

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

February 22, 2024



'uy' skweyul mukw wet!
(Good Day Everyone!)

our
hul'q'umi'num'
language



mim'ne' February
"baby moon", the short month
from the word for small child
= the diminutive of mun'u
(child)

LANGUAGE RESOURCES

- <https://sqwal.hwulmuhwqun.ca/>
- <https://sxwiem.hwulmuhwqun.ca/>
- <https://www.firstvoices.com/>

Snuneymuxw Language Classes

MONDAYS 5:00pm - 6:30pm
w/ Gary & Adam Manson
@ "the Portable" on Centre Street

hul'q'umi'num' with Aunty Mandy
4:30pm - 6:00pm @ Woodbank Learning Academy
Tuesday - Introduction Class
Thursday- Advanced Class

Announcements

FAMILY FUN learning w/ LANGUAGE BINGO!



Wednesday, March 27th, 5:00pm @ Woodbank Library!
More Info soon!

Watch for more info on the new series

sxwi'em

a "Storytelling" gathering starting APRIL 17th @ Woodbank Library



Fun Word of the Month ✦

lhuplhupxnuhw =
blinks (plural)
blinking your own eyes
lhuptun' = eyelashes

-lh the letters “lh” sound like a hissing cat.

Place your tongue at the back of your front teeth & then blow air out both sides of your mouth. This sound takes practice.

Other examples; **lhihw** = three, **lhqelts'** (moon, month)



Use this **QR code** to listen to the pronunciation of the **lhihw** = the number 3!

New to QR codes?

QR = quick-response code

- Step 1. Open the camera app on your cellphone or iPad
2. Point the camera at the QR code
3. Tap the banner that appears



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Cultural Burning Project

A small, prescribed burn project will start on Monday Feb 26 2024.

With the approval of Chief & Council, and the input of our Esteemed Elders, a prescribed burning project will take place starting Monday, February 26th, 2024.

The project is based on SFN's distinct cultural values, perspectives, and practices. SFN Elders related how, in the past, regular burning of invasive brush and hazardous vegetation reduced the fire hazard and minimized the spread of weed species. An experienced team will burn invasive Himalayan Blackberry, which is growing around critical infrastructure, homes (Raines Road, Clifford Road), and sensitive ecosystems (estuary).

SFN members can expect to see a crew and small excavator working to pile the invasive blackberry in preparation for burning. Then, the burning of small, separated piles will take place, with appropriate venting.

Traffic control will be in place, where required, to keep you safe. (Please see attached map)

Where?

There will be approximately 10 separate burn areas, across 3 IRs:

- IR#2:** Clifford Road - roadside buffer;
- IR#3:** Raines Road (4 areas beside residences and at sensitive ecosystem);
- IR#4:** south of Longhouse.

When?

The project will begin on Monday, February 26, and continue until the end of March.

Questions?

Contact:

Richard White 250 668-2696
or John Thomas 778 269-2305



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Snuneymuxw – FNESS Cultural and Indigenous Burning Project – 2024

The FNESS-ISC ON-RESERVE CULTURAL BURNING REVITALIZATION AND PRESCRIBED FIRE PROGRAM is a new emerging program that enables First Nation communities to work with FNESS to identify cultural burn areas, develop prescriptions and burn plans.

SFN Elders related how, in the past, regular burning of invasive brush and hazardous vegetation reduced the fire hazard and minimized spread of weed species.

At the suggestion of SFN Elders, this cultural burning project involving the intentional use of fire on the land, is led by / based in SFN's distinct cultural values, perspectives, and practices.

Cultural and Indigenous Burning Project:

This project with an experienced team targets invasive Himalayan blackberry around Critical Infrastructure (e.g., Longhouse), homes (Raines Road, Clifford Road), and sensitive ecosystems (estuary).

Project Objectives:

- careful, culturally sensitive re-introduction of indigenous burning at SFN lands
- removal of invasive shrubs at ecologically strategic areas, residential neighbourhoods, and at Critical Infrastructure
- maintain desirable ecosystem structures and enhance diversity and productivity of species for food, medicine, and ceremony
- reduction in fire hazard (fuel loads) where there is a heightened risk to human property and life
- enhanced understanding of pyrodiversity (frequency, timing, and severity of fire)
- enhanced access for emergency responders
- training and employment for local SFN members
- model land management for SFN members and others
- learning opportunities with BCWS and responding structural fire fighting agencies

Details: Approximately 10 separate burn areas at 3 IRs

IR 2: Clifford Road – roadside buffer; IR 3: Raines Road (4 areas beside residences and at sensitive ecosystem); IR 4: south of Longhouse.

