

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

August 7, 2024



tum'qwe'unhw
(August)

"The time when the
mosquitos (qwe'un)
are out"



nem tst tth'oom

(We are going to pick berries)

qwi'lus = Summer

tum'qw'ilus = July
"hottest time of the year"



tum'qwe'unhw = August

"The time when the mosquitos (qwe'un) are out"

PICKING BERRIES IS PART OF OUR CULTURAL TRADITION AS IS PREPARING & PRESERVING FOODS FOR THE WINTER. WE ARE THANKFUL TO HAVE MANY ABUNDANT RESOURCES INCLUDING BERRIES IN OUR TERRITORY.

'ilhe nem' tth'oom (tth'umum). nem' tst tse' kwunut tthu situn. nem' tst tse' lhumts't tthu sqw'iil'muhw . sitst tse' 'uw' qwul'st tthu stth'oom/stth'umum. sutst tse' 'uw' thuyt kw' cheem. qw'ulut tst tse' kw' suplil.

Let's go berry picking. We'll take the basket. We will go pick blackberries. And then we will boil the berries. And then we will make some jam. We'll bake some bread. (credit SFU Sqwal: Theresa Thorne & late Snuneymuxw Elder Hazel Good)

USE THIS QR CODE TO LISTEN TO THIS PARAGRAPH! SCROLL TO THE BOTTOM OF THE PAGE TO 9.22







nem tst tth'oom

(We are going to pick berries)



VOCABULARY:

stth'oom = berry 
sqw'iil'muhw = blackberry 

lila' = salmonberry

mal'sum' = cranberry

sqw'il'muhw = blackberry



 **sunni'ulhp** = gooseberry: wild gooseberries 

stsi'yu = strawberry

tsulqama' = raspberry

tushnets = saskatoon berry

xwesumulhp = soapberry bush

tth'uykwikw = elderberry: blue elderberries  

COUNTING CONTAINERS:

in hul'q'umi'num' we count containers by adding the suffix 'uqun' to our numbers

NUTS'UQUN = ONE CONTAINER

YUSE'LUQUN = TWO CONTAINERS

LHIHWUQUN = THREE CONTAINERS

XUTHINUQUN = FOUR CONTAINERS





EASY BLACKBERRY COBBLER

INGREDIENTS

1 CUP ALL-PURPOSE FLOUR
1 ½ CUPS WHITE SUGAR, DIVIDED
1 TEASPOON BAKING POWDER
½ TEASPOON SALT
6 TABLESPOONS COLD BUTTER, CUT INTO PIECES
¼ CUP BOILING WATER
2 TABLESPOONS CORNSTARCH
¼ CUP COLD WATER
4 CUPS FRESH BLACKBERRIES, RINSED AND DRAINED
1 TABLESPOON LEMON JUICE

DIRECTIONS

PREHEAT THE OVEN TO 400 DEGREES F (200 DEGREES C). LINE A BAKING SHEET WITH ALUMINUM FOIL.

MIX FLOUR, 1/2 CUP SUGAR, BAKING POWDER, AND SALT TOGETHER IN A LARGE BOWL. CUT IN BUTTER UNTIL THE MIXTURE RESEMBLES COARSE CRUMBS. STIR IN BOILING WATER JUST UNTIL THE MIXTURE IS EVENLY MOIST.

DISSOLVE CORNSTARCH IN COLD WATER IN A SEPARATE BOWL. MIX IN REMAINING 1 CUP SUGAR, BLACKBERRIES, AND LEMON JUICE. TRANSFER TO A CAST IRON SKILLET AND BRING TO A BOIL, STIRRING FREQUENTLY. DROP IN SPOONFULS OF DOUGH, THEN PLACE THE SKILLET ONTO THE PREPARED BAKING SHEET.

BAKE IN THE PREHEATED OVEN UNTIL DOUGH IS GOLDEN BROWN, ABOUT 25 MINUTES.



hul'q'umin'um' Vocabulary

lupat = cup
spuk'w = flour
tl'elhum = salt
shoukwu = sugar
snas = oil
qa' = water
maluqwut = mix



This Month at PDG:

Casino
NANAIMO
at
xwsol'lexwel



Exciting News for Snuneymuxw and PDG!

