



**Skwxwú7mesh Úxwumixw**  
Squamish Nation

# Weekly Newsletter

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## Distribution

Thursday, April 4 - Board Room  
Friday, April 5, 2024 - Stawamus  
Room

## Squamish Valley Super Clinic

Friday, April 19, 2024  
9:00AM - 3:00PM  
Totem Hall Gymnasium

Tax Preparation Services  
with Patricia Brown.

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

Income Assistance Declaration Week:  
April 8 - 12, 2024

April 2024



# SV Elders Bulletin

*Keeping Everyone Connected...*

Squamish Valley Elders Program

## CELEBRATING April Birthdays

Georgina R  
Heather N  
Richard B  
Chief Toby T  
Chief Dale H

### TRANSPORTATION:

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

Elders Lounge:  
604-848-2226

Celestino, *Team Lead:*  
**604-848-5190**

Shanda, *Members Driver*  
604-815-3445

Lisa, *Scheduler/Driver:*  
**604-849-0539**

'H'wopey Gwen, *Driver:*  
**604-849-4055**

Josie, *Manager:*  
**604-815-1936**

April is looking to be another busy month for the Elders. The weather is changing and the flowers coming out to visit. Let's hope we get some nice weather this month.

Here are some of the exciting events this month:

- April 3 Reclaiming Education with Kristen Baker Williams
- April 4 North Van Elders visit for Brunch.
- April 5 Community Development with Austin
- April 12 Optometry Clinic (waterfront office)
- April 15 Movie Day
- April 18 Dinner with the Teens
- April 19 Super Clinic (i.e. taxes, service Canada, etc.)
- April 19 Hearing Clinic (waterfront)
- April 22 Cap U Lunch with Ellen/Miranda
- April 23 Matt West Visit
- April 24 Monastery Visit
- April 25 Constitutional Project with Rose
- April 29 Budget talk with Keith

Please be aware of the new phone number for the Elders Lounge  
**604 848 2226**

~ *The SV Elders Team:*

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



**Skw̓xwú7mesh  
Úxwumixw**

Ta na wa Ch'awát ta Sxwéxwel  
Squamish Valley Operations

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







# April 2024

Tem tsa7tskay [When salmonberry shoots are collected]

## Squamish Valley Elders Program Calendar



**Skwxwú7mesh  
úxwumíxw**

Ta na wa Chawát ta Sxwéxwel  
Squamish Valley Operations



SUNDAY Sxexelhnat	MONDAY Skwetkalyhes	TUESDAY Stsamyhes	WEDNESDAY Schanxwyses	THURSDAY Sxaa7utsens	FRIDAY Stsiyachis	SATURDAY T'akw'entem
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	1 Easter Monday	2 <b>GEORGINA R</b> 10:30 Wayne Mah 10:30 Brunch 11 Fitness	3 Reclaiming Education Kristen Lunch	4 North Van Elders visit brunch	5 <b>Community Development 11</b>	6
7	8	9 10:30 Brunch 11 Fitness	10 <b>Lunch</b>	11 <b>HEATHER N</b> Bingo	12	13
14	15 <b>Movie Day</b>	16 10:30 Brunch 11 Fitness	17 <b>Lunch</b>	18 6pm Dinner with teens	19 Super Clinic	<b>RICHARD B</b> 20
<b>RICHARD B</b> 21	22 Cap U Lunch Miranda/Ellen	23 10:30 Brunch 11 Fitness Matt West Visit	24 11:30 Monastery Visit	25 10am Constitutional Project Rose (Snacks)	26	<b>CHIEF TOBY T</b> 27
28	29 <b>11 Budget With Keith</b>	30 10:30 Brunch 11 Fitness				

# Squamish Valley Spring Cleanup

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
	STAWAMUS	STAWAMUS	STAWAMUS	YEKWAUPSUM	YEKWAUPSUM KOWTAIN	
21	22	23	24	25	26	27
	KOWTAIN	WAIWAKUM	WAIWAKUM	WAIWAKUM	WAIWAKUM	
28	29	30	31			
	CHEAKAMUS	CHEAKAMUS				

**Please Separate**

- Wood
- metal
- electronics
- other garbage

Subcontractor will keep to schedule outlined

For questions or concerns please  
call SV Comm Ops  
604-892-5166



April 02<sup>nd</sup>, 2024

## Call for Proposals: Grass Cutting 2024

As spring has arrived, we would like to ask for contractor proposals for our Grass Cutting 2024

Grass cutting would include elders, and persons on disability yards, as well as other public areas.

Deadline for proposals: Friday, April 19<sup>th</sup> at 4:00 pm

Submit Proposals to: **In sealed envelopes** to Tracey Schneider or Samantha Brekke at Totem Hall labeled **Grass Cutting Proposal**, please include your WCB coverage.

