



Syétsem tl'a Sxexelhnát

News of the Week

Monday, March 30, 2026



ha7lh skwáyel (good day)

Please note: There will be no newsletter next week due to the Easter long weekend. We'll return with our next edition the following week (April 13, 2026).

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SQUAMISH NATION OFFICIAL NOTICE

SAVE THE DATE

**SQUAMISH NATION
PEOPLE'S ASSEMBLY**

CJMC* | Online (Zoom)
SUNDAY, APRIL 12, 2026
10:00 AM - 5:00 PM

Why attend the People's Assembly?

- Get involved and stay updated on important information.
- Vote on resolutions and receive updates on previous resolutions from staff. Enjoy time with friends and family while discussing our future.

Your vote matters! Attend and cast your vote on issues that matter to you.

Please be advised that the first People's Assembly will take place at Chief Joe Mathias Centre and Online ONLY. In-person meeting locations will alternate throughout the year.

Proposed Agenda

April 12, 2026 People's Assembly
Chief Joe Mathias Centre* | Online (Zoom)

10:00 AM Opening

- Meeting Call to Order
- Opening Remarks/Meeting Information 10:45

10:45 AM Final Quorum Count

- 5% of eligible voters

11:00 AM Main Meeting

- Approval of Agenda
- Approval of Minutes:
 - November 15-16, 2025 Annual General Meeting
- Special Business:
 - Vote on Member-submitted Resolutions
 - Staff Updates on Previous Resolutions

5:00 PM Meeting Adjourned



UPDATE: April 2026 Distribution

Nexwsxwníwntm ta Úxwumixw (Council) and Ts'its'ixwnítway (Member Services) would like to update Members on the Squamish Nation Regular Distribution for April 2026.

Wednesday, April 1 | Thursday, April 2, 2026

8:30 am – 4:00 pm

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

Pick up locations:

Totem Hall
1380 Stawamus Drive
Squamish

Chief Joe Mathias Centre
100 Capilano Road,
West Vancouver

Important dates

- DIRECT DEPOSIT and ELDER 65+ DELIVERY on **Wednesday, April 1.**
- Canada mail will go out **Tuesday, April 7.**

The distribution for April 2026 will be a total of \$272.10. This amount includes the Regular Distribution and a Cost-of-Living Adjustment.

A Cost-of-Living Adjustment is an increase to help people keep up with rising prices for everyday things such as food, housing, and transportation.

Council will provide a full update on Distribution to community once the Squamish Nation budget has been approved at the end of March 2026.

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



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:

ACCOUNTING OFFICER

District of North Vancouver

GENERAL LABOURER

NDY Contracting

CONTRACT MANAGEMENT SPECIALIST

McDermott

* 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



Skwxwú7mesh Úxwumixw

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

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



WOMEN IN TRADES

May 4 - July 24, 2026
Monday - Friday 9:00 am - 3:00 pm

A "Try a Trade" program that allows students to explore six different trades so they can find out what interests them. The trades may include a combination of carpentry, plumbing, electrical, painting, scaffolding, steel stud framing, floor installation and more.

What is included:

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

Apply by April 20



May 11 - July 30, 2026
Tuesday - Thursday 6:30 - 9:00 pm



LEADERSHIP DEVELOPMENT

This program is suited for emerging or existing leaders looking to enhance their leadership skills.

What skills will you gain?

- Strategies for problem solving in the workplace
- Communication tools for leaders
- How to create accountability in the workplace
- How to manage change + much more!

What is included:

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

Apply by April 20



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

✉ tradescentre@squamish.net

☎ 604-980-7946

📷 sntrainingandtradescentre



Scan for website



SOARING 2026 Indigenous Youth Conference

Conference Dates
May 11—14 2026

Hosted by Indspire in
Halifax, Nova Scotia



Students considered for this opportunity must meet the following criteria.

- Be in Grade 10, 11 or 12.
- Maintaining at least a C average in school.
- Demonstrate consistent school attendance.
- Be able to commit to 3 meetings prior to departure.
- Are you interested in leadership?
- Do you want to learn more about role modeling and community service?



