

December 11, 2025



# Syétsm t'l'a Sxexelhnát

News of the Week

## Some Important Upcoming Dates

<b>Teen Christmas Party (registration required)</b> ( <a href="#">p. 27</a> ).....	Dec. 12th
<b>Community Gathering in Response to Losses (NS)</b> ( <a href="#">p. 21</a> ) .....	Dec. 12th
<b>Indigenous Artisan Market @ MONOVA</b> ( <a href="#">p. 30</a> ) .....	Dec. 13th
<b>Christmas Market (NS)</b> ( <a href="#">p. 12</a> ) .....	Dec. 13th &14th
<b>SN Community Firewood Day</b> ( <a href="#">p. 31</a> ) .....	Dec. 14th
<b>Vancouver Coastal Health (VCH) art submission deadline</b> ( <a href="#">p. 32</a> ).....	Dec. 15th
<b>Christmas Turkey Hamper pick-up (SV)</b> ( <a href="#">p. 13</a> ).....	Dec. 17th
<b>TOTEM HALL OFFICES CLOSE FOR HOLIDAYS</b> .....	Dec. 23rd
<b>TOTEM HALL OFFICES RE-OPEN</b> .....	Jan. 5th
<b>COHI appointments open</b> ( <a href="#">p. 22</a> ).....	Jan. 12th
<b>EGP Hiring Fair</b> ( <a href="#">p. 19</a> ).....	Jan. 16th
<b>Nexwniwéyah Youth Mentorship Program begins</b> ( <a href="#">p. 23</a> ).....	Jan. 16th
<b>HearingLife Clinic</b> ( <a href="#">p. 24</a> ) .....	Jan. 22nd
<b>BioPed Clinic</b> ( <a href="#">p. 25</a> ) .....	Jan. 22nd

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



# Syétsm t'l'a Sxexelhnát

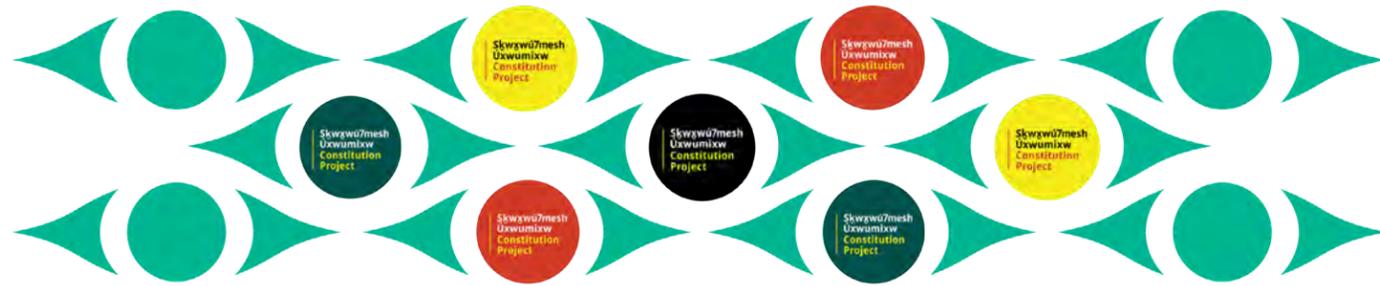
News of the Week

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SUNDAY Sxexelhnat	MONDAY Skwetkalhyes	TUESDAY Stsamyas	WEDNESDAY Schanxwyes	THURSDAY Sxaa7utsens	FRIDAY Stsiyachis	SATURDAY Takwentem
	Motiv 1 Tracy Architect 10:30-2	No Program 2	Staff Party 3	Community Development 4	Mayor of Squamish 5	6
7	Christine B. 8 Wayne Mah 11-3 Cookie Baking Footcare 10-12	9 10-3 Park Royal Christmas Shopping Trip	10 NV Christmas party CJMC 5-9 Footcare 9:30	11 Tsawwassen Road Trip	11-1 12 Matthews West Christmas Lunch	13
14	15 Winter Extravaganza	Mary L. 16 10 Fitness Mary 10:30 Brunch	17 Christmas Lunch	18	Carol L. + Susie T. 19	20
21	22	23	24	25	26	27
Stella O. 28	29	30	31	<b>Legend:</b> Unless stated, all programs will be at the Totem Hall Red: Birthdays Purple: Sign Up Required		



