

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

November 8 2024



November

= tth'al'xwumutsun

"when the ground is glistening from frost or ice"

hul'q'umi'num' vocabulary

xuxun' = frost

tl'im' xas 'uw' qux tthu xuxun' 'u tun'a netulh

"My , there is a lot of frost this morning"

cozy words to warm up with;

siye'yu = friend (singular)

siiye'yu = friends (plural)

q'apthut = gathering together

xwi'em = tell a story

sxwi'em' = story (true or
fiction)

yasa'qw = hat





The Longhouse is open for the winter season. Sharpen your listening skills when the Speaker is calling witnesses.

1. hwiiyuneem'staam 'ukw' sqwal, si'em'. You have been called to witness respected one.
2. hwiiyuneem'staam 'ukw' sqwal. you have been called to witness
3. hwiiyuneem'staam you are a witness
4. mukw' tseep 'i stalqut you will all respond

In English you ask what is your name?
however in hul'q'umi'num' you ask who is your name?

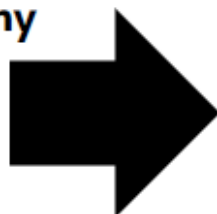
Example

wet kwun's skwish? (Who is your name?)

t'atassiyé tunu skwish. (t'atassiyé is my name.)

*NOTE: wet & skwish are Snuneymuqun words. You will often hear the Cowichan dialect which uses lhwet & sne instead.

Check out this QR code to listen to
fluent speakers re: Naming
Ceremony



Chrome for iOS
apps.apple.com



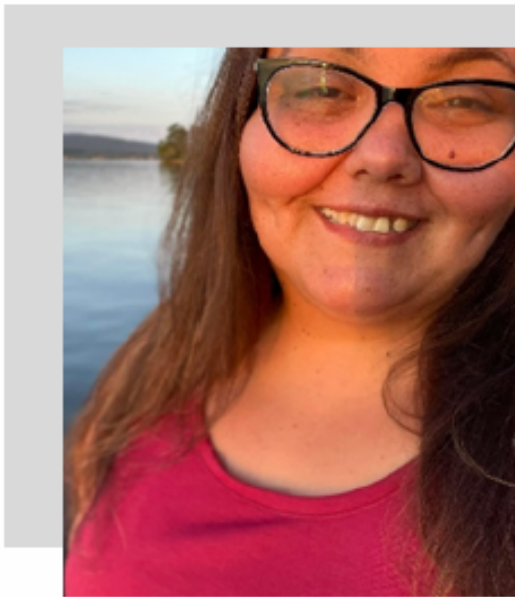


This Month at



PETROGLYPH DEVELOPMENT GROUP

NEW RECEPTIONIST



Hello, my name is Bobbi-Rae Milburn, and I am the new receptionist at PDG. You may recognize me not only from the Tuytaxun General Store but also from around the community. My grandmother, Lynda Milburn (Wyse), was the receptionist at the Band Office for many years.

I worked at the Tuytaxun General Store for 14 years as a cashier and most recently as an assistant manager before spreading my wings and pursuing a new direction with PDG. I am excited to expand my skills and learn new ones in my new role at PDG.

I am grateful to continue working within my community and to meet both new faces and familiar ones. I look forward to serving and helping the community in this new capacity.

HALLOWEEN AT PDG



PDG got into the Halloween spirit by dressing in our best costumes and handing out candy to student of Quam Quam. It was so much fun to see everyone's creative outfits.

The best part was seeing all the smiles on the kid's faces, it really made the whole day special. It was a great way to connect with our community.

A big thank you to everyone who participated in making this Halloween celebration a success.

Happy Halloween 🎃 🧛





SAYSUTSHUN NEWCASTLE ISLAND



For the 2024 season, we had 51,000 people set foot on the shores of Saysutshun! Our staff/crew, 90% of whom were Snuneymuxw members, had a record year for marine attendance, ferry traffic, weddings, cultural tours, and camping. We couldn't have had such a successful season without the dedication of our crew, whether they were checking you in, helping to plan or host events, maintaining trails, or providing first aid—they were always there. We also couldn't have had this success without the community and the visitors from outside who came to explore the island.

Thank you, and we can't wait to see what the 2025 season brings! Have a great winter, and we'll see you next year!





Exciting Progress at First Nation Canna Corp's Facility



First Nations Canna Corp's cannabis grow and processing facility at 1449 Macmillan Rd is making impressive strides! Here's a summary of our current progress & future plans:

Construction update:

- The exterior and base are now complete, and interior construction is underway. We are on track to finish this phase by February 1, 2025.

Licensing and Operations:

- With a successful license, we aim to start operations shortly after completion, allowing for a timely market entry.

Genetic and Grow Capacity:

- FNCC has obtained exceptional genetics for the grow side, with a canopy space of 200m². With these genetics we are targeting the high-end consumers.

