

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

June 10 2025



yugw'iqw'u'us
June

"Summer Weather is Coming"

Let's Learn in hul'q'umi'num'!

expand your vocabulary & practice summer time words

Learn a Snuneymuxw story called
stle'lequm sxwi'em "Sea Monster
Story"





Summer Time words

hul'q'umi'num' vocabulary

snuhwulh = canoe, vehicle, car

hwun'un'uts'a' = single person canoe

nets'uhwulh = one canoe

stey = canoe race

qel'q = rose: wild rose

qel'qulhp = rose bush: wild rose

shkw'am' = swim

shi'shkw'am' = swimming

nuqum = dive

hun'qum = diving

sun'qem = dive, be underwater (swimming underwater)

q'ulum' = camp, to camp

'umshasum' = travel, go for a walk, sightsee, tour

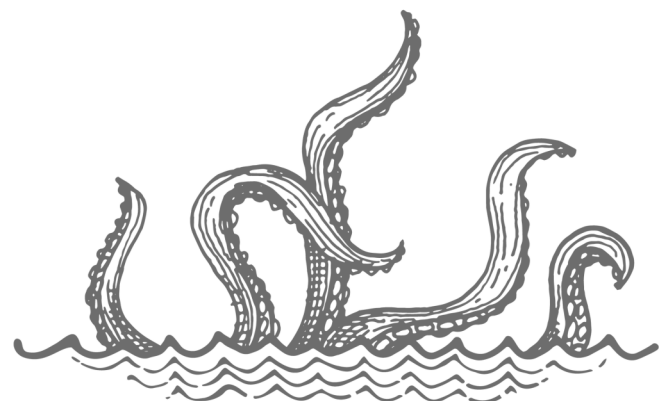


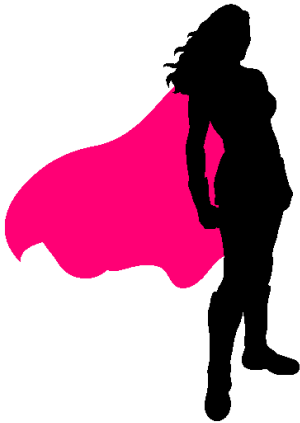
stl'elukum sxwi'em' "Sea Monster Story"

This is an old Snuneymuxw story of a **q'emi** (young woman) who saves the village from a sea monster who lives at **lhap'qw'um'**.

In hul'q'umi'num, stories often begin with some form of
'u kw'un'a-a-a wulth hith which means "a loooong time ago"

A **swiw'lus** (young man) lived at **sayshutsun**. It was summer he could hear women singing. One voice stood out to him and he fell in love with that voice. The young women were picking blackberries and singing near **stli'lup** (Departure Bay). Inbetween **sayshutsun** & **stli'lup** was a pass of water called **lhap'qw'um** which means boiling water. If the water was **liqwul** (calm) the sea monster was away. If looked as if it was boiling and rough one knew the sea monster was home!





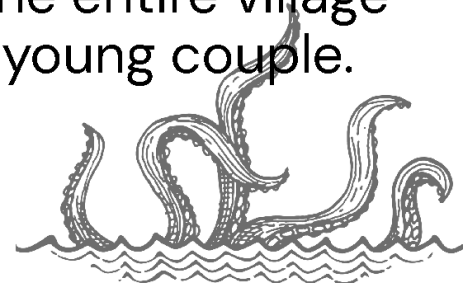
The young man decides he must find this young lady with the beautiful voice. He decides to pray to the Creator and bathe for 4 days so that this young woman will be shown to him.

Prayer Song
t'i'wi'ulh tsun tse'
t'i'wi'ulh tsun tse'
nilh tsun nu' st'e
o.o.o. t'i'wi'ulh tsun tse'
'u tu xe xe sti'wi'ulh

The young man sees the young woman across lhap'qw'um', he ignores the boiling water and jumps in his canoe to paddle across. The q'emi yells, "**unuhw!** **unuhw!**" (Stop!) The monster will eat you! And indeed, the sea monster eats the young man! Instead, of crying the young woman yelled, "**hulithamu tsun tse' !!!**" (I will save you!)

She runs to her father's house at **stli'lup** and gets a **shuptun** (knife).

