Syétsem tl’a Sxexelhnát

News of the Week **Monday, November 02, 2026**

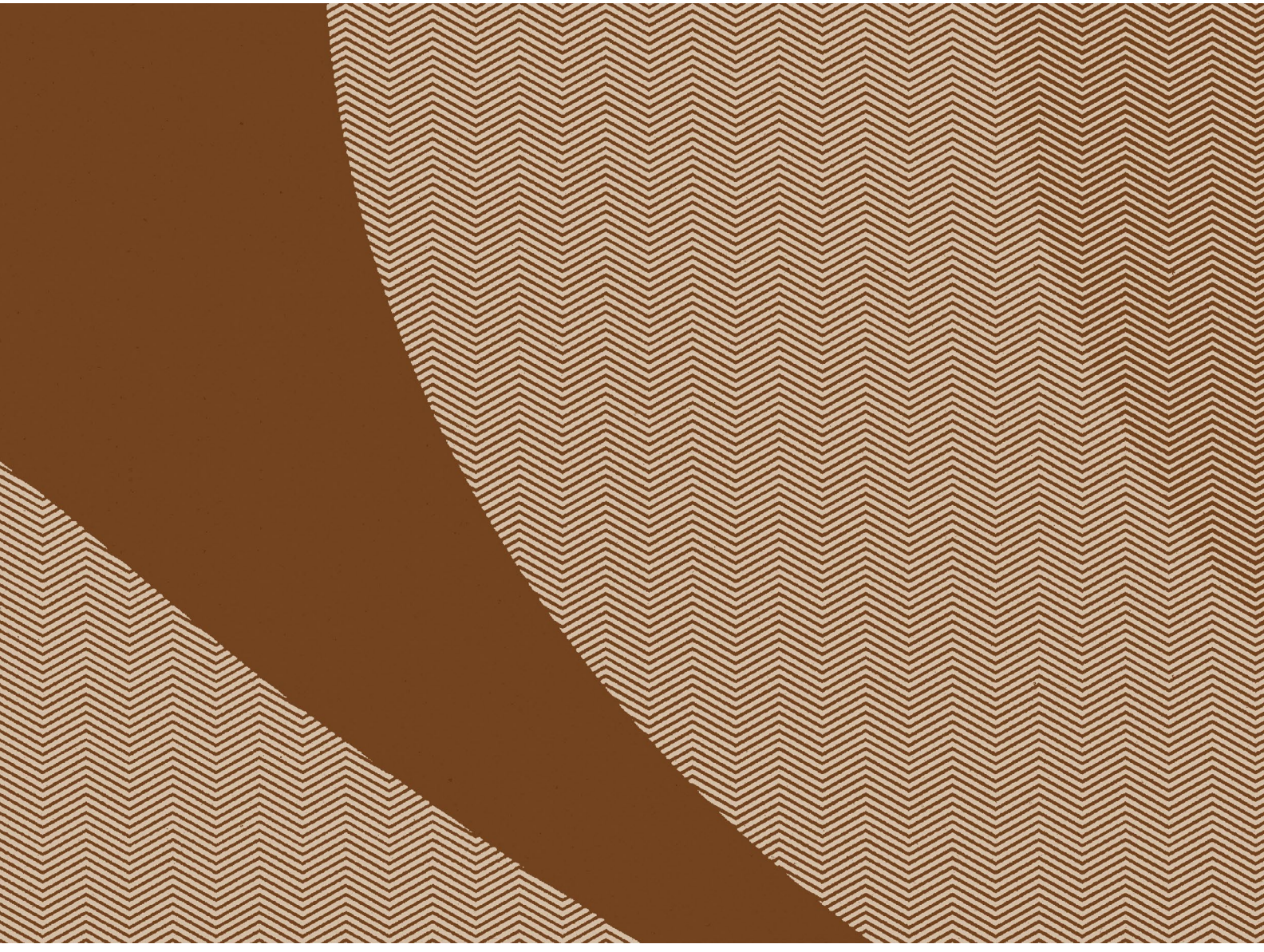


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Sḵwx̱wú7mesh Úxwumixw
Squamish Nation

Official Notice

Annual General Meeting

The third People's Assembly of the year is the Annual General Meeting.

