

tem ch'áatl'am (October) 15, 2026



Syétsm t'la Sxexelh náts

News of the Week

Some Important Upcoming Dates

Cultural Grant application deadline	Oct 16th
tem ekwáyanexw (Fall) Festival (p. 12)	Oct 17th
Healthy Hub closure begins (p. 6)	Oct 19th
SV Immunization Clinic (p. 19)	Oct 20th
Honour Your Strength: Diabetes Wellness Journey (p. 20)	Oct 20th
SV Fish Tanning & Crafting Workshop begins (p. 21)	Oct 21st
Skw̓xwú7mesh Sníchim Immersion Diploma program: info session 1 (p. 7)	Oct 22nd
BC CCP Workshop begins (*seeking youth volunteers) (p. 13)	Oct 22nd
Skw̓xwú7mesh Sníchim Immersion Diploma Program: info session 2 (p. 7)	Oct 26th
Family Halloween Party (p. 24)	Oct 28th
Stitsma Career Centre: Youth Conference (p. 15)	Nov 6th
Elders' Holiday Craft Fair begins (p. 8)	Nov 21st
Seńákw Sménhem (Tower Two) move-ins open (p. 5)	Dec 1st
December Regular Distribution begins (p. 10)	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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Family Halloween Party (incl. registration)	24	

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				Shriley T Wayne Ma 11-3	Super Clinic	Fall Fair 10-3
Doreen B Vera D 4	Candidates Bruch in gym 10:30-3pm 5	Fitness 10 Salmon Ceremony 10-1 6	Lorraine M Thanksgiving Lunch 12-3 7	8	Linda W Foot Care 10-2 9	10
11	Thanksgiving Day 12	10 Fitness Mary 10:30 Brunch 13	Lunch & Bingo 14	Beading with Melissa 10:30-3 15	Lavern B Tom H 16	Michael L Marie L 17
Martin W 18	Dubs W Danille Medium 10-12 19	10 Fitness Mary 10:30 Brunch 20	INTEGRITY COMMISSIONER MEETING 10:30 21	Randy L Earl L All Staff Meeting 22	Crafts w/Colleen 10:30-3 23	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



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 Słkwxwú7mesh 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 Słkwxwú7mesh People — rooted in Słkwxwú7mesh values and honouring our traditions and ways of being as a community.

For any questions, please contact 604-982-78169 or wellness@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 HiYám 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





**Sḵw̓xwú7mesh
Úxwumíxw**
Squamish Nation

OCTOBER 19 - 23

Healthy Hub Closure

**Ha7lh sḵwalwnawtxw 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



**SNÍCHIM
FOUNDATION**
Revitalizing the
Sḵw̓xwú7mesh language.

SḴW̓XWÚ7MESH SNÍCHIM IMMERSION DIPLOMA PROGRAM INFORMATION SESSION

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

INFORMATION SESSIONS

THURSDAY OCT 22 6:00PM
WEDNESDAY OCT 28 6:00PM

The Diploma Program will run from May to December 2027 and will offer full-time, immersion-based advanced Sḵw̓xwú7mesh 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.

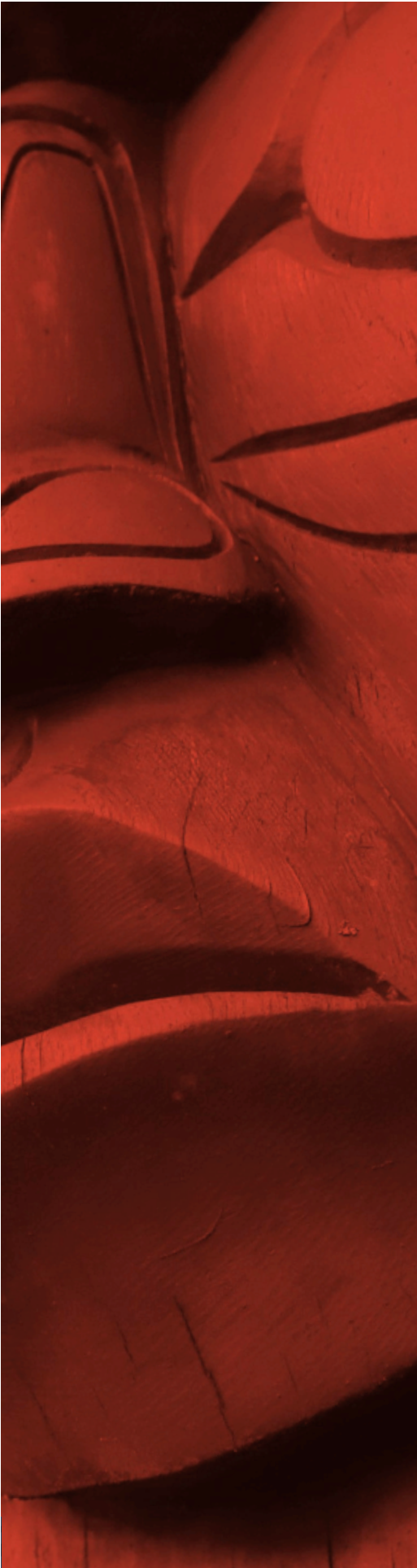
Completion of the Certificate Program with the Sníchim Foundation is a prerequisite, as the Diploma will pick up directly where the Certificate Program leaves off.

