

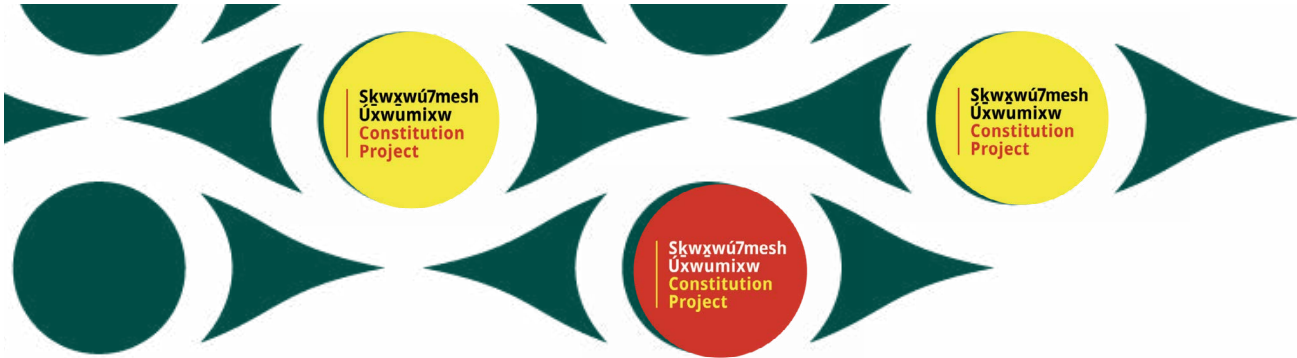


Syétsem t'l'a Sxexelhnát

News of the Week

Monday, November 24, 2025

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Our voices. Our future. Our way.

Welcome to Our Way of Being a Naton, the Squamish Nation Constitution Project. Maybe you’ve heard of this project at a community gathering or a dinner? Maybe you’ve never heard of it at all. Either way, we’re offering this flyer as a source of more information.

WHAT’S HAPPENED SO FAR?

Over the past two years, we’ve been collecting input from Skwxwu7mesh People about what should be in our constitution. We’ve heard your thoughts at Constitution Gatherings, family dinners, out in community and through the online surveys. Here is a sample of what we heard so far:

“I love our community, how I am able to feel a part of something greater than myself.”
“Our language & our belief in working together will help to guide future generations.”
“All the teachings I’ve learnt from a kid now made me who I am today and I’m proud to know that I can pass it to all my friends and acquaintances.”

WHAT’S HAPPENING NOW?

Now, the Constitution Working Group is meeting regularly to start integrating Squamish People’s ideas into what will become the first draft of our Constitution - Our Way of Being a Nation. Throughout September and October, the topics of discussion have been:

- Our Story
- Our Language
- Amending the Constitution, and;
- Our Territory.



In fact, Our Territory has been the main topic of discussion for many of our meetings so far. A lot of the feedback we received reflects how much our people love the land and want to protect it for generations to come. That passion must be reflected in the constitution we are creating together.

WHAT’S NEXT?

Over the next 4 months, the drafting team will continue to meet regularly to create a first draft of our Constitution. **That draft will be presented to Squamish Members in the spring of 2026.**

At that time, the working group will be seeking feedback on what parts of the Constitution you love, what parts you think need more work, and what parts you think may have been forgotten.

The Working Group is dedicating a lot of time to this important part of the process, and they can’t wait to share it with you in the springtime.

WHERE CAN YOU FIND MORE INFORMATION?

- Visit ConstitutionProject.net
- Follow us on Facebook and Instagram
- Email us at info@constitutionproject.net
- Call us at 604-982-8600



SCAN ME
to get to our website





Skwxwú7mesh
Úxwumixw

November 15, 2025

RE: Special, One-Time Distribution of \$1,000

Dear Squamish People,

We want to share an exciting message about an upcoming special Distribution Payment.

Council understands that the Christmas season can create financial hardship for individuals and families. In recognition of this, we have authorized a special, one-time distribution of \$1,000 to every Squamish Nation Member.

The opportunity to make this decision arose because of a budgetary surplus at the end of fiscal year 2024/2025. By allocating a portion of the surplus to distribution, we are sharing the benefit of the past year's strong financial performance, without risking any future ability to meet the needs of Squamish People.

