



# Syétsem tl'a Sxexelhnát

News of the Week

Monday, May 18, 2026





# wa lh7tímá ta Skw̓wú7mesh Our Squamish Ways

**YOU ARE INVITED!  
FAMILY DINNERS, NORTH VANCOUVER**

**Come and enjoy a delicious meal and share in some great conversations! We need to hear from everyone about what they think of the first draft of Our Squamish Ways**

wa lh7tímá ta Skw̓wú7mesh ~ Our Squamish Ways will be hosting family dinners to gather feedback on the first draft of Our Squamish Ways. Due to circumstances beyond our control, we cannot offer a dinner for every individual family so we are asking you to look at the list of family dinners and attend one of your cousins' dinners or you can attend the open family dinner. All dinners are from 5:30pm to 8:30pm. Please see the date, family and place of the dinners. There is no transportation for these events. Children are welcome and we can have some activities for children.

| DATE                           | FAMILY            | PLACE                    |
|--------------------------------|-------------------|--------------------------|
| Wednesday May 20 <sup>th</sup> | Jacobs & George   | CJMC, Side Room          |
| Tuesday May 26 <sup>th</sup>   | Nahanee           | Eslha7an Learning Center |
| Tuesday June 2 <sup>nd</sup>   | Joseph            | Eslha7an Learning Center |
| Tuesday June 9 <sup>th</sup>   | Mathias & Natrall | Eslha7an Learning Center |

**FOR MORE INFORMATION OR IF YOU HAVE QUESTIONS CALL 604-982-8600  
OR EMAIL US AT [INFO@CONSTITUTIONPROJECT.NET](mailto:INFO@CONSTITUTIONPROJECT.NET)**

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# Elders Project Action Team Nominations Callout

## Xwí7ski (Let's Go!) Elders Project Action Team seeking new Elder and Youth Representatives

Xwí7ski is a community-nominated team of Skwxwú7mesh Elders, Youth, and Cultural and Historical Advisors. Together, they meaningfully guide Elder-related project work with departments, advocate for Skwxwú7mesh Elders and support the implementation of Chet wa í7sun (We Pull Together), the Squamish Nation Elders Program Plan.

The team is inviting nominations for new representatives to ensure all Elder and future Elder voices can be honoured and reflected in the good work being done.

## Submit Your Nominations by May 22, 2026

Elders and Youth can self-nominate or be nominated by other Skwxwú7mesh People and Elders.

To submit a nomination, scan the QR code to access the form, or pick one up in person at Member Services (North Shore) or Totem Hall Elders Lounge (Squamish Valley).



Submit the completed form in one of the following ways:

- **Email:** eldersproject@squamish.net
- **Mail:** Ts'its'ixwnítway Member Services Unit 6, 380 Welch St, West Vancouver
- **Drop off:** Member Services (West Van) or Totem Hall / Elder's Lounge
- **Request Support** from Elder's Program staff (phone or in person)

For questions, please contact eldersproject@squamish.net or (604) 987-4646



# Yúustway diabetes sharing circles

## 2026 SPRING SERIES

Yúustway diabetes sharing circles are a space to share knowledge and experiences over a meal, in the company of our Nation's public health nurses.

Registration recommended but not required. To register please contact Deni Olivares at (236) 668-9653, or email publichealth@squamish.net

**WHEN:** Tuesdays, May 19, June 16, July 21

**WHERE:** Yuustway Health & Wellness Boardroom, Unit 9 A, 380 Welch St, West Vancouver

For questions, please contact Deni Olivares, Public Health Coordinator, at (236) 668-9653, or email publichealth@squamish.net





# Registration now open at Capilano Little Ones School

Registration for the 2026/2027 school year at Xwemélch'stn Etsimxwawtxw (Capilano Little Ones School) is underway and ongoing until June 30

Skwxwú7mesh families with eligible children can now sign up for K4 and K5 classes (kindergarten for children aged four and five), as well as for new students enrolling in Grades 1–7.

Current students who are returning do not need to re-register.

Children are given priority registration if they are:

- A registered Squamish Nation Member
- A child of a Registered Skwxwú7mesh Úxwumixw Member
- A registered Status Indian residing on a Squamish Nation Reserve

If a child does not meet the above criteria, they may be registered if the school has available space and other applicable eligibility requirements are met. For more information visit: <https://capilanolittleones.com>.

If you have any questions or comments about the registration process, contact Amber Langston at [amber\\_langston@squamish.net](mailto:amber_langston@squamish.net).

