

Snuneymuxw News

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

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“Welcome Spring!”

tth'ixwum 'i' m'i ch
nuw'ilum,
yukw'awk'usthut

tth'ixwum = please (literally “mercy”)
m'i ch nuw'ilum = expresses Welcome
(literally “you come inside”
ch = you (singular)
nuw'ilum = enter

Vocabulary

spe'qum = flower
spe'luqum = flowers
sum'suma'yu = bee
sum'shathut = sun
siyaqwum = sun (Snuneymuqun)



liimus = April

“the time when the geese fly in V formation”



Why do geese fly in a V formation?

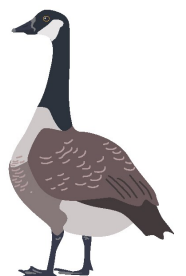
Answer: Energy conservation and visual assurance

The birds take turns being in the front and falling back when tired. The V formation allows for better communication and coordination. Fighter pilots use this for the same reason.

'exu = Canada goose

kwun'atul' = together

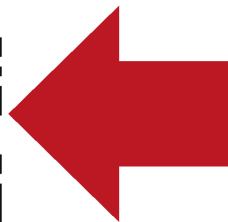
sliim = goose, wild geese when flying in formation





“Let’s Talk hul’q’umi’num’” is an exciting new & free language app developed by Kwumut Lelum. from the voices of elders to fun vocabulary games Ilhe Qwal is designed to make learning accessible, enjoyable, and deeply connected to the culture.

Use this QR CODE to find
the app **ilhe qwal**
hul’q’umi’num’



3 EASY STEPS TO OPEN THIS QR CODE!

1. Open your Smartphone’s camera app
2. Position the camera so that it captures the QR code within the frame
3. Tap the screen when the notification appears



PETROGLYPH
DEVELOPMENT GROUP

APRIL Updates

TALLY HO SITE DECONSTRUCTION



An exciting new chapter is unfolding as we begin the deconstruction of the Tally Ho site! This marks a significant step forward, paving the way for new opportunities and future development.

Stay tuned as we share updates on this transformation.



CANNA 420 EVENT 19+

Join Coast Salish Canna for the first-ever 420 event at 1840 Stewart Ave! Celebrate with us in the parking lot for an exciting day filled with, food trucks, live music, local artists, giveaways and more! Gather your friends and enjoy great food, live entertainment, and good vibes.

Important: This event is strictly 19+, and all attendees must present two pieces of valid government-issued ID for entry, giveaways and store purchases.





PETROGLYPH
DEVELOPMENT GROUP

CASINO UPDATE



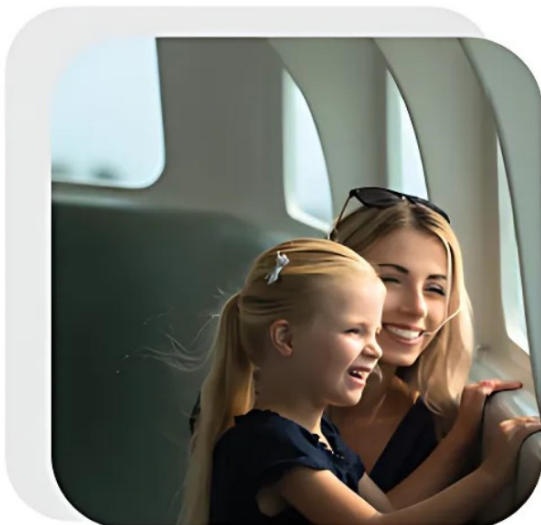
Lahal Casino Management LP, led by Petroglyph Development Group, is proud to give back to Snuneymuxw by offering a **15% discount on food and non-alcoholic beverages** at **Elements Casino Victoria** and **Casino Nanaimo**. This discount is available for all Snuneymuxw Members (Band 648). Status cards must be shown in order to get discount on bill. This initiative is one of many ways we are committed to supporting and giving back to our community.



We look forward to welcoming and serving you.



