection during this work. - Marine construction must be put on pause by the end of January for the return of Slhawt' (herring), and then Cháyilhen (salmon) in the spring. Marine construction can re-start at the end of August 2024. - WoodfibreLNG will also be wrapping up vegetation clearing shortly, before birds start their nest-building for the season.



FORTIS BC EAGLE MOUNTAIN PIPELINE

- Forest service road upgrades
 - grading and culvert installations for sediment and erosion control
 - widening and road base buildup
- Hydrovac to locate utilities
- Preparing the tunnel portal sites in anticipation of tunnel boring machines launching in Q1 2024
 - Culvert installation to protect East Creek (Swiyát)
- Safety signage installation

Skwxwú7mesh Úxwumixw has communications plans with both WoodfibreLNG and FortisBC to ensure members can access the territory for traditional purposes. If any of the above construction activities impact your ability to access the territory, please contact 778-966-1117.

WE WANT TO HEAR FROM YOU!

Have you been impacted as a result of the current construction activities that are taking place? Please report to:

Whitney Joseph, Squamish Nation:
swiyat@squamish.net or 778-966-1117

FortisBC EGP:
egp@fortisbc.com or 1-855-380-5784

Woodfibre LNG:
info@wlng.ca or 1-888-801-7929

Our Journey of Public Safety

PURPOSE

Improve public safety in Skwxwú7mesh communities.

OUR LEARNING

1. Informed by Skwxwú7mesh history, culture, values, and worldview.



2. Reviewed Skwxwú7mesh materials, research and programs.

3. Drew inspiration from Indigenous communities and jurisdictions across North America.



COMMUNITY ENGAGEMENT

Received feedback and input from Skwxwú7mesh Members.



OUR VISION

4. Xíxtsem that together create the framework for thinking about community safety. Xíxtsem means "cedar bentwood box" because xíxtsem are used to safeguard precious things.



1. Nexwiniw: Behaviour on the land and in the waters.



2. Téjwihlm na7 ta edut: Be protected at home.

3. Téjwihlm na7 ta úxwumíxw: Be protected in the community/village(s).



4. Téjwihlm na7 ta temíxw: Be protected on the land.



11 BIG RECOMMENDATIONS

With this vision of the xíxtsem as our guide, we have 11 big recommendations on how to improve safety in our communities.

Relationships within community

Social Services

Mental health

Wellness

Healing

Justice

Economics

Partnerships



COUNCIL APPROVAL

In August 2023, Council approved the Xíxtsem framework and 11 Big Recommendations.

1. Directed staff to adopt in their departmental work plans.

2. Public Safety Department adopted as its strategy for the next five years.



squamish.net/public-safety-report

Both the Xíxtsem framework and 11 Big Ideas are rooted in Skwxwú7mesh values, emphasizing the importance of lands and waters, and stélmexw (people).

We will know we've done well when Skwxwú7mesh people feel included, they belong, and have control over the situations they are in.



Squamish Nation CULTURAL GRANT 2024/2025

APPLICATION DEADLINE: FRIDAY, FEBRUARY 23, 2024

- Accepting Applications for the following categories:
 - Individual Cultural Projects
 - Group Cultural Projects
 - Major Events
- You are **ELIGIBLE** for only one call out per fiscal year (February or September)
- Reminder: if you received funding in September Call out 2023, receipts are due by **May 23, 2024**. If receipts are not submitted, you will not be eligible to receive funding.
- Priority is given to applicants ages 24 and under.
- Please review the Cultural Grant Policy for further details.
- Should you have any questions please contact the **Culture Team** at 604-990-3061
- Funding request amounts are **NOT** guaranteed, all funds will be distributed based on budget and the amount of applications received.