Deadline to register: Friday, April 10th

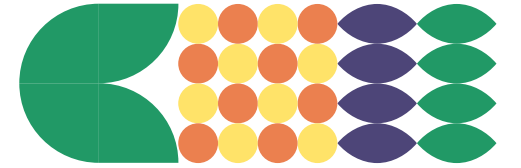
Students will be randomly selected via lottery

Contact to Sign-up

Shannon_Treadwell@squamish.net

Our staff will chaperone the youth during the event.

APRIL 2026

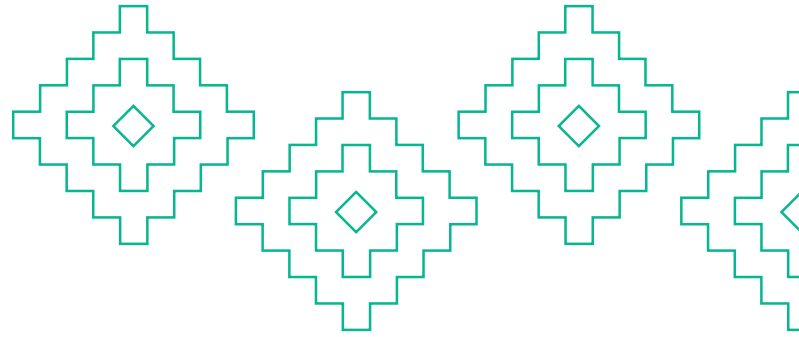


MON	TUE	WED	THU	FRI
<p>Please keep in mind, programs in BLUE INK are drop in, programs in BLACK INK require sign up. To sign up call Evangeline 672-335-0817 For transportation call Heather 236-833-9173</p>		<p>1 9:30-11:00 Walking Group (PF) 12-2 Luncheon at Park Royal</p>	<p>2 *10-11 Chair Zumba at CJMC *1-3 Tea and Coffee Circle</p>	<p>3 Closed – Good Friday</p>
<p>6 Closed – Easter Monday</p>	<p>7 *10-11 Chair Zumba at CJMC *1:30-3:30 Weaving at CJMC</p>	<p>8 *11-3 Birthday Luncheon at CJMC</p>	<p>9 *10-11 Chair Zumba at CJMC 1-3 Arts & Crafts with Karen Baker (Only choose 1 Day)</p>	<p>10 9:30-2:30 Wayne Mah 10-12 Delbrook Pool – Drop In</p>
<p>13 *10-3 Sewing at CJMC *11:45-12:45 Aquafit at Delbrook</p>	<p>14 *10-11 Chair Zumba at CJMC *1:30-3:30 Weaving at CJMC</p>	<p>15 9:30-11:00 Walking Group (PF) 12-2 Elder's Lunch CJMC</p>	<p>16 *10-11 Chair Zumba at CJMC 1-3 Arts & Crafts with Karen Baker (Only choose 1 Day)</p>	<p>17 10-12 Delbrook Pool – Drop In</p>
<p>20 *10-3 Sewing at CJMC *11:45-12:45 Aquafit at Delbrook</p>	<p>21 *10-11 Chair Zumba at CJMC *1:30-3:30 Weaving at CJMC</p>	<p>22 9:30-11:00 Walking Group (PF) *11-3 Language & Cultural Affairs Luncheon at CJMC</p>	<p>23 *10-11 Chair Zumba at CJMC 1-3:30 Crafts with Sandra at CJMC</p>	<p>24 9:30-2:30 Wayne Mah 10-3 Walking Group</p>
<p>27 *10-3 Sewing at CJMC *11:45-12:45 Aquafit at Delbrook</p>	<p>28 *10-3 Sewing at CJMC *11:45-12:45 Aquafit at Delbrook</p>	<p>29 9:30-11:00 Walking Group (PF) 12-2 Luncheon at Park Royal 1-4 Movie at Park Royal Theatre</p>	<p>30 11-3 Local Grocery Shopping Park Royal Banking, Superstore, Walmart, Save-On-Foods</p>	

NV Elder's Calendar

Skwxwú7mesh Úxwumixw
wa lh7tímá ta Skwxwú7mesh

Squamish Nation Constitution Project



Ha7lh Skwáyel!

