

Syétsm tl'a Sxexelhnát

News of the Week

June 5, 2025

Squamish Valley — Some Important Dates

Stitsma Summer Employment application deadline <u>(p. 15–16)</u>	June 7th
Summer Craft Fair	June 7th & 8th
Drop-in Immunization Clinic	June 10th
Father's Day BBQ Party	June 11th
Indigenous Garden & School Farm celebration	June 13th
Summer Fun application deadline (p. 24–25)	June 13th
Vancouver T100 Triathlon	June 13th — 15th
Whistler Museum poetry submission deadline (p.32–33)	June 15th
Invasive Plant Treatments begin <u>(p. 11–12)</u>	June 16th
Indigenous People's Day	June 21st
Amalgamation Day	June 23rd

IA Declaration Week: June 9th – 12th, 2025 IA Cheque Day: June 25th, 2025



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Indigenous Garden & School Farm celebration
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Syétsm tha Sxexellhnát Newsletter — Digital Delivery

To better serve the Squamish Nation people of the valley, we are now offering an additional option for the newsletter:

a digital copy, sent directly to your email!

*Note: We will continue printing physical copies of the newsletter for anyone who wants it; this is a new alternative, and not a replacement for the printed newsletter.

If you are interested in signing up for a digital newsletter, we have a few quick questions:

- What email address do you want to use to receive the newsletter?
- Do you already receive a printed (physical) copy of the newsletter?
- Would you like to continue receiving a copy of the printed newsletter, in addition to a digital copy?

 \downarrow Please use one of these links to fill out our survey. \rightarrow

https://form.jotform.com/250767014620047

Thank you for your support as we continue to look for ways to improve!



Skwxwú7mesh Úxwumixw - Syétsm tl'a Sxexelhnát - Squamish Valley tem kw'eskw'ás (June) 5, 2025



Tem kw'eskw'as [Warm time]

SUNDAY Sxexelhnat	MONDAY Skwetkalhyes	TUESDAY Stsamyes	WEDNESDAY Schanxwyes	THURSDAY Sxaa7utsens	FRIDAY Stsiiyachis	SATURDAY T'akw'entem
1	Linda H. 2	Danny B. 10:30 Brunch with Health Benefits 11 Fitness 5:30-7:00 Story- Telling Library	4 12:00 Lunch with NCHKAY	5 12 Aquasizing 1 Ribbon Skirt	6 10 Community Development	Chester J. 7
8	9	10:30 Brunch 11:00 Fitness 11:30 Bingo	11:30 Fathers Day BBQ @ Alice Lake	2-5 SLCC Story Board Unveiling 5:30-7:00 Story- Telling Library	13 10 Wayne Mah 1:30-3:30 Plant tour @ Howe Sound Secondary	14
15	Gondola Trip (time to be announced)	10:30 Brunch ¹⁷ with EPAT Project Implementation Booths 11 Fitness	18 10:45 Lunch with Pamela Values and Survey Responses	19 12 Aquasizing 1 Ribbon Skirt	OFFICE CLOSED	Indigenous Day concert @ Totem hall (time to be announced)
22	23 11:30 Brunch @ Brackendale Art Gallery	Rosie G. 24 Going away lunch for Shawn and Jocelyn (time to be announced)	25 12 BBQ @ Ayas Men Men	ALL STAFF MEETING NO PROGRAM	Flood risk walk (time to be announced)	Paul N. + Terry-Ann H 28
29	OFFICE CLOSED		Legend: Unless stated, all programs will be at the Tot Red: Birthdays Purple: Sign Up Required			

received. Also, any changes to address and family unit size. Share info with your worker.

Indian and Northern

Affaires indiennes

SOCIAL ASSISTANCE MONTHLY RENEWAL DECLARATION FOR: JULY 2025 >>555 Cheque issue date is Wednesday, June 25th, 2025 - for July 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? 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.

Canadä

If you do not hand in your Declaration between June 09 - 12th, You will NOT receive your Cheque on Wed, June 25th - 2025. Late Declaration means, late cheque / No, Work Plan, No Cheque. Wait time, up to a week or longer if declaration is late.