## 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](http://constitutionproject.net)
- follow us on Facebook and Instagram
- email us at [info@constitutionproject.net](mailto:info@constitutionproject.net)
- call us at 604-982-8600

# Bus Route Change



## Bus Route Change for Wíwķ'em Residents

### Route 1: Brackendale routing change starts January 4.

Starting January 4, there will be a route change for Route 1: Brackendale. As seen in the map below, a bus stop along the route will move from Hope Road to Rayburn Road.



The route change is in response to Wíwķ'em feedback on the SV Operations Transit Survey indicating they wanted a bus stop closer to the Community's entrance.

The new route, shown with a dashed line, will **no longer travel on Hope Road.**





# Squamish Nation Home Upgrade Initiative

## Eligible Upgrades

- Insulation
- Heat Pumps + Hot Water
- Windows

**01 Program Sign-Up**  
Shoreline will complete initial home assessments, identifying potential upgrades, and discussing areas of concern.

**02 Project Planning/Scope**  
Our experienced team will coordinate with community operations to plan the execution of home upgrades.

**03 Installation**  
We manage a skilled team of installers to improve your home's comfort and resident health!



**Angela Warder**  
Project Manager



Attic Insulation



Heat Pump



Windows



Book Your Consultation → **778.907.9119**

Email: office@shorelinebp.ca shorelinebp.ca

For more information, please contact Tracey or Shanda @ 604-892-5166



**Skwxwú7mesh Úxwumixw**

Ta na wa Ch'awát ta Sxwéxwel  
Squamish Valley Operations

squamish.net

## CleanBC Better Homes Energy Savings Program Bulk Application Participant Acknowledgment Form



Application number (for administrative use)

The CleanBC Better Homes Energy Savings Program (the "Program") provides enhanced rebates to Energy Savings homeowners and tenants for energy-saving home upgrades. The Program aims to help make life more affordable, improve the quality, comfort, and resiliency of homes, save energy, and reduce greenhouse gas (GHG) emissions. Eligible upgrades include heat pumps, heat pump water heaters, insulation, and windows and doors. Health and safety, ventilation, and electrical panel upgrades are also eligible if they are necessary and completed in association with a heat pump, heat pump water heater, insulation, or windows and doors upgrade. Rebates are paid directly to Registered Contractors. For more information on the program, visit [betterhomesbc.ca/energy-savings](https://betterhomesbc.ca/energy-savings) or contact us at 1-833-856-0333 or [EnergySavingsProgram@betterhomesbc.ca](mailto:EnergySavingsProgram@betterhomesbc.ca).

To be eligible for the Program, each Participant must satisfy the eligibility and other requirements set out in the CleanBC Better Homes Energy Savings Rebate Eligibility Requirements and Participant Terms and Conditions available at [betterhomesbc.ca](https://betterhomesbc.ca). All capitalized terms that are used, but not defined, in this Bulk Application Participant Acknowledgment Form have the meaning attributed to them in the foregoing documents.

As the homeowner or tenant, you are receiving this form because \_\_\_\_\_ has submitted a Bulk Pre-registration Form to the Program that includes your home. Organization Name

### Participation in and benefits from the Program

The CleanBC Better Homes Energy Savings Program Rebate Eligibility Requirements ("Rebate Eligibility Requirements") set out on [betterhomesbc.ca](https://betterhomesbc.ca) and the attached CleanBC Better Homes Energy Savings Program Participant Terms and Conditions ("Participant Terms and Conditions") will apply (together, the "Program Rebate Requirements") to Program participants. Submitting an application (through the above-mentioned organization or personally) indicates acceptance of all the Program Rebate Requirements and confirms the participant's intent to be bound by them.

