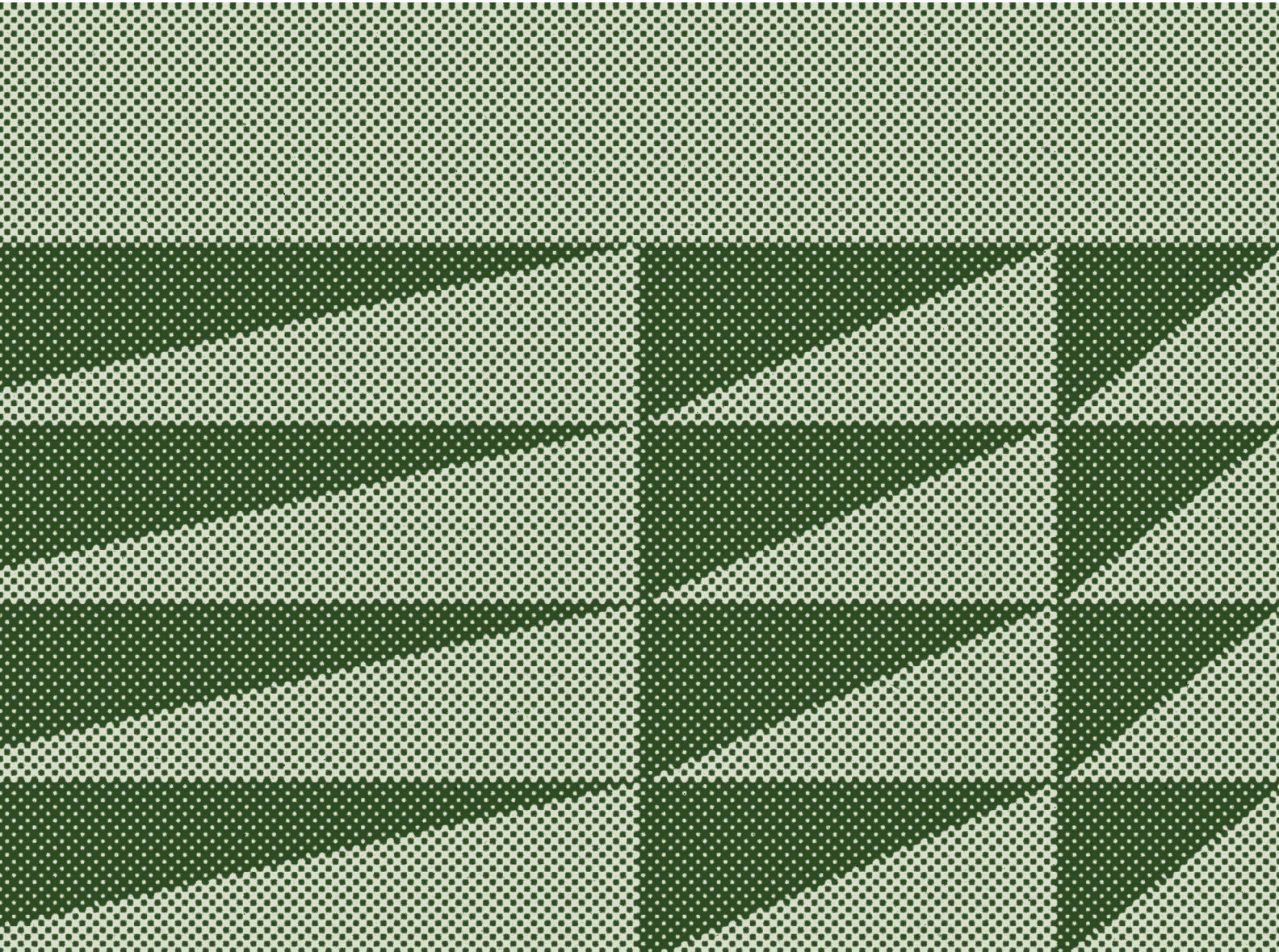




Syétsem tl'a Sxexelhnát

News of the Week

Monday, March 2, 2026





**Skwxwú7mesh
Úxwumíxw**

Squamish Nation



Please join us!

