

# Snuneymuxw News

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

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Snuneymuxw First Nation, 668 Centre St., Nanaimo, B.C. V9R 4Z4

Tel: 250-740-2300, 1-888-636-8789, [communications@snuneymuxw.ca](mailto:communications@snuneymuxw.ca)

**January 16, 2025**

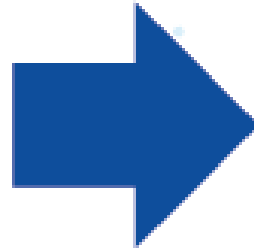


# PUNE'Q

JANUARY

"THE TIME FOR  
COLLECTING GEODUCKS"

USE THIS QR CODE  
TO LISTEN TO THE  
PRONUNCIATION  
OF PUNE'Q!  
YOUR PARAGRAPH TEXT



## TUM'XUYTL' = WINTER

Winter is a time of gathering  
indoors - sharing, teaching &  
storytelling

## WINTER VOCABULARY

'IMUSHNE'TUN = VISITOR

NE'NUTS'UW'T-HWUM' = VISITING

SYE'YU = FRIEND, RELATIVE

Q'APHTUT = GATHERING TOGETHER

XWII-XWI'EM = STORYTELLING

LHETS = NIGHT, DARK



USE THIS QR CODE TO WATCH THE VIDEO OF THE STORY

“TTHU NE’NUTS’UW’T-HWUM” - THE VISITOR CREDITS;

STORY BY CAROL LOUIE

HUL’Q’UMI’NUM’ TRANSLATION BY CAROL LOUIE & DELORES LOUIE

SOUND, VIDEO EDITED BY DONNA GERDTS



STORY VOCABULARY



SHHWUW’WELI = PARENTS



TTH’ELE = HEART



SII’SI’ = AFRAID



SPE’UTH = BEAR



LELUM’ = HOUSE



QWLHEY’SUN = SHOE



**Position: Count Team Attendant**

**Summary:**

Under the direct supervision of the Manager, Cage or the Supervisor, Slot & Cage, this position is responsible for the counting and movement of cash assets from the gaming floor. Ensures adherence to the Company's policies and procedures, motivates and leads by example and supports Casino Nanaimo's learning environment while establishing a safe and welcoming work environment for all team members.

**Key Accountabilities**

- Counting bills, coins and cash equivalents
- Organizing and securing the storage of count carts, drop boxes, drop buckets and bill cartridges for count pulls
- Reporting suspect cash and cash equivalents
- Verifying and reconciling before and after counts
- Bagging, bundling, securing and transporting counts
- Providing information for reporting purposes
- Communicating effectively with all appropriate operational departments
- Building strong working relationships with internal and external guests
- Ensures compliance with licensing laws, health and safety and other statutory regulations
- Performing other duties as assigned or directed

**Education and Qualifications**

- High School Diploma
- Minimum 1 year of experience in high volume cash handling and counting
- Food safety and Smart Serve/Serving It Right certifications
- Ability to successfully obtain a Gaming License

To apply, [click here](#). Casino Nanaimo is committed to diversity, equity and inclusion and we welcome all qualified applicants to apply to join our team of unique contributors. We accommodate people with disabilities throughout the recruitment and selection process and applicants are encouraged to advise Human Resources in advance if accommodation is required. We thank all applicants for their interest and will contact those qualified to continue in the recruitment process.

**Position: Demi Chef De Partie (Line Cook)****Summary:**

Under the direct supervision of the Manager, F&B, this position is responsible for the execution of menu item production, maintaining all company standards and thorough adherence to all safety and hygiene policies and procedures while contributing to a safe and welcome work environment for all team members. Ensures adherence to the Company's policies and procedures, motivates and leads by example and supports Casino Nanaimo's learning environment while establishing a safe and welcoming work environment for all team members.

**Key Accountabilities**

- Prepares, pre-cooks, cooks and presents menu items in a timely fashion; follows standardized recipes.
- Prepares mis en place (setting in place) of foods, garnishes, sauces, dishes, cutlery and other products as required for high volume production
- Cleans kitchen equipment after use according to health and safety policies and procedures
- Receives stock from receiving operations, labels, dates, stores and rotates in appropriate storage areas
- Assists with month end inventories as directed
- Attends culinary meetings as required
- Liaises and communicates effectively with all appropriate operational departments
- Develops and cultivates strong working relationships with all stakeholders: guests, ownership and team members
- Ensures compliance with licensing laws, health and safety and other statutory regulations
- Performs other duties as assigned or directed

**Education and Qualifications**

- High School Diploma; Culinary education an asset
- Minimum 1 year of culinary experience
- Must be available to work a flexible schedule including evenings, weekends and holidays
- Red Seal certification through ITA or current enrollment in the program an asset
- Food Safety Certification
- Ability to successfully clear a criminal record check
- Ability to exceed internal and external customer expectations through timely, effective and service oriented communication

To apply [click here](#), Casino Nanaimo is committed to diversity, equity and inclusion and we welcome all qualified applicants to apply to join our team of unique contributors. We accommodate people with disabilities throughout the recruitment and selection process and applicants are encouraged to advise Human Resources in advance if accommodation is required. We thank all applicants for their interest and will contact those qualified to continue in the recruitment process.