November 28-29
10 am – 5 pm

Chief Joe Mathias Centre
Totem Hall
Online (Zoom)

Why attend the Annual General Meeting?

- Get involved and stay updated on important information.
- Vote on resolutions and receive updates on previous resolutions from staff.
- Enjoy time with friends and family while discussing our future.
- Your vote matters! Attend and cast your vote on issues that matter to you.

SAVE THE DATE

Gather
Come together as a community to create positive change.

Learn
Get the latest updates on Nation initiatives, finances, and the progress we're making together.

Have Your Say
Share your thoughts and help guide important decisions.

Ta na wa Cheńtm
Chair & Council Office
320 Seymour Blvd, North Vancouver
604-980-4553
cco@squamish.net

Skwxwú7mesh Úxwumixw
Squamish Nation

Tell us about your experience with Chéńchenstway (HR)

Following the 2025 Annual General Meeting (Resolution AGM-003), Squamish Nation was asked to review how Chéńchenstway (Human Resources) is working for Squamish People.

As part of this review, we want to hear from **community members, current employees and former employees** about their experiences with Squamish Nation's HR Department.

Different experiences and perspectives will help us understand what is working well and what could be strengthened for the future.

WHAT DO WE WANT TO HEAR ABOUT?

- Your experiences accessing HR support
- HR programs and services
- How information and support are provided

COMPLETE BY
November 30th

Share your voice in the way that works for you.

Scan the QR code or follow the link to choose how you would like to take part:

- Complete the survey now and share your experiences with Human Resources at Squamish Nation.
- Receive a reminder to complete the survey.
- Participate in a focus group.
- Hear about other opportunities to share your feedback.

If you choose to stay involved, you will be asked to provide your contact information and let us know how you would like to participate.

Participation is voluntary, and you can choose the option that feels right for you.

https://www.surveymonkey.com/r/SNHR

Questions?
If you have any questions, please reach out to the project team at:
hrconsulting@mnp.ca

MNP is an independent consulting firm supporting Squamish Nation with this review. Our role is to listen to Squamish People and bring together what we hear to support the review.

MNP LLP

Sḵwx̱wú7mesh Úxwumixw – Syétsem tl'a Sx̱ex̱elhnát - North Vancouver tem eḵwáyanexw (November) 02, 2026

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Squamish Nation

Do you have flu or Covid-19 symptoms?

Based on current guidelines, COVID-19 testing is no longer routinely required. Most people can safely take care of their symptoms at home.

Community Members can also speak with Public Health Nurses and ask any questions surrounding health and wellness.

If you are sick:

- Take rest, stay home, and allow yourself to recover
- Avoid close contact with people at higher risk of severe illlness
- Wear a mask if you will be close to others
- Cover your coughs or sneezes with your elbow
- Wash your hands often

If your symptoms worsen or don't improve, please visit your healthcare provider



Questions? Contact Yúustway Health:

604-682-0332

yhsreception@squamish.net

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NO APPOINTMENT NECESSARY

Immunization & Tuberculosis Screening

On the second Tuesday of each month, the Public Health Nurses will be offering drop-in immunizations and tuberculosis screening.

Community Members can also speak with Public Health Nurses and ask any questions surrounding health and wellness.



WHEN: **Tuesday, November 10 | 1 - 3PM**

WHERE: **380 Welch Street Unit 9A
West Vancouver**

Contact

236-668-9653

www.squamish.net/divisions/people-services/health-wellness/

Sḵwx̱wú7mesh Úxwumixw – Syétsem tl'a Sx̱ex̱elhnát - North Vancouver
tem eḵwáyanexw (November) 02, 2026

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Wellness Month 2026

Throughout November 2026, Ḥáhalhi7iwan (Wellness) will host a series of events and activities in recognition of Wellness Month. Wellness Month encourages meaningful conversations about respect, healthy relationships, and healing while acknowledging the impacts of domestic violence.

