

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

March 9, 2023



**DAYS
TO JANT**

March 19 - 24



hay ce:p qa'

to the supporters of JANT 2023



First Nations Health Authority





YOU'RE INVITED

WWW.JANT2023.COM



Opening Ceremonies

Sunday, March 19th 6pm - 8pm
Frank Crane Arena at Beban Park
2300 Bowen Rd, Nanaimo, BC

Tournament Games

Monday March 20th – Friday March 24th
At 6 gymnasiums across Nanaimo:

John Barsby Secondary
Nanaimo District Secondary School (NDSS)
Wellington Secondary
Cedar Secondary
Snuneymuxw Youth Center's Gym
Dover Bay Secondary

MARCH 19 - 24, 2023



YOU'RE INVITED

WWW.JANT2023.COM



U17 Championship Games & Award Ceremony

U17 & U13, Friday, March 24th

John Barsby Secondary

JANT Vendor Marketplace

Monday, March 20th – Friday March 24th

John Barsby Secondary

JANT Youth Athlete Dance Party

Wednesday, March 22 | 7pm-10pm

JANT players only. Wristband and chaperone required.

2300 Bowen Road, Nanaimo

MARCH 19 - 24, 2023



JUNIOR ALL NATIVE *DANCE PARTY*

March 22 | 7-10pm

2300 BOWEN RD. NANAIMO

FOOD AND
DRINKS

LIVE
VIDEO DJ

PHOTO
BOOTH

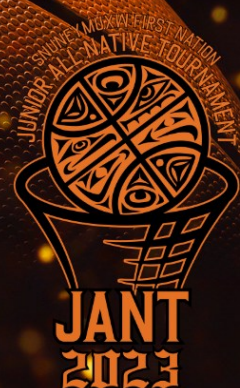
PLAYERS ONLY

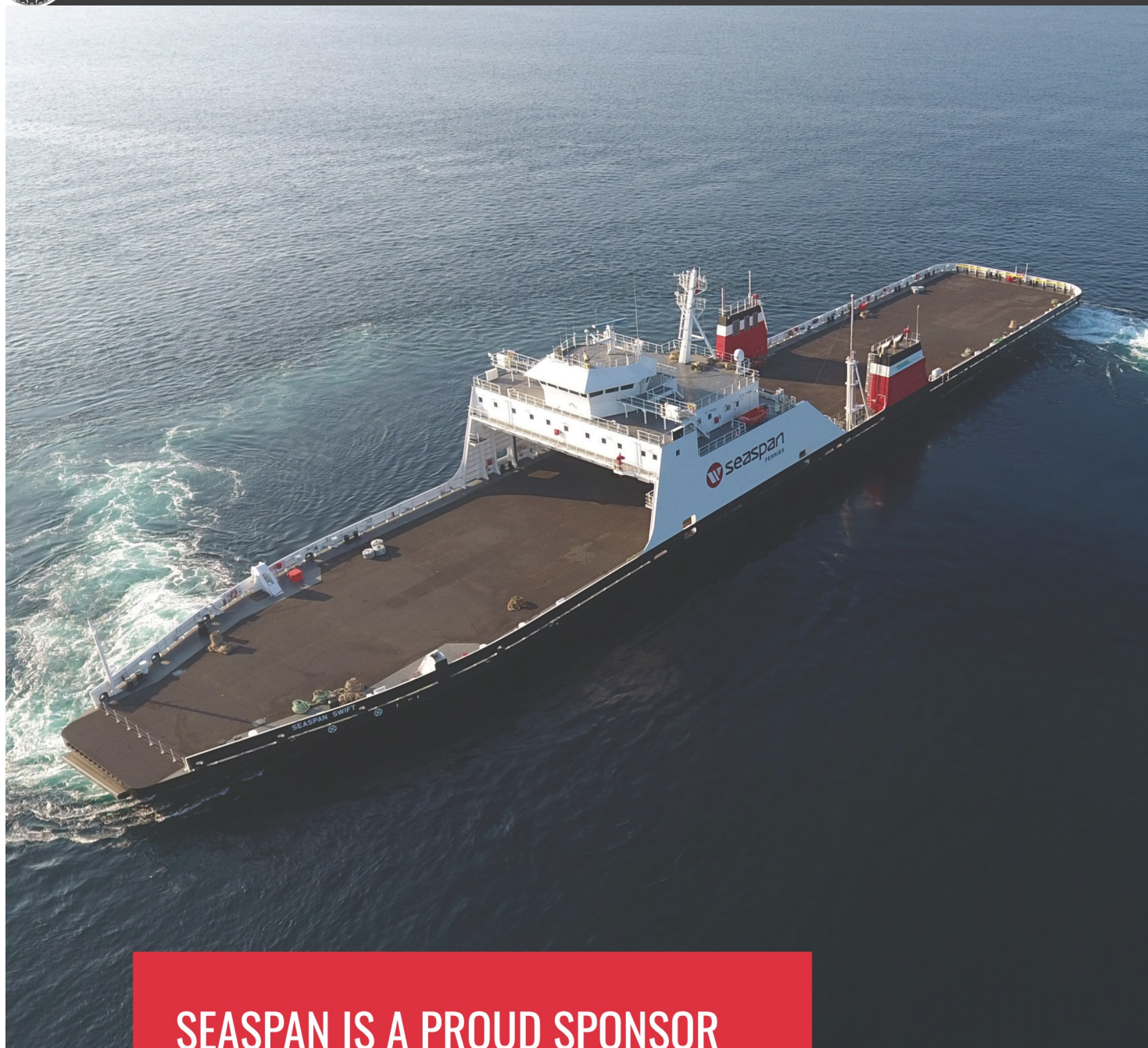
WRISTBAND AND CHAPERONE REQUIRED FOR ENTRY



Kw'umut Lelum

Rotary
in Nanaimo





SEASPAN IS A PROUD SPONSOR OF JANT 2023

Seaspan Ferries is honoured to support JANT 2023 - we look forward to cheering on the teams and connecting with the vibrant community created within this tournament.

seaspan.com





Meet our new physician

DR. JANINE REID

Dr. Janine Reid (she/her) is a Psychiatrist/Physical Medicine and Rehabilitation doctor.

Dr. Reid grew up in Vancouver, and lived in Prince George and Winnipeg for her medical training. Her family has ties to Vancouver, Kenora, Winnipeg, and Toronto.

Her experience includes working with patients that have problems with mobility, chronic pain, spasticity, stroke, spinal cord injury, brain injury, other neurologic conditions, muscle joint and tendon problems, and does muscle and nerve testing (electrodiagnostics) and ultrasound-guided injections.