I acknowledge and agree that:

- the above-named organization is a Participant in the Program and is bound by the Participant Terms and Conditions, attached as Schedule A, which impose binding obligations upon them;
- having the above-named organization act as a Participant in the Program will result in a benefit to me, and as such I agree to cooperate with and assist the Participant as required so that it may fulfill its obligations under the Program and the Participant Terms and Conditions;
- to my knowledge, all information provided in relation to the Program will be true and correct;
- I provide the above-named organization permission to apply to the Program and to undertake other actions as required so that I may enjoy benefits associated with the Program;
- I provide the above-named organization permission to share my personal information with the Administrators, including name, address, and utility account numbers; and
- I understand that the Administrators collect, use and disclose personal information in accordance with the following:
  - o **The Province of British Columbia** - *Freedom of Information and Protection of Privacy Act*, section 26(c). For more information, contact: Senior Energy Efficiency Coordinator - Residential at [betterhomesbc@gov.bc.ca](mailto:betterhomesbc@gov.bc.ca) or PO Box 9314 Stn Prov Govt, 4th floor, 1810 Blanshard St, Victoria, BC, V8W 9N1.
  - o **CLEAResult Canada** – *Freedom of Information and Protection of Privacy Act*, section 26(c). For more information, contact: CLEAResult Privacy Officer at [department.it.security@clearresult.com](mailto:department.it.security@clearresult.com) or Suite 1622, 393 University Avenue, Toronto, ON, M5G 1E6.
  - o **BC Hydro** – *Freedom of Information and Protection of Privacy Act*, and BC Hydro's Privacy Policy (available at [bchydro.com/privacy](https://bchydro.com/privacy)). BC Hydro's collection, use, and disclosure of personal information is authorized by sections 26(c) and (e), 32 and 33 of the *Freedom of Information and Protection of Privacy Act*. CLEAResult is subject to the BC Hydro Privacy Protection Schedule with respect to collection, use and storage of personal information. For more information, contact BC Hydro's Customer Service at 604-224-9376 or 1-800-224-9376 outside of the Lower Mainland.

Name (please print)

Signature

Date (Year/Month/Day)



**Information for CleanBC Better Homes Energy Savings Program**

**Name :** \_\_\_\_\_

**Email :** \_\_\_\_\_

**Phone number :** \_\_\_\_\_

**Address :** \_\_\_\_\_ **Postal Code :** \_\_\_\_\_

**Age of home :** \_\_\_\_\_

**Square Footage of home :** \_\_\_\_\_

**BC Hydro account # :** \_\_\_\_\_

**Fortis BC account # :** \_\_\_\_\_



**Medical Travel for Members Living on Reserve: Info Sheet**

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

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

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

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

- 2) **Elders can contact the Elders Team and book a ride with them.**

The PO will be given to the Elders Driver.

- 3) **All confirmation forms must be signed and returned.**

*\*\*Members living off reserve should contact FNHA directly at 1- 855-550-5454\*\**

**Gas PO Policy:**

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



**MEDICAL PATIENT TRANSPORTATION INTAKE**

Travel Details

Name of Patient: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_  
 DD/MM/YYYY Name of Driver: \_\_\_\_\_  
 Care Card #: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
 Status #: \_\_\_\_\_ JDE #: \_\_\_\_\_

---

Travel to: \_\_\_\_\_ (Ex. Doctor's/Dentist Name, Hospital Name etc)  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
 Appt. Date \_\_\_\_\_ Time: \_\_\_\_\_ Return Time: \_\_\_\_\_  
 (DD/MM/YYYY)  
 Purpose of Visit \_\_\_\_\_

~\*OFFICE USE ONLY\*~

Date Requested \_\_\_\_\_ Mode of Transport Requested: \_\_\_\_\_ Taxi:  Bus:   
 (DD/MM/YYYY)  
 Taxi Type Regular:  Wheelchair  Return Trip: \_\_\_\_\_  
 P/O # \_\_\_\_\_ Amount: \_\_\_\_\_ Date: \_\_\_\_\_  
 (DD/MM/YYYY)

