

# Snuneymuxw News

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

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Tel: 250-740-2300, 1-888-636-8789 [communications@snuneymuxw.ca](mailto:communications@snuneymuxw.ca)

**March 22, 2024**



wulhkus = March  
“time of the tree frogs”

yuq’wiq’wulus = Spring  
“ripening”

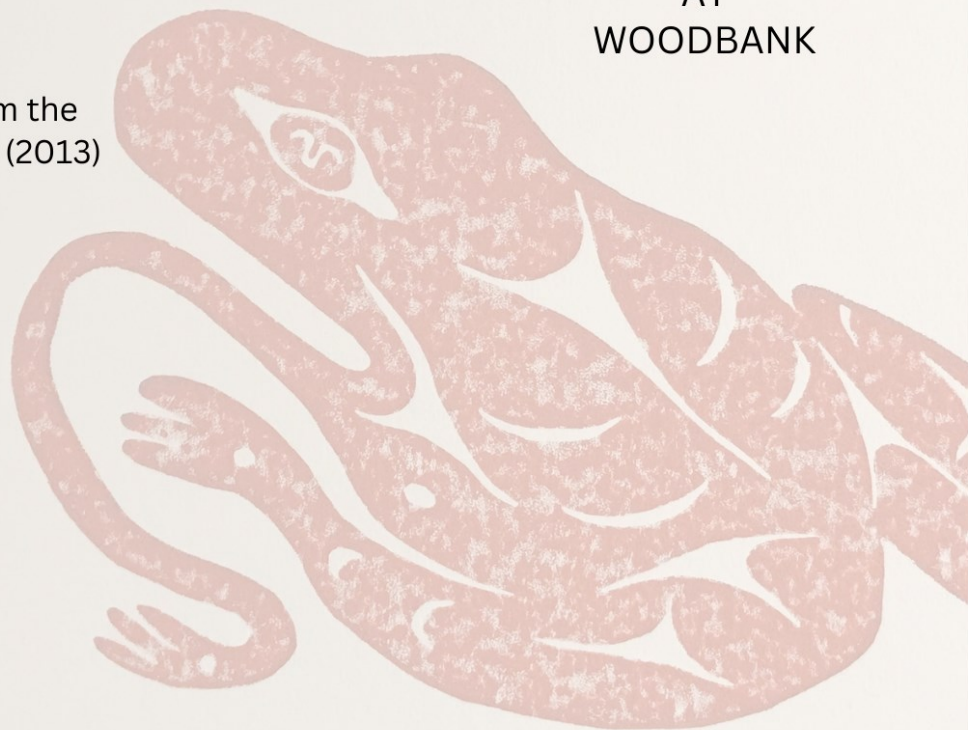
tum’q’wilus = Time of ripening

PLAY **hul’q’umi’num’**  
**BINGO** with your  
Family at SFN’s Easter  
Fun Day!

**hul’q’umi’num’ BINGO**  
at  
SFN’s EASTER EVENT!  
**THURSDAY MARCH 28th**  
**5:00pm**  
SFN LEARNING ACADEMY  
AT  
WOODBANK

“when the tree frogs start  
singing, it was time to stop the  
winter dances”

Coast Salish Elders from the  
hulq’umi’num dictionary (2013)



Artist: Kwulasultun, Eliot White-Hill

\*'20



<<< use this QR code to listen to & read

**t'it'ulum wuxus - Singing Frogs**  
story by Valerie Bob



**3 EASY STEPS TO OPEN THIS QR CODE**

1. Open your smartphone's camera app
2. Position the camera so it captures the QR code w/in the frame
3. Tap the screen when the notification appears

**Spring Time Vocabulary:**

wuxus = tree frog

t'ilum = sing

t'it'ulum' = singing

st'ilum = song

ts'um'ush = herring roe

spe'qum = flower (singular)

sp'e'luq'um = flowers (plural)

tl'hwum = become warmer

s-liqwul = calm weather

the'thqi' = shoots of plants

pulkween = shoots emerging

hwuy' = wake up

\*'20



# CHIEF REPORT - LOOKING BACK AT 2023

“Looking forward to another big season and year. hay ch q’a to each of you for all your help in 2023, and to my council for their work and dedication. Enjoy looking back at some of our favourite memories of 2023.

Chief Mike Wyse

## EDUCATION



2023 at QQS it was the biggest year yet, with 120 students.



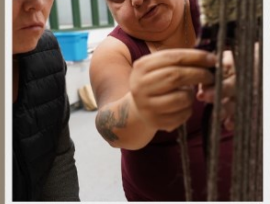
In September 2023, we really enjoyed watching the QQS students in their hul'q'umi'num' performances.



There were also 185 Snuneymuxw high school students in 2023.



We had 4 graduates of our L2N drivers licensing program.



And in 2023, there were 11 adult learning students.

## PDG



Petroglyph Development Group worked tirelessly in their mission to grow the Snuneymuxw economy.



In January 2023, we established an agreement with Fortis BC, to work in close collaboration on the Tilbury Projects.



In April 2023, PDG celebrated one month of operations as majority owner of the Courtyard by Marriott Nanaimo hotel.



In April 2023, we celebrated our partnership with Hullo Ferries.



In May 2023, we established the “Seacliff Development Deal”, for the return of 102 acres of our ancient village site, kwula'xw.

## HEALTH



In 2023, we made a point of investing in our community's ongoing healing, and good health.



In 2023, Snuneymuxw hired 3 additional doctors, giving us a total of 5 doctors.



We also hosted a number of health-focused workshops, because: “to learn is to heal, and to heal is to learn”.



We understand the deep connection between affordable housing and wellness. In partnership with BC Housing we are creating 300+ units by 2028.



