

December 4, 2025



Syétsm t'l'a Sxexelhnát

News of the Week

Some Important Upcoming Dates

- December 2025 Distribution** ([p. 4](#)).....Dec. 4th & 5th
- SN Constitution Project - colouring contest deadline**.....Dec. 5th
- Family Christmas Party (registration required)** ([p. 22](#))Dec. 6th
- Squamish Valley Community Immunizations** ([p. 18](#)).....Dec. 9th
- SVCP Community Unveiling ceremony** ([p. 10](#)).....Dec. 9th
- Teen Christmas Party (registration required)** ([p. 24](#)).....Dec. 12th
- Community Gathering in Response to Losses (NS)** ([p. 19](#))Dec. 12th
- Indigenous Artisan Market @ MONOVA** ([p. 25](#))Dec. 13th
- Christmas Market (NS)** ([p. 11](#))Dec. 13th & 14th
- SN Community Firewood Day** ([p. 26](#))Dec. 14th
- Vancouver Coastal Health (VCH) art submission deadline** ([p. 27](#)).....Dec. 15th
- Christmas Turkey Hamper pick-up (SV)** ([p. 12](#)).....Dec. 17th

IA Declaration Day: December 3rd, 2025
IA Cheque Day: December 30th, 2025



Syétsm t'l'a Sxexelhnát

News of the Week

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SUNDAY Sxexelhnat	MONDAY Skwetkalhyes	TUESDAY Stsamyas	WEDNESDAY Schanxwyes	THURSDAY Sxaa7utsens	FRIDAY Stsiyachis	SATURDAY Takwentem
	Motiv Tracy Architect 10:30-2	No Program	Staff Party	Community Development	Mayor of Squamish	
	<i>Christine B.</i> Wayne Mah 11-3 Cookie Baking	10-3 Park Royal Christmas Shopping Trip	NV Christmas party CJMC 5-9	Tsawwassen Road Trip	11-1 Matthews West Christmas Lunch	
	Winter Extravaganza	<i>Mary L.</i> 10 Fitness Mary 10:30 Brunch	Christmas Lunch		<i>Carol L. + Susie T.</i>	
<i>Stella O.</i>						

Legend: Unless stated, all programs will be at the Totem Hall
 Red: Birthdays
 Purple: Sign Up Required



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.

When We Work Community Safety Team

North Shore

Days:

Monday to Friday: 9am to 5pm

Saturday to Sunday: 9am to 5pm

Nights:

Monday to Wednesday: 4:30pm to 12:30am

Thursday to Sunday: 4:30pm to 2:30am



North Shore Team

Squamish Valley

Days:

Monday to Friday: 9am to 5pm

Saturday to Sunday: 9am to 5pm

Nights:

Monday to Wednesday: 3pm to 11pm

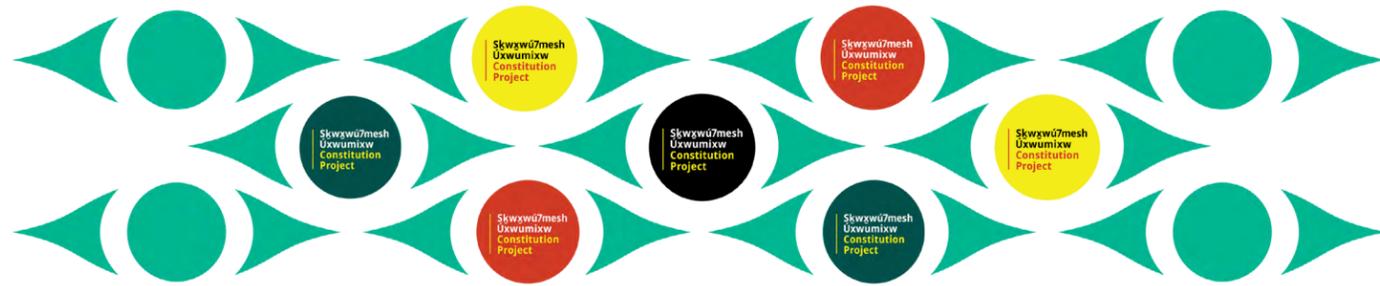
Thursday to Sunday: 3pm to 1am



Squamish Valley Team



*** Hours are subject to change on holidays.**



OUR VOICES. OUR FUTURE. OUR WAY.