November Schedule

- **November 6 | Sea to Sky Gondola Day**
- **November 12 | Weaving & Medicines North Shore | CJMC |5 - 7 pm**
- **November 19 | Weaving & Medicines Squamish Valley | Totem Hall | 12 - 3 pm**
- **November 25 | Honouring a Life North Shore | Shaker Church | 12 - 3 pm**
- **November 26 | Madelaine McCallum Keynote Speaker | CJMC | 4:30 - 7 pm**
- **November 30 | Canyon Lights at Capilano Suspension Bridge**

Wellness Resources

The Wellness Department provides culturally grounded services for children, youth, adults, Elders and families.

Contact the team:
Phone: 604-982-7816
Email: wellness@squamish.net

www.squamish.net/wellness

Scan the QR code to for more details.

December 2026 Regular Distribution

Nexwsxwníẃntm 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 pm: Open during lunch hour (12 – 1 pm)

Pick up locations:

Totem Hall
1380 Stawamus Drive
Squamish

Chief Joe Mathias Centre
100 Capilano Road
West Vancouver

Important deadlines

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

Important dates

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

Update your information

If <u>any</u> of the following has changed, please contact Member Services:

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

For questions or to update your personal information, contact 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.*

Sḵwx̱wú7mesh Úxwumixw – Syétsem tl'a Sx̱ex̱elhnát - North Vancouver
tem eḵwáyanexw (November) 02, 2026

SQUAMISH NATION

DISTRIBUTION ADMINISTRATION POLICIES
(one form per Member)

PICK UP AUTHORIZATION

Date received:

(for office use only)

Member Services ◆ Unit 6 – 380 Welch St ◆ West Vancouver, B. C. V7P 0A7 ◆ Tel. (604) 982-7610 ◆ Fax (604) 982-7658

A. MEMBER INFORMATION

Full Name of Member: _____

Member No.: _____ Date of Birth: _____

B. MINOR'S INFORMATION — MINOR'S MEMBER NO.

_____ _____

_____ _____

_____ _____

_____ _____

I authorize the Squamish Nation and Registrar <u>this one time</u> to give my, and the above listed Minor's for whom I am Guardian, Distribution Share(s) payable on the Distribution Date noted below to the person named below.

C. DISTRIBUTION DATE AND RECEIVING PERSON INFORMATION

Distribution Date: _____

Full Name of
Receiving Person: _____ Date of Birth: _____

I certify that the information provided in this Pick Up Authorization is to the best of my knowledge, true, correct and complete and that I have freely given the authorization made above.

Signature of Member _____ **Date signed:** _____

Signature of Registrar _____ **Date signed:** _____

<u>Note to Member:</u> a Pick Up Authorization is valid for one Distribution Date only. This Pick Up Authorization must be filed with the Registrar on or before the Distribution Date specified above.

28 June 2022

00898923-3

Sḵwx̱wú7mesh Úxwumixw
Squamish Nation

ts'its'ixwnítway
Member Services

DIRECT DEPOSIT ENROLLMENT FORM

A. INFORMATION ABOUT YOU

Name: _____ Band # _____

_____

B. MAILING ADDRESS

_____ _____

Telephone #

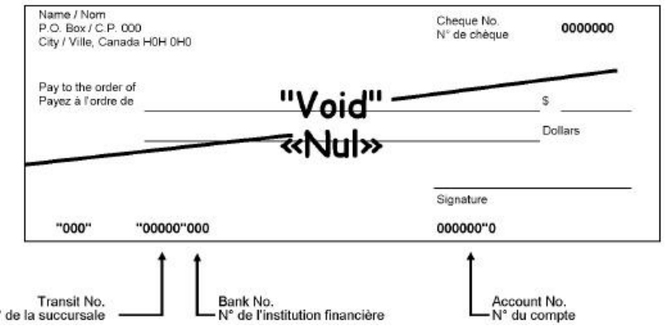
_____

Email: _____

C. DIRECT DEPOSIT INFORMATION (Canadian Financial Institutions ONLY)

Please attach one of the following:

☐ A VOID cheque OR ☐ A direct deposit form from your bank



D. AUTHORIZATION

I hereby authorize the Squamish Nation to direct deposit Squamish Nation Distribution and Squamish Nation Trust payments into the account I have attached to this form until further notice.

