



Snuneymuxw News

Informing the people of the Snuneymuxw First Nation about issues that matter

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The SFN Newsletter is also available online at:
www.snuneymuxw.ca/newsletter



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

December 5 2024



- Zones**
- 1. Commemorative/Culture
 - 2. Innovation
 - 3. Residential (Mixed Use)
 - 4. Commercial
 - 5. Park/Greenspace
 - 6. Highway Commercial
 - 7. Health Centre

15 Units:

- o 2-bedroom: 3 units
- o 3-bedroom: 8 units
- o 4-bedroom: 4 units



43 Units:

- o 1-bedroom: 10 units
- o 1-bedroom (accessible): 9 units
- o 2-bedroom: 12 units
- o 4-bedroom: 12 units



8 Units:

- o 2 x 4 units; mix of 2, 3, and 4-bedroom units





SNUNEYMUXW

Snuneymuxw First Nation

November 26, 2024

'uy' skweyul Snuneymuxw,

As the 2024 winter season is in full swing and we prepare to enter a new year, we reflect on all that we have accomplished together. It is an honour to serve Snuneymuxw, and I thank you for your support and contributions to the growth of our Nation. hay cep qa'.

This past year has been filled with significant milestones, including the repatriation of our sacred belongings, the announcement of on-reserve affordable housing initiatives, the expansion of our land base, and the growth of our economic potential. These achievements were shared in-person, online, in my seasonal reports, and within our monthly newsletters. We encourage you to take a moment to review these reports and celebrate our shared progress.

While we celebrate wins, we recognize that the cost of living continues to create challenges for our families. Thanks to the growth of our Nation's economy, we are in a position to share the benefits of this work. Snuneymuxw Council, in partnership with Petroglyph Development Group (PDG) and the Snuneymuxw Thlap'Qwum Trust, is pleased to continue our Christmas distribution. This year, Snuneymuxw members will receive \$750 CAD/\$540 USD, providing additional support during the holiday season.

On behalf of Snuneymuxw Council, we wish you and your family a joyful holiday season and New Year. Thank you for your continued support and encouragement. We are looking forward to a big 2025!

Sincerely,

Chief Mike Wyse

Snuneymuxw First Nation

668 Centre Street Nanaimo, B.C. V9R 4Z4

250-740-2300 | 1-888-636-8789

www.snuneymuxw.ca





HUL'Q'UMI'NUM' VOCABULARY



MEQE' SNOW
OR SNOW-COVERED (ON THE GROUND)



YI'YUO TO SNOW / SNOWING



SENTU SANTA CLAUS



KWASUN STAR



SMEM'T GIFT



'ALUNCHES ORANGES



HUL'Q'UMI'NUM' VOCABULARY



TUM' 'XUYTL'

WINTER



TL'IM XUYTL'

IT'S COLD
(IT'S A COLD DAY)



'E'UT YI'YUQ

IT'S SNOWING



SATUTS

WINTER NORTH WIND



CLOSED

December 23 - January 5

Please note, the SFN Admin Office will close on Monday December 23rd 2024, and will reopen on Monday January 6th, 2025.



PETROGLYPH
DEVELOPMENT GROUP

DECEMBER UPDATES



BEST WISHES



Our team at PDG wishes everyone the best during the holiday season! We've had a fantastic 2024 and are excited for you to see the upcoming projects we're working on.

Thank you for your continued support, and here's to an exciting 2025!



TEAM ADDITION

I am thrilled to join the team at PDG! My name is Alisha Yarham, and I am a skilled Communications and Marketing Specialist with a strong background in recreation and community services. I am eager to connect with the community and grow with PDG.

My parents, sister, and I, moved from England to Canada in 2012, and I truly love living on Vancouver Island. I have been fortunate to build a remarkable career here and am excited to see the positive impact I can bring to the team and the community.

Fun Fact: I worked as a Lifeguard/Team Leader while attending school at Vancouver Island University. I was known for my ability to handle any situation, especially when it happened in threes!





PETROGLYPH
FORESTRY

MOUNT BENSON FORESTRY UPDATES

Mount Benson Forestry has been actively harvesting one 34 hectare block in the southwest corner of Mount Benson Phase I lands since the end of October. We have been hauling for the past two weeks and will have the first cutblock completed prior to the Christmas break. Harvesting on a second 25 hectare block will begin at the beginning of December with hauling scheduled to be complete in mid-February. We have been working closely with the logging contractor and customers in order to maximize the log sorts and grades from the wood that is being logged. This is to ensure that each log goes to the customer that will pay the most for each type of log, maximizing revenue to the Nation from the harvest areas.

Wood for the SFN woodlot firewood program will continue to be set aside and delivered as needed to meet the needs of band members as we head into the colder months. Coastland Industries will continue to help with storage and deliveries of logs until they are needed in the wood yard.

Site preparation and brushing will occur this winter on previously cut areas in preparation for a spring planting program that will include fill planting on older blocks that need additional trees to meet reforestation targets. Blocks being logged now will also be replanted this spring. As we transition out of the Mount Benson Phase I lands and into Mount Benson North, we will be deactivating and rehabilitating some road areas that will not be used again in the near future.

All engineering and forestry field work continues to be done in-house by our SFN staff members, who have done an excellent job and have been integral to the success of the program. As we complete the harvest on the current blocks, our attention will then be focused on developing the next areas which will be ready for next summer and fall, which will keep us busy with fieldwork throughout the winter and spring.

