

tem ch'áatl'am (October) 8, 2026



Syétsm t'l'a Sxexelhnát

News of the Week

Some Important Upcoming Dates

Income Assistance Client Connection Session (p. 11)	Oct 13th
Annual General Meeting: deadline to submit Resolutions (p. 12)	Oct 14th
Men's Kinship Circle begins (p. 30)	Oct 14th
Recreation: Cineplex Movie Night (p. 26)	Oct 14th
Caring for Méhmen Circle (p. 14)	Oct 15th
West Van. Place for Sport: art submission deadline (p. 28)	Oct 15th
Cultural Grant application deadline (p. 13)	Oct 16th
tem ekwáyanexw (Fall) Festival	Oct 17th
Healthy Hub closure begins (p. 5)	Oct 19th
SV Immunization Clinic (p. 21)	Oct 20th
Honour Your Strength: Diabetes Wellness Journey (p. 22)	Oct 20th
SV Fish Tanning & Crafting Workshop begins (p. 23)	Oct 21st
BC CCP Workshop begins (*seeking youth volunteers) (p. 15)	Oct 22nd
Stitsma Career Centre: Youth Conference (p. 18)	Nov 6th
December Regular Distribution begins (p. 7)	Dec 3rd

IA Declaration Day: October 14th, 2026
IA Cheque Day: October 27th, 2026



Syétsm t'l'a Sxexelhnát

News of the Week

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October 2026 tem ch'áatl'am						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Legend: Unless stated, all programs will be at the Totem Hall						
Red: Birthdays						
Purple: Sign Up Required						
Doreen B Vera D 4	5 Candidates Bruch in gym 10:30-3pm	6 Fitness 10 Salmon Ceremony 10-1	Lorraine M 7 Thanksgiving Lunch 12-3	8 Weaving 9-2	Linda W 9 Foot Care 10-2	10 Fall Fair 10-3
11	12 Thanksgiving Day	13 10 Fitness Mary 10:30 Brunch	14 Lunch & Bingo	15 Beading with Melissa 10:30-3	Lavern B Tom H 16	17 Michael L Marie L
Martin W 18	Dubs W 19 Danille Medium 10-12	20 10 Fitness Mary 10:30 Brunch	21 INTEGRITY COMMISSIONER MEETING 10:30	Randy L Earl L 22 All Staff Meeting	23 Crafts w/Colleen 10:30-3	24
25 Grizzly Guy & Lunch 10:30	26 10 Fitness Mary 10:30 Brunch	27 CJMC Halloween Party 10:30-2	28 Pumkin Carving 11-3	29 Halloween Party 11-2:30	30 Halloween	31 Halloween



THE FALL 2026 QUARTERLY UPDATE IS HERE



Explore the latest issue for updates on the progress and milestones we're celebrating across our portfolio. You'll learn about:

- The opening of the Seńákw Welcome Centre
- The inaugural Indigenous Real Estate Essentials class
- A century-old Coast Salish tumpline's journey home
- New team members, career opportunities, and more.

WANT TO SEE THE QUARTERLY UPDATE IRL?

Pick up a copy at:

- CJMC
- Totem Hall
- The Squamish Nation Head Office
- The Nch'kay Head Office

Email communications@nchkay.com to receive a copy by mail.

Please note that mail service is offered to Squamish People only.



