

October 30, 2025



# Syétsm t'l'a Sxexelhnát

News of the Week

## Some Important Upcoming Dates

<b>Yúusnewás Project — Inaugural Town Hall meeting</b> ( <a href="#">p. 12</a> ) .....	Nov. 1st
<b>Honouring our Athletes</b> ( <a href="#">p. 13</a> ) .....	Nov. 2nd
<b>Youth Career Conference</b> ( <a href="#">p. 18</a> ) .....	Nov. 7th
<b>Ayás Méhmen – Movie &amp; Pizza Night</b> ( <a href="#">p. 23</a> ) .....	Nov. 8th
<b>Ayás Méhmen – Sea to Sky Gondola</b> ( <a href="#">p. 23</a> ) .....	Nov. 9th
<b>Fish Jarring Workshop</b> ( <a href="#">p. 26</a> ) .....	Nov. 9th
<b>Davies Walker Maintenance &amp; Education clinic</b> ( <a href="#">p. 27</a> ) .....	Nov. 10th
<b>FNESC Information Session begins</b> ( <a href="#">p. 8</a> ) .....	Nov. 12th
<b>SN Annual General Meeting – CJMC</b> ( <a href="#">p. 14</a> ) .....	Nov. 15th
<b>SN Annual General Meeting – Totem Hall</b> ( <a href="#">p. 14</a> ) .....	Nov. 16th
<b>Squamish Nation Ticket Lottery closes</b> ( <a href="#">p. 11</a> ) .....	Nov. 17th
<b>SV Fall Vision Clinic (rescheduled)</b> ( <a href="#">p. 28</a> ) .....	Nov. 21st
<b>Iháwatsut Chet (We Will Heal Ourselves)</b> ( <a href="#">p. 15-16</a> ) .....	Nov. 21st
<b>Nch'káy Annual Gathering – CJMC</b> ( <a href="#">p. 17</a> ) .....	Nov. 21st
<b>Nch'káy Annual Gathering – Totem Hall</b> ( <a href="#">p. 17</a> ) .....	Nov. 22nd
<b>Holiday Craft Fair</b> ( <a href="#">p. 9</a> ) .....	Nov. 29th

**IA Declaration Day: November 12th, 2025**  
**IA Cheque Day: November 25th, 2025**





# Syétsm t'l'a Sxexelhnát

News of the Week

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November 2025						
Tem ekwayanexw [Time of Shedding]						
SUNDAY Sxexelhnat	MONDAY Skwetkalhyes	TUESDAY Stsamyes	WEDNESDAY Schanxwyes	THURSDAY Sxaa7utsens	FRIDAY Stsiyachis	SATURDAY Takwentem
<b>Legend:</b> Unless stated, all programs will be at the Totem Hall						1
Red: Birthdays						
Purple: Sign Up Required						
2	3 9:30 Foot Care only 15 people	10 Fitness Mary4 10:30 Brunch 1-3 Family Program	Larry D. 5 Fall Extravaganza	6 Nch'Kay Brunch 10:30-12:30	7 Community Development 10-1	8 Gregory J.
9	10 Davies Walker Clinic	11 Remembrance Day Office Closed	Patsy B. 12 11-3 Wayne Mah Lunch	13 Special Event	14 Craft	15
16	Janet C. 17 Crib Tournament	18 10 Fitness Mary 10:30Brunch Mathew West Invites	19 Lunch Keith from Finance	20 First Aid Course	21 Craft With Annette Fleury	22
23 Craft Fair 10-3 30 Mavis L.	24	25 10 Fitness Mary 10:30Brunch	26 1-4 Lunch with Elder's Projects Committee	Joann C. + Shirley L. 27 Craft	28 Craft with Sara Stevens	Paul L. 28 Craft Fair 10-3

Your paragraph text





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

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

Opportunities for Affordable Housing in North Vancouver

Hiyám' Housing is partnered with Hollyburn Community Services Society to offer affordable rental rates to Squamish People.

Applications are currently being accepted for three housing opportunities available at Hollybrook Apartments on 600 West Queens Road in North Vancouver.

The amount of each unit is based on Rent Geared to Income (RGI), a system that determines rental pricing based on family composition and gross household income.

