

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

April 6, 2023



SNUNEYMUXW

Snuneymuxw First Nation

April 2, 2023

Uy Skweyul Snuneymuxw,

On behalf of the 2023 JANT Committee, I would like to express my profound gratitude to each and every one of you who supported JANT 2023. As I reflect on what we achieved, I am so thankful and proud that we came together to work as one for our youth. Together we created a full week of basketball games for 91 teams representing First Nation youth athletes from all over BC!

The week began with a spectacular Opening Ceremony at Frank Crane Arena (thank you City of Nanaimo!), which drew a crowd of over 3,500 people. The week was filled with epic basketball, taking place at Snuneymuxw and Nanaimo Ladysmith Public Schools District gyms across Nanaimo. The Kw'umut Lelum-hosted JANT athlete dance at Beban Park was a fun-filled night attended by over 1,000 players. Finally, the Championship Games presented by Seaspan Ferries and First Nations Health Authority, and the JANT Closing Ceremony filled-up John Barsby gym and the atmosphere was truly electric, with high levels of excitement and emotion.

The success of this tournament, despite its scale and complexities, was made possible because of supporters like you. Whether you were involved in months of planning or took up the responsibility of being a games director, gym manager, scorekeeper, referee, first aid attendant, host, ambassador, security personnel, or a general volunteer, your role was critical in providing our young athletes the opportunity to focus on playing hard and enjoying an unforgettable tournament.

JANT celebrates and builds up our children, youth and families. We are immensely grateful for your help in organizing the biggest JANT to date. Together we supported more than 1,200 young First Nations athletes as they showcased their skills, courage and strength.

We raise our hands to you for sharing your time, energy and heart with our youth and their families in support of community, sport, wellness and culture.

Hay ceep q'a siem

Kate Good

JANT 2023 Tournament Director

Snuneymuxw First Nation

668 Centre Street Nanaimo, B.C. V9R 4Z4

250-740-2300 | 1-888-636-8789

www.snuneymuxw.ca



hay ce:p qa'

to the supporters of JANT 2023



First Nations Health Authority







“To the athletes, your training and will to compete is a tremendous accomplishment. You are carrying the teachings and hope of our Ancestors.” - Chief Mike Wyse



H A P P Y
easter



**Please note, we will be closed on Friday April 7
and Monday April 10, reopening on Tuesday.**



Snuneymuxw

First Nation

www.snuneymuxw.ca

EMERGENCY CONTACTS

Health (WELLNESS ADMINISTRATOR)	Marina White	250-668-5244
Social Development (<i>Family Emergencies</i>)	Charlene Paul	250-714-2137
Maintenance (<i>Roads, Water & Garbage</i>)	James Wesley	250-713-7402
Housing	Ashley Williams	250-619-0137
Wellness Centre/Education QQS School	Nancy Seward	250-751-9409
Elders	Kate Good	250-619-7703
Fisheries/Wildlife	Juan Moreno	250-816-2877
RCMP	General Duty	250-754-2345
Emergency	RCMP	911

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

Tel: 250-740-2300 / 1-888-636-8789 Fax: 250-753-3492 info@snuneymuxw.ca



Highly Anticipated Courtyard by Marriott Nanaimo Hotel Opens for Business

Adjacent to the Vancouver Island Conference Centre, the new 172-key business-class hotel invites guests to experience Snuneymuxw art and culture

SNUNEYMUXW TERRITORY (Nanaimo, B.C.) – Snuneymuxw First Nation and PEG Companies ["PEG"] announce the soft opening of Courtyard by Marriott Nanaimo, a highly anticipated 172-key business-class hotel that positions Nanaimo for further growth and honours Snuneymuxw art and culture.

Located at 100 Gordon Street adjacent to the Vancouver Island Conference Centre, the new hotel represents a significant collaborative effort between PEG, the Snuneymuxw First Nation, the City of Nanaimo, and other project partners including Omicron Construction.

"As the majority owner of the hotel, we celebrate the opportunity to share Snuneymuxw culture with visitors from all over the world while supporting the economic growth of our Nation and the local community," says Chief Mike Wyse. "By investing in Nanaimo's hospitality industry, we have created local jobs and established essential infrastructure that benefits a growing tourism sector."

