

Snuneymuxw News

Informing the people of the Snuneymuxw First Nation about issues that matter

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Snuneymuxw News is published weekly.

Snuneymuxw First Nation, 668 Centre St., Nanaimo, B.C. V9R 4Z4

Tel: 250-740-2300, 1-888-636-8789 news@snuneymuxw.ca

August 24, 2022



SNUNEYMUXW

Snuneymuxw First Nation

August 24, 2022

Uy Skweyul Snuneymuxw,

As summer comes to an end, we as a Council continue to hear from families regarding the challenges that have come with the increased cost-of-living. Whether its utility bills, gas, or groceries, we are feeling the impact of inflation. With back-to-school just around the corner, we know that families are anticipating even more household costs.

With families struggling to make ends meet, we as Council have made the decision to make use of the of the Thlap'Qwum Trust for the benefit of all Snuneymuxw members.

All Snuneymuxw members, as of August 19, 2022, are eligible for a \$250 CAD distribution.

Snuneymuxw members who have their direct deposit banking information up to date will receive their \$250 between August 24 - August 31. Direct deposit is the fastest way to receive funds and you can now update your personal information, including direct deposit information, on our new website. Just look for "Membership" under the main menu. **More information can be found on the other side of this letter. If you have any questions, please email sfnresidency@snuneymuxw.ca.**

Sincerely,

Acting Chief Sqwulutsultun William Yoachim

Snuneymuxw First Nation

668 Centre Street Nanaimo, B.C. V9R 4Z4

250-740-2300 | 1-888-636-8789

www.snuneymuxw.ca



SNUNEYMUXW

Snuneymuxw First Nation

Frequently Asked Questions

Please note, Snuneymuxw members are responsible for having banking and personal information up to date. Incorrect information will delay process. If you have any questions, please email sfnresidency@snuneymuxw.ca.

What is the deadline to alert Snuneymuxw First Nation (sfnresidency@snuneymuxw.ca) if you haven't received your distribution?

- September 30, 2022
 - Email us by September 30th if you haven't received your distribution, sfnresidency@snuneymuxw.ca
 - Please note, mail that is returned to SFN Admin because of an incorrect address can delay the process by up to 12 months because of postal service timelines.

Who is eligible?

- All Snuneymuxw members, as of August 19, 2022.
- Funds will be distributed directly to all members aged 18+. For members under the age of 18, funds will be sent to the child's parents (shared address) or to the primary caregiver of the child.
- The parent(s)/guardian(s) of children in care will receive the funds.

How are funds being shared?

- There is no pick-up option. We will only be distributing funds via direct deposit or mail.
- Funds will be distributed via direct deposit starting the week of August 22, 2022 (fastest way to receive funds). Direct deposit may take up to 5 business days.
 - Update your mailing and direct deposit information at www.snuneymuxw.ca. You will need a direct deposit form from your bank or a void cheque.
 - Main menu > Nation > Membership
- Funds will also be distributed via mailed cheque (can take 5-10 business days after processing). Please ensure your mailing information is up to date.
 - Update your address at www.snuneymuxw.ca
 - Main menu > Nation > Membership
- Members based outside of Canada must provide wire transfer information and will receive funds aligned with current exchange rate. You will need a wire transfer form from your bank, which includes:
 - Name, address, SWIFT number, bank number, bank mailing address

How will I know when to expect the funds?

- Those with direct deposit will receive an email notice of incoming funds from Snuneymuxw First Nation, so please ensure your personal information is up to date, including your email. You will be notified by email once the direct deposit has been processed. It may take 2-5 business days once you are notified by email. Mailed cheques can take up to 10 business days to arrive once processed.

Snuneymuxw First Nation

668 Centre Street Nanaimo, B.C. V9R 4Z4

250-740-2300 | 1-888-636-8789

www.snuneymuxw.ca



DISTRIBUTION AUGUST 2022

Quick Facts

- **No cheque pick-up. All cheques will be sent by mail unless direct deposit is set up.**
- **Distribution is being sent out, starting this week.**
- **If you haven't received distribution by September 30th, please email us.**
- **Email: sfnresidency@snuneymuxw.ca**



TikTok Accelerator for Indigenous Creators

Grow your TikTok presence, hone your storytelling skills and learn the building blocks for a successful digital career.

