

Snuneymuxw News

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

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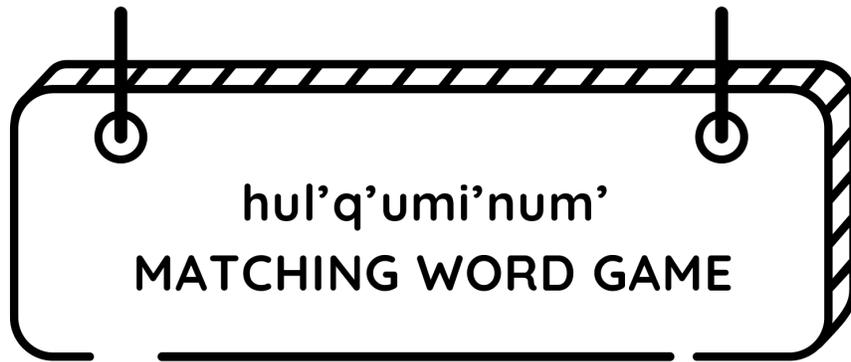
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Snuneymuxw First Nation, 668 Centre St., Nanaimo, B.C. V9R 4Z4
Tel: 250-740-2300, 1-888-636-8789 news@snuneymuxw.ca

December 21, 2023



MIELI KLIMUS!

M E R R Y C H R I S T M A S !



hul'q'umi'num'
MATCHING WORD GAME

- | | |
|-----------------------------|-------------------------|
| 1. sentu | A. snow (on the ground) |
| 2. meqe' | B. cold weather |
| 3. yi'yeq' | C. moon |
| 4. sthima' spiw' | D. freezing water |
| 5. thithumel's pipuw'el's | E. falling snow |
| 6. lhets | F. Santa |
| 7. lhqelts' | G. ice |
| 8. xuy'tl' | H. dark |
| 9. tth'xwa'luts'a' | I. boots |
| 10. yasa'qw | J. gloves |
| 11. kupou | K. hat |
| 12. kumpouts | L. coat |

Match the hul'q'umi'num' word with it's corresponding english word. Answers on next page.



Vickers, R. H. (n.d.). Skeena crossing.

Sisters Sophia Good & Aunalee Boyd-Good of Ay Lelum, have released a new single just in time for the holiday season “Jingle Shells”. This new take on an old classic is sung in both hul’q’umi’num’ and

English!

TikTok: <https://shorturl.at/djQUZ>

Apple Music: <https://shorturl.at/jIDL2>

Spotify: <https://shorturl.at/eqrA8>



Holiday & winter words in hul’q’umi’num’



tum'xuytl'
Winter



satuts
winter north wind



e'ut yi'yuuq
It's snowing.



tl'im' xuytl'
It's cold.



Winter
hul'q'umi'num'
(It's a cold day.)

Words by Jared Williams

Matching game answers:
1.F. // 2.A. // 3.E. // 4.G. // 5.D. // 6.H. // 7.C. // 8.B. // 9.J. // 10.K. // 11.L. // 12.I.



WINTER BREAK FAMILY ACTIVITIES

FREE TO ALL FAMILIES FROM OUR MEMBER NATIONS

DECEMBER

THUR 21 **MOVIE DAY | 6:15-9PM**
Galaxy Cinema, Nanaimo.

TUES 26 **BOWLING | 12-2PM**
Duncan Lanes Bowling, 2701 James St, Duncan.

THUR 28 **MOVIE DAY | 10AM-1PM**
Caprice Cinema, 404 Duncan St.

THUR 28 **BOWLING | 12-2PM**
Brechin Lanes, Nanaimo.

JANUARY

TUES 2 **SWIM DAY | 3-5PM**
Nanaimo Aquatic Centre, 741 Third St.

THUR 4 **SWIM DAY | 1-9:30PM**
Cowichan Aquatic Centre, 2653 James St.



Kw'umut Lelum

SPONSORED ENTRY WITH CODE:
KW'UMUT LELUM
NO REGISTRATION REQUIRED
FIRST COME FIRST SERVED



L2N 2023

Congratulations to everyone who passed their driving test in 2023!

Looking to get your "N" - New Driver's license?

Please contact Chenoa about signing-up for Snuneymuxw's L2N Driving Practice Program.

chenoap@snuneymuxw.ca





SNUNEYMUXW FIRST NATION

We're hiring!