"It's only been three years since we saw the ground break on this project, but for the citizens of Nanaimo, a hotel next to our Vancouver Island Conference Centre has been more than a decade in the making. The City appreciates the confidence PEG and Snuneymuxw First Nation are showing in our economy. With excitement, we welcome the very impressive Courtyard by Marriott; we know this hotel will help us grow our leisure and business tourism markets in a big way," said Nanaimo Mayor Leonard Krog.

PEG was selected to develop the hotel in 2017. The Utah-based firm broke ground in February 2020 just before the COVID-19 pandemic hit, which later created many hurdles for the company to overcome, including labor shortages, elevated construction costs, and travel restrictions. Through diligence and creativity, PEG ultimately pushed through those challenges and is now delivering the upscale hotel they promised to the community.

"Here at PEG, our word is our bond," said Chief Investment Officer Robert Schmidt, who oversaw the entire development and construction process. "We appreciate the great trust the community of Nanaimo placed in us as its development partner of choice, and we learned a lot while persevering through the challenging market conditions and exercising our value engineering capabilities," he explained.

The hotel has the benefit of being located on culturally significant land, where the beloved, and now extinct, Wool Dogs were cared for by the Snuneymuxw People. In recognition of this, the hotel has integrated site-specific Snuneymuxw art throughout its design, including in its guest rooms and public spaces. Ay Lelum The Good House of Design was selected for the project and worked in conjunction with the PEG and Marriot team. The artwork in the hotel is by Joel Good, Dr. William Good, Sandra Moorhouse-Good, Aunalee Boyd-Good, Sophia Seward-Good, and Thea Harris.



"Our goal was to create an immersive and one-of-a-kind experience that celebrates Snuneymuxw culture and the unique history of the land on which the hotel is located," says Aunalee Boyd-Good. "Our family of artists is honoured to share the profound connection between art, place and history with hotel guests."

To construct the nine-story building, PEG partnered with Vancouver-based Nexxi Building Solutions Inc. ["Nexxi"]. Using Nexxi's low-carbon, concrete alternative panels to build the exterior sped up construction time and reduced the climate impact, nearly diminishing the on-site construction waste that traditional builds typically produce.

Hotel Equities, which manages a portfolio of 250-plus hotels and resorts throughout the U.S. and Canada, is operating the property with hospitality veteran Paul Dodds serving as General Manager. So far, fifty-six people have been hired to work in the hotel, many of whom are members of Snuneymuxw First Nation.

With several convention center-related bookings in place and JANT-related business, hotel operations are off to a strong start. PEG plans to host a community-wide ribbon-cutting ceremony to celebrate construction completion this May.

About Snuneymuxw First Nation

The Snuneymuxw are a vibrant First Nation of the Coast Salish People, residing in the centre of Coast Salish territory on the eastern coast of Vancouver Island, with villages on the Fraser River and waterways in the Gulf Islands. Snuneymuxw territory encompasses one of the most productive and resource rich areas at the heart of the Salish Sea.

On December 23, 1854, the Snuneymuxw People entered the Snuneymuxw Treaty of 1854 to forever and always preserve and protect Snuneymuxw villages, enclosed fields, waterways, harvesting and gathering, and the rights to hunt and fisheries as formerly. Often referred to as a trade and commerce treaty, the Snuneymuxw Treaty of 1854 is protected under section 35 of the Constitution Act, 1982. The Ancestors were brilliant to protect the Snuneymuxw way of being by entering into the strongest treaty agreement available to Canada. For more information, visit Snuneymuxw.ca. For art-related inquiries, please contact Aunalee Boyd-Good at info@aylelum.com.

About PEG Companies:

PEG Companies ["PEG"] is a full-service commercial real estate investment firm known for its unique approach to creating value. A vertically integrated organization with five highly synergistic companies that each manage a different aspect of PEG's investments, the group is known for its hands-on involvement through the entire investment process. With \$2 billion AUM diversified across the multifamily, build-for-rent, student housing, mixed-use, retail, and hospitality asset classes throughout 27-plus states/provinces, the firm sponsors multiple investment products on behalf of its investors. For more information on PEG, visit pegcompanies.com.



Meet our new Emergency Coordinator & FireSmart Coordinator



TINA WESLEY

EMERGENCY COORDINATOR



MARGARET SYMON

FIRESMART COORDINATOR



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



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.