As a new Council we want you to know that we hear you and we are committed to improving the lives of all Squamish People. We hope that this special, one-time distribution will be celebrated and will ease some of your financial burden over this holiday season. We extend our gratitude to all Squamish People for your continued trust and engagement as we work together to advance the prosperity and well-being of our Nation.

Sincerely,

Your Council

Alroy Baker
'Ketxjimtñ

Yul Baker

Jody Broomfield
Sinámkn

Jonah Trevon Chase
Gonzales

Faye Halls
Yeltsilewet

Matthew Houghton

Shayla Jacobs
Sumkwaht

Anthony Joseph
Is'gh'li-ya

Bertha Joseph

Sandy Lafontaine
P'akwelut

Deanna Lewis
Kálkalitñ

Kevin Rivers
Sxwchálten

Ann Whonnock
Syexwáliya

Jonathan Williams

Wilson Williams
Sxwíxwn

Amanda Williams
Skuálhkamaat



December 2025 Distribution

Nexwsxwníwntm ta Úxwumixw (Council) and Ts'its'ixwnítway (Member Services) would like to update Members on the Squamish Nation Regular Distribution for December 2025.

Thursday, December 4 | Friday, December 5, 2025

8:30 am – 4:00 pm

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

Pick up locations:

Totem Hall, Lobby
1380 Stawamus Drive
Squamish

Chief Joe Mathias Centre
Eslha7an Room
100 Capilano Road, West Vancouver

Important dates

- DIRECT DEPOSIT and ELDER DELIVERY on **Wednesday, December 3.**
- Canada mail will go out **Monday, December 8.**

The distribution for December 2025 will be a total of \$1533.01. This amount includes \$533.01 (Regular Distribution and Cost-of-Living Adjustment) and a Special One-time Distribution of \$1000.

A Cost-of-Living Adjustment is an increase to help people keep up with rising prices for everyday things. It's designed to make sure your money can still buy the same amount, even when the cost of living goes up because of inflation.

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



FIFA World Cup 26™ Local Licensing Opportunity Last Week to Apply

This is the last week that FIFA is accepting applications from Skwxwú7mesh (Squamish)-owned businesses to become an Official Local Licensee for the FIFA World Cup 26™ in Vancouver.

This is a unique chance to bring Squamish culture to a wider audience by creating and selling exclusive, community inspired FIFA World Cup 26™ merchandise. Whether through retail, wholesale, or direct-to-consumer, your products could reach fans around the world.

The application deadline is **November 30**.

FIFA will review all submissions and collaborate with selected businesses to finalize licensing agreements.

Scan the QR code with
your phone to apply
now!

SCAN ME



Skwxwú7mesh
Úxwumixw



HOLIDAY Turkey Dinner *Hampers* DEC 16-17

20
25



**On-reserve
household delivery
North Shore – Dec 17
Squamish Valley – Dec 16**



**Living Away Pick-Up
Chief Joe Mathias Centre:
Dec 16, 3–8pm
Dec 17, 10–6pm**

**Outside Lower Mainland:
Gift Card Eligibility
Deadline: Dec 5**

Contact Lisa Baker:
lisa_baker@squamish.net
236-465-6941

*Prepared &
Packed by*

**S7ílhen Food
Program Team**

in collaboration with:

**Member Services
&
Ayás Ménmen**



Skwxwú7mesh Úxwumixw
Squamish Nation

TRAINING & TRADES CENTRE

NOVEMBER 2025

NEWS & UPDATES



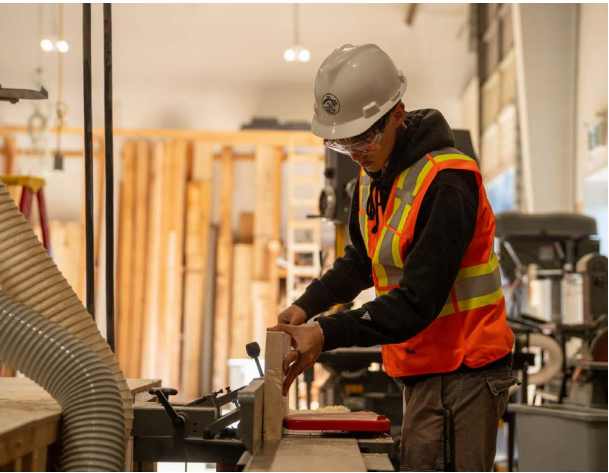
Halloween & Remembrance Day

On October 31, we celebrated Halloween with a costume contest and pizza lunch. Students enjoyed an afternoon of dressing up and connection. Congratulations to our top three costume contest winners! On November 10, we held a Remembrance Day event for our students featuring guest speaker Veteran Elder Robert Nahanee. The occasion was complemented by a meal catered by Nation member Shelley Thomas, with offerings such as lasagna and apple pie!