The RGI units available include:

- Two 2-bedroom, 1-bathroom units (household income range from \$30,000 to \$72,000).
- One 3-bedroom, 2-bathroom unit (household income range from \$40,000 to \$86,000).

Hollybrook Apartments is a four-storey subsidized and affordable housing community for families and seniors. Each unit has been designed to provide comfortable and functional living spaces.

If you sign a lease agreement with Hollybrook, you can still apply to future Hiyám' Housing opportunities and/or remain on a Hiyám' Housing waitlist.

This application process requires multiple steps, please reach out to Hiyám' Housing at 604-210-9126 if you need help.

The deadline is Monday, November 17 by 5 p.m.

For details on how to apply and for a copy of the application form, please visit <https://hiyamhousing.com/apply-for-partner-housing/>

# LANGUAGE NEST

## INTEREST CALLOUT

OCTOBER 2025

### Why a language nest?

It is our collective vision to breathe new life into 1st-language speakers who will acquire fluency in the Skwxwú7mesh language within the Valley.

### Who is eligible?

**Children 0-5 Years with their Parents/Caregivers**

Our aim is to bring up a new generation of fluent language speakers accompanied by their Parents/Caretakers who are looking forward to advancing the language within their homes.

### Language nests are:

- **Total Immersion** (No English): Passing on the language in a natural way through meaningful communication.
- **Culturally-grounded**: Program design and activities are based on culture, to raise children in a nourishing and traditional way.
- **Family/Community-based**: Day-to-day activities involves parents, families and the communities support.

### Upcoming Events

- Information Session w/t light dinner provided on November 17th, 2025 5:30PM at The Education Portable
- Registration Deadline December 5th, 2025
- January Nest Opening (TBD)

### Contact Info

Email: [Virginia\\_johnston@squamish.net](mailto:Virginia_johnston@squamish.net)  
Phone: 604.892.5166

### History

The Māori and Hawaiians began nests in the 1980 s. These were the stepping stones that created a huge revitalization movement.



# BC Hydro

## Planned Power Outage

### Cheekye Reserve



**Monday, Nov. 10, 2025**  
**9:00 AM – 4:00 PM**

One or more power poles are scheduled to be replaced in Cheekye; while crews are working, the electricity will be turned off for nearby properties.

**The following streets and areas will be affected:**

- Lewis Road
- Lewis Drive
- Squamish Valley Road
- Paradise Valley Road/of
- Moodyville
- Cheekye Pumphouse
- Water Treatment



**For more information:**

[www.bchydro.com/safety-outages/power-outages/planned-outages.html](http://www.bchydro.com/safety-outages/power-outages/planned-outages.html)

*\*Note: Scheduled power outages may be subject to cancellation without prior notice due to adverse weather conditions or availability of crews during an emergency.*



**Skw̓wú7mesh Úxwumíxw**  
Squamish Nation

**ts'its'ixwnítway**  
Member Services

**October 2025**

**INCOME ASSISTANCE  
DECLARATION DAY**

Declarations must be handed in **\*IN PERSON\*** at Totem Hall. Late Declaration can **DELAY** benefit payments from 3-10 Business Days.

**No Dec = No Cheque \*\*\* Late Dec = Late Cheque**

<u>DEC Day 2025/26</u>	<u>Direct Deposit Dates</u>
Sept 10, 2025,	Sept 23, 2025
Oct 15, 2025,	Oct 28, 2025
Nov 12, 2025,	Nov 25, 2025
<b>Dec 3, 2025,</b>	<b>Dec 29, 2025</b> (confirming with finance)
Jan 14, 2026,	Jan 27, 2026
Feb 11, 2026,	Feb 24, 2026
Mar 11, 2026,	Mar 24, 2026

**Please contact me if you have any questions, 604-892-5166.**

Laurie Baker  
Squamish Nation  
Income Assistance Officer



**Skw̓wú7mesh  
Úxwumíxw**

Ta na wa Ch'awát ta Sxwéxwel  
Squamish Valley Operations

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

1380 Stawamus Road  
PO BOX 2180, Squamish BC  
V8B 0B5

**T 604-892-5166 F 604-892-3486 MEMBER SERVICES**



## Squamish Valley PAC

October 22, 2025

### First Nations Parents Conference

We are looking for two Squamish Nation parents interested in attending

Date: November 12-13, 2025

Place: Sheraton Vancouver Airport Hotel, 7551 Westminster Highway, Richmond, B.C. V6X 1A3