FUNDAMENTALS OF FOREST HARVESTING PRACTICES PROGRAM AT VANCOUVER ISLAND UNIVERSITY



ABOUT THE PROGRAM

- Live, learn, and explore beautiful Woss, BC
- 20% of program spent learning concepts in the classroom
- 80% of program spent in the field applying concepts
- Earn your S-100 Fire Suppression and Safety, Fall Protection, WHMIS, Level 1 First Aid with Transportation Endorsement, and Switchback
- tickets Get prepared for an entry-level logging position
- High graduate employment rate with higher-than-average starting wages in the forestry sector
- Tuition and accommodation are fully funded by various grants (only pay for your food and travel costs!)

*Funding available to BC residents only



Learn more at tradesappliedtech.viu.ca/fundamentals-forest-harvesting-practices

Contact us at [250-740-6227](tel:250-740-6227) or heo@viu.ca



Saysutshun (Newcastle) Island Ferry service LP.

Job Description

Pavilion Manager

Start Date: May 15th, 2023.

End Date: Oct 15th, 2023

Rate per hour: \$25.00

Hours per week: 37.5

Job Description:

The Pavilion Managers core responsibilities are:

- Ensure Pavilion is staffed and open from 10am to 9pm seven days a week.
- Work with Kitchen manager and NCI Manager to develop the 2023 Concession Menu and pricing.
- Inventory, order and coordinate Retail, Concession and Event deliveries with Marine Crew.
- Manage Lightspeed POS operating system.
- Supervise Pavilion Staff ensuring daily duties are being completed.
- Ensure all WCB, LCBC, VIHA protocols are in place and adhered to.
- Retail inventory displays and product orders.
- Event Set up and Tear down and staffing.
- Ensure NCI Cash handling policies and reporting are adhered to.
- Inform Maintenance crew of any equipment issues.
- Supervise and Train Pavilion Staff.
- Manage staff activities in the pavilion ensuring a safe, clean, and secure workplace.
- Respond to events, emergencies and occurrences that come up from time to time.
- Ensure all equipment is being used in a safe and proper manner.
- Assist other departments when needed.

Minimum Qualifications:

- 5 years Food and beverage/hospitality experience.
- Serving it Right
- Food safe Level 1

Pavilion Manager:

Manager:



Saysutshun (Newcastle) Island Ferry service LP.

Job Offer

Park Attendant 1

Start Date: May 1st, 2023.

End Date: Sept 30th, 2023

Rate per hour: \$18.00

Hours per week: 37.5

Bonus: \$1.50 for every hour worked for duration of the season. Provided the bonus conditions are met.

Job Description:

The Park Attendants core responsibilities are:

- Minor Facility maintenance and repairs.
- Completing shifts reports.
- Trail, grounds, docks and buoy maintenance.
- Check ins, Check-outs, and site cleaning.
- Cargo delivery Duties.
- Firewood inventory, supply, and delivery.
- Regular and major cleaning of front country facilities (pavilion, public washrooms, showers, pit toilets and campsites).
- Regular and major cleaning of day use areas such as the BBQ pit, beaches, picnic shelters and picnic tables.
- Garbage and Recycling collection
- Respond to events and occurrences that come up from time to time.
- Ensure all equipment is being used in a safe and proper manner.
- Assist other departments when needed.

Bonus Conditions:

Bonus will be paid provided you have worked the whole season with no unexcused absences, late arrivals, written warnings or violations of PDG/NCI code of conduct or policies.



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





WorkBC Centre

Nanaimo

WorkBC Nanaimo Job Fair

Wednesday April 26th, 2023

1pm - 4pm



Vancouver Island Conference Centre,
101 Gordon St. Nanaimo, BC

Looking for work? Check out our Job Fair to connect with 40+ employers looking to hire!

Find out about job opportunities, wages, benefits and more. Bring copies of your resume and be prepared for on the spot interviews!



Want Extra Support? Connect with our **Coach's Corner** during the event
A few of our participating employers include:



Register today at <https://Workbcnanaimojobfair2023.eventbrite.ca>



YOUTH JOB BLAST April 2023



Michelle Backé (she/her)
Youth Employment Outreach
Coordinator

Call/Text: 250-328-8152

Email: michelleb@maximuscanada.ca

WorkBC Employment Services

are available both in-person
and virtually at any time
during our office hours.

Drop by our centre today!

HOURS OF OPERATION

Monday 8:30-4:30PM

Tuesday 8:30-4:30PM

Wednesday 8:30-6:00PM

Thursday 8:30-3:00PM

Friday 8:30-4:30PM

FIND US ON SOCIAL!



