

Snuneymuxw News

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

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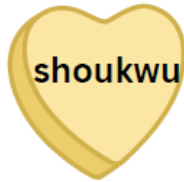


Happy Valentine's Day
'iyus tth'ele skweyul
(literally: Happy Heart Day)



Match the Sweethearts messages in hul'qum'numi & English!

*Hine match the colours!





hul'q'umi'num' phrases of love



nu stl'i' ch, (NUH-stlee-ch) *"I love you" or "I desire you"*
tl'i'stamu tsun, (Tl-ee-STAHM-ah tsun) *"I hold you dearly"*
'uy' nu shqwaluwun kwunus 'i' lumnanu (IGH-nah-shqwal-a-wun -
kwun-ahs- ee- LUM-nah-MA, *"I am so happy to see you"* (singular)
nan ch 'uw' nu stl'i', si'em (NAHN-chew-nah-STL'EE, SEE-em
"You are important to me, si'em" (respected one)



New Vocabulary Words

hwmukwuthut, kiss him/her
hwmukwuthuthaam, kiss you
hwmukwuthutul, kiss each other



Artist's Statement:

"It's a simple Salish design in a heart. The crescent and trigon come together with the shape of the heart to form the lower half of a face, kind of like the smiling comedy mask."

This heart is designed by Snuneymuxw artist Eliot White-Hill. It is the logo for the community reconciliation project "Messages On Doors" which is on-going and was held in Snuneymuxw in November 2021.





Teytexen Village SETTLEMENT AGREEMENT

Our Nation. Our voice. Our vote.

Thank you for taking the time to learn more about the Teytexen Village Specific Claim settlement.

The Teytexen Village claim is a historic opportunity for the Snuneymuxw People to come together, make our voices heard and be part of shaping our collective future as a Nation.

This claim honours the hard work and dedication of our people, who spent decades fighting for this settlement, turning the government's initial \$5 million offer into a \$42 million settlement.

Voting yes is about more than financial compensation. By participating in this historic vote, we honour the land, the big work of our community and our future generations.

VOTE TODAY

Ratification is how we will vote to decide if the terms of the Teytexen Village claim will be approved. Your perspective is important and we need your help moving this historic land claim forward. **There are three ways to vote:**

1. ONLINE



Vote electronically until 8:00 PM on February 28.
snuneymuxw.simplyvoting.com

2. IN PERSON

March 2 & 3 | 9:00 AM to 8:00 PM
Snuneymuxw Gymnasium
1145 Totem Road, Nanaimo, BC

3. BY MAIL

Ballots must be received back by March 3. Mail-out ballots along with an information package has already been sent to members.

LEARN MORE



Visit snuneymuxw.ca/teytexen for more information and to review the Teytexen Information Package.

You are invited to join us at one of our upcoming community meetings:

WEDNESDAY, FEBRUARY 12

5:00 PM

Snuneymuxw Gymnasium
1145 Totem Road, Nanaimo, BC

TUESDAY, FEBRUARY 18

5:00 PM

Online via Zoom
Meeting ID: 953 9609 0239 | Passcode: 477160



CLOSED

Monday February 17

Please note, the SFN Admin Office will be closed on Monday February 17 and reopen on Tuesday February 18, 2024.



PETROGLYPH
DEVELOPMENT GROUP

FEBRUARY UPDATES



PETROGLYPH
DEVELOPMENT GROUP



GREAT CANADIAN
ENTERTAINMENT

CLOSING OF ACQUISITION OF CASINOS

Petroglyph Development Group (PDG), the economic development arm of Snuneymuxw First Nation, has officially acquired Casino Nanaimo and Elements Casino Victoria from Great Canadian Entertainment.

This marks a significant step in Snuneymuxw's journey toward economic self-sufficiency. Chief Mike Wyse emphasized the importance of this milestone, recognizing the long-term benefits for the Nation. PDG President Erralyn Joseph called the acquisition a strategic investment that will generate lasting wealth for Snuneymuxw.

PDG CEO Ian Simpson highlighted the broader impact, stating, "This transition will fuel the Island's economy, strengthen Snuneymuxw, and ensure the benefits stay local."

PDG worked closely with Great Canadian Entertainment and regulatory partners to complete the deal. This acquisition ensures continued growth and prosperity for Snuneymuxw and the surrounding communities.

For more information, visit www.petroglyphdg.com.



PETROGLYPH
DEVELOPMENT GROUP



RENOVATIONS

Our office has been closed for renovations as we work on improving our space. But don't worry! Our team are working remotely and will be available to help you by phone and email during this time.

We truly appreciate your understanding and patience as we make these updates. We apologize for any inconvenience this may cause and look forward to supporting you in our newly renovated space!

For updates and information on the renovations, connect with us online via our website, social media, and email. Huy ch qa' (Thank you)



JOB OPPORTUNITIES



Saysutshun is hiring for the 2025 season! This month, we're looking for a Maintenance Supervisor to join our team. Job posting coming soon! Apply online on our website or send your resume to hr@petroglyphdg.com.