Have you had any earn	ed or unearned Yes	No 5	Has there been any char	nge in your assets?	Yes	No		
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 🌞	I <u>\$</u>	<u> </u> -					
Is there any change in your number of dependents or their school status? Yes No 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.				
STATUS # Signature of Applicant				
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 Skwwwi7mesh Úxwumixw – Syetsm tl'a Swewelhnát - North Vancouver

tem welhx s (February) 10, 2025



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INCOME ASSISTANCE NEWSLETTER

Attention as of Jan 27th, 2025 Declaration week will only be 4 days per month, please see updated dates below.

#1 MONTHLY DECLARATIONS

Declarations must be handed in *IN PERSON* at Eslha7an Learning Center. Late Declaration can DELAY benefit payments from 3-10 Business Days. No Dec = No Cheque, Late Dec = Late Cheque

DEC Week 2025	CHQ Issue Date
FEB 10-13, 2025	FEB 26, 2025
MAR 10-13, 2025	MAR 26, 2025
APR 14-17, 2025	APR 30, 2025
MAY 12-15, 2025	MAY 28, 2025
JUN 9-12, 2025	JUN 25, 2025
JUL 14-17, 2025	JUL 30, 2025
AUG 11-14, 2025	AUG 27, 2025
SEPT 8-11, 2025	SEPT 24, 2025
OCT 14-17, 2025	OCT 29, 2025
NOV 10-13, 2025	NOV 26, 2025
DEC 1-4, 2025	ТВА

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

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

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

#2 ACTION PLAN FOR EMPLOYABLE CLIENTS

Employable clients are required to complete an Action Plan with Stitsma Employment monthly. Please book your appointments ahead of time. If you

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2025 War Canoe Schedule

	MA	Y
May 3-4	OPEN	
May 10	Penn Cove	Coupville, WA
May 10-11	Stzuminus	Chemainus, BC POTENTIAL CANCELLATION
May 17-18	Pilalt Days	Skwah (Chilliwack Landing), BC
May 17-18	◆ Tulalip Days	Tulalip Sports Complex, WA
May 24-25	Seabird Island Days	Seabird Island (Agassiz), BC
May 31-June 1	Nooksack Days	Bloedel Donovan Park, WA
	1UL	VE.
June 7-8	Cultus Lake Water Sports	Cultus Lake, BC
June 13-15	Musqueam	Musqueam Cultural Centre, BC
June 20-22	Stommish Water Festival	Lummi, WA
June 28-29	Sasquatch Days	Harrison Hot Springs, BC
June 28-29	◆ Tsawout	Tsawout, BC
	JUL	-Y
July 4-6	Whey-Ah-Whichen Festival	Cates Park, Tsleil-Waututh, North Van., BC
July 11-13	Sqewlets	Squawkum Park, Harrison Bay, BC
July 19-20	Quw'utsun	Cowichan Bay, BC
July 25-27		Snuneymuxw (Nanaimo), BC
	AUG	JST
ALL AND A STATE OF THE PARTY OF	Geronimo Days	West Saanich, BC
August 2-3	Ambleside	Ambleside Park, West Van., BC
August 9-10	Snaw-naw-as	Nanoose Bay, BC
August 9-10	Swinomish	LaConner, WA
August 16-17	Chief Seattle Days	Suquamish, WA
August 22-24	Makah Days	Neah Bay, WA





JUNE 7 & 8 10:00-3:00PM

CHIEF JOE MATHIAS CENTRE 100 CAPILANO ROAD

VENDOR REGISTRATION OPENS MAY 12 11:00AM

\$60 for 1 day / \$100 for 2 days Elders 55yrs + receive 50% off

QR code



- No early registration
- First come first serve basis
- Scan QR code for online application
- Applications available at CJMC

*no applications will be accepted before 11am

NO HOLDS

Table will not be assigned until application and payment is received



Yúustway Health & Wellness Recreation



cjmcevents@squamish.net



604-980-6338

squamish.ne



CHIEF JOE MATHIAS CENTRE
100 CAPILANO ROAD

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



Yúustway Health & Wellness Recreation



cjmcevents@squamish.net



604-980-6338

squamish.net

Sea to Sky Invasive Species Council

Box 845, Whistler BC VON 1B0 604-698-8334 info@ssisc.ca



Upcoming Invasive Plant Treatments on Squamish Nation Lands

This memo is to advise community members about upcoming invasive plant treatments and inventories on Squamish Nation lands starting June 16th and throughout July and August.

