



Syétsm t'l'a Sxexelhnát

News of the Week

Some Important Upcoming Dates

SV Spring Clean-up (*see calendar*) ([p. 5-6](#))

Meal with Leadership @ Totem Hall ([p. 16](#))Apr. 17th

SN Constitution Project gathering ([p. 7](#))

North Shore (CJMC).....Apr. 18th

Virtual Meeting.....Apr. 22nd

Squamish Valley (Totem Hall)Apr. 26th

Nexw7áystway' (Trades & Training Centre) ([p. 19](#))

Women in Trades – application deadline.....Apr. 20th

Leadership Development – application deadlineApr. 20th

Grief & Loss Healing Circle ([p. 22](#))Apr. 29th

Community Gardening Workshops begin ([p. 28](#))Apr. 29th

Gathering Our Medicine – Men's Kinship Circle begins ([p. 17](#)).....Apr. 30th

Seabird SV Diabetes Clinic begins ([p. 23](#))May 5th

Mother's Day Dinner ([p. 29](#))May 6th

Blessing Ceremony for Se'ákw ([p. 8](#))May 8th

Ribbon Skirt & Shirt Workshop ([p. 31](#))May 31st

IA Declaration Day: April 15th, 2026
IA Cheque Day: April 29th, 2026



Syétsm t'l'a Sxexelhnát

News of the Week

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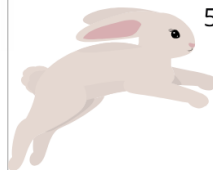

Recreation 27

Hich Syétsm

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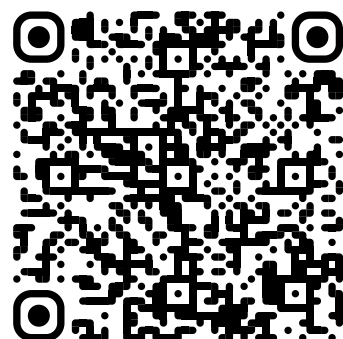
SUNDAY Sxexelhnát	MONDAY Skwetkalhyes	TUESDAY Stsamyes	WEDNESDAY Schanxwyes	THURSDAY Sxaa7utsens	FRIDAY Stsiyachis	SATURDAY Takwentem
			DB 1 Lunch Crafts	Georgina R DB 2	Good Friday ³ Office Closed	 4
 5	Easter Monday ⁶ Office Closed	Melody H 7 10 Fitness Mary 10:30 Brunch Pottery Class 11:30-1:30	Birthday Party CJM 8	N'ch Kay Lunch 9	Community Development 10-1 10	Heather N 11
12	13	10 Fitness Mary 14 10:30 Brunch Clair Robinson from Health and Fish Fry release 10am Brckendale	Wayne Mah 11am Diane 10-12Lunch 15	Dr Leigh Joseph Solo 16	Council 1-4 17	18
19	20 Crafts	10 Fitness Mary 21 10:30 Brunch Pottery Class 11:30-1:30	Lunch 10-12 22	Foot Care 9am 15 People max 23	Art's Pole Raising 12-2 24	25
26	Chief Dale H 27 Crafts	10 Fitness Mary 28 10:30 Brunch Pottery Class 11:30-1:30	Crafts 29 with Ayas Men Men 11-1	Dr. Leigh Joseph SFU students 30		



What is your experience with Nation services?

We're inviting all Squamish People aged 16+ who have accessed Nation information or services to complete our 2026 People's Satisfaction Survey.

Your feedback helps shape better services for our community.



And enter to win 1 of 5 gift cards!

Scan the QR code to complete the survey.

Squamish Valley Spring Cleanup

April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	CHEAKAMUS	CHEAKAMUS	WAIWAKUM	WAIWAKUM	WAIWAKUM	18
19	KOWTAIN SEACHIM	YUPWAUPSUM	STAWAMUS	STAWAMUS	STAWAMUS	25
26	27	28	29	30		