If you require further information, please contact Tracey or Samantha at Totem Hall 604-892-5166

*Chen kw'enman-túmi* (I thank you)

Tracey Schneider,  
Manager - SV Community Operations  
Skwxwú7mesh Úxwumixw - Squamish Nation

Office: 604-892-5166

Tracey\_Schneider@squamish.net







April 02<sup>nd</sup>, 2024

## VEHICLE REMOVAL 2024

Do you have either a

- Vehicle
- Trailer/ 5<sup>th</sup> Wheel
- Boat

That you want removed from your yard?

If so, please call our office to submit your request, and we can work with you to have it demolished or removed from your yard.

*This is the time of year to beautify your yard, our Squamish Valley Reserves, and, help keep those pesky rodents from making your home their home.*

Please call to obtain more information and have your name added to our list for 2024.

Tracey or Samantha at Totem Hall 604-892-5166

*Chen kw'enman-túmi* (I thank you)

Tracey Schneider,  
Manager - SV Community Operations  
Skwxwú7mesh Úxwumíxw - Squamish Nation

Office: 604-892-5166

[tracey\\_schneider@squamish.net](mailto:tracey_schneider@squamish.net)





**Skwxwú7mesh  
Úxwumixw**

Ta na wa Shéway I7xw ta Úxwumixw  
Planning & Capital Projects

## **Phase 2 Construction Approved - Kw'eshkw'shétsutay' (Playing Place)**

Ta na wa Shéway I7xw ta Úxwumixw (Planning & Capital Projects) is excited to announce that Council has approved the next phase of construction of the Kw'eshkw'shétsutay' (Playing Place) project, also referred to as the Xwmélch'sten Multi-purpose Recreation/Lacrosse Box. The project is located in Xwmélch'sten, to the South of Chief Joe Mathias Centre; currently, the erection of the roof structure is underway and will continue until the end of April (see Figure 1 below).

The 2<sup>nd</sup> and final phase of construction will be starting in May and will include everything under and around the roof structure, such as a washroom/changeroom building, the concrete playing surface, a basketball court, parking and other landscaping (see Figure 2 for a site layout). The overall project is anticipated to be completed before the end of 2024. Ta na wa Shéway I7xw ta Úxwumixw are looking forward to starting this next phase and can't wait to deliver Kw'eshkw'shétsutay' for the use and benefit of all of Skwxwú7mesh Úxwumixw!

**If you have any questions, please contact Ta na wa Shéway I7xw ta Úxwumixw at 604-904-7474**



*Figure 1. Roof Structure Construction (March 23, 2024)*









MARCH 2024

# WOODFIBRE LNG & FORTIS BC EAGLE MOUNTAIN GAS PIPELINE PROJECTS

Update from Skwxwú7mesh Úxwumixw Rights & Title and Environmental Working Group

Rolling lane closures and temporary full closures are expected along Mamquam Forest Service Road (FSR) and Stawamus/Indian River FSR's as part of road upgrades for EGP construction.

If you're a member needing access, please contact 778-966-1117 at least 7 days in advance.

## ARE YOU PASSIONATE ABOUT PROTECTING OUR LANDS AND WATERS?

Ta na wa Yúus ta Stitúyntsah (Rights and Title Department) is looking to hire an **Indigenous Monitor** and a **Lead Indigenous Monitor** to observe, track and report on construction of the the FortisBC Eagle Mountain Pipeline (EGP) and Woodfibre (Swiyát) LNG Facility. This is the first time the Skwxwú7mesh Úxwumixw has had a regulatory role to oversee a project of this kind. As a result, these positions were created to support the Nation in it's regulatory role.

The monitors will work closely with the Project environmental inspection teams to observe construction activities, discuss concerns, and find solutions. They will be the eyes and ears for the Nation on-site. The role will work up to 12 hours per day. Trucks, iPads and personal protective equipment will be provided.

### **INDIGENOUS MONITOR**

This position will monitor the construction of the Fortis Eagle Mountain Pipeline (EGP) to transfer natural gas from the north of Coquitlam to Swiyát (the Woodfibre LNG site).

### **LEAD INDIGENOUS MONITOR**

This position will monitor the construction of the Woodfibre LNG Site at Swiyát. The Lead Indigenous Monitor takes on added responsibility in coordinating the Indigenous Monitors and communications with the Woodfibre LNG Environmental Inspection Team.



To learn more about these positions and apply visit <https://www.squamish.net/careers/> and click on "Job Postings".



## ONGOING CONSTRUCTION ACTIVITIES

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



### Swiyát (WOODFIBRE LNG)

The floatel is expected to arrive and house workers as early as April (pending final approvals). Non-local workers will be transported from Vancouver directly to Swiyát on 2-week rotations, transported by boat from Vancouver to avoid local impacts on housing, traffic and social services.