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



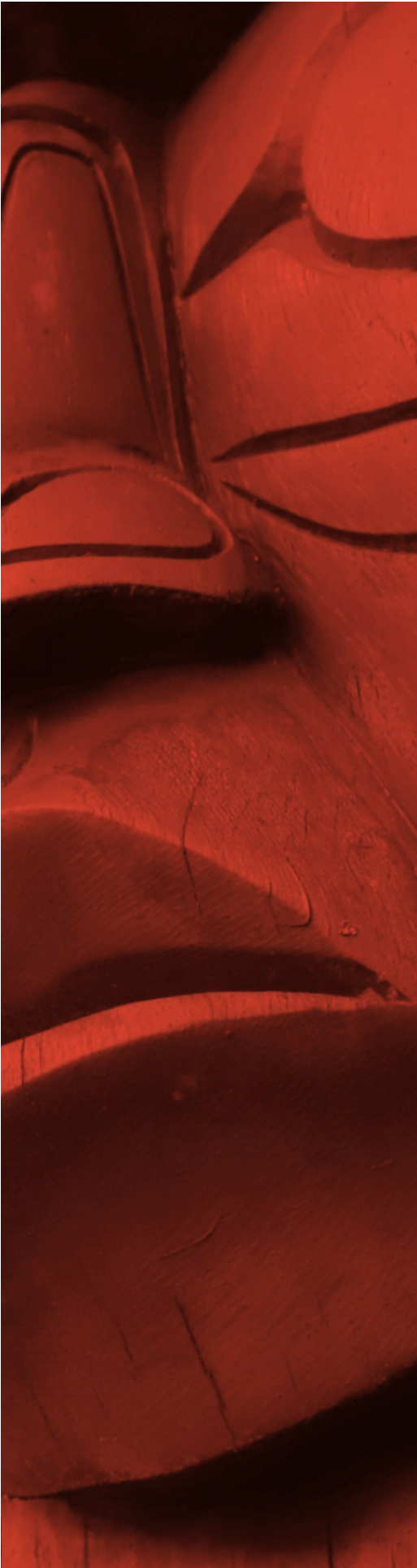
OCTOBER 19 - 23 Healthy Hub Closure

**Ha7lh sk̓walwnawtxw Siyích'em
(Healthy Hub) at 41139-B
Government Road will be closed
from October 19 - 23 due to
mandatory paving at the building.**

Services through the Kal'numet Primary Care Clinic will continue without interruption. All appointments will be accommodated during this time with a change to telehealth or another location.



For any questions, please contact
604-898-6771 or svclinic@squamish.net



Skwxwú7mesh Úxwumixw
Squamish Nation

INTRODUCING

**Ta S7ulh Skwelkwálwen
kwi Esch'éch'ewát**

Strategic Plan 2026-2030

**Skwxwú7mesh Úxwumixw (Squamish Nation)
Nexwsxwníwntm ta Úxwumixw (Council) recently
approved our new Strategic Plan to guide our
Nation for the next four years.**

The four priorities of our Strategic Plan, 2026–2030 sets out where the Nation is going for the next four years.

Each of the four clear priorities is supported with objectives that can be measured and commitments shared with Community.

A full version of the Strategic Plan is available to Skwxwú7mesh Members on our website.

**Read the Strategic Plan
and Learn More:**



December 2026 Regular Distribution

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

Thursday December 3 | Friday December 4, 2026
8:30 am – 4:00 pm. Open during lunch hour (12:00 pm – 1:00 pm)

Pick up locations:

Totem Hall 1380 Stawamus Squamish	Chief Joe Mathias Centre Drive 100 Capilano Road, West Vancouver
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Important dates

- Direct Deposit and ELDERS 65+ DELIVERY: December 2, 2026
- BC Canada mail-out: December 7 and 8, 2026

Important deadlines:

- Direct Deposit updates or changes: November 6, 2026
- Mailing address or pick up updates: November 10, 2026

If any of the following has changed, please update:

- Direct deposit banking information
- Mailing address
- Name change
- Change payee
- Birth additions

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

Please Note: The distribution amount for December 2026 will be communicated in late November. An updated notice will follow.



BC Transit and the District of Squamish are advising customers of a **seasonal service change**, effective September 8, 2026.

As part of this service change, **Route 5** South Parks will be **seasonally discontinued**.

With the start of the fall semester, **school service on Route 1** Brackendale, Route 3 Valleycliffe and Route 4 Garibaldi **will return**.



The OnDemand service area will be increased to include the Loggers East area. For further details about the OnDemand service in Squamish, tap / click / scan here:

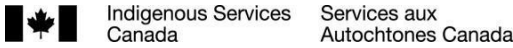


Other minor scheduling changes are being made as well. Please see the latest Riders Guide for full information.

Media Contact

BC Transit Communications
media@bctransit.com

For more information on trip planning and fares please visit bctransit.com/squamish



INCOME ASSISTANCE MONTHLY RENEWAL DECLARATION FOR: NOV 2026
555 DIRECT DEPOSIT issue date is Tuesday, Oct 27th – For November 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*

EMAIL Address _____

3. **MANDATORY:** Current Address _____ Phone # _____

List any changes in your living situation _____

If you do not hand in your Declaration on ...**Wednesday, OCT 14th, 2026**. You will **NOT** receive your **Pay on Tues. OCT 27th**. Late Declaration means, late cheque

