

Weekly Newsletter

Tax Preparation Services with Patricia Brown.

Thursdays at Totem Hall from 9:00AM to 4:00PM.

Services available for those with simple tax returns (no business income) and is free for elders,
Income Assistance Clients, and members with low income as set by the CRA

Menkis Youth Fundraiser

Krispy Kreme Donuts \$20 Per Dozen

Squamish Valley Recreation EASTER PARTY

Purchase at SQV Rec Easter Party Wednesday, March 27

A private event for nation members who reside in the Squamish Valley.

Date: March 27, 2024 Wednesday 6:00-8:00PM 1380 Stawamus Road

Call for transportation 604 892 5166

Income Assistance Cheque Day: Wednesday, March 27, 2024

Squamish Valley Weekly

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Employment & Training	33-44
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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





March 2024

SV Elders Bulletin

Keeping Everyone Connected...

Squamish Valley Elders Program

CELEBRATING March Birthdays

Maureen B Debbie M Theresa H Keith D

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

Time to spring ahead, March 10th clocks go forward 1 hour.

Mar 1 Nisga 'Hobiyee" @ PNE

Mar 5 Wayne Mah

Mar 7 Elders Wellness Day

Mar 8 All Staff Meeting @ Totem Hall

Mar 13 Language & Culture Event

Mar 15 Community Development

Mar 19 Visit from Mayor

Mar 21 Bingo

Mar 29 Good Friday (Hall Closed)

SV Elders Wellness Day will be on Thurs March 7th, 2024 from 10am to 3pm. We will have 3 masseuses, foot massage, reiki, Wayne Mah, photographer, change of nail polish, Cedar Rose making class from 10am -1pm, Trish James Spiritual Advisor, haircuts, as well as 10am snacks, noon lunch, and afternoon snacks at 2:00pm plus we are working on inviting more facilitators. We are wanting everyone to attend this great day of Wellness and have found programs for everyone to enjoy. Everyone who attend **SV Elders Wellness Day** will be entered in to possibly win a door prize.

~ The SV Elders Team: Celestino, Cyndi, 'H'wopey Gwen, Shanda, and Josie

Order Easter Basket from the Elders Lounge.







March 2024

Tem Ihawt' [Time of healing/Time of life to return]

Squamish Valley Elders Program Calendar

SUNDAY Sxexelhnat	MONDAY Skwetkalhyes	TUESDAY Stsamyes	WEDNESDAY Schanxwyes	THURSDAY Sxaa7utsens	FRIDAY Stsiiyachis	SATURDAY T'akw'entem
will be at Totem Ha Red = Birthdays	stated, all programs ill that REQUIRE Sign Up				9 Nisga Hobiyee PNE	2
3	4 RR Staff Meeting	5 10:30 Wayne Mah 10:30 Brunch	6 Luncheon	7 10-3pm Elders Wellness day	All Staff Meeting All Day	9
Daylight Saving Time Starts-Turn	11	12 10:30 Brunch 10am Fitness	13 10am Language & Culture Event	14 Herring Ceremony	15 11-2 Community development	16
St Patricks 17	18	19 10:30 Brunch 10am Fitness Visit with Mayor	20 Luncheon	1pm Bingo	22	MAUREEN B23
24	25	26 10:30 Brunch 10am Fitness	Easter Luncheon	.28	Good Friday Office Closed	THERESA H30

31

Easter



April 2024 Distribution

Nexwsxwníwntm ta Úxwumixw (Council) and Ts'ixwts'ixwnítway (Member Services) would like to update Members on the Squamish Nation Distribution for April 2024.

Thursday, April 4 & Friday, April 5, 2024 8:30 am – 4:00 pm

Open during lunch hour (12:00 pm - 1:00 pm)

Pick up locations:

Totem Hall Elders Centre
1380 Stawamus Drive 100 Mathias Road
Squamish North Vancouver

Members can update the following information:

- Direct deposit
- Mailing address
- Pick up location
- Name change
- Change payee
 - Birth additions

Important deadlines

- SIGN UP or UPDATE direct deposit by Friday, March 1
- TEST PENNY check for deposits on Friday, March 8
- UPDATE mailing address or pick up location by Friday, March 15
- DIRECT DEPOSIT and ELDER DELIVERY on Wednesday, April 3

If you have any questions or to update your information, contact Ts'ixwts'ixwnítway (Member Services) at membership@squamish.net or 604-982-7610.

NEW LOCATION

SQUAMISH NATION

DISTRIBUTION ADMINISTRATION POLICIES

(one form per Member)

Date received:

PICK UP AUTHORIZATION

(for office use only)

Member Services ◆ Unit 6 – 380 Welch St ◆ West Vancouver, B. C. V7P 0A7 ◆ Tel. (604) 982-7610 ◆ Fax (604) 982-7658

A. MEMBER INFORMATION	
Full Name of Member:	
Member No.:	Date of Birth:
B. MINOR'S INFORMATION	MINOR'S MEMBER NO.
	r <u>this one time</u> to give my, and the above listed Minor's for whom I n the Distribution Date noted below to the person named below.
	n the Distribution Date noted below to the person named below.
am Guardian, Distribution Share(s) payable or	n the Distribution Date noted below to the person named below. ING PERSON INFORMATION
am Guardian, Distribution Share(s) payable of C. DISTRIBUTION DATE AND RECEIVED Distribution Date: Full Name of	ING PERSON INFORMATION
am Guardian, Distribution Share(s) payable of C. DISTRIBUTION DATE AND RECEIVED Distribution Date: Full Name of Receiving Person:	ING PERSON INFORMATION Date of Birth: Pick Up Authorization is to the best of my knowledge, true, correct
am Guardian, Distribution Share(s) payable of C. DISTRIBUTION DATE AND RECEIVE Distribution Date: Full Name of Receiving Person: I certify that the information provided in this I and complete and that I have freely given the a Signature of	The Distribution Date noted below to the person named below. ING PERSON INFORMATION Date of Birth: Pick Up Authorization is to the best of my knowledge, true, correct authorization made above.
am Guardian, Distribution Share(s) payable of C. DISTRIBUTION DATE AND RECEIVED Distribution Date: Full Name of Receiving Person: I certify that the information provided in this I and complete and that I have freely given the a Signature of	The Distribution Date noted below to the person named below. ING PERSON INFORMATION Date of Birth: Pick Up Authorization is to the best of my knowledge, true, correct authorization made above.
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<u>Note to Member:</u> a Pick Up Authorization is valid for one Distribution Date only. This Pick Up Authorization must be filed with the Registrar on or before the Distribution Date specified above.