The program will be delivered in partnership with Simon Fraser University (SFU) and the Sníchim 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.

- 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



Info@snichimfoundation.com



Sḵw̱xwú7mesh Úxwumixw
Squamish Nation

INTRODUCING

Ta S7ulh Sḵwelḵwálwen
kwi Esch'éch'ewát

Strategic Plan 2026-2030

**Sḵw̱xwú7mesh 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
Sḵw̱xwú7mesh 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.



Skw̓wú7mesh Úxwumixw
Squamish Nation

Ta na wa Téywilhaylhem
Public Safety

Bear Activity Notice



Please help keep our community, families, pets, and wildlife safe.

Here are some safety tips:

 **Pick ripe fruit** from trees and remove fallen fruit from the ground.

 **Secure garbage and food waste** and only put it out when required for collection.

 **Remove or secure outdoor attractants**, including pet food and other food sources.

 **Keep doors and windows secured** when you are away from home.

 **Keep pets supervised** when outside, particularly in areas where bears have been seen.

 **Never approach or feed a bear.** Give bears plenty of space and a clear route to leave.

Huý chexw a (thank you)
Ta na wa Téywilhaylhem – Public Safety
604-982-9938





REMINDER: SATURDAY, OCT. 17

tem ekwáyanexw Fall Festival

Ayás Méhmen (Child & Family Services) and Nexwnínlhewá7nem Ch'áwch'aw (People Services) are proud to jointly host this year's tem ekwáyanexw Fall Festival at Totem Hall.

On October 17, from 12 – 3pm, Community will gather to celebrate the change of season and showcase Skwxwú7mesh culture. Transportation details aren't finalized yet, but an early sign-up sheet can be found below with the QR code.

WHEN: Saturday, October 17, 12 - 3pm

WHERE: Totem Hall
1380 Stawamus Rd, Squamish

For questions, please contact:
amm_events@squamish.net



Scan here to sign up for transportation to Totem Hall



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



New Job Postings

Squamish Nation

- Talent Acquisition Specialist**
Term Full-Time | Chénchenstway Human Resources | North Shore (North/West Vancouver), BC
- Food Program Driver/Assistant**
Permanent Part-Time | Ayás Méhmen Early Years & Youth Services | North Shore (North/West Vancouver), BC
- Senior Event Coordinator, Special Projects**
Permanent Full-Time | Sts'its'áp'newas 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'kay

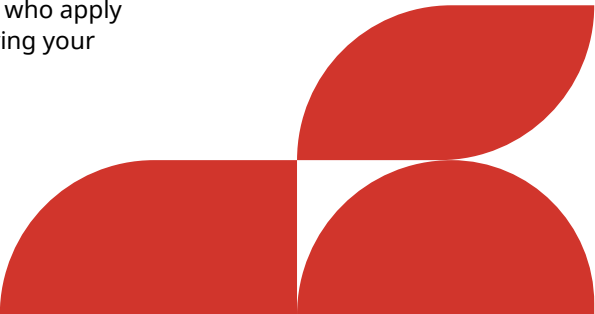
- Tenant Navigator**
Permanent Full-Time | Park Royal | West Vancouver, BC
 - Maintenance Manager**
Full-Time 1 Year Term | Capilano RV Park | West Vancouver, BC
- nchkay.com/careers

Develop your career with the Nation

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

Chénchenstway (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





Fellowship of the Spirit

To the members in the Valley who are looking for some support to achieve sobriety and be around like-minded people:

You are welcome to join us in the Fellowship of the Spirit meeting to share or just to listen. No pressure to commit, but just to get your foot in the door and start your journey to healing your mind, body, and spirit.

At the meeting we alternate between nights where we read from the AA book and share, and nights where we have a Talking Circle. We are looking forward to greeting you with an open mind, and open heart, and open arms.

**We have childcare available for young or single parents to further support their needs.*



**Meeting @ the Shaker Church —
1365 Chief Billy Dr.
Every Friday night, starting @ 6:15pm**



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





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**.





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
Úxwumixw**

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

squamish.net



Squamish Valley Recreation

FAMILY PUMPKIN PATCH

For Squamish Nation/SN
Community members
priority Squamish Valley

Temtám (When): October 24, 2026
T'ánamtn (Time): 11:00-3:00pm
Éncha (Where): Glacier Valley Farm
12825 Squamish Valley Rd

Contact:
SquamishRecreation@squamish.net





**Skwxwú7mesh
Úxwumixw**

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

squamish.net

SQUAMISH VALLEY
RECREATION PRIVATE PARTY

FAMILY HALLOWEEN
PARTY

28
OCT.
2026

TOTEM
HALL

6:00
PM

A PRIVATE EVENT FOR
SQUAMISH NATION/SN
COMMUNITY MEMBERS
TRANSPORTATION AVAILABLE

CONTACT:
SQUAMISHRECREATION@SQUAMISH.NET

Skwxwú7mesh
Úxwumixw

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

squamish.net



Tired
-A.Harris

I'm tired, yes.
But not the kind
that's fixed with
sleeping pills.

The rest I need
is walking
up some lovely,
wooded hills.

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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