X _____ _____
Signature Date

OFFICE USE ONLY

JDE : _____ Entered By: _____ Entered: _____

☐ NEW ☐ UPDATE ☐ IA ☐ DEPARTMENT: _____

Sḵwx̱wú7mesh Úxwumixw
Ts'ixwts'ixwnítway
Member Services
Elder's Centre

November Tem eḵwáyanexw 2026

Blue-accented programs are drop-in **Black-accented** programs need sign up

sḵwetḵálhyes Monady	stsámyes Tuesday	schánxwyes Wednesday	sxaa7útsns Thursday	stsiiýachis Friday
2 10-3 Sewing at Chenkw Emut 11:45-12:45 Aquafit at Delbrook	**3** 10-11 Zumba at CJMC 1:30-3:30 Weaving at Chenkw Emut 1:30-3 Elder's Language	**4** 9:30-11 Planet Fitness 12-2 Elder's Luncheon at CJMC	**5** 10-11 Chair Exercise at CJMC 11-1 Legends with Becky Duncan	**6** 9:30-11 Drop-in Swim at Delbrook 10-2:30 Wayne Mah at Member Services 1:30-4 Bingo at Chenkw Emut
9 10-3 Sewing at Chenkw Emut 11:45-12:45 Aquafit at Delbrook	**10** 10-11 Zumba at CJMC 10-12 Advanced Language 1:30-3:30 Weaving at Chenkw Emut	**11** CLOSED Remembrance Day	**12** 10-11 Chair Exercise at CJMC 11-1 Drumming and Singing with Becky Duncan	**13** 10-3 Local Shop Park Royal for banking, Super Store, Walmart, Save On Foods
16 10-3 Sewing at Chenkw Emut 11:45-12:45 Aquafit at Delbrook	**17** 10-11 Zumba at CJMC 1:30-3:30 Weaving at Chenkw Emut 1:30-3 Elder's Language at Chenkw Emut	**18** 9:30-11 Planet Fitness 12-3 Audited Financial Statement Lunch at CJMC	**19** 10-11 Chair Exercise at CJMC 11-1 Legends with Becky Duncan 1:30-3:30 Drop-in Crafts at Chenw Emut	**20** 9:30-11 Drop-in Swim at Delbrook 10-2:30 Wayne Mah at Member Services 1:30-4 Bingo at Chenkw Emut
23 10-3 Sewing at Chenkw Emut 11:45-12:45 Aquafit at Delbrook	**24** 10-11 Zumba at CJMC 10-12 Advanced Language 1:30-3:30 Weaving at Chenkw Emut	**25** 9:30-11 Planet Fitness 12-2 Elder's Luncheon at Park Royal Requires Sign Up	**26** 10-11 Chair Exercise at CJMC 11-1 Drumming and Singing with Becky Duncan 1:30-3:30 Drop-in Crafts at Chenw Emut	**27** 9:30-11 Drop-in Swim at Delbrook 1-3:30 Movie at Park Royal
30 10-3 Sewing at Chenkw Emut 11:45-12:45 Aquafit at Delbrook				

To sign up for programs
Evangeline 672-335-0817 | **Elder's Centre** 604-987-464
Work phones are only on Monday to Friday 8:30 am – 4:30 pm.

Transportation
Heather Spence 236-883-9173, with 24 hours notice ahead of the program you require transportation for.

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Squamish Nation

Schools on Snow Program Back for 2026/2027 Season

The Schools on Snow ski and snowboard program is back for the 2026/2027 season.