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

Income this month?		If yes, complete		If yes, complete	
If yes, completed	Earnings	\$		Bank Account	\$
	Family Allowance	\$		Property	\$
	Maintenance	\$		Other (specify)	\$
	Employment Insurance	\$			\$
	Other (specify)	\$		TOTAL	\$
		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 DECLARATION IN PERSON TO TOTEM HALL



Skwxwú7mesh Úxwumíxw
Squamish Nation

ts'its'ixwnítway
Member Services

Subject: Important Policy Change – Monthly Declaration Requirement for PWD Income Assistance

To all Persons with Disabilities (PWD) Income Assistance clients,

Effective October 1, 2026, there is an important change to Income Assistance policy:

All PWD Income Assistance clients must now **submit a Declaration form every month** to be eligible for their monthly income assistance payment.

To ensure you continue to receive your monthly cheque:

- ➡ Submit your monthly Declaration form to your local office by the specified deadline.
- ➡ Please refer to the attached 2026 submission schedule for exact dates.

Important reminders:

- Declarations must be submitted on time. Late submissions will result in delayed payments.
- Declarations should not be submitted early, unless there is an emergency.
- You must report all sources of income and changes, including:
 - Employment earnings
 - Family Allowance
 - Disability Benefits (DB)
 - WCB Claims / Pension earnings / GST payments
 - Maintenance or other income
 - Changes to your address or household composition

If you have any questions or concerns, please contact your Income Assistance worker.



**Skwxwú7mesh
Úxwumíxw**
Ts'ixwts'ixwnítway
Member Services

Client Connection Session

INCOME ASSISTANCE

Ha7lh Skwáyel (Good Day!)

JOIN US TO:

- Get the latest updates on IA services
- Meet the Outreach team members
- Ask questions and learn about the support available

WHEN:

Tuesday, Oct 13, 2026
11:30–2:30 p.m.

LUNCH PROVIDED

WHERE:

Totem Hall
1380 Stawamus Rd.
Squamish, BC
(Stawamus Room)

Sign-up required by Oct 9, register by email or in person at the office

Transportation available - please request your ride when registering



**Attend the full session to be exempt from job search
this month and receive a \$75 Walmart gift card!**

*****Must stay the full 2.5 hours and arrive on time
(within 10 minutes).**

CALL FOR RESOLUTIONS Annual General Meeting

Deadline: October 14, 2026

Are you interested in submitting a Resolution for the Annual General Meeting?

This is your chance to help shape decisions for our community.

A resolution is:

- ✓ A way to propose changes, ideas, or actions on issues important to the Nation.
- ✓ A way to clearly share your priorities and concerns with Council.
- ✓ A formal statement that must be voted on at the People's Assembly.

We're looking forward to celebrating the hard work of our members who previously brought forward resolutions. At this year's Annual General Meeting (AGM), members will vote on six resolutions from the 2026 People's Assemblies.

Under the Election and Referendum Law, the three conditions must be met for a resolution to be voted on at the AGM:

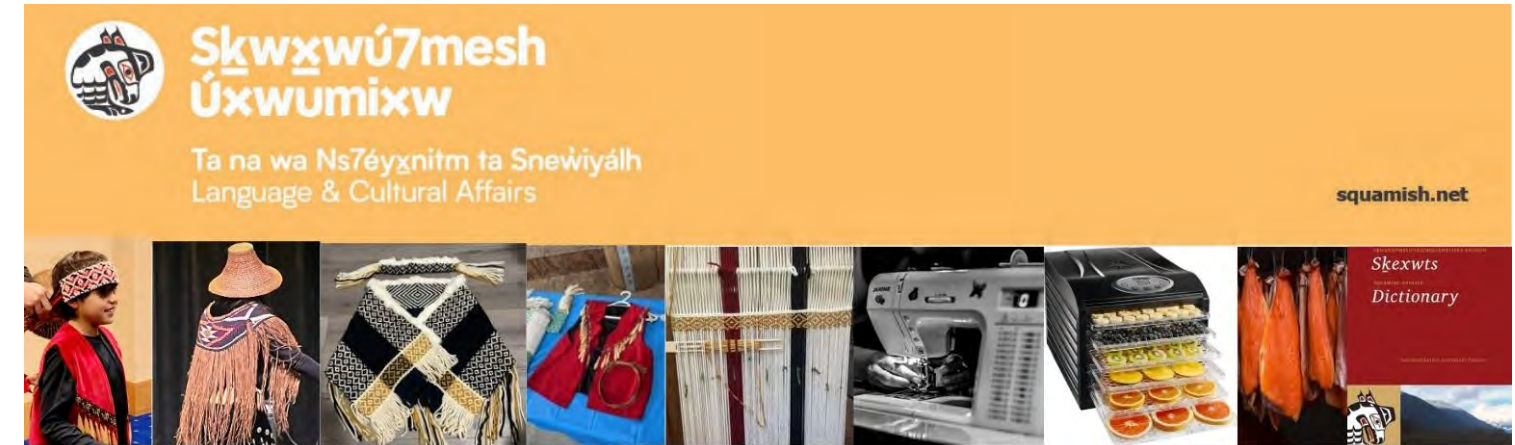
1. A previous People's Assembly (including an AGM) must have passed a resolution agreeing to send the matter to the AGM for a vote.
2. The notice for the AGM must include the resolution in its agenda.
3. At the AGM, a majority of eligible voters must vote in favour of the resolution.