We are thrilled to announce the acquisition of Casino Nanaimo, bringing immediate profitability and returning four acres of sacred land to us. This opportunity, 38 years in the making, will boost our community's revenue, create high-paying jobs, and support future development. Extensive due diligence shows manageable risks, paving the way for exciting job and career opportunities for Snuneymuxw.

Highlights

Miller's Pub:

Snuneymuxw Members enjoy 25% off food at Miller's Pub.

Coast Salish Canna:

Exciting News: We are thrilled to announce the opening of our second location.

New Location Details:

Address: 420-1840 Stewart Avenue, Nanaimo, BC

Hours: Sunday - Thursday: 10AM - 9PM, Friday & Saturday: 10AM - 10PM

Original Location Details:

Address: 1449B Macmillan Rd, Nanaimo, BC

Hours: Sunday - Thursday: 10AM - 7PM, Friday & Saturday: 10AM - 10PM

Tax Exemption at Cedar Location:

Don't forget, our Cedar location offers tax exemption benefits, making your shopping experience even more rewarding.

Thank you for your continued support. We look forward to welcoming you at both of our convenient locations!

All of our products are 100% tested and safe.



Save **BIG** at Coast Salish Canna!

Product	Mood Nanaimo	Trees Nanaimo	Coast Salish Canna	You save
Ultra Sour 28GMs By Big Bag O' Buds	\$99.98+12% taxes = \$111.98	\$92+12% taxes= \$103.04	\$ 96.99 (No Taxes)	\$15
Tiger Blood Distillate Vape Cartridge - Indica 0.95G By General Admission	\$32.98+20%(Vape tax)+5% GST Comp.= \$41.56	\$35.32+20%(Vape tax)+5% GST Comp.= \$44.50	\$ 32.99 (No Taxes)	\$11.50



MICRO GROW UPDATE

Our micro grow base building is now 90 percent complete!

We've also secured two unique genetics for our facility, promising exciting growth and revenue for our community.

Stay tuned for more updates!

NEW GAS BAR MANAGER

SHANDRA HUARD

Get to know Shandra:

"Hello, I'm Shandra Huard, recently appointed Manager at the Snuneymuxw Gas Bar, aiming to honor the community I've called home in Nanaimo for over 17 years, where I'm deeply involved in supporting local youth groups and charities alongside my family and friends, and I'm excited to meet and connect with everyone here."





Snuneymuxw First Nation

668 Centre Street, Nanaimo, BC V9R 4Z4 Contact: [250-740-2354](tel:250-740-2354)

TWO BEDROOM- 2 UNITS AVAILABLE

Location: IR #1 Shoreline Dr.

Rent Amount: \$494.00 + Damage Deposit: \$247.00

Location: IR #4 Warpath Rd.

Rent amount: \$570.00 + Damage Deposit: \$285.00

Accessible/Handicapped Unit

THREE BEDROOM – 6 UNITS AVAILABLE

Location: IR #4 Warpath Rd.

Rent amount: \$660.00 + Damage Deposit: \$330.00

FOUR BEDROOM- 1 UNIT AVAILABLE

Location: IR #4 Warpath Rd.

Rent Amount: \$700.00 + Damage Deposit: \$350.00

- must be 19 years of age or older
- Have good credit standing with the SFN (no monies owing-arrears)
 - You must be Snuneymuxw First Nation member.
 - No pets

To receive an application package please contact the housing department by emailing

housing@snuneymuxw.ca

OR:

In-person at the band office to the front desk.
Which will be submitted to the housing department.

Office hours: Monday-Friday 8:00am-4:00pm [closed from 12:00pm-1:00pm]

CLOSING DATE: September 1st, 2024



BEAR SIGHTINGS

There have been recent Bear and Cougar sightings on:
Gordon Rd, Raines Rd, and Clifford Rd.



Please remember to:

- ✓ Keep any garbage/compost bear-safe.
- ✓ Keep any food products in bear-safe containers.
- ✓ Bring dog/cat food indoors after feeding times.
- ✓ Keep fruit trees bear-safe by picking fruit daily as it ripens.
- ✓ Do a nightly check that all outdoor food and garbage is secured (including: barbecues, pet food, garbage cans, compost etc.)

**If you have any questions, please contact
Richard White at 250-668-2696**



Welcome BACK TO SCHOOL

ARE YOU READY?



