# 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 16, 2022





### Work taking place at IR# 4

There will be work taking place in areas identified at IR# 4 on Band lots. The work involves the falling and removal of dead trees (for health and safety reasons) and some drainage upgrades.

The works will begin the week of November 14th and run through to mid-December.

Should you have any questions regarding this work, please contact Josh Wilson at 250-740-2300.

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





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\*\*

Snuneymuxw News

Christmas

# Snuneymuxw Members

# Please call to Register your child for our upcoming Christmas Party



Merry

Please Call Chenoa to Register your Child By

## DEC 9<sup>™</sup>, 2022

Chenoa 250-754-1300 or 250-668-7180

Office Hours are Monday - Friday

8:30am- 4:00 pm Older youth receive gift cards, no registration needed.

Ages for Registration are 11 and under



# SNUNEYMUXW YOUTH FUNDRAISER BINGGO



December 1, 2022

Starts at 5:30pm at the Gym Concession available Packages start at \$20

Everyone is welcome!











Kw'umut Lelum

# WINTER BREAK ACTIVITIES

**FREE TO ALL FAMILIES FROM OUR 9 MEMBER NATIONS** 

TUES FAMILY BOWLING | 12-2PM 20 Duncan Lanes Bowling, 2701 James St.



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FAMILY MOVIE | 10:00AM-1:00PM Caprice Cinema, 404 Duncan St. Movie starts at 11am

FAMILY SWIM 3:00-5:00PM Nanaimo Aquatic Centre. 7413rd St.

THU FAMILY SWIM | 1:00-9:30PM Cowichan Aquatic Centre. 2653 James St. Wave pool starts 6:00pm

SPONSORED ENTRY WITH CODE **KW'UMUT LELUM** 

**NO REGISTRATION REQUIRED** 



Kw'umut Lelum kwumut.ora

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# **DROP-IN BASKETBALL** Open to ages 13-17 from our 9 member Nations

Mondays, Nov 14th - Dec 12th | 3:30-5:00pm Snuneymuxw Gym

# Led by Island Swish Basketball league Equipment and water provided

For more info contact Kaitlyn McMahon-White kmcmahon-white@kwumut.org | (250)-591-0933



Kw'umut Lelum

MARIA

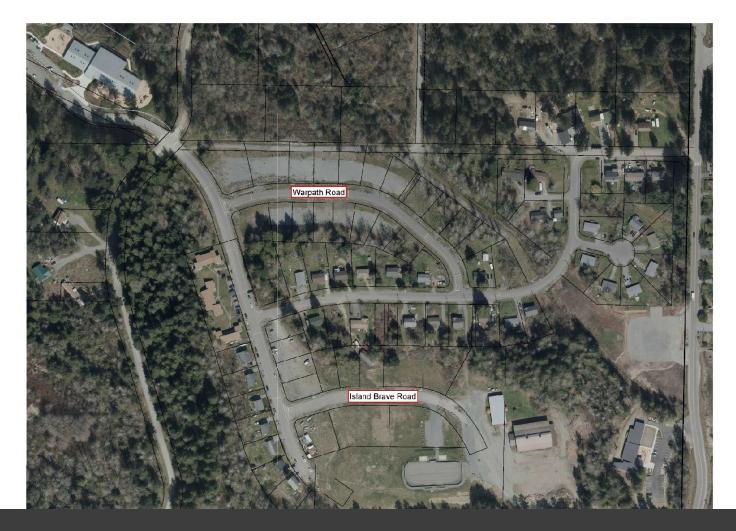




### **New street names**

At a duly convened Chief and Council meeting, it was recommended via Committee process to pass the following names at the two identified locations shown below:

- Warpath Road
- Island Brave Road









### **Opportunities for Indigenous People**

Reconciliation with Indigenous Peoples is integral to how we do business. BCTS actively supports FLNRORD's objectives to increase partnerships with Indigenous people in the forest sector. In addition to the technologists' opportunities above, BCTS supports the following employment and skills training programs available to Indigenous Peoples:

1. Outland Youth Employment Program (OYEP): A BCTS sponsored program for Indigenous high school students to gain field work experience in Northern British Columbia. The program provides a combination of education and hands-on skill training related to the Natural Resource Sector. OYEP accepts students 16-18 years old who have completed grade 11. To apply to OYEP, visit: www.outland. ca/indigenous-relationships/

2. Study and Work Forestry Scholarship—First Nations Forestry Training Program

**(FNFTP):** A partnership between BCTS, the B.C. First Nations Forestry Council (FNFC) and the Aboriginal Skills and Employment Training Strategy of the federal government. The program helps create forestry sector employment and increases Indigenous Peoples participation in B.C.'s forest industry. It is aimed at students applying to, or enrolled in, Forestry, Natural Resources, Environmental Technology or Management studies at an accredited academic institution. Students begin with forestry-related academic courses at an accredited institution or training organization, followed by direct work experience at BCTS, a paid work-term and one-on-one mentorship with BCTS staff. Students complete their degree or certificate in a field relative to the natural resource sector and gain practical work experience and the opportunity for long-term employment. Assistance with tuition and living expenses is provided while enrolled in school. Contact the FNFC for an application or additional information: **www.forestrycouncil.ca/cpages/ forestry-scholarship** 