You can help the Squamish Nation Constitution Project grow by referring a friend or family member to participate in the project. If you **BOTH** fill out the form, you'll **BOTH** be entered to win a **\$250 gift card**. *You must be a Skwxwú7mesh Úxwumixw Stelmexw to enter.*

To make sure our constitution truly represents our nation, we need as many Skwxwú7mesh Úxwumixw Stelmexw as possible to sign up and get involved. You can help by entering this contest.

The best part? You can enter as many times as you want! The more people you refer to participate in the project, the more chances you have to win.

Scan the QR code below to refer a friend now.



for more information please go to:

- visit constitutionproject.net
- follow us on Facebook and Instagram
- email us at info@constitutionproject.net
- call us at 604-982-8600



Skwxwú7mesh Úxwumixw | Squamish Nation
Squamish Valley Operations



WINTER PARKING Friendly Reminder

Help us plow more safely & efficiently

All *vehicles* and *garbage totes* must be removed from the roads during snowfalls, until the roads have been plowed and salted. This helps us safely navigate the plow through tight spaces, and to ensure emergency vehicles have safe access, and that all roads are attended to.

Avoid a citation or having your vehicle towed, by removing your vehicle from the roads anytime during snow falls. Roads will be monitored by Public Safety. Please note: *Any towing will be at the Owner's expense.*

Effective November 24th 2025 to March 13th 2026: *no vehicle is permitted to be parked on roadways, cul-de-sacs, or common areas that the Nation is responsible for plowing and salting during snowfall periods.*

Should you have any concerns outside office hours, please reach out to the Community Operations Emergency No. 604-815-7116

Should you have any questions or require assistance having a vehicle towed, please contact: **Community Operations 604-892-5166 (8:30am-4:30pm, M-F)**





SOCIAL ASSISTANCE MONTHLY RENEWAL DECLARATION FOR: JAN 2026 >>555
Direct Deposit date is Tuesday, Dec 30th, 2025 – for January 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, Dec 3rd You will NOT receive your direct deposit on Tues, Dec 30th, 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?** Yes No
 If yes, completed

Earnings	\$
Family Allowance	\$
Maintenance	\$
Unemployment Insurance	\$
Other (specify)	\$
GST	\$
TOTAL	\$

5. Has there been any change in your assets? Yes No
 If yes, complete

Bank Account	\$
Property	\$
Other (specify)	\$
	\$
TOTAL	\$

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

If **Yes**, explain the change(s) _____

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

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.**

BEADING CLASS

Everyone Welcome!

Join us and learn how to bead

Every Tuesday

September 9th – December 9th

Time: 5:00pm – 8:00pm

Location: Education Building

37679 Sam Baker Dr.



Free to Squamish Nation Members

Non-Nation Fee: \$10.00/class

Ta Skwekwiyíntsuts ta Sxwéxwel

The Valley's Plan

COMMUNITY UNVEILING

TUES. DECEMBER 9TH
DINNER @ 5:30 PM

@ TOTEM HALL
(1380 Stawamus Dr.)

Since **Spring 2025**, the **Advisory Committee** has been developing a community plan to help the Squamish Valley reach its vision. We are excited to share it with you!

Come visit us, and

- join us for a meal
- visit interactive displays to learn about projects happening in the Valley
- talk to the project leaders, to ask questions and offer your feedback
- be entered to win door prizes!

We hope to see you there!

***Childminding will be available.**

****Transportation will be provided.**

Pick-up Schedule		Siyích'em	4:55 PM
Ch'iyákmesh	4:30 PM	Kaw'tíh	5:00 PM
Wíw'k'em	4:45 PM	Yekw'ápsem	5:15 PM

**Squamish Valley
2035 Vision**

Foundational projects underway and completed
(Nation-level and Squamish Valley)

The Valley's Plan actions
(new projects and initiatives)

▲ BUILDING ON WHAT'S UNDERWAY:
The Valley's Plan is building on the foundational work already underway to help move Valley towards achieving its 2035 vision.