Dr. Reid has worked alongside Indigenous communities in northern BC on research related to the connection between health and art. In Manitoba Dr. Reid collaborated with Ongomizwiin Indigenous Institute of Health and Healing and the 4 Arrows Health Authority to start outreach clinics in Churchill and St. Theresa Point.

Dr. Reid is an avid cyclist and enjoys outdoor activities. She lives in Nanaimo and loves baking, reading, and spending time with her partner and her two cats.



SNUNEYMUXW FIRST NATION

We're hiring!

HOUSING & INFRASTRUCTURE ADMINISTRATOR

HR GENERALIST

MEDICAL OFFICE ASSISTANT

SENIOR INTERGOVERNMENTAL RELATIONS CLERK

LEARN MORE + APPLY

www.snuneymuxw.ca/jobs



Visit Us...

Campus Tours
Visit the VIU Nanaimo Campus and have one of our Student Ambassadors show you around. Learn about our programs and the amazing community we offer here.

In-Person Events
We are hosting lots of in-person events, you can see a full list on our webpage.

connect.viu.ca

viu.ca

If you'd like a tour of the VIU campus, reach out to VIU (connect@viu.ca) and ask to be shown around the campus.

You can also watch the [Campus Tour video on YouTube](https://tinyurl.com/34f8sbmc). [<https://tinyurl.com/34f8sbmc>]

More info: connect.viu.ca



POST SECONDARY

ACADEMIC AND TRADES SUPPORT



SFN SUPPORT AVAILABLE

- Up to \$9K tuition and text book support
- \$1,510/month living allowance
- Heavy Operating certification support.

DEADLINE TO APPLY

APRIL 30, 2023

DETAILS

1. Fill out and submit post secondary support form by 11:59pm EST on April 30, 2023. Please contact Nancy Seward for the form at nancys@snuneymuxw.ca.
2. Input key information, including:
 - Name of institution
 - Tuition and text book costs
 - Start and end date of courses/program
 - New post-secondary students need to submit a one page essay outlining their career goals
3. Connect with Nancy to discuss tuition needs.
4. Please email Nancy if you're interested in reviewing our relevant policy document.