1

DETERMINE IF YOU QUALIFY

This is for Members with **simple tax returns** (eg. no business income).



- Elders 55+
- Income Assistance clients
- Members with 2023 low income



2

SUBMIT PAPERWORK & SIGN FORMS

In-person and online options from March 11 to May 17

3

WAIT FOR PROCESSING

H&R Block will contact you if any more information is needed.

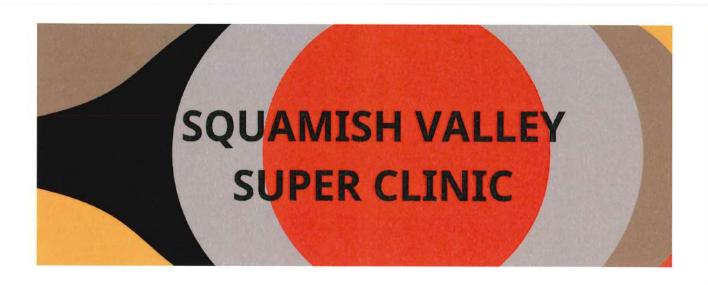


SIGN THE RELEASE FORM

You will be contacted when your return is ready. You must **sign a release form** (and pay if not eligible for the free service).



Email tax_returns@squamish.net
Visit squamish.net/tax-return





DATE: April 19th **TIME:** 9am-3pm

Lunch break 12-1pm

LOCATION: Totem Hall Gym

- SERVICE CANADA
- -Tax Disability/Child Tax

Pension benefits/New Pensioners

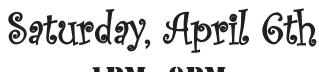
- EAGLE BAY FINANCIAL
- COMMUNITY LIVING BC
- SEA TO SKY COMMUNITY
 SERVICES
 - . HEARING LIFE
- -Offering hearing tests
 - SQUAMISH COMMUNITY FOUNDATION

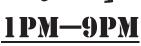
- CANADA REVENUE AGENCY
- BC SERVICES
- THE FOUNDRY
- -Youth services
 - WORK BC
- -Employment services

For more information contact: **Patricia Brown & Kristie Lummack** Membership Services Office
patricia_brown@squamish.net, klummack@squamish.net 604-848-2232















RSVP / QUESTIONS COLLEEN <u>778-997-3842</u> OR GEORGE <u>604-725-0090</u>







The countdown to tem kw'eýús (Spring Festival) 2024 is on and we're looking for vendors!

Sunday, March 31, 2024

11:00 am – 3:00 pm Chief Joe Mathias Centre (100 Lower Capilano Road, West Vancouver)

APPLY TO BECOME A VENDOR

Apply by Friday, March 22, 2024. Priority given to Indigenous vendors. The fee is \$25 per table, plus a donation of a small door prize.

HOW TO BECOME A VENDOR

Contact Stephanie Watts

604-985-4111| Stephanie_Watts@squamish.net

How can having a personal contents insurance policy help you?

A fire breaks out in the kitchen of Kathleen's home on-reserve. She calls 911 and the fire is put out. There is smoke and water damage.

The next day Kathleen emails **insurance@squamish.net** to request a property claim form. She fills it out and includes photos of the damage and the fire report. What happens next?

The Nation's insurance provider determines that the cost to repair the damage is less than \$50,000.

Kathleen submits a work order to Community Operations to support with renovations and fix the damage (such as new paint, floors, cabinets).

The cost to replace Kathleen's personal items are not covered by the Nation's insurance, which may include dishes, furniture, coffee machine, etc.



Scenario A: Kathleen has personal contents insurance which she arranged with an external provider.

She will pay the deductible and submit receipts to receive reimbursement for the replacement of her personal belongings.



Scenario B: Kathleen does not have personal contents insurance.

She must pay the full cost to replace her personal items that have been damaged.

The Nation's insurance provider determines that the cost to repair the damage is more than \$50,000.

Kathleen begins working with Planning & Capital Projects for a major repair, as there was significant damage that will take time to fix.



The cost to replace Kathleen's personal belongings depends on whether she has personal contents insurance with an external provider.



Scenario A: Kathleen has personal contents insurance which she arranged with an external provider.

She will pay the deductible and submit receipts to receive reimbursement for the replacement of her personal belongings.



Scenario B: Kathleen does not have personal contents insurance.

She must first pay the \$50,000 deductible before the Nation's policy will take effect and cover costs.



Squamish Nation

Contents Insurance Frequently Asked Questions

1. Did the Nation pay for home contents insurance in the past?

The Nation has always insured all homes on-reserve. Prior to 2020 however, the Nation was covering the cost of insurance claims below the deductible amount. This was found to be in violation of section 10.2 of the Housing Policy: "The Member, and not the Nation, will be responsible for the deductible portion of any insurance claim."

2. When did this practice change?

In 2020, the Nation chose a different insurance carrier which offered better services and improved coverage. This did result in an increased deductible amount from \$10,000 to \$50,000. Covering the deductible amount was found to be in violation of section 10.2 of the Housing Policy: "The Member, and not the Nation, will be responsible for the deductible portion of any insurance claim."

Current insurance carrier AON Stern House has offered the Nation a sizeable discount, which is being used to offset the cost of subsidizing contents insurance for low-income Members.

