

October 9, 2025



# Syétsm t'l'a Sxexelhnát

News of the Week

## Some Important Upcoming Dates

<b>Nch'kaý Community Open House (Totem Hall)</b> <a href="#">(p. 12)</a>	Oct. 9th
<b>World Mental Health Day</b> <a href="#">(p. 18)</a>	Oct. 10th
<b>Immunization &amp; TB Screening Drop-in Clinics</b> <a href="#">(p. 19)</a>	Oct. 14th
<b>Seabird Diabetes Clinic begins</b> <a href="#">(p. 20)</a>	Oct. 15th
<b>Squamish Valley Fall Art Circles begin</b> <a href="#">(p. 14)</a>	Oct. 16th
<b>SV Fall Vision Clinic</b> <a href="#">(p. 21)</a>	Oct. 17th
<b>Super Clinic (Fall 2025)</b> <a href="#">(p. 8)</a>	Oct. 20th
<b>COHI appointments begin</b> <a href="#">(p. 22)</a>	Oct. 20th
<b>Diabetes Sharing Circle</b> <a href="#">(p. 23)</a>	Oct. 21st
<b>Fall Festival</b> <a href="#">(p. 9)</a>	Oct. 25th
<b>Family Halloween Party</b> <a href="#">(p. 28)</a>	Oct. 29th
<b>Yúusnewás Project — Inaugural Town Hall meeting</b>	Nov. 1st
<b>Honouring our Athletes</b> <a href="#">(p. 10)</a>	Nov. 2nd
<b>Holiday Craft Fair</b> <a href="#">(p. 11)</a>	Nov. 29th

**IA Declaration Day: October 15th, 2025**  
**IA Cheque Day: October 28th, 2025**





# Syétsm t'l'a Sxexelhnát

News of the Week

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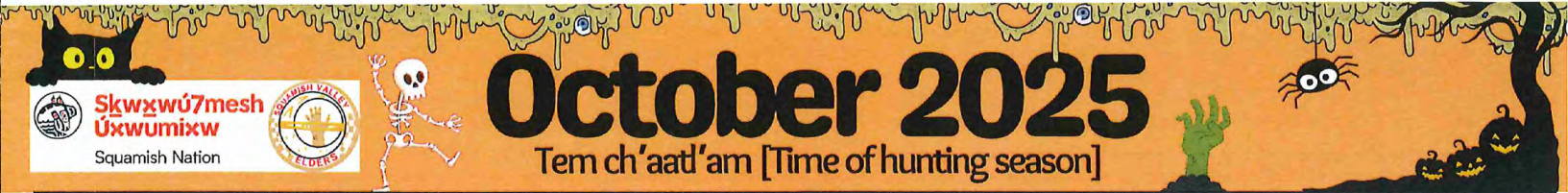
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SUNDAY Sxexelhnat	MONDAY Skwetkalhyes	TUESDAY Stsamyes	WEDNESDAY Schanxwyes	THURSDAY Sxaa7utsens	FRIDAY Stsiyachis	SATURDAY T'akw'entem
<b>Legend:</b> Unless stated, all programs will be at the Totem Hall <b>Red:</b> Birthdays <b>Purple:</b> Sign Up Required			Shirley T. 1 12:00 Lunch	2 FNHA with Angel Lunch	3 11 Bannock & Bingo	Vera D. + Doreen B. 4
5	6	Lorraine M. 7 <b>No Program</b>	8 YHW Health 12:00 Lunch	Linda W. 9 Moccasin Making 10 am Annette Fleury	Franny L. 10 Moccasin Making 10 am Annette Fleury 11 Wayne Mah	11
Marlene A. 12	13 <b>Holiday</b>	10:30 Brunch 14 Epoxy Resin Workshop 11 Fitness with Mary	15 12:00 Lunch	Tom H. 16 Alice Guss White Fang 2 1pm	17	Martin W. 18
Dubs W. 19	20 Super Clinic 9:30-3pm	10:30 Brunch 21 Vaccines w Liz 10:30-1:30 11 Fitness Mary	Randy L. + Rose W. 22 12:00 Lunch wih Nch'Kay	Laverne B. 23 Community Vaccinations 2-6pm	Marie L. + Michael L. 24 Staff Meeting	25
26	27 Davies Walker Clinic	10:30 Brunch 28 Richard Band Trust 11 Fitness Mary	Colette S. 29 Adventure Center Lunch 12:00	30 12:00 Halloween Lunch	31	