Applications can be submitted by one of the following methods:

- **Email:** language_culture@squamish.net
- **Mail or personal delivery:** Attn: Culture Team, Unit 4–380 Welch Street, West Vancouver BC, V7P 0A7

Applicant Information

First Name:	Last Name:
Band Number:	DOB:
Home Address:	Phone Number:
Email:	

If parent or guardian is applying for Minor, please provide following:

First name:	Last Name:
Band number:	DOB:

Funding Category: Please check the following category

- ☐ Individual Cultural Project (Max is \$500 per individual)
- ☐ Group Cultural Project (up to \$10,000)
- ☐ Major Events

Project Description:

Describe your project or event:

Participation and Impact

Express why you are seeking funding from the grant and how the funding will impact your development and growth of Squamish culture and/or language?

Financial Information

How much are you applying for?

What will the funding be used for?

Budget Expenses (if applicable)

Workshop/Seminars fee	\$	Food	\$
Facility rental fee	\$	Equipment Purchase	\$
Honorarium	\$	Materials & Supplies	\$
Travel	\$	Other (list)	\$
		TOTAL	\$ 0

List Additional Support and/or Sponsorship received

Group Projects & Major Events ONLY

Select the Box you are Applying:

- ☐ A registered not-for-profit society in good standing with BC Registry Services, OR if selecting this please include a copy of your Constitution & Bylaws with a list of Board of Directors and Society Number
- ☐ An Organizing Committee, with a Chair & Deputy Chair, made up with a Majority of Squamish Nation Members.
 - List Committee members

Event Details

Title of Event:

Date of Event:

Location of Event:

Description of Event:

Support (Group Projects & Major Events only)

What levels of support can you demonstrate for your proposed project?

Who have you partnered with or included in the planning of your project?

Please include Letter of Support







Signature _____ **Date** _____

Find the updated Cultural Grant policies at <https://www.squamish.net/policies/>

Ayas' Family Program

February 2024

Tem Welhxs "Frogs come out of Hibernation"

Mon	Tue	Wed	Thu	Fri
			1 First Aid and Choking Talk with Carmen	2 Developmental play
5 Prep day	6 Craft for parents	7 Mother Goose 	8 Culture and Language with Naomi	9 Felt board story with Naomi Confirm families Headband Friday 16th
12 Prep day	13 Self Care and Self Love Guest Speaker COHI 9-12pm	14 Mother Goose Have a Heart day 	15 Gondola Field trip day	16 Cedar Headbands
19 Family day National Holiday	20 Winter Make and take food	21 Mother Goose 	22 Dietitian Guest Speaker	23 Field trip day
26 Prep day	27 Culture and Language	28 Mother Goose 	29 Speech and Language Laura Carr	

Skwxwú7mesh Sníchim:
stám ti? - what's this?
wexés - frog
emút chexw - sit down
sheych'ántsut tem - circle time
mikw'in yenis - brush teeth

Themes and Holidays:
Have a Heart Day & Family Day

Color's: Pink and Green



Elders in Program
Henry and Jackie Williams



Skwxwú7mesh
Úxwumixw

Ayas' Mother
Child & Family Services

Ayas' Family Program
Facilitator: Ashley_Lewis@Squamish.net
AIDP: Jessie 604-753-8703
Culture /Language: Naomi 604-815-7260



THE UNIVERSITY OF BRITISH COLUMBIA

Let's talk about it!

We are looking for **Adults Living in Metro Vancouver** to discuss leisure time in an **Online Focus Group**



TOPICS COVERED:

- How you spend your leisure time
- How leisure time benefits you and your community
- Factors that influence your leisure time

RECEIVE A \$25 GIFT CARD FOR PARTICIPATING IN THIS 90- TO 120-MINUTE FOCUS GROUP.

For more information, visit:
https://ubc.ca1.qualtrics.com/jfe/form/SV_eeRXhE6MIW3Swdw

February

This is time for harvesting

Mamkw'utsin - Burdock: The roots are used to treat bladder, kidney and liver infections as well as skin disorders. Roots can be gathered in the spring when needed. Boiled in water and simmered for 15 minutes.

Sp'ákw'us - Eagles: start to leave the Squamish rivers in February

syuykw'úlu7 ~ syúykw'ula - Fishing: Trout fishing usually happened from January to February.

lhenlhént - Weaving: During the winter months is a time to weave both cedar and wool.

Leich' mamkw'utsin - Yellow Dock: Food-Leaves can be eaten in moderate amounts and have a bitter taste.