The theme of the conference

Day 1 – The Value of family engagement

- School attendance
- Positive teacher-student-parent relationships provide the foundation for success
- Graduation and career planning
- Family engagement

Day 2 – What can schools do to promote family engagement

- Listen to families involving a Table Talk and Share Out
- What can schools do? Recommendations for educators
- Creating supportive home and learning environments
- Promoting Wellness

Schedule

Day One: Breakfast 8:00 -9:00 am Workshops 9:00 – 3:00 pm

Day Two: Breakfast 8:00 – 9:00 am Workshops 9:00 am – 12:00 pm

If you would like to attend let us know as soon as possible so we can book hotel accommodations. You will need to provide your own transportation. Contact Jackie Williams 604-898-8466 h



**Holiday Craft Fair**

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

**10am - 3pm**

*Table Rentals*

*\$25 per table includes both days*

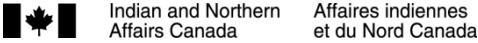
**TOTEM HALL**

**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**





SOCIAL ASSISTANCE MONTHLY RENEWAL DECLARATION [FOR: DEC 2025](#)  
>>**555 Direct Deposit date is Tuesday, Nov 25<sup>th</sup>, 2025 – for December 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, Nov 12<sup>th</sup> You will NOT receive your direct deposit on Tues, Nov 25<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 ☐ **Yes** ☐ **No** income this month?

If yes, completed

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

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

If yes, complete

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

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

If **Yes**, explain the change(s) \_\_\_\_\_

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

STATUS #	Signature of Applicant _____	Date
	Signature of Spouse _____ (If there is a spouse listed on your file)	

**PRINT YOUR NAME/S HERE** \_\_\_\_\_ **BSDW Initial** \_\_\_\_\_

Please remember that you cannot drop off your declaration early unless there is an emergency. If your Declaration/ Job Search is late, then so is your cheque. **Declare all Earnings, Family Allow, Pensions, DB, GST, Maintenance, and other monies received. Also, any changes to address and family unit size. Share info with your worker.**



# Squamish Nation Ticket Lottery

## Closes on November 17, 2025

Enter online at:  
[www.surveymonkey.com/r/2025-sn-ticket-lottery](http://www.surveymonkey.com/r/2025-sn-ticket-lottery)

The ticket lottery is open once a year for eight weeks. As tickets are provided to the Nation, staff will conduct draws from this pool of names.

The lottery includes sports tickets such as Canucks and Warriors, but also other types of event tickets given to the Nation.

If you win tickets for an event that you are not interested in, your name can go back in the draw if you decline within 48 hours.

**Ticket lottery entry form closes:**  
**November 17, 2025**



To enter the ticket lottery over the phone, please contact Chair & Council Office staff at **604-980-4553**.





**Sḵw̓xwú7mesh Úxwumíxw**  
Squamish Nation



# Yúusnewas Project Inaugural Town Hall

*Yúusnewas is a Squamish Nation-led project to research and document the residential school experiences of our People at St. Paul's Indian Residential School.*

*We are pleased to announce the first Town Hall meeting:*

**Saturday, November 1st**  
**10:00 AM – 2:00 PM**

**Totem Hall**  
**1380 Stawamus Dr.**

*Additional Town Hall meetings will be announced in the coming weeks.*

- Lunch will be served | No RSVP necessary
- Wellness supports will be available
- Transportation is available (please call 236-308-4877)

*For more information, email [yuusnewas@squamish.net](mailto:yuusnewas@squamish.net)  
or visit the website: [www.squamish.net/community-initiatives/yuusnewas](http://www.squamish.net/community-initiatives/yuusnewas)*



## Honouring our Athletes Celebration - November 2

Community members are invited to celebrate our past and present athletes at Chet wa wanáxws kwétsi'wít na kw'shétsut ta skw'éshetsut (we are honouring those who have played sports) on November 2.