She **nuqum** (dives) into the water and kills the sea monster. The young man is alive. The entire village celebrates at the marriage of the young couple.





stl'eluqum sxwi'em glossary



liqwul = calm water
lhap'qw'um' = boiling water &
placename of a pass of water
inbetween sayshutsun & stli'lup
nuqum = dive
q'emi = young girl
sayshutsun = formerly Newcastle Island
shuptun = knife
stli'lup or stli'nup = Departure Bay, our
main village site
shuptun = knife
stl'eluqum = sea monster
swiw'lus = young man
sxwi'em' = story
unuhw = stop



Songs: stl'eluqum sxwi'em' st'ilum |
ta'ulthun sqwal

sqwal.hwulmuhwqun.ca







PETROGLYPH
DEVELOPMENT GROUP

JUNE Updates



GROWTH FACILITY UPDATE

We are continuing to make progress on the Coast Salish Canna grow facility. We are currently awaiting the arrival of some key installations due to supply constraints, we remain committed to moving the project forward as quickly as possible.

We are aiming to have the building completed by the end of June. Following that, we will begin the formal licensing process. Once licensing is confirmed, we will share an official update with the community and begin posting job opportunities.



WELCOME KATHRYN



Join us in welcoming Kathryn! Our new HR Clerk. Kathryn grew up in Nanaimo and brings a diverse professional background in human resources and administration, having worked with a variety of large, unionized companies across British Columbia. She is thrilled to return to her hometown and contribute her expertise in an HR capacity at PDG. Her current favourite videogame is Stardew Valley, a farming game, and she is excited to soak in some sun while gardening over the summer.



PETROGLYPH
DEVELOPMENT GROUP



LANDSCAPING SERVICES

Our grass-cutting crew is ready to roll!

If you need your grass cut, please contact Bobbi-Rae at 250-824-1572 to be added to the list.

Elders will be given priority, and we kindly ask for your patience as our team works through requests.

Thank you for your understanding and support!



HR DAY ON SAYSUTSHUN



Our Human Resources team spent a great day together on Saysutshun (NCI). It was a meaningful experience to be on the land, learn history and take time to connect as a team.

Together, they explored the island, deepened their understanding of Snuneymuxw, and enjoyed the peaceful, natural beauty of Saysutshun.



PETROGLYPH
DEVELOPMENT GROUP

TRUCK DRIVER TRAINING



We're looking for motivated individuals to join the industry through the MELT Program (Mandatory Entry-Level Training). Gain essential certifications—including air brakes—and real driving experience.

Funding Available: You may qualify for up to \$10,000 in government grants. We'll support your application and connect you with hands-on training through our trusted partner, Jag's Uncle Ron's local driving school in Nanaimo.

Ready to drive? Call 250-722-3853 or email info@sarlequunlogistics.com to get started!



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!



Term Landscaper - Seasonal Grounds Maintenance in the community.

Stay updated: petroglyphdg.com/career-opportunities.



STAY CONNECTED



@petroglyphDG



@petroglyph_dg



@petroglyphdg



Petroglyph
Development Group



‘i’ cun ‘uw ‘i’ COMMUNITY PLANNING

Mark your calendars

Learn more about the ‘i’ cun ‘uw ‘i’: Community Master Plan
at our upcoming community info sessions.

Hear from our Lands team, have your questions
answered and share your feedback on the
future plans for our Nation.



ONLINE MEETING

Tuesday, June 17, 2025

5:00–6:00 PM

Meeting ID: 839 5611 2855
Passcode: 3Sx3#j2



Scan the QR
code to join the
Zoom meeting



IN-PERSON MEETING

Tuesday, July 8, 2025

5:00 PM

Snuneymuxw Gym
1145 Totem Rd, Nanaimo

A meal will be provided



ONLINE MEETING

Tuesday, August 12, 2025

5:00–6:00 PM

Meeting ID: 863 1801 3742
Passcode: A82kX@V



Scan the QR
code to join the
Zoom meeting

hay ch qa’ for sharing your ideas and experience. Your participation helps
turn our shared vision for the future of our Nation into reality.

Visit www.snuneymuxw.ca/cp for more information.



'i' cun 'uw 'i' COMMUNITY PLANNING

Share your feedback and be entered to win an exciting prize!