Chet wa í7sun We Pull Together

Putting our Elder's Program Plan into Action!

Gatherings for Elders Living Away-from-Home

Share your ideas on our Satellite Program for Elders living Away-from-Home. Join us for feasting and connection.

All Squamish Elders (aged 55+) are invited to attend!

MARCH GATHERING

Saturday, Mar 7, 2026, 10:00 am - 2:00 pm

Britannia Community Centre (Al Mattison Lounge), 1661 Napier St, Vancouver

Elders are encouraged to bring a +1 or Youth.

Transportation stipend available. Let us know you're coming!

Please email eldersproject@squamish.net or call 672-335-0817.

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**Welcome to wa lh7tíhá ta Sk̓wx̓wú7mesh
Our Way of Being a Nation the Squamish Nation Constitution Project!
You're invited to make history this April! Come join us!**

We're excited to share the first draft of the **wa lh7tíhá ta Sk̓wx̓wú7mesh (Squamish Nation Constitution)** with you at one of our three upcoming gatherings!

April 18 (Saturday) at Chief Joe Mathias Centre, North Vancouver
Lunch at noon, meeting from 1 - 4pm
Transportation provided

April 22 (Wednesday) Virtual Event Online Only 5:30 - 7:30pm
Register online

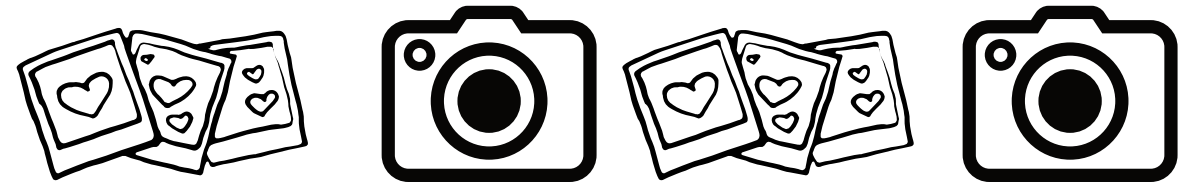
April 26 (Sunday) Totem Hall, Squamish
Lunch at noon, meeting from 1 - 4pm
Transportation provided

Don't miss out! These gatherings are the first chance to provide input on the first draft. What parts do you love? What parts need more work? What parts may have been forgotten? We want to hear it all. Choose the location that works best for you - or even attend all three.

SAVE YOUR SPOT NOW! Visit constitutionproject.net to register.

If you need assistance to register, please call us at 604-982-8600 and we would be happy to help!

We're searching for photos and stories! Please share yours!



If there's one thing Sk̓wx̓wú7mesh People love, it's stories - listening, learning, sharing, and telling them. Will you share yours with us? We invite you to share photos of your ancestors and family with us, so we can post them on social media or in other communications. Let's learn more about each other and celebrate our shared history and culture. After all, that's what this project is all about. Please email us at info@constitutionproject.net and we will send you the link to upload.

Did you know? We only have contact information for less than half of you?

Connection shouldn't only happen online. Having up-to-date contact information is more important than ever and our lists are sadly out of date. To ensure we can reach you with essential information about wa lh7tíhá ta Sk̓wx̓wú7mesh (Squamish Nation Constitution Project), please confirm your mailing address by either going online constitutionproject.net, or you can call us at 604-982-8600 and we can take your information down.