➤ Scan the QR code to download the registration form



# ESLHA7AN LEARNING CENTRE SUMMER CAMPS



**BOTH CAMPS ARE OPEN TO GRADE 8-12**

**\$50 per day**  
+  
**\$200 bonus for participation**

**July 6 to July 30**  
Monday to Thursday  
10am to 1pm  
**12 spots available**  
Open to Grade 8 to 12

Hosted at Eslha7an Learning Centre: 345 5th St W, North Vancouver

**Contact:** ✉ [eslha7an\\_learning@squamish.net](mailto:eslha7an_learning@squamish.net)  
☎ 604-985-7711



# Culture is Healing for Youth and Young Adults

Welcoming Skwxwú7mesh youth and young adults to connect with your roots by learning from Elders and Knowledge Keepers of the Skwxwú7mesh Úxwumixw

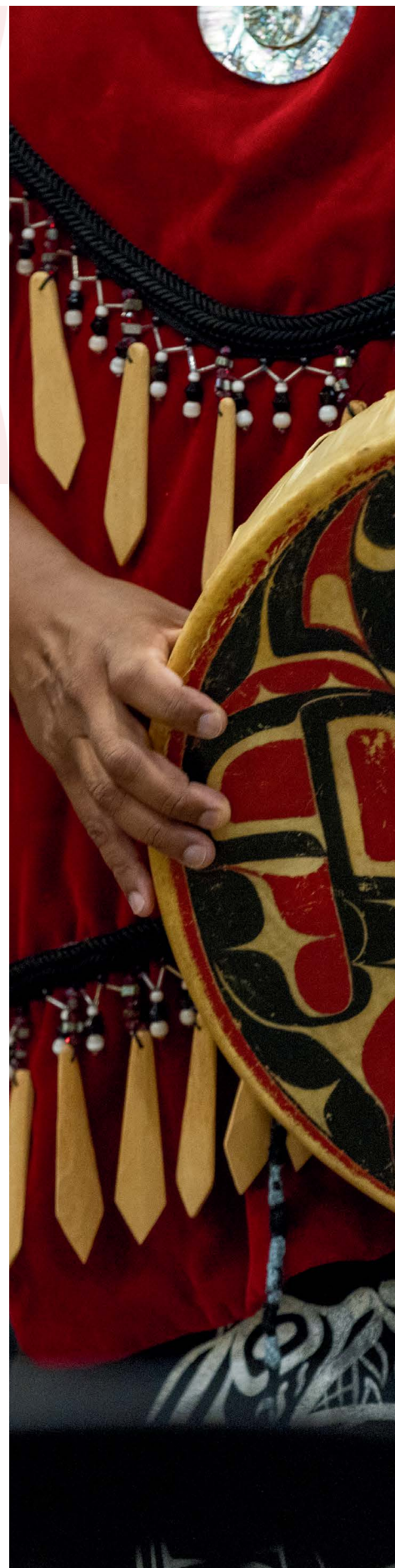
Ayás Ménmen Wellness Team is offering **Culture is Healing for Youth and Young Adults**. This cultural wellness program is for youth and young adults (16-30) to learn about traditional ways to take care of your spirit, mind, emotions, and body. **Child care and a meal will be provided.**

- **When: Tuesdays, May 19 to June 23, 4-6:30pm**
- **Where: Ayás Ménmen, 380 Welch St #2, North Vancouver**
- **Ages 16-30**

Register with this QR code:



If you have any questions or comments, please email: amm\_wellness@squamish.net



## JOIN US FOR OUR WEEKLY OPEN TALKING CIRCLE



# nexwsp'áyaḱentsut

always fixing oneself

**EVERY TUESDAY, 5:15PM - 6:45PM**  
**@ AYÁS MÉNMEM BOARDROOM (380 WELCH STREET, UNIT 2)**

*An all genders talking circle for Skwxwú7mesh 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 (ADDICTIONS COUNSELLOR) & ALEX OSSUDALLAH (MENTAL HEALTH & ADDICTION COUNSELLOR)**

ANY QUESTIONS, PLEASE CONTACT  
WELLNESS@SQUAMISH.NET



# SPRING COMMUNITY CLOSET & HAIRCUTS

Find gently used or new fall & winter clothing, shoes, and accessories. Get your hair cut for free by hairdressers from Moon Boutique Salon!



Refreshments, teatime snacks & wellness supports included

**Wednesday, June 3rd**  
Community closet: 2PM–6Pm  
Haircuts: 4–6PM

**Chief Joe Mathias Centre**

If you have any questions or would like to donate new or lightly used clothes to this event, please email [wellness@squamish.net](mailto:wellness@squamish.net)



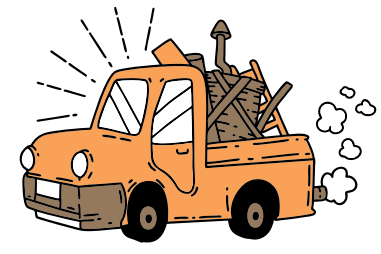
Yúustway  
Health & Wellness  
Community Health & Wellness



## Annual Community Clean Up

### West Capilano Reserve

Ikwikws, Kwumkwum, Miranda, Kawtin, Senakw, Skawshen, Khatsilano, Mathias, Rivers Rd & Rivers Dr



Nexwsp'áyaken ta Úxwumixw (Community Operations) Annual Community Clean Up continues.

