



North Shore Indians Lacrosse Team  
Western Canada Champions  
1936



# Syétsém tl'a Sxexelhnát

News of the Week

Monday, May 12, 2025

Monday, June 02, 2025



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# Vancouver T100 Triathlon

## June 13 - 15, Jericho Sailing Centre

The T100 Triathlon organizers have worked closely with the Musqueam, Squamish, & Tsleil-Waututh Nations to create a meaningful partnership. They are providing three race entries for the T100 100km Triathlon, and three race entries for the T100 Sprint Triathlon.

These entries are available on a first-come-first-served basis, and will be available to the Squamish community for one week, before the entries become available to all Squamish employees.

If you're looking for a slightly easier challenge, the T100 Sun Up 5k Run is FREE for everyone!

For any questions, contact Quinten Grimm at [ggrimm@squamish.net](mailto:ggrimm@squamish.net), or 604-802-8738.

**Scan the QR code with  
your phone for more  
info!**

SCAN ME



**Skwxwú7mesh  
Úxwumixw**



**Skwxwú7mesh  
Úxwumixw**

Sts'its'áp'néwas  
Employment & Future Skills  
Stitsma Career Centre

## Empower Your Future with Stitsma Career Centre

**Stitsma Career Centre**  
Eslha7an Centre, 345 5th St W, North Vancouver  
1221 Chief Billy Drive, Squamish Valley



### SUMMER EMPLOYMENT OPPORTUNITIES FOR HIGH SCHOOL STUDENTS

We are hiring for positions in both the Squamish Valley and North Vancouver.

**Wage:** \$25.68/hour

**Requirements:**

- Full-time student (previous school year and registered for Fall)
- Ages 15+
- Valid ID
- Criminal record check
- Additional forms to be completed

**Apply by June 7**



### SUMMER EMPLOYMENT OPPORTUNITIES FOR POST-SECONDARY STUDENTS

We are hiring for positions in both the Squamish Valley and North Vancouver.

**Wage:** \$27.68/hour

**Requirements:**

- Full-time student (previous school year and registered for Fall)
- Ages 15-29
- Valid ID
- Criminal record check
- Additional forms to be completed

**Apply by June 7**



☎ **NV: 604-985-7711** ✉ **stitsma\_career@squamish.net**  
**SV: 604-848-2260**



**Skwxwú7mesh  
Úxwumixw**

Sts'its'ápnéw'as  
Employment & Future Skills  
Nexw7áystway Training & Trades Centre

**Nexw7áystway  
Training & Trades Centre**  
#3-1500 Railway Street  
North Vancouver, BC



## YOUTH IN TRADES

Youth in Trades is designed for students going into grades 11 or 12 to explore different trades so they can find out what interests them. Students in this cohort will learn basic skills within the following trades: carpentry, sheet metal and plumbing.

### What skills will you learn?

- Wood frame construction
- Basics of installing, repairing and maintaining plumbing systems.
- Fundamental skills required to fabricate, assemble and install sheet metal products.
- + more!

### What is included:

- free tuition & training allowance
- meal plan and transportation subsidy

**Apply by June 23**

**July 7 - August 15, 2025  
Monday - Friday 9:00 am - 3:00 pm**



**August 5 - November 7, 2025  
Monday - Friday 9:00 am - 3:00 pm**



## INTRODUCTION TO CARPENTRY

This program is designed for students who have little or no experience in the carpentry trade. Our curriculum incorporates cultural workshops, job readiness, safety training, and 8 weeks of technical training with a Red Seal Carpenter!

### What skills will you learn?

- How to perform all work in connection with assembling forms for concrete, wood and, metal frame construction.
- Drawings and specifications
- Building codes and bylaws
- Using portable and stationary power tools

### What is included:

- free tuition & training allowance
- meal plan, childcare & transportation subsidy

**Apply by July 16**





**Skwxwú7mesh  
Úxwumixw**

Sts'its'áp'newas  
**Employment & Future Skills**  
Nexw7áystway Training & Trades Centre