In case we haven't met, my name is Danielle Mellish. I'm the Project Manager for **wa lh7tímá ta Skwxwú7mesh** ~ (Squamish Nation Constitution Project). It's nice to be in touch.

I'm reaching out to personally invite you to attend one of our upcoming Constitution First Draft Gatherings happening this spring. We are holding three separate events in order to include as many Skwxwú7mesh People as possible. You can join us in person, or online!

- NORTH VANCOUVER:** April 18th, 12:00pm, Chief Joe Mathias Centre
- VIRTUAL:** April 22nd, 5:30pm, Online (Zoom link will be provided)
- SQUAMISH:** April 26th, 12:00pm, Totem Hall

Visit www.constitutionproject.net/events to RSVP!

Whether you're familiar with the project or this is the first time you're hearing of it, your voice is wanted and welcomed. This is a fantastic time to get involved.

So why create a Squamish Nation Constitution? The short answer is: Working in unity makes our Nation stronger and results in better outcomes. There's even research to back this up. This is our chance to create the future we want—to shape our nation for generations to come. That's why it's so important to hear from *everyone*.

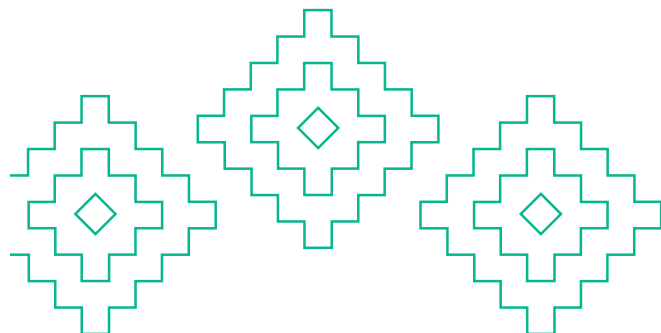
The constitution is still a work in progress. All the feedback gathered so far has been put into this first draft. We want to know if we're on the right track. That's why you and your input are essential.

Don't worry if you are unable to attend one of these meetings! There will be plenty of opportunities over the next few months to let us know what you think: family dinners, community engagement events, and surveys (in-person and online).

If you have any questions, don't be shy! Please reach out. Huy chexw a again for helping to shape our Nation.