**We will be doing a one time junk pick up in your area starting Monday, May 25.**

Please have all your items placed by the curb side for pick up by Friday, May 22.

If you are an Elder and require assistance, please contact our office:

**Phone: 604-980-8655**

**Email: [communityoperations@squamish.net](mailto:communityoperations@squamish.net)**

This will be a one time pick-up only. If you miss your junk pick-up day, it will be your responsibility to have it removed – so make sure to have your items out.



## SAVE THE DATE

# Squamish Valley Peacekeepers Celebration

We are hosting a celebration to honour the Squamish Valley Peacekeepers for their years of dedicated service to the safety of Squamish People. All Squamish Nation community members are invited.

Please share information about this celebration with Elders, community members, and those who have a history or connection with the Squamish Valley Peacekeepers.

**WHEN:** Friday, June 12 | 2 – 6 pm

**WHERE:** Totem Hall

## Contact

 [Anastasia\\_Jeffrey@squamish.net](mailto:Anastasia_Jeffrey@squamish.net)

 [www.squamish.net](http://www.squamish.net)

 **Skwxwú7mesh Úxwumixw**  
Squamish Nation



## INTERNSHIP APPLICATIONS OPEN FOR THE:

### Skwxwú7mesh Sníchim Full Time Immersion Summer Intensive Program

Applications for the 2026 Summer Intensive are now available. Please contact us if you require assistance with the application.

#### Program Details:

- Duration: July 6-August 28, 2026.
- Schedule: Monday-Thursdays from 8:30am-4:30pm

#### To Apply:

- ✓ Online application (fillable form)
- ✓ Wait for an interview date and time with Sníchim Foundation staff

**Applications due: May 29th, 2026.**

QR Code to apply!

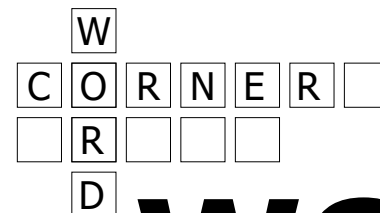


#### Contact us:



[Info@snichimfoundation.ca](mailto:Info@snichimfoundation.ca)

# New Job Postings



# WORD SEARCH

## Squamish Nation

**Delegated Manager, Case Management**  
Permanent Full-Time | Ayás Méhmen Child and Family Support Services | North Vancouver, BC

**Manager, Lands**  
Permanent Full-Time | Wa Ns7eyx ta Temíxw Community Lands | North Vancouver, BC

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

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

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

**Team Lead, Registered Nurse**  
Term Full-Time | Yúustway Health & Wellness | North Vancouver, BC

## Nch'kay

**Chief of Staff**  
Permanent Full-time | CEO | Park Royal Office West Vancouver, BC

**General Counsel**  
Permanent Full-time | CEO | Park Royal Office West Vancouver, BC

**Office Administrator**  
Permanent Full-time | Corporate Services | Park Royal Office | West Vancouver, BC

**Receptionist**  
Permanent Full-time | Corporate Services | Park Royal Office | West Vancouver, BC

**Senior Accountant**  
Permanent Full-time | Finance | Park Royal Office | West Vancouver, BC

**Maintenance Technician**  
Permanent Full-time | Operations | International Plaza

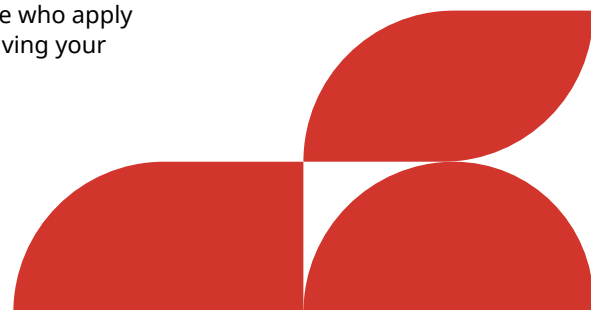
[nchkay.com/careers](http://nchkay.com/careers)

## Develop your career with the Nation

Questions? Need help applying? 604-985-8335 | [careers@squamish.net](mailto: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](http://squamish.net/careers)



## Archaeology

EXCAVATION  
CIVILIZATION  
STRATIGRAPHY  
ARCHAEOLOGY  
SEDIMENT  
MONUMENT  
ARTIFACT  
POTTERY  
DIGGING  
FOSSIL  
BURIAL  
SURVEY  
CARBON  
SHARD  
RELIC

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**Skwxwú7mesh Úxwumixw**  
Squamish Nation

### PREVIOUS WEEK ANSWERS:

- 1) CLEOPATRA, 2) PREGNANT, 3) MOTHERLAND, 4) CARD, CARNATION, 5) ATTACHMENT, 6) ELEPHANT, 7) MOM, MOTHERDAY, 8) KANGAROO, 9) HEN, 10) MARY