We will be honouring Sḵw̓xwú7mesh 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: K̓w'eshk̓w'shétsuta'ý, Playing Place**  
**100 Capilano Road, West Vancouver**



SCAN ME

We encourage community members to wear your team jerseys or any team that you support. Find the transportation schedule on our website.

[www.squamish.net/honouring-athletes-celebration](http://www.squamish.net/honouring-athletes-celebration)



SAVE THE DATE

SQUAMISH NATION

ANNUAL GENERAL MEETING

Your vote is important.  
Your voice should be heard.  
Chair & Council  
invite you to join  
the conversation!

November 15-16, 2025  
CJMC\* | Totem Hall\* | Online

Why attend the Annual General Meeting (AGM)?

- Get involved and stay updated on important information.
- Vote on resolutions from previous assemblies in 2024 and 2025.
- Enjoy time with friends and family while discussing our future.

Your vote matters! We need as many Squamish People as possible to attend.

What's happening at the Annual General Meeting (AGM)? Why is it over two days?

Attend on both days to receive important information and cast your vote! See agendas on the next page.

Saturday, November 15:

- Eligible Voters will vote on resolutions.
- Resolutions passed first at a People's Assembly and then at an Annual General Meeting become official recommendations to Council. After the AGM, Council and staff will review these resolutions for any risks, then present the results to the Squamish People.

Sunday, November 16:

- Eligible Voters will vote on resolutions.
- Staff will present the Squamish Nation Audited Financial Statements for 2024/25.
- Learn about the Nation's operations, finances, and see how well we met our goals.



Gather:

Come together as a  
community to create  
positive change.



Learn:

Get updates on Nation  
initiatives, finances, and  
our progress towards  
collective goals.



Speak Up:

Make your voice heard  
and contribute to  
important decisions.



Questions? Contact Chair & Council Office staff at [cco@squamish.net](mailto:cco@squamish.net) or 604-980-4553. Chet kw'enmantúmiwit!



Iháwatsut chet

'we will heal ourselves'

November 21, 2025 - Squamish Valley  
Lunch served outside Totem Hall - 2:00PM

In honour of National Addictions Awareness  
Week

The Community Health & Wellness team invites  
you to uphold and honour one another for  
National Addictions Awareness Week.

We will be drumming and singing through each  
Squamish Valley community to honour those that  
struggle with addiction.

The day will conclude with take-away lunches  
distributed outside Totem hall at 2:00PM.



