

# Snuneymuxw News

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

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Snuneymuxw News is published monthly.  
Snuneymuxw First Nation, 668 Centre St., Nanaimo, B.C. V9R 4Z4  
Tel: 250-740-2300, 1-888-636-8789, [communications@snuneymuxw.ca](mailto:communications@snuneymuxw.ca)

**April 25, 2024**



## Liimus = April

“the time when the geese fly in V formation”

use this QR Code to learn  
more words for birds!



Ihalhukw' siiye'yu | Flying Friend  
birds.hwulmuhwqun.ca

### VOCABULARY:

**'exu** = Canada goose

**tl'ekw'uxun** = goose'; emperor,  
snow & white-fronted

**sliim** = goose, wild geese (when  
flying in formation)

tl'im' qux kwthu sliim ni' yul'ew' 'u  
kw'un'a tsul'equlh

“Yesterday there were alot of  
geese that went by” (RP March 82)

\*note: sliim is also used for  
sandhill crane



# Solar Eclipse

There was a solar eclipse on April 8th 2024. Although the Snuneymuxw Nation was not in the direct pathway there was a lot of discussion on social media regarding how we say the word “eclipse’ in our language.

**SUN** = siyaqwum, sumshathut

Here are some examples;

1. From flashcards made by Kaitlyn Cunningham of the Katzie Nation (the late Josephine Good’s grand- niece)



2. t’ut’t’antul = eclipse, from elder Florence James

3.

Galloway: Upriver Halkomelem Dictionary, Halkomelem-to-English <t’ó:Itel ~ t’óltel>, dnom //t’&[-Aá-]1=tal or t’&[=Aá=]•1=tel//, WETH [‘an eclipse (of sun or moon)’],



# POST SECONDARY

ACADEMIC AND TRADES SUPPORT



## SFN SUPPORT AVAILABLE

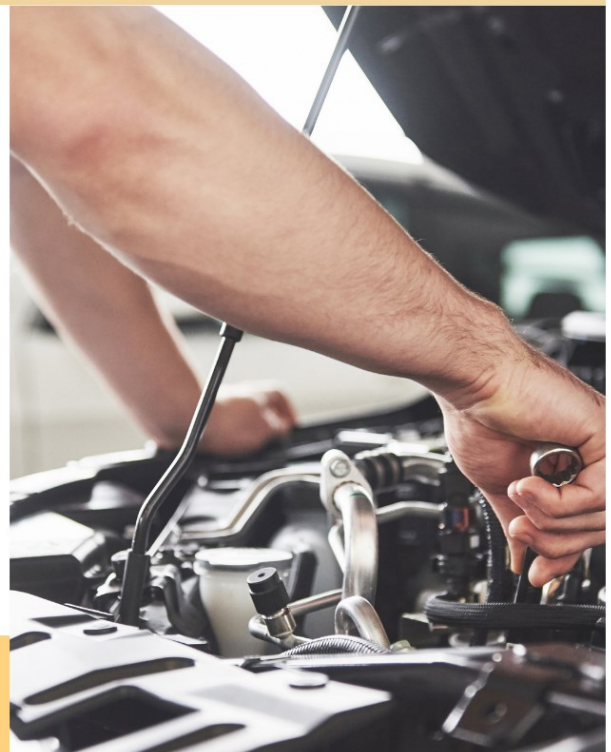
- Up to \$9K tuition and text book support
- \$1,510/month living allowance
- Trades funding

DEADLINE TO APPLY

## APRIL 30, 2024

## DETAILS

1. Fill out and submit post secondary support form by 11:59pm EST on April 30, 2024. Please contact Nancy Seward for the form at [nancys@snuneymuxw.ca](mailto:nancys@snuneymuxw.ca).
2. Input key information, including:
  - Name of institution
  - Tuition and text book costs
  - Start and end date of courses/program
  - New post-secondary students need to submit a one page essay outlining their career goals
3. Connect with Nancy to discuss tuition needs.
4. Please email Nancy if you're interested in reviewing our relevant policy document.



Nancy Seward, [nancys@snuneymuxw.ca](mailto:nancys@snuneymuxw.ca)



## A MESSAGE FROM QWAM QWUM STUWIXWULH COMMUNITY SCHOOL

*“NOW is the time to transfer students to QQS.”*



During the current school year (2023/2024), QQS was forced to turn down a lot of families looking to move their children from other local schools.

If you are wanting your child to attend QQS, NOW is the best time to register them for the new school year (which starts in Sept 2024).

If we can have children registered before classroom teachers and numbers are set, we will be able to get most new students in. Things get a lot harder, almost impossible, once the school year starts.



**For more details, please visit:**

[www.sd68.bc.ca/students-parents/registration-information](http://www.sd68.bc.ca/students-parents/registration-information)



# INDIGENOUS JUSTICE CENTRE



BC FIRST NATIONS  
JUSTICE COUNCIL

MAY 2ND  
3-7PM

 NANAIMO



## Spring Celebration OPEN HOUSE

Stli'tleshun tseep  
STĪ,ÁŠEN SW SIAM  
čukwaačak  
sǰépət sxw'héla

### You're Invited

We're inviting local and surrounding community members, as well as the Urban Indigenous, Métis, and Inuit population to join us in our recently established IJC.

*Snacks | Refreshments | Meet Our Team*



Thursday | May 2nd | 3 - 7pm

 A-17 Church Street, Nanaimo, BC  
Great National Land Building

 NanaimoInfo@bcfnjc.com

 250-419-9665



    @bcfnjc

 [www.bcfnjc.com](http://www.bcfnjc.com)



## Are you looking for work ?

- ✓ What motivates you?
- ✓ What type of work are you looking for?
- ✓ Do you need help with a resume?
- ✓ Let's see how we can get you started?
- ✓ Not sure where to start?

Give me a call let's see how I can help 250-740-2316  
or send me a email at [chenoap@snuneymuxw.ca](mailto:chenoap@snuneymuxw.ca)



# NEED HELP THIS TAX SEASON?

*Service Canada & the CRA will be in-community to provide support.*

***For Snuneymuxw Members.***

*Service Canada will also be on-site to assist those who need to obtain any identification.*



## Details:

**When:** Friday May 17, 2024 (10am-3pm)

**Where:** The PDG Kitchen  
(Located at: 668 Centre Street, Nanaimo)

### **What to bring:**

- Any ID you have available
- Your Tax-related questions

### Canada Revenue Agency

- Benefits and Credits available such as Canada Child Benefit
- Disability Tax Credit
- GST/HST Credit
- Tax slips, forms and resources

### Service Canada

- Pension information on Old Age Security and Canada Pension Plan
- Get a Social Insurance Number (birth certificate in most cases will be required)
- Receive an access code to sign up for online My Service Canada
- Canadian Dental Care Plan information
- General Government of Canada information

**If you have questions, please contact:  
charlenep@snuneymuxw.ca**





## 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)



# 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

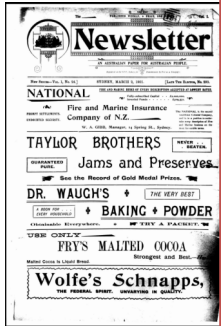
**Please remember that all recyclables MUST be in a clear plastic bag or in a bin. The recycling depot does not accept anything in a dark garbage bag.**

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, phone 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/jobs](http://www.snuneymuxw.ca/jobs)

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

[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.**