**Nexw7áystway  
Training & Trades Centre**  
#3-1500 Railway Street  
North Vancouver, BC



## UPCOMING PROGRAMS: SUMMER/FALL 2025

### Youth in Trades

\*for youth entering grades 11 or 12 this fall

July 7 – August 15

Apply by June 23

### Introduction to Carpentry

August 5 – November 7

Apply by July 16

### Plumbing Level 1

August 18 – December 19

Apply by July 30

### Carpentry Level 1

Program dates TBA

### Try a Trade

Program dates TBA



## Empowering our people to learn a trade and build a successful future

### Services & Supports

- Core trades programs
- Essential skills, technical training & job readiness
- Training allowance
- Childcare, transportation & meal plan subsidies
- Squamish cultural learning
- Work practicums for applicable programs



Visit our Facebook page





## Drop-In Immunization Clinic & TB Screening Clinic

The North Shore YHW Public Health Nurses will be offering drop-in immunizations and TB (tuberculosis) screening on the second Tuesday of April, May, and June. This includes infant & child development information, adult & child immunizations, reviewing immunization information, and TB screening & information.

**Tuesdays, April 8, May 13, June 10**  
**1 pm - 3 pm**  
**9A, 380 Welch Street**

If you have any questions, please reach out to the Public Health Nurses Karen, Laura, and Genevieve at 236-668-9653.

**Skwxwú7mesh**  
**Úxwumixw**

SQUAMISH NATION'S  
2025  
*Summer*  
**CRAFT FAIR**

**SATURDAY & SUNDAY  
JUNE 7 & JUNE 8**

**10:00-3:00PM**

**CHIEF JOE MATHIAS CENTRE  
100 CAPILANO ROAD**

**\$5.00 ADMISSION**  
STUDENTS, KIDS AND 55YRS+ FREE



**Skwxwú7mesh  
Úxwumixw**

Yúustway  
Health & Wellness  
Recreation



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



604-980-6338

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



DADS – COME OUT AND PLAY!!



JOIN US AT THE CHIEF JOE MATHIAS CENTRE  
— GAMES, CASINO, FOOD & GOOD COMPANY! —

**JUNE 14 | 12-3PM**



**Skwxwú7mesh  
Úxwumixw**

Yúustway  
Health & Wellness  
Recreation



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



604-980-6338

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

# Lacrosse has captured our hearts

*Sports bring our community together*

Many generations of Squamish People have played k'éxwa7 (lacrosse) during the past 100 years and beyond. For many of us, we grew up watching family and friends playing k'éxwa7 for the North Shore Indians and other teams.

Drumming and singing booms through the air during the games, while we cheer on players as they sprint, pass, and shoot. Our Skwxwú7mesh team's display their speed, skill, and strength every time they put on their jersey and run onto the floor. There have been men, women, and youth lacrosse teams over the years – the last time there was a Skwxwú7mesh women's team was in 2010.

K'éxwa7 (lacrosse) is a dynamic team sport that captured the hearts of our community. Our people have used k'éxwa7 as an escape from memories of residential school, a way to heal and to connect with community. It continues to be a healthy way to let off steam, be active and represent our community.

From the beginning, Skwxwú7mesh people have excelled and dominated in k'éxwa7. The first Skwxwú7mesh team in the league was in 1932, where they took the local league title. The team then competed in the Mann Cup final four in 1936, which is the senior men's box lacrosse championship of Canada. The North Shore Indians have won many championships at the Harry Jerome Community Recreation Centre including three National Senior Lacrosse Championship titles in 1985, 1993 and 2001.

*The North Shore Indians lacrosse team in 1936*



*Playing lacrosse at Xwmélch'tstn (Capilano) Field on Lacrosse Day, a part of the Skwxwú7mesh Days Festival in 2023*

Over the years, Skwxwú7mesh lacrosse players joined elite teams, were awarded scholarships to play at university, and played on professional teams. There have been several Skwxwú7mesh Members who have been inducted into the Candian Lacrosse Hall of Fame, the B.C. Sports Hall of Fame and the North Shore Sports Hall of Fame.

Whatever our Skwxwú7mesh athletes are playing — lacrosse, soccer, basketball, softball, ball hockey, football, or rugby — sports have always brought our community together with feelings of pride. Tournaments and community sports teams continue to strengthen our community bonds and reinforce our competitive spirit.