3. Why do we recommend that Members get contents insurance?

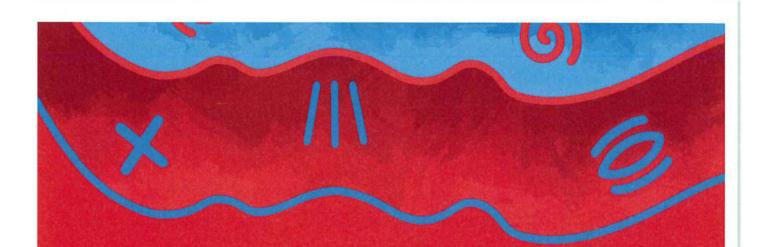
Contents insurance assists in replacing damaged personal belongings in the event of fire, water damage, burglary etc. All homes on-reserve are insured by the Nation however, the costs to replace personal belongings are not. Having a contents insurance policy will support Members in paying costs associated with replacing personal belongings. All Members, whether they rent or own their home, should have personal contents insurance.

4. What is the Nation doing now to support Members to get content insurance?Nexwsxwníwntm ta Úxwumixw (Council) approved subsidizing contents insurance for those who are low income (this classification is set by Canada Revenue Agency but is around \$21,000/year).

5. What can Members expect to spend monthly/yearly for contents insurance? Contents insurance policies vary between providers. The deductible (amount you have to pay before the policy covers costs) can also vary. It is recommended to look at different providers to see the types of policies available for your circumstances.

6. Does the Nation have a preferred vendor for contents insurance?

Every Members' circumstances are unique with regards to the types of belongings they need to protect. Therefore, the Nation is unable to recommend a specific policy or vendor for contents insurance.



The Audible Indigenous Writers' Circle is a six-month mentorship and workshop program for emerging First Nations, Inuit and Métis writers in Canada looking to elevate their stories. The 2024 program will launch on **June 1, 2024**.

The application deadline is Monday, April 1, at 11:59 pm Pacific Daylight Saving Time.

Apply to participate today!

Program Page



Apply Here







Eslhílhkw'iws Chet

Health & Wellness and Jobs, Income & Schooling Census Data Available

We gathered valuable data on these topics, such as:

- A majority (82%) of respondents are quite or somewhat happy most days of their life.
- ★ Most respondents exercise regularly, and 58% of respondents never drink alcohol, smoke tobacco (77%), use cannabis (56%), or vape (85%).
- About half (47%) of respondents have finished some form of post-secondary or trades training, and 41% have completed high school or an equivalent.
- ★To help improve their health and wellness, respondents want support for traditional medicine (39%), lifestyle changes (35%), land and water-based healing (33%), cultural and spiritual services (31%), and mental and emotional health services (29%).

Scan the QR code below to learn about the census!



2024

*March tem lhawwt'

			"Bears con	ne out of hiberi	nation"		
		Skwelkalhyes	Sisamyes	Schanxwyes	Sxaa7ulsens	Sisiyachis	
						1	
		9				Family storytimes @ Squamish library	
Į)		4	5	6	7	8	
Н	erring Spawn time		Book of the month Song of the month	MOTHERGOOSE	Culture & Language W/ Naomi	Family storytimes @ Squamish library	
		11	12	13	14	15	
			Craft & COHI visit	MOTHERGOOSE	Nurse in program Culture & Language	Family storytimes @ Squamish library	
	Ayas Lam Fai	mily Program	19	20	21	22	
	Facilitator: ashley_l 604-20	• 1	Pool	Gondola	Culture & Language W/ Naomi	Family storytimes @ Squamish library	
	AIDP: Jessie 6	04-753-8703	26	27	28	29	
	Culture/Language: N	laomi 604-815-7260	Nature Walk	Aquarium	Skating	Family storytimes @ Squamish library	





Cervix Self-Screening

The power to screen is in your hands.

There's another way to screen for cervical cancer that can be done wherever you feel safe and comfortable.

Who should screen?

- Have a cervix, including women and TTGD (Two-Spirit, transgender and gender-diverse) people
- Are 25-69 years of age
- Have not received a Pap test in 3 years or more, or completed HPV testing (self-collected or health care provider-collected) in 5 years or more
- · Have ever been sexually active

The Public Health Nurses from Yúustway
Health & Wellness are happy to help order
and collect swabs, send them in, and answer
questions about follow-up

Liz: 604-815-3899 Brenna: 604-849-2395

Another way to screen for cervical cancer:

- An alternative to the Pap test
- No need to see a health care provider
- Not painful
- Easy and safe
- Completed in privacy
- Get your results in weeks

REQUEST A KIT

Speak with your community health centre or order online at screeningbc.ca/cervix







BC recently confirmed its first case of Measles since 2019. Measles is extremely contagious and is spread through the air by coughing and sneezing, and remains present in a room for several hours.



An unvaccinated person who is infected by measles can have serious complications, such as pneumonia, hearing loss, brain injury, and death. In pregnant women, measles infection can lead to miscarriage, premature labor, or a low birthweight baby.



The symptoms of measles are fever, red watery eyes, which may be sensitive to light, cough, runny nose, and a rash.



To protect yourself, your loved ones, and your community, it is important to ensure your vaccinations are up-to-date. In BC 2 doses of measlescontaining vaccine is 99% effective against contracting measles. The vaccine is safe.



Please check your Immunization Records and/or contact your health care provider to ensure that you and your family are up-to-date with your immunizations.



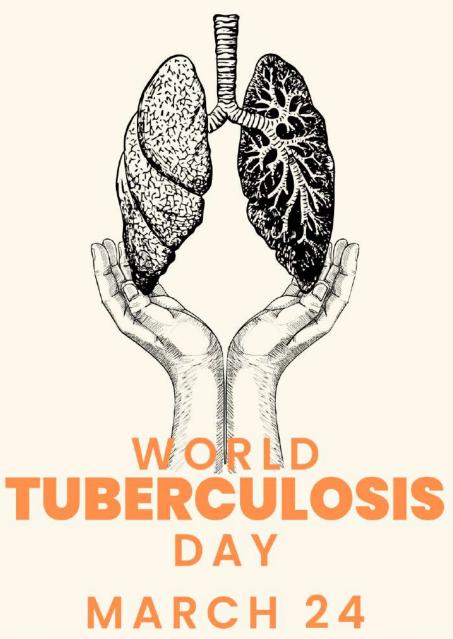
In BC, the measles vaccine is usually given to children as a series of two doses. The first dose, known as the Measles, Mumps, and Rubella (MMR) vaccine, is given on or soon after a child's first birthday. The second dose is called the Measles, Mumps, Rubella, and Varicella (MMRV) vaccine, and is given around the time a child starts school.