What to expect: SFN members can expect to see a crew and small excavator working to piles the invasive blackberry in preparation for burning. Burning of small, separated piles will take place under appropriate venting indices. Traffic control will be in place where required to keep you safe.

Timeline: February to March 2024

Questions? Contact: Richard White 250 668-2696
John Thomas 778 269-2305



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Notice of Vote Recount

A recount will take place on Thurs, Feb 22, 2024 at 2pm.

Please be advised that a recount of ballots cast in the 2024 election will take place on Thursday, February 22, 2024 starting at 2pm Pacific Time.

The recount will be streamed live at that time, and can be viewed at this link:

https://youtube.com/live/mTIQdwqY_Xs?feature=share

The recount will take place in the SFN Gym. SFN members are welcome to attend in-person and observe, but are asked to not disrupt the process, which requires a high level of concentration among the team carrying out the recount.

The results of the recount will be posted on the SFN website on: Friday, February 23, 2024.

For additional information, please contact SFN's Electoral Officer Graeme Drew directly. He can be reached by email at gd.drewnorth@gmail.com or phone at **604-649-2044**.

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FAMILY ZUMBA

Open to families with children ages 1-4 from our member Nations

Thursdays, March 7 - 28th | 10:30 - 11:30am
Jack Little Room B, Nanaimo Aquatic Centre

Fitness experience that involves cardio and dance
Limited transportation in Nanaimo area

To register contact Skyla Russell:
srussell@kwumut.org | (778)-678-8608



Kw'umut Lelum
kwumut.org

Children. Culture. Community.



KL FAMILY FIT

OPEN TO YOUTH AND ADULTS FROM OUR
MEMBER NATIONS

Fridays, until March 29
7:30-8:30pm | Snuneymuxw Gym

Promoting physical activity and a healthy lifestyle
Circuit workouts led by personal trainer

For more info contact Kaitlyn
kmcmahon-white@kwumut.org | (250)-591-0933



Kw'umut Lelum
kwumut.org

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G I F T E D G I R L S

Gifted Girls Program

Come and check it out!

Wednesdays @ 4 – 5:30 pm

699 Centre Street
(in the portable)

Questions?

Contact Nancy at:

nancys@snuneymuxw.ca

or 250-740-2315





SAVE THE DATE ^{MARCH} 15 & 16

KW'UMUT LELUM PRESENTS

Honouring our Children

GATHERING FOR PARENTS

March 15 - parenting and child
development workshops

March 16 - Pregnancy and
pre-natal workshops

For Indigenous parents and
caregivers. Vendors and
service providers, wellness
stations. Free registration.