If you have a new resolution you would like to bring forward, please note that it will need to go to the 2027 AGM for a second vote before it can be approved.

SUBMISSION DEADLINE: October 14, 2026 at 4:30 PM

*Must be submitted to resolutions@squamish.net OR dropped off with
Chair & Council Office staff at 320 Seymour Boulevard.*

Need a copy of the resolution template and writing tips? Contact Chair & Council Office staff at resolutions@squamish.net or by phone at 604-980-4553.



Squamish Nation CULTURAL GRANT SEPTEMBER 2026

Now accepting applications for the following categories:

- Individual Cultural Projects
- Group Cultural Projects
- Cultural Major Events

ELIGIBILITY:

- Squamish Nation members that are in good standings with the Nation
- You are **ELIGIBLE** for only one call-out per fiscal year April 2026- March 2027.
*** Please note that if you applied and received funding from February 2026, you are NOT eligible!
- **RECEIPTS MUST** be submitted from any previous cultural grant funds you have received
- Priority is given to applicants ages 24 and under.

Please review the Cultural Grant Policy for further details.

Should you have any questions please contact the Cultural division at 604-982-0510

Applications can be submitted by one of the following methods:

- Online using the jotform application form
- Email: language_culture@squamish.net
- Mail or personal delivery:

Attn: Culture Team, 415 West Esplanade Ave, North Vancouver BC V7M-1A6
(Office Hours: 8:30-4:30 pm, closed during lunch hour 12:00pm-1:00pm)

Deadline Friday October 16th ,2026





SV Caring for Méhmen Connection Circle

Join other Skwxwú7mesh caregivers at the Squamish Valley Caring for Méhmen monthly Connection Circle and talk about your struggles, joys and experiences in caring for Méhmen.

We will explore our relationship to young ones through art, movement and connection.

Facilitated with Elder support, and open to anyone in a caring role. A meal will be provided and childminding available.

WHEN: Third Thursday of the month | 5 – 8 pm

WHERE: Healthy Hub, 4139B Government Rd

Registration required. Scan the QR Code to register



Questions? Contact Sharon Barnes at Sharon_Barnes@squamish.net or call to 604-762-7071



CALLING YOUTH VOLUNTEERS!

Support the **2026 B.C. CCP Workshop**

Each year, the Comprehensive Community Planning (CCP) Workshop is hosted by different First Nation on their territory, bringing together First Nations from across the province. Over 2-3 days participants share ideas and learn from one another on topics from community engagement to wellness-centred planning and preparing for emergencies.

This year, Sanala Planning is partnering with Squamish Nation to host the B.C. CCP Workshop on **October 22-24, 2026 at Totem Hall**, and we're looking for youth volunteers to help make the event a success.

Volunteer roles may include:

- Set-up and takedown
- Registration booth support
- Notetaking
- Assisting participants or speakers
- General workshop support

Have another way you would like to be involved? We are happy to chat.

