

Snuneymuxw News

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

Table of Contents:

- **hul'q'umi'num' spotlight**
- **Racing Waters/Island Brave**
- **Membership Code**
- **PDG October updates**
- **Housing information**
- **Fire Safety for colder weather**
- **Sacred Girls Program**
- **Sacred Sidekicks**
- **Snuneymuxw Women's Group**
- **How to access support**
- **Hulit Lelum Support services**
- **SFN contact info**

Newsletters 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

OCTOBER 2026



xwusulénuxw

(October)



yuḡáy'tlthut

(Fall/Autumn)

'iyus píxwum
(Wishing you a happy fall season)

Ihuquíc

(Moonlight)

slhuípu'éḡuḥ

(Bat)

ci:tmuxw

(Owl)



ISLAND BRAVE CANOE CLUB

RACING WATERS

A docuseries that follows our own Island Brave Canoe Club through their 2025 race season, from the Coast Salish race circuit all the way to the World Distance Championships in Brazil.



It's been a powerful thing to see our paddlers, families and teachings on screen, and a lot of people have been reaching out to share how inspired they are.

The series shows the training, the pressure and the wins. It also shows the bigger story: **intergenerational learning, what it means to carry your family's legacy in the canoe and the connection between our people and the waters we come from.**

New episodes air Sundays at 5 PM on APTN, and every episode so far is streaming on APTN+. The series will also be released in *hul'q'umi'num'* on APTN Languages at a later date.

Great news: a second season is already in production!



WELCOME HOME ISLAND BRAVE



Our paddlers have returned from Moloka'i, Hawai'i, where they competed in the 2026 Moloka'i Hoe, the men's world championship of outrigger canoe racing, representing Snuneymuxw and Canada.

The race covers about 41 miles of open ocean across the Kaiwi Channel, from Moloka'i to Waikiki, and is known as one of the sport's toughest crossings. Crews came from Hawaii, Tahiti, Australia and all over the world

Island Brave finished 58th out of 103 teams, which is a huge accomplishment.

hay ce:p qa' to our paddlers for representing Snuneymuxw with so much strength and heart.

hay ce:p qa' to everyone who helped make this journey possible.



ǵe'ǵe'
qwelstuxw
MEMBERSHIP CODE

shxuǵálséwtǵw

Writing our own future

Membership is more than a legal definition or a name on a list. It is about family, identity and building a strong Snuneymuxw.

The Snuneymuxw Membership Code is a critical part of our inherent right to govern ourselves. It affirms that Snuneymuxw have the authority to decide who belongs to our Nation.

For generations, outside laws and systems have tried to define us. The Canadian government has been deciding who is and who is not Snuneymuxw for 150 years. **It is our time to take this jurisdiction back.** By developing our own Snuneymuxw Membership Code, grounded in our laws, values, and snawayalth, we take another important step in exercising our authority as Snuneymuxw people.

Please visit snuneymuxw.ca/cp/codes/ to learn more about the Snuneymuxw Membership Code and process.

tu'ut sya:ys ct

Members are invited to share their vision for the future of Snuneymuxw Membership. Please see the back on how you can share your voice.



ǵe'ǵe'
qwelstuxw
MEMBERSHIP CODE

SNUNEYMUXW MEMBERSHIP CODE Membership Questionnaire

As we continue to draft a Snuneymuxw Membership Code that is truly reflective of our community, we want to hear from you.

Snuneymuxw members are invited to answer our **Snuneymuxw Membership Code – Member Questionnaire** to help ensure the Snuneymuxw Membership Code is created for Snuneymuxw, by Snuneymuxw.



Please scan the QR code or visit
snuneymuxw.ca/cp/codes/to
to complete the questionnaire online.

Members who wish to fill out a paper copy of the questionnaire or provide feedback in person are asked to contact Rae-Ann Joseph, Communications Engagement, at rae-ann.joseph@snuneymuxw.ca

Complete the survey before **November 15, 2026**, for a chance to be entered to win a \$500 gift card to Superstore.



