

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

September 13 2024



To our amazing students,

As you step into this school year and season, we honour this sacred moment of learning and growth.

Education is rooted in our way of life. It requires commitment, curiosity and an understanding that we are never truly finished learning. By pulling the best from mainstream education and our Snuneymuxw knowledge system, we gain the power to shape our futures, strengthen our community, and enrich our lives.

Our Elders have always reminded us to give our best in everything we do. When you are faced with challenges, reach out for help and continue moving forward. If someone needs help, do your best to support and uplift them. These lessons will guide you in your studies and in everything you do.

The new school year is a time of fresh beginnings and endless opportunities. With every step forward, with every goal you accomplish, your life becomes richer. Your knowledge will expand, your understanding will deepen, and like our Ancestors, you will be in a position to use your gifts to help others.

In the coming year, if you ever need some extra help or aren't sure where to start, we've got you. Just reach out to Nan or Chenoa and let us know what's going on. We are here to help you find your way and get to where you want to be.

In closing, I want to thank your families and friends who support you every day. Their love and encouragement shines a light on the path ahead.

Hay cep qa. I wish you all a rewarding new school year and season.

Sincerely,

Chief Mike Wyse





p'ug'ulenuhw

p'ug'ulenuhw = September
“the time when the leaves
turn colour”

yu xay'tl'thut = fall, autumn:
cold, (getting cold, of
weather)



exuxun' - frost

shhwun'was - cloudy

slhumuhw - rain

tth'etth'ulh - cool

welhts'um' - leaves

stsuhwum - rustling wind

yu 'um'mush - hunt on land

tskwim - red

kwulalu-alus - orange **luluts'** - yellow

tumulhalus - brown



hul'q'umi'num' VOCABULARY



skwoulew't-hw = schoolhouse



skwoulstunuq = school teacher



xul'tun = pen



shsuw'eenu = lunchbag



li'luteem = desk, little table

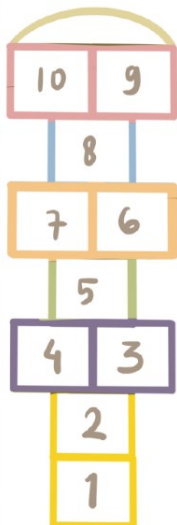


poukw = book (singular)
poukws = books (plural)



pipu = paper (singular)
pulipu = papers (plural)

Let's Review Our Numbers!



'apun = ten

toohw = nine

te'tsus = eight

tth'a'kwus = seven t'xum = six

lhq'etsus = five

xu'athun = four

lhilhw = three

yu'selu = two

nut'su = one

Use this QR CODE to practice your pronunciation!



Numbers 1-20, adding and subtracting 1 to 'ulthun sqwal
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September 10, 2024: Snuneymuxw First Nation, Petroglyph Development Group, and Great Canadian Entertainment announce agreement for purchase and sale of Elements Casino Victoria.



"We celebrate our growing partnership with Great Canadian and our continued progress toward building a strong Snuneymuxw economy that provides a solid foundation for Snuneymuxw self-determination and nationhood. With the acquisition of a second casino operation, we continue to honour the decades of work by past Snuneymuxw leadership who tirelessly pursued this goal. Our Nation is sharply focused to make investments that bring returns to our people and builds our presence in the economy so that Snuneymuxw takes its rightful place. Today, we also celebrate our partnership with the B.C. Lottery Corporation in our shared pursuit to support the growth of the provincial economy and First Nation participation."

- Chief Mike Wyse



National Day for Truth & Reconciliation

**Honouring our children by honouring
a Snuneymuxw way of being**

Join us for a community lunch.

(Snuneymuxw community members only)



**MONDAY SEPTEMBER 30
11:00 am - 3:30 pm**

Snuneymuxw Gym | 1145 Totem Rd, Nanaimo



Join us to honour all those that were impacted by
government Indigenous assimilation policies: Ancestors,
survivors, and families.

**Lunch, Giveaways, Sacred Objects Display,
and Community Connection.**

Questions?

Contact: communications@snuneymuxw.ca



SNUNEYMUXW FIRST NATION

We're hiring!



**YOUTH WORKERS X3
(FOR FALL/WINTER YOUTH PROGRAMS)**

LEARN MORE + APPLY

www.snuneymuxw.ca/jobs



Contacting POLICE



**When you have an EMERGENCY,
call 9-1-1 and ask for POLICE, FIRE, or AMBULANCE.**

An EMERGENCY is something that is happening RIGHT NOW or JUST HAPPENED that can cause danger or damage to any person or property.