Squamish Nation has conditions of approval for the floatel as a result of the amendment to the Squamish Nation Environmental Assessment Agreement . The safety of community members is our number one priority. These conditions will be met prior to floatel occupancy.

WoodfibreLNG has finished the majority of vegetation clearing prior to the start of the migratory bird window. Prior to any vegetation clearing, bird nest surveys will take place in accordance with the “Develop with Care” standards, (Province of BC’s Environmental Guidelines for Land Development).

### FORTIS BC EGP

To avoid surface disturbances at the Squamish River and estuary, a tunnel is planned underneath FortisBC Eagle Mountain Pipeline . FortisBC is assembling the tunnel boring machines and starting tunneling work at BC Rail (east tunnel portal) and Swiyát (west tunnel portal).

The proposed FortisBC Camp was approved by the Nation in 2023 but requires additional approvals before it can be built. One of the main reasons for this approval was to relocate workers out of town to minimize social impacts.

Squamish Nation has a communications plan and an access protocol with FortisBC. We want to minimize impacts from construction activities and have created a process for members to access the territory during construction closures. Please contact Whitney at 778-966-1117 if you need access or have any questions or concerns.

## ARE YOU INTERESTED IN TRADITIONAL PLANT HARVESTING?



Back in Spring 2023, FortisBC started vegetation clearing along the pipeline route in preparation for pipeline construction. The Nation has continuously expressed the importance of our traditional medicines and plants along this corridor. We're looking for a team of Members interested in traditional plant harvesting along the route in advance of clearing activities.

If you are interested in paid plant harvesting work please contact swiyat@squamish.net or 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





## 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  
1380 Stawamus Drive  
Squamish

Elders Centre  
100 Mathias Road  
North Vancouver

**NEW  
LOCATION**

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](mailto:membership@squamish.net) or 604-982-7610.**



**SQUAMISH NATION**  
**DISTRIBUTION ADMINISTRATION POLICIES**  
 (one form per Member)

**PICK UP AUTHORIZATION**

Date received:

*(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.**

_____	_____
_____	_____
_____	_____
_____	_____

I authorize the Squamish Nation and Registrar this one time to give my, and the above listed Minor's for whom I am Guardian, Distribution Share(s) payable on the Distribution Date noted below to the person named below.

**C. DISTRIBUTION DATE AND RECEIVING PERSON INFORMATION**

Distribution Date: \_\_\_\_\_

Full Name of Receiving Person: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

I certify that the information provided in this Pick Up Authorization is to the best of my knowledge, true, correct and complete and that I have freely given the authorization made above.

Signature of Member \_\_\_\_\_ Date signed: \_\_\_\_\_

Signature of Registrar \_\_\_\_\_ Date signed: \_\_\_\_\_

*Note to Member: 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.*



# SQUAMISH VALLEY SUPER CLINIC



**Skwxwú7mesh Úxwumixw**  
Squamish Nation

**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





**COME AND SUPPORT**

**ZANE CAMPBELL (GUSS)**



Fundraising for field and box lacrosse fees,  
travel, training, and equipment.