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



CHRISTMAS

Turkey Dinner *Hampers*

DEC 16-17



North Van & Squamish Valley
Dec 17th

Living Away Pick-Up
Chief Joe Mathias Centre:
Dec 16th, 2-8pm
Dec 17th, 9-6pm

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

Contact Lisa Baker:
236-465-6941

Prepared & Packed by

S7ilhen Food Program Team

in collaboration with:
Member Services & Ayás Ménmen



Skw̓xwú7mesh Úxwumixw
Squamish Nation

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:

- ▶ ANIMAL CARE ATTENDANT
BCSPCA
- ▶ BREAKFAST COOK
Bridgemans Crew Management Ltd
- ▶ ABLE SEAMAN
Bridgemans Services Group

* PLEASE SEE INDIVIDUAL JOB POSTINGS FOR REQUIREMENTS AND MORE INFORMATION



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

Peer Worker

Term Full-Time | Yúustway Health and Wellness | North Vancouver, BC

Chief Financial Officer

Permanent Full-Time | Estxwáyusem Finance | North Vancouver, BC

Program Officer

Term Full-Time | Sts'its'áp'newas Employment & Future Skills | North Vancouver, BC

Manger, Member Services

Permanent Full-time | Ts'ixwts'ixwnítway Member Services | North Vancouver, BC

Manager Community Operations

Permanent Full-Time | Nexwsp'ayaken ta Uxwumixw Community Operations | North Vancouver, BC

Home & Community Care Manager

Term Full-time | Yúustway Health and Wellness | North Vancouver, BC

Executive Assistant

Permanent Full-Time | Estxwáyusem Finance | North Vancouver, BC

Infant Development Program Facilitator

Full-Time Permanent | Ayás Méhmen Child & Family Services | North Vancouver, BC

Develop your career with the Nation

Questions? Need help applying? 604-985-8335 | careers@squamish.net

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

squamish.net/careers



**Skwxwú7mesh
Úxwumixw**

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

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



HEAVY EQUIPMENT OPERATOR PROGRAM

February 17 - July 3, 2026
9:00 am - 3:00 pm
Monday - Friday
*Dates are subject to change

Heavy Equipment Operator technicians are trained to operate machinery such as rock trucks, loaders, excavators and dozers. The program begins with four weeks of foundational training, which includes certifications in Traffic Control Persons, air brakes and more. Students then progress to eight weeks of hands-on machine training across a variety of terrains.

Primary Location:

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

Technical Training Location:

IUOE Training Site
13401 256 St.
Maple Ridge, BC
(Transportation from North
Vancouver provided)

Who is eligible:

Indigenous People
(Status, Non-status, Métis and Inuit)

*Must have a class N licence before applying

What is included:

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

Apply by December 22

Call or email for details & an application package
ONLY fully complete applications will be considered



Empowering Indigenous people to learn a trade and build a successful future

✉ tradescentre@squamish.net

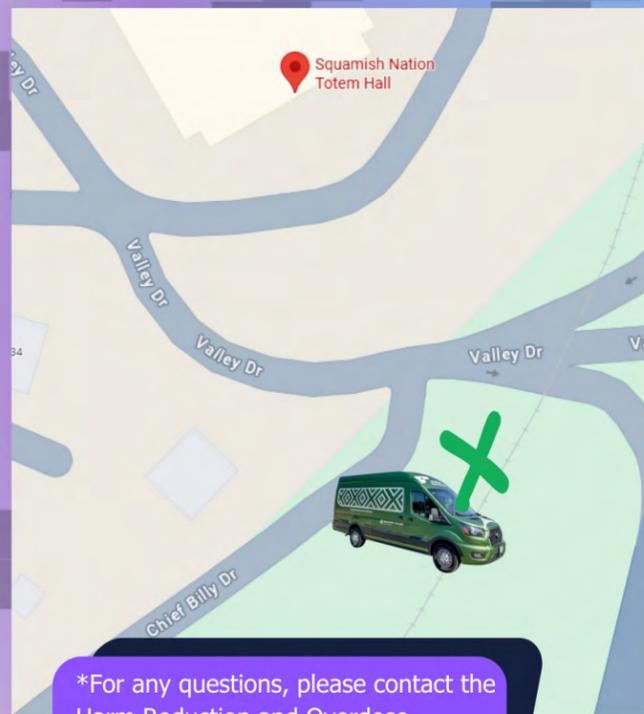
📞 604-980-7946

📷 [sntrainingandtradescentre](https://www.instagram.com/sntrainingandtradescentre)



Scan for website

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



COHI PROGRAM CHILDREN'S ORAL HEALTH INITIATIVE

The new COHI Year starts September 1st the COHI Aide will be calling for Medical Updates soon. If you would like to participate in the COHI program, please call and leave a message:

COHI Aide (Melissa) 236-558-6741

COHI Services Provided By:

COHI Provider (Tammy Laminski), Registered Dental Hygienist
(Melissa Rasmussen), COHI Aide



First Nations Health Authority
Health through wellness

Open to all families with children ages 0-7 & pregnant individuals

Services include: Dental Screenings, Fluoride Application, & Fissure Sealants

Oral Health Education

FREE toothbrushes, toothpaste, floss & denture brushes

All COHI services provided at no cost.

