

# 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](mailto:news@snuneymuxw.ca)

**January 25, 2024**



# A REMINDER THAT: YOU'RE INVITED!

**Saturday, January 27, 2024 @ noon**  
Quam Qwum Stuwixwulh Community School  
(1390 Stuywut Street)

On Saturday, the Snuneymuxw community will come together to celebrate a major milestone in the DND "Te'tuxwtun" Land return case.

More details will be revealed at the event.



And if you can't make it in-person, please join us online.

Here's the link: <http://tinyurl.com/4r4vccrh>

Contact the main office at 250-740-2300, if you have any questions.





**Kw'umut Lelum**  
FOUNDATION

# EDUCATION GRANT

## \$5,250.00

**APPLY BY FEBRUARY 1, 2024**

Open to any post-secondary student from Stz'uminus, Halalt, Lyackson, Malahat, Snaw-naw-as, Penelakut, Qualicum, Snuneymuxw or Ts'uubaa-asatx



**APPLY NOW**

[www.klfoundation.ca](http://www.klfoundation.ca) 



# PUNE'Q

## JANUARY

### “THE TIME FOR COLLECTING GEODUCKS”

#### Weather



tl'im xuytl'  
“It's cold”



'e'ut yi'yuq  
“It's snowing”



'e'ut lhum'uhw  
“It's raining”



'e'ut spu'ehw  
“It's foggy”

#### Kinship Terms

**mun'u** = child

**me'mun'u** = children

**ten** = mother (when addressing: **te'**, also used for grandmother)

**men** = father (when addressing: **me'** also used for grandfather)

**si'lu** = grandparent,

grandparent's sibling or cousin (when addressing: **si'**)

**sul'si'lu** = grandparents ( when addressing: **sisul'u**)

**'imuth** = grandchild,

grandniece/nephew,

cousin's grandchild (when addressing: **'im**)

**'um'-imuth** = grandchildren (when addressing: **'imiye'**)

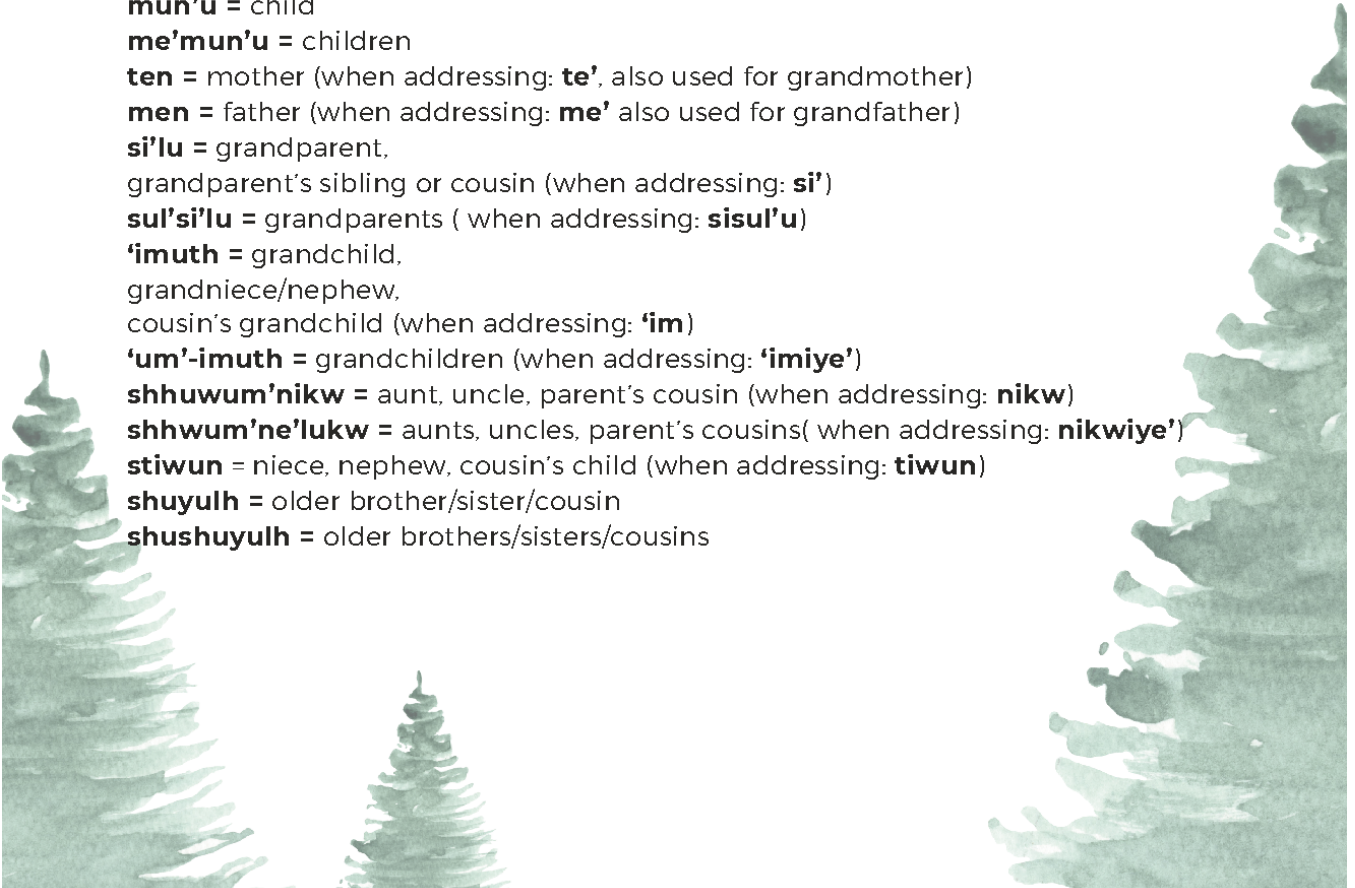
**shhuwum'nikw** = aunt, uncle, parent's cousin (when addressing: **nikw**)