Please Separate

- Wood
- metal
- electronics
- other garbage

Subcontractor will keep to schedule outlined, 8AM – 4PM

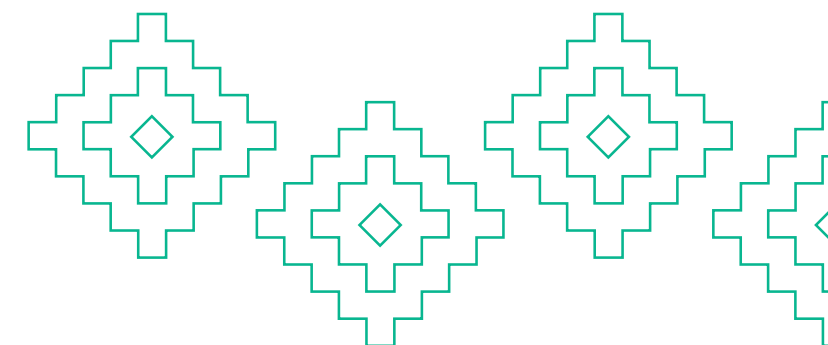
For questions or concerns please call SV Comm Ops 604-892-5166

**Due to
Spring Clean Up
April 13th - April 24th 2026**

**We will not be bringing the
utility trailer
to anyone's home. Please place
your garbage for pick up at the
end
of your driveway. Please no
food waste as it will attract
wildlife.**

**Thank You,
SV Com Ops
604-892-5166**

**Skwxwú7mesh
Úxwumíxw
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!

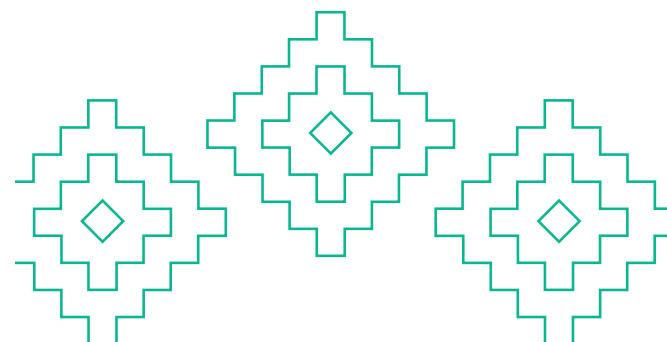
Whether you're familiar with the project or this is the first time you're hearing of it, your voice is wanted and welcomed. This is a fantastic time to get involved.

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

You're Invited:

Sḵw̓xwú7mesh Blessing Ceremony for Seḵákw's first tower

Squamish People are invited to witness a Blessing Ceremony for Seḵákw's first tower, t'l'eltl'élnup ("real home"). This moment carries deep significance — a return to our ancestral village and the beginning of a new chapter as we prepare to welcome residents in the months ahead.

The ceremony is performed by Squamish knowledge holders and will include cedar bough brushing, singing, drumming, and calling witnesses.

CEREMONY DETAILS

Friday, May 8, 2026
11 a.m. – 12 p.m.

Seḵákw

Enter the site off of
1100 Chestnut St.,
Vancouver, BC V6J 3J9

Includes:

Light refreshments

Registration Required:

Scan the QR code to register
your attendance by May 1



Additional event details, including transportation and parking, will be sent to registered Squamish People ahead of the ceremony.

We look forward to gathering together on this land and will continue to share more opportunities to gather together in the months ahead.

FOR QUESTIONS, CONTACT
communications@senakw.com



Squamish Valley Community Plan Overview & Next Steps

The Valley's Plan is Approved

Council has recently approved the Squamish Valley Community Plan, which will guide all planning moving forward in the Squamish Valley.

We are moving ahead with the Quick Start actions, including forming the advisory committee, appointing the project lead, and developing the Squamish Valley Plan Communications Framework (a process for regularly communicating what's happening in the Squamish Valley).

The Squamish Valley Community Plan will guide staff on what the Community needs and what projects should be prioritized, based on Squamish Valley voices.

It will also inform the strategic plan currently being developed by Council, which ties into our Úxwumíxw 2050: Sḵw̓xwú7mesh Generational Plan.

What is the Squamish Valley Community Plan?

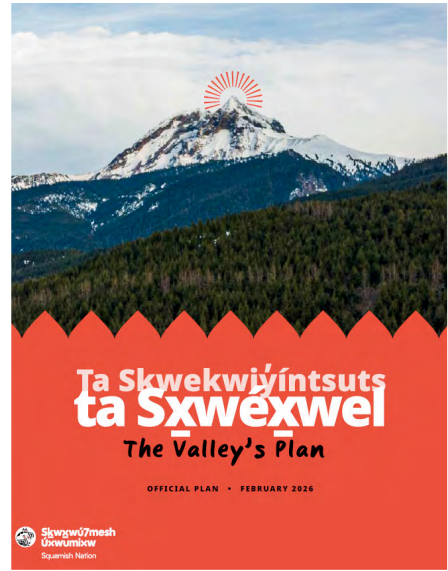
A first of its kind, the Squamish Valley Community Plan (also known as The Valley's Plan) gathers all current planning and clearly explains what is to be accomplished in the Squamish Valley during the next 10 years.