What:

www.ssisc.ca

Squamish Nation has hired the Sea to Sky Invasive Species Council (SSISC) to carry out herbicide control of knotweed, giant hogweed, yellow flag iris, and flat pea on reserve lands at *Cheakamus, Yekwaupsum, Kowtain & Waiwakum*.

Why:

Knotweed and giant hogweed are two of BC's worst invasive species. Both species grow rapidly, spread quickly and have multiple successful modes of reproduction, enabling them to thrive if left uncontrolled.

Knotweed can have severe environmental and economic impacts. Through rapid growth, knotweed forms monocultures that outcompete native plants, degrade wildlife habitat and accelerate erosion along stream banks, hence degrading vital fish habitat. Knotweeds can also grow through asphalt, concrete, septic systems and foundations, thereby damaging infrastructure and incurring significant repair costs to landowners. *Knotweed has been found at Cheakamus, Stawamus, Yekwaupsum, Kowtain & Waiwakum.*

Giant hogweed is a safety concern. The plant contains a highly toxic sap that can cause severe health damages when coming into contact with the skin. The sap causes skin to become extremely sensitive to sunlight which can result in painful burns, blisters and scars similar to that of third degree burns. Additionally, giant hogweed is a highly competitive plant due to vigorous early-season growth, tolerance of full shade and seasonal flooding, as well as its ability to co-exist with other invasive plant species. Each plant can produce up to 100,000 seeds that can remain viable in the soil for up to 15 years. *Giant hogweed is a concern for residents'* safety and has been found at Cheakamus.

Yellow flag iris grows in dense mats which trap sediment, thereby choking natural waterways, irrigation canals, and flood control ditches. It also Limits the native species available for grazing, and reduces habitat for fish, amphibians, and nesting birds. Yellow flag iris can cause skin irritation when touched and is toxic if ingested by humans.

Yellow flag iris has been found at Cheakamus.

Flat pea is an invasive vine that climbs and sprawls over other plants and can establish dense colonies, out-competing native plants and reducing biodiversity. Vines are often found growing up into trees and shrubs. In addition, flat pea contains the toxic amino acid oxalyldiaminopropionic acid. If eaten in large quantities by people or wildlife, it can cause a serious neurological disease called lathyrism.

Flat Pea has been found at Cheakamus, Yekwaupsum and Stawamus

When:

The treatments are planned as follow:

Cheakamus, Stawamus, Yekwaupsum, Kowtain & Waiwakum (June 16 - August 15)

Note: herbicide application cannot be carried out if it is raining, too windy or too hot so exact dates & times of treatments are subject to change.

Proposed Method:

Herbicide application is the recommended approach for the control of Japanese knotweed, giant hogweed and flat pea species in BC for the following reasons:

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 qgrimm@squamish.net, or 604-802-8738.

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- Like an iceberg, what you see above ground is only a small part of the knotweed plant. Most of the plant actually exists underground in the rhizome, or root structure. The roots from a single knotweed plant can extend up to 3m deep and up to 20m laterally.
- Knotweed can regenerate an entire new plant from tiny pieces of stem or root, so conventional weed control techniques like pulling, cutting and mowing have only aided in its spread.
- Giant hogweed contains a toxic sap that poses a significant danger to workers if complete manual removal is attempted. To minimize the risk to workers, herbicide application, combined with manual removal and disposal of flower heads is the recommended approach in BC.
- Flat Pea is prolific at dispersing its seeds. Soil disturbance associated with manual removals results in increased germination of these seeds and further establishment of flat pea in the area.