SAYSUTSHUN (NCI)



Spring has arrived! We're excited to welcome visitors back to Saysutshun, 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. Our ferry will officially be running May 1st. Ferry Fares and Schedule can be found on our website, newcastleisland.ca. Members get free admission. We can't wait to see you!

(Please note that the ferry is first come, first serve based on availability and reservations)



PETROGLYPH
DEVELOPMENT GROUP



APRIL CLOSURES



APRIL 18 - 21: PDG Office Closed
APRIL 22: OPEN



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



H A P P Y
easter



Please note, the SFN Admin Building will be closed on Friday April 18 and Monday April 21, reopening on Tuesday April 22.



Congratulations Island Brave!

This past weekend, Island Brave qualified to represent Team Canada at the 2025 IVF World Distance Championship in **Brazil!** 🌍🏆

From our shores to South America, the team is coming off winning the last three Canadian Championships in a row. They dug deep all season and came up ready to represent at the Worlds! Congratulations!!

To all who supported these amazing athletes from youth to now, thank you for helping make a dream come true!

🏄 See them race in Stz'uminus on **May 10th** and again at this summer's Snuneymuxw Days – **July 25–27.**





Land Blessing of te'tuxwtun

snuneymuxw mustimuxw

tth'ihwum (please) Join Us!

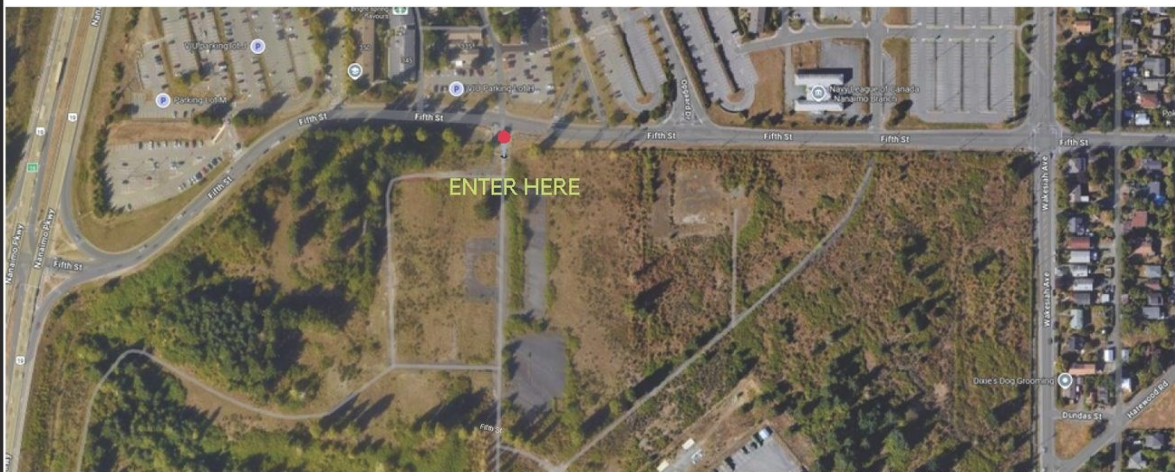
We invite you to join us for a meaningful and important ceremony as we bless the land at te'tuxwtun

DATE: Tuesday, April 15, 2025

TIME: 9 - 9:45 am arrival, Ceremony begins 10am

LOCATION: Old Nanaimo Indian Hospital, across VIU 900 5th Street

LUNCHEON to Follow: Snuneymuxw First Nation Gym 1145 Totem Road



 **Transportation for Elders Available.**
Please contact Terena Good 250-327-2284 to arrange transportation



Wills and Estates Workshop

**Where: Snuneymuxw hulit lelum
(1451 MacMillan Road)**

When: Wednesday, April 16, 2025

Time: 9:00am - 11:00am

We invite you to participate in the first of a series of informative two-hour workshops, with Vanessa Wyse, dedicated to writing your will and managing estates. This session is crafted to equip you with essential information and support. Whether you're just beginning to consider estate planning or seeking guidance to enhance your current plan, this workshop will provide valuable insights and practical tips. We can't wait to see you there!