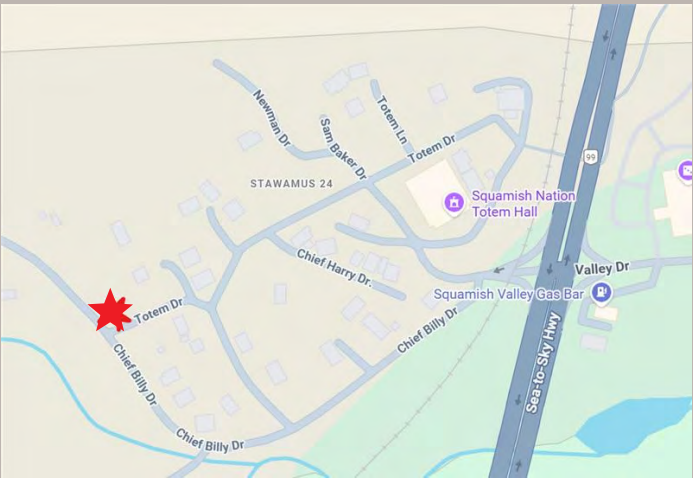
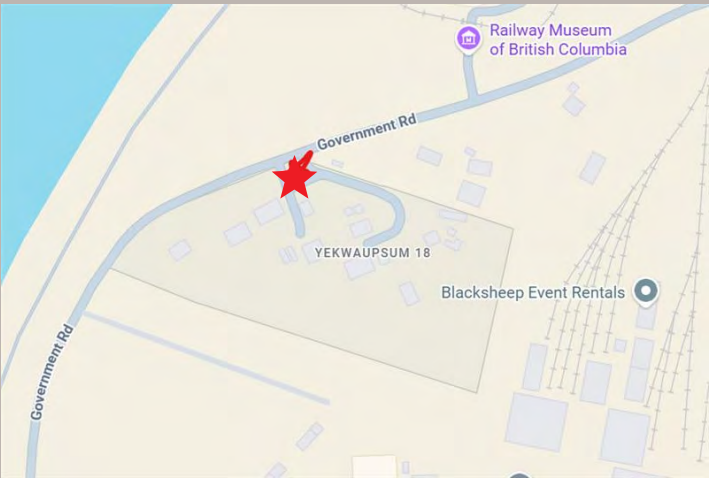
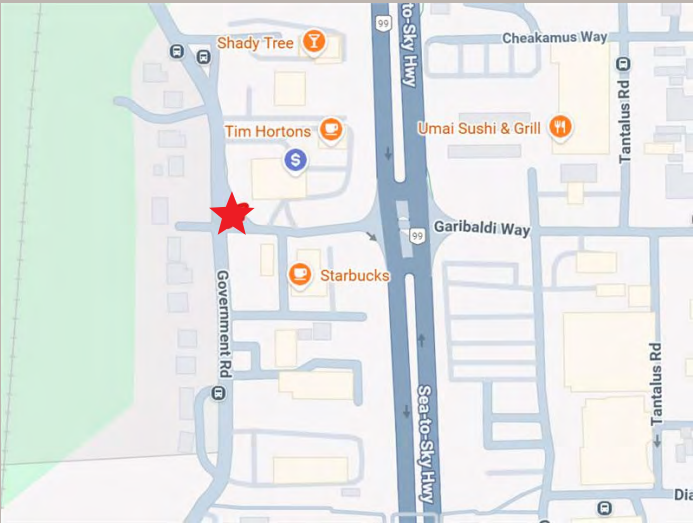
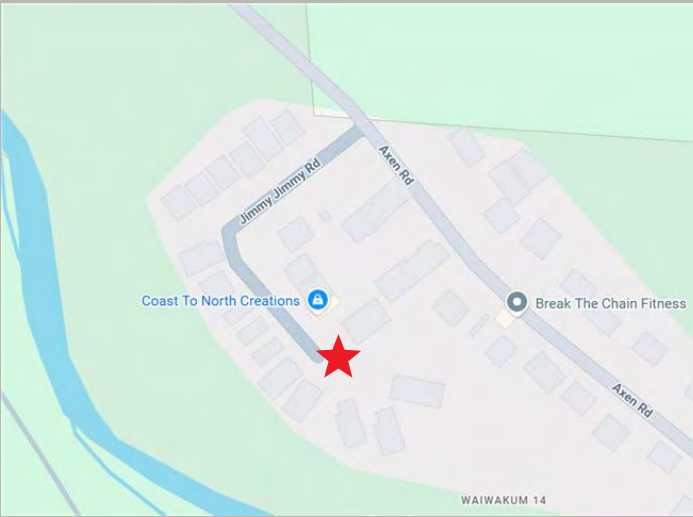
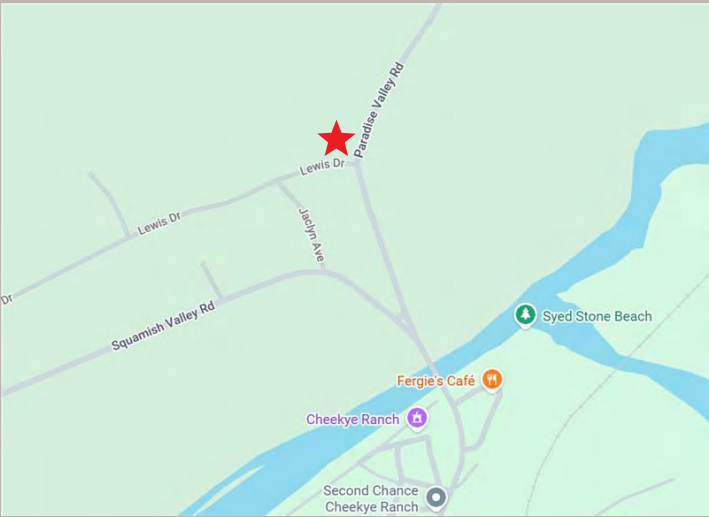
Skw̓xwú7mesh  
Úxwumixw

AGENDA (see back for map)

