

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

May 21, 2024



punhwe'num
May

“time when the
blue camas
blooms”

speenhw
camas (blue)



Artwork Image: 'Blue Camas',
Qwiyahwult-hw (Stuart Pagaduan),
Cowichan





speenhw - blue camas

The blue camas is a six petal lily that is in bloom now at Harewood Plains from late April through May and into June. Traditionally, our people cultivated and harvested the bulbs of this plant. We steamed the bulbs in a pit with hot rocks. This carbohydrate was a vital source of our diet. We made it into a paste and cooked it into a flat bread which could also be used as a trade item.

Greetings

'uy' netulh = Good morning

'uy' skweyul = Good day

'uy' hwune'nut = Good evening

'uy' snet = Good night

'een'thu p'e' ___(name)___ = I am indeed ___(name)___

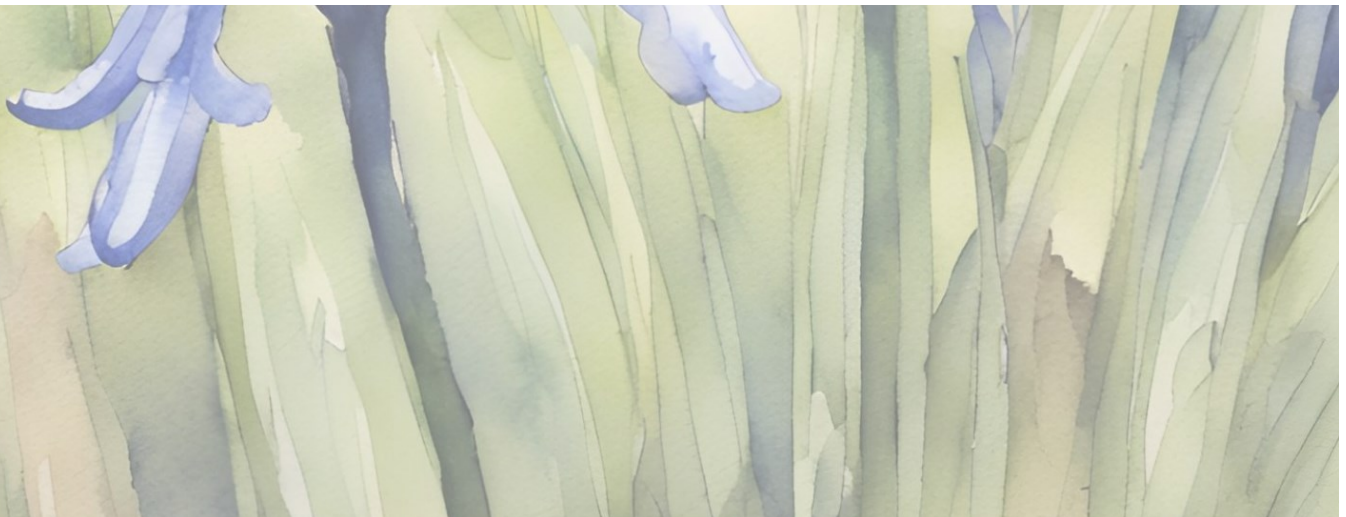
***in Snuneymuxw** we add the **p'e'** which means "indeed"

tun **ni'/'i** tsun 'utl Snuneymuxw = I am from Snuneymuxw

*use **ni'** if you are away from our territory - use **'i** if in our territory!

'uy' kwunus 'i lumnamu = It's good to see you (singular)

'uy' kwunus 'i lumnalu = It's good to see you all (plural)





Story Based Learning

Learn hul'q'umi'num' through stories
Join us at the Snuneymuxw Learning
Academy at Woodbank
Tuesday Nights
June 4th, 11th & 18th
Dinner at 4:30pm



Vocabulary:

sxwi'em' = story

xwi'em' = tell a story

xwi'xwi'em' = telling a story

xwi'a'must = tell someone a story

xwi'a'mustham'sh = tell me a story







REPATRIATION OF OUR SACRED OBJECTS

'Uy'skweyul, you are invited to witness the repatriation of Snuneymuxw's sacred objects, on Thursday May 23rd.



Details:

Date: Thursday May 23, 2024

Time: 2pm

Location: Snuneymuxw Recreation and Wellness Centre, 1145 Totem Road

If you have any questions, please contact:
communications@snuneymuxw.ca



THIS MONTH AT PDG:

WEBSITE: WWW.PETROGLYPHDG.COM
FACEBOOK: PETROGLYPH DEVELOPMENT GROUP



Jobs

1. Line-cook at Millers Pub
2. Cashier/budtender at Coast Salish Canna
3. Overnight Camp attendant at Saysutshun
4. Maintenance Supervisor at Saysutshun

For further details please email:

HR@PETROGLYPHDG.COM

Highlights

1. Construction started on Nation's very own Cannabis grow up and processing facility.
2. Snuneymuxw members get 25% off on food at Millers Pub
3. New Cannabis Store opening this month, details to be posted on PDG Facebook soon