The program is intended for Squamish youths ages 7 – 18 that are beginner to intermediate ability level skiers and snowboarders. Participants will learn basic skiing or snowboarding techniques and safety skills from qualified ski instructors and build confidence on beginner-friendly terrain.

The program runs for 8 Thursday sessions and attending all dates will ensure your success and the full development of your skills.

Thursday Session Dates
December 2026 - April 2027
December 10 · January 14 & 28 ·
February 11 & 25 · March 4 & 11 · April 1

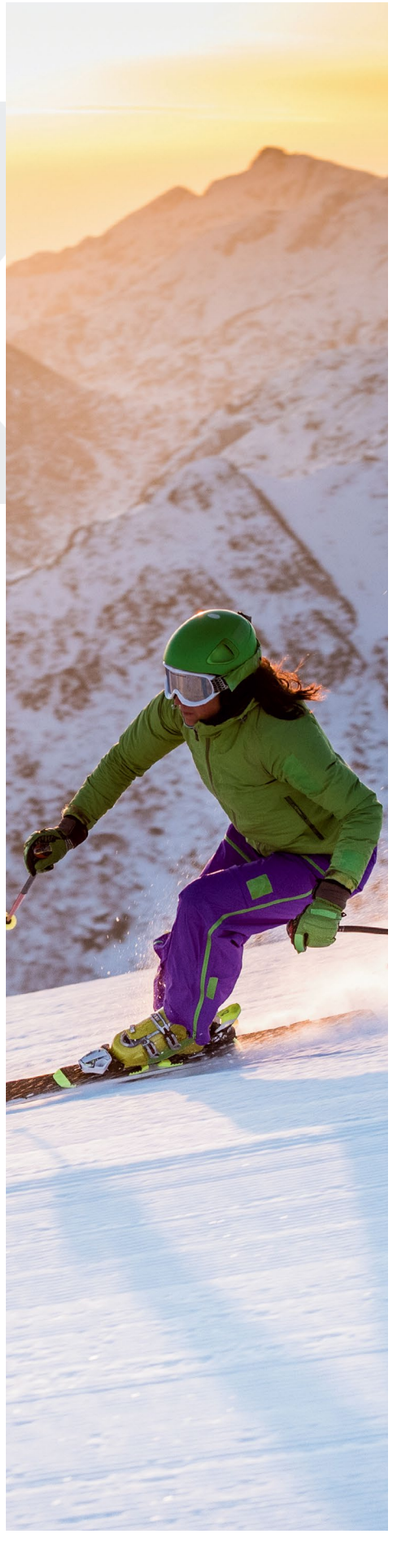
Ski and snowboard rentals, lessons and lunch are provided as well as transportation from CJMC and Totem Hall.

For any questions, contact:

NV: Justine Sobell
604-980-6338
justine_sobell@squamish.net

SV: Lindsay Hubley
604-892-5166
lindsay_hubley@squamish.net

Register Now



Sḵwx̱wú7mesh Úxwumixw

Ta na wa Ns7éyx̱nitm ta Sneẃíyelh

presents

s7ulh ti temíxw

THIS IS OUR LAND FILM SERIES

X̱aays (Transformers) Film Screening

WHERE

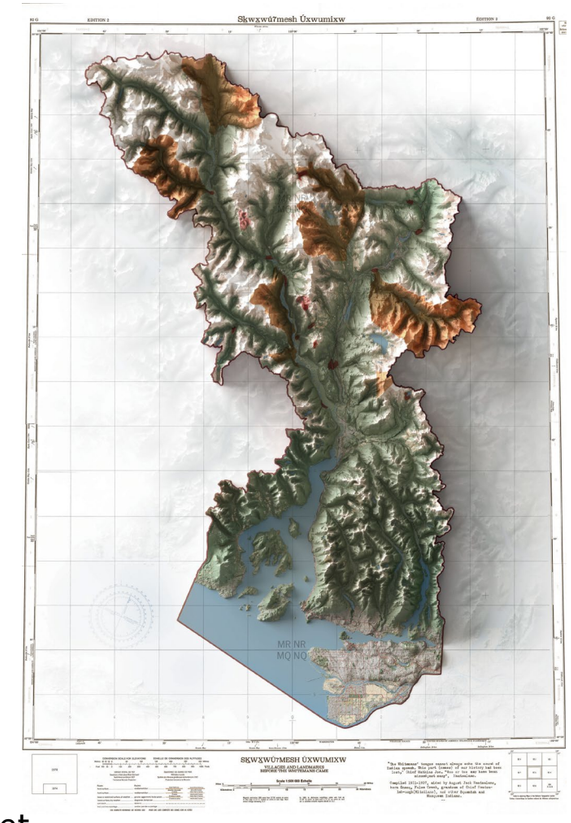
Kay Meek Arts Centre
1700 Mathers Avenue
West Vancouver