Tem Ch'áatl'am Deer hunting time						
October 2025						
Sxexelhnát Sunday	Skwetkálhyes Monday	Stsámyes Tuesday	Schánxwyes Wednesday	Sxaa7útsens Thursday	Stsiyáchis Friday	T'akw'entem Saturday
			1	2	3	4
5	6	7 Ed- Beading Class	8	9	10	11
12	13 Thanks- giving! No school	14 Ed- Beading Class CJ-Early dismissal 2pm	15	16	17	18
19	20	21 Ed- Beading Class	22	23 DR-photo retakes	24 VC/MQ- ProD Day	25
26	27 VC-Photo Retake Day	28 Ed- Beading Class	29	30	31	



Notes:

VC: 20<sup>th</sup> – Mitchells Soup order deadline

GH: 10<sup>th</sup> – Freezie Friday! Bring a toonie (\$2) \_\_\_\_\_

14<sup>th</sup> — Terry Fox Run 11am–12pm

We Have  
School  
Backpacks!

Valleycliffe (VC)	Brackendale (BR)
Culture Journeys (CJ)	Don Ross (DR)
Squamish (SQ)	Howe Sound (HS)
Mamquam (MQ)	
Garibaldi (GH)	



# Evolve E-Bikes End First Season in Squamish Valley

## Reflection & Feedback on 2025 Season

Evolve E-bikes launched in Squamish Valley on **July 22**. This was the first time E-bike service was made available to Squamish Nation members in the Squamish Valley. Evolve debuted the program with E-bikes in Stawamus and Waiwakum, with the plan to add more areas of service.

At launch, Evolve offered the Squamish Nation community a discount on the service. Since that time, plenty of members of the Squamish Nation community have taken advantage of the discount, and have given positive feedback about the e-bikes.

After the Thanksgiving Day weekend (**October 13th**), the 2025 season for Evolve will end. The e-bikes will be picked up by Evolve and taken in for the winter, where they will receive maintenance and refurbishment.

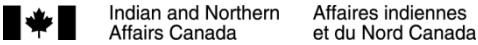
The e-bikes are expected to return to the road in **Spring 2026**, and we will announce their arrival closer to that time, as well as any other news, including whether new e-bike locations may be added at that time.

We thank everyone who participated in the program, and helped it to have a promising start. We would like to hear your feedback, whether positive and negative, and suggestions about what you would like to see the program do in the future.

Please send your feedback to the Squamish Valley e-bike team at [Svebike@squamish.net](mailto:Svebike@squamish.net)  
*Chet kw'enmantumiyáp (We thank you all).*







SOCIAL ASSISTANCE MONTHLY RENEWAL DECLARATION [FOR: NOV 2025](#)  
>>**555** Direct Deposit date is Tuesday, Oct 28<sup>th</sup>, 2025 – for November 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 it 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.

\_\_\_\_\_



If you do not hand your Declaration in on Wed, Oct 15<sup>th</sup> You will NOT receive your direct deposit on Tues, Oct 28<sup>th</sup>, 2025. Late Declaration means, late cheque / No, Work Plan, No Cheque. Wait time, up to a week or longer if declaration is late.

4. Have you had any earned or unearned income this month? ☐ **Yes** ☐ **No**

If yes, completed

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

5. Has there been any change in your assets? ☐ **Yes** ☐ **No**

If yes, complete

Bank Account	\$
Property	\$
Other (specify)	\$
	\$
<b>TOTAL</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.

STATUS #

Signature of Applicant \_\_\_\_\_  
Signature of Spouse \_\_\_\_\_  
(If there is a spouse listed on your file)

Date

**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.



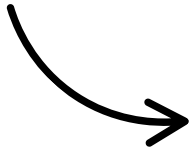
# Tour Señákw with Nch'ḵay!

We are excited to invite Squamish People to join us for behind-the-scenes tours of the historic development underway at Señákw.

Site tours will run on select Wednesdays and Saturdays from October to December, with the possibility of additional dates in 2026.

Due to a high volume of interest and safety regulations on site, a limited number of spots are available. For this reason, tour attendees will be randomly selected a week before each tour from the pool of registrants in the draw. You need only register once to be entered for all available tour dates.

Scan the QR code to register your interest in a tour and review other important safety rules and participation information.