HUMAN RESOURCES (HR) CLERK

HUMAN RESOURCES (HR) GENERALIST

LEARN MORE + APPLY

www.snuneymuxw.ca/jobs



**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



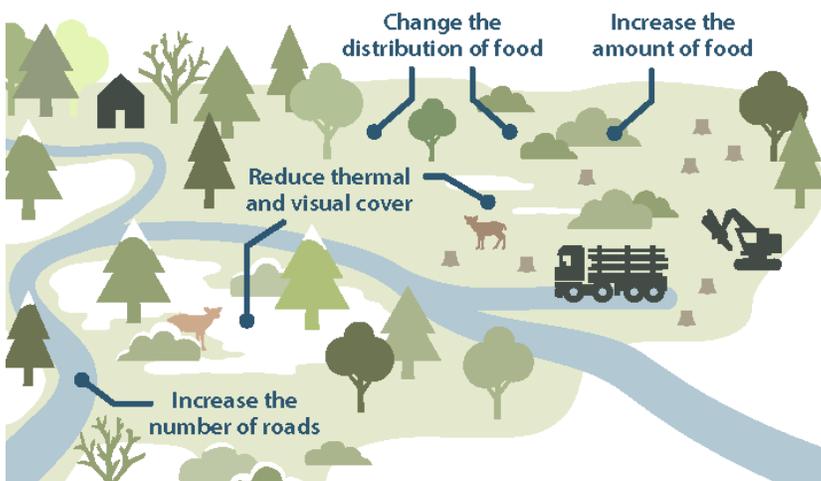
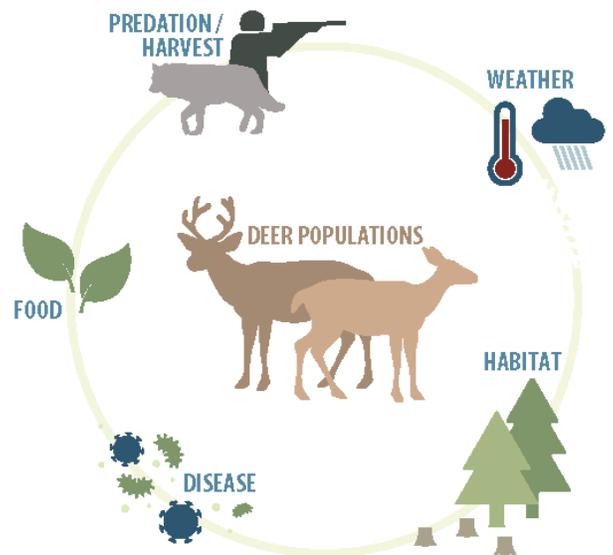
Vancouver Island Black-tailed Deer Project

Columbian black-tailed deer on Vancouver Island are an ecologically and culturally important species. They are a key source of sustenance for Indigenous peoples and play important social and ceremonial roles for Indigenous communities. Deer on Vancouver Island are also important for resident hunters. Some First Nations and stakeholders would like to see higher deer numbers.



Deer populations are affected by predation, weather, disease, availability of food, and access to suitable habitat including both young and old forests. Young forests, including recently logged areas, provide high quality food while older forests provide protection from heat/cold, and places to escape from hunters and predators.

Forestry is important to Vancouver Island's economy. Intensive forestry practices can increasingly alter deer habitat which can change their ability to find key features required for survival. Understanding how landscape changes affect deer mortality can help land-use decision makers and forestry planners ensure that deer have access to all the habitat types they need to survive and reproduce.

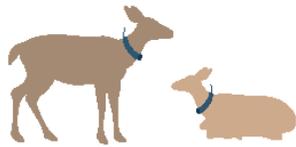


Landscape change may affect deer mortality by increasing their vulnerability to predators and hunters and reducing their body condition which can make them more vulnerable to disease and predation. Forestry activities initially increase the number of roads, reduce thermal and visual cover, and change the amount and distribution of food for deer, which can concentrate them in certain areas.