If you do NOT have an emergency but still need the police to attend somewhere or report a matter (ie Stolen Property, Suspicious people, Noise complaints, etc), call the NON-EMERGENCY number for Nanaimo RCMP:

**NON-EMERGENCY number for NANAIMO RCMP
(including Newcastle and Protection Islands):
(250) 754-2345**

Whether you call 911 or the non-emergency RCMP number above, the dispatcher will ask you for the following information:

WHERE is the incident happening?
WHAT is happening?
WHO is involved?
Are there any **WEAPONS** involved?
Are **ALCOHOL** or **DRUGS** involved?
CALLER information

It is very important for the police dispatcher to gather these details so the right people can be located, assisted, and contacted; HOWEVER, the person you are calling about DOES NOT need to know that it was you who called police and you can remain ANONYMOUS.

If you live on reserve and require police attendance, whether it's an emergency or non-emergency, you should call police right away. Any officer who is on duty can assist you NOW then you can follow up your designated First Nations Policing officers LATER. The most important thing is the safety of you and those around you.

YOU CAN CALL 911 AND RCMP 24 HOURS/DAY, SEVEN DAYS/WEEK



The Literacy Circle: Sharing humour, warmth, and wisdom through storytelling.

The Literacy Circle welcomes Indigenous Residential School and Multi-Generational Survivors, elders and adults, to learn and build on their English literacy skills in a safe and respectful environment. TLC focuses on the joy of storytelling which helps Learners improve their literacy skills.

Kathy Jim, one of our Learners, was a great storyteller and wanted to leave a legacy of her stories for her family. At TLC, she learned to write the stories of her hunting days, seeing Sasquatch in the mountains, and stories of her life for her children and grandchildren.

We are grateful to Kathy for inspiring others to tell their stories.

Do you want to write and share your stories? Learners at all levels are welcome!

Components of the class include:

- Reading, and sharing
- Story structure
- Vocabulary building
- Short story structure and writing
- Poetry structure and writing

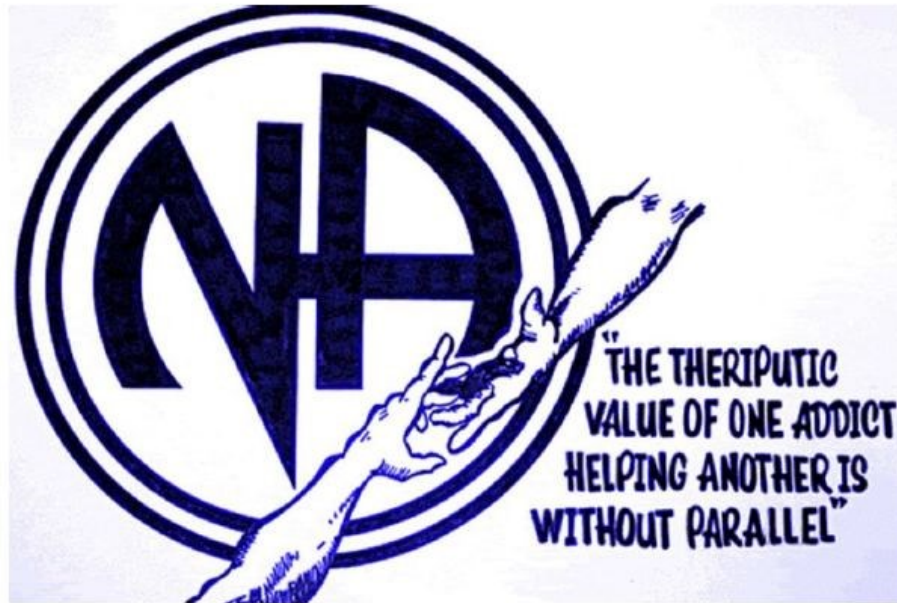
Learners can also share their stories in the Woven Wisdom Stories and Poetry Book that will be created in the class!

Classes are free and include writing supplies, appetizers and tea!

Classes start September 19, 2024, on Thursdays from 3-6 PM at the VI Conference Centre, 80 Commercial Street, Nanaimo BC.

TLC also offers Advocacy services for Learners. Need help applying for housing, HandyDART or assistance with the Residential Tenancy Branch? TLC can help!

Visit our website: www.theliteracycircle.ca or call Mary at 250.924.3314.



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.



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1451 MACMILLAN RD.,
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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)



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:

 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

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

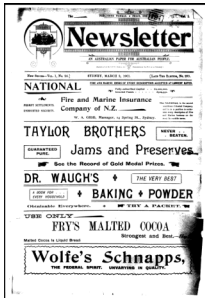
Marina White
250-668-5244
marinaw@snuneymuxw.ca

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.