*Saturday, April 6th*

**1PM-9PM**



**Chief Joe Mathias Center—100 Capilano Rd—N.Van**

**\$50 BUY-IN / \$40 REBUY-IN**



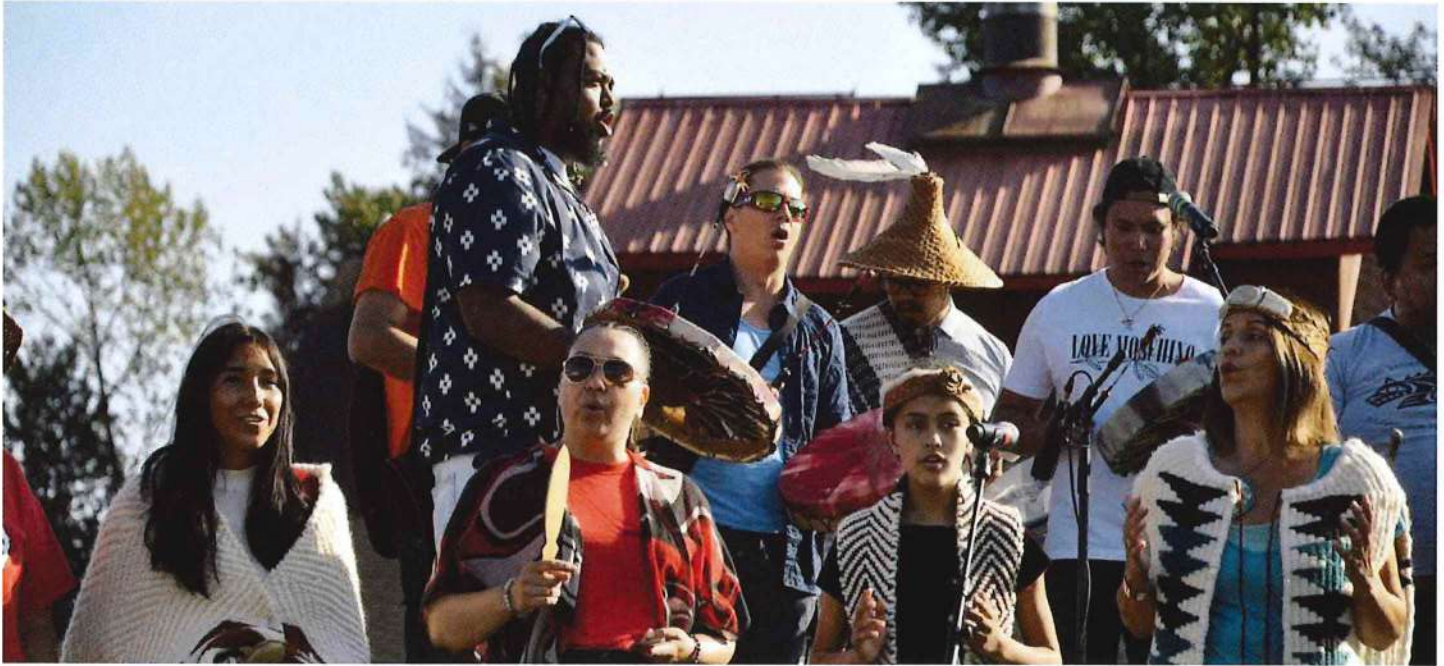
**RSVP / QUESTIONS COLLEEN [778-997-3842](tel:778-997-3842)**



**OR GEORGE [604-725-0090](tel:604-725-0090)**







# Eshíhkw'íws Chet

## Experiences of Cultural Safety Census Data Available

Cultural safety means feeling that one's identity as an Indigenous person is welcomed, and that one is not subjected to racism. We learned that:

- ◆ 69% of respondents agree or strongly agree that they feel a sense of dignity and belonging most places they go.
- ◆ 65% of respondents always or often feel culturally safe most places they go.
- ◆ The areas where advocacy and change are needed the most to improve cultural safety are police or security (52%), courts and justice system (47%), health care (39%), and child welfare services (39%).

Scan the QR code below to learn about the census!







# 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](mailto: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.

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

**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.





**Skwxwú7mesh  
Úxwumixw**

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.





# APRIL in the NYLC

PRIDE IS  
EVERYDAY



MON

TUES

WED

THURS

FRI

The Native Youth Learning Centre is a computer-based learning centre, supporting the personal, educational, & career development of self-identified

Indigenous folks ages 15 to 30.

UNYA NYLC FOOD PANTRY (BIG & EXPRESS): for self-identified Indigenous folks ages 11-30

EVENTS MAY BE ADDED TO THE CALENDAR!

CHECK BACK OFTEN : facebook.com/unya.nylc & facebook.com/UNYA2spirit/

1  
**UNYA CLOSED FOR HOLIDAY**  
FRIDAY & MONDAY

8  
TAXES & PIZZA & DREAM CATCHER WORKSHOP & FIGHT  
EVICTION 101  
INFO SESSION 4-7

15  
TAXES & PIZZA 4-7 & DREAM CATCHER WORKSHOP

22  
TAXES & PIZZA 4-7 & DREAM CATCHER WORKSHOP

29  
TAXES & PIZZA 4-7 & DREAM CATCHER WORKSHOP

2  
DROP IN: RESUMES & COVER LETTERS  
3:30-7:30

9  
2SPIRIT HAIRCUTS AT BIG BRO'S BARBERSHOP 1-3  
RSVP!

16  
WHAT THE L WORKSHOP 3:30-7:30  
\*Must attend both workshops\* RSVP!

23  
RSVP! 2SLBTQQ1A+ INDIGENOUS SURVEY GROUP 4-7 PM  
\$25 honorarium

30  
TO BE ANNOUNCED

3  
PATHWAYS TO MEDICINE INFO SESSION

10  
DROP INS  
**CLOSED**  
FOR FOOD PREP

17  
DROP INS  
**CLOSED**  
FOR EVENT PREP

24  
2 SPIRIT PEER GROUP 3:30-5:30 PM  
RSVP FOR LOCATION

MAY 1  
RSVP! \*Must attend both workshops\*  
WHAT THE L WORKSHOP 9:30-1:30  
then head out as a group to take the Learner's test.