9am - 4:30pm

Vancouver Island Conference Centre
Nanaimo



SNUNEYMUXW WOMEN'S WELLNESS GROUP

**Mondays 5pm to 7pm
@ Snuneymuxw Health Center**

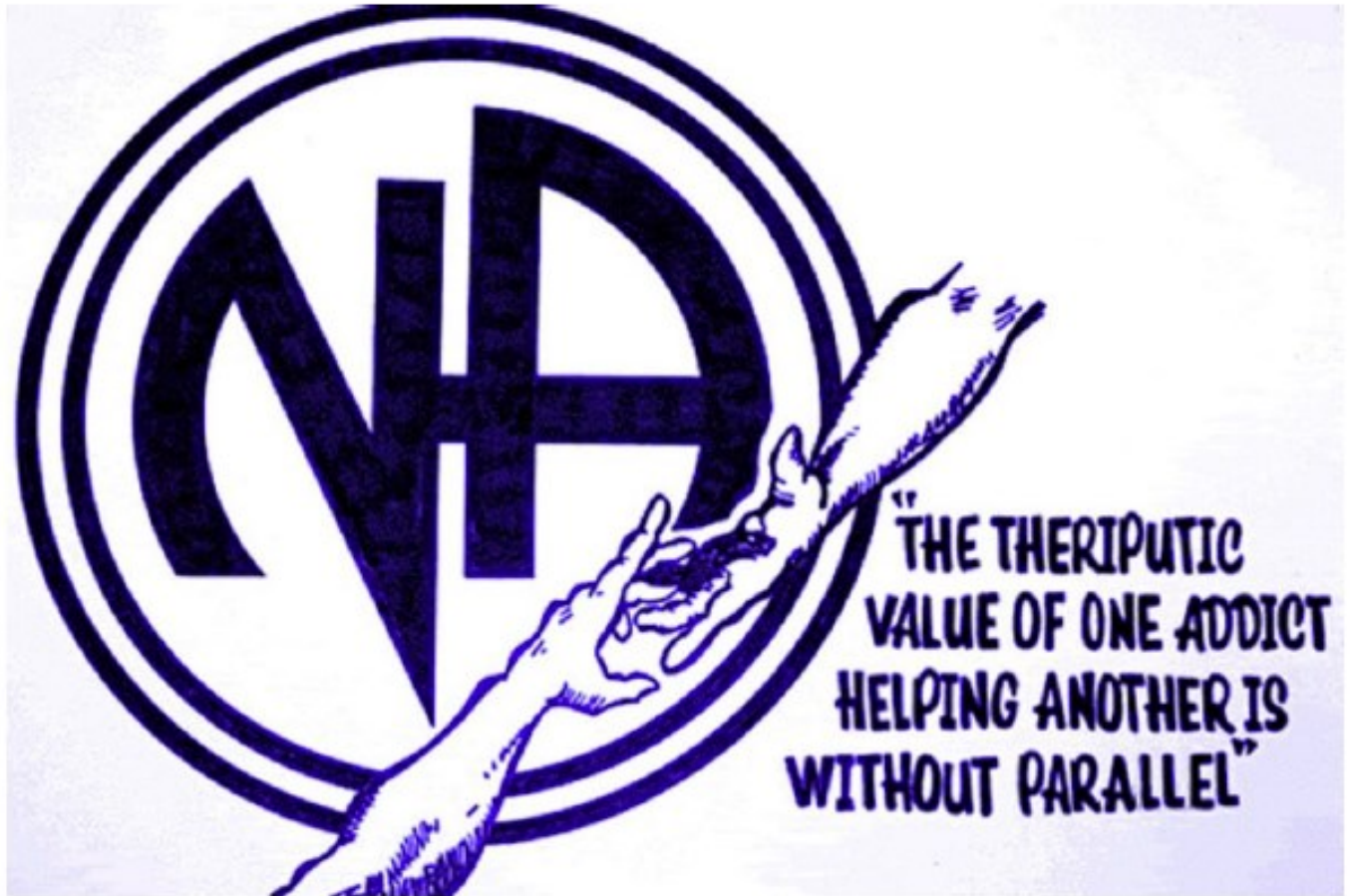
Socialize, Share, Self-care
Snacks Served

Questions?

Contact Sabrina Ross at:
(250)-323-9025



*“When sleeping women wake,
mountains move.”*



When : Wednesdays @ 7pm

Where : 669 Centre Street

(in the Portable)



SNUNEYMUXW COMMUNITY MEMBERS:

DON'T HAVE A FAMILY DOCTOR? WE CAN HELP.

HOW?

**Contact Our Medical Office
Assistants At:
250-740-2345**

WHERE ?

**Snuneymuxw
Hulit Lelum
1451 MacMillan Road, Nanaimo**

HOW TO:

1. CONTACT SFN HEALTH CENTRE

**250-740-2345
Or
250-740-2340**

2. PICK UP INTAKE PACKAGE

**Available at Health
Office or Admin
Building**

3. DROP OFF AT HEALTH CENTRE

**1451 MacMillan
Road**

4. ONCE INTAKE PACKAGE IS FILLED OUT

**Christina or Laurie
will schedule an
appointment**



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JOB POSTING

On-Call Receptionists

JOB OVERVIEW

Snuneymuxw First Nation (SFN) is seeking on-call receptionists. Reporting to the Executive Assistant to the Chief, an On-Call Receptionist is responsible for handling front office reception and related duties, in addition to providing administrative support to other SFN staff, when required. The On-Call Receptionist will provide organization-wide support and may be required to work at the Multi-Use Building (gym), Hulit Lelum (Health Center), Admin Office, Woodbank, or any other SFN building. Location preferences will be considered. Training will be provided for all locations. Weekly hours may vary and depend on operational needs. Work opportunities may be available on a short-notice basis.

JOB RESPONSIBILITIES

The On-Call Receptionist will be responsible for the following duties:

- Welcome visitors, determines nature of business, announces visitors to appropriate staff and ensures reception area is maintained and kept tidy.
- Screen and direct calls, respond to queries regarding SFN, take and relay messages as required.
- Ensure that office and meeting rooms and other areas are maintained in a clean and organized manner.
- May assist with members picking up forms and other paperwork.
- Sort and distribute incoming mail and handle courier pick up and deliveries
- Maintain an up-to-date internal telephone & email listing of all SFN staff (including admin office building, Health Center, and Woodbank).
- Provide administrative support to Department Heads and Managers, as directed by the supervisor.
- Perform other tasks and duties as assigned.