Questions?

Please Contact Liz Grant, Public Health Nurse, Squamish Nation Squamish Valley at 604 815-3899





First Nations peoples have rich histories of wellness. Colonialism has had damaging impacts on health, including harms caused by tuberculosis (TB). TB is a preventable and curable disease caused by a bacteria that usually affects the lungs. It spreads from person to person through air.

Scan QR code for more information on FNHA services and resources



Please speak with your trusted healthcare provider if you have any questions about TB





Nch'ú7mut (One Love) Blanketing Ceremony

Let's uphold and celebrate Skwxwú7mesh úxwumixw who identify as Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex, Asexual and additional sexual orientations and gender identities (2SLGBTQIA+). Our ceremony will provide a safe place for love and acceptance. All are welcome.

NEW DATE

Wednesday, March 27, 2024 5:00 pm - 8:00 pm (tables set at 5:00 pm) Chief Joe Mathias Centre 100 Capilano Road, West Vancouver

Participate in this Ceremony

If you are a Skwxwú7mesh Member and family who identifies as 2SLGBTQIA+, you are invited to take part in this blanketing ceremony whether this is your first time, or you have participated in the past. Please feel free to invite people who love and support you to attend.

For questions and to register, contact Stephanie Watts at Stephanie_Watts@squamish.net or 604-985-4111.

You may bring the following, if you'd like:

- · A blanket to stand on. A blanket and headband will be provided, but you are free to bring your own.
- · A basket of items for a giveaway (handmade crafts or purchase)

We will have everything you need to participate fully including people who will support you.

Meal, transportation, Guardians and supports will be available.

For more information about the Nation's 2SLGBTQIA+ Inclusion Initiative, visit squamish.net/two-spirit-inclusion.



Application for 2SLGBTQIA+ Inclusion Initiative Community Advisory Working Group (CAG)

Application deadline: Wednesday, April 3, 2024 at 9:00 am (NEW DATE)

All sections of this application are required.

Persona	l informa	tion

Name to use:

Pronouns (voluntary):

Phone number:

Email address (if available):

Full legal name (if different from name to use):

Band number:

Reason for Applying

Please explain why you think you are a good candidate to serve on the 2SLGBTQIA+ Inclusion Initiative CAG.



Please check all the categories that apply to you (optional):

We want to make sure the committee includes people with different experiences, perspectives, and voices across the Squamish Nation. To help us do that, we invite you to share information about yourself; we don't want to guess. It is completely voluntary to provide your details.

2SLGBTQIA+ person
Ally of the 2SLGBTQIA+ community
Elder
Youth
A community member living in the Squamish Valley
A community member living in the North Shore
A community member living off-reserve

How to Apply

Complete a form and submit it by Wednesday, April 3, 2024 (NEW DATE) at 9:00 am. You may also attach your cover letter and resume.

Choose any of the four ways to submit your application:

- 1. Complete the application form online at squamish.net/two-spirit-inclusion.
- 2. Drop off your completed application form at Totem Hall reception (1380 Stawamus Road, Squamish), Ayás Ménmen (Child & Family Services) reception (Unit 2, 380 Welch Street, West Vancouver), or the Main Band Office reception (320 Seymour Boulevard, North Vancouver).
- 3. Mail your application to PO Box 86131 North Vancouver, BC V7L 4J5, Attn: 2SLGBTQIA+ Inclusion Initiative.
- 4. Ask for support with completing your application, or find an alternative way to apply by contacting the Main Office at 604-980-4553 or email twospiritinclusion@squamish.net

For questions, call 604-980-4553 (please ask for the 2SLGBTQIA+ Inclusion Initiative) or email twospiritinclusion@squamish.net.

We thank all applicants for their time and effort, and we look forward to connecting with you.

The First Nations Child and Family Services and Jordan's Principle Settlement has been approved. **This is what this means for you.**



The Court has approved the Settlement Agreement in the First Nations Child and Family Services and Jordan's Principle Class Action. This means that Canada will pay \$23.34 billion in compensation for impacted First Nations children and some of their family members.

This notice provides information about the Settlement. You can find more information and sign up for updates at **www.fnchildclaims.ca** or you can call 1-833-852-0755.

What's the Settlement about?

The Settlement provides compensation to First Nations children living on reserves or in the Yukon who were removed from their homes by child welfare agencies operating in First Nations communities and placed in out-of-home care between April 1, 1991 and March 31, 2022.

The Settlement also provides compensation to First Nations children who did not receive timely access to essential services and who had a confirmed need for those services between April 1, 1991 and November 2, 2017. This treatment discriminated against the children and broke a legal rule known as Jordan's Principle.

Am I included in the Settlement?

Compensation is not yet available. When it becomes available, you may be eligible for compensation if you are one or more of the following:

A child removed from their home or placed off-reserve

Removed Child Class

A child who had a denial or delay of an essential service

Jordan's Principle Class

Trout Child Class

Essential Service Class

A child placed off-reserve

Kith Child Class*
Kith Family Class*

- First Nations children who, while under the age of majority between April 1, 1991 and March 31, 2022, were living on a reserve and were removed from their homes by child welfare authorities or voluntarily placed into care.
- The placement was funded by Indigenous Services Canada (ISC).
- At least one caregiver (parents or grandparents) were resident on reserve or living in the Yukon.

 First Nations children (living onreserve or off-reserve) who were confirmed to need an essential service but faced a delay, denial or a gap in receiving that essential service between April 1, 1991 and November 2, 2017.

- First Nations children placed off-reserve with a non-family caregiver.
 - The caregiver did not receive any funding related to the placement.
 - A Child Welfare Authority was involved at the time of the placement.
- Caregiving parent or grandparent of children of the Kith Child Class
- *If you think you are in this group or their parent or grandparent, and you want to be excluded from the settlement, you can remove yourself by submitting an Opt-Out Form, by January 15, 2024. If you submit the Opt-Out Form, you will not receive compensation from the settlement.

