

# Snuneymuxw News

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

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**PETROGLYPH**  
FORESTRY

668B Centre Street Nanaimo, BC

## Mount Benson Forestry Announcement 2022

As winter is approaching this is a friendly reminder that firewood will be available for delivery to all Snuneymuxw Elders and those on disability. Social assistance clients please go see Charlene if you need wood and she will apply for your wood.

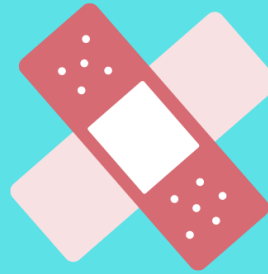
Application forms must be fully filled out and can be found at PDG'S main office at the front desk with Christine.

For any other inquiries, feel free to contact us:

(250) 824-1574

[helenh@petroglyphdg.com](mailto:helenh@petroglyphdg.com)

[ChristineG@Petroglyphdg.com](mailto:ChristineG@Petroglyphdg.com)



# FLU SHOT & COVID VACCINE CLINIC



DON'T FORGET TO BRING  
YOUR CARE CARD

**OCTOBER 20 + 21, 2022**

**9:00AM - 3:30 PM**

**SNUNEYMUXW HULIT LELUM**

**250-740-2337**



## 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)



# *Oceanside Classical Concerts*

## OCCS SCHOLARSHIP



# \$2500

**Deadline May 1, 2023**

**Scholarships in any genre of music will be awarded to grade 12 students enrolling in a post-secondary music program in the Fall of 2023**

**For details and application forms visit:**

**[www.oceansideclassicalconcerts.ca](http://www.oceansideclassicalconcerts.ca)**

**Or by request from:**

**[scholarship@oceansideclassicalconcerts.ca](mailto:scholarship@oceansideclassicalconcerts.ca)**





WorkBC Centre

ORCAS

Occupational Readiness Circle And Supports

**BI-WEEKLY  
VIRTUAL  
MEETINGS**

**Join our pod of  
ORCAS!!**

**Become a Wolf in the  
sea of employment  
opportunities!**

A safe circle of supports for  
Nanaimo and Victoria  
Indigenous clients to assist  
in gaining sustainable  
employment

*Join us bi-weekly on Thursdays in  
a **SAFE SPACE** to discuss your best  
options for getting hired!*

**OCTOBER 6 & 20**

Thursdays  
**1:30 to 3pm**  
Virtual Webinar

***MUST BE A REGISTERED INDIGENOUS CLIENT***  
***For inquiries call Ryan at (250) 812-5023***



# Snuneymuxw

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

September 26, 2022

## FISHERIES NOTICE

Snuneymuxw Marine/Fisheries Technicians will be on the river to collect data such as numbers, lengths and scale samples.

We ask that all Fishermen please comply with the following:

- Don't leave your net unattended for prolonged periods of time.
- All gear must be marked.
- If gear is not marked it will be removed.
- Net must not cover more than  $\frac{3}{4}$  of the river. (DON'T CORK THE RIVER)
- Please respect the fish and our resources, we need to ensure the fish are here for the generations to come.

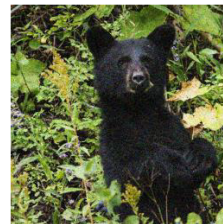
Please report your catch to SFN Marine/Fisheries staff, this helps keep track of the returning stocks as well as our E.S.S.R. fishery that takes place once we reach 40,000 escapement.

Please help monitor your river and report any non-band members that you see fishing in the river. Witness a violation? Please call DFO Violation (24hr toll free) 1-800-465-4336

Thank You, SFN Marine Division



## Wildlife reminder



Snuneymuxw IR# 2,3,4 are surrounded by forested land that is home to a variety of creatures big and small. Predators such as bears and cougars will wonder into residential areas in pursuit of prey. Animal sightings on IR 2,3 and 4 have been low so far, however since the school has been built Mr. Bear has been caught on school surveillance late at night and early mornings.

Parents, please keep an eye on your children playing outside or at the school park afterschool hours.

If you have fruit trees on you property please make sure you discard fruit when it drops, because decaying fruit attracts bears.

Hunters, please bring all deer, elk and bear remains to the mountains. Please bring fish remains back to the river.

**Cougars are predatory hunters and prefer to stalk their pray. If you see a cougar:**

- Never Run
- If seen, make sure that it knows that you see it and walk back slowly while keeping it in sight
- Make yourself bigger – raise your arms above your head or open your jacket wide open.
- Make loud noises while backing up slowly
- Never play dead

**Bears are omnivores and will scavenge. They eat anything including fruit, seeds and garbage.**

- Never Run
- If seen, make sure that it knows that you see it and walk back slowly while keeping it in sight
- Make yourself bigger ie..holding your arms and or jacket open
- Make Loud noises while backing up slowly
- Never play dead

**R.A.P.P. Hotline: 1877-952-7277 (24hr)**

Please call as soon as you see a cougar or bear.

This helps Conservation Officers track their movement.





## 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, OCT 17

10:00am Halalt Baby Beaded Mocs  
3:30pm Duncan Youth Group

## TUE, OCT 18

10:00am Malahat Beaded Baby Mocs  
11:00am Infant Massage  
11:30am Stz'uminus Prenatal Program  
5:00pm Halalt Men's Group  
5:00pm Snuneymuxw Wellbriety  
5:00pm Beginner Carving Lessons  
8:00pm Team Trouble Boxing

## WED, OCT 19

All Day - I'm a Big Kid Now!  
11:00am Penelakut Early Years Drop-in  
4:00pm Foster Parenting Info Session  
5:00pm Snuneymuxw Wellbriety

## THU, OCT 20

8:30am Qwam Qwum Activity Days  
11:30am Stz'uminus Family Group  
5:00pm Indigenous Book Club  
5:00pm Women's Craft Night  
8:00pm Team Trouble Training

## FRI, OCT 21

9:00am Penelakut Youth Group  
3:30pm Halloween Corn Maze



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



Indigenous education, Canada's future. | L'éducation des autochtones, L'avenir du Canada.

## **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.



## 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!*

## 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)

## 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

Check out the latest Nation job postings:

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

[www.facebook.com/  
SnuneymuxwFirstNation](https://www.facebook.com/SnuneymuxwFirstNation)

Visit [www.snuneymuxw.ca](http://www.snuneymuxw.ca) for more info and to sign up to have the newsletter sent by email.

## SA DATES

**OCT. 05**

**OCT. 26, 2022 (for NOVEMBER)**

**NOV. 09**

**NOV. 23, 2022 (for DECEMBER)**

**DEC. 07**

**DEC. 14, 2022 (for JANUARY) *Meeting early due to holiday office closure.***