How to reach us

email: info@constitutionproject.net
phone: 604-982-8600
website: constitutionproject.net

Find and follow us on social media

Facebook: [snconstitution](https://www.facebook.com/snconstitution)
Instagram: [snconstitution](https://www.instagram.com/snconstitution)





Skwxwú7mesh Úxwumixw

Squamish Nation

TAX PREPARATION SERVICES

Available March 9 - May 15

All Squamish People are encouraged to file tax returns. For assistance and support, Squamish Nation is providing services through H&R Block. The service is available for those with **simple tax returns** (eg. no business income). It is free of charge for:

- Elders 55+
- Income Assistance clients
- Squamish People with low income as defined by the CRA

If you are not eligible for free filing, you will be charged a discounted price.

Members can submit their tax documents at these locations:

North Vancouver

- H&R Block at 1754 Lonsdale Avenue
- H&R Block at 960 Marine Drive
- Squamish Nation Main Office at 320 Seymour Boulevard – submit documents Monday to Friday, 9am to 4pm
- Service for housebound people: To request an at home visit, call 604-980-4553 or email tax_returns@squamish.net.

Squamish Valley

- Totem Hall Office – submit documents Monday to Friday, 10am to 4 pm. A tax representative will be at the Admin Room on Fridays.
- Service for housebound people - To request an at-home visit, please call Patricia Brown at 604-815-9099 or email patricia_brown@squamish.net.

Online

- Use the H&R Block file upload system any time (bit.ly/HandRBlockOnline).

Questions? Email: tax_returns@squamish.net



Jay Treaty Understanding Your Rights at the Border

Open to all community members

Join us for an information session on the Jay Treaty and understanding your rights while crossing the border with First Nations Status.

Date: Wednesday, March 4, 2026

Location: Chief Joe Mathias Centre

Time: 5 pm – 9 pm

Agenda:

- Introduction
- Feast
- Presentation
- Questions & Answers

Hosted by: Justice Services and Member Services Department

Questions? You can contact:

- Nicasio Campos: nicasio_campos@squamsih.net
- Melissa Wale-Ryan: 604-982-7610 or melissa_wale-ryan@squamish.net
- Stacey Williams: 604-762-4905 or stacey_williams@squamish.net





2026 Sports & Recreation Grant

Cycle 1 now open! Deadline: March 9, 2026

The 2026 Sports and Recreation Grant - Cycle 1 is now open! Download an application at squamish.net/sport-rec-grants or scan the QR code:



Submit your application by Monday, March 9, 2026, before 4:30 pm:

- Email: rec@squamish.net
- Fax: Attention Justine Sobell, 604-980-8277
- Mail or personal delivery Attention: Justine Sobell, 100 Capilano Road, North Vancouver BC V7P 3P6

Please note: If you applied for and received funding for Cycle 2 in August 2025, you are not eligible to apply for this round.


If you have any questions, contact Justine Sobell at Justine_Sobell@squamish.net or call 604-980-6338.



Squamish Valley Weekly

Open Talking Circle

TUESDAYS
5:30pm-7:30pm




MARCH 3 -
MAY 26, 2026

@HA7LH SKWALWNAWTXW SIYICH'EM
(HEALTHY HUB, 41139B GOVERNMENT ROAD)

A SAFE SPACE FOR BOTH MEN & WOMEN TO COME AS THEY ARE, SHARE SNACKS, AND RECEIVE SUPPORT. TOPICS WILL COVER TRADITIONAL VALUES & WELLNESS, HEALING AND MORE.

FACILITATED BY JESSICA BLOIS & DALLAS GUSS

ANY QUESTIONS, PLEASE CONTACT
WELLNESS@SQUAMISH.NET



Skwxwú7mesh
Úxwumixw
Yúustway
Health & Wellness
Community Health & Wellness



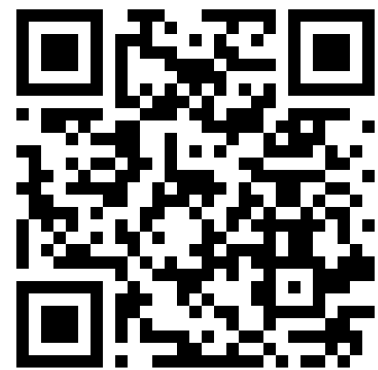
Paddle Vest Workshop

March 10th, March 17th, March 24th, & March 31st
5:00PM - 9:00PM @ Chief Joe Mathias Centre