Medicine-The leaves of the plant can be boiled into a tea and used to treat ailments of the feet.

Dye bath for wool: The roots can also be used to make a dark green or brown dye with out using a mordant.

Winter months were also spent in the longhouses where our people would do story telling, singing and dancing.



Mamkw'utsin -
Burdock



xpay tahím - Cedar Weaving



Sp'ákw'us - Eagles



syuykw'úlu7 ~ syúykw'ula
Rainbow Trout



lhenlhént Wool Weaving



Leich' mamkw'utsin -
Yellow Dock

DATES TO REMEMBER

February 2024

Brackendale Elementary School	13th- PAC Meeting 6:30 PM - 8:30 PM (BRE library- childcare for the kids) 16th- SD48 Implementation Day 19th- Family Day (Statutory Holiday) 22nd- Hot Lunch Panago/Freshii 23rd- Oceanwise Sea Dome Program (Gym)
Cultural Journey's	2nd- Grade 9 Immunizations 9:30 AM - 12:30 PM 12th- Fire Drill 11:45 AM - 12:15 PM 15th- Grade 9 and 10 Graduation Preparation Dinner 6 PM - 8 PM 16th- SD48 Implementation Day Pro D Day - Implementation Day 9 AM - 3 PM 19th- Family Day (Statutory Holiday) Family Day Holiday 9 AM - 3 PM 20th- Safer Schools Presentation - TIME TBC 1 PM - 1:30 PM
Don Ross Middle School	1st- ITM Decorating Evening 3 PM - 5:30 PM 2nd- Indoor Track Meet 5th- Start of Q3 8th- Parent/Caregiver Session - Social Media Awareness 6 PM - 7:30 PM 16th- Pro-D Day. SD48 Implementation Day 19th- Family Day (Stat). Family Day (Statutory Holiday) 20th- Grade 9 Visit to HSS - 2 Groups starting at 12:05 and then switch at 1:30ish 21st- Grade 9 Immunizations - Make Up Day PAC Meeting 7 PM - 8:30 PM (Library) 28th- HSS visiting for Grade 9 Course Selection
Garibaldi Highlands Secondary School	16th- SD48 Implementation Day 19th- Family Day (Statutory Holiday)
Squamish Elementary School	16th- SD48 Implementation Day 19th- Family Day (Statutory Holiday)
Valleycliffe elementary school	Not listed
Howe sound secondary school	Not listed
Mamquam Elementary School	Not listed



Online Grief & Loss Support Group

Join us from the comfort of your own space for an online Grief and Loss Support Group.

This volunteer facilitated, peer support group is a place for individuals to safely explore their own grief, share in the experiences of others, and learn through their loss journey. Connect via Zoom and find support within a compassionate community.

PRE-REGISTER TO
RECEIVE ZOOM LINK

Tuesdays from 4:30–5:30 pm
January 30 – March 5

Scan the code to register for this free program or email:

info@seatoskyhospicesociety.ca
seatoskyhospicesociety.ca

Scan for More Info



Our Mission

Promoting and providing compassionate care for all Sea to Sky residents with life limiting illness and ongoing support for their loved ones.

Winter Programs

Weekly Bereavement Walk

JAN 11 – FEB 29

Drop-Ins Welcome

Squamish Adventure Centre

Meet outside by the stairs

Connect with others and be supported as you walk your personal grief & loss journey.

Thursdays, 10:00am meet up,
approximately 1 hr walk,
weekly for 6 weeks

Grief & Loss Conversations

JAN 11 – FEB 29

Drop-In Support Group

Squamish Public Library Meeting Room

A time and space for individuals for individuals to safely explore their own grief and share in the experiences of others, while being supported within a compassionate community. Hosted by Hospice Volunteers.

Weekly on Thursdays,
5:30-6:30pm

Caregiver Support Group

Drop-Ins Welcome!

At the 55 Activity Centre – 1201 Village Way

Join us for a cup of tea, reassurance and connection, where caregivers can refocus on selfcare, learn from each other and know they are not alone.