WHEN

Thursday Nov. 5, 2026
Doors open: 6:30pm
Start time: 7:00pm

REGISTER

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



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



CALLOUT FOR INTEREST

EARLY CHILDHOOD CARE & EDUCATION DIPLOMA

The Nexw7áýstwaý Training & Trades Centre is gauging interest for an Early Childhood Care & Education (ECCE) Diploma in the Squamish Valley, accredited and delivered in partnership with Capilano University.

TENTATIVE START DATE
JANUARY 2027

DURATION
2 YEARS

INFO SESSION

November 7, 2026
10:00 am - 1:00 pm
Capilano University
Squamish Campus
3200 University Blvd

TAKE THE FIRST STEP

Complete our form to express your interest in the Early Childhood Care & Education program

SCAN FOR FORM

Sḵwx̱wú7mesh Úxwumixw
Sts'its'áp'new̓as
Employment & Future Skills
Stitsma Career Centre

Empower Your Future with Stitsma Career Centre

Stitsma Career Centre
Eslha7an Centre, 345 5th St W, North Vancouver

INTERMEDIATE FIRST AID

for Squamish Nation Income Assistance Clients

In partnership with ProSafe Training

November 16-17, 2026
9:00 AM–4:00 PM

What will you learn?
- Basic Life Support (CPR-A)
- Scene assessment
- Patient assessment
- Critical airway & breathing and circulatory interventions with C-spine management
- Small wound, soft tissue and fracture management

What is included:
- Lunch
- $75/day incentives



Register by November 13

November 16-20, 2026
8:30 AM–4:30 PM



YOUNG ADULT EMPLOYMENT PROGRAM

for Squamish Nation Income Assistance Clients

In partnership with Bungalow 968 + Capilano Suspension Bridge Park & Grouse Mountain for winter season work.

Workshops:
- Food Safe
- First Aid
- Resume & cover letter writing
- Site visits

What is included:
- $75/day incentives
- Lunch
- $200 BONUS for participation & perfect attendance

Register by November 13

604-985-7711 **Trevor_Billy@squamish.net**

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:

- **SEASONAL MARKET HOST**
  Foundry North Shore
- **INSTRUMENTATION TECHNICIAN**
  TransMountain
- **CONSTRUCTION LABORER**
  Bridgemans

* ***PLEASE SEE INDIVIDUAL JOB POSTINGS FOR REQUIREMENTS AND MORE INFORMATION***

SCAN FOR JOB BANK

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

Sḵwx̱wú7mesh Úxwumixw – Syétsem tl'a Sx̱ex̱elhnát - North Vancouver
tem eḵwáyanexw (November) 02, 2026

Income Assistance Notice

IMPORTANT DATES – PLEASE READ CAREFULLY

MONTHLY DECLARATIONS 2026

- Declaration Week is now **1 day** per month.
- **Declarations must be submitted IN PERSON** at Eslha7an Learning Center.
- **Late submissions may DELAY benefit payments by 3–10 business days.**

DECLARATION WEEK	CHEQUE ISSUE DATE
Oct 14	Oct 26
Nov 10	Nov 25
Dec 2	Dec 30

CLIENT APPOINTMENTS

- **NO WALK-INS – Please book an appointment with the receptionist.**
- Appointments will be scheduled at the **earliest available time**.