Join us for a special Paddle Vest Workshop Series led by Kanani Nahanee, where Squamish Nation community members will learn to create traditional paddle vests in a supportive, hands-on environment. Participants will be guided through each step of the crafting process, learning cultural teachings and techniques along the way. All supplies and dinner will be provided. Space in these workshops is very limited.

For any questions, please email wellness@squamish.net or call 604 982 7816

Scan the QR code to learn more and to sign up! Registration opens February 25, 2026.



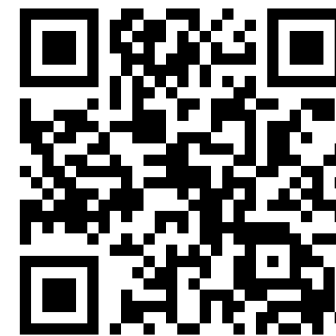
POW WOW

Dance Fit



Facilitated by Dallas Guss

Every Thursday, 6:30PM–7:30PM, March 5 – April 2
Totem Hall Gym



Come and learn traditional pow-wow dances, while moving your body! For questions, please call 604 982 7816 or email wellness@squamish.net



Register here!
Registration opens
February 23 @ 1:30PM





JOIN US FOR
OUR WEEKLY
OPEN
TALKING
CIRCLE

Nexwsp'áyakentsut

always fixing oneself

EVERY TUESDAY, FEBRUARY 24-MAY 12, 5:15PM - 6:45PM
@ AYÁS MÉNEMEN BOARDROOM (380 WELCH STREET, UNIT 2)

An all genders talking circle for Skw̓wú7mesh Stélmexw (Squamish People) to explore their sobriety and partake in sober activities. This 12 week program touches on emotions, relationships, connection & healing.

FACILITATED BY HEATHER ANDREW & ALEX OSSUDALLAH

ANY QUESTIONS, PLEASE CONTACT
WELLNESS@SQUAMISH.NET OR 604 982 7816



HIV Community Wellness Initiative

ÁYETSUT

(BEING CAREFUL WITH YOURSELF)

CHIEF JOE MATHIAS CENTRE

MARCH 12, 2026, 4:00PM - 7:00PM

Education, Sharing, and Care

Join us for an information session and learn about HIV wellness and how to care for yourself. **Testing opportunities,** lunch and care packages provided.

For questions, please email
Juhi_Tayal@squamish.net or call 236 788
1977

Register here!
Registration open Feb
27 1:30PM - Mar 6
1:30PM



TUBERCULOSIS SCREENING AT SQUAMISH VALLEY FOR WORLD TB DAY



World TB Day (March 24th) is a day to share with the community the ongoing impact of TB in Canada. TB usually affects the lungs and if left untreated can lead to serious illness. Thankfully, TB can be **screened** and **cured**.

The Yúustway Health & Wellness Public Health Nurses invite you to their Tuberculosis Screening Sessions:

VISIT 1: PLACEMENT

When? Tuesday, March 3rd 2026

At what time? 1:00 - 3:00 PM

Where? Totem Hall Boardroom

VISIT 2: READING

When? Thursday, March 5th 2026

At what time? 1:00 - 3:00 PM

Where? Totem Hall Boardroom

Get checked for TB if you have:

- Diabetes
- Cancer
- Kidney Disease
- Leukemia
- Lymphoma

- Contact with someone who has TB disease
- If you are underweight
- On medication that suppresses immunity (e.g. prednisone)
- If you have an organ transplant