The Valley Plan is organized into three elements:

- Quick Start Actions
- Next Steps
- Seeds" (representing future projects).

Learn more: <https://bit.ly/sv-community-plan>

Squamish Valley Community Plan Overview & Next Steps



The Squamish Valley Community Plan was built on planning from the past few decades, 50+ documents, community engagement over the past 16 months, and co-development with a Community Advisory Group.

It brings various initiatives under one umbrella and sets the vision for the future. The Nation is committed to honouring our Sk̓wx̓wú7mesh ways, incorporating a health and wellness view of things and opening doors for our Community to have job opportunities.

What's next?

Staff are working on the Quick Start actions:

- Creating a 10-person Squamish Valley Community Advisory Committee
- Appointing The Valley's Plan Project Lead
- Developing Squamish Valley Plan Communications Framework

Timeline

- Squamish Valley Community Plan approved: February 2026
- Begin working on the Quick Starts: April 2026
- Advisory Committee Meetings: Fall 2026
- Appointing a Project Lead: Fall 2026 (budget approval)

Questions? Email:
SVCommunityPlan@squamish.net

Learn more & read the plan:
<https://bit.ly/sv-community-plan>



Sk̓wx̓wú7mesh Úxwumíxw
Squamish Nation

Yúustway
Health & Wellness
Health Benefits Advocacy
& Promotion

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.



Słkwxwú7mesh Úxwumixw | Squamish Nation
Yúustway Health Services

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: _____
Zone Quantity Rate (DD/MM/YYYY)

Compass Card: One Zone _____ \$2.²⁰ ea Compass Card #: _____
 Two Zone _____ \$3.²⁵ ea
 Adult Day _____ \$10.⁰⁰ ea
 Monthly _____ \$126.⁰⁰ ea

HanyDART Fare Savers # Zone: _____

HBA&P Signature: _____ Date: _____

West Vancouver – 9A, 380 Welch Street, West Vancouver B.C. V7P 0A7 • 604.982.0332 • 604.982.0372
Squamish – P. O. Box 1334, 1221 Billy Road, Squamish B.C. V8B 0A9 • 604.892.5975 • 604.892.3478



2026 TAXES INFORMATION

NAMES: _____ **SIN(#):** _____

MAILING ADDRESS: _____ **POSTAL CODE:** _____

CITY: _____ **PHONE #:** _____

YOUR DATE OF BIRTH: MONTH _____ DAY _____ YEAR _____

CIRCLE YOUR MARITAL STATUS @ DEC. 31, 2026 *If filing married/common-law, fill out spouse's section below.
If your marital status changed during the year, provide date:

MARRIED COMMON-LAW WIDOWED DIVORCED SEPARATED SINGLE

SPOUSE'S NAME: _____ **SPOUSE'S D.O.B:** _____

SPOUSE'S SIN(#): _____ **SOURCE OF INCOME:** _____ **NET INCOME LINE 236:** _____

YOUR BAND NUMBER: _____ **SPOUSE'S BAND NUMBER:** _____

GST CREDITS WILL BE ISSUED TO THE INDIVIDUAL, BASED ON WHOSE RETURN IS PROCESSED FIRST BY CRA
PLEASE PROVIDE A VOID CHEQUE FOR YOURSELF & SPOUSE TO RECEIVE GST CREDIT BY DIRECT DEPOSIT

Do you want your tax refund & GST credit via direct deposit? Circle one: **YES NO**
**Direct deposit will automatically continue if you currently have direct deposit set up.*

Have you had a severe mental or physical impairment in 2026? Has your impairment lasted longer than, or is expected to last at least 12 months? (If yes, you need a form filled out by a Medical Practitioner (i.e. Nurse/Doctor)

T1 Checklist v20082025

Are you a Status Indian?	Do you work on-reserve?	Did you change your address with CRA this year?
Did you file a T1 tax return last year?	Which years do you want us to file today?	
Do you have CRA "Notice of Assessment?"	Do you have a MyCRA account and direct deposit set up?	
In 2026, did you rent in BC?	How many months?	
Total of rent paid:	Name of landlord:	
Signature: _____		

OFFICE USE ONLY

Date dropped off: _____ **Date processed:** _____ **Prepared by:** _____

Fill out this form and bring it with you when you do your tax return.