**Position: Cage Cashier****Summary**

Under the direct supervision of the Operations Manager, or Supervisor, Cage, this position is responsible for customer service, cash administration and cash counts while contributing to a safe and welcoming work environment for all team members. Ensures adherence to the Company's policies and procedures, motivates and leads by example and supports Casino Nanaimo's learning environment while establishing a safe and welcoming work environment for all team members.

**Key Accountabilities**

- Handles cash transactions including but not limited to foreign currency exchange, travelers cheques, short pays, over payments, cash counts, coins and bills
- Monitors and reports all discrepancies and suspicious cash activities
- Redeems value chips and gaming tickets for cash
- Sells racing tickets, vouchers, racing programs and value chips as required
- Verifies and processes machine fills, machine jackpots, cancelled credits, as well as table fills and credits
- Issues opening floats to Slot Attendants (or others); reconciles closing floats
- Transfers and stores floats, keys and record keeping documents
- Documents and reconciles transactions; may reconcile bank deposits and prepare revenue reports
- Communicates effectively with all appropriate operational departments
- Builds strong working relationships with guests and team members
- Ensures complies with licensing laws, health and safety and other statutory regulations
- Performs other duties as assigned or directed.

**Education and Qualifications**

- Must be available to work a flexible schedule including evenings, weekends and holidays
- Minimum 1 year of experience in high volume cash handling
- Serving it Right Certification
- Ability to successfully obtain a Gaming License
- Ability to exceed internal and external customer expectations through timely, effective and service oriented communication

To apply, [click here](#) Casino Nanaimo is committed to diversity, equity and inclusion and we welcome all qualified applicants to apply to join our team of unique contributors. We accommodate people with disabilities throughout the recruitment and selection process and applicants are encouraged to advise Human Resources in advance if accommodation is required. We thank all applicants for their interest and will contact those qualified to continue in the recruitment process.



Kw'umut Lelum

# JOIN US!

## Foundry Snuneymuxw is recruiting for our Youth Advisory Council

Connect, learn and share with other youth  
to help shape the future of youth services  
in your community.

Apply by Feb 9th at:  
[kwumut.org/foundry](http://kwumut.org/foundry)

- Must be 12-24 years old
- Honorarium provided
- Transportation and other supports available
- For more information visit [kwumut.org/foundry](http://kwumut.org/foundry) or email [jessica.white@kwumut.org](mailto:jessica.white@kwumut.org)

• F O U N D R Y •





SNUNEYMUXW FIRST NATION

***We're hiring!***



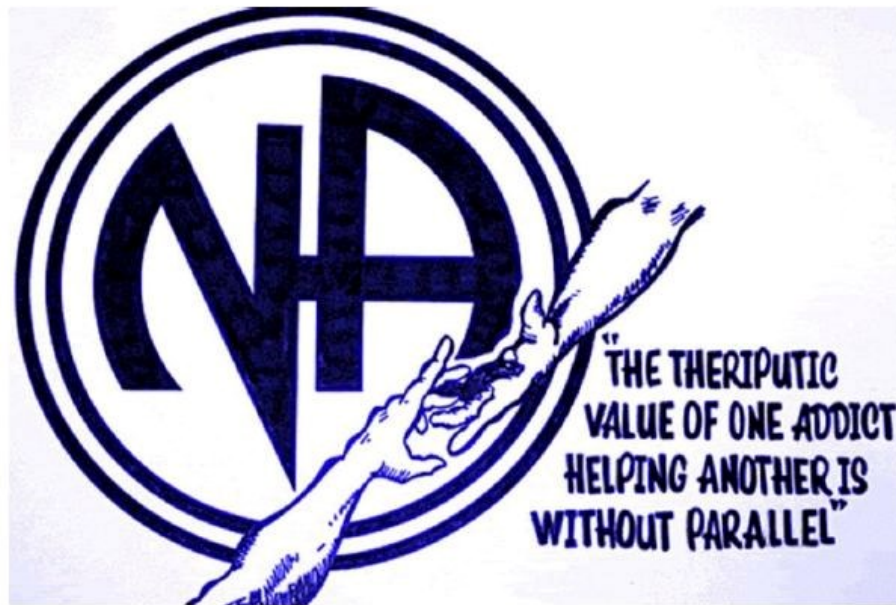
**MEDICAL OFFICE ASSISTANT**

LEARN MORE + APPLY

[www.snuneymuxw.ca/jobs](http://www.snuneymuxw.ca/jobs)