REGISTER OR DROP-IN.
TO REGISTER PLEASE CONTACT DENI OLIVARES/LIZ GRANT AT:
(236) 668-9653

FEBRUARY 2026



Woodfibre LNG & Fortis BC Eagle Mountain Gas Pipeline Projects Update

RSVP TO:

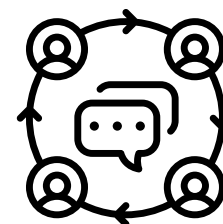
swiyat@squamish.net
or
778-966-1117

SKWXWÚ7MESH ÚXWUMIXW (NV) COMMUNITY SAFETY INFO SESSION



In order to maintain construction schedule, a second Floatel was required and subsequently approved by Skwxwú7mesh Úxwumixw (and other regulators) and arrived at Swiyát (Woodfibre) in late December 2025. Ta na wa Yúus ta Stitúyntsam (Rights and Title) would like to invite you to join together, over a light meal, to share information and answer any questions you might have regarding Floatel 2, community safety and access protocols.

Please **RSVP** to 778-966-1117 or swiyat@squamish.net.



Location:
Eslha7an Room,
Chief Joe Mathias Centre
100 Capilano Rd,
North Vancouver

Date & Time:
March 25th 2026
6:00-8:00 pm



Photo Credits: WLNG



INDIGENOUS YOUTH AMBASSADOR PROGRAM

Skwxwú7mesh Lilwat7úl
CULTURAL CENTRE
WHISTLER

Gratefully supported by



The Indigenous Youth Ambassador (IYA) Program is an immersive cultural and tourism education program that teaches the foundations of business, through the lens of an Indigenous cultural centre in Whistler BC. This ten-week paid training includes placement in the Food & Beverage, Retail, and Cultural Departments. We provide a safe space for students to gain confidence, skills and work experience, while discovering their personal strengths and interests.

NEXT INTAKE
**APRIL 8 –
JUNE 12, 2026**

Apply now at slcc.ca/IYA



STITSMA CAREER CENTRE



LOOKING FOR WORK?

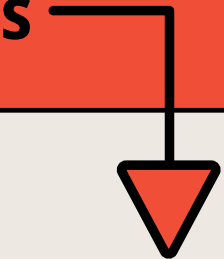
CHECK OUT THE STITSMA JOB BANK FOR EMPLOYMENT OPPORTUNITIES

OVER 40 JOBS CURRENTLY AVAILABLE AND NEW JOB OPPORTUNITIES POSTED WEEKLY

POSITIONS INCLUDE:

- 📌 **ADMINISTRATIVE ASSISTANT**
District of North Vancouver
- 📌 **AIRFIELD OPERATIONS SPECIALIST**
YVR
- 📌 **BUILDING SERVICE WORKER**
Lu'ma Native Housing Society

* 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

Natural Resource Manager

Permanent Full-Time | Ta na wa Yúus Stitúyntsah Rights & Title | North Vancouver, BC

Jordans Principle Service Administrative Support Worker

Term Full-Time | Ayás Méhmen Child and Family Support Services | North Vancouver, BC

Major Projects Planner

Permanent Full-Time | Ta na was Shéway I7xw ta Úxwumixw Planning & Capital Projects | North Vancouver, BC

Project Manager, Capital & Infrastructure Projects

Permanent Full-Time | Ta na was Shéway I7xw ta Úxwumixw Planning & Capital Projects | North Vancouver, BC