Questions?

If you have any questions, or require further information, please reach out to **Kate Good** at **250-740-2337** or **250-619-7703**

You can also send her an email at: kateg@snuneymuxw.ca



Coffee & Conversation with Elder Sandy Good

MEET OUR ELDER AT THE HEALTH CENTRE!



Join us for coffee, conversation, and connection!
Are you looking for someone to talk to, share stories with, or just
enjoy a cup of coffee?

We are excited to introduce Sandy Good, our wonderful elder,
who will be available at the Health Centre to connect with the
community!



When: Tuesdays & Thursdays

Time: 9:00 AM - 12:00 PM



Where: Snuneymuxw hulit lelum - 1451 MacMillan Rd

Come by and enjoy a warm cup of coffee with Sandy!
Whether you're looking for a friendly conversation, advice, or
simply a chance to connect, Sandy is here to listen and share in
the joy of community.



Why Join?

- Friendly, welcoming environment
- Opportunity to connect with an elder in the community
- Share life stories, experiences, and wisdom
- No appointment needed – just drop by!

All are welcome!

For more information, contact us at:
250-740-2337



a note from our health centre, Snuneymuxw hulit lelum:

Meet Our Cultural Worker

We are thrilled to introduce Vickie Bob, a passionate cultural worker dedicated to supporting and connecting with you!

Available Services:

Cultural Conversations: Engage in discussions, express your thoughts, or deepen your understanding of culture.

Cultural Brushings: Enjoy a soothing and meaningful cultural brushing session that helps you reconnect with your roots and find inner peace.

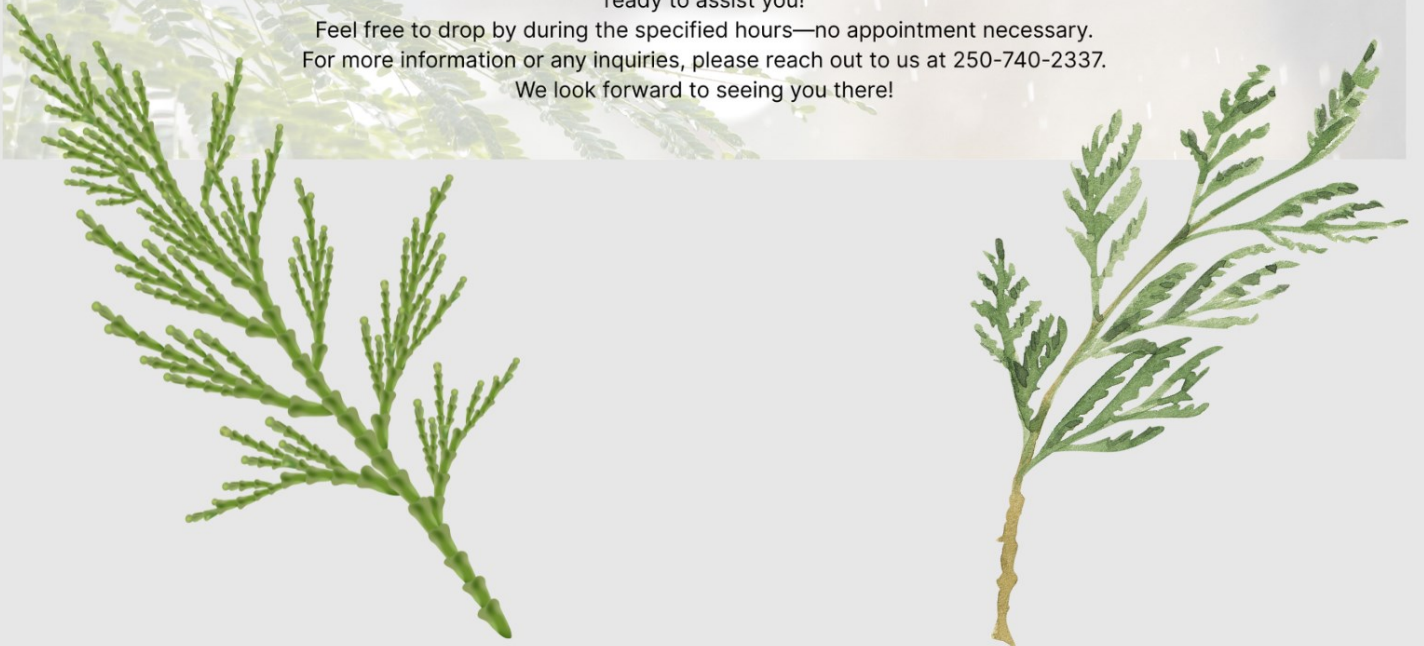
Location: snuneymuxw hulit lelum - 1451 MacMillan Rd