We need your experience and perspective to help restore our presence throughout the territory, so that our children, and their children, feel welcome and at home.

Whether you are here in Snuneymuxw, away from home,
a high school student or an Elder, we look forward to
hearing from all our members.



Visit www.snuneymuxw.ca/cp to learn more about our plans for the future of Snuneymuxw Lands and Waters, and to share your feedback through our 'i' cun 'uw 'i': Community Master Plan surveys.

One completed survey = one prize entry.

You could win:

Prize package for
members 19 +



Prize package for
members 18 and under



Didn't win this time? Every member who completes a survey between May-September 2025 is entered into all future draws. Stay tuned for more info!

Winners living outside of Canada will receive a prize they can access.



te'tuxwtun ADDITION TO RESERVE



These Snuneymuxw First Nation lands, at one time known as Camp Nanaimo, have always been home to the Snuneymuxw people. Almost 200 acres were returned to our Nation in 2024 as an addition to reserve lands.

Before September 2025, members will be asked to **vote** on whether Snuneymuxw First Nation should enter a 120-year headlease with Petroglyph Development Group, who would manage the lands during that time.

This **vote** is about more than just land planning. It is an important step in restoring our presence across our territory. A **“yes” vote** would help unlock economic opportunities to support Nation building.

WHAT IS OUR VISION FOR THE LAND?

te'tuxwtun will set a new standard for Vancouver Island and beyond, growing from our Nation's culture and values.

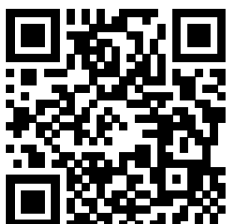
Our plans highlight the potential for a strong revenue-generating development that will support Snuneymuxw's broader priorities.

As we embark on this journey, we are thinking deeply about creating spaces that foster connection, culture and care for one another.

HOW CAN I VOTE?

Your vote ensures Snuneymuxw knowledge and culture are at the forefront of this process.

An official information package will be mailed out closer to the voting date in August, along with important details to help members prepare to vote.



YOUR VOICE MATTERS. hay ch qa' for sharing your ideas and experience.

You ensure that Snuneymuxw knowledge and culture are at the forefront of this process. By participating in this project, you honour our ancestors, the big work of our community and help us plan for the future together.

Learn more by scanning the QR code or visiting www.snuneymuxw.ca/cp



NOTARY Support

Wills & Estates

Are you looking for guidance with Wills & Estates

We're here to support you – one conversation at a time.

OUR SERVICE :

- ✓ Power of attorney
- ✓ Wills and trusts
- ✓ One to one support

Culturally safe & respectful support:

We understand these matters can be emotional and complex.

Our team provides a safe space to talk through your options and make informed decisions.

**One-One Support for Wills with
Vanessa Wyse**

When:

**Weekly: Monday to Thursday
9:00am - 12:00pm
(please call to book appointment)**

Where:

**Snuneymuxw Hulit Lelum
(1451 MacMillan Rd)**



***Please call to book an appointment
250-740-2337***



REMINDER: **KEEP YOUR MEMBERSHIP INFO UP TO DATE**



To make updates to your address / phone number / email:
please send the request to our [membership email address](#), or [fill out our online form](#).
This will make sure that the information is collected and updated in a timely manner.

Complete our online form or email us.

ONLINE FORM:

www.snuneymuxw.ca/membership

OR

MEMBERSHIP EMAIL:

membership@snuneymuxw.ca

Our membership team will require the following information:

- First name
- Middle name
- Last name (and if you are a Jr or Sr)
- Date of birth
- Status / Registration number #648 - - - -

Snuneymuxw First Nation has many exciting opportunities ahead!

*We will be sending out information packages, quarterly reports from our
Chief and Council, and updates on future distributions.*

*To keep you informed, it is essential that we have your correct contact
information so we can ensure you receive these important updates.*



Snuneymuxw



Attention all Graduates – Grade 12 and Post Secondary:

SAVE THE DATE

Grade 12 Graduation Ceremony
July 2nd 2025 - Dinner at 5 pm

Post-Secondary Graduation Ceremony
July 3rd 2025 - Dinner at 5pm

Please submit your Grad forms to chenoap@snuneymuxw.ca or contact her by phone at 250-740-2316 or 250-668-7180 before June 20, 2025





Snuneymuxw

Graduation Celebration

*This form is for students graduating Grade 12 and/or from a post-secondary institute
(diploma, degree, master, PHD) Graduating in the Sept 2024-June 2025*

Place: Snuneymuxw Gym

Grade 12 Graduation Ceremony – July 2nd 2025 – Dinner at 5 pm

Post-Secondary Graduation Ceremony – July 3rd 2025 Dinner at 5pm

PLEASE SUBMIT BY June 20, 2025 @ 4:30 P.M.