Compass Card:	<input type="checkbox"/> One Zone	_____	\$2. <sup>20</sup> ea	Compass Card #:	_____
	<input type="checkbox"/> Two Zone	_____	\$3. <sup>25</sup> ea		
	<input type="checkbox"/> Adult Day	_____	\$10. <sup>00</sup> ea		
	<input type="checkbox"/> Monthly	_____	\$126. <sup>00</sup> ea		

HanyDART Fare Savers # Zone: \_\_\_\_\_  
 HBA&P Signature \_\_\_\_\_ Date: \_\_\_\_\_

**BEADING CLASS**

**Everyone Welcome!**

**Join us and learn how to bead**

**Every Tuesday**

September 9<sup>th</sup> – December 16<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



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

2025

North Van & Squamish Valley  
 Dec 17<sup>th</sup>

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

Outside Lower Mainland:  
 Gift Card Eligibility  
 Deadline: Dec 5<sup>th</sup>

Contact Lisa Baker:  
 236-465-6941

Prepared & Packed by  
 S7ílhen Food Program Team

in collaboration with:  
 Member Services & Ayás Ménmen

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 Wellnes | 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 Skw̓wú7mesh Úxwumixw. We look forward to receiving your application and supporting your professional growth with the Nation.

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





## Indigenous Patient Navigator, Squamish General Hospital

### Job Summary

The salary range for this position is CAD \$42.27/hr – \$52.81/hr.

- Create safe people, places, and systems for First Nations, Métis, and Inuit clients and their families, by helping them to navigate the health system with Vancouver Coastal Health (VCH).
- Communicate with clients and primary care teams, to ensure clients successfully access primary care and community-based health care services.
- Ensure that patient care occurs in a culturally safe and respectful manner by:
  - helping clients and families voice their questions or concerns to the primary care teams,
  - offering traditional, culturally safe resources that complement current healthcare regimes,
  - acting as intermediary between client and care team through your presence, communication, approach, and understanding.
- Liaise with a variety of Indigenous community-based agencies, including the Indigenous Health Program, Interdisciplinary VCH health care providers, and VCH leadership.
- With your knowledge of patients' experience, influence our program development, planning, and evaluation of services for First Nations, Métis, and Inuit clients.

This work is focused on VCH's people-centred values, by advancing Indigenous Cultural Safety, anti-racism, equity, diversity, and inclusion.

### Qualifications

- Two (2) to three (3) years' recent, related experience working with Indigenous communities in British Columbia, with a combination of training, education, and/or experience in a similar field.
- Bachelor's degree in Health Care, Social Work, Nursing, or related discipline preferred.
- Access to appropriate transportation; travel within the health authority's geographic area is required.
- Pursuant to Section 41 of the British Columbia Human Rights Code, preference will be given to individuals of Indigenous identity (First Nations, Inuit, Métis).

To view the full details of this job listing, and to apply, scan the QR code or use the link below:

<https://careers-vch.icims.com/jobs/156700/indigenous-patient-navigator%2c-squamish-general-hospital/job>



**Skwxwú7mesh  
Úxwumixw**

Sts'its'áp'newás  
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



Scan for website



## Empower Your Future with Stitsma Career Centre

### **NORTH VANCOUVER CENTRE** **LIFE SKILLS FOR INCOME ASSISTANCE CLIENTS**

January 12 & 16, 2026  
9:00 AM–2:00 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

**Why participate?**

Build real-world skills in a supportive environment.

**Register by January 7**



January 13, 2026  
9:00 AM – 3:00 PM

### **SQUAMISH VALLEY CENTRE** **SERVING IT RIGHT**

*In partnership with ProSafe Training*

Serving it Right is designed to encourage a responsible, caring and professional approach to the serving of alcohol.

**What will you learn?**

- An understanding of the effects of alcohol on the body
- How to recognize signs of intoxication
- How to ID minors to prevent underage drinking
- & more!

**What is included:**

- Lunch
- \$75 incentive

**Register by January 6**



☎ NV: 604-985-7711    ☎ SV: 604-848-2260    ✉ stitsma\_career@squamish.net



## Empower Your Future with Stitsma Career Centre

# EGP HIRING FAIR

YOUR NEXT CAREER MOVE STARTS HERE.