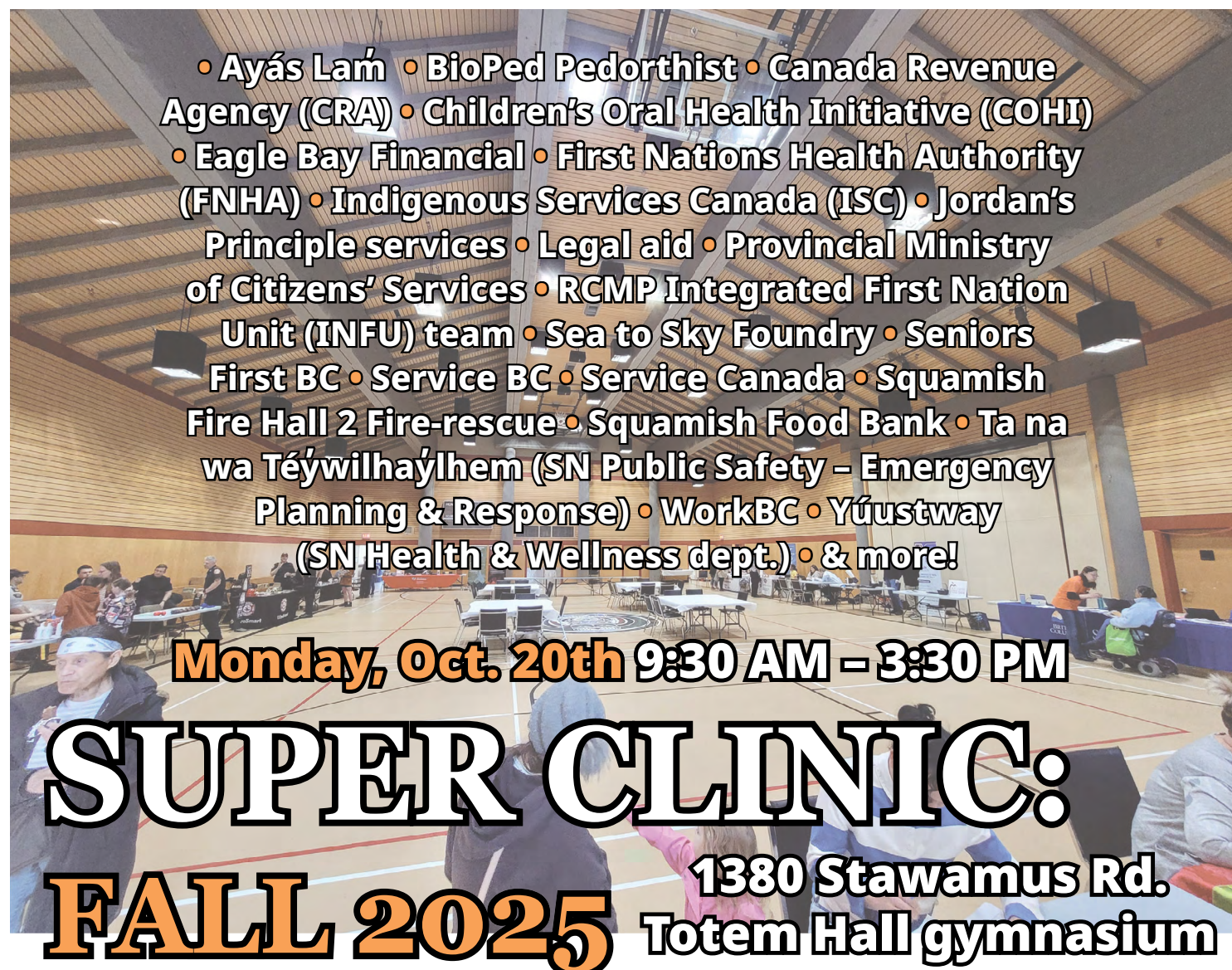
*Built on history. Literally.*



***Need help with any of these?***

Address change • Birth certificates • Dental care • District of Squamish foundation resources • Emergency planning & response • Federal/provincial disability assistance • Finding jobs • Fire safety • Food resources • Homelessness services & benefits • Hospice care • Legal aid • Legal wills • Medical benefits • Orthotics • Pension benefits & sign-ups • Safety concerns • Status Card applications & renewals • Taxes (incl. child tax issues & late taxes) • Tuberculosis (TB) testing • Wills & estate planning • Worker benefits

*Get free advice and services from experts — all in one place!*  
**(\*All walk-ins welcome; no appointment necessary.)**



• Ayás Lam • BioPed Pedorthist • Canada Revenue Agency (CRA) • Children's Oral Health Initiative (COHI) • Eagle Bay Financial • First Nations Health Authority (FNHA) • Indigenous Services Canada (ISC) • Jordan's Principle services • Legal aid • Provincial Ministry of Citizens' Services • RCMP Integrated First Nation Unit (INFU) team • Sea to Sky Foundry • Seniors First BC • Service BC • Service Canada • Squamish Fire Hall 2 Fire-rescue • Squamish Food Bank • Ta na wa Téywilhaylhem (SN Public Safety – Emergency Planning & Response) • WorkBC • Yúustway (SN Health & Wellness dept.) • & more!