JAN 30, FEB 27,
MAR 26



Monthly
from 1:30 – 2:30pm
Last Tuesday of each month



Sea to Sky Hospice Society Programs are facilitated and supported by trained Hospice Volunteers. For more information visit

seatoskyhospicesociety.ca/our-events

or email our program coordinator: Diana.gunstone@seatoskyhospicesociety.ca



Medical Travel for Members: Info Sheet

When a member books a medical appointment that is more than 30 km away from home, they can get a Gas PO. This happens in two ways:

- 1) ***Any Member can contact Caroline @ Health Benefits directly and request a PO.*** The PO will be made out in the Member's name & if a friend or family member is driving, their name will also be included on the PO.

The Member or someone acting for them can pick up the PO at the Waterfront Office.

- 2) ***Elders contact the Elders Team and book a ride with them.*** Elders Drivers complete a *Medical Transportation Intake Form (see reverse)* and email it to Caroline, who makes a PO for the Member Vehicle. Intake forms must be made for each booking even if Members are travelling together.

The PO will be made out in the Member's name, with the Member Driver's name included. The PO will be given to the Member Driver.

Gas PO Policy:

- a) ***48 hours-notice is required for ALL Gas PO requests.*** Urgent requests will be considered on a case by case basis, time permitting.
- b) ***Only one active PO can be issued per appointment/trip; and Multiple PO's will NOT be issued if travelling members are ride-sharing in any way.***
- c) ***PO's are non-transferrable.***
- d) ***24 hours-notice is required for cancellations*** with the Elder Drivers, as well as requests to change any Gas PO.



MEDICAL PATIENT TRANSPORTATION INTAKE

Travel Details

Name of Patient: _____

Address: _____

Date of Birth: _____ Age: _____
DD/MM/YYYY

Care Card #: _____ Phone Number: _____

Status #: _____ JDE #: _____

Travel to: _____ (Ex. Doctor's/Dentist Name, Hospital Name etc)

Address: _____

Phone: _____ Fax: _____

Appt. Date: _____ Time: _____ Return Time: _____
(DD/MM/YYYY)

Purpose of Visit: _____

~*OFFICE USE ONLY*~

Date Requested: _____ (DD/MM/YYYY) Mode of Transport Requested: _____ Taxi: ☐ Bus: ☐

Taxi Type: Regular: ☐ Wheelchair: ☐ Return Trip: _____

P/O #: _____ Amount: _____ Date: _____

Zone: _____ Quantity: _____ Rate: _____ (DD/MM/YYYY)

Compass Card: ☐ One Zone _____ \$2.²⁰ ea Compass Card #: _____

☐ Two Zone _____ \$3.²⁵ ea

☐ Adult Day _____ \$10.⁰⁰ ea

☐ Monthly _____ \$126.⁰⁰ ea

HanyDART Fare Savers # Zone: _____

HBA&P Signature: _____ Date: _____





COHI PROGRAM

Children's Oral Health Initiative

Happy Valentine's Day



COHI Provider

Tammy Laminski, RDHP (C)

604 892 4381

tlaminski@gmail.com



**Open to all families
with children age 0-7,
Pregnant Women**

**Services Include:
Dental Screenings,
Fluoride Application,
Fissure Sealants,**

Oral Health Education

**FREE Toothbrushes,
toothpaste, floss &
denture brushes**

**All COHI Services
provided at No Cost.**

NEXT COHI DATES:

February 12, 13, 14, 2024

COHI will be visiting
Elementary Schools

Ayas Lam Family Program
House on Feb 13, 9:00am to
12:00.

If you would like to book an
appointment, please contact
Tammy at 604 892 4381.