# Get ready to use our new multi-purpose space

**G**et your runners and workout gear ready. K'w'eshkw'shétsuta' (Playing Place), the multi-purpose recreation building, in North Vancouver is opening soon. The facility will be used for many things, including soccer, ball hockey, volleyball, lacrosse, tournaments, community events, outdoor movies, art classes, yoga, and much more. There's also an outdoor basketball court on the side of the building.

K'w'eshkw'shétsuta' (Playing Place) is built across from the Chief Joe Mathias Centre. The roof of the building proudly displays a design inspired by a woven blanket worn in 1906 by S7ápelek/ Kiyáplanexw Siyám, Chief Joe Capilano. The roof over the playing surface is meant to represent a blanket that wraps around and protects the Skwxwú7mesh People, and everyone that comes to visit K'w'eshkw'shétsuta'.

The old lacrosse box at Xwméln'tstn (Capilano reserve) served Nation lacrosse teams, individual players, and community members for many years. In 2021, it was determined that it needed to be replaced.

K'w'eshkw'shétsuta' is owned and run by the Nation, giving the community full control over the use of the facility. It's the beginning of a new chapter to hold up the next generation of athletes.

We will watch our méhmen (children) and youth learning how to play k'éxwa7 and other sports. Imagine a future with games and tournaments in our facilities, Skwxwú7mesh athletes playing against other Nations and our community cheering on the teams. It'll be a place for our community, family, and friends to gather, connect, and play.

/ Women's lacrosse team in 2005



## What To Know About the K'w'eshkw'shétsuta' (Playing Place)

### Features:

There's a digital scoreboard that can be customized for any sport, and a sound system with wireless microphones. It has a roof, lights — and seating for about 370 people (bleachers), with more room for standing around the boards. The concrete floor is the official National Lacrosse League size.

A field house is located nextdoor with seven all gender washroom stalls and two change rooms with washrooms. An outdoor basketball court is built on the side of the building. Additional parking spots and electric car charging spots will be available for community members.

### Hours of Operation:

Weekday Hours (Monday to Friday): 8am – 10pm

Weekend Hours (Saturday to Sunday): Hours will vary depending on games and events. More information will be available when the facility opens.

Community members will have the opportunity to use the Multi-purpose recreation building during "open floor" time. The Lacrosse Box hours of operation will be same as the Chief Joe Mathias Centre (CJMC) hours. You can bring your own equipment or sign-in and sign-out equipment from CJMC.

### K'w'eshkw'shétsuta' (Playing Place)

#### CELEBRATION EVENT

We are celebrating the opening of the multi-purpose recreation building on **June 20**. This includes youth activities, food, and a lacrosse game. More details shared soon.



# SUMMER FUN 2025

REGISTRATION IS FIRST COME FIRST SERVE BASIS  
50 SPOTS MAX PER AGE GROUP

FROM JULY 14 TO AUGUST 22, 2025

AGE GROUPS:

6-7 (JULY 14-17 & AUG 4-7)

8-9 (JULY 21-24 & AUG 11-14)

10-12 (JULY 28-JULY 31 & AUG 18-21)

13-16 (JULY 18 & AUG 15)



REGISTRATION OPENS JUNE 9 @ 11:00 AM

REGISTRATION LINK:

[HTTPS://FORM.JOTFORM.COM/230116238011035](https://form.jotform.com/230116238011035)

FOR MORE INFORMATION PLEASE CONTACT US AT:

604-980-6338

REC@SQUAMISH.NET



Skwxwú7mesh  
Úxwumixw

Yúustway  
Health & Wellness  
Recreation

squamish.net

# DRUG CHECKING

**WHEN:** Fridays, 1:15pm-3:15pm

**WHERE:** Lower Capilano Rd and Lawa Rd

Confidential space to check your drugs

Connect with Peer Support

Access resources  
& safe use supplies

Snacks and beverages provided



## t'útenamtsut xwínilh s7i'xi

'Medication instead of shame'



## NALOXONE TRAINING

**WHEN:** FIRST WEDNESDAY OF EACH MONTH

**WHERE:** S7ÍLHEN FOOD PANTRY, 100 B CAPILANO RD

**TIME:** 1:30PM-2:30PM

Scan the QR code to learn more and to sign up.  
Door prizes will be drawn each session!



