



Syétsem tl'a Sxexelhnát

News of the Week

Monday, October 19, 2026



OCTOBER 2026

Menopause Awareness Month

October is World Menopause Month, a global initiative aimed at increasing understanding, reducing stigma, and improving support for women experiencing menopause.

What is menopause?

Menopause marks the end of a women’s reproductive years and typically occurs between ages 45 and 55, with the average age around 51, however symptoms can appear years earlier. Symptoms include hot flashes, night sweats, and irregular periods.

This transition can affect the body, mind, spirit and emotions.

Common myths

- Menopause happens suddenly
- Menopause means you’re old

For most people, menopause is a gradual process. The transition period is called perimenopause.

Menopause is a normal life stage, not a sign of aging or decline. Many people find it to be a time of renewed focus on health, personal goals, and well-being.

Support with menopause

Speak with our Public Health Nurses or Naturopath Dr. Kyba about menopause by contacting the Kal’numet Primary Care Clinic below.

- ☎ 604-982-0332
- ✉ yhsreception@squamish.net



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UNITING WELLNESS SERVICES UNDER ONE ROOF

Introducing Háhalhi7iwan (Wellness Department)

Teams from Yúustway (Health and Wellness) and Ayás Méhmen (Child and Family Services) are being reorganized to better serve Community, resulting in a united department called Háhalhi7iwan (Wellness Department).

What does it mean?

The focus of the Wellness team is on Skwxwú7mesh People who are struggling with mental health and addictions, as well as those facing the greatest barriers to support.

Services include:

- **Counselling, therapy & land-based healing**
- **Addictions and peer support**
- **Mobile outreach work**

Bringing all wellness services around mental health and addictions together will improve access and provide stronger care for Skwxwú7mesh People — rooted in Skwxwú7mesh values and honouring our traditions and ways of being as a community.

For any questions, please contact 604-982-78169 or wellness@squamish.net



North Vancouver Pop-up Fall Immunization Clinic

Walk-Ins Welcome

Yúustway Health is hosting a pop-up Fall Immunization clinic next week, as the vaccine supply has come in early this year. This is opportunity to get the flu, Covid-19, pneumonia, and RSV vaccine (for those eligible) earlier in the season than expected.

The purpose of this clinic is to provide protection during viral respiratory illness season.

WHEN: October 19 | 10 am – 2 pm

WHERE: Chief Joe Mathias Centre, 100 Capilano Rd



Open to all Community members. Registration is not required, as this is a drop-in clinic.

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



**Skwxwú7mesh
Úxwumixw**

Sts'its'áp'newás
Employment & Future Skills
Stitsma Career Centre



Youth CAREER CONFERENCE

The Stitsma Career Centre invites Indigenous youth in grades 8-12 to attend the Youth Career Conference.

**GUEST SPEAKERS
+ DOOR PRIZES** **CAREER +
CULTURAL
WORKSHOPS** **EMPLOYER
BOOTHS** **POST-SECONDARY
EDUCATION BOOTHS**

NOVEMBER 6

**CHIEF JOE MATHIAS CENTRE
9:00 AM - 3:00 PM**



Scan to register
Deadline: October 28

FREE ADMISSION



**Skwxwú7mesh
Úxwumixw**

Ta7Inewás
Education
Advocacy, Support & Assessment

Ta na wa Esáp'nexw-wit
"They are Graduating"

join us for a

Skwxwú7mesh Úxwumixw Post-Secondary Graduation Celebration

on
November 10th 2026, 5:00 PM to 8:00 PM

at
Emily Carr University
520 E 1st Ave, Vancouver, BC

graduating credentials

1-year Certificate | 2-year Diploma | Red Seal |
Bachelors (undergrad) | Masters | PhD and Honourary PhD

For Registration

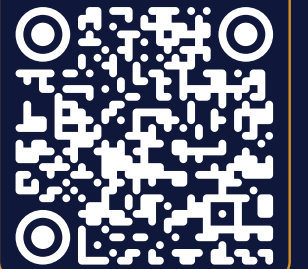
If you completed your studies between January 2025 to August 2026, please **RSVP by October 23rd 2026** using the link below or scanning the QR code. Seating may be limited at the venue and number of guests per graduate will be TBA.