chen kw'enman-túmiyap,
Danielle

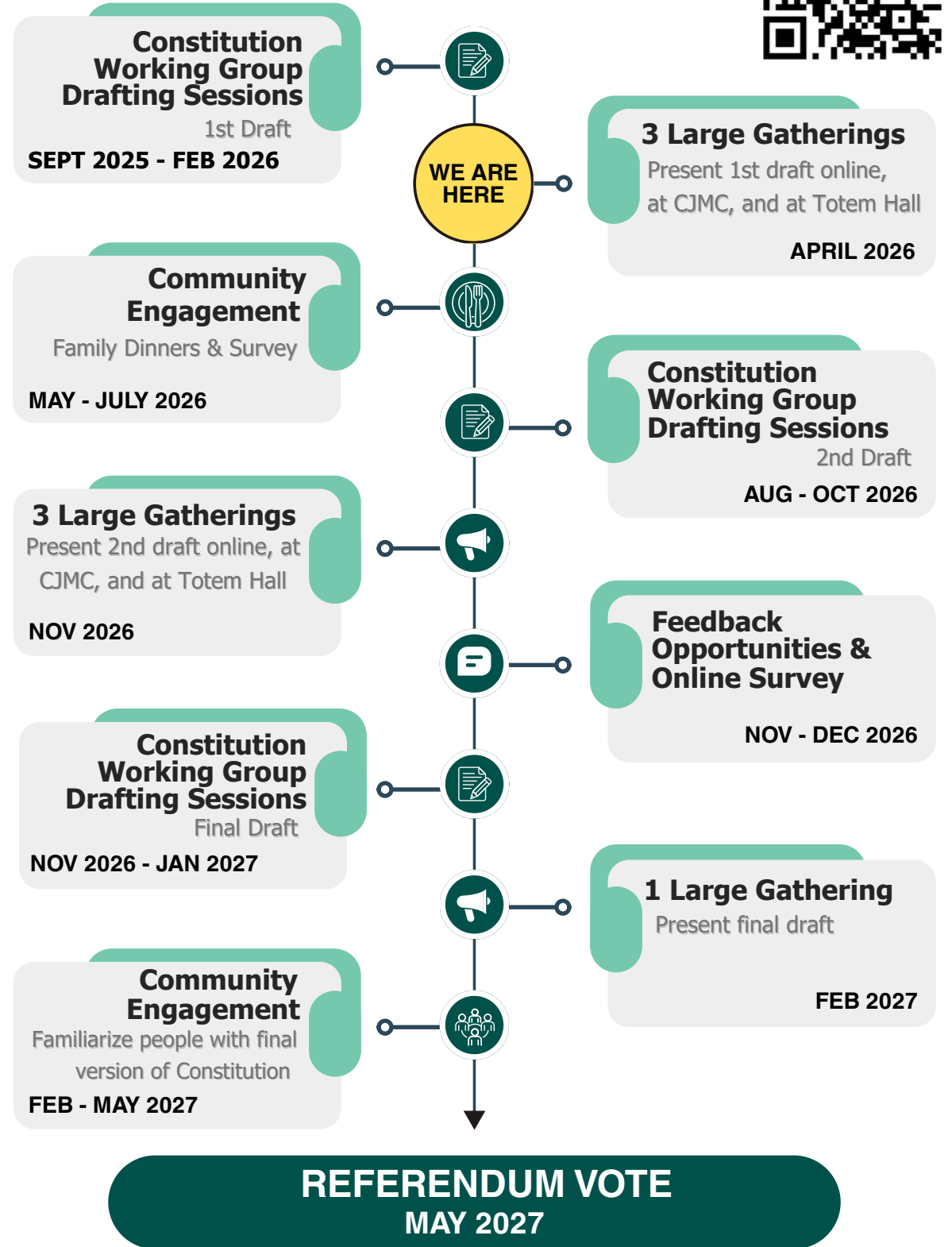
Danielle Mellish, Project Manager
wa lh7tímá ta Skwxwú7mesh ~
604.982.8600
info@constitutionproject.net
www.constitutionproject.net/events



Constitution Project Timeline

✉ info@constitutionproject.net
☎ **604-982-8600**
<https://constitutionproject.net>

SCAN ME TO LEARN MORE





Grief AND LOSS TALKING CIRCLE

“WALKING TOGETHER THROUGH LOSS & GRIEF...”

Yuustway Health Boardroom, 380 Welch Street, Unit 9A

April 10, 10:00AM - 3:00PM

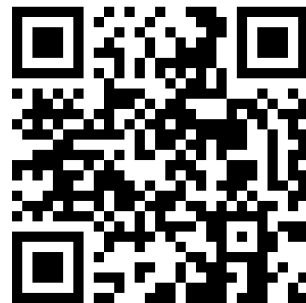
Join us for a one-day Grief and Loss Workshop designed to create a supportive space for reflection, understanding, and healing. Grief can take many forms, and everyone experiences it differently. This workshop offers an opportunity to explore the impacts of loss, learn healthy ways to cope with grief, and connect with others in a respectful and compassionate environment.

The session will be facilitated by Alex Ossudallah, CHW's Mental Health & Addiction Counsellor, who will guide participants through conversations, reflections, and practical strategies for navigating grief.

All are welcome. This workshop is open to anyone seeking support, understanding, or tools to help process grief and loss.

If you have any questions, please email wellness@squamish.net

Register here



Registration open April 1 @ 1:30PM. Only 12 spots available.