Next COHI Dates:
DECEMBER 8th, 9th & 10th

and JANUARY 12th, 13th & 14th in Squamish.

Please call to book an appointment

Squamish Valley Community Immunizations

Yúustway Health & Wellness

Totem Hall Boardroom, 1380 Stawamus Rd, Squamish

- Flu, COVID, Pneumonia **vaccines** & information for **all ages**
- Other vaccines & reviewing **immunization information**
- **TB screening** & information
- **Infant & child development** information



Dates & Times

TUESDAY, DECEMBER 9TH, 12:30 - 3:30 PM

Questions? Call or Text the Public Health Nurses.

📞 Liz: 604-815-3899

📞 Janet: 604-213-0826



**Skwxwú7mesh
Úxwumixw**

Yúustway
Health & Wellness



Community Gathering in Response to Recent Losses

December 12, 2025 - North Shore

In Lieu of cancelling our annual lháwatsut chet 'we will heal ourselves', we are coming together to support one another during this time of grief and healing. Join us as we honor our community and find strength together.

What to Bring:

- Your drums
- Your spirit of togetherness

Let's unite in healing and resilience. Your presence matters.

The day will include hot chocolate and snacks served at each location, and a chance to win some prizes.

Agenda

The group will meet at the Takaya Place Cul-de-sac on the Seymour Reserve and head out from there.

- 11:30AM - Seymour Reserve
- 12:15PM - Mission Reserve (Condos)
- 12:50PM - Mission Reserve (So-Sah-Latch)
- 1:30PM - Lookout Housing
- 2:10PM - Capilano Reserve (East)
- 2:45PM - Estítkw Place (Safe Place)
- 3:20PM - Capilano Reserve (West)



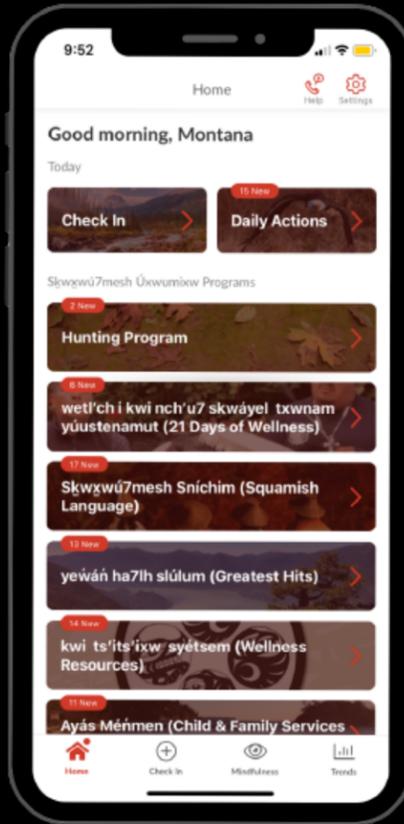
**Skwxwú7mesh
Úxwumixw**

squamish.net



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: 13 Days of Wellness Over the Holiday Season

Join us as we revisit 13 meaningful videos and introduce new ones, sharing Skwxwú7mesh teachings and inspiration for the year ahead.

View all of the teachings by December 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

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

Resin Art Workshop

December 1st & 8th (Mondays)
5:30 – 7:30 PM

Totem Hall – Stawamus Room

For ages 18+



Learn to make your own Christmas ornaments from resin! All experience levels welcome.