[WorkBC Nanaimo](https://www.facebook.com/WorkBCNanaimo)



[@NanaimoWorkBC](https://twitter.com/NanaimoWorkBC)



[@WorkBCNanaimo](https://www.instagram.com/WorkBCNanaimo)

HOT EMPLOYMENT TIPS

NATIONAL VOLUNTEER WEEK IS APRIL 16- 22

Volunteering can be a fast-track to employment.
It helps build skills and can help youth start a career.

1. Community Involvement looks amazing on a resume
2. Build practical work experience
3. Expands your connections & network
4. Provides you with recent references
5. Allows you to check out an occupation or industry
6. Give back to your community & get out there (builds confidence)

For more info on where to volunteer in your community please contact:

 Youth 20/20 Can (15- 29): youth2020can.ca

 Volunteer Nanaimo: www.volunteernanaimo.ca

 Volunteer Canada: www.volunteer.ca (virtual, pan-Canadian options)

LOCAL JOB OPPORTUNITIES

JOB FAIR: City of Nanaimo, Parks, Recreation & Culture
April 13th @ 2 -7 PM Info: <https://fb.me/e/13QpT75xj>

Cook- Nanaimo Bakery & Cafe

From \$18/hour, permanent, inclusive environment
<https://bit.ly/411Orvf>

Summer Camp Leaders- Nanaimo Canoe Kayak Club
\$17.20-\$22.00 an hour - Full-time, Contract/Seasonal
<https://bit.ly/3JXnUly>

New Business - Off the Hook Surf Turf Smokery
Hiring Multiple Positions @ offthehooknanaimo.com

Summer Students Dock Crew Wharfinger- Nanaimo Port Authority
Multiple Positions, Seasonal
<https://bit.ly/42NGStT>

Siding Installer- WestUrban Developments Ltd.
\$22-\$32 an hour - Full-time, Permanent
<https://bit.ly/3zwOwLH>

UPCOMING EVENTS & WORKSHOPS

Confidence Boosters (Virtual)

April 5th @ 10 - 11:30 am

Resume Lab (In-Person)

April 13th 9:30 - 11am

Job Fair Prep Course (In-Person)

April 24th @ 9:30 - 12:00

WORKBC JOB FAIR - April 26 @ 1- 4PM
workbcnanaimojobfair2023.eventbrite.ca



Our Job-Seeker E- Magazine is the best way to keep up with Events @ WorkBC
<https://fliphtml5.com/bookcase/wvtms>

Parlez-vous Français? Contactez-nous - services disponibles en Français et en Anglais.



Parent & Caregiver Workshops

Vancouver Island University, 4th Year Child and Youth Care students are pleased to collaborate with NLPS and the community of Harewood to provide a **series** of parent workshops for caregivers of children and youth ages 6-18.

Each workshop will run from 6:00pm to 7:30pm in the John Barsby Library.

MARCH 7: CHILD AND YOUTH MENTAL HEALTH & RESILIENCE

MARCH 28: DIVERSE ABILITIES

APRIL 4: YOUTH SUBSTANCE USE

APRIL 11: SEXUAL HEALTH

APRIL 18: GRIEF AND LOSS (PRE-RECORDED LINK)

Join us for one or all four learning events and a shared meal starting at 5:00. Childcare available on site.

Please contact John Barsby for more information: (250) 753-8211



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



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

JAN. 04/23

FEB. 01/23

MAR. 08/23

APR. 05/23

MAY 03/23

JUN. 07/23

JUL. 05/23

AUG. 09/23

SEPT. 06/23

OCT. 11/23

NOV. 08/23

DEC. 06/23

S/A DAYS

JAN. 18, 2023 (FOR FEBUARY)

FEB. 15, 2023 (FOR MARCH)

MAR. 22, 2023 (FOR APRIL)

APR. 19, 2023 (FOR MAY)

MAY 17, 2023 (FOR JUNE)

JUN. 21, 2023 (FOR JULY)

JUL. 19, 2023 (FOR AUGUST)

AUG. 23, 2023 (FOR September)

SEPT. 20, 2023 (FOR October)

OCT. 25, 2023 (FOR NOVEMBER)

NOV. 22, 2023 (FOR December)

(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 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.

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

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.



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

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