Forms available at:



(or contact Chenoa)

2024 School Supplies Forms

Snuneymuxw area students K - 12

Forms handed in by **Aug 14** – Pick up Dates are **Aug 19-21**

Forms handed in by **Aug 21** – Pick up Dates are **Aug 26-28**

Pick-up @ Admin Office, Between 9am – 3pm

If you have any questions, Please contact Chenoa at 250-740-2316 or by email at chenoap@snuneymuxw.ca



SNUNEYMUXW HULIT LELUM
1451 MACMILLAN ROAD, NANIMO, BC



XE'XE QA'TST - XE'XE STUWIXWULH

(SACRED WATERS - SACRED CHILDREN)



**JOIN US AUGUST 22ND
FOR FUN, CULTURE, FOOD,
PRIZES AND MORE!
11:00AM - 2:00PM**



Services offered:

- Drinking Water Info
- Dental
- Hearing Screen
- Vision Screen
- Hair Cuts
- Face Paining
- BBQ Lunch

AND MORE!



**IF YOU REQUIRE TRANSPORTATION, PLEASE
CONTACT HEALTH RECEPTION AT 250-740-2337**

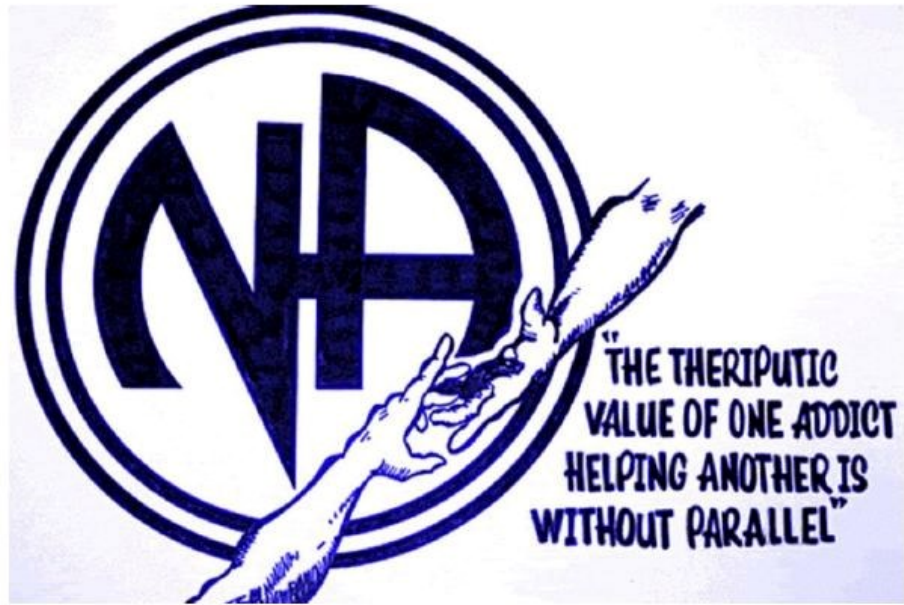


2024 SOCIAL ASSISTANCE DATES

MID-MONTH

S/A DAYS

JAN. 10/24	JAN. 24, 2024 (FOR FEBUARY)
FEB. 07/24	FEB. 21, 2024 (FOR MARCH)
MAR. 06/24	MAR. 20, 2024 (FOR APRIL)
APR. 03/24	APR. 17, 2024 (FOR MAY)
MAY 01/24	MAY 15, 2024 (FOR JUNE)
JUN. 05/24	JUN. 19, 2024 (FOR JULY)
JUL. 03/24	JUL. 17, 2024 (FOR AUGUST)
AUG. 07/24	AUG. 21, 2024 (FOR September)
SEPT. 04/24	SEPT. 18, 2024 (FOR October)
OCT. 02/24	OCT. 23, 2024 (FOR NOVEMBER)
NOV. 06/24	NOV. 20, 2024 (FOR December)
DEC. 04/24	(TBA) DEC. 2024 (FOR JANUARY)



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



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.)

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

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

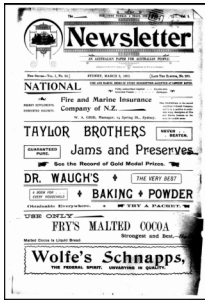
Marina White
250-668-5244
marinaw@snuneymuxw.ca

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

Housing:
250-716-6548
housing@snuneymuxw.ca

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: 250-754-7893

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.