

# 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](mailto:news@snuneymuxw.ca)

**September 27, 2022**



**SNUNEYMUXW**  
Snuneymuxw First Nation

September 26, 2022

Dear Snuneymuxw students and educators,

When we think about you at this time of year, we feel proud knowing you are back in school, breathing life into your gifts and sharing them with the people around you. Whether it's in a classroom, on the field or in the studio, your life experience and expertise is enhanced with every step you take.

Our children and youth inspire us to do better, and we thank our educators for holding such a special role in their lives. Thank you for taking care of our sacred loved ones as they learn more about themselves and the world around them.

Please reach out to our Education team if you have any questions or need help along the way. Learn more about what's available on our website or book a time to come in and connect in person. We're here to make sure you have what you need to give your best.

All the best for the coming year,

Acting Chief Sqwulutsultun William Yoachim

Snuneymuxw First Nation  
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250-740-2300 | 1-888-636-8789  
[www.snuneymuxw.ca](http://www.snuneymuxw.ca)



## ISLAND BRAVE CANOE CLUB CANADIAN NATIONAL CHAMPIONS

Derrick Seward, James Wyse, Eli Wyse, Carl Good,  
Al Wyse, Michael Wyse Jr





## Honouring our children by honouring a Snuneymuxw way of being

On September 30 we will enhance the sport and recreation experience within the Stadium District by breathing life into the Land with Snuneymuxw art, ceremony and a new hul'q'umi'num' place name.

National Day for Truth & Reconciliation



**FRIDAY SEPTEMBER 30**  
**10:00 am - 4:00 pm**



Stadium District | 745 Third St, Nanaimo

**10 am - 12 pm** Join us to honour all those that were impacted by government Indigenous assimilation policies: Ancestors, survivors and families.

**12 - 4 pm** Stay for food vendors, FREE sport activities, swimming, skating, performances & fun for all.

[www.nanaimo.ca/goto/truth](http://www.nanaimo.ca/goto/truth)





# **Call for artists to sell their work at September 30th event**



**National Day for Truth & Reconciliation**

**FRIDAY SEPTEMBER 30**  
**Artist booths open: 12pm - 4pm**

**Stadium District | 745 Third St, Nanaimo**

**Please contact Kate Good if you are  
interested in hosting an artist booth  
[kateg@snuneymuxw.ca](mailto:kateg@snuneymuxw.ca)**





## THLAP'QWUM COMMUNITY SETTLEMENT TRUST

Snuneymuxw members can apply for funds in support of SFN departments or small businesses.

**Thlap'qwum Community Settlement Trust Proposal Guidelines can be found on our website: [www.snuneymuxw.ca/thlapqwum-trust/](http://www.snuneymuxw.ca/thlapqwum-trust/)**

**Or please email Geena Jackson, TCST Project Administrator, [gjacksontcst@gmail.com](mailto:gjacksontcst@gmail.com) or 604-306-7736.**

If you have any questions or would like assistance with your Stage 1 application, please connect with Geena.

The 2022 TCST Stage 1 call for proposals deadline for applications is Friday, October 21, 2022, no later than 4:30 pm.

All applications are to be emailed to Geena Jackson, [gjacksontcst@gmail.com](mailto:gjacksontcst@gmail.com) or dropped off at the Admin office, or mailed to 668 Centre Street, Nanaimo, BC, V9R 4Z4.

### Dates to remember:

- **Stage 1- due- October 21, 2022, NO LATER THAN 4:30 pm**
  - Response to Stage 1- November 1, 2022 (approved/declined)
- **Stage 2- due- December 6, 2022, NO LATER THAN 4:30 pm**
  - Response to Stage 2- December 20, 2022 (approved/declined)



# BABYSITTING COURSE

Training for youth ages 12+ from our 9 member Nations

Tuesdays, September 27th and October 4th  
3:30-4:30pm via Zoom

Skills and knowledge for safe child care and how to prevent problems and handle real life situations and problem solving  
Certification of completion provided after second session  
Facilitated by Nicola Loiselle

To register contact Nicola Loiselle  
[nloiselle@kwumut.org](mailto:nloiselle@kwumut.org) | (250)-591-0933



Kw'umut Lelum  
[kwumut.org](http://kwumut.org)

Children. Culture. Community.