Menopause Sharing Circle

Come and talk about your experience, needs, health priorities and share intergenerational learning. Learn about rematriating health! Sharing Circle will include dinner and a land based healing activity.



Facilitated by IMPACT. Investing in Matriarchal Power, Access, Care, and Traditional wellness (IMPACT) is an Indigenous-led, community-based research project dedicated to transforming Indigenous women's health and menopause care by centring Matriarchal wisdom, Indigenous knowledge systems, and traditional wellness. IMPACT responds to long-standing gaps in culturally safe women's health and menopause care.

APRIL 14 5:00PM - 8:00PM | Chief Joe Mathias Centre

Participants will receive an honorarium for their participation in this research.

REGISTER HERE



For any questions, please email wellness@squamish.net



Ta s̱eḵxw kwis tahím ta manáts'a The gathering to make a drum



DRUM MAKING WORKSHOP NORTH SHORE

Group 1: April 13, 20, 27

Group 2: May 4, 11, 25

WHERE: Yuustway Health & Wellness

TIME: 5:00PM to 7:00PM

Come and learn how to make and paint a drum. Dinner and all materials provided. We kindly ask that you can commit to all dates in order to finish your project. Facilitated by Anthony Joseph.

Scan the QR code to sign up

Registration opens on April 1, 2026 @ 1:30PM
and closes on April 8 2026 @ 1:30pm

If you have any questions,
please email wellness@squamish.net



People Services Offering Land-Based Medicine Drop-In for Squamish Valley

Nexwnínlhewá7nem Ch'áwch'aw (People's Services) is offering land-based medicine drop-ins for Squamish Valley.

Stop by and connect with Pénemkin (Jared) to access traditional and plant-based medicines or have a consult. Stop in for the medicines, or just for a cup of tea and a chat.

- April 2, 16, 29 | 1:30 – 4:30 pm
41139-B Government Road, Squamish

No appointment needed, but please call ahead to let us know you're coming at: 778-928-8448.

Please note that for North Vancouver, Land Based Medicine Drop-ins is still on Tuesdays.



New Job Postings

Squamish Nation

Manager, Culture

Permanent Full-Time | Ta na wa
Ns7éyxnitm ta Snewiyálh Language &
Cultural Affairs | North Vancouver, BC

Team Leader, Early Intervention

Permanent Full-Time | Ayás Méhmen Early
Years & Youth Services |
North Vancouver, BC

Food Program Driver & Assistant

Permanent Full-Time | Ayás Méhmen Early
Years & Youth Services |
North Vancouver, BC

Child & Youth Worker – Life Skills

Permanent Full-Time | Ayás Méhmen Early
Years & Youth Services |
Squamish Valley, BC

Administrative Assistant

Permanent Part-Time | Ts'ixwts'ixwnítway
Member Services | Squamish Valley, BC

Community Safety Team Lead

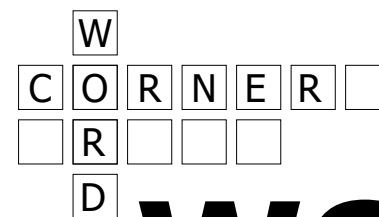
Permanent Full-Time | Ta na wa
Téywilhaýlhem Public Safety |
North Vancouver, BC