10:00AM - Cheakamus / Cheekye  
10:45AM - Wai wa kum / Brackendale  
11:30AM - Eskékw̓i7ch t'l'a Sp'ákw'us Place  
/ Hiyam Housing  
12:30PM - Kowtain / Mamquam  
1:00PM - Yekw'apsem / Northyards  
1:30PM - Sta'á7mes / Stawamus  
2:00PM - Lunch outside Totem Hall

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





- #1 10:00AM - Cheakamus / Cheekye
- #2 10:45AM - Wai wa kum / Brackendale
- #3 11:30AM - Eskékw̓i7ch t'l'a Sp'ákw'us Place / Hiyam Housing
- #4 12:30PM - Kowtain / Mamquam
- #5 1:00PM - Yekw'apsem / Northyards
- #6 1:30PM - Sta'á7mes / Stawamus
- 2:00PM - Lunch outside Totem Hall

Iháwatsut  
chet  
'we will heal  
ourselves'



Join us at the  
**2025  
Annual  
Gathering**  
for Squamish People

**Friday, Nov. 21, 5:30-8:30 pm**  
Chief Joe Mathias Centre

**Saturday, Nov. 22, 12:00-3:00 pm**  
Totem Hall

**Tuesday, Dec. 2, 6:00-8:00 pm**  
Online



Pre-register today!

**Learn · Connect · Engage**





**Sk̓wx̓wú7mesh  
Úxwumixw**  
Squamish Nation

Stitsma Career Centre Presents:

# YOUTH CAREER CONFERENCE

November 7, 2025  
9:00AM– 2:45PM

Chief Joe Mathias Centre  
100 Capilano Rd

The Stitsma Career Centre  
invites Indigenous Youth  
currently in grades 8–12 to  
attend the Youth Career  
conference.

## Why Participate?

You can learn about potential  
career paths and job  
opportunities during our  
various workshops in a  
culturally supportive  
environment.

## What Is Included:

- Guest Speakers
- Career workshops
- Cultural workshops
- Employer Booths
- Post-Secondary Booths
- **Door Prizes!!!!**

## Conference Keynote Speakers



**Mindy Wright**  
Chief Executive Officer



**Aidan Baker**  
Manager

SCAN TO REGISTER



Registration Deadline:  
October 31:



604-985-7711



Stitsma\_career@squamish.net

STITSMA CAREER CENTRE



# LOOKING FOR WORK?

CHECK OUT THE **STITSMA JOB BANK**  
FOR EMPLOYMENT OPPORTUNITIES

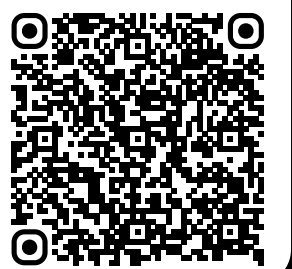
OVER 40 JOBS CURRENTLY AVAILABLE AND  
NEW JOB OPPORTUNITIES POSTED WEEKLY

## POSITIONS INCLUDE:

- ▶ **FORTISBC REPRESENTEE (STREET TEAM)**  
Fortis BC
- ▶ **ACCOUNTS PAYABLE CLERK**  
BA Blacktop Group
- ▶ **ASSISTANT FRONT OFFICE MANAGER**  
Vail Resorts

