

Snuneymuxw News

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

Table of Contents:

- **Children's Christmas Party**
- **Former DND lands progress update with the Honourable Gary Anandasangaree, Minister of Crown-Indigenous Relations Canada**
- **Watermain construction update**
- **Native Women's Association of Canada's National Apprenticeship Program**
- **Parking lot expansion update**
- **First Nations Drinking Water Settlement Deadline**
- **Literacy Circle**
- **RBC Scholarships**
- **Update your contact info with SFN**
- **SA dates**
- **Attend Chief and Council meetings online**
- **Coast Salish Canna Specials**
- **Counselling support information**
- **SFN contact info**

Snuneymuxw
News is published weekly.

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

November 20, 2023



Snuneymuxw

Children's

Christmas Party

DEC 19th 2023

Please Call Chenoa to Register
your Child By Dec 12, 2023

250-740-2316 or 250-668-7180

Office Hours are

Monday - Friday

8:30am- 4:00 pm

Ages for Registration are 11 and under
Children 12+ in attendance will have a
special gift as well



"We (Chief and Council) were joined by the Honourable Gary Anandasangaree, Minister of Crown-Indigenous Relations Canada, and are encouraged by the progress made towards finalizing SFN's agreement with Canada for the rightful return of the former DND lands. We are always thinking of our future generations and how we can look after them now. Expanding our land base is crucial to this important work." - Snuneymuxw Chief Mike Wyse

"Snuneymuxw First Nation has been alienated from their lands and the village on it for two centuries. We're in the final stages of closing this agreement for good and giving these former DND lands back to its rightful owners. It's been a long and painful process for the community. I will personally work to get this done. That's the commitment I made today." - Gary Anandasangaree, Minister of Crown-Indigenous Relations Canada



Snuneymuxw

First Nation

www.snuneymuxw.ca

NT#1 Cemetery Drainage Protection & Watermain Extension - Construction Start-up

Construction of the NT#1 Cemetery Drainage Protection & Watermain Extension project will start on Monday November 20th and continue through to the spring of 2024. The contract has been awarded to David Stalker Excavating Ltd. (DSEL).

Snuneymuxw staff along with Snuneymuxw's archeological Consultant, WSP, will be working side by side with DSEL during excavation for the proposed works. Work to be undertaken within the cemetery area will be completed by 3:00pm daily, with efforts made to maintain access to the area for local residents and visitors to the cemetery.

For further information please contact John Thomas at 778-269-2305.

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



SUPPORTING

INDIGENOUS

COMMUNITIES

NAP facilitates Red Seal apprenticeships with companies who share our view that Indigenous economic empowerment is vital in reconciliation.

Our program partners with Indigenous communities to foster prosperity and generational success. We invite interested individuals and those who support them to learn more about starting a new career in the Skilled Trades.

Start a new journey towards a high paying and in-demand job.

Please join us for one of our upcoming 20 minute information sessions - **Scan to register and learn more!**

GOOD NEWS! Our QR code link never expires!
Upcoming information sessions are added regularly.
Please post & share with anyone who you feel can benefit from our program



Funded by the Government of Canada's Apprenticeship Service Program

Canada



Snuneymuxw

First Nation

www.snuneymuxw.ca

NT#1 Administrative Building Parking Lot Expansion Project - Construction Start-up

Construction of the NT#1 Administrative Building Parking Lot Expansion project located south of the Administrative building, starts on Monday November 20th with construction anticipated to be carried out over a 4-6 week period. The contract has been awarded to Avago Contracting Ltd.

For further information please contact John Thomas at 778-269-2305.

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



**First Nations
Drinking Water
SETTLEMENT**

**ALL CLAIMS MUST BE SUBMITTED BY
MARCH 7, 2024**

If you are a First Nations member impacted by a long-term drinking water advisory, check your eligibility and complete your claim at

FirstNationsDrinkingWater.ca

Free supports are available to you for:

Emotional support
1.855.242.3310

Filling out your Claim Form
1.833.252.4220

Legal advice
1.833.265.7589



The Literacy Circle: Sharing humour, warmth, and wisdom through storytelling.

The Literacy Circle welcomes Indigenous Residential School and Multi-Generational Survivors, elders and adults, to build on their English literacy skills in a safe and encouraging environment.

Kathy Jim, one of our Learners, was a great storyteller and wanted to leave a legacy of her stories for her family. At TLC, she learned to write the stories of her hunting days, seeing Sasquatch in the mountains, and stories of her life for her children and grandchildren.

In honour of Kathy, The Literacy Circle now offers a Story Writing Class.

Do you want to write and share your stories? Learners at all levels are welcome!