The caregiving parent or grandparent of a child who experienced removal or a delay or denial of an essential service

This includes birth, adoptive and step parents.

It does not include foster parents.

Removed Child Family Class | Jordan's Principle Family Class
Trout Family Class



A fund of \$50 million will be established to assist First Nations children and families impacted by Canada's discrimination. An additional fund of \$90 million will be established to benefit high-needs Jordan's Principle class members to ensure their personal dignity and well-being.

When will I receive compensation?

The first Claim Forms will be available in several months. Please visit **www.fnchildclaims.ca** for more information, updates and timelines, and to find out when Claim Forms will be available.

What can I do now?

Sign up for updates at **www.fnchildclaims.ca**. This will ensure that you receive updates on the claims process and a copy of the Claim Forms when they are available.

There are supports and resources available to help you understand the Settlement and apply for compensation when the claims process is open.



To learn more about the Settlement and sign up for updates on the claims process, visit www.fnchildclaims.ca.



Claims support services are available by calling the Administrator at 1-833-852-0755.



If you are experiencing emotional distress and would like to speak with a counsellor, please contact the **Hope for Wellness Helpline** at **1-855-242-3310**, or visit **www.hopeforwellness.ca** to chat.

AUDIOLOGY SERVICES in Squamish Nations



YúustwayHealth & Wellness
Health Benefits Advocacy
& Promotion

Schedule your appointment today!

- Audiology Services with **Dr. Ramia Narayanan**, AuD, RAUD, RHIP
- Hearing Screening & Hearing Aid Cleaning and check April 19th 2024, 10:30 AM to 4:30 PM at 1221 Chief Billy Drive, Stawamus Reserve
- To book an appointment, contact: Caroline Perrin
 Phone: 236-877-7782 or Email: caroline_perrin@squamish.net



SQUAMISH 604-815-0808 1335 Pemberton Avenue



Diabetes Sharing Circle

A community member with the Public Health Nurses from Yuustway would like to invite you to join an all-ages sharing circle to talk about diabetes. A light meal will be served.

Date: Tuesday, March 26th Time: 5:00 pm - 7:00 pm

Location Yúustway Health & Wellness

Unit 9a 380 Welch Street, West

Vancouver



To register please scan QR code

For information contact: Rosa Romero 236 668 9653 rosa_romero@squamish.net







Yúustway Health & Wellness Health Benefits Advocacy & Promotion



Optometry Appointments With Omni Eye Vision

Friday April 5th, 2024; 10-5

Waterfront Office

20 minute appointments

Contact Caroline to book

236-877-7782

caroline_perrin@squamish.net





Yúustway Health & Wellness Kal'numet Primary Care

>>> IMPORTANT NOTICE <<<

Please be aware that unfortunately, Kal'numet Primary Clinic has two Family Physicians away over the next 3 weeks (effective March 4th, 2024). Please expect longer than normal wait times for appointments. We recommend booking your appointment in advance as wait times may be up to 3 weeks before you can see your regular provider.

Please book an appointment as early as possible. We will be booking appointments based on Physician availability. Huy chexw a

CLINIC HOURS: 8:30am - 4:30pm Monday to Friday ADDRESS: Unit 9A, 380 Welch Street, West Vancouver

PHONE: 604 985 2052 (Direct Line) or 604 982 0332 (Yúustway main line) EMAIL: kpc_medicalclinic@squamish.net

PRESCRIPTION SUPPORT TO HELP SERVE YOU BETTER

FOR PRESCRIPTION RENEWALS

Please regularly check when your prescriptions are running low and make an appointment with us at least 2 weeks in advance, or speak with your pharmacist for a prescription extension.

Thank you for your patience.







Mammograms save lives!

Digital Mobile Mammography Coming to Your Community



BC Cancer Breast Screening Mobile is here:

Tuesday MARCH 26TH @ 9:30-3:30

Waterfront office

1221 Chief Billy Drive, Stawamus
Reserve

CONTACT CAROLINE TO OBTAIN YOUR INTAKE PACKAGE AND TO BOOK:

Cell - 236-877-7782 (call/text)

Email – caroline_perrin@squamish.net

Mammograms are available for ages 40 and over. Make an informed decision to screen for breast cancer; visit www.screeningbc.ca to learn more.

Come as you are,

All are welcome

lháwatsut chet 'we will heal ourselves'







Addictions Awareness Event Squamish Valley

WHEN: March 22nd, 2024
Doors open at 4:30PM Food served at 5:10PM
WHERE: Totem Hall

The Community Health & Wellness team invites you to uphold and honour one another at our Addictions Awareness Event.

With the help of our external partners, join us for an evening of food, entertainment, and connection. We welcome you to come as you are and participate to your comfort level.

AGENDA

4:45pm - Opening Prayer

4:55pm - Opening remarks & overview of activities

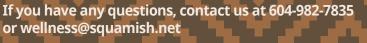
5:10pm - Food & community sharing

6:00pm - Mental Wellness speaker

6:15pm - Guest speakers

6:45pm - Blanketing

7:20pm - Closing Prayer







T'ÚTENAMTSUT XWÍNILH S7I'XI 'MEDICATION INSTEAD OF SHAME'

Lunch and Learn Naloxone Training

Join us for a Lunch + Learn, enjoy a meal and learn how to safely administer naloxone

Supported by the Sea to Sky Community Action Team and the Squamish Peer Advocacy Group

WHERE: TOTEM HALL, 1380 STAWAMUS RD
DATE: MARCH 20TH
TIME: 12:00PM-1:30PM

Scan the QR code to learn more and to sign up.



Door prizes will be drawn!