FIREWOOD APPLICATIONS



Firewood applications are still being accepted at the PDG main office. Firewood is available for all Snuneymuxw members with a wood stove. Delivery is available within Nanaimo city limits.

If you have any questions, please contact Bobbi-Rae Milburn at bobbiraem@petroglyphdg.com.



Yard Cleanup

**Elders on or off reserve within Nanaimo area
needing assistance with leaf, yard clean up,
wood-stacking, or salting of their
driveways and walkways,
please call Bobbi-rae at 250-824-1572.**

**As our crew gets busy working through the list, please
note they may not get to you same day, but will try within
approximately 2-3 days.**





PETROGLYPH
DEVELOPMENT GROUP



CHRISTMAS CLOSURE

As we wrap up 2024, we're preparing for the festive celebrations of Christmas and the New Year.

PLEASE NOTE PDG CLOSURE:
December 23, 2024 - January 5, 2025

We will reopen for normal operating hours January 6, 2025.

JOB OPPORTUNITIES



Petroglyph Development Group is currently not looking to fill any positions. However, new opportunities arise often, stay updated on our website: petroglyphdg.com/career-opportunities.

Interested in joining the PDG family? Even if there are no current postings, send us your resume, and we will reach out to you when opportunities arise. info@petroglyphdg.com



STAY CONNECTED



@petroglyphDG



@petroglyph_dg



@petroglyphdg



You're invited

SNUNEYMUXW FIRST NATION

*Together
for the holidays*



Childrens'

Tuesday, December 10

4:30pm-7:30pm

Adults (16+)

Wednesday, December 11

5:00pm-8:30pm

Christmas Community Dinner

Gifts for the kids

Gift cards for the kids

Prizes, photo booth and cheer!

Gathering at the gym at 1145 Totem Road

Rides are available for December 11th & Elders

Please contact: Chenoa at chenoap@snuneymuxw.ca

or call: 250-754-1300



SNUNEYMUXW COMMUNITY UPDATE EVENT (AGM)

(For Snuneymuxw Members)

'Uy'skweyul, you are invited to the Snuneymuxw
Community Update Event, on Thursday December 12th.

Dinner Provided.



Details:

Date: Thursday December 12, 2024

Time: 5pm-7pm

Location: Snuneymuxw Gym (1145 Totem Road)

If you have any questions, please contact:

ccclerk@snuneymuxw.ca



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



WINTER MAINTENANCE TIPS



FROZEN WATER PIPES

Here's a website with a few more tips:



Frozen water pipes are one of the most common challenges during the winter.

If your pipes do freeze, having access to a hair dryer or a small heater pointing in the direction of the frozen pipe will help. (as long as its not left unattended)



HOSE BIBS

Hose bibs can freeze and burst if connected to hoses throughout the fall and winter. Please disconnect your hose from the exterior taps (hose-bibs) to prevent freezing inside the exterior wall.



EXTERIOR DRYER VENTS

Exterior dryer vents should be cleaned at least once a month. This will help prevent a fire, and can even lessen the time it takes to dry clothes!



MOULD & MILDEW PREVENTION

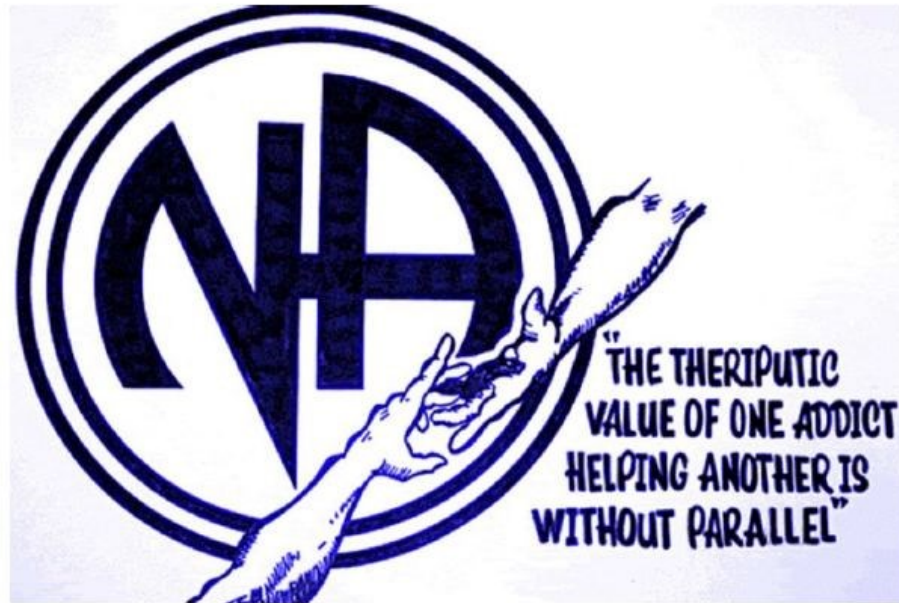
The best way to avoid mould & mildew is to increase airflow & reduce moisture.

Increase airflow by encouraging air circulation, & by ensuring that all exhaust systems are in working order.

Minimize moisture by not letting standing water sit for too long, & not leaving wet clothes/towels on the floor.



NA group will meet as usual on both Dec 25 2024 & Jan 1 2025



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

www.snuneymuxw.ca/healing



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

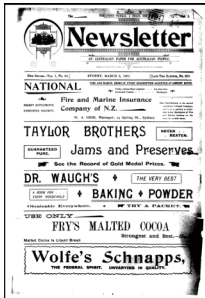
Marina White
250-668-5244
marinaw@snuneymuxw.ca

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

Housing:
250-716-6548

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.