**Monday, Oct. 20th 9:30 AM – 3:30 PM**

**SUPER CLINIC:**

**FALL 2025** 1380 Stawamus Rd.  
Totem Hall gymnasium

For more information, contact:  
 Patricia Brown | Membership Services Officer  
 Direct: 604-848-2232 | Cell: 604-815-9099



**Skwxwú7mesh Úxwumixw**  
 Squamish Nation

# Tem **ekwáyanexw** FALL FESTIVAL

**12-3 PM OCT. 25<sup>TH</sup>**  
**Totem Hall - Squamish Valley**



**Door Prizes By Squamish Valley Artists!**

**Pumpkin Carving  
 Beading • Hair-Braiding  
 Cultural Craft Booths  
 Knowledge Keepers  
 Games • Food • Music**

 **Skwxwú7mesh Úxwumixw**  
 Ayás Ménmen  
 Child & Family Services

**Bring Your Drum!**





## NEW DATE: Honouring our Athletes Celebration

We are pleased to share the new date for Chet wa wanáxws kwétsi'wit na kw'shétsut ta skw'éshetsut (we are honoring those who have played sports). The celebration will be held on November 2.

We will be honouring past and present Skwxwú7mesh athletes for several sports at Kw'eshkw'shétsuta'y (Playing Place). Join us to celebrate and recognize our community athletes, coaches, teams, managers, and those who support our athletes.

Lunch and refreshments will be served in the Chief Joe Mathias Centre before the ceremony.

**Date: Sunday, November 2, 2025**

**Time: 12 pm – 5 pm**

**Location: Kw'eshkw'shétsuta'y, Playing Place**

**100 Capilano Road, West Vancouver**

We encourage community members to wear your team jerseys or any team that you support. The transportation schedule will be shared soon.

**Holiday Craft Fair**

**Sat Nov 29th**  
**Sun Nov 30th**

**10am - 3pm**

*Table Rentals*  
*\$25 per table includes both days*

**TOTEM HALL**

**Crafts, Bake Sale, Beadwork, Indigenous Art,  
Family Photos, & so much more.**

**Book Your Tables 604-892-5166**  
**shanda\_dosanjh@squamish.net**

**1380 Stawamus Rd, Squamish BC**



# BEADING CLASS

**Everyone Welcome!**

**Join us and learn how to bead  
Every Tuesday**

September 9<sup>th</sup> – December 9<sup>th</sup>

Time: 5:00pm – 8:00pm

Location: Education Building  
37679 Sam Baker Dr.

**Free to Squamish Nation Members  
Non-Nation Fee: \$10.00/class**

# New Job Postings

## Squamish Nation

### Senior Talent Advisor

Permanent Full-Time | Chénchenstway Human Resources | West Vancouver, BC

### Mental Health & Addictions Counsellor

Permanent Full -Time | Yúustway Health and Wellness | Squamish, BC

### Community Wellness & Substance Use Clinician

Permanent Full-Time | Yúustway Health and Wellness | West Vancouver, BC

### Senior Case Management and Admin File Clerk

Permanent Full-time | Ayás Méhmen Child and Family Services | North Vancouver, BC

### Child & Youth Mental Health Therapist

Term Full-Time (14 Months) | Ayás Méhmen Child and Family Services | West Vancouver, BC

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

### Health Care Assistant

Permanent Part -Time | Yúustway Health and Wellness | Squamish, BC

### Primary Care Registered Nurse Team Lead

Permanent Full-Time | Yúustway Health and Wellness | West Vancouver, BC

### Admin Assistant

Admin Assistant | Sts'its'áp'newas Employment & Future Skills | North Vancouver, BC

## Nch'kay

### Senior Financial Analyst

Permanent Full-time | Finance and Accounting | Nch'kay Head Office, West Vancouver

### Senior Manager, Financial Planning & Analysis

Permanent Full-time | Finance and Accounting | Nch'kay Head Office, West Vancouver

[nchkay.com/careers](https://nchkay.com/careers)

## Develop your career with the Nation

**Questions? Need help applying? 604-985-8335 | [careers@squamish.net](mailto:careers@squamish.net)**

Chénchenstway (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)



## Sxélt Shíshi7ch Squamish Valley Fall Art Circles

A fun, interactive group for children, AGES 8-12, to explore art making, peer relationships, connection, and self-expression in a safe and supported environment. All genders welcome!

