

# 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)

**May 06 2025**



**PUNHWE'NUM=** **MAY**  
**"TIME OF THE BLUE CAMAS"**

USE THIS QR CODE TO LISTEN TO A  
FLUENT SPEAKER PRONOUNCE  
PUNHWE'NUM



SPEENHW = CAMAS, BLUE

SOUNDS LIKE SPAIN + HW (THE SOUND OF BLOWING AIR)





## The Blue Camas



The Blue Camas was the most important of all plant foods for the Coast Salish on Vancouver Island. Before the introduction of the potato it was our principal source of carbohydrates. A single family may have gathered 10,000 bulbs in a season and as many as 10 million were harvested in the Island every year.

### FACTS:

- six petal lily
- in bloom now
- late April through May & into June
- Harewood Plains
- VITAL SOURCE of our traditional diet
- steamed, made into a flat bread
- used as a trade item



## LET'S LEARN WORDS FOR BABY ANIMALS!

It's Spring time & new life is abundant.  
Let's learn in hul'q'umi'num'!

MATCH THE PICTURE TO THE WORD



kw'et'un'allh



pousallh



kwushou'allh

mousmusallh



sququwethallh

chukunallh



sqwumey'allh

neni'allh

stiqiwallh

lumutou'allh







ANSWER KEY: add the suffix “allh” to adult animal word for the baby animal

## Adult Animals

stiqiw = horse

lumutou = sheep

kwushou = pig

chukuns = chicken

sqwumey' = dog

mousmus = cow

pous = cat

kw'et'un = mouse

sququweth = rabbit

neni = goat



“allh”





**PETROGLYPH**  
DEVELOPMENT GROUP

# MAY Updates



## CANNA 420 EVENT 19+

JTop Rope Birria will be serving food outside Coast Salish Canna, 1840 Stewart Ave store, every Friday and Saturday from 11:30 AM to 5:30 PM.

Come and enjoy some amazing eats!



## SAYSUTSHUN (NCI)



Spring is in full bloom on Saysutshun! Staff have returned across all departments, including Ferries, Guest Services, and Park Facility Operations. The grounds crew began clearing storm debris and fallen trees on March 1st, and all trails are now open and ready to explore.

Guest Services is open—call **1-866-788-6243 (NCIF)** for camping, ferry reservations, or general information.

Ferry service resumes May 1st, operating seven days a week from 9 AM to 5 PM.



**PETROGLYPH**  
DEVELOPMENT GROUP

## JACKPOT WINNER



We're excited to celebrate Gregory Seward, a Snuneymuxw member, who recently won a jackpot at Casino Nanaimo – our very own casino, managed by Lahal Casino Management and owned by Petroglyph Development Group. This win is a great example of the opportunities and positive impacts created by Indigenous-owned businesses. Big thanks to **BCLC** for helping make moments like this possible!

To learn more about this memorable moment for Gregory, visit [petroglyphdg.com/news/](https://petroglyphdg.com/news/)



## 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](mailto:hr@petroglyphdg.com) or visit our website to learn more!

Stay updated: [petroglyphdg.com/career-opportunities](https://petroglyphdg.com/career-opportunities).



## STAY CONNECTED



@petroglyphDG



@petroglyph\_dg






@petroglyphdg





## Annual Audit Presentation

-  Wednesday, May 7, 2025
-  5:00 PM (Dinner provided)
-  SFN Gym, 1145 Totem Road

Mark your  
calendars!

TUESDAY	WEDNESDAY	THURSDAY
6	7	8

### WE INVITE OUR COMMUNITY TO:

- Join us for a meal.
- Hear from Chief and Council as they share updates on our finances and answer your questions.
- Connect with the 'i' cun 'uw 'i': Community Planning Team to share your ideas for future land projects.
- Enter to win some special Snuneymuxw-themed prizes!

### LOCAL RIDES AVAILABLE

To arrange transportation please contact Kate Good at  
**250-619-7703** or  
[kateg@snuneymuxw.ca](mailto:kateg@snuneymuxw.ca)



### CAN'T MAKE IT IN PERSON?

The meeting will be live-streamed at:



Visit  
[www.snuneymuxw.ca/cp](http://www.snuneymuxw.ca/cp)  
to learn more about the exciting plans we have for the future of Snuneymuxw Land.