**shhwum'ne'lukw** = aunts, uncles, parent's cousins( when addressing: **nikwiye'**)

**stiwun** = niece, nephew, cousin's child (when addressing: **tiwun**)

**shuyulh** = older brother/sister/cousin

**shshuyulh** = older brothers/sisters/cousins





## sqwiqwmi', The Woolly Dogs



Siem Shelhni' 'i' tu Sqwiqwmi's (High Ranking Young Woman and Her Wool Dogs), 2020 Art by Eliot White-Hill, Kwulasultun.  
Courtesy of Eliot White-Hill, Kwulasultun

The Coast Salish wooly dog has been in many news articles since December. Science Magazine and NPR network have been following with keen interest the history and role of the wooly dogs. Snuneymuxw members, **Violet Elliott** and **Eliot White-Hill** amongst other Salish artists and knowledge keepers have been interviewed in these articles (Elder **Gary Manson** also mentioned in the NPR article.)

The Snuneymuxw village site **xwsaluxwul**, located in downtown Nanaimo, held a placename on Cameron Island, called **sqwiqwmi'**, which is where the wooly dogs lived.

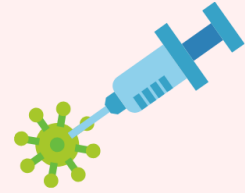
**NPR network: Woolly dogs once provided fleece for Coast Salish tribes. What happened to them?**



Science.org:  
The history of the Coast Salish “woolly dogs”



# FLU & COVID VACCINE CLINIC



January & February 2024

Drop-In Clinic Every  
Wednesday  
1:00pm - 4:00pm  
snuneymuxw hulit lelum



Questions? Call Cheryl RN, 250-740-2337





## CONGRATULATIONS JAYDEN THOMAS!

Congratulations to Jayden Thomas on signing his National Letter of Intent (NLI) to play NCAA Division 2 men's field lacrosse at Tusculum University in Tennessee! Your dedication and hard work have paid off, and we can't wait to see you shine on the field starting in September 2024. The signing ceremony took place at Snuneymuxw Recreation Center with parents Councillor Isaac Thomas and Desiree Thomas, and Chief Wyse as a special witness. Best of luck on this exciting journey!







**Want a career to be proud of?**

**EARN UP TO \$77,000/YR + BENEFITS  
WORTH UP TO \$27,000/YR**

**JOIN US FOR AN INFO SESSION**

**JAN 20, 27 & FEB 3**

**10 AM TO 11 AM**

**NANAIMO CORRECTIONAL CENTRE**

**3945 BIGGS RD., NANAIMO, B.C.**



**BC Corrections**

**\$10,000**

**RECRUITMENT & RETENTION INCENTIVE**





**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](http://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**



# Snuneymuxw

First Nation

[www.snuneymuxw.ca](http://www.snuneymuxw.ca)

## EMERGENCY CONTACTS

<b>Health (WELLNESS ADMINISTRATOR)</b>	<b>Marina White</b>	<b>250-668-5244</b>
<b>Social Development (Family Emergencies)</b>	<b>Charlene Paul</b>	<b>250-714-2137</b>
<b>Maintenance (Roads, Water &amp; Garbage)</b>	<b>Richard White</b>	<b>250-668-2696</b>
<b>Housing</b>	<b>Ashley Williams</b>	<b>250-619-0137 ashleyw@snuneymuxw.ca</b>
<b>Wellness Centre/Education QQS School</b>	<b>Nancy Seward</b>	<b>250-751-9409</b>
<b>Elders</b>	<b>Kate Good</b>	<b>250-619-7703</b>
<b>Fisheries/Wildlife</b>	<b>John White</b>	<b>250-616-7968</b>
<b>RCMP</b>	<b>General Duty</b>	<b>250-754-2345</b>
<b>Emergency</b>	<b>RCMP</b>	<b>911</b>

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](mailto:info@snuneymuxw.ca)





**CLOSED**

*Monday February 19*

**Please note, we will be closed on Monday  
February 19 and reopen on Monday  
February 20, 2024.**



# 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](http://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](http://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](http://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

**Marina White 250-668-5244**  
marinaw@snuneymuxw.ca

**Regan 250-616-3582**  
regans@snuneymuxw.ca

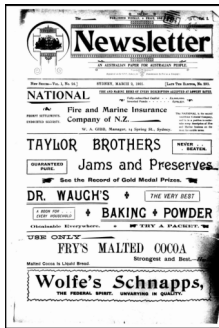
**Housing**  
**Ashley 250-619—0137**  
ashleyw@snuneymuxw.ca

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

**Visit [www.snuneymuxw.ca](http://www.snuneymuxw.ca) for more info and to sign up to have the newsletter sent by email.**