\* PLEASE SEE INDIVIDUAL JOB POSTINGS FOR  
REQUIREMENTS AND MORE INFORMATION

SCAN FOR  
JOB BANK



OR CONTACT US AT

✉ stitsma\_career@squamish.net

☎ 604-985-7711

STAY UP TO DATE WITH OUR LATEST TRAINING  
PROGRAMS AND JOB UPDATES



EMPLOYMENT AND TRAINING SQUAMISH NATION



@SNEMPLOYMENT\_TRAINING



# New Job Postings

## Squamish Nation

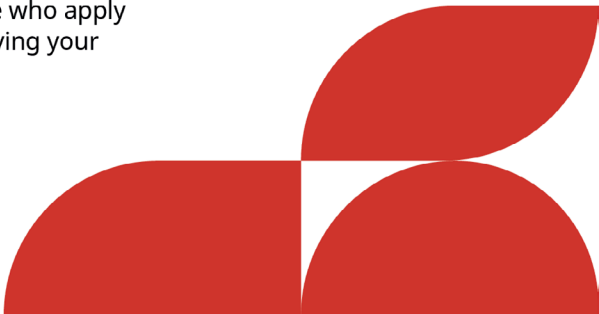
- Housing Navigator**  
Permanent Full-Time | Ts'ixwts'ixwnítway  
Member Services | North Vancouver, BC
- Admin Clerk Case Management**  
Permanent Full-time | Ayás Méh men Child &  
Family Support Services | North Vancouver, BC
- Registry Admin Support**  
Permanent Full-time | Ts'ixwts'ixwnítway  
Member Services | North Vancouver, BC
- Admin Officer EP**  
Permanent Full-time | Ayás Méh men Child &  
Family Support Services | North Vancouver, BC
- HR Initiatives and Project Support**  
Permanent Full-time | Chénchenstway Human  
Resources | West Vancouver, BC
- Hiyám Housing**
- Tenant Support Worker**  
Casual | Estítkw Place | North Vancouver, BC
- Head Language and Cultural Teacher**  
Permanent Full-time | Ta7lnewás Education |  
North Vancouver, BC
- [hiyamhousing.com/career-opportunities](http://hiyamhousing.com/career-opportunities)

## 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](http://squamish.net/careers)



# 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



# 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
- Mental and Physical Health
- Spiritual Cleansing
- Nutrition
- Family Lineage
- Cultural
- Teachings
- Workers
- Rights Resume Building
- Future Planning
- Rental Basics

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

## 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

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



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



## FAMILY WELLNESS MONTH

**Ayás Méhmen (Child & Family Services) is planning events in November to honour our families, create space for connection, and spend time together in fun and healthy ways. There will be events hosted in North Vancouver (NV) and Squamish Valley (SV).**

## FAMILY EVENTS

**November 8 – Movie & Pizza (SV)**

**November 9 – Sea to Sky Gondola (SV)**

**November 22 – Teaching Powwow (NV)**

**November 29 – Honouring a Life (NV)**

**November 17 – Recreation passes**

More information about events, visit:

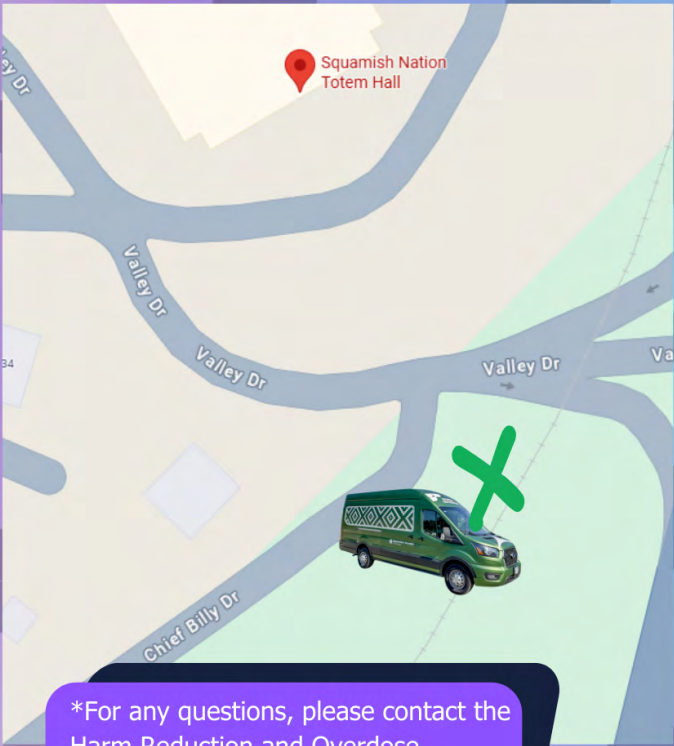
[www.squamish.net/family-month](http://www.squamish.net/family-month)



SCAN ME



# 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



# North Shore Fall Immunization Series

## Yúustway Health & Wellness

Do you and your family want to get prepared for the Winter Season?  
Join the Squamish Nation Public Health Nurses in one of their three drop-in dates to get vaccinated for the flu, COVID-19, and Pneumonia.