Nancy Seward, nancys@snuneymuxw.ca





Connect **RECLAIMING** **CONNECTIONS**

Parents and Caregivers

FUN role plays & thought provoking presentations

Communication doesn't have to be hard

For Parents & Caregivers of Pre-teens & Teens

***10 Sessions ***

Hoping to launch soon

Spots Limited, Registration Required

Certification for those who complete 😊

Facilitated by: Sabrina Ross & Melinda Sinclair

Questions & to register contact Sabrina at sabrinar@snuneymuxw.ca

or call 250-323-9025



FIREARM SAFETY

Interested in taking a firearms safety course to obtain a Possession Acquisition License (PAL)? We are compiling a list, so please reach out if you'd like to be included.

To register, email juanm@snuneymuxw.ca or call 250-740-2329



Western Forest Products Inc.
DEFINING A HIGHER STANDARD™



Job Posting
Entry Level Production Labourers
Ladysmith, BC
Nanaimo, BC

THE OPPORTUNITY

- We currently have multiple openings for **Entry Level Production & Weekend Cleanup Labourers** based at our sawmills in **Ladysmith and Nanaimo, BC.**
- **What We Offer:** Competitive unionized wage rates ranging between **\$27.93 – \$32.54** as per the respective collective agreements. A safe work environment and opportunities for growth, ongoing training and a long-term career. Benefits and pension are provided through the union.
- **Who You Are:** You have an excellent safety record and demonstrated commitment to safety. A strong work ethic, accountable and dependable, able to prioritize work, always willing to lend a hand and pitch in when needed, and not afraid to work hard! You demonstrate the ability to work both as part of a team and with minimal supervision and have the desire to participate in an organization committed to continuous improvement.
- **Shifts:**
- **Entry Level Production:** All employees must be available Monday-Friday for all shifts including day, afternoon and graveyard shifts. Employees typically begin on an on-call basis and are required to work a variety of shifts until a full-time position becomes available.
- **Weekend Cleanup:** All employees must be available for Saturday and Sunday day shifts.
- *These positions are considered safety sensitive, all successful candidates will be subject to a pre-employment drug test.*
- **RESPONSIBILITIES**
- All employees will start in general labour or cleanup positions, and then progress from there into a variety of roles including machine operators.
- All employees must maintain a safe and clean work area.
- Supporting other areas of the operations as needed.

QUALIFICATIONS

- Our ideal candidates have previous experience working in a labour job in a safety sensitive environment (industrial or trades related environment).
- **HOWEVER**, we will train people without this background if they have the right attitude and want to learn!
- First Aid/WHMIS preferred – **preference is always given to candidates who have OFA 3.**
- Mobile equipment certification/experience an asset.
- Lumber grading ticket a definite asset.

YOUR CAREER

At Western Forest Products, we believe our most significant asset is our people. Investing in our people brings value and success to our business, ensuring a safe, engaged, productive and continuously

Vancouver Corporate Office, Suite 800 – 1055 West Georgia Street
Royal Centre, PO Box 11122, Vancouver, BC V6E 3P3 | 604.648.4500

www.westernforest.com



Western Forest Products Inc.

DEFINING A HIGHER STANDARD™



improving workplace. We offer challenging opportunities working alongside the best in the industry to meet your career and professional development goals while providing competitive total rewards and recognition. From our timberlands to mills to our corporate and regional offices, we offer rewarding opportunities in every facet of our business.

WESTERN OVERVIEW

Western Forest Products is a leading forest products company that manufactures high-quality wood products and sustainably manages forests. Headquartered in Vancouver, British Columbia with operations in the coastal region of B.C. and Washington State, Western meets the needs of customers worldwide with a specialty wood products focus and diverse product offering. Our large investment in manufacturing and progressive approach to safe and sustainable forestry practices ensures the health and prosperity of our business, forests and communities for generations to come.

