

Snuneymuxw News

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

Table of Contents:

- **hul'q'umi'num' spotlight**
- **This month at PDG**
- **SFN Job Postings**
- **International Women's Day**
- **JANT 2025**
- **Community Notice**
- **How to access support**
- **2025 Social assistance dates**
- **Hulit Lelum Support Services**
- **SFN contact info**



WULHKUS
= *MARCH*

“time of the frogs”



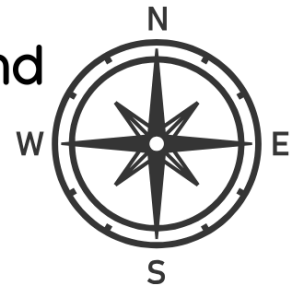
ni' tth'ux tthu xulhxus lheqel'ts' 'i' ni' wil' thu wuxus =
“the frogs come out at the end of March”

*note the two different ways to say
March : wulhkus &
xulhxus lheqel'ts' (frog moon)





hul'q'umi'num' words for wind



spuhels: wind, South West wind

stsuhwum: wind

satuts: North wind (brings ice)

tun'tsa'luqw: South West wind

slhumuhwulhtsu: wind (East?)

stsus: wind: South East (possibly North East) strong and dangerous wind

tun'wuqw': East Wind

paal'exutun': wind that brings the birds
(gale force winds)

ti'telhnulh: wind goes against the water

huw'qw'elnulh: wind goes with the water

xetl': windy, stormy breeze



hul'q'umi'num' words for the Tides

squmil': the tide is in
squm'il': tide, high tide
qum'ul: tide comes in

shum'shum': low tide

tsukwtsukw: low tide

tsukwtsukw lhu qa' = the tide is low

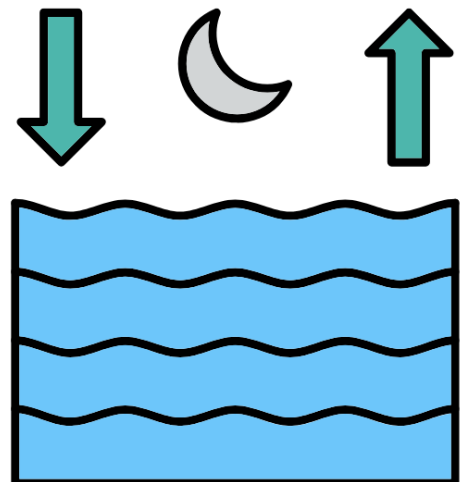
tskwalus: low tide, very low when the water goes
way out

hwts'alum: tide turns

hwtuy'tiim': tide reverts against the water flow

tth'em: tide goes out

kw'in 'i' tth'em lhu qa' = what time is the tide going
to go out?



credit: hul'q'umi'num' to English
Dictionary

Elders in the hul'q'umi'num'
speaking community from the early
1970s to the 1990s, Prof. Tom
Hukari, Ruby Peter, Donna Gerdt





PETROGLYPH
DEVELOPMENT GROUP

MARCH Updates



SARLEQUUN TRANSPORT INC. LAUNCHES AS AN INDIGENOUS-OWNED TRUCKING COMPANY, DRIVING ECONOMIC GROWTH AND OPPORTUNITY FOR SNUNEYMUXW FIRST NATION

Snuneymuxw First Nation proudly announces the launch of Sarlequun Transport Inc., an Indigenous-owned trucking company poised to make a significant impact on the regional economy while advancing the Nation's presence in the transportation sector. This new venture, developed under the leadership of Petroglyph Development Group (PDG), marks a strategic step toward sustainable economic growth and self-sufficiency.

Sarlequun Transport Inc. is set to provide reliable and professional transportation services across Vancouver Island and beyond, offering employment and training opportunities for Snuneymuxw members and strengthening the Nation's economic footprint. By leveraging strategic partnerships and industry expertise, the company aims to create long-term prosperity for the community while fostering Indigenous participation in the transportation industry.

For more information, visit www.petroglyphdg.com.



PETROGLYPH
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CANNA APRIL EVENT

Something exciting is coming to Coast Salish Canna Store this 4/20! Enjoy great food, local vendors, and live entertainment. Food trucks will be on-site, and Nation members can showcase and sell handmade goods like art and clothing.

Our reps will also be there with product samples, giveaways, and exclusive in-store deals. It's the perfect chance to explore new products and connect with the brands we carry.

Stay tuned for more details—we can't wait to celebrate with you!