Skwxwú7mesh
úxwumixw

Wa ch'awatm- Income Assistance
Ph (604) 988-8807
Fax (604) 988-8917

Page 1 of 2

January 8, 2024

Monday, December 18, 2024

INCOME ASSISTANCE NEWSLETTER

#1 MONTHLY DECLARATIONS

Declarations must be handed in ***IN PERSON*** at the Totem Hall. Late Declaration can DELAY benefit payments from 3-10 Business Days. **No Dec = No Cheque, Late Dec = Late Cheque**

<u>DEC Week 2024</u>	<u>CHO Issue Date</u>
JAN 15-19, 2024	JAN 31, 2024
FEB 12-16, 2024	FEB 28, 2024
MAR 11-15, 2024	MAR 27, 2024
APR 8-12, 2024	APR 24, 2024
MAY 13-17, 2024	MAY 29, 2024
JUN 10-14, 2024	JUN 26, 2024
JUL 15-19, 2024	JUL 31, 2024
AUG 12-16, 2024	AUG 28, 2024
SEPT 9-13, 2024	SEPT 25, 2024
OCT 15-18, 2024	OCT 30, 2024
NOV 12-15, 2024	NOV 27, 2024
DEC 2-6, 2024	TBA

INFLATION CHEQUE PICKUP DATES:

JAN 15-19, FEB 12-16, MARCH 11-15

PHONE NUMBER- Please notify your Income Assistance Worker as soon as you change your phone number.

CLIENT APPOINTMENTS- There will be **NO WALK INS**, Book with Receptionist. She will book you in for the earliest available.

HOUSEHOLD CHANGES- Please let your worker know if someone moves in or out, this affects your Bills/Rent. You will need to fill out a new Occupancy form **ONLY** if there are changes.

#2 ACTION PLAN FOR EMPLOYABLE CLIENTS



Indian and Northern
Affairs Canada

Affaires indiennes
et du Nord Canada

SOCIAL ASSISTANCE MONTHLY RENEWAL DECLARATION **FOR: MARCH 2024**

>>**555** Cheque issue date is Wednesday, Feb 28th 2024 – for March issue.

PRIVACY ACT STATEMENT Provision of the information requested on this document is voluntary and is being collected in order to make a fair decision. The information will be stored in personal information bank INAI.P-PU-020 and is protected under the provisions of the Privacy Act.

If you require continued Social Assistance, please complete this form and return to your local administering Authority at least 2 weeks before the next cheque issue.

1. Are you still in need of Social Assistance? ☐ Yes ☐ No

2. Has your marital or employment situation changed? ☐ Yes ☐ No

If **YES**, explain change _____

MANDATORY: Current Address _____ Current Phone# _____

3. List any changes in your living situation (e.g. address, rent, etc.). Submit new receipts.

Canada

If you do not hand in your Declaration between Feb 12th – 16th, You will NOT receive your Cheque on Wed, Feb 28th, 2024. Late Declaration means, late cheque / No, Work Plan, No cheque. Wait 3-5 business days. INFLATION Week pick up 12 - 16th

4. Have you had any earned or unearned ☐ Yes ☐ No **income this month?** 5. Has there been any change in your assets? ☐ Yes ☐ No

If yes, completed ➡

Earnings	\$
Family Allowance	\$
Maintenance	\$
Unemployment Insurance	\$
Other (specify)	\$
GST	\$
TOTAL ➡	\$

If yes, complete ➡

Bank Account	\$
Property	\$
Other (specify)	\$
	\$
TOTAL ➡	\$

6. Is there any change in your number of dependents or their school status? ☐ Yes ☐ No

If **Yes**, explain the change(s) _____

I declare that this is a true statement concerning my monthly income, assets, marital, employment, and family status. I give permission for this information to be verified and I consent to a report being obtained from any reporting agency for that purpose.

Band Name

Family No.

Signature of Applicant _____

Date

Signature of Spouse _____

(If there is a spouse listed on your file)

PRINT YOUR NAME/S HERE _____

BSDW Initial _____

Please remember that you cannot drop off your declaration early, unless there is an emergency. If your Declaration/ Job Search is late, then so is your cheque. **Declare all Earnings, Family Allow., Pensions, DB, GST, Maintenance and other monies received. Also any changes to address and family unit size. Share info with your worker.**



Join Our Team !