PETROGLYPH
DEVELOPMENT GROUP

October **UPDATES**

INDIGENOUS BUSINESS AWARD



We are honoured to be recognized as Community-Owned Business of the Year – Two or More Entities through the British Columbia Achievement Foundation's Indigenous Business Award (IBA) program.

We accept this recognition on behalf of the Snuneymuxw members whose priorities guide our work and shape our future.

See the full announcement here:



VILLAGE AT STLILNUP UPDATE



We're working hard alongside our tenants to get the spaces ready for you! Want to stay in the loop? Sign up for the newsletter to receive updates, announcements, and more as we get closer to opening.

hay ce:p qá' to our stlilnup community, for your patience.





PETROGLYPH
DEVELOPMENT GROUP

SUPPORTING ISLAND BRAVE



We are proud to be a Sponsor of Island Brave Canoe Club, supporting the team to travel and compete at the Moloka'i Hoe World Championships this October.

Learn more at:



FNFA 19TH AGM SPEECH

At the First Nations Finance Authority 19th recent AGM, Ian Simpson, our CEO, touched on economic reconciliation, strategic business acquisitions, the advantage of FNFA, and much more.

You can watch the full speech here:





PETROGLYPH
DEVELOPMENT GROUP

NUWÍLUM JOSH!

My name is Josh, and I'm a proud member of Snuneymuxw First Nation. After growing up mostly in Calgary, Alberta, I'm excited to reconnect and learn more about the culture I missed out on growing up. I'm joining the PDG team as an Accountant, bringing a Bachelor of Business Administration in Accounting with a minor in Energy – Oil and Gas, along with experience as a Controller's Assistant at a Western Star dealership, where I streamlined monthly reporting tasks from weeklong projects to single-day processes.



I believe in lifelong learning and look forward to growing while contributing to the Nation's businesses and community. Outside of work, I enjoy cooking, fantasy media, tabletop and retro games, and spending time outdoors.

UPCOMING OFFICE CLOSURES

REMEMBRANCE DAY:

WEDNESDAY, NOVEMBER 11, 2026

HOLIDAY CLOSURE:

MONDAY, DECEMBER 21, 2026 –

FRIDAY, JANUARY 1, 2027

JOB OPPORTUNITIES

Stay updated: petroglyphdg.com/careeropportunities.





Snuneymuxw Housing **Department**

Housing registry applications need to be renewed every 12 months or if there is changes in address, contact information or change in family unit.

Housing applications can be picked up at the housing office located at 1451 Macmillan Road (Portable beside the SFN Health Centre) or sent via mail or email.

Any questions, please contact SFN Housing at

SFN HOUSING:

OFFICE PHONE: 250-740-2354

EMAIL: HOUSING@SNUNEYMUXW.CA



FIRE SAFETY FOR COLDER WEATHER

PREPARE YOUR HOME FOR COLDER WEATHER WITH THESE TIPS FROM THE HOUSING DEPARTMENT

- Before turning on heat sources for the season ensure they are free of dust and clutter surrounding the heat source
- Ensure portable heaters are in good working order
- Never leave lit candles, incense, or smudge unattended
- Ensure smoke alarms on every level of the home is in working order
- Reducing clutter in the home can allow heat to move better through the home and reduce the risk of house fires

**ANY QUESTIONS? NEED ASSISTANCE?
CALL THE HOUSING TEAM!
250-740-2354**





PROTECTING OUR COMMUNITY: FALL VACCINE CLINIC

RESPIRATORY SYNCYTIAL VIRUS VACCINE

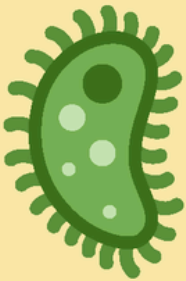
Eligibility:
60 years +

INFLUENZA VACCINE

Eligibility:
6 months +

COVID-19 VACCINE

Eligibility:
6 months +



DROP-IN CLINIC EVERY TUESDAY

STARTING OCTOBER 13TH

8:30AM - 3:30PM

AT SNUNEYMUXW HULIT LELUM



Keeps our elders,
children and
those with health
conditions safe.