***PLEASE NOTE: We will not complete U.S. taxes for deceased family members.**

DEPENDANTS:			
NAME	BIRTH DATE	RELATIONSHIP	INCOME
1)			
2)			
3)			
4)			
5)			
Did you have any children in 2026?		YES	NO
Did you file your 2025 TAX RETURN?		YES	NO
Did you file your 2025 with the Band?		YES	NO
Do you need to file other years prior to 2026? If yes, indicate which year(s):		YES	NO
Do you want to be a registered voter?		YES	NO



Skwxwú7mesh Úxwumíxw

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.

Online

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

Questions? Email: tax_returns@squamish.net

ELH7ILHEN CHET ESƷ'ÉWƷ'EW TA NEXWSXWNÍWNTM TA ÚXWUMIXW COMMUNITY TABLE: A MEAL WITH LEADERSHIP



TOTEM HALL
FRIDAY, APRIL 17, 2026
4:00 - 8:00 PM (DROP-IN)

A Community Dinner with your newly elected Leadership

Elders, families, youth, and all generations are warmly invited to join us for an evening of food and conversation as we get to know our newly elected leadership.

This gathering marks the first of many opportunities for the Chairperson, Council, and Band Manager to spend time with our community while connecting through conversations and building relationships across generations as we walk forward together.

Enjoy dinner, open conversation, and an evening of drumming and singing as we come together to celebrate community, culture, and connection.

Have a seat at the table: Connect with your Community and Leadership. We look forward to gathering with you!

For any questions, please email cco@squamish.net or call 604-980-4553



GATHERING OUR MEDICINE

MEN'S KINSHIP CIRCLE



Every Thursday
April 30th-June 25th
5:00 PM - 7:30 PM

41139B Government Road
Facilitated by Ayás Ménmen family
wellness workers and Elders' support.

Intended for: Fathers, grandfathers, uncles, nephews and sons.
caring for Squamish Children and Youth.

The GOM program supports men in understanding how colonial history has influenced men's roles, including fatherhood, within family and community, while honouring the healing and resilience held in Skwxwú7mesh ways of knowing and being.
Meal will be provided. Child-minding available on request. Please register via the Jot Form.



**Skwxwú7mesh
Úxwumíxw**

Squamish Nation



amm_wellness@squamish.net

<https://form.jotform.com/260697347235263>

New Job Postings

Squamish Nation

Billing Coordinator

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

Program Team Leader, Training & Trades Centre

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

Manager, Community Outreach Services

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

Manager, Natural Resources

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

Administrative Assistant

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

Hiyám Housing

Director of Communications and Engagement

Full-Time | Hiyám Housing | North Vancouver, BC

Team Leader, Food Program

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

Senior Manager of Operations

Full-Time | Hiyám Housing | North Vancouver, BC

hiyamhousing.com/career-opportunities

Develop your career with the Nation

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

Chéchenstway (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

WOMEN IN TRADES

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

A "Try a Trade" program designed to provide students with the opportunity to explore a variety of skilled trades and discover their areas of interest. Through hands-on experience, participants engage in up to six different trades, which may include carpentry, plumbing, electrical, among others. The program also includes industry-recognized safety certifications, Squamish cultural learning, essential skills development + 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 online 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 & internet subsidy