**CLOSED**

*Monday May 19*

**Please note, we will be  
closed on Monday May 19, 2024  
and reopen on Tuesday May 20, 2024.**



*MAY 5, 2025*

"Snuneymuxw First Nation honours the life of Indigenous women and girls. We remember those that have crossed over to be with the Ancestors, and the courage of the survivors. We lift up their place in our culture. They are the backbone of our Nation, always and forever."

CHIEF MIKE WYSE





May 15th | 9 A.M

**Thank the River Ceremony**

# ci'ut tu snuneymuxw sta'luw

Date: MAY 15, 2025

Time: 9:00 AM

Location: kwula'xw (6 Maki Road, Nanaimo)

Luncheon: location will be  
announced at the event

**Sponsored by Snuneymuxw First Nation**

Elder's transportation available  
Any questions Contact: Terena Good 250-327-2284





# Congratulations to Tsatassaya White!



Photo by: Sean Fenzl of Fenzl Studio

RECIPIENT OF THE  
*2025 City of Nanaimo Culture Award*



We're proud to share that Tsatassaya White has been selected as a recipient of the 2025 City of Nanaimo Culture Award – a prestigious recognition that honours individuals who make extraordinary contributions to arts and culture in our community.

Tsatassaya's work reflects the strength and beauty of Snuneymuxw culture, and we are so proud to see her achievements recognized on this level! Please join us in celebrating Tsatassaya's well-deserved recognition. Her voice and hard work make a lasting impact!

## About Tsatassaya:

Tsatassaya is a curator, producer, event planner, and community mobilizer. She is the founder and co-producer of the annual Sumshathut Festival, and of the qwuy'ulush 'utl Swy-a-lana dance festival.

She has also directed, produced, and acted in plays performed in both Hul'q'umi'num' and English. Through her powerful storytelling, creative expression, and dedication to cultural preservation, Tsatassaya has uplifted and inspired many. Her work unites communities and creates space for meaningful conversations around language revitalization, and reconciliation through the arts.

## Learn More:

Learn more about the award & Tsatassaya's work:



Watch the video feature:







# COMMUNITY CLEANUP



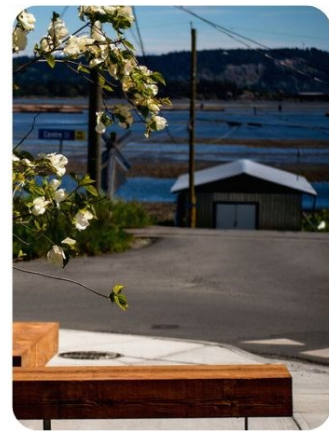
**May 20 - May 30, 2025**

## Need assistance?

If you're an elder and need assistance,  
please contact **Richard White**.  
He will coordinate with the clean-up crew.



**Richard White: 250-668-2696**



## Special Service This Year: Free Vehicle Disposal!

Have an old or unwanted boat, RV, or vehicle taking up  
space? During this year's community cleanup,  
we're offering free vehicle disposal.

To arrange pickup or for more information,  
please contact the **housing office**.



**Housing Office: 250-740-2354**



## **SNUNEYMUXW JAM SESSION**

**A GATHERING FOR SONG, CONNECTION, AND CULTURE WITH  
DARREN GOOD & BEN PAUL  
GUIDING US IN SONG, STORIES, AND SNU'UY'ULH**

Join us for a welcoming and joyful Jam Night—an evening for all ages, all nations, and all people to come together, to learn songs, sing, and gather in community

Date: Wednesday, May 14, 2025

Time: 5:00pm

Location: snuneymuxw thi'lelum - Longhouse Rd

This is an open space for everyone—whether you're learning the songs for the first time, reconnecting with them, or sharing your voice with others. Bring your drums, your spirit, and your heart!

Let's lift our voices, celebrate our culture, and grow together.