# Community Haircuts



FREE FOR THE WHOLE FAMILY

**Sunday September 25**

2pm – 6pm

**Wednesday September 28**

5pm – 8pm

**To book a time, please contact:**

Billie-Ann at 250-754-1300 or  
250-618-1922

*No hair washing available*

*Please arrive with clean product-free hair*

**Haircuts by Sherri White & Louella Milburn**

Snuneymuxw Learning Academy | 1984 Woodbank Road





# SNUNEYMUXW.CA





# 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](mailto:chenoap@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.***



# WHAT'S ON THIS WEEK?

## MON, SEPT 26

10:00am Pro D Day Skate  
10:00am Beaded Baby Mocs  
3:30pm Duncan Youth Group

## TUE, SEPT 27

10:00am Beaded Baby Mocs  
11:30am Stz'uminus Prenatal Program  
11:00am Infant Massage  
1:00pm Wellbriety in Malahat  
3:30pm Babysitting Course  
5:00pm Halalt Men's Group  
5:15pm Family Fit in Snuneymuxw  
8:00pm Team Trouble Boxing

## WED, SEPT 28

All Day - I'm a Big Kid Now!  
11:00am Penelakut Early Years Drop-in  
1:00pm Wellbriety in Malahat  
5:00pm Baking 101  
5:00pm Halalt/Lyackson Family Fit

## THU, SEPT 29

8:30am Qwam Qwum Activity Days  
10:30am Creative Young Minds  
11:30am Stz'uminus Family Group  
4:30pm Working with Sweetgrass  
5:00pm Stz'uminus Family Fit  
8:00pm Team Trouble Training

## FRI, SEPT 30

Offices Closed - National Day of Truth  
and Reconciliation



Kw'umut Lelum  
kwumut.org

Children. Culture. Community.





# building brighter futures

Bursaries, Scholarships, and Awards



The Kw'umut Lelum Foundation collaborates with a vibrant community of private and public donors, united in our efforts to expand cultural, economic, social, educational and recreational access in support of Indigenous children and their families.

The limitless potential of Indigenous youth is at the centre of the work we undertake.

## **Kw'umut Lelum Foundation Award**

This award is to be distributed to students who are attending post-secondary institutions across Canada [i.e. College, University, technical college or apprenticeship program], with demonstrated financial need for contribution to education costs.

Although demonstrated financial need will be the primary consideration, other factors may also be considered such as involvement in and contribution to the community as a whole; and demonstrated academic merit and performance



## **Awards Criteria:**

**Awards Category:** Post-Secondary Education

**Program of Study:** Any

**Level of Study:** Any

**Indigenous Affiliation:** Members of Stz'uminus First Nation; Halalt First Nation; Lake Cowichan First Nation; Lyackson First Nation; Malahat First Nation; Snaw-naw-as First Nation; Penelakut Tribe; Qualicum First Nation; Snuneymuxw First Nation

**Application Deadlines:** August 1, November 1, February 1.

## **To Learn More:**

Visit the bilingual *Building Brighter Futures: Bursaries, Scholarships and Awards* program guidelines on the Indspire website to learn about all the funding offered to support post-secondary education.

Please read the program guidelines before filling out the application form at [indspire.ca/apply](http://indspire.ca/apply)

Applications Open May 1!



## 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](http://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](http://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](http://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.**

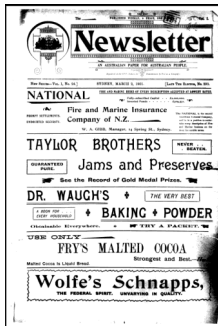
Are you interested in signing up to be on the list for delivering the Snuneymuxw News? .....

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.



**Visit [www.snuneymuxw.ca](http://www.snuneymuxw.ca) for more info and to sign up to have the newsletter sent by email. SFN newsletters are also posted on the website as PDFs.**

## SFN MEMBERS—

### PLEASE UPDATE YOUR CONTACT INFORMATION

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

Tuytaxun Store: 250-753-4214

Saysutshun: 250-754-7893

RCMP/non-emergency: 250-754-2345

## HEALTH CLINIC & EMERGENCY

**Cheryl Mooney 250-668-2644**

[cherylm@snuneymuxw.ca](mailto:cherylm@snuneymuxw.ca)

**Marine White 250-668-5244**

[marinaw@snuneymuxw.ca](mailto:marinaw@snuneymuxw.ca)

**Regan 250-616-3582**

[regans@snuneymuxw.ca](mailto:regans@snuneymuxw.ca)

## Housing

**Ashley 250-619—0137**

[ashleyw@snuneymuxw.ca](mailto:ashleyw@snuneymuxw.ca)

Check out the latest Nation job postings:

[www.snuneymuxw.ca](http://www.snuneymuxw.ca)

[www.facebook.com/](http://www.facebook.com/)

SnuneymuxwFirstNation