Apply by April 20



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

✉ tradescentre@squamish.net

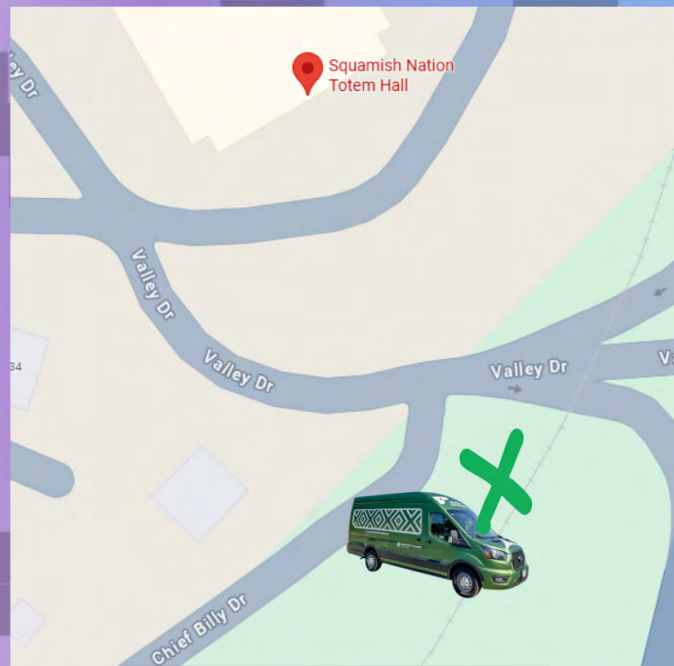
📞 604-980-7946

📷 [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



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





Grief and Loss Healing Circles

Please join us in a Healing Circle as we learn how to move through grief in a good way. These Circles are open to all Community Members, and will be facilitated by Elder Gene Harry.

Dates:

North Vancouver:

- Wednesday, April 22, 5 – 9pm
- Wednesday, May 20, 5 – 9pm
- Wednesday, June 17, 5 – 9pm

Location: Shaker Church, 104 Mathias Rd

Squamish Valley:

- Wednesday, April 29, 5 – 9pm
- Wednesday, May 27, 5 – 9pm
- Wednesday, June 25, 5 – 9pm

Location: Shaker Church, 1365 Chief Billy Drive

Food and refreshments will be provided.

Hosted by:

Justice Services, Member Services Department

For further details, or any questions, contact:

Nicasio Campos:

604-369-4220, Nicasio_Campos@squamish.net

Stacey Williams:

604-762-4905, Stacey_Williams@squamish.net



Seabird Mobile Diabetes Team



Living • Well • Together

Where: Totem Hall

When: May 5th
and 6th 2026

Contact: Caroline

Number: 236-877-7782

SV - Diabetes Clinic Notice

May 5th & 6th, 2026

(Tuesday and Wednesday)

Totem Hall, Stawamus Room

Who Is It For: People Living with Diabetes
People Who Are Curious About It

What The Appointment Includes:

- Testing Blood Sugar and Cholesterol Levels
- Checking Kidney Function
- Diabetes Education

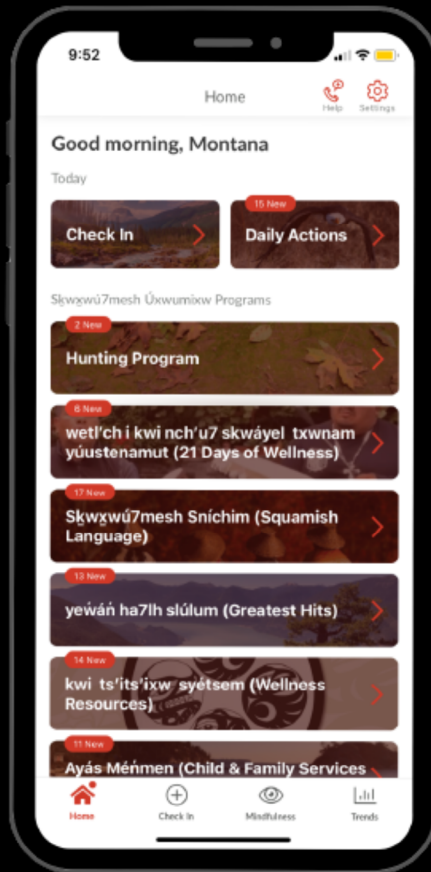




ta skwálwentn

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

ta skwálwentn is your Skwxwú7mesh 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 Skwxwú7mesh community members.



New Teachings: Youth Centre - Lessons and Gratitude

Join us for a program celebrating the impact of the youth centre across generations, featuring Elder Natalie Baker sharing her journey, reflections, and lessons from decades of support. Four youth who have attended the centre for up to ten years will also share what it means to them and why they love it.

View all of the teachings by April 30th 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



Yúustway Health and Wellness Public Health Nurses share some tips for a Healthy Start to Kindergarten!



Need immunizations?

- At **age 4** there are **two booster shots** children can have:
 - Diphtheria, Pertussis, Tetanus and Polio
 - Measles, Mumps, Rubella, Varicella (Chickenpox)
- To **make an appointment** or **chat** with the nurses about immunizations for your child and family you can call Deni Olivares the Public Health Coordinator, at **(236)-668-9653**.



Keep the Germs Away!