Please contact the Income Assistance team for any further questions.

Phone: 604-988-8807 / **Fax**: 604-998-8917

ACTION PLAN FOR EMPLOYABLE CLIENTS

- Employable clients **must complete an Action Plan with Stitsma Employment monthly**.
- **Please book your appointments in advance** to meet your deadline.
- If you miss the deadline, your cheque will be delayed by 3–10 business days.
- **No monthly check-in = No cheque**.

NOTICE OF ASSESSMENT

- Provide your **Notice of Assessment for 2024, 2023, and 2022.**
- **IA requires a copy for your file**, which you will receive by mail or online after filing your taxes
- **File your taxes every year** to confirm eligibility for IA.

ANNUAL RENEWAL

- Ensure your **Annual Renewal** is completed each year.
- Contact your worker to complete this process.

BILLS

- **Send your BC Hydro & Fortis bills** as soon as you receive them.

Update your worker with any changes to **Identification, Address, Phone Number, when your child turns 18/19, if expecting a child, or when you turn 64/65.**

Tell your worker if someone moves in or out of your household. This affects your bills/rent. If there are changes, ***fill out a new Occupancy Form***

E-mail: income_assistance@squamish.net

Indigenous Services Canada | Services aux Autochtones Canada

SOCIAL ASSISTANCE MONTHLY RENEWAL DECLARATION FOR: December 2026 >>555
Cheque issue date is Wed. November 26 – December 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

_____

MANDATORY: Current Address _____ Current Phone # _____

List any changes in your living situation _____

If you do not hand in your **Declaration** on … **Tuesday, November 10, 2026.** You will **NOT** receive your Cheque on Wed. November 25th. **Late Declaration** means, late cheque

4. Have you had any earned or unearned Income this month? ☐ Yes ☐ No

If yes, completed

Earnings	$
Family Allowance	$
Maintenance	$
Employment Insurance	$
Other (specify) ____	$
TOTAL	$

5. Has there been any change in your assets? ☐ Yes ☐ No

If yes, complete

Bank Account	$
Property	$
Other (specify)	$
	$
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 IN PERSON ESLHA7AN LEARNING CENTRE

Sḵwx̱wú7mesh Úxwumixw – Syétsem tl'a Sx̱ex̱elhnát - North Vancouver tem eḵwáyanexw (November) 02, 2026

New Job Postings

Squamish Nation

Upcoming Opportunities:

Case Social Worker
Permanent Full-Time | Ayás Mélmen Child and Family Support Services | Squamish Valley, BC

Team Leader, Youth Services
Permanent Full-Time | Ayás Mélmen Early Years & Youth Services | North Shore - North/West Vancouver, BC

Senior Manager, Implementation & Development
Term Full-Time | Ta7lnewás Education | North Shore - North/West Vancouver, BC

Nch'ḵaý

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

Data and Contract Coordinator
Permanent Full-Time | Lynnwood Marina | North Vancouver, BC

Store Manager
6 Month Term | 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