At a glance

- **Selected participants notified:** week of October 10, 2022
- **Training dates:** October 24 to December 2, 2022, twice weekly on Tuesdays and Thursdays



Program dates

October to December 2022



Location

Part-time, online



Cost

There is no application fee or tuition cost



<https://bit.ly/3Rpmh8L>

<https://nsi-canada.ca/programs/tiktok-accelerator-for-indigenous-creators/>



Snuneymuxw

First Nation

www.snuneymuxw.ca

Call to all Snuneymuxw Artists

Inviting Submissions for Permanent Works:
Design for Kiosks on Needham and Robins Street

Introduction

Snuneymuxw First Nation (SFN) is calling all established and emerging Snuneymuxw artists to propose a design for the kiosks on Needham Street (IR1) and Robins Street.



Snuneymuxw First Nation, 668 Centre St., Nanaimo, B.C. V9R 4Z4

Tel: 250-740-2300 / 1-888-636-8789 Fax: 250-753-3492 info@snuneymuxw.ca



From a Snuneymuxw lens, art is a source of knowledge and honours our profound relationship with the land and its communities. Snuneymuxw public art is a part of a greater Snuneymuxw effort to heal and restore the energy of the land.

SFN encourages artists to connect their work to our traditional village sites, acknowledging place and its relationship to Snuneymuxw. The final medium will be printed vinyl, that wraps around the kiosk. Therefore, a diverse range of mediums can be showcased, including but not limited to: mixed media, photography, painting, carving, digital art & design, weaving, and sculpture.

There are two kiosks that require designs and SFN will select two artists. We have support for installation and technical requirements, so no need to worry about those elements if you don't have the experience. We encourage proposals from a diverse range of artists. The selected artists will be awarded \$1,500.

Submission Guidelines

Snuneymuxw artists interested must prepare and submit the following:

- **Proposed Artwork Concept for Needham/Robins Street Kiosks.** The proposal shall include conceptual design drawings/sketches sufficient to communicate the artist's concept.
- **Current and Past Artwork (Optional).** The artist is welcomed to share current and/or past artwork in their proposal.
- **Letter of Intent,** no more than one page in length, which explains your interest. Please include your name and contact information.

All submissions must be received by the Lands Clerk, Desiree Thomas by 4:00 on Tuesday September 6th 2022. Submissions may be submitted electronically to desireet@snuneymuxw.ca or in hard copy delivered to the Snuneymuxw First Nation Administration Office located at 668 Centre Street, Nanaimo, B.C. Please ensure your package is marked "Attention: Desiree Thomas – Design Proposal for Kiosks on Needham and Robins Street."

Questions

All inquiries and clarifications can be sent to Desiree Thomas, Lands Clerk.

Email: desireet@snuneymuxw.ca

Phone: (250) 250-824-1351



CREATIVE YOUNG MINDS

Open to Snaw-Naw-As and Snuneymuxw children ages 2-5

Thursdays, September 15th - October 6th

10:30am - 11:15am | At Creative Escape Art School

Opportunity for children to connect with their parent/caregiver through the fascinating world of art and to encourage creativity with hands on activities such as clay sculpting, 3D painting and much more! Limited spots and transportation available

To register contact Jenny Ouellett
jouellett@kwumut.org | (250)-668-5519



Kw'umut Lelum





SNUNEYMUXW.CA





Who to Contact for Dog Related Issues



Please call James Wesley or Richard White of SFN Infrastructure during regular business hours (8:00am to 4:00pm), at 250-740-2300. During non-business hours including weekends and holidays please contact James Wesley at 250-713-7402

The SFN Dog Bylaw will be used as a guideline for these following situations:

- Stray dogs / dogs off-leash
- Aggressive dogs
- Nuisance dogs (i.e. continuous barking, howling)
- Neglect to an extent that is cruel or unnecessary

The process for dog related issues:

- A complaint is received by SFN Infrastructure
- A letter will be written from SFN Infrastructure to the offender in question (the claimant will remain confidential; the person making the complaint). The letter will contain details regarding the incident and will cite directly from the SFN Dog Bylaw.
- The letter will then be hand delivered to the offender in question. If the situation warrants the enforcement mechanism via Animal Control (as per the SFN Dog Bylaw) then Animal Control will be contacted and / or will deliver the letter to the offender themselves in severe circumstances.
- ***Animal Control enforces the SFN Dog Bylaw as well as other local area animal control bylaws.***



Come out and Join Us for a BBQ

Where: Snuneymuxw Learning Academy

1984 Woobank Road

When: Thursday September 1st 2022

Starting at 4pm

School Supplies

Forms on site

from 4-5pm

DOOR PRIZES !!!!



Activities to Start at 4 pm

Dinner at 5 pm

**Rides Available please call
Chenoa at 250-754-1300**

Activities:

Cake Walk

Bouncy Castles /Swing

Face Painting

Activity Tables/Games

Free Haircuts

Candy Apples

Lacrosse





L2N

Congratulations on passing your driving test!

Looking to get your "N" - New Driver's license? Please contact Chenoa about signing-up for Snuneymuxw's L2N Driving Practice Program. chenoap@snuneymuxw.ca





INDIGENOUS PEOPLE IN TRADES TRAINING

Trades Discovery Program

Interested in the Trades but don't know where to start?

FUNDED TUITION FOR ELIGIBLE PARTICIPANTS

This fully funded Trades Discovery Program introduces theoretical and practical learning in the trade industry. This is an opportunity for hands-on trades sampling and specific safety certifications. Learn safe work practices, and receive direct knowledge to make an informed decision about your trade pathways. Indigenous cultural component included.

EXPLORE THE TRADES

Receive exposure/certification in some of the following industries:

- Auto Mechanics
- Carpentry
- Culinary Arts
- Electrical
- Hairdressing
- Plumbing
- Refrigeration and Air Conditioning Mechanic
- Welding

TRAINING MAY INCLUDE:

- Occupational First Aid
- Level 1- WHMIS
- Fall Protection
- Confined Space Entry
- Site tours
- FOODSAFE

WHEN:

12-week non-credit program
Tuesdays - Fridays (9 am - 3:30 pm)

Fall 2022 Nanaimo (Sept 17 - Dec 16)
Spring 2023 Cowichan (Dates TBA)

CREDENTIAL:

Trades Discovery Program

Students in this course will receive an introduction to the terminology and culture of the construction industry. The safe use of tools and equipment, and the proper use of personal protective equipment will be covered along with an overview of safety regulations.

Applicants must meet eligibility criteria to gain admission to the fully funded initiative.

HOW TO APPLY:

viu.ca/iptt

Amanda Aust | Program Coordinator

amanda.aust@viu.ca | (250) 748-4529 ext. 3705

Vancouver Island University | Cowichan Campus



Funding provided by the Government of Canada through the Canada-British Columbia Workforce Development Agreement.





SNUNEYMUXW HULIT LELUM SUPPORT SERVICES

SFN Counselling Services

SNUNEYMUXW HULIT LELUM
1451 MACMILLAN RD., NANAIMO, B.C.
OFFICE: 250-740-2337

Our counsellors at SFN hulit lelum have completed trauma-informed, master's level university education and are certified counsellors.

Our counsellors are available Monday to Friday to support Snuneymuxw members.

Some of the areas that our counsellors may be able to help with include, but are not limited to:

- Anxiety
- Depression
- Grief & Loss
- Loss of relationships (friends, partners)
- Coping with anger
- Dealing with difficult emotions
- Coping skills / emotional regulation
- Self-esteem / self-worth
- Communication
- Creating healthy boundaries
- Coping with racism and discrimination
- Coping with impact of residential school and day school
- Concerns about your own, or someone else's substance use

If our counsellors determine that you may be better supported by another service provider (for example, someone who specializes in a particular area) they can help you navigate other options.