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

# Welcome Jessica

New Community Engagement Liaison  
for the Yúusnewás Project



Jessica Blois is the newest member of the Yúusnewás Team, and will be offering regular counselling services every Thursday from 9:30 am - 5:30 pm at the Yurt.

Yúusnewás is a Sḵw̓xwú7mesh Community-led project to research and document the residential school experiences of our people.

Whether you are seeking a safe space to talk, share your feelings, or express your emotions, Jessica is here to listen. This is a judgement-free, culturally safe space where you are valued, and your wellness is the top priority.

**To book an appointment please reach out to Jessica at:  
236-818-3154 or [Jessica\\_Blois@squamish.net](mailto:Jessica_Blois@squamish.net)**





# Orwell Project Open House

**Where:**  
Chief Joe Mathias Centre

**When:**  
June 23, 2025  
6:30PM — 8:00PM

Light drinks and snacks to  
be provided!



## FEATURING

- Project Updates
- Project Information
- Design Renderings

## IN PARTNERSHIP WITH

- Skw̓xwú7mesh Úxwumixw
- hcma architecture
- Lu'ma Development Management



336 West 4th Street  
North Vancouver, BC  
V7M 1J1 Canada

(604) 210-9126  
info@hiyamhousing.com  
www.hiyamhousing.com

## **SNARP Squamish Nation Assistance with Rent Program Additional Funding 2025 – 2026**

To support our community affected by the health and housing crisis, the Skwxwú7mesh Nation Council has approved additional funding for SNARP Year 5. This funding is for one year only.

If you are a current regular recipient of SNARP, you will not apply to this funding stream, instead, you will receive a renewal application from Hiyám Housing.

Administered by Hiyám Housing, this program will provide eligible tenants with up to *\$250 - \$750 per month*. The supplement is designed to help low and moderate-income Skwxwú7mesh People/renters facing financial hardship. Those currently living in housing with rent subsidized by any level of government will not qualify for this program. Refer to the program guide on the website for more information.

As there is limited funding, applicants may be selected through a lottery process.

To apply for this program:

- Submit a completed and signed application along with all supporting documents must be received by 4:00 pm (PST) on June 5, 2025. Completed applications can be emailed to [snarp@hiyamhousing.com](mailto:snarp@hiyamhousing.com), dropped off, or mailed to:

[snarp@hiyamhousing.com](mailto:snarp@hiyamhousing.com)

or

Hiyám Housing  
Squamish Nation Assistance with Rent Program (SNARP)  
336 West 4th Street  
North Vancouver, BC, V7M 1J1

You can also download a fillable application from [www.hiyamhousing.com](http://www.hiyamhousing.com) or scan the QR code.



For questions or help filling out the application please call us at 604-210-9126. Huy chexw! (Thank you – Skwxwú7mesh)

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# NEW JOB POSTINGS



JUNE 3, 2025

**Fleet Coordinator- Bus Driver |**  
Permanent Full-Time  
Ayás Méńmen - Early Years and  
Youth Services  
North Vancouver, BC

**Child & Youth Worker |** Permanent,  
Part-time  
Ayás Méńmen - Early Years and  
Youth Services  
North Vancouver, BC

**Health Care Assistant |** Casual  
Yúustway Health and Wellness  
North Vancouver, BC

**Income Assistance Manager |**  
Term, Full-time  
Ts'its'ixwnítway Member Services  
North Vancouver, BC

## DEVELOP YOUR CAREER WITH THE NATION

Questions? Need help applying?

**604-985-8335 | [careers@squamish.net](mailto:careers@squamish.net)**

Chéhchenstway (Human Resources) connects with all Squamish People who apply for positions with Skwxwú7mesh Úxwumixw. We look forward to receiving your application and supporting your professional growth with the Nation.