After School Thursdays from 3:30-5pm  
October 16<sup>th</sup> - November 20<sup>th</sup>  
Ages: 8-12  
Location: Ayas Lam, 1371 Chief Billy Dr.,  
Squamish  
Snacks provided.

For inquiries contact Tori Ayers  
[Tayers@squamish.net](mailto:Tayers@squamish.net) 604-363-4057

Register Here



**Skwxwú7mesh  
Úxwumixw**

Ayás Méhmen  
Child & Family Services

# Squamish Valley Shewa'yántsut

## Who is Eligible?

- **Squamish Nation Youth ages 16-24 years-old**, living on or off-reserve across the Squamish Valley, North Shore and Lower Mainland.
- Youth with desire to participate, learn and meet regularly with A support team and other youth.
- Youth who would like to learn more about building independence, growing connection to your community and cultural teachings.

## Program Details

- **Wednesday's at 4:30pm - 6:30pm, September 10<sup>th</sup> 2025 to November 26<sup>th</sup> 2025.** This is an in-person program, meeting at **Ayas Lam, In Squamish Valley.**

## Topics Covered

- |                              |                          |
|------------------------------|--------------------------|
| • On-the land Teachings      | • Cultural               |
| • Mental and Physical Health | • Teachings              |
| • Spiritual Cleansing        | • Workers                |
| • Nutrition                  | • Rights Resume Building |
| • Family Lineage             | • Future Planning        |
|                              | • Rental Basics          |

## What to Expect

- Training Manual and Supplies
- Weekly group meetings with facilitators
- Final ceremony at the last session
- Mentorship and support from community knowledge keepers and elders

**\$50/ WEEK  
for participation!**

To register scan QR code or  
email  
[youth\\_services@squamish.net](mailto:youth_services@squamish.net)



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Ayás Méhmen  
Child & Family Services



# We Lift Each Other Up Men's Circle

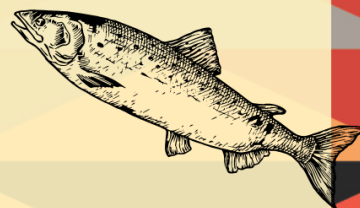
Strengthening the Family Circle: A Call to Grandfathers, Fathers, Uncles, Sons, and Nephews Meeting on the river and around the fire.

Starting September 13th, For 8 Saturdays

Time: 11:00 am

Location: Waiwakum Riverside

Transport available from SV  
Elder at each circle



Connecting with the Land: This includes foraging for wild foods, enjoying seasonal activities, and spending time on ancestral land.

Sharing Skills: Activities like fishing and traditional crafts are perfect for passing down knowledge and honoring skills together.

Snacks Provided

If you are interested, please email [amm\\_wellness@squamish.net](mailto:amm_wellness@squamish.net)  
or contact Susanne PAULL 604-375-0973