4  
DRESS UP YOUR GENDER  
RSVP!

11  
BIG FOOD PANTRY 1-4 PM  
\*behind UNYA

18  
DROP INS  
**CLOSED**  
FOR YOUTH EVENT

25  
FOOD PANTRY EXPRESS in NYLC 4:00-5:30

MAY 2  
FOOD PANTRY EXPRESS in NYLC 4:00-5:30

5  
2 SPIRIT MEET UP 1:30-4:30

12  
2 SPIRIT MEET UP 1:30-4:30 & TRANSFORMING EMBERS 2S VIRTUAL GATHERING 12-4:30

19  
UNYA  
**CLOSED**  
FOR FUNYA

26  
2 SPIRIT MEET UP 1:30-4:30

MAY 3  
2 SPIRIT MEET UP 1:30-4:30

URBAN NATIVE YOUTH ASSOCIATION  
1618 East Hasting Street  
Vancouver, B.C. V5L 1S6

Head office #: 604.254.7732  
Owen Cell #: 604.379.5133  
Email: 2spirit@unya.bc.ca  
Ryan Cell #: 604.754.1133  
Email: nylc.ycc@unya.bc.ca

NYLC HOURS ARE: (USUALLY)  
MON-THURS 3:30-7:30 &  
FRI 1:30-4:30 BUT CHECK CALENDARS FOR SPECIAL EVENTS & CHANGES TO SCHEDULING

\*Please only attend if you can answer NO to all of the UNYA safer meeting screening questions

For program information go to:

<https://unya.bc.ca/programs/native-youth-learning-centre> & <https://unya.bc.ca/programs/2-spirit-collective/>

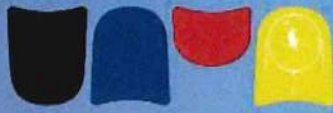
TRANS DAY OF VISIBILITY MARCH 31ST



Urban Native Youth Association







URBAN NATIVE YOUTH  
ASSOCIATION

For Indigenous  
youth 11-30

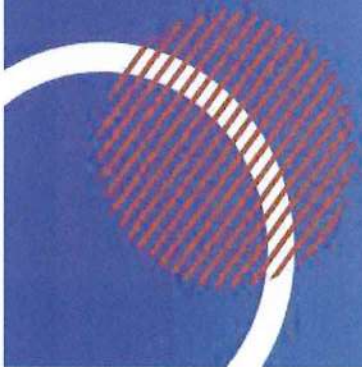


# WHAT IS EAT SHOP HANG?



EAT SHOP HANG OPERATES MUCH LIKE A COST-FREE THRIFT STORE. YOUTH ARE WELCOME TO COLLECT ONE, TWO, OR EVEN THREE BAGS OF GENTLY USED (OCCASIONALLY NEW) CLOTHING AND FOOTWEAR. AFTER COMPLETING YOUR "SHOPPING" EXPERIENCE, YOU'LL BE TREATED TO SOME FOOD.

ASK AN UNYA STAFF OR CHECK OUT  
OUR FACEBOOK AND INSTAGRAM ON  
HOW TO GET A TICKET TO EAT SHOP  
HANG!