**[squamish.net/careers](https://squamish.net/careers)**



See all  
jobs &  
apply





# Income Assistance Notice

IMPORTANT DATES – PLEASE READ CAREFULLY

## ACTION PLAN FOR EMPLOYABLE CLIENTS

- Employable clients **must complete an Action Plan with Stitsma Employment monthly.**
- **Please book your appointments in advance** to meet your deadline.
- If you miss the deadline, your cheque will be delayed by 3–10 business days.
- **No monthly check-in = No cheque.**

## MONTHLY DECLARATIONS 2025

- Declaration Week is now **4 days** per month.
- **Declarations must be submitted IN PERSON** at EsLha7an Learning Center.
- **Late submissions may DELAY benefit payments by 3–10 business days.**

DECLARATION WEEK	CHEQUE ISSUE DATE
FEB 10–13	FEB 26
MAR 10–13	MAR 26
APR 14–17	APR 30
MAY 12–15	MAY 28
JUN 9–12	JUN 25
JUL 14–17	JUL 30
AUG 11–14	AUG 27
SEPT 8–11	SEPT 24
OCT 14–17	OCT 29
NOV 10–13	NOV 26
DEC 1–4	TBA

## NOTICE OF ASSESSMENT

- Provide your **Notice of Assessment for 2023, 2022, and 2021.**
- **IA requires a copy for your file**, which you will receive by mail or online after filing your taxes
- **File your taxes every year** to confirm eligibility for IA.

## ANNUAL RENEWAL

- Ensure your **Annual Renewal** is completed each year.
- Contact your worker to complete this process.

## BILLS

- **Send your BC Hydro & Fortis bills** as soon as you receive them.

## CLIENT APPOINTMENTS

- **NO WALK-INS – Please book an appointment with the receptionist.**
- Appointments will be scheduled at the **earliest available time.**

Please contact the Income Assistance team for any further questions.

Update your worker with any changes to **Identification, Address, Phone Number**, when your child turns 18/19, if expecting a child, or when you turn 64/65.

*Tell your worker if someone moves in or out of your household. This affects your bills/rent. If there are changes, fill out a new **Occupancy Form***

**Phone:** 604-988-8807 / **Fax:** 604-998-8917

**E-mail:** income\_assistance@squamish.net



Indigenous Services Canada      Services aux Autochtones Canada

## SOCIAL ASSISTANCE MONTHLY RENEWAL DECLARATION

## 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 INA/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 / employment situation changed? Yes ☐ No ☐

If yes, explain change

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

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, complete *	Earnings	\$
	Family Allowance	\$
	Maintenance	\$
	Unemployment Insurance	\$
	Other (specify)	\$
		\$
	TOTAL *	\$

If yes, complete *	Bank Account	\$
	Property	\$
	Other (specify)	\$
	TOTAL *	\$

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

If Yes, explain the change(s)

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

Band Name

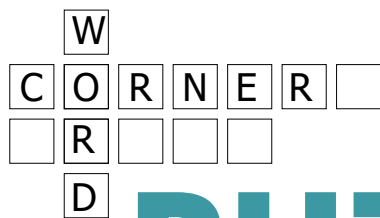
Status No.

Signature of applicant

Date (YYYY-MM-DD)

\_\_\_\_\_  
Signature of spouse/common-law/partner

Date (YYYY-MM-DD)



# PUZZLE PAGE IS BACK

## LACROSSE

### DOWN:

1. Indigenous sport that inspired modern lacrosse.
3. Legacy passed down through generations.
4. Indoor version of lacrosse.
5. Canada's national winter sport.
7. Group of fans cheering at lacrosse matches.
8. Early form of lacrosse was sometimes called "The Creator's \_\_\_\_\_".
12. Professional lacrosse league acronym
13. Canadian trophy for senior men's box lacrosse.

### ACROSS:

2. Canadian city where the first official rules were written.
6. Sacred item used in Indigenous lacrosse matches.
7. Original purpose of lacrosse in Indigenous cultures.
8. Player who defends the net.
9. Protective gear worn on the head.
10. How you start the play in lacrosse.
11. Rule violation or illegal contact.
14. Indigenous people who invented lacrosse.
15. Acronym of historic indigenous team from British Columbia.
16. Acronym of SN Recreation centre.

### PREVIOUS WEEK ANSWERS:

- 1) RESILIENCE, 2) CULTURE, 3) TERRITORY,  
4) TRADITIONS, 5) INDIGENOUS, 6) IDENTITY,  
7) STORIES, 8) LAND, LANGUAGE, 9) ANCESTRY,  
10) HISTORY, 11) ELDERS