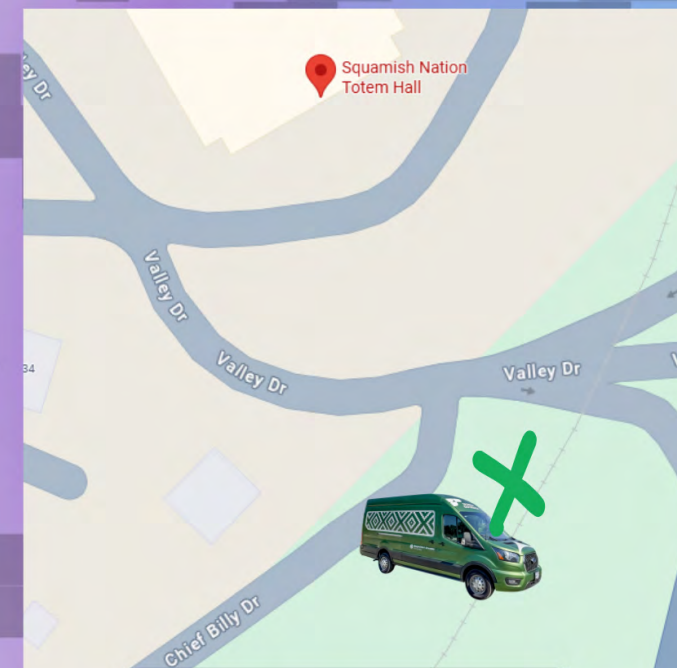
**Skwxwú7mesh  
Úxwumixw**

Ayás Méhmen  
Child & Family Services

Group Led by Steph Matthews



## Drug Checking- Mondays, Squamish



**Date:** Every Monday

(cancellations will be posted on 'Squamish Nation Community Health and Wellness' Facebook page)

**Time:** 1:30PM-3:30PM

**Location:** Chief Billy & Stawamus, near Totem Hall

**Services Offered:**

- Drug checking (fentanyl and benzodiazepine strips)
- Snacks and Refreshments will be shared
- Connect with Peers with Lived Experience
- Safer Use Supplies
- Intramuscular and Intranasal Naloxone

**All free and confidential, always.**

\*For any questions, please contact the  
Harm Reduction and Overdose  
Prevention Lead:

[Juhi Tayal; 236-788-1977](mailto:Juhi.Tayal@236-788-1977)



**Skwxwú7mesh  
Úxwumixw**

Yúustway  
Health & Wellness  
Community Health & Wellness



**October 10th, 2025 is**  
**WORLD MENTAL HEALTH DAY**

**SELF CARE TIPS**



**Connect to the land!**  
**Examples:**

- Take a walk on your break
- shukw'um (go for a bath)



**Connect with others!**  
**Examples:**

- Share a meal
- Workout together



**Treat yourself or someone else!**  
**Examples:**

- Indulge in a treat
- Share your favourite song



**Connect with your culture!**  
**Examples:**

- Cook a traditional meal
- Attend cultural events



**Connect with an Elder!**  
**Example:**

- Talk to a family member or Elder in Residence

**YUUSTENAMUT (TO TAKE CARE OF ONESELF)**

**MENTAL HEALTH RESOURCES**



Download the ta skwálwentn wellness app:





Free journal with daily wellness prompts:





Squamish Nation Community Health & Wellness:



**WHAT ARE 5 WAYS YOU TAKE CARE OF YOUR MENTAL HEALTH?**

- 
- 
- 
- 
- 

**"We all struggle sometimes, whether it is obvious or not. Having a mental illness or struggling with mental health does not define who you are, and it is nothing to be ashamed of".**  
**-Dr. Neil Wieman, FNHA Deputy Chief Medical Office**


 **Skwxwú7mesh Úxwumixw**  
 Yúustway Health & Wellness  
 Community Health & Wellness

# Immunization & Tuberculosis (TB) Screening Drop-In Clinics

## Yúustway Health & Wellness

Unit 9 A 380 Welch Street, West Vancouver

- Immunizations for Adults & Children, and reviewing immunization information
- Measles Vaccines & Information
- Infant & Child Development Information
- TB Screening and Information





### Dates & Times


**TUESDAY, OCTOBER 14<sup>TH</sup>, 1:00 - 3:00 PM**

**TUESDAY, NOVEMBER 18<sup>TH</sup>, 1:00 - 3:00 PM**

**TUESDAY, DECEMBER 9<sup>TH</sup>, 1:00 - 3:00 PM**

**Questions? Please contact the Public Health Nurses.**

 publichealth@squamish.net  236-668-9653

 **Skwxwú7mesh Úxwumixw**  
 Yúustway Health & Wellness



Seabird Mobile Diabetes Team

Where: Totem Hall  
When: October 15<sup>th</sup>  
& 16<sup>th</sup>



Contact: Caroline  
Number: 236-877-7782

SV - Diabetes Clinic Notice  
October 15<sup>th</sup> & 16<sup>th</sup> 2025  
(WEDNESDAY & THURSDAY)

Totem Hall, Sta'mus Reserve Who Is It For:  
People Living with Diabetes People Who Are  
Curious About It

What The Appointment Includes:  
Testing Blood Sugar and Cholesterol Levels  
Checking Kidney Function  
Diabetes Education