Days: Every Monday and Wednesday

Time: 9:00 AM - 12:00 PM

Our cultural worker is here to provide support, guidance, and healing through cultural practices and conversations. Whether you're looking for connection, relaxation, or new insights, Vickie is ready to assist you!

Feel free to drop by during the specified hours—no appointment necessary.
For more information or any inquiries, please reach out to us at 250-740-2337.
We look forward to seeing you there!





Snuneymuxw Days 2025 is coming!

More info available at www.SnuneymuxwDays.com





SNUNEYMUXW FIRST NATION

We're hiring!

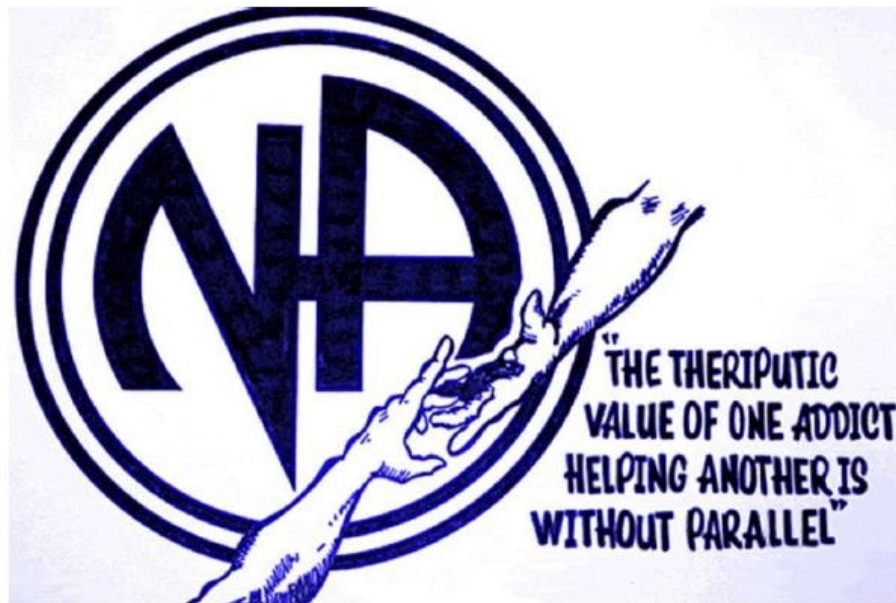
ON-CALL RECEPTIONISTS

"The On-Call Receptionist position is a great opportunity to gain office work experience, build organization and communication skills, and get your foot in the door with the Nation."

LEARN MORE + APPLY

www.snuneymuxw.ca/jobs





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

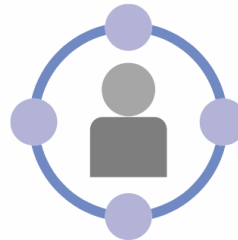
1.

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 hilit 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

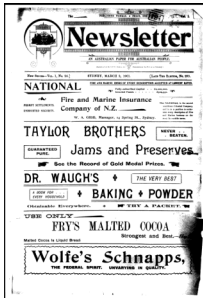
regans@snuneymuxw.ca

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.