**3.** Aboriginal Youth Internship Program with the BC Public Service: A Provincial government sponsored program that provides a range of opportunities for youth aged 19 to 29. The 12-month paid internship includes nine months internship within the Provincial government plus three months internship with an Indigenous organization. Grade 12 graduation is mandatory, and some post-secondary education is preferred. For an application and additional information, visit: www2.gov. bc.ca/gov/content/careers-myhr/ job-seekers/internship-co-op-opportunities/iyip/apply





# 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







#### **Program Structure**

The I-CEDAR program will consist of 12 cohorts (25 participants each) from 2022 to 2025. The program will have a Fall and a Winter registration. Applications can be completed at icedar.ca.

#### **Program Delivery**

Online

#### **Program Length**

14 Weeks

January - April 2023

### Eligibility

Indigenous BC Residents

Fee

No Fees - Fully Funded

PLEASE VISIT

#### WWW.ICEDAR.CA

FOR MORE INFORMATION AND TO APPLY







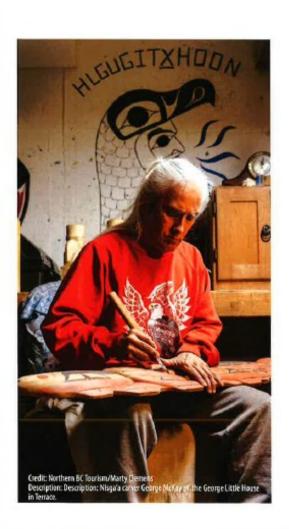


#### WWW.ICEDAR.CA



#### **Program Overview**

Indigenous Community Entrepreneurship Development and Action Recovery (I-CEDAR) program – is a 14 week fully funded online program for Indigenous Artists, Carvers, Creators, Performers, Storytellers, and Entrepreneurs in the tourism and hospitality sector. Participants will explore all aspects of creating a new or enhancing an existing venture from idea through startup, growth, and beyond. After completing the I-CEDAR program graduates will receive certification from the Peter B. Gustavson School of Business at the University of Victoria.





### **Program Highlights**

#### Delivered in Your Community

No need to travel! The I-CEDAR Program brings world-class entrepreneurship education to your community.

#### Practical Courses

The courses in the program focus on practical skills and provide the knowledge and skills needed to run a business.

#### Tailored Mentorship & Coaching

Our faculty and mentors provide focused guidance, specific to the challenges and needs of your personal, professional, and business development.

#### Real World Learning

Learn useful knowledge and valuable skills that are applicable in real-life scenarios happening in the business world.

#### Cultural Advantage

The design of the I-CEDAR Program is rooted in Indigenous culture to covey and anchor business concepts in an appropriate way.

#### Applied & Interactive

The program is delivered with an effective balance of cutting-edge concepts, relevant activities, and exercises to advance your business.

WWW.ICEDAR.CA





#### 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.





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



#### SNUNEYMUXW HULIT LELUM

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





DEC. 07

	Garbage &		SFN MEMBERS—	HEALTH CLINIC &
	Recycling		PLEASE UPDATE YOUR CONTACT	EMERGENCY
Recycling pickup Garbage pickup	Wednesd Monday & Thursd		Please call the office at: 250-740-2300 or email: mail@snuneymuxw.ca	Cheryl Mooney 250-668-2644
Please have your garbage and recycling out by 8:00 am on the day of the service		out	Please provide your latest contact infor- mation including address, contact num- bers, email and any other updated infor-	cherylm@snuneymuxw.ca
Please remember that All recyclables MUST be in a clear plastic bag or in a bin. The			mation.	Marine White 250-668-5244
recycling depot does not accept anything in a dark garbage bag.			Thank you for your help!	marinaw@snuneymuxw.ca
Are you interested in signing up to be on the list for delivering the Snuneymuxw		1	Handy Numbers	Regan 250-616-3582
News?			SFN Office: 250-740-2300	regans@snuneymuxw.ca
If so please call the Main office at 250-740-2300 and			Chief Administration Officer -	Housing
ask for your name	Newslette	r	Joan Brown: 250-740-2300	Ashley 250-619—0137
to be added to the list of people who	The sector is to be a sector of the sector is the sector i		Health Centre: 250-740-2337	ashleyw@snuneymuxw.ca
deliver the	TAYLOR BROTHERS	res.	QQS School: 250-754-3033	
SFN Newsletter.	FRYS MALTED COCOA Wolfe's Schnapp		Daycare: 250-740-2348	Check out the latest Nation job postings: WWW.SNUNEYMUXW.Ca
	mi natika nime unanna n qubri		Tuytaxun Store: 250-753-4214	www.facebook.com/
			Saysutshun: 250-754-7893	SnuneymuxwFirstNation
			RCMP/non-emergency: 250-754- 2345	Visit <i>www.snuneymuxw.ca</i> for more info and to sign up to have
SA DATES				the newsletter sent by email.
OCT. 05			OCT. 26, 2022 (for NOVEN	1BER)
NOV. 09			NOV. 23, 2022 (for DECEN	IBER)

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