Please contact
ali.white@sanalapanning.com
Thank you



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

 EMPLOYMENT AND TRAINING SQUAMISH NATION

 @SNEMPLOYMENT_TRAINING

New Job Postings

Squamish Nation

Quality Improvement Specialist

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

Manager, Wellness Services

Term Full-Time | Háhalhi7iwan Wellness | North Shore, BC

Manager, Emergency Management

Permanent Full-Time | Ta na wa Téýwilhaylhem Public Safety | North Shore, BC

Nch'kaý

Tenant Navigator

Full-Time | Nch'kaý Head Office | West Vancouver, BC

Maintenance Manager

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

Social Media and Content Specialist

Permanent Full-Time | Nch'kaý Head Office | West Vancouver, BC

Nch'kaý

Data and Contract Coordinator

Permanent Full-Time | Lynnwood Marina | North Vancouver, BC

Store Manager

6 Month Term | Squamish Valley Gas Bar | Squamish, BC

Assistant Store Manager

Full-time | Squamish Valley Gas Bar | Squamish, BC

Customer Service Representative

Casual | Squamish Valley Gas Bar | Squamish, BC

nchkay.com/careers

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



Youth CAREER CONFERENCE

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

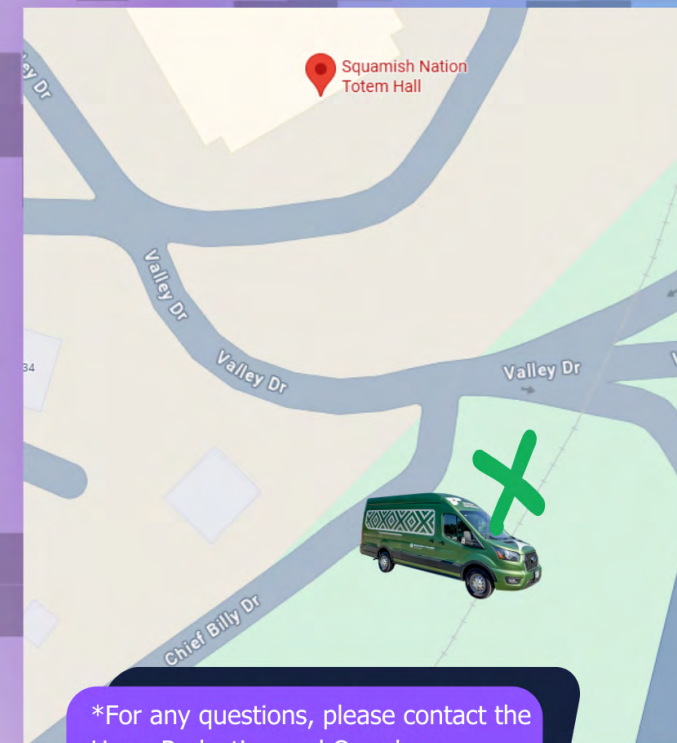
**GUEST SPEAKERS
+ DOOR PRIZES** **CAREER +
CULTURAL
WORKSHOPS** **EMPLOYER
BOOTHs** **POST-SECONDARY
EDUCATION BOOTHs**

NOVEMBER 6 **CHIEF JOE MATHIAS CENTRE**
9:00 AM - 3:00 PM

FREE ADMISSION



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





Men's Kinship Circle

Háhalhi7iwan (Wellness Department) invites fathers, grandfathers, uncles, nephews and sons to join them at the Men's Kinship Circle.

Led by Steph Matthews, you'll learn 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.

WHEN: Wednesdays, October 14 – November 18, 5 – 7:30 pm

WHERE: Healthy Hub, 41139B Government Road

- **October 14:** Rattle making
- **October 21:** Rattle making continued
- **October 28:** Tree of Life Art
- **November 4:** Medicine pouches
- **November 11:** Devils club bead making
- **November 18:** Closing ceremony

With Elders' support. Meal will be provided, and child-minding is available on request. For any questions, reach out to Steph Matthews at steph_matthews@squamish.net, or 604-908-5552.

Scan the QR Code to register:



Squamish Valley Fall Immunization Clinics

Walk-Ins Welcome

Yúustway's Fall Immunization Clinics return next week to Squamish Valley.

The clinic is conducted every fall to provide protection during viral respiratory illness season. Community members are able to get an influenza, pneumonia and/or Covid immunization.

WHEN: Elders: October 20 | 1 – 7 pm
All Ages: 22, November 26 | 1 – 7 pm

WHERE: Stawamus Room, Totem Hall

Hours are subject to change. 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.





Honour Your Strength

OUR DIABETES WELLNESS JOURNEY

Yúustway is excited to resume their Honour Your Strength: Our Diabetes Wellness Journey community-based education series this fall.

Made up of eight in-person interactive education sessions, participants will learn how to live well with diabetes through holistic wellness, peer support and strength-based learning. The series invites people to have conversations around diabetes, sharing their stories and wisdom.