To apply for this role please follow the link below or scan the QR code:

https://workforcenow.adp.com/mascsr/default/mdf/recruitment/recruitment.html?cid=7123675f-b0ca-4b68-9fea-f24295bd6993&cclid=2637603463_3978&jobId=460074&lang=en_CA&source=CC4





APPLY NOW



Project Management for Indigenous Women 2023

Trans Mountain and IAMC are offering a Project Management for Indigenous Women Program starting in April 2023.

This unique Mount Royal University program will be open to a limited number of successful applicants.

- Starts April 2023
- 100% online
- Seven courses
- 15-20 hours per week includes homework
- 12-month program
- No cost to participate
- Program completed as one group
- Coaching support



APPLY BY March 31, 2023 to:

Stephanie_Felker@transmountain.com



Interested in a career in the marine industry?

Women's Summer Internship Program: **Marine Spill Response Technician**

Western Canada Marine Response Corporation (WCMRC) is a Transport Canada certified Response Organization, whose mandate is to ensure there is a state of preparedness in place and to minimize the impact when an oil spill occurs. This includes the protection of wildlife, cultural and environmental sensitivities, and the safety of both the responders and the public.

How it Works

WCMRC is hiring Women Interns to work as a deckhand at one of the following response bases – Vancouver, Sidney, Nanaimo and Prince Rupert. The four-month (May – August) summer job is a full-time paid position.

Interns will gain valuable work experience in the marine sector and insight into how spill response works on Canada's West Coast.

Who is Eligible?

Applicants should have a high school diploma and a valid driver's license. Small Vessel Operator Proficiency (SVOP), Marine Emergency Duties (MED A1/A3) certificate and Radio Operators Certificate (ROC- M) are considered assets. Candidates should be physically fit for work at sea in calm and rough waters. You must also be willing and able to work outdoors in extreme weather conditions.

The Health and Safety of our employees is always our #1 priority, therefore WCMRC requires all interns to be fully vaccinated against Covid-19.

How to Apply

Interested internship candidates can email their resumes and cover letters to careers@wcmrc.com. The deadline for applications is April 8, 2023.



SNUNEYMUXW YOUTH CENTRE & GYM OPENING HOURS

YOUTH DROP-IN

4 pm - 9 pm	Tuesday - Friday
4 pm - 10 pm	Saturday
	CLOSED Sun/Mon

EARLY BIRD FITNESS

6 am - 8 am	Monday - Friday
	CLOSED Sat/Sun

GYM & FACILITIES OPEN

8 pm - 9 pm	Monday - Friday
	CLOSED Sat/Sun

www.snuneymuxw.ca/events-calendar

Dano Thorne, SFN Recreation Manager
Danot@snuneymuxw.ca

Please note, we now have a drop-in fee for users, \$2/session/gym workout. This fee will go towards the maintenance and repair of gym, workout and sporting equipment.



2023 SOCIAL ASSISTANCE DATES

MID-MONTH

S/A DAYS

JAN. 04/23

JAN. 18, 2023 (FOR FEBUARY)

FEB. 01/23

FEB. 15, 2023 (FOR MARCH)

MAR. 08/23

MAR. 22, 2023 (FOR APRIL)

APR. 05/23

APR. 19, 2023 (FOR MAY)

MAY 03/23

MAY 17, 2023 (FOR JUNE)

JUN. 07/23

JUN. 21, 2023 (FOR JULY)

JUL. 05/23

JUL. 19, 2023 (FOR AUGUST)

AUG. 09/23

AUG. 23, 2023 (FOR September)

SEPT. 06/23

SEPT. 20, 2023 (FOR October)

OCT. 11/23

OCT. 25, 2023 (FOR NOVEMBER)

NOV. 08/23

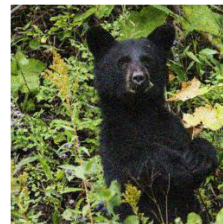
NOV. 22, 2023 (FOR December)

DEC. 06/23

(TBA) DEC. (FOR JANUARY)



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 your 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 prey. 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.

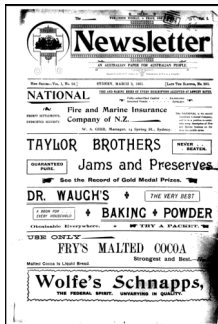
Are you interested in signing up to be on the list for delivering the Snuneymuxw News?

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!

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

Marine White 250-668-5244

marinaw@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

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

Visit www.snuneymuxw.ca for more info and to sign up to have the newsletter sent by email.