Benefits of working with Nch'kay include:


- Professional growth and development
- Collaborative work environment
- Comprehensive benefits package
- Work-life balance

Open Positions:

- ✓ **Senior Accountant**
 - Head Office
- ✓ **Director, Infrastructure**
 - North Vancouver
- ✓ **Desktop Support Specialist**
 - Head Office
- ✓ **Senior Financial Analyst**
 - Head Office
- ✓ **Organizational Development Lead**
 - Head Office
- ✓ **Accounting Manager**
 - Head Office

Nch'kay Group's purpose is to support the Skwxwú7mesh Úxwumixw by generating wealth and creating prosperity from economic opportunities for current and future generations of the Nation.

APPLY NOW

 For more info, scan
the QR code or visit
www.nchkay.com/careers



EXPLORE YOUR FUTURE WITH THE SEÑÁKW MENTORSHIP PROGRAM!

Are you a Squamish Nation member or priority workforce looking to dive into the exciting world of real estate development? The Señákw Mentorship program is here to support you.

Program Highlights:

Industry Insights: Gain invaluable experience and insights into the development industry.

Flexible Opportunities: Choose from 1-week to 6-month positions in various fields.

Career Development: Align with Squamish Nation's commitment to economic growth and community prosperity.

Living Wage Opportunities: All opportunities match the living wage standard endorsed by the Squamish Nation.



HOW IT WORKS:

- Explore Opportunities: Visit senakw.com/mentorship-program to view available positions and submit your application.
- **Connect with Us:** Program staff will reach out to answer any questions you may have.
- **Interview Process:** Once contacted, the program will connect with industry consultants for an interview before your placement.
- **Ongoing Support:** Throughout your time with the company, the Señákw Mentorship Committee is here to support you with any questions along the way.
- **Post-program:** We'll work with you on advancing your interests and exploring future opportunities.

Ready to take the first step towards a fulfilling career?
Visit senakw.com/mentorship-program for more information.

Thank You to Our Participating Consultants:





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Ta7lnewás
Education, Employment & Training
Nexw7áystwa7 Training and Trades Centre



Calling all **SQUAMISH NATION ARTISTS!**



8TH ANNUAL

*Reach for the Stars
Fundraiser Gala*

LOOKING FOR:

- DRUM PAINTERS
- CARVERS
- JEWELRY CARVERS
- WEAVERS
- BLANKET MAKERS
- ETC!



SEND SAMPLES OF ART TO:

info@eliteeventsbybianca.com





GET CERTIFIED: **MACHINE OPERATOR TRAINING**

☐ **FORKLIFT**
Monday Mar. 11th

☐ **SCISSORLIFT**
● **Fall Protection**
Tuesday Mar. 12th

☐ **BOOM -LIFT**
Wednesday Mar. 13th

☐ **TELEHANDLER**
Thursday Mar. 14th

☐ **SKID STEER**
Friday Mar. 15th



Squamish Valley Stitsma Career Centre

Dates: March 11th-15th 2024

Time: 9am-3pm

Location: Totem Hall

1380 Stawamus Rd, Squamish, BC
V8B 0B5

Contact Us:

604-848-2202

Stitsma_career@squamish.net



WINTER 2024

TRAINING/WORKSHOPS

Jan 2024

OFA 2 (5 days)
Jan 22nd to 26th

Feb 2024

Basic Security Training (5 D a y s+ exam day)
Feb 5th-9th + 13th for exam

Mar 2024

Machine Operator Course
Date to be confirmed

Contact us for additional information
(604) 848-2202

or email stitsma_career@squamish.net



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Ta7Inewás
Education, Employment & Training
Stitsma Career Centre



BASIC SECURITY TRAINING



**40-hour In-Person Training Provincially
Recognized Program Jump start your career
in security!**

Squamish Valley Stitsma Career Centre

Dates: Feb 5th-9th + 13th Exam Day

Time: 8:30am-4:30pm + Exam is
2pm-4pm

Location: Totem Hall

1380 Stawamus Rd, Squamish, BC
V8B 0B5

Contact Us:

604-848-2202

Stitsma_career@squamish.net



Includes:

- **\$75/ Day Incentive**
- **Daily Lunches**
- **Transportation assistance**



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Ta7Inewás
Education, Employment & Training
Squamish Career Centre