JOB REQUIREMENTS

Education:

- Minimum Grade 12 completion.
- Post-secondary education in Administration or related field an asset.

Experience:

- Minimum of 1 year of experience in an administrative role is preferred.

Knowledge, Skills and Abilities:

- Strong PC skills in Word, Excel, Power Point, MS Outlook are preferred.
- Ability to exercise good judgment, show initiative and be proactive.
- Strong customer service skills.



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- Excellent interpersonal, written, and oral communication skills.
- High standards of ethics and confidentiality to handle sensitive information.
- Strong organizational skills with proven ability to effectively prioritize workflow.

Willingness Statements:

- The incumbents must maintain strict confidentiality in performing the duties of the Receptionist. The incumbent must adhere to the Privacy and Security Policies and Procedures of the Snuneymuxw First Nation, as well as their professional Code of Ethics.
- The incumbents must adhere to the Snuneymuxw Personnel Policies.
- Incumbents will be subject to satisfactory reference check and criminal records review.
- The incumbent is required to have access to reliable methods of transportation to the work location; it is the incumbent’s responsibility to get to the work location.
- Incumbents may be required to work at different locations, as outlined above.
- Incumbents may be required to work outside of regular work hours if an emergency occurs.

Please submit your current resume and cover letter by email to:

HR@snuneymuxw.ca

Application Deadline Date: Friday, March 1st, 2024 @ 4:00 PM (PST)

Snuneymuxw Standards

Our values will guide us towards becoming a stronger, more effective organization with a positive and mutually beneficial work environment for everyone.

Achievement	Deliver what matters Ensure clarity of direction and unity of purpose Inspire excellence and strive for outstanding results
Collaboration	Work together to build successful teams and partnerships Be open, inclusive and share knowledge Seek, provide, and act on feedback
Community Commitment	Know our community and put them first Listen to and understand community needs Be responsive, close the loop and deliver on promises
Integrity	Own your actions, successes, and mistakes Act with transparency, honesty, and respect Do what you say you will do
Innovation	Look for ways to improve and create positive change Think broadly and take a wider viewpoint Be responsive to new ideas and opportunities



2024 SOCIAL ASSISTANCE DATES

MID-MONTH

JAN. 10/24

FEB. 07/24

MAR. 06/24

APR. 03/24

MAY 01/24

JUN. 05/24

JUL. 03/24

AUG. 07/24

SEPT. 04/24

OCT. 02/24

NOV. 06/24

DEC. 04/24

S/A DAYS

JAN. 24, 2024 (FOR FEBUARY)

FEB. 21, 2024 (FOR MARCH)

MAR. 20, 2024 (FOR APRIL)

APR. 17, 2024 (FOR MAY)

MAY 15, 2024 (FOR JUNE)

JUN. 19, 2024 (FOR JULY)

JUL. 17, 2024 (FOR AUGUST)

AUG. 21, 2024 (FOR September)

SEPT. 18, 2024 (FOR October)

OCT. 23, 2024 (FOR NOVEMBER)

NOV. 20, 2024 (FOR December)

(TBA) DEC. 2024 (FOR JANUARY)



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EMERGENCY CONTACTS

Health (WELLNESS ADMINISTRATOR)	Marina White	250-668-5244
Social Development (Family Emergencies)	Charlene Paul	250-714-2137
Maintenance (Roads, Water & Garbage)	Richard White	250-668-2696
Housing	Ashley Williams	250-619-0137 ashleyw@snuneymuxw.ca
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

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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

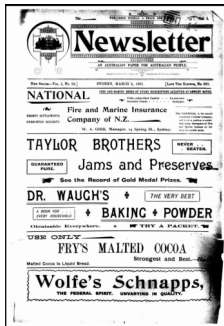
Please have your garbage and recycling out by 8:00 am on the day of the service

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.



Check out the latest Nation job postings:

www.snuneymuxw.ca/jobs

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

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

Regan 250-616-3582
regans@snuneymuxw.ca

Housing:

Ashley 250-619-0137
ashleyw@snuneymuxw.ca

Follow us on Facebook:

www.facebook.com/SnuneymuxwFirstNation

Find our past newsletters at:

www.snuneymuxw.ca/newsletter

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