Introduction to Carpentry

From August to November, the Training & Trades Centre offered Introduction to Carpentry. The program is designed for students with little or no prior experience in the trade. Students gained eight weeks of technical training with a Red Seal Carpenter while building practical, real-world skills! Key learning outcomes included:

- Reading and applying construction drawings and specifications
- Interpreting building codes and bylaws
- Building and repairing a wide range of structures using wood, wood substitutes and other materials.



Upcoming Programs

Heavy Equipment Operator:
Begins February 2026

Leadership Development:
Begins February 2026

Try a Trade:
Begins April 2026

Connect with us

604-980-7946
tradescentre@squamish.net

TRAINING & TRADES CENTRE

NOVEMBER 2025

NEWS & UPDATES



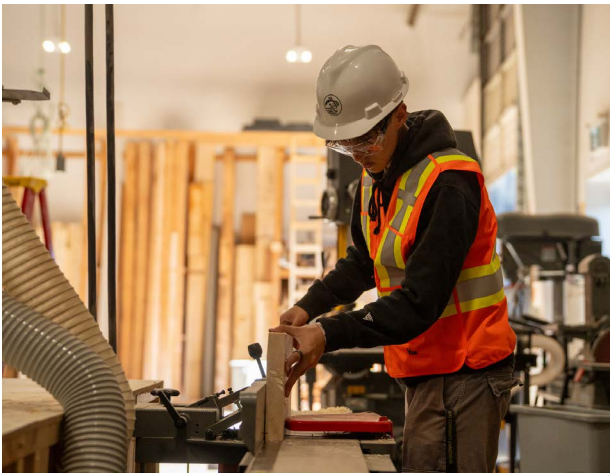
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Skwxwú7mesh Youth embrace culture through mountain biking

Exploring Skwxwú7mesh trails connects kids to hereditary lands

The Menmen tl'a Skwxwú7mesh (Children of Squamish) mountain bike team, founded in 2019, offers for Skwxwú7mesh kids a chance to learn about safe riding, the lands of our ancestors, and the culture of their Community.

In a new tradition for the group, the young riders, (some as young as six and going up to Grade 12), embark on an annual tour of ancestral Skwxwú7mesh villages, stopping at the homes of Elders to chat, snack, and learn. This year's Rez Ride took place in October and saw the youth end their tour with an awards ceremony and the screening of a highlight reel of some of the best tricks, or crashes, of the year.

In the warmer months, the group rides several times a week, led by coaches and teachers Matthew Van Oostdam, (who started the group), and Natasha Harvey. Since the team began, the young riders have formed deep bonds, and the older members have begun mentoring the younger ones, passing on the skills needed to speed through the many trails and tracks on Skwxwú7mesh land.

Van Oostdam, a teacher at St'a7mes School, began the Menmen tl'a Skwxwú7mesh program after noticing so few Skwxwú7mesh youth taking part in one of the world's busiest mountain biking scenes, right on their own hereditary lands.

Skwxwú7mesh youth are provided bikes, gear, and food for their trail rides.



The coaches accompany the young riders on local trails, and on field trips to other Skwxwú7mesh territories and other BC Nations.

This realization occurred as Van Oostdam was teaching Grades 4-6, so he brought some of his students out on bikes. The team started operating from the school as he took groups of kids riding on Fridays instead of sitting in a classroom. Slowly the team grew, and one year, Van Oostdam says, the girls showed up in force, scaring some of the boys away. That version of the team was made up of seven Skwxwú7mesh girls who showed more commitment and dedication to the sport than he'd witnessed before and progressed from the fundamentals of mountain biking to riding the Whistler bike park, with its expert-level areas. Some of the girls from that team, now teens, still come on team rides to help with mentorship.