Help your children learn to **wash their hands** with soap and water for at least **20 seconds** (you can sing Happy Birthday!) after using the washroom, after playing with pets or outside, and before eating.



When Your Child is Sick

- Children with a **fever, cough, or runny nose** should stay home until they are well enough to participate in daily activities.
- Children with **diarrhea** or **vomiting** can return to school when they no longer have symptoms.

If you have questions about your child's immunizations or concerns about their transition to school, talk to your doctor or the **Yúustway Public Health Nurses** at **(236) 668-9653**.



Skwxwú7mesh Úxwumíxw

Yúustway Health & Wellness

Hearing, Dental, and Vision at School

Hearing screening

- Hearing is important for **children's learning and development.**
- Our hearing team visits Kindergarten students in schools to **screen** for **hearing loss.**



Dental visit

- A **Dental Hygienist** visits the school to **screen** all kindergarten students for **tooth decay.**
- We recommend that children visit the dentist regularly every **6 months.**
- **Brushing** teeth twice per day, **flossing** daily and **drinking water** all help prevent cavities.

Vision exam

- It is recommended children see an optometrist for an **eye exam before kindergarten.**
- BC Medical Services Plan **covers** full eye exams **once a year** for children under 19.
- **Vision screening** happens once a year, every year **in the school.**

Medical Conditions at School

- Let your child's **school know** if they have any medical conditions that need to be **supported** at school.
- The nurses and other support people can help train schools staff for medical conditions including **Anaphylaxis, asthma, diabetes, seizures,** and other medical conditions.



Supporting our Children

- Going to school can be a big adjustment for children and families.
- Nourishing, resting, and moving our bodies, minds, and spirits helps with learning and transitions.
- If you have **questions** about your **child's immunizations** or concerns about their transition to school, talk to your doctor or the **Yúustway Public Health Nurses** at **(236)-668-9653.**



SQUAMISH VALLEY RECREATION

FAMILY



SWIM/SKATE NIGHT

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

Dates: Apr 8, 15, 22, 29, 2026

Swimming: 7:00-9:00PM

Skating: 6:45-7:45PM

**1009 Centennial Wy,
Brennan Park**



604-892-5166

SQUAMISHRECREATION@SQUAMISH.NET



**Skwxwú7mesh
Úxwumíxw**

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



Community Gardening Workshop

Dates for 7 session in total
Brackendale: April 29th, May 9th, 16th, 20th
 Garden bed cleanup, soil rejuvenation & seed transplant
Stawamus (Totem Hall): May 2nd, 13th, 23rd
 Garden bed clean up, soil rejuvenation & seed transplant

Weekends: 10:30am–12pm
Weekdays: 5:30–6:30pm

Reserve a slot via email or telephone!
 Phone: 604-892-5166
 Email: Squamishrecreation@squamish.net




Skwxwú7mesh Úxwumíxw

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

squamish.net



Happy Mother's Day

What: Celebrating Mother's Day Dinner
When: May 6th @ 6–8pm, dinner served promptly
Where: Totem Hall
Who: Mothers who reside in the Squamish Valley

Theme Songs
 Prizes for best dress!




Skwxwú7mesh Úxwumíxw

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

squamish.net



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

Scan the QR code or visit www.nchkay.com to read it online



INSIDE THIS ISSUE, YOU'LL FIND:

- Housing application information and artwork from Seńákŵ
- Sqomish Forestry's seedling donation program
- Upgrades to Mosquito Creek Marina
- Photos from the 2025 Annual Gathering
- Promotions and professional achievements at Nch'kay
- And much more!

Prefer to read it in print? Pick up a copy in-person at the North Vancouver or Squamish Valley Elders Centres, the Squamish Nation Main Office, Eslha7an Learning Centre, Training & Trades Centre, Totem Hall, or CJMC — or, you can sign up to receive one in the mail.

If you or a family member would like to have a printed Quarterly Update delivered to your home, email us at communications@nchkay.com.

Please note, mail service is offered upon request to Squamish People only.

Regalia Connections
Squamish

Please Join Us
**RIBBON SKIRT & SHIRT
WORKSHOP**

May 31, 2026 | At 10 AM

St'a7mes Reserve

For Indigenous adults and teens who have never made a ribbon shirt or skirt. Instructions and basic materials will be supplied.

Learn more at:
<https://subscribepage.io/m87mPN>



Registration opens May 1 @ 9 am



With generous thanks to our sponsors:





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**