**Skwxwú7mesh Úxwumixw**  
Squamish Nation

**Yúustway**  
Health & Wellness  
Health Benefits Advocacy  
& Promotion



**Optometry  
Appointments  
With Omni Eye Vision**

**Friday April 12<sup>th</sup>, 2024;**

**10-5 Waterfront Office**

.20 minute appointments

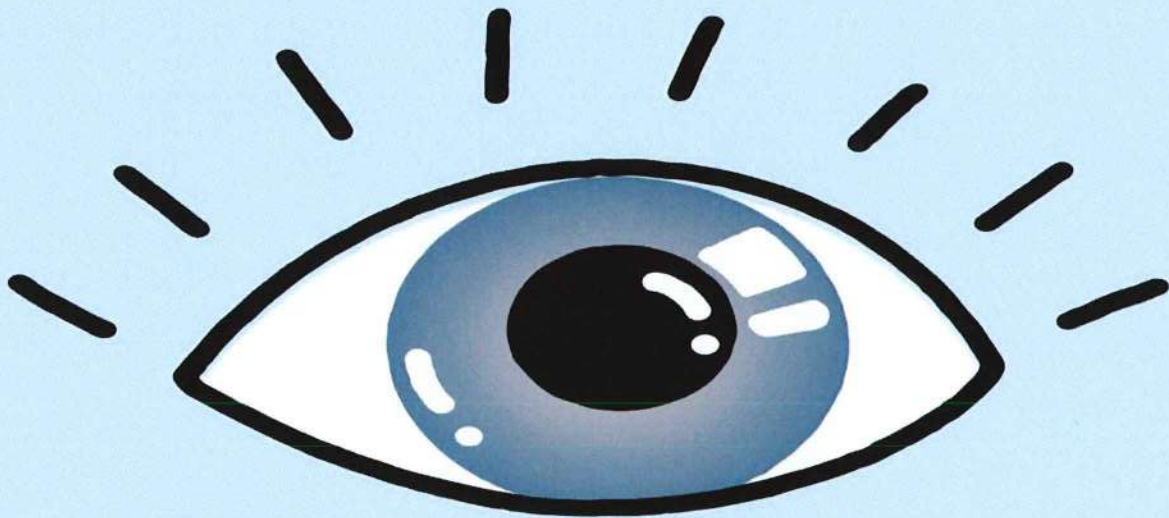
Contact Caroline to book

236-877-7782

[caroline\\_perrin@squamish.net](mailto:caroline_perrin@squamish.net)







## **Eye Check Ups Help:**

- Detect and treat eye trauma and disease
  - Check for cataracts
  - Manage effects of diabetes
- Manage visual symptoms of concussion and stroke
  - Maintain good eye sight



## 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](http://screeningbc.ca/cervix)



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Yúustway  
Health & Wellness



# Are you protected against Measles?

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 measles-containing 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.

Immunizations are available at our All Ages Drop-in Immunization clinics, which are offered monthly at Aya Lam Program House. The next clinic is on March 21st, 2024 from 1:30pm - 3:30pm

Questions?

Please Contact Liz Grant, Public Health Nurse,  
Squamish Nation Squamish Valley at 604.875.3899

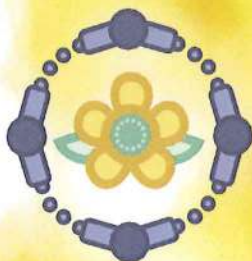


**Skw̓w̓w̓m̓esh  
Uxwumixw**

"Lutwax  
-shilsh'w'kw"



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



**First Nations Child  
and Family Services  
and Jordan's Principle  
Settlement**

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](http://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:

<b>A child removed from their home or placed off-reserve</b> Removed Child Class	<b>A child who had a denial or delay of an essential service</b> Jordan's Principle Class Trout Child Class Essential Service Class	<b>A child placed off-reserve</b> Kith Child Class* Kith Family Class*
<ul style="list-style-type: none"><li>• 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.</li><li>• The placement was funded by Indigenous Services Canada (ISC).</li><li>• At least one caregiver (parents or grandparents) were resident on reserve or living in the Yukon.</li></ul>	<ul style="list-style-type: none"><li>• First Nations children (living on-reserve 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.</li></ul>	<ul style="list-style-type: none"><li>• First Nations children placed off-reserve with a non-family caregiver.<ul style="list-style-type: none"><li>• The caregiver did not receive any funding related to the placement.</li><li>• A Child Welfare Authority was involved at the time of the placement.</li></ul></li><li>• Caregiving parent or grandparent of children of the Kith Child Class</li></ul>

### 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

\*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.



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](http://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](http://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](http://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](http://www.hopeforwellness.ca) to chat.



# AUDIOLOGY SERVICES in Squamish Nations



**Skwxwú7mesh Úxwumixw**  
Squamish Nation

**Yúustway**  
Health & 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](mailto:caroline_perrin@squamish.net)

 **HearingLife**

Formerly **NEXGEN HEARING**

Keep being you | Love your ears

**SQUAMISH 604-815-0808**

1335 Pemberton Avenue







**Skwxwú7mesh Úxwumixw**  
Squamish Nation

**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**

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**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](mailto: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.**



Indian and Northern  
Affairs Canada

Affaires indiennes  
et du Nord Canada

**SOCIAL ASSISTANCE MONTHLY RENEWAL DECLARATION FOR: May 2024 >>555**  
**Cheque issue date is Wednesday, April 24<sup>th</sup>, 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 April 08<sup>th</sup> – 12<sup>th</sup>, You will NOT receive your Cheque on Wed, April 24<sup>th</sup>, 2024. Late Declaration means, late cheque / No, Work Plan, No cheque. Wait 3-5 business days.**

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

If yes, completed	Earnings	\$
	Family Allowance	\$
	Maintenance	\$
	Unemployment Insurance	\$
	Other (specify)	\$
	GST	\$
	<b>TOTAL</b>	<b>\$</b>

If yes, complete	Bank Account	\$
	Property	\$
	Other (specify)	\$
		\$
	<b>TOTAL</b>	<b>\$</b>

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.**





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, Sḵwx̱wú7mesh 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](mailto:susan.richardson@vch.ca)

**Daniela Segatto,**  
Community Engagement Advisor  
[daniela.segatto@vch.ca](mailto: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, shishálh, Skatin, Squamish, Tla'amin, Tsleil-Waututh, Wuikinuxv, and Xa'xtsa.