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



WORD SEARCH

Chess Game

TIMEOUT
FIANCHETTO
CHECKMATE
SACRIFICE
DIAGONAL
CAPTURE
OUTPOST
BLUNDER
ATTACK
DEFEND
GAMBIT
TACTIC
CHESS
KING
PAWN

L	U	C	A	S	E	U	N	V	Y	R	O	U	I	I
T	A	B	T	P	S	T	O	D	Z	V	O	O	W	K
O	F	N	I	Q	E	E	E	U	R	I	O	O	O	Z
H	I	E	O	V	Y	F	H	B	T	C	U	S	G	I
Y	A	T	B	G	E	A	V	C	H	P	P	J	O	G
L	N	I	E	N	A	P	T	E	G	T	O	K	E	T
E	C	B	D	S	Z	I	C	T	U	Q	Z	S	J	R
C	H	M	B	Z	N	K	D	O	A	R	Q	W	T	M
I	E	A	J	W	M	X	E	Q	E	C	W	Q	I	W
F	T	G	A	A	D	M	C	R	N	N	K	N	F	O
I	T	P	T	N	I	E	R	U	T	P	A	C	F	J
R	O	E	V	T	R	E	D	N	U	L	B	S	Y	R
C	E	M	A	A	Q	H	T	R	G	N	I	K	E	K
A	J	Q	Y	U	J	Q	M	R	R	P	Q	O	T	P
S	V	O	V	S	H	T	A	C	T	I	C	T	W	V



Skwxwú7mesh Úxwumixw
Squamish Nation

PREVIOUS WEEK ANSWERS:

1) CHECKMATE, 2) ENPASSANT, 3) OPENING, 4) STRATEGY, 5) ENDGAME, 6) PAWN, 7) PROMOTION, 8) KNIGHT, 9) CHECK, 10) KING, 11) QUEEN, 12) TACTIC, 13) ROOK, 14) GAMBIT, 15) FORK



Indigenous Services
Canada

Services aux
Autochtones Canada

Income Assistance Notice

IMPORTANT DATES – PLEASE READ CAREFULLY

ACTION PLAN FOR EMPLOYABLE CLIENTS

- Employable clients **must complete an Action Plan with Stitsma Employment monthly.**
- **Please book your appointments in advance** to meet your deadline.
- If you miss the deadline, your cheque will be delayed by 3–10 business days.
- **No monthly check-in = No cheque.**

MONTHLY DECLARATIONS 2026

- Declaration Week is now **1 day** per month.
- **Declarations must be submitted IN PERSON** at Eslha7an Learning Center.
- **Late submissions may DELAY benefit payments by 3–10 business days.**

NOTICE OF ASSESSMENT

- Provide your **Notice of Assessment for 2024, 2023, and 2022.**
- **IA requires a copy for your file**, which you will receive by mail or online after filing your taxes
- **File your taxes every year** to confirm eligibility for IA.

ANNUAL RENEWAL

- Ensure your **Annual Renewal** is completed each year.
- Contact your worker to complete this process.

BILLS

- **Send your BC Hydro & Fortis bills** as soon as you receive them.

Update your worker with any changes to **Identification, Address, Phone Number, when your child turns 18/19, if expecting a child, or when you turn 64/65.**

*Tell your worker if someone moves in or out of your household. This affects your bills/rent. If there are changes, fill out a new **Occupancy Form***

CLIENT APPOINTMENTS

- **NO WALK-INS – Please book an appointment with the receptionist.**
- Appointments will be scheduled at the **earliest available time.**

Please contact the Income Assistance team for any further questions.

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

E-mail: income_assistance@squamish.net

SOCIAL ASSISTANCE MONTHLY RENEWAL DECLARATION **FOR: May 2026 >>555** **Cheque issue date is Wed. April 29 – May 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.

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 # _____

List any changes in your living situation _____

If you do not hand in your **Declaration** on ... **Wednesday, April 15, 2026.** You will **NOT** receive your **Cheque** on **Wed. April 29th.** **Late Declaration** means, late cheque

4. Have you had any earned or unearned Yes No No 5. Has there been any change in your assets? Yes No

Income this month?

If yes, completed

➔ Earnings	\$
➔ Family Allowance	\$
➔ Maintenance	\$
➔ Employment Insurance	\$
➔ Other (specify)	\$
TOTAL ➔	\$

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 Number

Signature of applicant

Date

*** **PLEASE CLEARLY PRINT YOUR NAME HERE:** _____

*** **Worker Initials:** _____ **Signature of Spouse:** _____

*** **PLEASE CLEARLY PRINT YOUR NAME HERE** _____

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

ALL CLIENTS MUST BRING IN PERSON ESLHA7AN LEARNING CENTRE