**JANUARY 16, 2026**  
**11:00 AM - 6:00 PM**

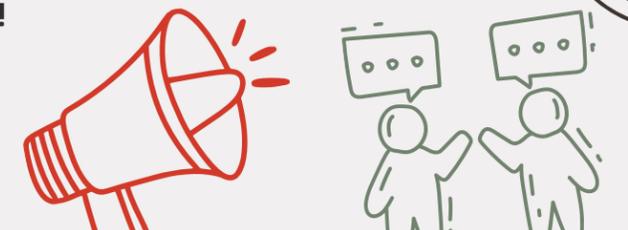
**TOTEM HALL**  
**1380 STAWAMUS ROAD**  
**SQUAMISH, BC**

### EMPLOYERS INCLUDE:

- FortisBC
- Surerus Murphy Joint Venture
- Kiewitt
- Integral Energy Services Inc.
- Bridgemans Services Group
- Paladin Security
- Bizzie B's Cleaning
- + more!

Connect directly with contractors and subcontractors, discover job opportunities, learn about work scope and get your questions answered!

**SNACKS, REFRESHMENTS & DOOR PRIZES AVAILABLE!**





**Skw̓wú7mesh Úxwumixw**  
Squamish Nation

## Fellowship of the Spirit

*To the members in the Valley who are looking for some support to achieve sobriety and be around like-minded people:*

You are welcome to join us in the Fellowship of the Spirit meeting to share or just to listen. No pressure to commit, but just to get your foot in the door and start your journey to healing your mind, body, and spirit.

At the meeting we alternate between nights where we read from the AA book and share, and nights where we have a Talking Circle. We are looking forward to greeting you with an open mind, and open heart, and open arms.

*\*We have childcare available for young or single parents to further support their needs.*



**Meeting @ the Shaker Church —  
1365 Chief Billy Dr.  
Every Friday night, starting @ 6:15pm**



# Community Gathering in Response to Recent Losses

**December 12, 2025 - North Shore**

In Lieu of cancelling our annual lh̓watsut 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)



**Skw̓wú7mesh Úxwumixw**



# COHI PROGRAM CHILDREN'S ORAL HEALTH INITIATIVE

The new COHI Year starts September 1<sup>st</sup> 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 8<sup>th</sup>, 9<sup>th</sup> &  
10<sup>th</sup>*

*and JANUARY 12<sup>th</sup>, 13<sup>th</sup>  
& 14<sup>th</sup> in Squamish.*

*Please call to  
book an  
appointment*



**Paid volunteer  
opportunities!**

# NEXWNIWÉYALH

(To instruct/to  
teach/give advice)

## YOUTH MENTORSHIP PROGRAM AGES 12-24

Squamish youth are invited to join us every Friday to learn from Elders Mary Jane Natrall and Donna Billy. Participants will learn about traditional protocol and practices as well as take part in land based healing activities. Attendees will share a meal together and get brushed off every week. To learn more, email [wellness@squamish.net](mailto:wellness@squamish.net) or call 604 982 7816.

**WHEN: Every Friday, 4:15-7:15PM, January 16<sup>th</sup> - March 27<sup>th</sup>, 2026**

**WHERE: Totem Hall Elder's Lounge**





**Skwxwú7mesh Úxwumixw**  
Squamish Nation

Yúustway  
Health & Wellness  
Health Benefits Advocacy  
& Promotion



**HearingLife**

Formerly **NEXGEN HEARING**

**~Every two months~**

Hearing aid clean &  
check

Hearing screening  
Education

Thursday, January 22 2026

9:30-12:30

Totem Hall Board Room

Contact Caroline to Book: 236-877-7782

caroline\_perrin@squamish.net

- Custom foot orthotics
- Medical compression socks
- Ankle braces
- Knee braces
- Diabetic foot assessments



**Every  
Three  
Months!**

Totem Hall  
Thursday,  
January 22nd,

Stawamus Room



**To Sign Up:**

Contact Health Benefits:

Caroline

P: 236-877-7782

E: caroline\_perrin@squamish.net

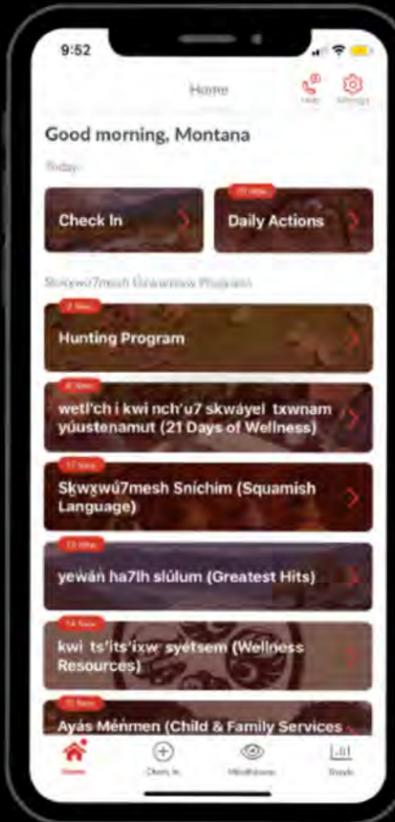
**\*\*Bring a doctor's Rx if you have one\*\***



# ta skwálwentn

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

ta skwálwentn is your Skw̓xwú7mesh 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 Skw̓xwú7mesh 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 Skw̓xwú7mesh teachings and inspiration for the year ahead.

View all of the teachings by December 31 for a chance to win \$250 worth of Skw̓xwú7mesh tála to put toward a prize of your choice from a local Skw̓xwú7mesh 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**

# 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](mailto:SquamishRecreation@squamish.net)



**Skw̓xwú7mesh Úxwumíxw**

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



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

**DECEMBER 17, 2025 | 6:00-8:00 PM  
1380 STAWAMUS RD - TOTEM HALL GYM**

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



**Skwxwú7mesh  
Úxwumixw**

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

squamish.net



**The newest issue of our  
*Quarterly Update to the  
Squamish People*  
is now available!**

Scan the QR code or visit  
[www.nchkay.com/updates](http://www.nchkay.com/updates)  
to read it online



**INSIDE THE FALL 2025 ISSUE, YOU'LL FIND:**

- The acquisition of International Plaza;
- The restructured partnership at Señákw;
- New training at Sqomish Forestry and our Marinas;
- Photos of our team out and about in the community;
- Staffing demographics;
- And much more!

***Prefer to read it in print?*** Pick up a copy at the North Vancouver or Squamish Valley Elders' Centres, the Squamish Nation Main Office, EsIha7an Learning Centre, Training & Trades Centre, Totem Hall, or CJMC — or, you can sign up to receive a print copy by mail.

If you or a family member would like to sign up to receive a Quarterly Update by mail, complete the form at the top of the page linked above or email us at [communications@nchkay.com](mailto:communications@nchkay.com).

***Please note that mail service is offered to Squamish People only.***

# 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:



# 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](mailto:roger_lewis@nchkay.com) or 604-213-4780.**



# Call for First Nation artist

VCH is seeking a First Nation Artist from Skw̓wú7mesh Úxwumíxw



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](https://engage.vch.ca/indigenousartists)



Questions? Please contact:

Abbey-Jane McGrath, Community Engagement Lead  
[abbeyjane.mcgrath@vch.ca](mailto:abbeyjane.mcgrath@vch.ca)

Current art call posting	Submission date
Vancouver Coastal Health is seeking an artist from Skw̓wú7mesh Úxwumíxw 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.	<b>December 15</b>

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.



# Etl'ím lh̓kaych'

Time of short days - December



nexws cháchshay'  
swí7ka



tíntin



k'át'am



s7émnexw



máka7 swí7ka



st'l'alkem  
skwáyel stsek



lúlum ta st'l'alkem  
skwáyel slúlum



tl'a7áshen



Ta na wa Ns7éyxnitm ta Snewiyelh  
Language & Cultural Affairs



**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**