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

More info  
about NA  
programs:



[www.cviana.ca/who-we-are](http://www.cviana.ca/who-we-are)

Info about the  
importance of  
anonymity:



Find more  
local  
meetings:



[www.cviana.ca/current-meetings](http://www.cviana.ca/current-meetings)



# Snuneymuxw First Nation MEN'S GROUP

When?

Every Thursday 6:00-9:00pm

Let your  
voice be  
heard

Where?

Snuneymuxw Health Centre  
1451 MacMillan Road



## Why Participate?

- Dinner and snacks provided
- Connect with others
- Supportive environment
- Culture connection
- Break feelings of isolation
- Fun and relaxation

Contact Lance or Jake  
for more Information



250-714-9993



250-740-2337



Lancep@snuneymuxw.ca





# Women Warriors Group

What do Snuneymuxw Women Want?

**Where?** Snuneymuxw Health Centre (1451 MacMillan Road)

**When?** Tuesdays 1:00 to 3:30 **Ages 18 +**

- Connect with others
- Break feelings of isolation
- Supportive environment
- Culture connection
- Snacks

Connection

Self Care

Empowering

Confidentiality

?? Questions?

Contact Sabrina Ross @ 250-323-9025 or 250-740-2337

[sabrinar@snuneymuxw.ca](mailto:sabrinar@snuneymuxw.ca)



Snacks Sharing Support



## HOW TO ACCESS SFN COUNSELLING

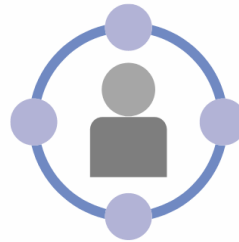
**1.**

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



## 2025 SOCIAL ASSISTANCE DATES

### MID MONTH

DEC. 04/24  
JAN 08/25  
FEB 05/25  
MAR.05/25  
APR 02/25  
MAY 07/25  
JUN 04/25  
JUL 08/25  
AUG 06/25  
SEPT 10/25  
OCT 08/25  
NOV 05/25  
DEC 03/25

### S/A DAYS

DEC.18/2024 (FOR JANUARY 2025)  
JAN. 22, 2025 (FOR FEBRUARY 2025)  
FEB.19, 2025 (FOR MARCH 2025)  
MAR.19, 2025(FOR APRIL 2025)  
APR.16, 2025 (FOR MAY 2025)  
MAY 21, 2025 (FOR JUNE 2025)  
JUNE 25,2025 (FOR JULY 2025)  
JULY 23, 2025 (FOR AUGUST 2025)  
AUG. 27,2025 (FOR SEPT 2025)  
SEPT. 24,2025 (FOR OCT 2025)  
OCT. 22, 2025 (FOR NOV 2025)  
NOV. 19,2025 (FOR DEC 2025)  
DEC. 17, 2025 (FOR JANUARY 2025)



# 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](http://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](http://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](http://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](mailto: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](mailto:cmooney@snuneymuxw.ca)

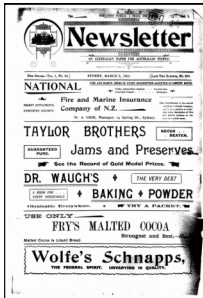
**Marina White**  
250-668-5244  
[marinaw@snuneymuxw.ca](mailto:marinaw@snuneymuxw.ca)

**Regan Seward**  
250-616-3582  
[regans@snuneymuxw.ca](mailto:regans@snuneymuxw.ca)

**Housing:**  
250-716-6548  
[housing@snuneymuxw.ca](mailto: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](http://www.snuneymuxw.ca/jobs)

### Follow us on Facebook:

[www.facebook.com/SnuneymuxwFirstNation](http://www.facebook.com/SnuneymuxwFirstNation)

SFN newsletters are also posted on the website as PDFs:

[www.snuneymuxw.ca/newsletter](http://www.snuneymuxw.ca/newsletter)

Visit [www.snuneymuxw.ca](http://www.snuneymuxw.ca) for more info, and to sign up to have the newsletter sent to you by email.