CASINO TEAM APPRECIATION

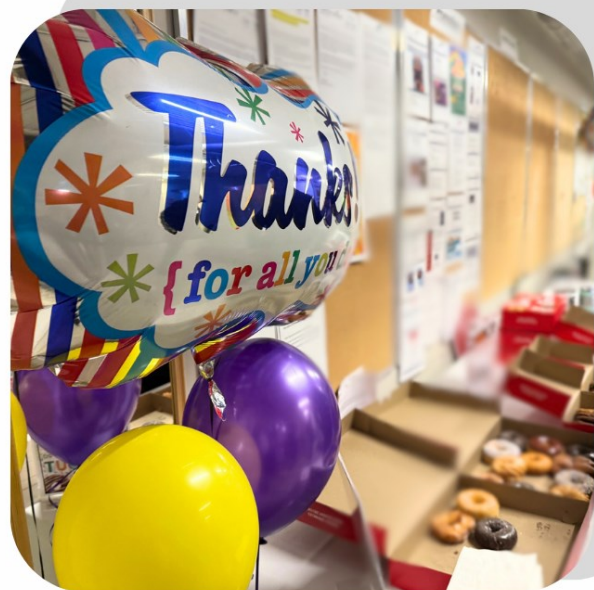


We had a fantastic time connecting with the incredible staff at Casino Nanaimo and Casino Victoria! It was a great opportunity for teams to ask questions, meet leadership, and celebrate the exciting growth of Snuneymuxw, PDG, and Lahal Management.

A huge thank you to everyone who joined us—we appreciate your hard work and dedication!

Casino
VICTORIA

Casino
NANAIMO





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SAYSUTSHUN (NCI)



Spring is just around the corner, and we're excited to welcome visitors back to Saysutshun Island this April! Whether you're planning a day of hiking, biking, or simply soaking in the natural beauty and rich Snuneymuxw culture, Saysutshun is the perfect destination. Stay connected for updates by following us on social media and visiting petroglyphdg.com and newcastleisland.ca. We can't wait to see you on the island!

JOB OPPORTUNITIES



Interested in joining the PDG family? We're always looking for passionate and talented individuals to be part of our growing team. Send your resume to hr@petroglyphdg.com or visit our website to learn more!

Stay updated: petroglyphdg.com/career-opportunities.



STAY CONNECTED



@petroglyphDG



@petroglyph_dg



@petroglyphdg



SNUNEYMUXW FIRST NATION

We're hiring!

MEDICAL OFFICE ASSISTANT

MENTAL HEALTH TEAM LEAD

LEARN MORE + APPLY

www.snuneymuxw.ca/jobs





Happy International Women's Week!



More on our Facebook page:
www.facebook.com/SnuneymuxwFirstNation





THE SNUNEYMUXW ISLANDERS ARE GETTIN' READY FOR JANT 2025!

MARCH 16-21, 2025



Find all the tournament details at:



www.jant.ca

Broadcast the games with:



www.cfnrfm.ca/jant/





Snuneymuxw

First Nation

www.snuneymuxw.ca

Community Notice: **Respectful Disposal of Animal Remains**

To all Snuneymuxw community members,

Earlier this month, a deceased baby deer was found at the north end of Shoreline Drive. The remains have since been removed.

We kindly remind everyone to dispose of animal remains with respect, dignity, and in the appropriate locations. Improper disposal not only affects our environment but also goes against our shared values of honouring all living beings.

Please ensure that any animal remains are handled properly and placed in designated areas. If you are unsure of the correct process, reach out to the appropriate community services for guidance.

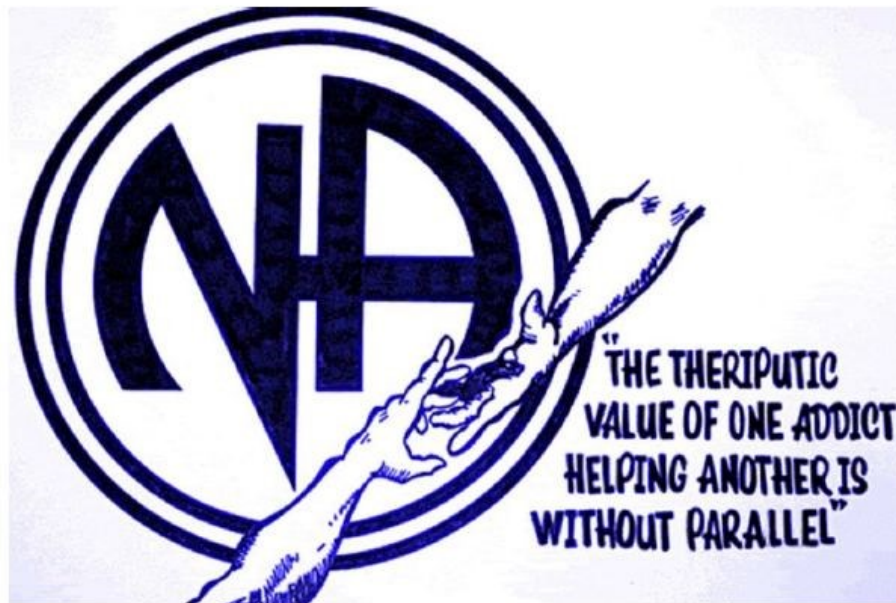
Let's continue to care for our Land and all who share it.