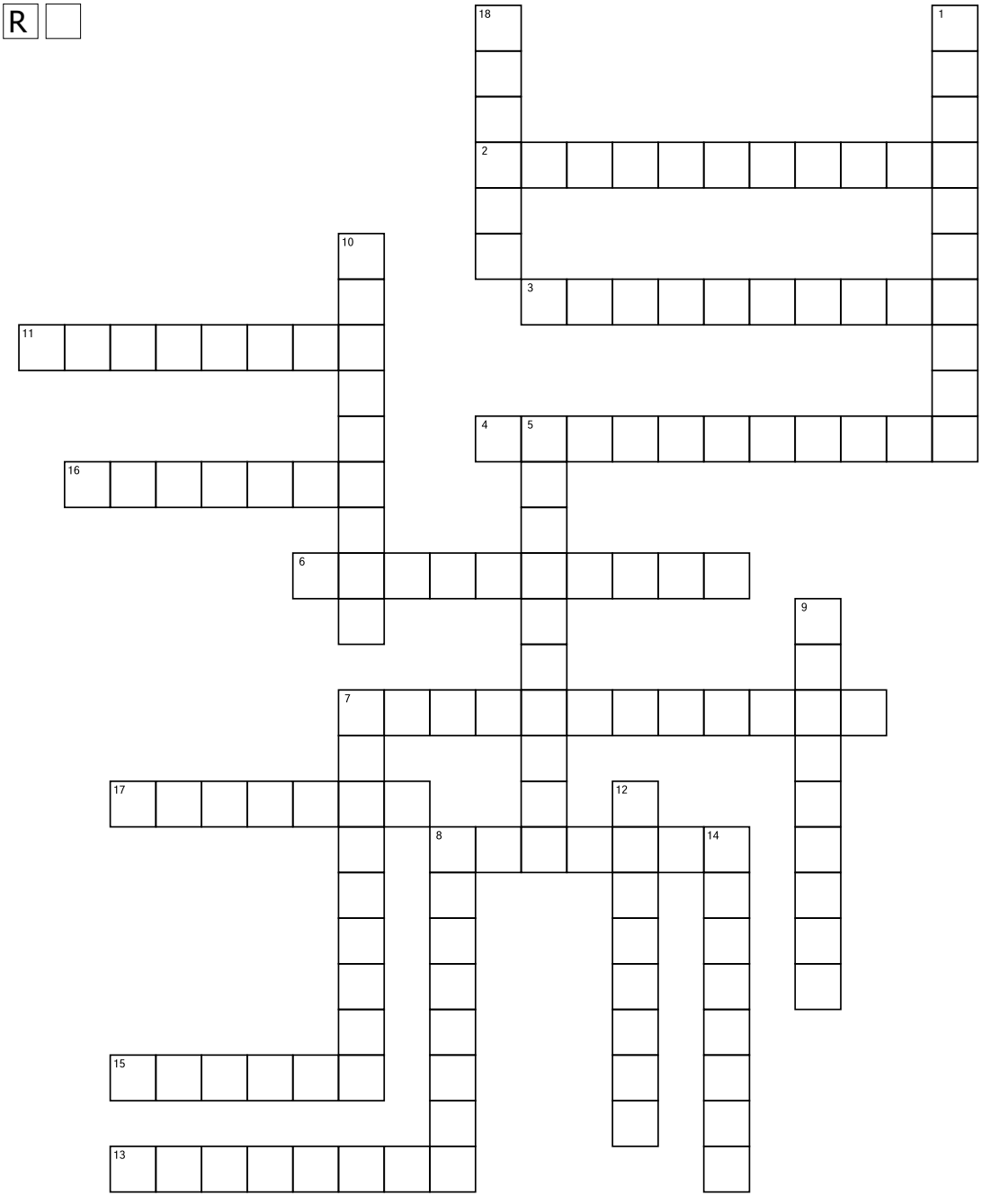
Chélchenstway (Human Resources) connects with all Squamish People who apply for positions with Sḵwx̱wú7mesh Úxwumixw. We look forward to receiving your application and supporting your professional growth with the Nation.

squamish.net/careers

W
C O R N E R
R
D

CROSSWORD

Elections



DOWN:

1. Group responsible for governing the province.
5. Process of selecting a candidate.
7. Person seeking elected office.
8. Government without majority control.
9. Current holder of an elected office.
10. System in which citizens elect leaders.
12. Organized effort to win votes.
14. Process of choosing representatives.
18. Official form used to vote.

ACROSS:

2. Provincial lawmaking body.
3. Direct vote on a specific issue.
4. Candidate not affiliated with a party.
6. Observer monitoring the vote count.
7. Area represented by an elected member.
8. Authority granted by voters.
11. Policies proposed by a political party.
13. More than half of seats or votes.
15. Public discussion between candidates.
16. Head of the provincial government.
17. Second count of ballots.