Registration: form.jotform.com/262676892008063

If you have any questions, please contact the ASA post-secondary team:

EMAIL: post-sec@squamish.net | **PHONE:** 604-982-7600

SCAN TO REGISTER



Ta na wa Ns7éyxnitm ta Snewíyelh

Language & Cultural Affairs Department's monthly newsletter



shá7yu ghost
shishá7yu7ntem be ghosted/haunted
sxwexwekwíchen spider
skáp'kap'tsaylh bat

mí chap uys na wa atsk lha Kálkalilh
 Y'all come in. Kalkalilh is outside!

stam kwi a-ha7lh k'átam?
 What is your favourite candy?

chent kw'áchnexwtas ta kexkíx push
 I saw a black cat.

aan chen ha7lhs ta Coffee Crisp
 I really like Coffee Crisp.



shá7yu skwáyel sníchim

Halloween vocabulary

shishá7yú7ntem lam
 haunted house



nek'ík'elstem
iy k'átam
 Trick or treat!



shewsháw
 skeleton (bones)

a-stl'i7 u kwis ínexw ta ip'áakw'ulh kékeyxem?
 Do you want to watch a scary movie?

i7 wí7ski ínexw chet ta 'Obsession.'
 yes, let's watch Obsession.

kwéy'kways-tumulh chexw — talk to us!

Facebook: <https://www.facebook.com/squamishlanguageandculture>

Squamish Nation Collections: <https://collections.squamish.net/Browse/>

Talking Dictionary: <https://talkingdictionary.squamish.net/>

Email: language_culture@squamish.net

Phone: 604-982-0510



Skwxwú7mesh Úxwumixw

Ta na wa Ns7éyxnitm ta Snewíyelh

presents

s7ulh ti temíxw

THIS IS OUR LAND FILM SERIES

Xaays (Transformers) Film Screening

WHERE

Kay Meek Arts Centre
 1700 Mathers Avenue
 West Vancouver

WHEN

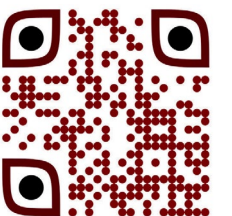
6:30pm
 Thursday Nov. 5, 2026

REGISTER

Scan the QR code below
 email:
stephanie_wood@squamish.net



Transportation will be provided. Join us for a night of food, refreshments, and celebrating some of our oldest stories!





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, October 21, 5 – 9pm

Wednesday, November 18, 5 – 9pm

Wednesday, December 9, 5 – 9pm

Location: Shaker Church, 104 Mathias Rd

Squamish Valley:

Wednesday, October 28, 5 – 9pm – **Cancelled**

Wednesday, November 25, 5 – 9pm

Wednesday, December 16, 5 – 9pm

Location: Shaker Church, 1365 Chief Billy Drive

Food and refreshments will be provided.

Hosted by:

Justice Services, Member Services Department

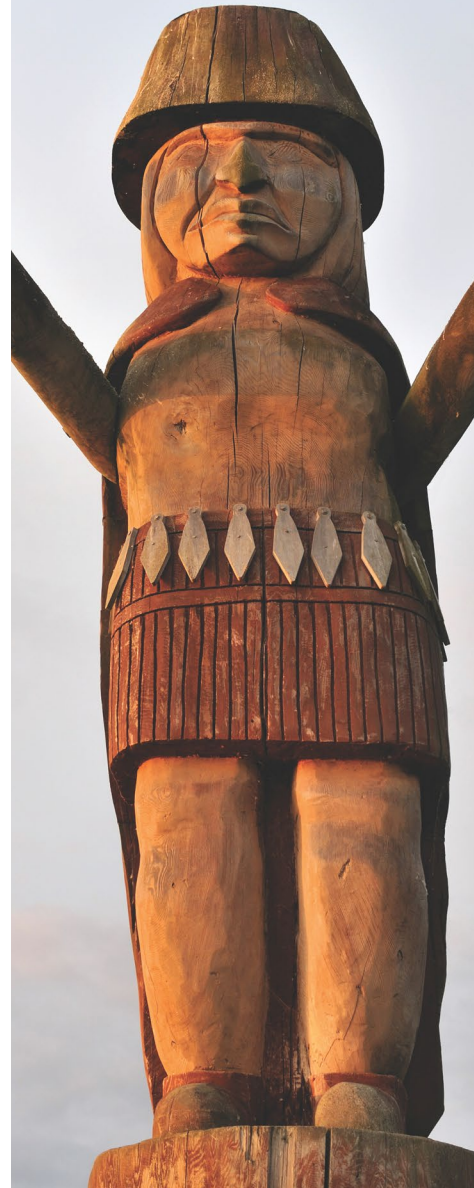
For further details, or any questions, contact:

Nicasio Campos:

604-369-4220, Nicasio_Campos@squamish.net

Stacey Williams:

604-762-4905, Stacey_Williams@squamish.net



The momentum
at Señákw continues

Señákw

sménhem (Tower Two) is opening its doors

sménhem (Tower Two) brings 497
new homes to the growing village.
Move-ins begin this December.



Squamish People continue to have
priority access to Hiýám Housing's
rental assistance-supported units,
affordable homes, and market
homes at Señákw.

Join a vibrant on-reserve community with
shared spaces that support connection and
culture in the heart of Vancouver.