As the team grew so did the partnership with Skwxwú7mesh Úxwumixw Recreation, SORCA (Squamish Off Road Cycling Association), and Dialed in Cycling. After a signed agreement between SORCA and the Nation's Ta na wa Yúus ta Stitúyntsah (Rights and Title) department, the team's support became more dependable and official. Skwxwú7mesh Úxwumixw Recreation contributes staffing for the project, allowing young Skwxwú7mesh Members the opportunity to learn and become coaches. SORCA provides all of the funding, logistics, and brand relationships. Right now, the team is as full as funding allows, with 17 participants and a waitlist to join. SORCA contributes about \$40,000 per year on funding and equipment.

Van Oostdam says, "This team would not be possible without the support of so many community partners who help with food, snacks, bikes, clothing, and helmets. And of course we can't forget ice cream. The team has a special sponsorship with Alice and Brohm ice cream."

Van Oostdam emphasizes that, "An important distinction with the team and program is that it is zero barrier. With no cost to parents, the program provides transportation, equipment, backpacks, helmets, pads, modern and maintained mountain bikes, and professional coaches."

Recently, Skwxwú7mesh Úxwumixw Recreation member Jacob Kitagawa joined up, and Nation Members Selena Newman and Pauline Baker also worked with the team as coaches-in-training for a summer. Former team member Rachel Fenton, of the Xwísten First Nation (Bridge River Indian Band,

trust. Mountain biking can be scary. It is a lot to ask of young kids to trust someone, to try new sports, and to challenge themselves. With proper funding we are able to hire coaches that are skilled and build those lasting relationships that not only support the youth in their mountain biking but also in becoming good humans."

Van Oostdam says the team means something different for every child. For some, the team is a place of safety, a space to have fun, be themselves, and play with their friends. He says, "For other kids, they want the challenge. They want to test

By The Numbers

Youngest rider – Six

Size of team – 17 members, with a waitlist

Annual cost – \$40,000

Annual cost to members – \$0

Kilometres of trails in Squamish – over 300



part of the St'át'imc Nation), who was raised in the Skwxwú7mesh Community, pursued coaching as she aged out, and now coaches for the team in the summers.

The team's usual bike days, which sees kids get picked up from their homes, fed, and instructed in safe riding, are held in Skwxwú7mesh on the multiple trails. But occasionally the kids get to go on excursions to other Skwxwú7mesh territories such as Chxwelp (Gibsons), or to Whistler or North Vancouver. There are even inter-Nation camping trips, like to Simpcw First Nation north of Kamloops.

As for the future of this team, Squamish Valley Operations hopes to increase capacity by finding funding to hire a full-time outdoor recreation facilitator. This role would see someone join the kids in mountain biking and also in other outdoor recreation programs. But as Spakíya, aka Lindsay Hubley, manager of Squamish Valley Operations Recreation explains, the draw of other sports may not be enough to lure away the kids from Menmen tl'a Skwxwú7mesh. She said, "These children are committed to their sport. Sometimes programs conflict and the mountain bike kids choose biking over summer fun or teen centre field trips."

While the team's biggest need to ensure its survival is regular funding, Van Oostdam adds that a large part of the work is relational. He says, "coaches need to take the time to build safety and

themselves physically and mentally. So much in mountain biking is in your mind and by practicing the sport we train our mind to be strong."

"So much in mountain biking is in your mind and by practicing the sport we train our mind to be strong."

– Coach Van Oostdam

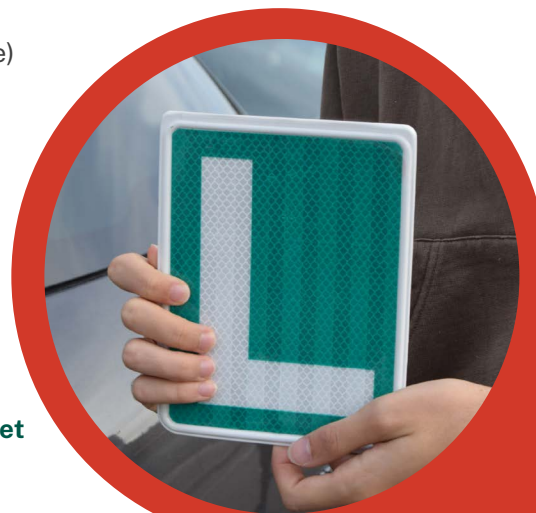
Van Oostdam is looking forward to next year's season, as it will be the first with three coaches. This will mean the "youth will get out more often and receive an even higher level of coaching." But as things change, some things stay the same, like how each new season starts off with a formal contract signing. This has the kids commit to being in good standing in the community and to follow the team's values of Nchumut Nch'ú7mut (being one, or being one piece of something greater) and Chénchenstway (to support and uphold one another).