Student Information:

Name:	Status number:
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Graduation Confirmation - complete **ONLY** if you are attending Celebration.

Graduation Class of or Program Name:	I am attending: YES: <input type="checkbox"/> or NO: <input type="checkbox"/>
Type of copy of verification attached: _____ YES: <input type="checkbox"/> or NO: <input type="checkbox"/>	I will have _____ attending Graduation. (maximum 6)

Institute or School Graduating from:

Institute name:	Student address:	Phone #:
Student PEN #:	Student email:	Student Cell #

Thank you and Snuneymuxw looks forward to seeing you at your Graduation Ceremony. We will have a table for you and your family members.

Student Signature: _____ Date: _____

Email, fax, or deliver this form: chenoap@snuneymuxw.ca or Fax: 250-753-3492

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



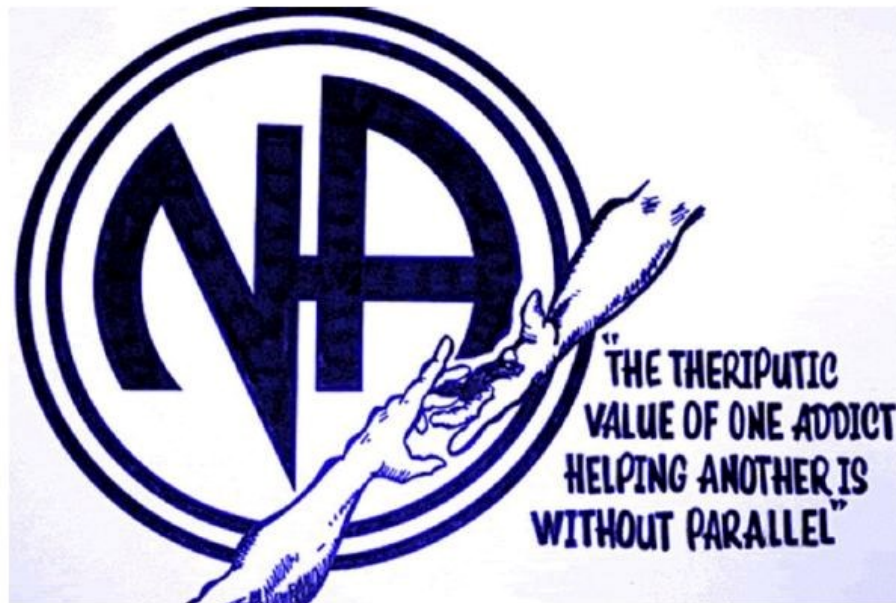
We need your gifts!

Volunteer at Snuneymuxw Days 2025

It's a great way to make friends, network, get work experience, get a staff t-shirt, and enjoy the event from inside the team!



- ♥ Just send an email to terenar@snuneymuxw.ca or kateg@snuneymuxw.ca
- 🏀 And, if you're interested in volunteering with the basketball tournament specifically, you can also contact johnlw@snuneymuxw.ca
(FREE score-keeping and time-keeping training will be provided!)



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

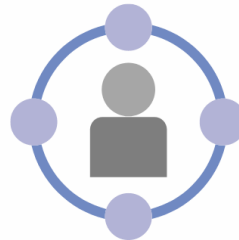
1.

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, for the latest updates.

To update your contact info, call the office at: **250-740-2300**
or email: membership@snuneymuxw.ca

Please provide your latest contact information including: address, phone numbers, email and any other updated information.

hay ch qa' (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

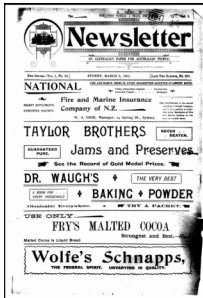
Marina White
250-668-5244
marinaw@snuneymuxw.ca

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.