**SV - FALL VISION CLINIC**  
**Friday, October 17th**  
**10 am to 5 pm**

**Contact to book:**  
**Caroline - 236-877-7782**  
**caroline\_perrin@squamish.net**

**Waterfront Office,  
Stawamus Reserve,  
Squamish Valley**

**Sḵw̓xwú7mesh Úxwumixw**  
Yúustway  
Health & Wellness



**\*All COHI services are provided at no cost!**

**Open to: all families with children age 0–7, pregnant individuals**

**Services include: dental screenings, fluoride application, fissure sealants**

**Oral Health Education provided**

**FREE toothbrushes, toothpaste, floss, and denture brushes**

**To book an appointment, please call Melissa and leave a message: 236-558-6741**



First Nations Health Authority  
Health through wellness



## COHI PROGRAM: CHILDREN'S ORAL HEALTH INITIATIVE

***Next COHI dates in Squamish:  
October 20, 21 & 22***

COHI Services Provided By:  
Tammy Laminski, *Registered Dental Hygienist*  
Melissa Rasmussen, *COHI Aide*



TUESDAY, SEPTEMBER 16<sup>TH</sup>, 2025

TUESDAY, OCTOBER 21<sup>ST</sup>, 2025

TUESDAY, NOVEMBER 19<sup>TH</sup>, 2025

TUESDAY, DECEMBER 16<sup>TH</sup>, 2025

5:00 pm - 7:00 pm

Yúustway Health & Wellness  
Unit 9A 380 Welch St. West Vancouver

Have you been diagnosed with Diabetes or Pre-Diabetes?

Are you interested in learning more about Diabetes?

To REGISTER, please contact:  
Deni Olivares 236-668-9653  
publichealth@squamish.net

**Join the Public Health Nurses from Yúustway**

The session will be held in person and via Zoom  
A light meal will be served



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Yúustway  
Health & Wellness



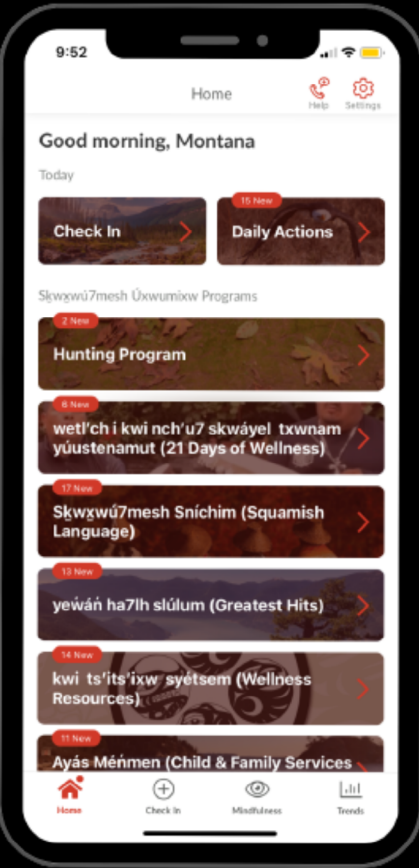




**ta skwálwentn**

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

ta skwálwentn is your Skwxwú7mesh Úxwumíxw 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: Beading**

**Join Jessica Natraoro (Natrall) and Tl'enaxwia iy Kw'axtenat (Riannon Starr) for a beading program that blends step-by-step techniques with rich cultural stories and traditions.**

View all of the teachings by October 31 for a chance to win \$250 worth of Skwxwú7mesh tála to put toward a prize of your choice from a local Skwxwú7mesh vendor.

**Download the app today**

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



**For more information visit our website [taskwalwentn.com](http://taskwalwentn.com)**

**Need help? Have questions? Call or text: 613-888-7986, or email: [hello@taskwalwentn.com](mailto:hello@taskwalwentn.com)**

# Squamish Valley Recreation

## SALVE MAKING WORKSHOP

*With Henry Williams*



**For Squamish Nation/SN Community members who reside in Squamish Valley 15+**

**October 15 & October 21, 2025**

**1 Workshop per person**

**6:00–7:30PM**

**Totem hall 1380 Stawamus Rd – Stawamus Room**

**Contact: 604–892–5166**

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



**Skwxwú7mesh Úxwumíxw**

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

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



Squamish Valley Recreation

**pumpkin  
Patch**

Glacier valley farm

For Squamish Nation/SN Community  
members who reside in Squamish Valley  
*One pumpkin per household*

October 18, 2025  
10:00-2:00PM  
12825 Squamish Valley Rd,  
Brackendale

Contact: 604-892-5166 or  
SquamishRecreation@squamish.net





**Skwxwú7mesh  
Úxwumixw**

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

squamish.net

**October 19th  
12:00 – 3:00 PM**

**Family Bounce Time**

**Airhouse**

**1201 Commercial Way  
Unit #401  
Squamish**



- **Maximum 25 kids**
- **Adults must say if they are jumping or not.**
- **Light refreshments will be provided.**

<https://form.jotform.com/252577661205055>



**Skwxwú7mesh  
Úxwumixw**

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

squamish.net



Private event for Squamish Nation members and Community members residing in Squamish Valley.