To better understand how deer are influenced by harvested landscapes, a multi-year study is being considered in the Englishman and Nimpkish valley areas of Vancouver Island. The two key parts of the study include:

1 Using GPS collars to track deer movement

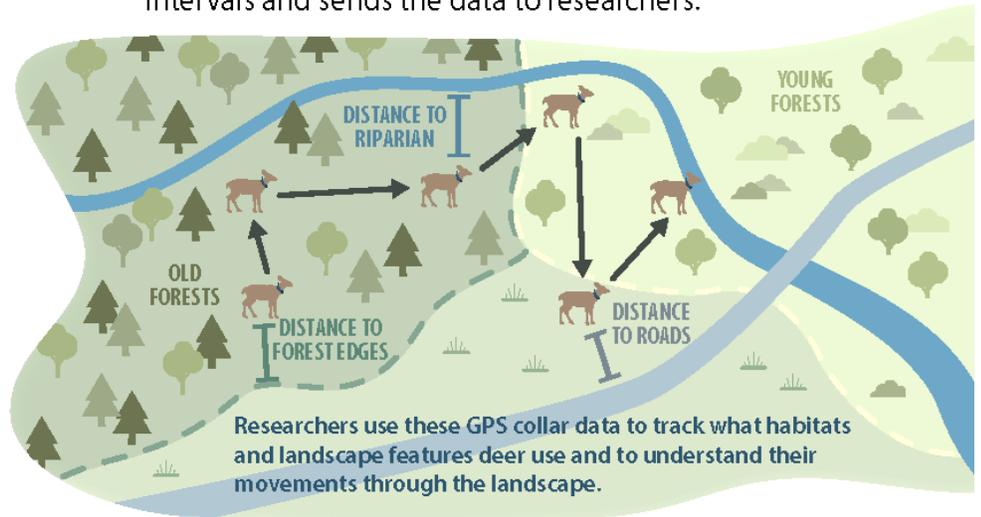


Female deer will be collared and monitored.



The study aims to have 50 active collars.

Each GPS collar records the deer's location at regular time intervals and sends the data to researchers.



2 Investigating cause of death to understand factors affecting mortality



When a collared deer dies and stops moving, the collar will send a special signal notifying the researchers.



Within 24 – 48 hours, an investigation into the cause of death will be conducted.



Samples, like blood and hair, are collected and used to provide more information about the cause of death such as disease or poor body condition.

MORTALITY

- predation
- hunting
- health-related
- other



The study will use the mortality information to understand how landscape features influence deer survival.

Information gathered in this study will inform land-use and forestry practices that will directly benefit black-tailed deer populations. To learn more about the deer project, contact: FishandWildlife.Nanaimo@gov.bc.ca





CLOSED

December 25 - January 5

**Please note, we will be closed on Monday
December 25 and reopen on Monday
January 8, 2024.**



Snuneymuxw

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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>)	Richard White	250-668-2696
Housing	Ashley Williams	250-619-0137
Wellness Centre/Education QQS School	Nancy Seward	250-751-9409
Elders	Kate Good	250-619-7703
Fisheries/Wildlife	John White	250-616-7968
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



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Increased Activity During Christmas Break

Some staff, contractors and consultants will be on-call over the break.

Please be advised that certain SFN staff, contractors, and consultants will be on-call over the Christmas break. They will be monitoring the various capital and infrastructure projects in progress.

You may also see trucks and equipment on-site, especially if there are any extreme weather events.

The SFN office will be closed for the holidays between:
December 25th, 2023 and reopens on January 8th, 2024.

Some contractors will also be back to work Tuesday January 2, 2024.

For any further inquiries, please contact John Thomas at **778-269-2305**

Thank you and Happy Holidays!

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Hay'ch'qa

Seward Family & Snuneymuxw Family and Friends

A special hay'ch'qa to all who stood by
our family during this difficult time.

We raise our hands to you all!

Richard Seward, Elaine Seward,
Francis Seward, Lily Seward,
Saraphine Smith & Wesley Smith

Your support is our
medicine!



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

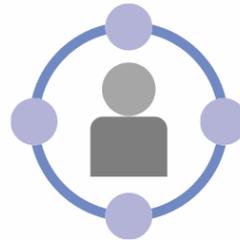
1.

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

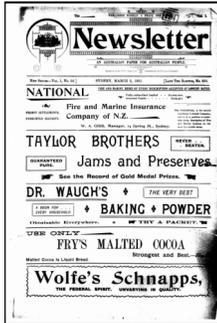
Housing
Ashley 250-619—0137
ashleyw@snuneymuxw.ca

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.