COAST SALISH
CANNA

NO TAXES CHARGED



AMAZING DEALS



NATION'S VERY OWN



CHEAPEST PRICES IN TOWN



100% TESTED AND SAFE PRODUCTS



SAYSUTSHUN
NEWCASTLE ISLAND

We are open for the 2024 season

Concession opening in June with exciting new menu

WWW.NEWCASTLEISLAND.CA
FACEBOOK: SAYSUTSHUN - NEWCASTLE ISLAND



WWW.COASTSALISHCANNA.CA
INSTAGRAM: COAST_SALISH_CANNA



IMPORTANT UPDATE ABOUT “NO FLY ZONES” FOR DRONES

**Please be advised that SFN is designating
the following “No Fly Zones” for drones:**

- Snuneymuxw Cemetery Site
- SFN Gym (Health & Wellness Rec Centre)
- Snuneymuxw Long House
- Quam Quam Stuwixwulh School
- Hulit Lelum Health Centre
- Kw'umut Lelum buildings
- SFN Admin Building
- SFN Marine Division Building (Old Quam Quam building)

Please be respectful of our sacred sites, and wellness areas.

**If you have any questions, please contact:
John Thomas at 778-269-2305**





BC Elders Communication Center Society (BCECCS)/2024 Elders Gathering

1415 Weiwaikum Rd. Campbell River, BC, V9W 5W9

Ph: 250-286-9977

Toll Free: 1-877-738-7288

Email: bcelders@telus.net

Fax: 250-286-4809

Website: www.bcelders.com

Contact: Donna Stirling, Coordinator

2024 ELDERS GATHERING Theme "WE ARE ONE"

EVENT DATE: August 13-14, 2024,
With GROUP LEADER Check-In
Aug. 12th from 12:00 pm to 5:00 pm

PLACE: Vancouver Convention Centre,
East Building, 1055 Canada Place,
Vancouver, BC, V6C 0C3

For all event info go to www.bcelders.com and
click on the Elders Gathering/Gathering News
Groups: Please Send in Your Registrations
(Deposits Are Due Soon To The Venue)



Snuneymuxw



Attention all Graduates - Grade 12 and Post Secondary:

Please complete your Graduation forms and send them back to myself as soon as possible to have you and your family included in our celebrations.

SAVE THE DATE:

Grade 12 Graduation Ceremony - July 3rd 2024

(Dinner at 5pm)

Post-Secondary Graduation Ceremony - July 4th 2024

(Dinner at 5pm)

Please submit your Grad photos to chenoap@snuneymuxw.ca or contact her by phone at 250-740-2316 or 250-668-7180 before June 20, 2024.





This form is also available online at: www.snuneymuxw.ca/2024/05/17/graduation-celebration-attendance-form-download-pdf-2024/



Snuneymuxw

Graduation Celebration



This form is for students graduating Grade 12 and/or from a post-secondary institute (diploma, degree, master, PHD)

Place: Snuneymuxw Gym

Grade 12 Graduation Ceremony - July 3rd 2024 - Dinner at 5 pm

Post-Secondary Graduation Ceremony - July 4th 2024 Dinner at 5pm

PLEASE SUBMIT BY June 20, 2024 @ 4:30 P.M.

Student Information:

Name: <input type="text"/>	Status number: <input type="text"/>
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Graduation Confirmation - complete **ONLY if you are attending Celebration.**

Graduation School Program Name: <input type="text"/>	I am attending: YES: <input type="checkbox"/> or NO: <input type="checkbox"/>
Copy of Verification attached: YES: <input type="checkbox"/> or NO: <input type="checkbox"/>	I will have <input type="text"/> attending Graduation. (maximum 8)

Institute or School Graduating from:

Institute name: <input type="text"/>	Address: <input type="text"/>	Phone #: <input type="text"/>
Student #: <input type="text"/>	Student email: <input type="text"/>	Student Cell #: <input type="text"/>

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



XE'XE' QLUMI

Sacred Girls Program Ages 6 – 8

What's your
SUPERPOWER?



Self- Empowerment

Self -Esteem – Share your Gift

With Aunty Nan and Kasey

Wednesday 4-30pm – 6pm

May 29th 2024

Education Portable, 669 Centre Street



To register, email Chenoa at: chenoap@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

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 (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)



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.

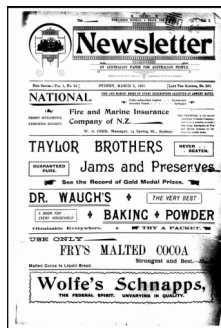
Are you interested in signing up to be on the list for delivering the Snuneymuxw News?

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 Seward
250-616-3582
regans@snuneymuxw.ca

Ashley (Housing)
250-619-0137
ashleyw@snuneymuxw.ca

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

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

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

SFN newsletters are also posted on the



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