Squamish Valley Recreation

# FAMILY HALLOWEEN PARTY

**29 OCTOBER**  
**6–8 PM**

Followed by Fireworks at waterfront at 8 pm.

Totem Hall

COME DRESSED IN YOUR CREEPIEST, SILLIEST, OR MOST OUTRAGEOUS COSTUMES

Dinner, costume contest, crafts, best witch cackle contest.

email [squamishrecreation@squamish.net](mailto:squamishrecreation@squamish.net) for transportation.



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

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

# CRAFTING CLUB

Bring a project and enjoy the company of others whether its crocheting, knitting, beading, weaving, sewing or looming.  
*\*Not a class\**

For Squamish Nation/ community members who reside in Squamish Valley 18+

Dates: Every Thursday starting September 11, 2025  
Time: 5:00-7:00PM

1380 Stawamus RD - Totem hall  
*\*Stawamus Room \**  
Snacks provided!



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Ta na wa Ch'awát ta Sxwéxwel  
Squamish Valley Operations  
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[squamish.net](http://squamish.net)



OCTOBER 2025



**Skw̓xwú7mesh  
Úxwumixw**  
Ta na wa Yúus ta Stítúyntsam  
Rights & Title

**Woodfibre LNG &  
Fortis BC Eagle Mountain  
Gas Pipeline Projects  
Update**



FREE PERSONAL SAFETY TRAINING ON OCTOBER 22<sup>ND</sup>  
FOR SKW̓XWÚ7MESH ÚXWUMIXW MEMBERS

Woodfibre LNG, regulators, the WLNG's Gender Safety Committee and community all recognize that an important part of gender safety is to ensure the community has access to tools to support personal safety. See additional details on flyer.

To register, email [community@wlng.ca](mailto:community@wlng.ca).

JENNIFER BAJUS' KRAV MAGA FORCE F.I.R.E.

SELF-PROTECTION  
& PERSONAL SAFETY SEMINAR



ALL FITNESS  
ABILITIES EMPOWERED

LEARN ESSENTIAL  
SELF-PROTECTION TECHNIQUES

RSVP IN ADVANCE  
TO SECURE YOUR SPOT,  
REGISTER FOR CHILDCARE,  
& NOTE DIETARY RESTRICTIONS  
COMMUNITY@W LNG.CA

CHILDCARE AVAILABLE  
with advanced registration

DOOR TO DOOR TRANSPORTATION  
AVAILABLE TO ACCOMMODATE MOBILITY  
ISSUES WITH ADVANCE REGISTRATION

EMAIL: COMMUNITY@W LNG.CA  
FOR FREE, LOCAL SHUTTLE SERVICE

CHIEF JOE MATHIAS  
CENTRE  
100 CAPILANO RD

WEDNESDAY,  
OCTOBER 22nd

COST:  
FREE

COFFEE, REFRESHMENTS  
& LIGHT SNACKS PROVIDED

CHECK-IN 5:15pm  
FINISHED 8:30 pm

HOSTED BY WOODFIBRE

  
Fireworks Fighting with Intensity, Results & Energy

YOUR HEALTH AND SAFETY MATTER



Explore CapU  
Open Houses

Take the next step toward your future.

- Discover dozens of hands-on programs
- Explore our beautiful campuses and facilities
- Learn about financial aid and entrance awards
- Find out about student services and housing options
- Connect with faculty, staff, students and future classmates

Squamish Campus	North Vancouver Campus
Saturday, November 8, 2025 10:30 am – 2:30 pm	Saturday, November 29, 2025 10:30 am – 2:30 pm



RSVP at  
[CapilanoU.ca/  
explore](https://CapilanoU.ca/explore)





**In case of after-hours emergency:**

- **Public Safety:** 604-848-2261
- **Health & Wellness:** 604-982-7806
  - **Comm Ops:** 604-815-7116
- **Member Services:** 604-505-3776