Processing Capabilities:

- In-house processing is a strategic advantage, enabling compliance with EUGMP standards and allowing for bulk exports to markets like Australia, Germany, and Israel.
- The ability to package our own cannabis flower and offer pre-roll brands creates an economic advantage that is unique and prosperous.

Revenue Streams:

- Offering processing services to other Vancouver Island growers will diversify revenue streams and strengthen community ties. The ability to offer this service immediately after licensing allows us to generate revenue while awaiting our first crop and edible production

Edibles Production:

- The design of a commercial kitchen to produce and edible line in collaboration with established brands is a fantastic move, especially with a legacy brand that has a strong following.

Employment Opportunities:

- Both processing and grow operations will create exciting new job opportunities, fostering local community employment and skill development. Please follow Petroglyph Development Group on Facebook and check the PDG website regularly as postings will be available there.

Global Trade:

- the in-house trading system will facilitate global trade, positioning FNCC favorably in the international market.

A note regarding our retail stores. Snuneymuxw Nation was the second nation to obtain the 119 agreements with the Province of BC. This agreement gives our Nation the ability to approve up to 8 stores but also supply directly from our own facility. This strategic move will give us an economic advantage for the BC market.

This comprehensive approach not only showcases your commitment to quality and compliance but also highlights our strategic vision for growth and community engagement. If you need assistance with any specific aspect of the project or have further updates to share, feel free to let me know!





Petroglyph Development Group

668 B Centre St, Nanaimo, B.C

Tel: 250-824-1572

FORESTRY

ANNOUNCEMENT:

We are now accepting firewood applications. These applications can be found at PDG'S main office at the reception desk. Firewood will be available for ALL Snuneymuxw members, with a wood stove and delivery is available within **NANAIMO CITY LIMITS**.

SFN Elders will be our main priority, their requests will be filled first. With the cold weather approaching and the number of applications/requests for firewood submitted, delivery may take extra time to fulfill, please be patient while our crew works down the list.

If you have any questions, feel free to reach out to Bobbi-rae Milburn.

Email: BobbiRaeM@petroglyphdg.com

Tel: 250-824-1572



For Snuneymyuxw Members:

HONORING OUR SNUNEYMUXW VETERANS



NOVEMBER 11TH 2024
SNUNEYMUXW GYM
10:30AM -12:30PM

MOMENT OF SILENCE WILL BE AT 11:11 AM

LUNCH PROVIDED

PLEASE CONTACT CHENOA

FOR ANY QUESTIONS

AT

250-740- 2316





Loss & Grief Group

(For SFN Members)

Location: Snuneymuxw Hulit LeLum
(Health Centre)

Please contact Sabrina for
upcoming dates & times.
(contact info below)



Snacks, Sharing, and Support

*“What we once enjoyed and deeply loved we can never lose,
for all that we love deeply becomes part of us.”*

Questions?

Contact Sabrina Ross at:
250-323-9025 or sabrinar@snuneymuxw.ca



NOW PUBLISHED ONLINE

SNUNEYMUXW

CHIEF SEASONAL REPORT

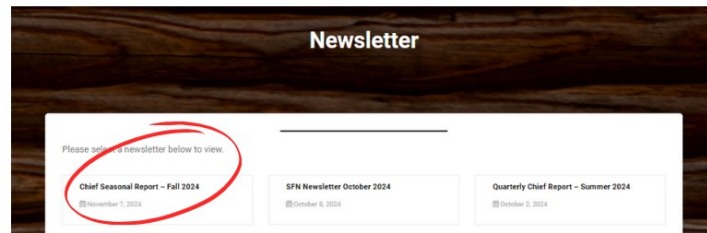
hwisulenuhw edition
(Fall 2024)

Available online:

www.snuneymuxw.ca/newsletter



SCAN HERE



Sign up for our mailing list:

(at the bottom of our webpage)

SUBSCRIBE TO OUR NEWSLETTER

Get updates on events and community news!

Name _____

Email _____

SUBSCRIBE _____

Questions?

Contact communications@snuneymuxw.ca





- ONLINE EVENTS -
SNUNEYMUXW
COMMUNITY
PLANNING

You are invited to share your ideas.

Your perspective is important.
Together we will produce the strongest outcome.

TWO UPCOMING ONLINE EVENTS:

WEDNESDAY
NOVEMBER 13
@5pm

THURSDAY
NOVEMBER 28
@5pm



Link will be posted to:
www.snuneymuxw.ca/governance



Lands Planning Survey (SFN Adults version)

📣 Have Your Say in Our Community's Future! ☀️

We're excited to announce the launch of an online feedback form where all Snuneymuxw members can share their ideas and insights for our community planning. Whether you're nearby or away from home, you can easily provide your feedback online.