**CURRENT SQUAMISH NATION JOB POSTINGS**  
**on April 2, 2024**



**Skwxwú7mesh**  
**Úxwumixw**

Chénchenstway  
 Human Resources

<p><b><u>Program Facilitator</u></b>                  Permanent Full-Time                  Ta na wa Shéway i7xw ta Úxwumixw - Squamish Valley Operations                  North Vancouver/Squamish, BC  <b><u>Posting Closes: Open Until Filled</u></b></p>	<p><b><u>Infant Development Program Facilitator</u></b>                  Permanent Full-Time                  Ayás Méhmen Child and Family Services                  North Vancouver, BC  <b><u>Posting Closes: Open Until Filled</u></b></p>
<p><b><u>Registered Nurse, Primary Care</u></b>                  Term Full-Time                  Yúustway Health and Wellness                  North Vancouver/Squamish, BC  <b><u>Posting Closes: Open Until Filled</u></b></p>	<p><b><u>Lead Indigenous Monitor</u></b>                  Term Part-Time                  Ta na wa Yúus ta Stitúyntsam' Rights and Title                  North Vancouver/Squamish, BC  <b><u>Posting Closes: Open Until Filled</u></b></p>
<p><b><u>Receptionist/Admin Support</u></b>                  Permanent Full-Time                  Chénchenstway Human Resources                  West Vancouver, BC  <b><u>Posting Closes: Open Until Filled</u></b></p>	<p><b><u>Indigenous Monitor</u></b>                  Term Part-Time                  Ta na wa Yúus ta Stitúyntsam' Rights and Title                  North Vancouver/Squamish, BC  <b><u>Posting Closes: Open Until Filled</u></b></p>
<p><b><u>Emergency Planning &amp; Response Lead</u></b>                  Permanent Full-Time                  Public Safety (Ta na wa Téywilhaylhem)                  North Vancouver, BC  <b><u>Posting Closes: Open Until Filled</u></b></p>	<p><b><u>Legislative Policy Analyst</u></b>                  Term Full-Time                  Ta na wa Yúus ta Stitúyntsam' Rights and Title                  North Vancouver, BC  <b><u>Posting Closes: Open Until Filled</u></b></p>
<p><b><u>Special Project Manager</u></b>                  Permanent Full-Time                  Strategic Operations                  North Vancouver, BC  <b><u>Posting Closes: Open Until Filled</u></b></p>	<p><b><u>Food Pantry (S7ilhen) Intake Worker &amp; Assistant</u></b>                  Permanent Full-Time                  Ayás Méhmen Child and Family Services                  West Vancouver, BC  <b><u>Posting Closes: Open Until Filled</u></b></p>
<p><b><u>Archivist</u></b>                  Term Full-Time, 1 year (with intention of becoming permanent)                  Ta na wa Ns7éyxnitm ta Snewiyelh Language and Cultural Affairs                  West Vancouver, BC  <b><u>Posting Closes: Open Until Filled</u></b></p>	<p><b><u>Language Teacher</u></b>                  Permanent Full-Time                  Ta na wa Ns7éyxnitm ta Snewiyelh Language and Cultural Affairs                  North Vancouver, BC  <b><u>Posting Closes: Open Until Filled</u></b></p>
<p><b><u>Health Care Assistant</u></b>                  Casual                  Yúustway Health and Wellness                  West Vancouver, BC  <b><u>Posting Closes: Open Until Filled</u></b></p>	<p><b><u>Early Childhood Educator/ Squamish Language Assistant</u></b>                  Temp Full-Time (School Term)                  Ta7newás Education, Employment and Training                  North Vancouver, BC  <b><u>Posting Closes: Open Until Filled</u></b></p>
<p><b><u>Field Repair Worker</u></b>                  Permanent Full-Time                  Nexwsp'áyaaken ta Úxwumixw Community Operations                  North Vancouver, BC  <b><u>Posting Closes: Open Until Filled</u></b></p>	<p><b><u>ASCD Support Worker</u></b>                  Casual                  Ayás Méhmen Child and Family Services                  West Vancouver, BC  <b><u>Posting Closes: Open Until Filled</u></b></p>



**CURRENT SQUAMISH NATION JOB POSTINGS**  
**on April 2, 2024**



**Skwxwú7mesh**  
**Úxwumixw**

Chénchenstway  
Human Resources

<p><b><u>COHI Community Admin Support</u></b> Permanent Part Time Yúustway Health and Wellness Squamish, BC <b><u>Posting Closes: Open Until Filled</u></b></p>	<p><b><u>Behavioral Interventionist</u></b> Casual Ayás Méh men Child and Family Services Squamish Valley, BC <b><u>Posting Closes: Open Until Filled</u></b></p>
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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](mailto:careers@squamish.net) OR

Chénchenstway Human Resources 604-985-8335

3-380-Welch Street, West Vancouver, B.C. V7P 0A7

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# HOW IT WORKS:

- Explore Opportunities: Visit [senakw.com/mentorship-program](http://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 Seńákŵ 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](http://senakw.com/mentorship-program) for more information.