Sign up at this link: <https://form.jotform.com/253235291375256>



- 2 separate sessions – sign up for one or the other!
- 8 adults per session
- (*due to use of chemicals, children not permitted at this activity)



Skwxwú7mesh Úxwumixw

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

Squamish Valley Recreation

FAMILY CHRISTMAS party

A private family event for Squamish Nation/SN community members who reside in Squamish Valley

DECEMBER 6, 2025 11:00AM–1:00PM
DEADLINE TO REGISTER: NOVEMBER 26, 2025 4:30PM
TRANSPORTATION INCLUDED



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



Skwxwú7mesh Úxwumixw

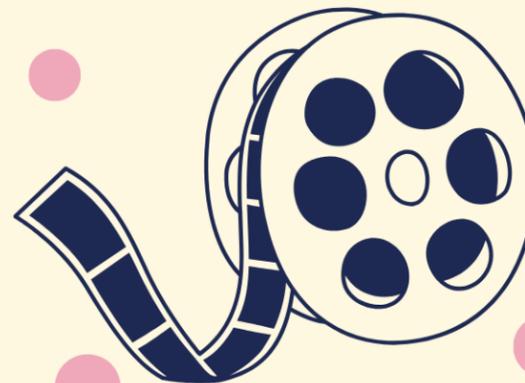
Ta na wa Ch'awát ta Sxwéxwel
Squamish Valley Operations
Recreation

squamish.net

Squamish Valley Recreation

CINEPLEX MOVIE NIGHT ZOOTOPIA 2

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



**TUESDAY
DEC 9, 2025
6:00PM**

**3000 PARK
ROYALS, WEST
VANCOUVER,**

SquamishRecreation@squamish.net 604-892-5166



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

squamish.net

SQUAMISH VALLEY RECREATION

Teen Christmas PARTY

For Squamish Nation/SN community members youth ages 13-18 who reside in Squamish Valley

DECEMBER

FRIDAY | 12 | 6:00-9:00PM
979 AXEN RD - TEEN CENTRE



Deadline to register:
November 26, 2025
Must register to attend
Must attend to receive gift

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



Skwxwú7mesh Úxwumíxw

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

squamish.net

INDIGENOUS ARTISAN MARKET

SAT, DEC 13
11AM - 4PM
FREE MARKET ENTRY

LOCAL INDIGENOUS ARTISANS
SHARING, DEMONSTRATING &
SELLING THEIR ART

COAST SALISH PROGRAMMING
GENEROUSLY SUPPORTED BY:

BMO



MONOVA

Museum & Archives
of North Vancouver

monova.ca

SQOMISH FORESTRY L.P.

Squamish Nation Community Firewood Day

 **Sunday, Dec. 14, 2025**
10 am - 2 pm

 **Sqomish Forestry Log Sort**
39550 Galbraith Rd., Squamish

Squamish People, you're invited to swing by the Sqomish Forestry log sort on Sunday, Dec. 14 for a free load of firewood at our 2nd Squamish Nation Community Firewood Day of 2025!

Ask our team to split the wood for you or cut your own! Those who wish to self-serve must supply their own personal protective equipment, including a hard hat, high visibility vest, ear and eye protection, chainsaw pants, and gloves.

One free pickup truck load of firewood per Sḵw̓xwú7mesh household.

Elders may request firewood delivery from Roger Lewis at roger_lewis@nchkay.com or 604-213-4780.



Call for First Nation artist

VCH is seeking a First Nation Artist from Sḵw̓xwú7mesh Úxwumixw



City Centre Urgent Primacy Care Centre, wall mural by Jody Broomfield, Coast Salish artist.

Vancouver Coastal Health (VCH) is committed to creating welcoming spaces for Indigenous communities and acknowledging the First Nations on whose traditional territory its sites are located.

For more information, please scan the QR code with your phone or access engage.vch.ca/indigenousartists



Questions? Please contact:

Abbey-Jane McGrath, Community Engagement Lead
abbeyjane.mcgrath@vch.ca

Current art call posting	Submission date
Vancouver Coastal Health is seeking an artist from Sḵw̓xwú7mesh Úxwumixw to create five digital art pieces to be installed in and around the maternity ward at Squamish General Hospital (SGH). The five pieces may also be displayed at other locations throughout SGH. They are intended to help create a welcoming, inclusive space for clients seeking services at the site.	December 15

Vancouver Coastal Health is committed to delivering exceptional care to 1.25 million people, including the First Nations, Métis and Inuit, within the traditional territories of the Heiltsuk, Kitasoo-Xai'xais, Lil'wat, Musqueam, N'Quatqua, Nuxalk, Samahquam, shíshálh, Skatin, Squamish, Tla'amin, Tsleil-Waututh, Wuikinux, and Xa'xtsa.





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