**'i' cun 'uw 'i':
SNUNEYMUXW
COMMUNITY
PLANNING
- ONLINE FEEDBACK FORM-**

We want as many voices as possible—youth and adults alike—to help shape the future of our community. Your ideas matter, and we'd love to hear from you!

Learn more at: www.snuneymuxw.ca/cp



SCAN HERE



Lands Planning Survey (SFN Youth version)

Fill out the survey + get a free Nike item.

If you're a Snuneymuxw youth aged 12-19 and complete our special youth feedback form, you'll be able to choose your favorite Nike product from our "Just Plan It" Nike selects!

We want as many voices as possible—youth and adults alike—to help shape the future of our community. Your ideas matter, and we'd love to hear from you!

**'i' cun 'uw 'i':
SNUNEYMUXW
COMMUNITY
PLANNING**

- ONLINE FEEDBACK FORM -

**SNUNEYMUXW
YOUTH**

JUST PLAN IT

Complete the survey, choose your fave Nike.

Learn more at: www.snuneymuxw.ca/cp/YCP



SCAN HERE



PUBLIC NOTICE

November 7, 2024

Odours Expected While the Regional Landfill Flare Station is Upgraded (November 12 – December 10)

Starting Tuesday November 12, the Regional District of Nanaimo (RDN) will be shutting down the onsite flare station at the Regional Landfill in Cedar, to do an upgrade. The upgrade is expected to take place between November 12 and December 10, 2024.

This upgrade is needed to meet Provincial requirements and increase reliability. During this time, the landfill will remain open. An increase in landfill odour is expected during the shutdown. The odour will be unpleasant at times, but not hazardous.

The advance work has been ongoing since June and is being pre-tested off-site. Environmental and engineering staff will be monitoring the gas system daily while the upgrade is being done and three air quality monitoring stations will run continuously along the north property line between the site and residences. As required under the Landfill Gas Regulation, the Province will be notified of the shut-down.

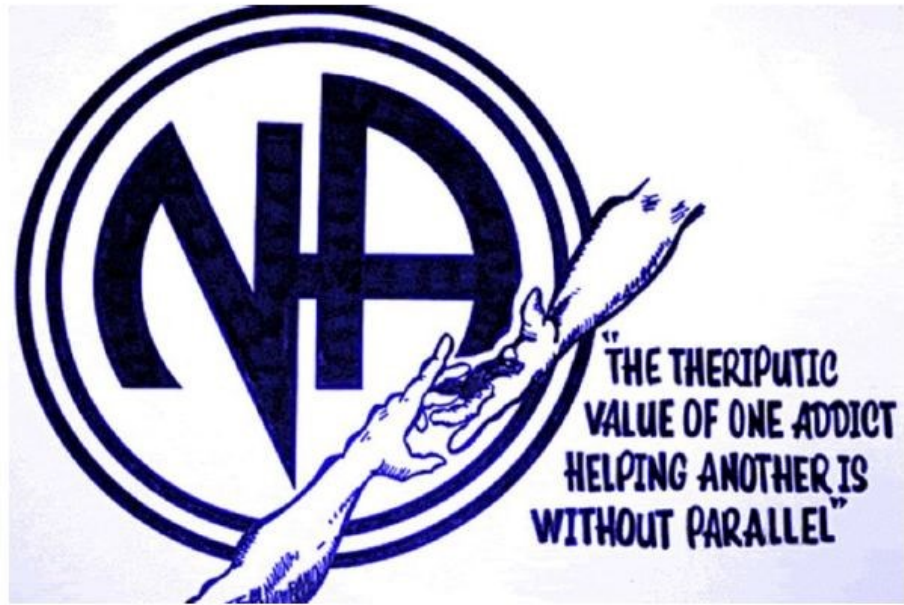
The flare station was built in 2002 to capture and destroy the methane that is generated in the waste decomposition process. It operates continuously 24 hours a day, seven days a week unless there is maintenance being performed. The upgrade project involves replacing the candlestick flare, ignitor system, electrical panel and process control software.

For more information, please contact:

Solid Waste Services
Regional District of Nanaimo
250-722-2044 x-3222
Email- jhamilton@rdn.bc.ca

www.rdn.bc.ca

Get Involved RDN!



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.



SNUNEYMUXW HULIT LELUM
1451 MACMILLAN RD.,
NANAIMO, B.C.
Reception: 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)



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.

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

Health Centre Front Desk:
250-740-2337

Health Centre Appointment Line:
250-740-2345

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

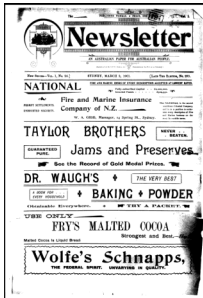
Marina White
250-668-5244
marinaw@snuneymuxw.ca

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

Housing:
250-716-6548
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.