Note that for these species, eradication typically requires a dedicated, multi-year approach.

Mechanical removal is the recommended approach for yellow flag iris when found in small quantities. SSISC staff will carefully remove all parts of the plant by hand to prevent further spread.

Herbicide Control

Certified Pesticide Applicators apply the herbicide with a backpack sprayer with a handheld spray wand using foliar spot treatment method. The herbicide gets readily absorbed through foliage and is translocated rapidly throughout the plant. Treated plants stop growing soon after spray application. Chlorosis (yellowing of the plant) appears first in the newest leaves. Normal plant function will then translocate the herbicide through the entire plant, killing underground roots where the plant's energy is stored. The full effects of the herbicide may not be apparent until two weeks after application and complete die-off may not occur for several weeks. For some infestations of Giant Hogweed and Knotweed, a stem injection gun will be used to directly deliver the herbicide into the stem of the plant and to the roots. A similar plant reaction to a foliar application of herbicide can be observed after stem injection is used.

Note: Prior to herbicide treatment of giant hogweed, it is necessary to manually remove the flower heads, and immediately contain them in bags to prevent any further seed set.

SSISC staff:

- are trained and certified pesticide applicators
- follow standard protocols that dictate the wind and temperature conditions within which we can spray
- observe Pesticide-Free Zones around bodies of water
- abide by the herbicide label, the Integrated Pest Management Act and Regulations and all other relevant federal, provincial and local regulations and bylaws
- record accurate survey, treatment and monitoring records

Post-Treatment

Herbicide controlled sites will have signage posted for 2 weeks following treatments; please avoid touching the plants during this 2-week period. There are no product restrictions to people or animals entering the treatment area after the 2-week period.

Residual herbicide remains active in the soil for up to one year. We recommend avoiding any unnecessary contact with areas where residual herbicides have been applied and soil and material should not be removed from these areas during the active period.

Note: Care will be taken to avoid any non-target impacts to adjacent vegetation, however, if the roots if any adjacent plants are in contact with the treated plant roots, there may be some transfer of herbicide and some non-target plants may show herbicide effects. We recommend avoiding contact with these plants for the 2-week period. If affected non-target plants are fruit bearing, we recommend avoiding harvesting any berries from these plants this season.

Please get in touch if you have any questions, or need further information. More information can also be found at www.ssisc.ca

Sincerely,

Sea to Sky Invasive Species Council

info@ssisc.ca www.ssisc.ca 604-698-8334

Beading Class

Learn beading techniques from an instructor as you practice making your own beading projects!

No previous experience necessary.

All are welcome to attend!

Wednesdays
(April - June)
5:00 PM - 8:00 PM

Education Building — 37679 Sam Baker Drive



Ta7Inewás
Education, Employment & Training

squamish net

NEW JOB POSTINGS -

JUNE 3, 2025



Permanent Full-Time Ayás Ménmen Early Years and Youth Services North Vancouver, BC Child & Youth Worker | Permanent Part-time Ayás Ménmen Early Years and Youth Services North Vancouver, BC

Health Care Assistant | Casual Ayás 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

Chéńchenstway (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.



See all jobs & apply

squamish.net/careers





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

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

WE ARE Hiring

High School Students

Our summer employment opportunities are now available! 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!





Stitsma Career Centre



Post-Secondary Students

Our summer employment opportunities are now available! 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!





Sts'its'áp'newas **Employment & Future Skills** Nexw7áýstwaý Training & Trades Centre

Nexw7áýstwaý **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



Limited transportation available within Squamish Valley - Please reach out to Steph_Matthews@Squamish.net / 604-985-4111 to arrange.

GRIEF & LOSS SUPPORT

SUPPORTING THOSE THROUGH GRIEF & LOSS & ACKNOWLEDGING THEIR JOURNEYS. EACH SESSION WILL CONCLUDE WITH A GROUP CEDAR BRUSH OFF FROM ELDER ALAN HARRY.