**Skwxwú7mesh
Úxwumixw**Sts'its'áp'newas
Employment & Future Skills
Stitsma Career Centre**Empower Your Future with Stitsma Career Centre**Stitsma Career Centre
Eslha7an Centre, 345 5th St W, North Vancouver**LIFE SKILLS FOR SQUAMISH
NATION INCOME ASSISTANCE
CLIENTS****December 2 & 5, 2025
8:30 AM–4:30 PM****This program aims to help Squamish Nation Income Assistance clients
prepare for the workforce, schooling and other training opportunities.****What is included:**

- What the "L" Training (To obtain your learner's licence)
- \$75/day incentives
- Lunch

IMPORTANT: Must have valid ID to take the
learner's test**Why participate?**

Build real-world skills in a supportive environment.

Registration: 604-985-7711 or trevor_billy@squamish.net
Deadline: November 25
10 spots available!**Empower Your Future with Stitsma Career Centre****Career Services**

- Resume Building
- Cover Letter Writing
- Tips on Interviewing
- Career Counseling
- Work Gear
- Job Searching
- Youth Programs



Visit our Facebook page

📞 **604-985-7711****Winter Cedar
Weaving Workshop****TSÁ7TSAXW TEM T'IKW
HAPPY WINTER TIME***Learn to weave cedar ornaments and
garland. Facilitated by Tracy Cameron.**Supplies and dinner included.***December 8****5:00PM - 7:00PM****Yuustway Health****380 Welch Street,****Unit 9A****Scan to register!****Skwxwú7mesh
Úxwumixw**Yuustway
Health & Wellness
Community Health & Wellness



Squamish Nation's

CHRISTMAS MARKET

at the Chief Joe Mathias Centre
100 Lower Capilano Road

December 13 & 14
10 - 3pm

\$5.00
one - time admission

KIDS, STUDENTS & 55YRS+ FREE!

FOOD, GIFTS PRIZES!

ADMISSION FEES
GO TOWARD CJMC'S AFTER SCHOOL PROGRAM

cjmcevents@squamish.net 604-980-6338



Skwxwú7mesh
Úxwumixw

Yúustway
Health & Wellness
Recreation

squamish.net



CJMC'S

CHRISTMAS PARTY

Saturday December 6
10:00-1:00pm

No-No-Hope to see You there!

GIFT REGISTRATION

REGISTRATION DATES:
November 17 - December 1

Click here to register for your child's gift!!

or scan QR code below



604-980-6338 rec@squamish.net



Skwxwú7mesh
Úxwumixw

Yúustway
Health & Wellness
Recreation

squamish.net



na mí ha7halhí7 ta slhánaý (Woman who are becoming well) Womens Health Workshop

Join Yúustway (Health & Wellness) at their 3-hour Women’s Health Workshop “na mí ha7halhí7 ta slhánaý” (Woman who are becoming well).

The workshop will be facilitated by Naturopath Dr Georgia Kyba, who will be going over hormones, moon cycle, menopause and more. The Yúustway Public Health Nurses will also be there doing an informational game, as well as Tracy Cameron to share a cedar weaving presentation.

November 26 | 5 – 8 pm | Yuustway Health & Wellness (380 Welch Street)

Dinner and beverages provided.
Registration opens November 14 at 1:30pm.

For any questions, contact Jenna Luscombe at wellness@squamish.net, or 604-982-7816.



Skwxwú7mesh Úxwumixw
Squamish Nation

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.**

NOTICE OF ASSESSMENT

- Provide your **Notice of Assessment for 2024, 2023, and 2022.**
- **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.

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

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.

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

E-mail: income_assistance@squamish.net

W
C O R N E R
R
D

PUZZLE PAGE IS BACK

SUDOKU

Easy

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Medium

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Skwxwú7mesh Úxwumixw
Squamish Nation