

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

November 3, 2022



SPOOKY VISITORS STOP BY THE SNUNEYMUXW OFFICES





snuneymuxw hulit lelum

1451 MacMillan Road, 250-740-2337

Let's Get Vaccinated

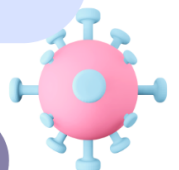


**EVERY WEDNESDAY
FLU & Covid Clinic**

- November 9th
- November 16th
- November 23rd*
- November 30th

Drop-in from 9:00am - 3:30pm

Note: Nov. 23rd is FLU only*





www.uvic.ca/bcneihr



**November 1, 2022
(Deadline
February 1, 2023)**

Call for Applications

BC NEIHR Indigenous Graduate and Postdoctoral Funding

For information, email Network Coordinator:



**Master's Scholarships \$17,500 each
Doctoral Scholarships \$35,000 each
Postdoctoral Fellowships \$59,398 each**

**Twitter:
@BCNEIHR**

**YouTube:
@BC NEIHR**

**Facebook:
@BC.NEIHR**

**Instagram:
@BCNEIHR**



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

Or by request from:

scholarship@oceansideclassicalconcerts.ca



HAVE YOU MOVED RECENTLY?



**Update your address with
Snuneymuxw First Nation.**

If you recently moved and think your address is out of date, please complete the SFN Personal Information Form online or email us for next steps.

**snuneymuxw.ca/membership
sfnresidency@snuneymuxw.ca**



SNUNEYMUXW YOUTH CENTRE & GYM

OPENING HOURS

YOUTH DROP-IN

4 pm - 9 pm

Tuesday - Saturday
CLOSED Sun/Mon

EARLY BIRD FITNESS

6 am - 8 am

Monday - Friday
CLOSED Sat/Sun

GYM & FACILITIES OPEN

8 am - 4 pm

Monday - Friday
CLOSED Sat/Sun

www.snuneymuxw.ca/events-calendar

QUESTIONS?

Please contact Dano Thorne, SFN Recreation Manager
Danot@snuneymuxw.ca



SNUNEYMUXW IS HIRING YOUTH LEADER AND YOUTH WORKERS





Snuneymuxw

First Nation

www.snuneymuxw.ca

Boat Launch Ramp Update

The boat launch ramp on IR1 is being relocated

We are relocating the community boat launch ramp because of rising tides and foreshore erosion. We are building a secure boat launch nearby that will serve the community for years to come.

Construction began on November 1 and the existing boat launch is not accessible.

We currently don't have a confirmed completion date for the new boat launch, but we will update you as soon as we do.

Please use the Brechin Boat Launch while we build our own. Brechin Boat Launch: 1890 Zorkin Rd, next to BC Ferries in Departure Bay.



We Are HIRING

Cinnabar Valley Farms
is looking for passionate
individuals to join our team.



Email:
barn@cinnabarfarms.com

Drop Resume:
1980 Richardson Road,
Nanaimo

Open Position:

Production Line Worker

No experience is required, but must be willing to work with others, be energetic, fit and have the ability to lift up to 60lbs.

- A passion to be detail-oriented
- Ability to work independently & part of a team
- Good communication skills
- Physical demands are required such as lifting, pushing, moving, and carrying of both light and heavy products -- up to 60lbs
- This is a full-time or part-time position with medical benefits after six months of employment
- The schedule is a 40-hour work week. Monday to Friday 8am-4:30pm

Benefits:

- Training & opportunities to grow within the company
- Multi-cultural workforce with a family atmosphere
- Overtime Opportunities available
- Incentive Programs
- Productivity BONUS Available!

**\$17.50
+ Bonus**



DRUM CIRCLE

Tl'itl'eshun Tu Mukw'lhwet All Are Welcome

Led by Nate Harris
via Zoom

Thursday, Nov 10th | 5-6pm

Contact Frankie Shaw for zoom link
fshaw@kwumut.org | 250-591-0933

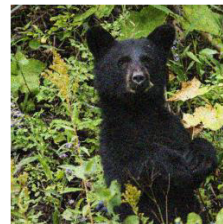


Kw'umut Lelum
kwumut.org

Children. Culture. Community.



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.***



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.

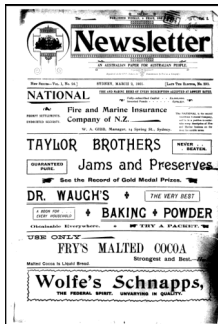
Are you interested in signing up to be on the list for delivering the Snuneymuxw News?

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.



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!

HEALTH CLINIC & EMERGENCY

Cheryl Mooney 250-668-2644

cherylm@snuneymuxw.ca

Marine White 250-668-5244

marinaw@snuneymuxw.ca

Regan 250-616-3582

regans@snuneymuxw.ca

Housing

Ashley 250-619—0137

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

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

Visit 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.*