To sign up or if you have any questions contact: 604-982-7835 or wellness@squamish.net









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

Monday, December 18, 2024

INCOME ASSISTANCE NEWSLETTER

#1 MONTHLY DECLARATIONS

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

DEC Week 2024	CHQ Issue Date
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

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

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

<u>HOUSEHOLD CHANGES-</u> 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 <u>ONLY</u> if there are changes. #2 ACTION PLAN FOR EMPLOYABLE CLIENTS

Indian and Northern Affairs Canada

PRINT YOUR NAME/S HERE

Affaires indiennes et du Nord Canada

SOCIAL ASSISTANCE MONTHLY RENEWAL DECLARATION FOR: May 2024 >>555 Cheque issue date is Wednesday, April 24th, 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 2. Has your marital or employment situation changed? If YES, explain change MANDATORY: Current Address 3. List any changes in Your living situation (e.g. address, rent, etc.). Submit new receipts. Canadä If you do not hand in your Declaration between April 08th - 12th, You will NOT receive your Cheque on Wed, April 24th, 2024. Late Declaration means, late cheque / No, Work Plan, No cheque. Wait 3-5 business days. No 5. Has there been any change in your assets? 4. Have you had any earned or unearned income this month? If yes, complete Bank Account If yes, completed Earnings Property Family Allowance Other (specify) Maintenance Unemployment Insurance TOTAL Other (specify) GST TOTAL . 6. Is there any change in your number of dependents or their school status? Yes 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)

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. <u>Declare all Earnings, Family Allow, Pensions, DB, GST, Maintenance and other monies</u> received. Also, any changes to address and family unit size. Share info with your worker.

BSDW Initial







Dogwood Care Home House Posts (Credit: Brent Sparrow and Thomas Cannell)

Downtown Eastside Youth Outreach mural (Credit: Chris Sparrow)

Downtown Eastside Youth Outreach mural (Credit: Crystal Point)

Open call for First Nations Artists

Vancouver Coastal Health (VCH) is committed to creating welcoming spaces for Indigenous clients and acknowledging the First Nations on whose traditional territory its facilities are located.

VCH is seeking First Nations artists from Musqueam, Skwxwú7mesh Úxwumixw or Tsleil-Waututh Nation in response to several calls for artwork at facilities in the Lower Mainland. Opportunities for artwork range in size and scope.

FOR MORE INFORMATION

Please scan the QR code with your phone to register or to view the current Calls for Artists.

CONTACT US

Sue Richardson, Indigenous Engagement Lead susan.richardson@vch.ca

Daniela Segatto, Community Engagement Advisor daniela.segatto@vch.ca



Vancouver Coastal Health is committed to delivering exceptional care to 1.25 million people, including the First Nations, Métis and Inuit, within the traditional territories of the Heiltsuk, Kitasoo-Xai'xais, Lil'wat, Musqueam, N'Quatqua, Nuxalk, Samahquam, shíshálh, Skatin, Squamish, Tla'amin, Tsleil-Waututh, Wuikinuxv, and Xa'xtsa.



<u>CURRENT SQUAMISH NATION JOB POSTINGS</u> <u>on March 20, 2024</u>

North Vancouver, BC

Posting Closes: Open Until Filled



Lead Indigenous Monitor Indigenous Monitor Term Part-Time Term Part-Time Ta na wa Yúus ta Stitúyntsam Rights and Title Ta na wa Yúus ta Stitúyntsam Rights and Title North Vancouver/Squamish, BC North Vancouver/Squamish, BC Posting Closes: Open Until Filled **Posting Closes: Open Until Filled Receptionist/Admin Support Housing Officer** Permanent Full-Time Permanent Full-Time Wa ns7eyx ta temíxw Community Land Chénchenstway Human Resources West Vancouver, BC North Vancouver, BC **Posting Closes: Open Until Filled** Posting Closes: Open Until Filled **Procurement Administrator Legislative Policy Analyst** Term Part-Time Term Full-Time Estxwáyusem Finance Ta na wa Yúus ta Stitúyntsam Rights and Title North Vancouver, BC North Vancouver, BC **Posting Closes: Open Until Filled Posting Closes: Open Until Filled Emergency Planning & Response Lead** Special Project Manager Permanent Full-Time Permanent Full-Time Public Safety (Ta na wa Téywilhaylhem) Strategic Operations North Vancouver, BC North Vancouver, BC Posting Closes: Open Until Filled Posting Closes: Open Until Filled Archivist Food Pantry (S7ilhen) Intake Worker & Assistant Term Full-Time, 1 year (with intention of becoming permanent) Permanent Full-Time Ta na wa Ns7éyxnitm ta Snewiyelh Language and Cultural Ayás Ménmen Child and Family Services Affairs West Vancouver, BC West Vancouver, BC **Posting Closes: Open Until Filled** Posting Closes: Open Until Filled Squamish Liaison - WLNG **Language Teacher** Permanent Full Time Permanent Full-Time Public Safety Ta na wa Tévwilhavlhem Ta na wa Ns7éyxnitm ta Snewiyelh Language and Cultural Affairs Squamish Valley/North Vancover, BC North Vancouver, BC Posting Closes: Open Until Filled Posting Closes: Open Until Filled Early Childhood Educator/ Squamish Language Assistant **Health Care Assistant** Casual Temp Full-Time (School Term) Yúustway Health and Wellness Ta7lnewas Education, Employment and Training West Vancouver, BC North Vancouver, BC Posting Closes: Open Until Filled Posting Closes: Open Until Filled Field Repair Worker **ASCD Support Worker** Permanent Full-Time Nexwsp'áyaken ta Úxwumixw Community Operations Avás Ménmen Child and Family Services

West Vancouver, BC

Posting Closes: Open Until Filled

<u>CURRENT SQUAMISH NATION JOB POSTINGS</u> <u>on March 20, 2024</u>



COHI Community Admin Support

Permanent Part Time Yúustway Health and Wellness Squamish, BC

Posting Closes: Open Until Filled

Behavioral Interventionist

Casual

Ayás Mén men Child and Family Services

Squamish Valley, BC

Posting Closes: Open Until Filled

To view all current job postings and to apply, go to: http://www.squamish.net/jobs/

ALL applications must be submitted using the on-line application

Any questions, please contact: careers@squamish.net OR Chénchenstway Human Resources 604-985-8335 3-380-Welch Street, West Vancouver, B.C. V7P 0A7



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:

- Corporate Secretary
 - Park Royal Office
- **Executive Administrator, Real Estate and Development**
 - Park Royal Office
- Front Desk Representative
 - Capilano River RV Park 5 Positions
- Director, Infrastructure
 - North Vancouver
- Project Manager HCM and ERP
 - Park Royal Office

Nch'kaý 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







Ta7Inewás Education, Employment & Training Nexw7áystway Training and Trades Centre

Intro to Power Engineering April 15 - August 2, 2024

Application Deadline: March 29th



TIME: Monday - Friday, 9am - 3pm

WHERE: Nexw7áýstwaý Unit 5-1500 Railway

Street, North Vancouver, BC

WHO IS ELIGIBLE: Indigenous People (Status, Non-status, Metis, and Inuit)

WHAT IS INCLUDED:

- FREE Tuition
- Meal Plan
- Training Allowance
- Transportation
- Childcare Subsidy
- · 2-Year traineeship program

The Power Engineer will Operate the Woodfibre LNG plant for the long term, once construction is complete.

The Power Engineering program will train you on the following:

Operating, monitoring, adjusting, and maintaining process equipment to ensure production.

Performing routine field equipment inspections to verify and monitor plant operations.

Prepare equipment for safe maintenance access.

WLNG is working to create prosperity here at home while reducing climate change and air pollution globally.
WLNG is working with the Squamish Nation to deliver the commitments of the Impact Benefit Agreement ("IBA"). WLNG's top priority is to ensure a safe environment for all workers, for the Squamish Nation, and for the community of Squamish.
WLNG is committed to hiring people from the Squamish Nation, other Indigenous groups, and the local communities.

IF THIS PROGRAM INTERESTS YOU, PLEASE CALL: 604-980-7946 OR EMAIL TRADESCENTRE@SQUAMISH.NET







Skwxwú7mesh Úxwumixw Ta7lnewás Education, Employment & Training

Nexw7áýstwaý Training & Trades Centre

APPLICATION DEADLINE:

March 29th, 2024

HEAVY EQUIPMENT OPERATOR PROGRAM

Heavy Equipment Operator technicians operate heavy machinery such as heavy articulating rock trucks, loaders, excavators, backhoes, dozers and graders. These machines are used universally for all manner of heavy construction, earth moving, road building, mining, forestry, mega projects all included.

DATES: April 15th - August 16th, 2024 TIME: Monday - Friday, 9am - 3pm

WHERE: Nexw7áýstwaý Training & Trades

Centre, North Vancouver

WHO IS ELIGIBLE: Indigenous People (Status, Non-status, Metis, and Inuit)

IF THIS COURSE INTERESTS YOU,
PLEASE CALL: 604-980-7946
OR EMAIL TRADESCENTRE@SQUAMISH.NET



WHAT IS INCLUDED:

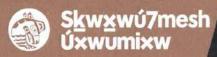
- FREE Tuition
- Meal Plan Subsidy
- Training Allowance
- Travel Subsidy
- Childcare Subsidy

Must have a class N before applying!









Ta7Inewás Education, Employment & Training Nexw7áýstwaý Training and Trades Centre APPLICATION DEADLINE: March 29, 2024.

Try a Trade

April 15th - July 5th, 2024

This unique, fully-funded, Try A Trade program will give you the opportunity to develop hands-on skills and figure out your specific trades interest. Our curriculum incorporates a cultural component based on Squamish Nation Traditions, safety training, essential skills, technical training and job readiness.



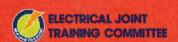
TIME: Monday - Friday, 9am - 3pm
WHERE: Nexw7áýstwaý Unit 5-1500
Railway Street, North Vancouver, BC
WHO IS ELIGIBLE: Indigenous People
(Status, Non-status, Metis, and Inuit)

WHAT IS INCLUDED:

- FREE Tuition
- Meal Plan
- Training Allowance
- Transportation
- Childcare Subsidy

IF THIS PROGRAM INTERESTS YOU, PLEASE CALL: 604-980-7946 OR EMAIL TRADESCENTRE@SQUAMISH.NET













Indigenous Development Internship - Summer 2024

About Polygon and Dentons

British Columbia owned and operated since 1980, the Polygon family of companies has built more than 34,000 homes throughout Metro Vancouver and the Fraser Valley. From luxury high-rise towers in dynamic urban centers to complete master planned communities, we have worked hard to earn the trust of thousands of families by committing to quality design, sound construction, and exceptional customer service. Polygon prides itself on buildings with purpose. Dentons is proud to be Vancouver's local law firm with a global reach. To complement our legal practice, we are active in our community and believe in the importance of corporate social responsibility. Polygon and Dentons have partnered to offer this paid internship for a period of three months starting May 1st, 2024.

In this role you will work closely with Polygon's Vice President Indigenous Relations to identify areas of interest for your business and career development, so that a unique and flexible work plan can be set out for the internship.

Responsibilities:

- Working in a professional office environment including opportunities to join in on Polygon and Dentons corporate activities
- Depending on your interests, at Polygon you may:
 - assist with data collection and analysis for land, development, construction, customer service or marketing groups
 - o assist with administrative duties for the development group
 - assist the sales group with new project openings
 - o attend project meetings and assist with meeting minutes
 - o attend public information meetings with member(s) of a project team and provide assistance
 - o attend city council meetings with member(s) of a project team
 - o attend project site meetings with construction personnel
 - o assist with the documentation and recovery of project bonding
- Depending on your interests, at Dentons you may benefit from business and mentoring opportunities in the downtown Vancouver office
- Report on your internship experience with a presentation to Dentons at the end of your internship

Requirements:

- A team player, with good communication and computer skills
- Willingness to try new tasks
- Evidence of a serious level of commitment and experience, preferably attending a post-secondary business program
- Affiliation to a local indigenous community
- A valid driver's license is an asset
- References may be requested of shortlisted candidates

Given the nature of this opportunity, this is an in office position.

Compensation:

The expected base salary for this role is \$3500 per month.