ADDITIONAL HELPFUL RESOURCE INFO:

SNUNEYMUXW EMPLOYEE BENEFITS:

If you are employed with Snuneymuxw First Nation, you may be eligible for extended health benefits, such as confidential counselling services through the Employee & Family Assistance Plan. Please refer to your benefits package and/or speak to Human Resources to find out more and to verify if you are eligible.

FNHA MENTAL HEALTH BENEFITS:

If you are a status First Nations person living in B.C., you can access certain health & wellness benefits through First Nations Health Authority (FNHA) such as confidential counselling services. There are numerous counsellors to choose from on their mental health provider list. SFN counsellors are happy to support you with navigating the FNHA mental health provider list. For more information, please visit: www.fnha.ca/benefits/mental-health

SNUNEYMUXW FAMILY ADVOCATE:

Samantha Wesley supports families in Snuneymuxw who are connected with Child & Family Services.

Remember: You are not alone. You have options.

CRISIS / DISTRESS RESOURCES:

KUU-US Crisis Line Society (24-hour)

Adults/Elders: 250-723-4050

Child/Youth: 250-723-2040

Toll Free Line: 1-800-588-8717

Vancouver Island Crisis Society (24-hour)

Phone: 1-888-494-3888

Text: 250-800-3806 (6pm - 10pm)

Online chat: www.vicrisis.ca (6pm – 10pm)

National Residential School Crisis Line (24-hour)

1-866-925-4419

Hope For Wellness Help Line (24-hour)

Offers immediate help to all Indigenous peoples across Canada

Toll-free Help Line: 1-855-242-3310

Online Chat: www.hopeforwellness.ca

Crisis Line Association of B.C. (24-hour)

1-800-SUICIDE (1-800-784-2433)



HOW TO ACCESS SFN COUNSELLING

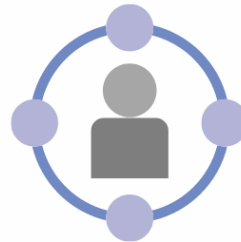
1.

Call SFN hulit leum
and ask to speak
with a counsellor.
250-740-2337



2.

We connect you with
a counsellor (referral
process).



3.

We call you when
process is complete.



4.

We book your first
appointment and
look forward to
welcoming you.



SNUNEYMUXW HULIT LELUM
1451 MACMILLAN RD.,
NANAIMO, B.C.
Reception: 250 740 2337



Garbage & Recycling

Recycling pickup Wednesday
Garbage pickup Monday & Thursday

Please have your garbage and recycling out by 8:00 am on the day of the service

Please remember that All recyclables MUST be in a clear plastic bag or in a bin. The recycling depot does not accept anything in a dark garbage bag.

Are you interested in signing up to be on the list for delivering the Snuneymuxw News?

If so please call the Main office at 250-740-2300 and

ask for your name

to be added to the list of people who deliver the

SFN Newsletter.



COVID19

Emergency response contact

Samara Aitken

1-613-218-9553

Visit www.snuneymuxw.ca for more info!

SFN MEMBERS—

PLEASE UPDATE YOUR CONTACT INFORMATION

Please call the office at: 250-740-2300 or email: mail@snuneymuxw.ca

Please provide your latest contact information including address, contact numbers, email and any other updated information.

Thank you for your help!

Handy Numbers

SFN Office: 250-740-2300

Chief Administration Officer -

Joan Brown: 250-740-2300

Health Centre: 250-740-2337

QQS School: 250-754-3033

Daycare: 250-740-2348

Woodbank wellness 250-754-1300

Longhouse Kitchen: 250-323-0406

Tuytaxun Store: 250-753-4214

Newcastle Island: 250-754-7893

SFN Rec Centre: 250-741-0158

RCMP/non-emergency: 250-754-2345

HEALTH CLINIC & EMERGENCY

Cheryl Mooney 250-668-2644

cherylm@snuneymuxw.ca

Connie Paul 250-713-9937

conniep@snuneymuxw.ca

Regan 250-616-3582

regans@snuneymuxw.ca

Housing

Ashley 250-619—0137

ashleyw@snuneymuxw.ca

Check out the latest Nation job postings:

www.snuneymuxw.ca/jobs

www.facebook.com/

SnuneymuxwFirstNation