And we are so grateful to our Marine Division, who helped us stay nourished in 2023.



# LAND



Since 2017, 700 acres of Land has been returned to our people.

Returned Land includes:

- 41.512 acres at "Lot 11"
- 4.04 acres at "Park Avenue"
- 3.5 acres at "Sealand"
- 106 acres at Kwula'xw
- 1 acre at "Haliburton"
- 523 acres at Te'tuxwtun

Snuneymuxw's Lands Planning Project team embarked on important Land-use community engagement. Much more to come. Stay tuned!

Our Marine Division was busy with the Kelp Restoration Project, Carex Nature Trust, Water Quality Assessments, and so much more!

We are now also seeing the rightful return of the former Department of National Defence Lands. That's 197.9 acres of "Addition to Reserve" Land!

# CELEBRATIONS



We had lots of celebrations in 2023!

That includes community dinners and gatherings.

In March 2023, Snuneymuxw hosted the **LARGEST JANT IN HISTORY!** Thousands of people attended from all over.

And in July 2023, we had the first inaugural Snuneymuxw Days!

Mark your calendars for:

- 1) Coast Salish Games from JULY 22-26, 2024
- 2) 2nd annual SFN Days from JULY 26-28, 2024

# HONOURING OUR GIFTS TO HELP



In 2023, so many of us used our gifts to help others. Sometimes, even without recognition. So, ha'ch q'a to everyone who helped others in 2023!

There were many volunteers at our events, gatherings, and food distribution initiatives.

A huge thank you to all the chefs in the community, for using your skills to make sure we're all well fed when we come together.

Many of our youth and young adults also helped in 2023, by chopping and transporting firewood for local elders.

Teens at our youth center also looked-out for one another during fieldtrips, concerts, and youth drop-in events.

**WHAT A YEAR!  
AND NOW, BACK TO 2024 ...**



# WELCOME, TO OUR NEW AND RE-ELECTED SNUNEYMUXW COUNCIL





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### SNUNEYMUXW U13 GIRLS



### SNUNEYMUXW U17 BOYS





SNUNEYMUXW FIRST NATION

# COMMUNITY EASTER EVENT

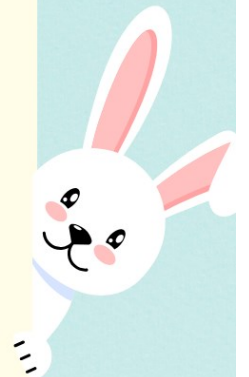
THUR MARCH 28  
5PM - 7:30PM

**SNUNEYMUXW LEARNING ACADEMY**  
(1984 Woobank Rd)

**Dinner**  
**Bingo**  
**Magic show**  
**Easter bunny**  
**Inflatable obstacle course**  
**Carnival games**  
**Prizes**

**Rides Available!** 🚗

Questions?  
Email Billie-Ann Seward at:  
[billie-anns@snuneymuxw.ca](mailto:billie-anns@snuneymuxw.ca)







# FRIENDLY REMINDER...



Spring Break and Easter Season is here!  
We're excited to celebrate and wanted to  
share a quick reminder

Loud music and fireworks can scare our pets  
and wake our babies in the community during  
the later hours.

**Please be mindful of noise after  
11PM in the community.**

*We wouldn't want to scare the Easter Bunny away!*





# RENEW YOUR STATUS CARD, BEFORE IT EXPIRES.

## Benefits of having a NON EXPIRED status card:

- No tax on gas & tobacco, when presented upon purchase
- Free dental and optical care, with a non-expired status card.  
(Have it ready before an emergency happens)

## How to keep your status card from expiring:

- Status cards expire every 5 to 10 years.
- You should apply for renewal 6 months before it expires.
- Renewing is a quick, simple, one-page process.
- Photo ID is encouraged, but there are other options if you don't have it.
- While you're waiting, get a temporary TCRD letter from Louella.

Renewal is faster & easier than re-applying.  
So, don't let your card expire.

**Support is available, for free!**

Contact Louella and make an appointment

**[louellaw@snuneymuxw.ca](mailto:louellaw@snuneymuxw.ca)**

**(250) 740-2300**



## **Pharmacy Benefit Information for First Nations**

Did you know that many products and medications covered by the Non-Insured Health Benefit (NIHB) Program can be prescribed or recommended by your local pharmacists?

This means that you do NOT need a prescription from your doctor, so it is easier to access these types of benefits:

- Acne medications
- Allergy medications
- Constipation treatments
- Diabetes devices such as Blood glucose test strips
- Emergency contraception ( the 'morning after pill')
- Lice treatments
- Medications to treat eye or ear infections
- Medications for the prevention and treatment of nausea and vomiting in pregnancy
- Naloxone
- Prenatal vitamins
- Vaginal yeast infection treatments
- Smoking cessation aids
- Treatments for fungal skin infections
- Vitamin D or multi-vitamins for children under the age of 6

Please ask your local pharmacist to provide a written recommendation.

## **Did you know?**

**Some medications are free with a status card  
Offerings can vary.  
So, ask your local pharmacist what they offer.**



SNUNEYMUXW FIRST NATION

***We're hiring!***



**MENTAL HEALTH & WELLNESS MANAGER**

LEARN MORE + APPLY

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



H A P P Y  
*easter*



**Please note, the SFN Admin Building will be closed on Friday March 29 and Monday April 1, reopening on Tuesday April 2.**



# 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.**

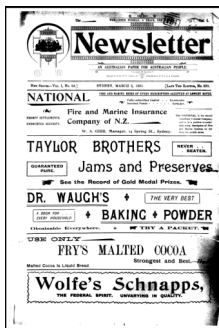
Are you interested in signing up to be on the list for delivering the Snuneymuxw News? .....

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.



### 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

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.**