> **DATE: EVERY WEDNESDAY, MAY 14-JUNE 18, 2025** TIME: 5:00PM -7:00PM

SHAKER CHURCH, 1365 CHIEF **BILLY DRIVE, SQUAMISH VALLEY**

Facilitated by Steph Matthews and Ben Lewis.

For any questions, please call Jenna at 604-982-7816 or email wellness@squamish.net









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.

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Yúustway Health & Wellness Health Benefits Advocacy & Promotion

Medical Travel for Members Living on Reserve: Info Sheet

When a member books a medical appointment that is more than 30 km away from home, with no closer options, they may qualify for a Gas PO. This happens in two ways:

1) Members living on reserve can contact Caroline @ Health Benefits: 236-877-7782 or by filling out and dropping off the attached intake form at Totem Hall.

The Member or someone acting for them can pick up the PO at Totem Hall.

**There are no Squamish Nation Employee Drivers for this service **

- 2) Elders can contact the Elders Team and book a ride with them. The PO will be given to the Elders Driver.
- 3) All confirmation forms must be signed and returned.
- **Members living off reserve should contact FNHA directly at 1-855-550-5454**

Gas PO Policy:

- a) 48 hours-notice is required for ALL Gas PO requests. Urgent requests will be considered on a case by case basis, time permitting.
- b) Only one active PO can be issued per trip.
- c) PO's are non-transferrable & must be returned if the appointment doesn't happen.
- d) **24 hours-notice is required for cancellations** with the Elder Drivers, as well as requests to change any Gas PO.

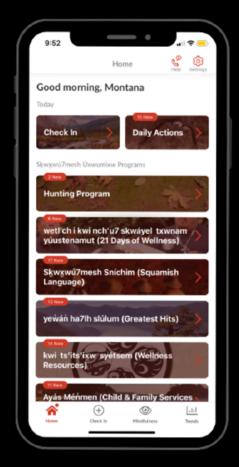
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ta s<u>k</u>wálwentn

Our voices. Our language. Our stories. Our teachings.

ta skwálwentn is your Skwxwú7mesh Úxwumixw wellness app. It is a confidential and safe place for you to connect with our ancient teachings, learn from our elders and knowledge keepers, and lift up our Skwxwú7mesh community members.



New Teachings: Canoe Building

This month's program led by Mike Billy Sr., Mike Billy Jr., and Wesley Baker Billy highlights Coast Salish Canoe Building—A practice that deepens our connection to land, water, and community.

View all of the teachings by June 30 to be entered to win a Canoe Model From Wesley Baker Billy.

Download the app today

Scan the QR codes or search: ta skwalwentn in the App or Play Store.



App Store







For more information visit our website taskwalwentn.com

Need help? Have questions? Call or text: 613-888-7986, or email: hello@taskwalwentn.com

tem kw'eskw'ás (June) 5, 2025





Skwxwú7mesh Úxwumixw | Squamish Nation Yúustway Health Services

MEDICAL PATIENT TRANSPORTATION INTAKE							
Travel Details							
Name of Patient:							
Address:							
Date of Birth:	Age:						
	DD/MM/YYYY Name of Driver:						
Care Card #:	Phone Number						
Status #:	JDE #:						
Travel to:	(Ex. Doctor's/Dentist Name, Hospital Name etc)						
Address:							
Phone:	Fax:						
Appt. Date	Time: Return Time: Return Time:						
Purpose of Visit							

~*OFFICE USE ONLY*~							
Date Requested	(DD/MM/YYY	Mode (YY) Transp	of port Requested:	Taxi:	Bus:		
Тахі Туре	Regular:	Wheelchair	Return Trip:				
P/O #		Amo	ount:	Date: =			
	Zone	Quantity	Rate		(DD/MM/YYYY)		
Compass Card:	One Zone		\$2. ²⁰ ea Compass C	Card #:			
	☐ Two Zone		\$3. ²⁵ ea				
	Adult Day		\$10. ⁰⁰ ea				
II DADE	Monthly		\$126. ⁰⁰ ea				
HanyDART Fare Savers #	Zone:						
HBA&P Signature			Date:				



Skwxwú7mesh Úxwumixw – Syétsm tl'a Sxexelhnát – Squamish Valley

DRUG CHECKING

IN SQUAMISH VALLEY IS CANCELLED UNTIL FURTHER NOTICE.