Thank you for your respect and cooperation.

If you have any additional questions about this, you can also contact John Thomas at: 778-269-2305.

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



When : Wednesdays @ 7pm
Where : 669 Centre Street
(in the Portable)

More info
about NA
programs:



www.cviana.ca/who-we-are

Info about the
importance of
anonymity:



Find more
local
meetings:



www.cviana.ca/current-meetings



HOW TO ACCESS SFN COUNSELLING

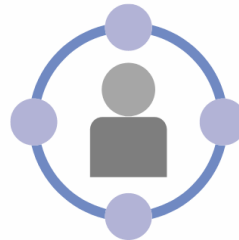
1.

Call SFN hulit leum
and ask to speak
with a counsellor.
250-740-2337



2.

We connect you with
a counsellor.



3.

We book your first
appointment and
look forward to
welcoming you.



SNUNEYMUXW HULIT LELUM
1451 MACMILLAN RD.,
NANAIMO, B.C.
Reception: 250 740 2337



HOW TO GET HELP FOR SUBSTANCE USE

- 1.** Call SFN hulit leum and ask to speak with our counsellor Dean at 250-740-2337
- 2.** We book your first appointment and look forward to welcoming you.
- 3.** You and Dean have a confidential conversation to discuss the following:
 - a) Your physical and mental health.
 - b) Whether detox support is needed before starting treatment.
 - c) Review treatment options including treatment centres.
 - d) The support we can provide while you wait for additional help.
- 4.** Plan for ongoing and post treatment support.



SNUNEYMUXW HULIT LELUM
1451 MACMILLAN RD.,
NANAIMO, B.C.
Reception: 250 740 2337



2025 SOCIAL ASSISTANCE DATES

MID MONTH

DEC. 04/24

JAN 08/25

FEB 05/25

MAR.05/25

APR 02/25

MAY 07/25

JUN 04/25

JUL 08/25

AUG 06/25

SEPT 10/25

OCT 08/25

NOV 05/25

DEC 03/25

S/A DAYS

DEC.18/2024 (FOR JANUARY 2025)

JAN. 22, 2025 (FOR FEBRUARY 2025)

FEB.19, 2025 (FOR MARCH 2025)

MAR.19, 2025(FOR APRIL 2025)

APR.16, 2025 (FOR MAY 2025)

MAY 21, 2025 (FOR JUNE 2025)

JUNE 25,2025 (FOR JULY 2025)

JULY 23, 2025 (FOR AUGUST 2025)

AUG. 27,2025 (FOR SEPT 2025)

SEPT. 24,2025 (FOR OCT 2025)

OCT. 22, 2025 (FOR NOV 2025)

NOV. 19,2025 (FOR DEC 2025)

DEC. 17, 2025 (FOR JANUARY 2025)



SNUNEYMUXW HULIT LELUM SUPPORT SERVICES

SFN Counselling Services

SNUNEYMUXW HULIT LELUM

1451 MACMILLAN RD., NANAIMO, B.C.

Front Desk:
250-740-2337

Appointment Line:
250-740-2345

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:



Jake Dietrich 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)



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 info.

To update your contact info, 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!

HEALTH CLINIC & EMERGENCY:

Health Centre Front Desk:
250-740-2337

Health Centre Appointment Line:
250-740-2345

Cheryl Mooney
250-668-2644
cmooney@snuneymuxw.ca

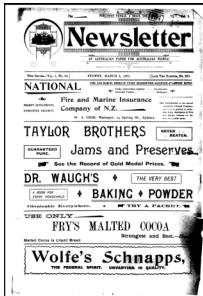
Marina White
250-668-5244
marinaw@snuneymuxw.ca

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

Housing:
250-716-6548

Are you interested in being on the list to deliver 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: 1-866-788-6243

RCMP/non-emergency:
250-754-2345

Check out the latest Nation job postings:
www.snuneymuxw.ca/jobs

Follow us on Facebook:
www.facebook.com/SnuneymuxwFirstNation

SFN newsletters are also posted on the website as PDFs:
www.snuneymuxw.ca/newsletter

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