Components of the class include:

- Reading, and sharing
- Story structure
- Grammar
- Vocabulary building
- Short story structure and writing
- Poetry structure and writing

Learners who wish to can also share their stories in the Woven Wisdom Collection of Stories and Poetry that will be created in the class!

Classes are free and include writing supplies, tea and appies!

TLC also offers Advocacy services for Learners. We assist with applications for housing, HandyDART or assistance with the Residential Tenancy Branch. TLC can help!

Classes start January 15, 2024, on Mondays from 6 – 8 PM at the VI Conference Centre, 80 Commercial Street, Nanaimo.

Visit our website: www.theliteracycircle.ca Call now to register! 250.924.3314



RBC Future Launch Scholarship for Indigenous Youth

Are you an Indigenous youth in Canada looking to pursue post-secondary education? The RBC Future Launch Scholarship for Indigenous Youth could help you achieve your post-secondary goals.

Applications will be open from November 22, 2023, to February 7, 2024.
Apply here: <https://portal.scholarshippartners.ca/welcome/Indigenous/En/>

About the Scholarship

The RBC Future Launch Scholarship for Indigenous Youth will award 20 scholarships annually valued up to \$10,000 each per year (up to 4 years) to First Nations, Inuit and Métis students across Canada demonstrating strong academic performance and community involvement.

RBC has been providing a scholarship for Indigenous students to complete post-secondary education since 1992. To date, more than \$2 million dollars have been awarded to 258 Indigenous youth across Canada pursuing post-secondary education.

Eligibility

- Students who are Status Indian*, Non-Status Indian, Inuit or Métis.
- You are a permanent resident or citizen of Canada.
- You have applied or are currently attending an accredited post-secondary institution in Canada.
- You maintain a full course load that leads to a recognized degree, certificate or diploma.
- You have shown strong potential to successfully complete the post-secondary program.
- You require financial assistance to pursue your education.
- You are not an RBC employee or a dependent of an RBC employee.
- You are between the ages of 15-29 at the time of application.
- Recipients of the RBC Capital Markets Pathways Diversity Awards program are not eligible for this scholarship.

Eligible Institutions

Canadian educational institutions which have recognized provincial degree/diploma-granting powers, or their affiliates (e.g. vocational schools, colleges, universities)

Field of Study/Program

- There are no restrictions on the discipline or field of study
- The program must be a minimum of one year in duration
- University preparatory programs in any jurisdiction are not eligible

**Indian as defined in Section 2(1) of the Indian Act*



HAVE YOU MOVED RECENTLY?



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

If you recently moved and think your address is out of date, please email Louella White with your new address.

LouellaW@snuneymuxw.ca



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)



ATTEND CHIEF & COUNCIL MEETINGS ONLINE

www.snuneymuxw.ca/GOVERNANCE

The move to make Chief and Council meetings available for live viewing online is an important step that enhances community engagement, transparency, and accountability. To access, please follow the steps below.

HOW TO ACCESS

- 1 Register to attend Chief and Council meeting by completing the form found here:



- 2 You will receive an email with the link to the Chief and Council meeting on the same day as meeting.
- 3 Click link and enter meeting.

ALL RELATED INFO CAN BE FOUND ON OUR WEBSITE: WWW.SNUNEYMUXW.CA/GOVERNANCE

? NEED HELP WITH REGISTERING OR ACCESSING MEETING? PLEASE EMAIL OUR I.T. SUPPORT, JOEL AT JOEL@ITDMA.COM OR CALL HIM AT 250-619-0025 . SEND OVER YOUR QUESTIONS OR SCHEDULE A TIME TO CONNECT. JOEL WILL HELP ENSURE YOU CAN JOIN THE MEETING.



COAST SALISH CANNNA

DAILY-DEALS

- Sunday - 10% off on **Vapes**
- Monday - 10% off on **Pre-Rolls**
- Tuesday - 10% off on **Eighths (3.5g)**
- Wednesday- 10% off on **Ounces (28g)**
- Thursday - 10% off on **Topicals and
Bath bombs**
- Friday – 10% off on **Beverages**
- Saturday – 10% off on **Shatter**

Weekend Special: Friday to Sunday

Buy 2 Ounces of Flower and get a Toque!

MUST BE 19+ YEARS OLD. MEDICATE RESPONSIBLY: KNOW YOUR LIMITATIONS, DON'T DRIVE UNDER THE INFLUENCE AND KEEP OUT OF REACH OF CHILDREN AND PETS.



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

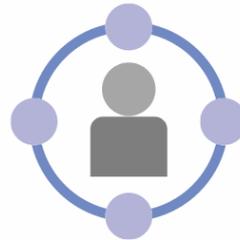
1.

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.