Harm reduction supplies and naloxone will still be available at the usual sites where they can be found in Squamish Valley.

Thank you for your understanding, and stay safe.

For questions, concerns, or more information, please contact Juhi Tayal: juhi_tayal@squamish.net 604-982-7828





KIDS & TEENS SUMMER FUN

For Squamish Nation/SN community members who reside in **Squamish Valley**

> Ages **6-18 YEARS** OLD

Dates **JULY 14-AUG** 21, 2025

SCAN HERE

Age groups will be announced with calendars closer to the start date!

Dealine: June 13, 2025 4:30PM

Movie days And more!

Activities

Playland Lake days

Registration Link:

https://form.jotform.com/251396672189268

Contact: SquamishRecreation@Squamish.net



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

604-892-5166



SUMMER FUN

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

FOR MORE INFORMATION PLEASE CONTACT US AT: 304-930-5333 RECOSOUXMISH.NET



Yúustway Health & Wellness Recreation

HCPJUNE 2025

Mon	Tues	WED	Thurs	Fri
2 Ninja Gym	Mamquam Park	Games	5 Kickboxing	NO Program
9 Ninja Gym	10 Work-out	11 Free Gym	12 Kickboxing	NO Program
16 Air House	17 Kickboxing	NO Program	Free Gym Last day of Program	NO Program
NO Program	NO Program	NO Program	NO Program	NO Program

Location: 1380 Stawamus Rd. Squamish BC | Totem Hall Gymnasium

Lawrence Lewis

Bus Driver

Jan Eckstein Program Time 3:00 - 5:00

Program Facilitator 604-849-0750

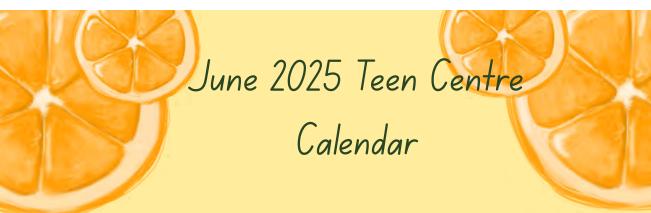
Brackendale 3:06 pm

Lawrence_Lewis@squamish.net Totem Hall 3:30pm



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Squamish Nation



Mon	Tues	Wed	Thurs	Fri	Sat
2nd • 13+ years @ TC 3:30-5:30 • Teen Weightlifting 6:15-7:15	3rd • Kickboxing 4:20-5:10 @ The Sound • TC Drop In 5:30-7:30	4th • 10-12 years @ TC 3:30- 6:00 • Swimming @ Brennan Park 7- 8:30pm	5th • Kickboxing 4:20-5:10 @ The Sound • TC Drop In 5:30-7:30	6th • TC Drop In 4:30-7:00pm	7th • No Teen Centre Programs
9th • 13+ years @ TC 3:30-5:30 • Teen Weightlifting 6:15-7:15	10th • Kickboxing 4:20-5:10 @ The Sound • TC Drop In 5:30-7:30	11th • 10-12 years @ TC 3:30- 6:00 • Swimming @ Brennan Park 7- 8:30pm	12th • Kickboxing 4:20-5:10 @ The Sound • TC Drop In 5:30-7:30	13th • TC Drop In 4:30-7:00	14th • Field Trip: Greater Vancouver Zoo (Limited Space)
16th • 13+ years @ TC 3:30-5:30 • Teen Weightlifting 6:15-7:15	17th • Kickboxing 4:20-5:10 @ The Sound • TC Drop In 5:30-7:30	18th • 10-12 years @ TC 3:30- 6:00 • Swimming @ Brennan Park 7- 8:30pm	19th • Kickboxing 4:20-5:10 @ The Sound • TC Drop In 5:30-7:30	20th • TC Drop In 4:30-7:00	21st • TC Drop In 12-6:30pm