### Dates & Times

#### Monday, October 27<sup>th</sup> for Elders

1:00 - 4:00 PM  
Chief Joe Mathias Centre: Eslha7an Room (East)  
100 Capilano Rd., West Vancouver, BC V7P 0A7



#### Wednesday, October 29<sup>th</sup> for All ages

1:00 - 6:00 PM  
Chief Joe Mathias Centre: Main Gym.  
100 Capilano Rd., West Vancouver, BC V7P 0A7



#### Monday, November 3<sup>rd</sup> for All ages

1:00 - 5:00 PM  
Eslha7an Learning Centre  
345 5<sup>th</sup> St. W, North Vancouver, BC V7M 1K9



No registration needed. If you have any questions, please contact the Public Health Nurses

✉ publichealth@squamish.net ☎ 236-668-9653



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Health & Wellness



## — FISH JARRING WORKSHOP —

# TA SKEKXW KWIS LI7T CHET

'a gathering in order for us to store food'

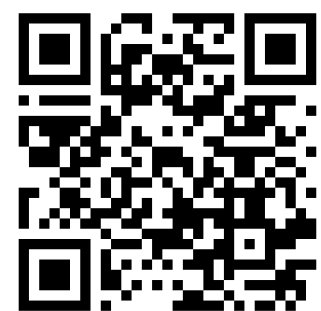


**WHEN: NOVEMBER 9, 2025 10AM-4PM**  
**WHERE: CHIEF JOE MATHIAS CENTRE**

**COME AND LEARN HOW TO JAR SALMON, AND TAKE  
 YOUR JARS HOME AFTER. SALMON PROVIDED.**

**FOR ANY QUESTIONS, PLEASE CONTACT: 604-982-7816 OR  
 WELLNESS@SQUAMISH.NET**

Scan to register! Open  
 October 29<sup>th</sup> 1:30PM -  
 November 5<sup>th</sup> 1:30PM.



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 Health & Wellness  
 Community Health & Wellness



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 Health & Wellness

Contact Caroline Perrin  
 for more information:  
[caroline\\_perrin@squamish.net](mailto:caroline_perrin@squamish.net)  
 236-877-7782

## Walker Maintenance & Equipment Education

Friday, Nov. 10th, 2025  
 @ 10:00 AM – 2:00 PM  
 Totem Hall – Stawamus Room

- Drop-ins available!
- Bring your walker or wheelchair for a check-up
- Ask questions about your medical equipment



**Thurs., Nov. 20th @ 9:30 – 12:30 PM**  
**Totem Hall Board Room**



will be providing:

- Hearing aid clean and check
- Hearing screening
- Education

Contact Caroline Perrin to book an appointment:  
 236-877-7782  
[caroline\\_perrin@squamish.net](mailto:caroline_perrin@squamish.net)

*\*This clinic happens every two months; the next one is planned for January.*



NEW  
DATE

OMNIEye+VISION  
OPTOMETRISTS

SV - FALL VISION  
CLINIC

Friday, November 21st  
10 am to 5 pm

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

Waterfront  
Office,  
Stawamus  
Reserve,  
Squamish Valley



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Health & Wellness

Squamish Valley Recreation

FAMILY CAMP FIRE NIGHT

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



Wai Wa Kum Teen Centre  
979 Axen RD Nov 5, 2025 @ 6:00PM  
Food included!  
All families are welcomed to hear  
Legend stories by Becky Campbell



SquamishRecreation@squamish.net 604-892-5166



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Ta na wa Cháwát ta Sxwéxwel  
Squamish Valley Operations  
Recreation





WE'VE GOT MORE THAN WE CAN FIT ON THE PAGE!

Not every Recreation event gets into the newsletter; there are too many to include each week!

BUT WE DON'T WANT YOU TO MISS OUT!

To keep up-to-date on all our programs – and be among the first to find out about new events – sign up to get daily email updates, Monday – Friday!

To sign up, send us a message here:



sv\_rec@squamish.net



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

Saturday, November 8, 2025  
10:30 am – 2:30 pm

North Vancouver Campus

Saturday, November 29, 2025  
10:30 am – 2:30 pm



RSVP at  
CapilanoU.ca/  
explore





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

- **Public Safety:** 604-982-9938
- **Health & Wellness:** 604-982-7806
  - **Comm Ops:** 604-815-7116
- **Member Services:** 604-505-3776