If we are a match:

If you are interested in working with a large homebuilding company and motivated by personal and professional growth, we want to hear from you. Please email your resume and cover letter (referencing Indigenous Development Internship—Summer 2024) to: **Susan Pardy at <u>susan.pardy@dentons.com</u> no later than March 26, 2024.** We thank all applicants for their interest but only those shortlisted will be contacted. Polygon and Dentons offer an opportunity to work with industry leaders in progressive corporate cultures.

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 Seńákw 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:





















Skwxwú7mesh Úxwumixw

Senákw Development Squamish Art
Open call to artists for: Art Opportunity 01 – "Elevator Cab Feature Wall Graphics"
Submission deadline: May 10th, 2024

ABOUT THE Senákw Development

The Senakw Development Project is a historic economic development opportunity that will set the Squamish Nation on a path to complete economic independence. The project will have a coherent, consistent, and well-curated activation of cultural identity throughout each phase of the development. When completed, the project will provide 6,000 primarily purpose-built rental homes for all Vancouverites.

SQUAMISH NATION ART OPPORTUNITY

This call for artists is for the design of a graphic pattern, to be embossed onto the feature copper back wall of the elevator cab, for Residential Tower 1, 2 and 3. The dimensions of the feature wall are provided on next page.

This artist call is a **ONE-STAGE** Request for Concept Design Proposal. Interested artists or artist teams are asked to submit up to three (3) concept graphic design for panel selection, one for each residential tower. Selected artist will be paid a design fee of \$1,500 per EACH concept design selected.



Front View of Elevator Cab Feature Wall



Side View of Elevator Cab Feature Wall



Qualifications:

Candidates should be Squamish Nation community members with a passion for preserving and promoting cultural identity. No specific expertise is required, and individuals from diverse backgrounds are encouraged to apply.

How to Apply:

Please submit the following for consideration for the position:

- Cover letter expressing your interest in the opportunity
- · Resume with relevant experiences and community involvement

Please apply in the following ways:

- Email your application form and supporting documents to <u>senakw_art@squamish.net</u>. Be sure to include the phrase "Community Member Panel Application" in the subject line of your email.
- Drop off your application at 320 Seymour Blvd, North Vancouver, BC, V7J 2J3, Attn: Senákw Cultural Advisory Panel

OR

 Mail your application to PO Box 86131 North Vancouver, BC, V7L 4J5, Attn: Senákw Cultural Advisory Panel

Deadline for applications is March 15th, 2024.

If you have questions, please email senakw art@squamish.net



SPRING BREAK CALENDAR 2024

	Market Committee of the			
	Monday	Tuesday	Wednesday	Thursday
Week 1 Ages: 6-9 Ages: 11-12	Mar 18 Aquarium Go Karting	Mar 19 Swimming Movie	Mar 20 Movie VR	Mar 21 Science World Paintball
Week 2 Ages: 9-10 Ages: 13-18	Mar 25 Science World Go Karting	Mar 26 VR Paintball	Mar 27 No Program due to Easter Party	Mar 28 Movie VR

Contact:

Ages 6-9 & 9-10
Brenna Peters

604-849-0750

Jan Eckstein

604-849-0261

dress for the

Lunch Provided!

Contact:

Ages 11-12 & 13-18

Ciara Lewis

778-558-3125

Shawnna Apodaca

604-849-1305

Bus Schedule Ages 6-11

Cheekeye: 9:10AM

Teen Cenrtre: 9:20AM

Eagle Run: 9:30AM

Mamquam: 9:35AM

North Yards: 9:40AM

Down Town: 9:50AM

Totem hall: 10:00AM

Pack a water bottle! Bus Schedule Ages: 11-18

Totemhall: 9:15AM

North Yards: 9:25AM

Mamquam: 9:30AM

Eagle Run: 9:35AM

Cheekeye: 9:50AM

Teen Centre: 10:00AM

SquamishRecreation@Squamish.net 604-892-5166



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



PROGRAM



MON	TUE	WED	THU
Lego 4	Painting 5	Dodgeball 6	Martial Arts at The Sound
Play Dough 11	Free Gym 12	Mats 13	Martial Arts at The Sound
Spring 18 Break>	19 >	> 20	> 21
25 >	26 >	27 >	28 <

BRENNA PETERS
PROGRAM FACILITATOR

D: 604.848.2222 C: 604.849.0750

EMAIL: BRENNA_PETERS

@SQUAMISH.NET

PICK UP SCHEDULE DRIVER: JAN ECKSTEIN C: 604.849.0261

BRACKENDALE: 3:08PM MAMQUAM: 3:18PM

TOTEM HALL: 3:35PM



TOTEM HALL I 1380 STAWAMUS RD. I SQUAMISH, BC

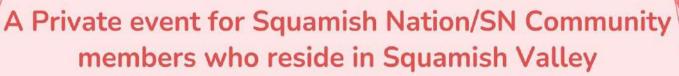


Skwxwú7mesh Úxwumixw

Ta na wa Ch'awát ta S<u>x</u>wé<u>x</u>wel Squamish Valley Operations Recreation

SQUAMISH VALLEY RECREATION





Date: March 27, 2024
Wednesday 6:00-8:00PM
1380 Stawamus Rd - Totem hall
Crafts - Food- Fun!

Call for transportation
Contact: SquamishRecreation or
604-892-5166
Skwwwi7mesh

Úxwumixw

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

SQUAMISH VALLEY RECREATION





BRAZILIAN JIU-JITSU + SELF-DEFENSE



Female Only Women's Self Defence Class

For Squamish Nation/ SN community members who reside in Squamish Valley 13+

Location: 39455 Discovery Way #110 Squamish, BC.

SCAN Figure 1

4 Sessions only: March 20, March 27, April 3, & April 10, 2024 Wednesday's 5:30-6:30PM

Spaces Limited 15 spots

https://form.jotform.com/240636914344053

Contact:

SquamishRecreation@squamish.net 604-892-5166



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

KRISPY KREME DOCUMENTO

MENKIS YOUTH FUNDRAISER

\$20 PER DOZEN

Purchase at Squamish
Valley Recreation
Easter Party
March 27





SUPPORT YOUTH

MARCH 27 6-8 PM TOTEM HALL