Contact Ciara 778-558-3125

ciara_lewis@squamish.net







FOR SQUAMISH NATION/SN COMMUNITY MEMBERS WHO

ARE FATHERS THAT RESIDE IN SQUAMISH VALLEY

WEDNESDAY JUNE 11, 2025 TIME: 6:00-8:00PM LOCATION:1380 STAWAMUS RD -TOTEM HALL GYMNASIUM

• FOOD - GAMES - PRIZES •

TRANSPORTATION INCLUDED!
SQUAMISHRECREATION@SQUAMISH.NET
OR 604-892-5166





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

squamish.net





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

squamish.ne



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

Date: June 20, 2025

Address: 1888 Sea to Sky Highway 99

Pemberton, BC

Time: II:00-3:00PM

Contact:604-892-5166

SquamishRecreation@squamish.net















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





INDIGENOUS GARDEN & SCHOOL FARM CELEBRATION

Event Activities Include:

- Skwxwú7mesh Úxwumixw Elders Welcome
- Tour the new Indigenous Garden and practice plant pronunciation in Skwxwú7mesh language
- Farm tours
- Sampling of seasonal treats and more.

This event is open to the school community, general public, funders and supporters.

Location is at the School Farm between Howe Sound and Squamish Elementary.



Foundation













We thank our official Indigenous Garden sponsors: District of Squamish, David

Whistler **Museum**

Poetry Book



Submit your poetry today!

The **Whistler Museum**, in collaboration with **Victoria Crompton**, is seeking submissions for a new Whistler poetry book!

We are looking for poems created by local authors that invoke Whistler's heritage, landscapes, events, pastimes, and more. What about Whistler inspires you?

Each work selected will be paired with an archival photograph from the Museum's collections that speaks to the piece's subject matter or tone to create a curated collection of verse and images.

Anyone is welcome to submit, though preference will be given to individuals living in the Sea to Sky Corridor or with a long-term connection to the area. Poems can take any form. Submissions must be made by **June 15, 2025**.

For more Information please visit: www.whistlermuseum.org/whistler-museum-poetry-book









Simple Poem Forms

If anyone is interested in submitting a poem to the poetry book mentioned on the previous page (p. 32), here are some tutorials for different poem forms, as promised (threatened?) three weeks ago.

Haiku

Here's how you make one: Five, seven, five syllables— With poetic turn

Couplet

Express a thought that feels meaningful, in two lines That's it — simple, but amazing how deep these can be

Limerick

This poem is made up of five lines In two sets of separate rhymes Line three and line four Make up the poem's core Line five makes the first rhyme three times

Nonet

Count the syllables in this line: nine
Subtract one syllable per line
You must share your thoughts quickly;
There's less space on each line
If you have few words
What will you say?
Something good,
I trust.
Yes.

Blank Verse

In blank verse there is not a constant rhyme but there's a rhythm you can read and feel Each second syllable is emphasized It matches with a drum beat; that is called iambic rhythm scheme — it's fun to use You write a poem as long as it needs be And end it when you feel the moment's right Thus leaving things much better in your wake

Epigram

this kind of poem describes a short, witty statement of some kind (I'm struggling with this one. Insert short witticism here, self.)
(Heh, but maybe do that once I gain some wits.)

Concrete Poem

If I put this one way, this type of a poem is meant to let the words on the page form a recognizable shape, so that means you make images with your text and paint a picture of a very simple but satisfying kind. I hope here, this example was that it comes through made to have a shape like a concrete wall. Or with its battlements and kind of like a fortress, windows and big gate. (Oh, and pretend ancient castles were ever built with concrete, and then it makes sense to call this a "concrete" poem. Yeah.)

Free Verse

Free verse?

It's what you make of it

Let your mind do What you want it to Follow a rhythm, unique to you

Take up your words as weapons or tools Express: your mind your heart In whatever form you choose

As nice as it would be to claim these are all anonymous poems... fine. I admit I wrote them all. I
hope they're helpful. — The "Editor"