Thank You to Our Participating Consultants:







# NCH'KAY

## 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'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](http://www.nchkay.com/careers)







**Skwxwú7mesh  
Úxwumixw**

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:** Nexw7áystway 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](mailto:TRADESCENTRE@SQUAMISH.NET)**



**Woodfibre  
LNG**





Sqwxwú7mesh Úxwumixw  
Ta7lnewás  
Education, Employment & Training

Nexw7áystwaý  
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:** Nexw7áystwaý 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!**





**Skwxwú7mesh  
Úxwumixw**

Ta7lnewás  
Education, Employment & Training  
Nexw7áystway 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:** Nexw7áystway 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



**SKILLEDTRADES** BC



# APRIL TEEN CENTRE CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday
<b>13+ @ Teen Centre 3:30-5:30 pm</b>	<b>Kickboxing 4:20-5:10pm @ The Sound</b>	<b>10-13 year olds teen Centre 3:30-5:30pm</b>	<b>Kickboxing 4:20-5:10pm @ The Sound</b>	<b>Menkis Meeting 3:30-4:30pm @ Totem hall</b>
<b>Teen Weightlifting 6:00-7:00pm @ Totem Hall</b>				

**First Day Back: April 2nd**

**Ski/Snowboard: April 4th**

**Contact Ciara Lewis: 778-558-3125**

**[squamishrecreation@squamish.net](mailto:squamishrecreation@squamish.net)**



**Skwxwú7mesh  
Úxwumixw**

Ta na wa Ch'awát ta S'wé'gwel  
Squamish Valley Operations  
Recreation

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

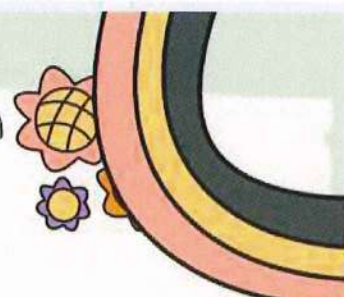





















Squamish Valley Recreation

# APRIL

## Healthy Children's Program



Monday	Tuesday	Wednesday	Thursday	Friday
1 No Program	2 Free Gym 	3 Lego 	4 Martial Arts @ The Sound 	5 No Program
8 Play Dough 	9 Free Gym 	10 Mats 	11 Martial Arts @ The Sound 	12 No Program
15 Painting 	16 Dodgeball 	17 Paper Airplanes 	18 Martial Arts @ The Sound 	19 No Program
22 Floor Hockey 	23 Soccer 	24 Show & Tell 	25 Martial Arts @ The Sound 	26 No Program
29 Obstacle Course 	30 Badminton 	1	2	3

Brenna Peters  
 Program Facilitator  
 D: 604.848.2222  
 C: 604.849.0750  
 Email: Brenna\_peters@squamish.net

Totem Hall | 1380  
 Stawamus Rd. |  
 Squamish, BC

Pick Up Schedule  
 Driver: Jan Eckstein  
 C: 604.849.0261  
 Brackendale: 3:08PM  
 Mamquam: 3:18PM  
 Totem Hall: 3:35PM





Squamish Valley Rec

# SOURDOUGH

## Workshop

Open to: Squamish  
Nation/community members who  
reside in Squamish Valley.

**Dates: April 3, 2024 & April 10, 2024**

**Time: 5:15-7:00PM**

**Location: 1380 Stawamus Rd  
Big Kitchen**

**Contact:**

**SquamishRecreation@squamish.net**

**or 604-892-5166**



<https://form.jotform.com/240919095502053>



**Skwxwú7mesh  
Úxwumixw**

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

squamish.net



SQUAMISH VALLEY  
RECREATION



Partnered with

**MTN JJJ**

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.

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

*\*Spaces Limited 15 spots\**

SCAN  
ME



<https://form.jotform.com/240636914344053>

Contact:

[SquamishRecreation@squamish.net](mailto:SquamishRecreation@squamish.net)

604-892-5166



**Sk̓w̓x̓w̓ú7mesh  
Úx̓w̓umixw**

Ta na wa Ch̓'awát ta S̓x̓wéx̓wel  
Squamish Valley Operations  
Recreation

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