Squamish Valley Rec

SALVE MAKING WORKSHOP



For Squamish Nation/Community members who
reside in Squamish Valley Ages 13+

Dates: February 13, 2024 Teen Centre 5:30-7:30PM
February 20, 2024 Totem hall Big Kitchen 5:30-7:30PM
*can only attend one workshop per person, and minors must
attend with an adult*

Contact: 604-849-5166

SQUAMISHRECREATION@SQUAMISH.NET



SCAN ME



**Skwxwú7mesh
Úxwumixw**

Ta na wa Ch'awát ta Sxwéxwel
Squamish Valley Operations
Recreation

squamish.net

SQUAMISH VALLEY REC

Fermenting Workshop: Sauerkraut

February 12 & 14, 2024

5:00-7:00PM

Spaces limited

OPEN TO: SQUAMISH
NATION/COMMUNITY MEMBERS WHO
RESIDE IN THE SQUAMISH VALLEY.

ENJOY A 2 HR WORKSHOP LEARNING
ABOUT FERMENTING SAUERKRAUT

SCAN ME!



With
Robert
Foresyth



Totem hall
1380 Stawamus
Rd (Big kitchen)

SquamishRecreation@Squamish.net
or 604.892.5166



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Ta na wa Chawát fa Sgwéxwel
Squamish Valley Operations
Recreation

squamish.net

SQUAMISH VALLEY REC

YOUTH SOCCER

STARTING: FEBRUARY 22, 2024

AGES: U7 (6-7) & U10 (8-10)

THURSDAY 5:00-6:00PM

1380 STAWAMUS RD

TOTEMHALL - GYMNASIUM

WILL MOVE PRACTICE OUTSIDE
ONCE THE WEATHER IS NICER

! CALL OF INTEREST!
FOR: U13

PLEASE EMAIL
SQUAMISHRECREATION@SQUAMISH.NET IF
YOU ARE INTERESTED IN U13, IF WE GET
ENOUGH PLAYERS WE WILL ADD A SEPERATE
PRACTICE DATE FOR THEM

CONTACT:

SQUAMISHRECREATION@SQUAMISH.NET
604-892-5166



[HTTPS://FORM.JOTFORM.COM/240367309415253](https://form.jotform.com/240367309415253)



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Squamish Valley Operations
Recreation

squamish.net



SQUAMISH VALLEY REC.

TEEN WELLNESS DAY

*PARTNERED WITH CLASSY NAILS & SPA
AND AWESOME HAIR CUTS*

**WHEN: FEBRUARY 16, 2024
11:00-4:00PM**

**WHERE: 1380 STAWAMUS RD
TOTEM HALL - GYMNASIUM**

**OPEN TO: SQUAMISH NATION
YOUTH AGES: 13-18 WHO
RESIDE IN SQUAMISH
VALLEY.**

WHAT TO EXPECT

- Basic Hair cuts
- Basic Mani/Pedi
- Food
- Massage chairs
- Tarot reading
- Door prizes!

BUS PICK UP SCHEDULE

Cheekeye	9:45AM
Teen centre	10:00AM
Mamquam	10:15AM
North yards	10:20AM
Totem hall	10:30AM



Contact:

SquamishRecreation@squamish.net

or

604-892-5166

<https://form.jotform.com/240307040157242>



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Recreation

squamish.net



SQUAMISH VALLEY RECREATION

ENJOY A NIGHT WITH MUSIC AT THE TOTEM HALL

PRETEEN DANCE

FEBRUARY 15, 2024 THURSDAY

7:00-9:00PM

1380 STAWAMUS RD - TOTEM HALL GYMNASIUM

\$10
ENTRY FEE
NO IN & OUTS

CONCESSION
WILL BE
OPENED

OPEN TO
EVERYONE
GRADES
5-7

CONTACT:

SQUAMISHRECREATION@SQUAMISH.NET

604-892-5166

ALL PROCEEDS WILL GO TOWARDS THE MENKIS YOUTH GROUP



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Squamish Valley Operations
Recreation

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