Stay updated: petroglyphdg.com/career-opportunities.



STAY CONNECTED



@petroglyphDG



@petroglyph_dg



@petroglyphdg



HOME MAINTENANCE TIPS FOR COLDER TEMPERATURES

(From the SFN maintenance & operations team)



- **“Spiking” the heat:** *It is best to leave heat on in a house at a constant temperature rather than spiking the heat or “jacking” the heat to a higher temperature for a short period of time. These temperature spikes will also significantly increase Hydro costs.*
- **Plug-in heaters:** *Portable plug-in heaters can be both dangerous and costly. Leaving one heater plugged-in for 1 month’s constant use can increase one’s Hydro up to almost \$100.00. Leaving the plug-in heater close to combustibles (furniture; clothing; blankets etc.) can cause fires.*
- **Hose Bibs:** *Hoses being attached to exterior hose-bibs can cause the piping inside the exterior wall to burst. Older homes do not have frost free hose bibs.*
- **Vents:** *Avoid leaving crawl space vents open, or completely missing.*
- **Air Flow:** *Always try and leave windows open a crack for air-flow, even during cold weather periods. Always leave drapes/window coverings slightly open for air-flow, even during cold weather periods to reduce condensation and mold growth.*

More community maintenance info is available at:

www.snuneymuxw.ca/services/capital-and-infrastructure-projects





✦ ● ● ● ● ● XWI'EM ● ● ● ● ● ✦

Storytelling Workshop

STARTS
19TH
FEBRUARY
WEDNESDAY

✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦

4:30PM DINNER
HUL'Q'UMI'NUM'
LANGUAGE LEARNING
THROUGH STORYTELLING

✦ ✦

COMMUNITY LEARNING
TOGETHER:
STORYTELLING IS HOW
WE PASS ON OUR
HISTORY & TEACHINGS

WEDNESDAYS IN
FEBRUARY:

19TH

26TH

MARCH:

5TH

12TH

TO PARTICIPATE:
contact Chenoa Point
chenoap@snuneymuxw.ca
250-740-2300





British Columbia Assembly of First Nations

YOUTH

VIRTUAL DIALOGUE SESSION

February 11, 2025

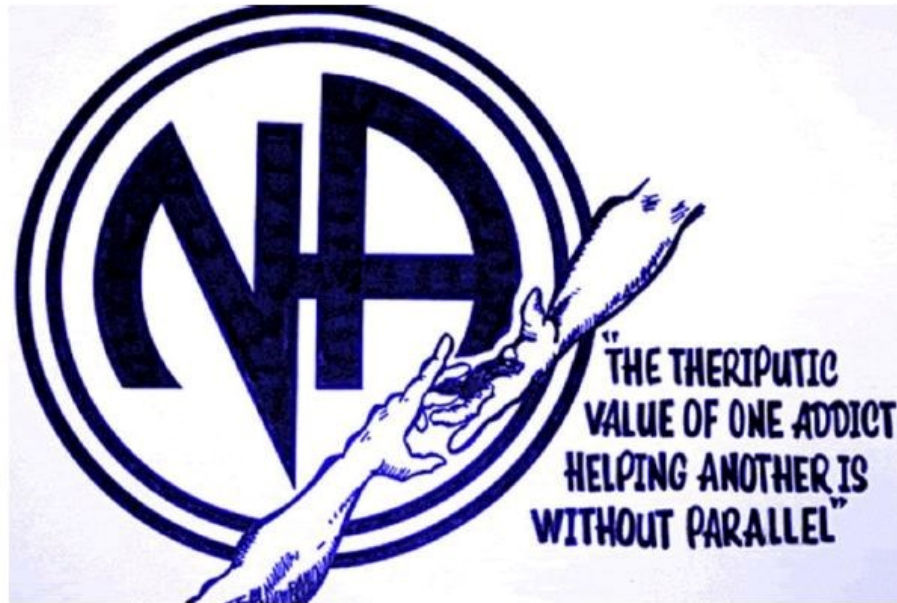
Win Prizes!

Save the
Date!

Registration
coming
soon!

BC First Nations
Youth ages 18 - 29
are eligible to
register

events.bcafn.ca



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

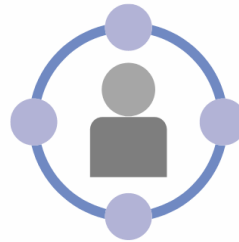
1.

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.,
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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

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

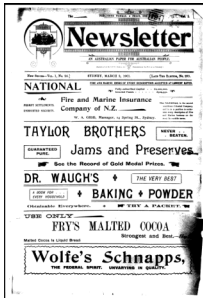
Marina White
250-668-5244
marinaw@snuneymuxw.ca

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.