**PLEASE CONTACT KATE OR SAMANTHA FOR MORE  
INFORMATION: 250-740-2337**





## From our last jam session:







# 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!








# 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**



# WORLD OCEAN DAY KW'ATL'KWU

## KW'ATL'KWU ON GABRIOLA ISLAND

Celebrate kw'atl'kwu/World Ocean Day with the Snuneymuxw First Nation and their Marine Division!

Enjoy interactive beach walks, storytelling by Snuneymuxw Elders, educational booths, and free food and drinks. Learn about marine life, conservation, and traditional knowledge — fun for the whole family!

## FREE ENTRY FOR ALL



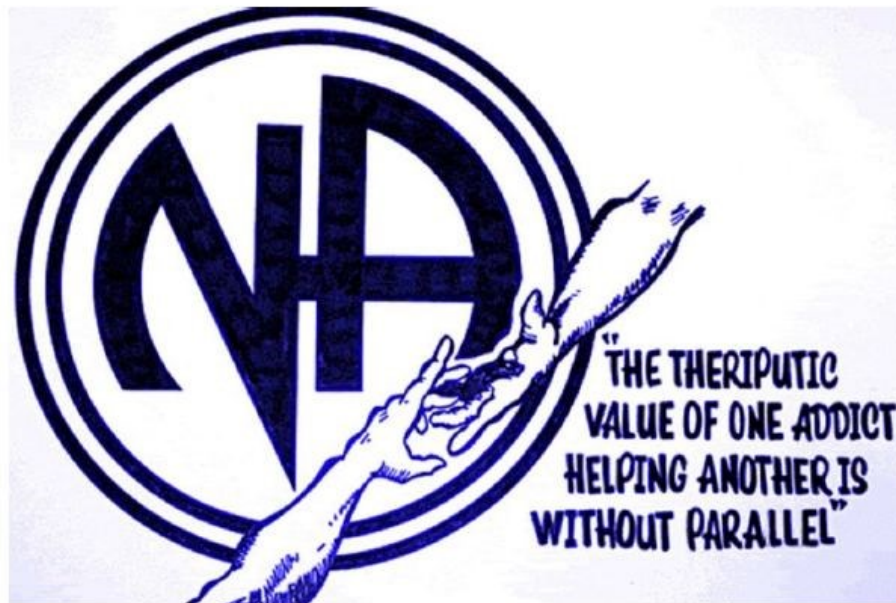
## SUNDAY, 8 JUNE 12:00PM – 4:00PM

DEGNEN BAY – NANAIMO RIVER 5 (END OF ROWAN WAY)

**\*LIMITED PARKING AVAILABLE**, Shuttle service at: 2400 South Road  
(At the gravel lot next to the South End Fire Hall)







**When : Wednesdays @ 7pm**

**Where : 669 Centre Street**

**(in the Portable)**

More info  
about NA  
programs:



[www.cviana.ca/who-we-are](http://www.cviana.ca/who-we-are)

Info about the  
importance of  
anonymity:



Find more  
local  
meetings:



[www.cviana.ca/current-meetings](http://www.cviana.ca/current-meetings)



## HOW TO ACCESS SFN COUNSELLING

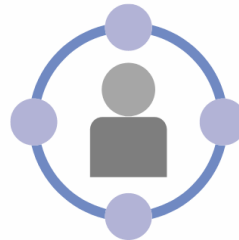
**1.**

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](http://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](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)



## 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](mailto: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](mailto:cmooney@snuneymuxw.ca)

**Marina White**

250-668-5244

[marinaw@snuneymuxw.ca](mailto:marinaw@snuneymuxw.ca)

**Regan Seward**

250-616-3582

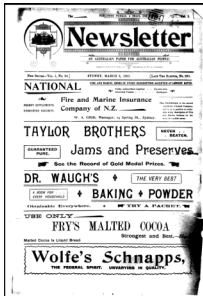
[regans@snuneymuxw.ca](mailto:regans@snuneymuxw.ca)

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

**Follow us on Facebook:**

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

SFN newsletters are also posted on the website as PDFs:

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

Visit [www.snuneymuxw.ca](http://www.snuneymuxw.ca) for more info, and to sign up to have the newsletter sent to you by email.