Driver

Casual | Ta na wa Ch'awát ta Sxwéxwel Squamish Valley Operations | Squamish, BC

Housing Project Coordinator

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

Client Care Coordinator

Casual | Yúustway Health & Wellness | North Vancouver, BC

Hiyám Housing

Kitchen Coordinator

Full-time | Estítkw Place | North Vancouver, BC

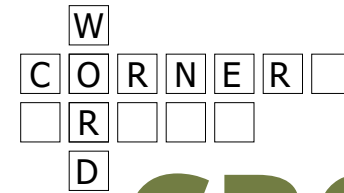
hiyamhousing.com/career-opportunities

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

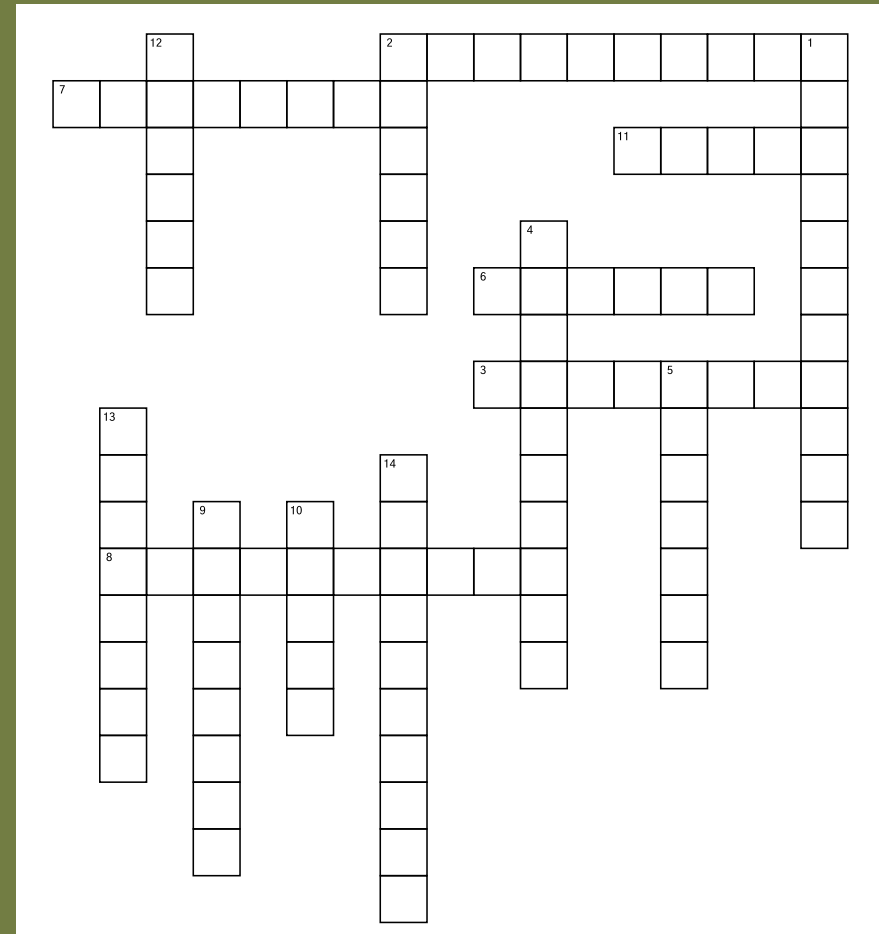


CROSSWORD

Medicinal Plants

DOWN:

1. Early spring shoot eaten fresh and used in light herbal teas
2. Evergreen whose citrus-flavoured spring tips are used for nourishment
4. Sacred spiny-stalked plant known for strong anti-inflammatory medicine
5. Vitamin-rich fruit of wild roses, used in teas and preserves
9. Fragrant fir tree with needles commonly brewed into soothing tea
10. Sacred coastal tree used for cleansing, medicine, and protective smoke
12. White-flowered herb long used to soothe small cuts and irritations
13. Thorny shrub with berries used in wellness teas
14. Tree whose sticky buds form aromatic healing salves



ACROSS:

2. Fragrant grass braided for ceremonial purposes and positive energy
3. Fragrant coastal rose with petals used for tea and gentle eyewash
6. Stinging plant harvested for nutritious teas, soups, and tonics
7. Powerful Coast Salish medicinal plant respected for its healing strength
8. Striped fan-shaped mushroom growing on logs, valued for resilience
11. Evergreen shrub with dark berries used for traditional teas and digestion support