Experience sménhem for
yourself: Book a tour & register
your interest at senakw.com



skwxwú7mesh Sníchim Immersion diploma program information session

Information session for past students
who took the certificate program
through SFU/The Snichim Foundation
for the upcoming Diploma program
starting in May 2027

information sessions

Thursday oct 22 6:00pm
Wednesday oct 28 6:00pm

- The sessions will be both in person at Chief Joe Mathias, Squamish Valley location TBD, as well as on zoom please email info@snichimfoundation.com for zoom link and to RSVP



SKWXWÚ7MESH SNÍCHIM DIPLOMA PROGRAM INFO



**SNICHIM
FOUNDATION**
Revitalizing the
skwxwú7mesh language.

The Diploma Program will run from May to December 2027 and will offer full-time, immersion-based advanced Skwxwú7mesh language learning. Building directly on the Certificate Program, the Diploma will continue to use the Where Are Your Keys (WAYK) methodology to support students in developing greater fluency and advancing their language skills.

Completion of the Certificate Program with the Snichim Foundation is a prerequisite, as the Diploma will pick up directly where the Certificate Program leaves off.

The program will be delivered in partnership with Simon Fraser University (SFU) and the Snichim Foundation. Students must be able to commit to the full-time program schedule, Monday through Thursday from 8:30 a.m. to 4:30 p.m., for the duration of the program.



Info@snichimfoundation.ca



**Environmental
Youth Alliance**

Join Cultivate: EMPLOYMENT SKILLS WORKSHOP SERIES

Location:

Strathcona Community Gardens (759 Malkin Ave),
Cottonwood Community Gardens (859 Malkin Ave),
and EYA Office (1245 Glen Dr)

xʷməθkʷəy̓əm, Skwxwú7mesh, and sə́lilwətał territory

PROGRAM DATES

This fall we are running 3 stand-alone workshops on Sunday afternoons in October and November. Join us for the sessions that suit your interest and schedule.

- Stewardship & Tool Safety**
October 25, 1:30 PM - 4:00 PM
- Creating Resumes & Cover Letters**
November 8, 3:00 PM - 5:30 PM
- All about Interviewing**
November 22, 3:00 PM - 5:30 PM

ELIGIBILITY & PERKS

- Open to EYA Alumni & Youth Adults ages 19-25 who identify as Indigenous, Black, People of Colour, 2SLGBTQIA+, living with a disability, or from other equity-denied communities
- Snacks, bus tickets, and a \$20 e-gift card per workshop are provided

Learn more & apply at:
www.eya.ca/cultivate



Call 604-689-4446 or email sayan@eya.ca with any questions.

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:

- 🔥 **FRONT DESK AGENT**
Bridgemans
- 🔥 **ASSOCIATE PROGRAM ANALYST**
Allteck
- 🔥 **MARINE SUPERINTENDENT**
Bridgemans

* 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

New Job Postings

Squamish Nation

Talent Acquisition Specialist

Term Full-Time | Ché́chenstway Human Resources | North Shore (North/West Vancouver), BC

Food Program Driver/Assistant

Permanent Part-Time | Ayás Mé́hmen Early Years & Youth Services | North Shore (North/West Vancouver), BC

Senior Event Coordinator, Special Projects

Permanent Full-Time | Sts'its'áp'néwas Employment and Future Skills | North Shore (North/West Vancouver), BC

Youth Peer Worker x2

Casual | Háhalhi7iwan Wellness | North Shore (North/West Vancouver), BC

Outreach Social Worker x2

Casual | Háhalhi7iwan Wellness | North Shore (North/West Vancouver), BC

Hiyám Housing

Director of Planning and Development

Full-Time | Admin Office | North Vancouver, BC

hiyamhousing.com/career-opportunities

Nch'kaý

Tenant Navigator

Permanent Full-Time | Park Royal | West Vancouver, BC

Maintenance Manager

Full-Time 1 Year Term | Capilano RV Park | West Vancouver, BC

nchkay.com/careers

Develop your career with the Nation

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

Ché́chenstway (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

W
C O R N E R
R
D

WORD SEARCH

Mushrooms

IDENTIFICATION
CHANTERELLE
DECOMPOSER
FIELDGUIDE
POISONOUS
SYMBIOSIS
ECOSYSTEM
PUFFBALL
MYCOLOGY
FORAGING
MYCELIUM
HEMLOCK
HARVEST
TRUFFLE
AMANITA

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



Skwxwú7mesh Úxwumixw
Squamish Nation

PREVIOUS WEEK ANSWERS:

1) CHANTERELLE, 2) TRUFFLE, 3) DECOMPOSER, 4) SYMBIOSIS, 5) MYCELIUM, MYCOLOGY,
6) PUFFBALL, 7) BOLETE, 8) IDENTIFICATION, 9) SPORES, 10) GILLS, 11) BASKET, 12) FOREST,
13) POISONOUS, 14) LICHEN, 15) STEM, 16) FORAGING, 17) EDIBLE, 18) DECAY, 19) FUNGI