WHEN: September 22, October 20, November 17, December 8
5 – 7 pm

WHERE: Yúustway Health & Wellness
380 Welch St., Unit 9A

The dates for sessions 5 – 8 will be announced later. Participants are required to attend all 8 sessions, which will be held in person and virtually. A light meal will also be served.

For more information or to register, please contact:

 **Deni Olivares: 236-668-9653**

 **publichealth@squamish.net**

Squamish Valley Fish Tanning & Crafting Workshop

Learn how to transform raw fish skins into a supple, durable leather at the Fish Tanning & Crafting Workshop.

Facilitated by Janey Change, participants will learn how this strong textile can be used to make clothing, wallets, footwear, earrings, art, and more.

WHEN: October 21, 23 and 28 | 10 am – 4 pm

WHERE: Squamish Valley Shaker Church, 1365 Chief Billy Dr.

Registration open from **October 6 at 1:30 pm** – **October 15 at 1:30 pm**, or until full.

Scan the QR code to register



This event is only for Nation Members.

For any questions, email the Yúustway team at **wellness@squamish.net**.



NORTH VAN & SQUAMISH VALLEY

WELLNESS WEDNESDAYS

SQUAMISH VALLEY
WELLNESS WEDNESDAYS



DROP-IN EAGLE FEATHER BRUSHING

with Aggie and Slomish

 Every Wednesday
from 1-3:30pm

 Ha7lh skwalwnawtxw Siyích'em
(41139B Government Road)

NORTH VAN WELLNESS WEDNESDAYS



DROP-IN CEDAR BRUSHING

with Judy Bob

 Every Wednesday
from 9:30 – 11:30am

 Háhalhi7iwan Wellness Building
Unit 1A, 380 Welch Street,
West Vancouver, BC V7P 0A7



DROP-IN CANDLE BLESSING

with Jane Charlie

 Every Wednesday
from 1-3:30pm

 Háhalhi7iwan Wellness Building
Unit 1A, 380 Welch Street,
West Vancouver, BC V7P 0A7

 **Skwxwú7mesh**
Úxwumíxw

24

Skwxwú7mesh Úxwumíxw – Syétsm tł'a Sxexelhnát – Squamish Valley

tem cháatl'am (October) 8, 2026

Equine Therapy

With Community Wellness &
Substance Use Clinician Jessica Blois

Equine-assisted therapy is a land-based healing approach grounded in connection to land and relationship with horses, supporting emotional and psychological well-being through guided interaction, and can include grooming and leading.



For more information, please
text/call 236-818-3154 or email
jessica_blois@squamish.net

 **Skwxwú7mesh**
Úxwumíxw

Yúustway
Health & Wellness
Community Health & Wellness

25



SQUAMISH VALLEY REC

CINEPLEX

Movie night

Showing: Forgotten Island

★ FOR SQUAMISH NATION MEMBERS/COMMUNITY MEMBERS, PRIORITY SQUAMISH VALLEY

★
★
★

OCTOBER 14, 2026 @ 6:00PM
3000 PARK ROYAL S, WEST VANCOUVER

★
★
★

 SquamishRecreation@squamish.net
 604-892-5166





**Skwxwú7mesh
Úxwumíxw**

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

squamish.net



Squamish Valley Rec

YOUNG ADULT WORKOUT

With Aleisha Cline

For Squamish Nation/SN
community members ages 19–26

8:00–9:00PM
Thursdays
1380 Stawamus Rd. –
Totem Hall fitness room

Contact:
SquamishRecreation@squamish.net





**Skwxwú7mesh
Úxwumíxw**

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



Artists may submit either an art mural (Category A) or a fabricated installation (Category B), or to both categories. Opportunity is open to all artists who:

- reside in British Columbia
- understand the vision and themes
- have the skills & experience necessary to manage all project phases, from design through to installation
- can meet the deadlines and stay within aproved budget

Deadline for submissions is October 15, 2026 @2:00 PM (Pacific Time)

For more information, including the vision and themes for the project, contact info, instructions for submissions, and where to direct your questions, please use the QR code or link below.



Tl'a ti Sxexelhnát

(From this Week)



Chílhiwílh (Above): Chénchenstway visiting Totem Hall for Super Clinic (2026-10-02)

Skáyíws (Left): Getting ready for children's pie-eating competition at Community Thanksgiving Dinner (2026-10-07))

Lésiíwílh (Below): wanáxws chet ta scháyilhen (We Will Honour the Salmon) ceremony (2026-10-06)





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