Protects your
family and
community.



Helps prevent
serious illness.



Safe, effective and
recommended
every year.



1451 MACMILLAN
ROAD, NANAIMO BC



250.740.2337



xe'xe qlumi

SACRED GIRLS PROGRAM

Life skills | Friendships | Self-empowerment

Come and find your gifts



EVERY THURSDAY
4:00-5:30PM
FOR AGES 7-9



669 CENTRE ST
(EDUCATION
PORTABLE)

Start Date:
October 15th 2026



Register Today

thixwum, contact Nan at
nancys@snuneymuxw.ca



SACRED SIDEKICKS

*young mens group
with Marty W and Nan*

✨ *For ages 11-14*

 *Every Monday*

 *3:30-5:00pm*

***Start Date:
September 28th 2026***

 669 Centre St
(Education Portable)

ʔhixwum, contact Nan at
nancys@snuneymuxw.ca



Snuneymuxw Women's Group

tle'shun
"You are invited"



11:00 AM-1:30 PM



Health Center



1451 MacMillan Rd.



Connect



Nourish



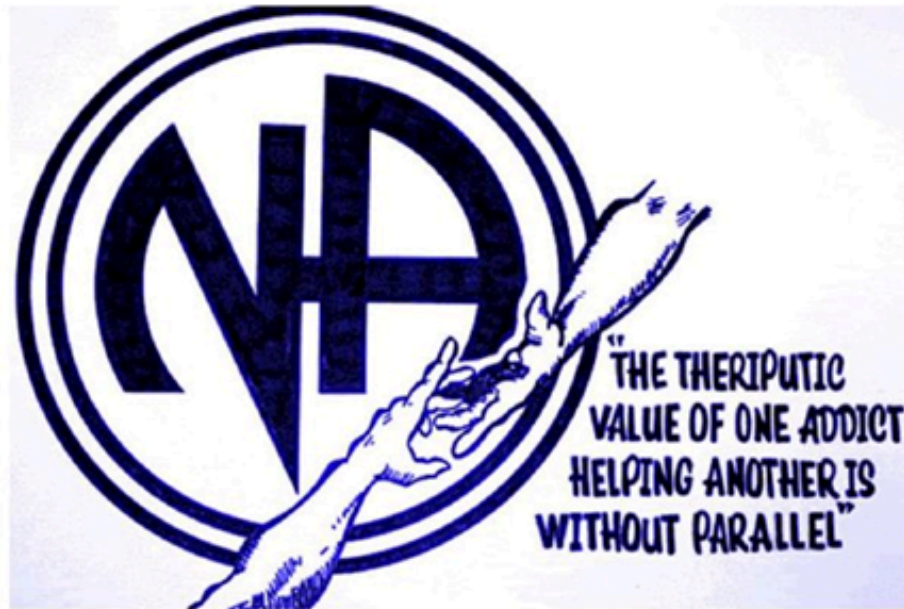
Create



**Oct 27, Nov 12,
Nov 26, Dec 10,**



Got Questions? Need a Ride? Contact:
brittanie.bates@snuneymuxw.ca
(250) 740-2337 Ext. 9031



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 a counsellor. 250-740-2337
- 2.** We book your first appointment and look forward to welcoming you.
- 3.** You and a counsellor 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



SNUNEYMUXW HULIT LELUM SUPPORT SERVICES

SFN Counselling Services

SNUNEYMUXW HULIT LELUM
1451 MACMILLAN RD., NANAIMO, B.C.

Front Desk: **Appointment Line:**
250-740-2337 **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
- 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.

SNUNEYMUXW HOUSING EMERGENCY CONTACT INFORMATION (AFTER-HOURS SUPPORT)

Emergency Line: 250-716-6548

Emergencies include:

- Safety concerns
- Fire or flooding
- Immediate risk to life
- Damage or risk to the structure
- Locked out / no access



ADDITIONAL HELPFUL RESOURCE INFO:

SNUNEYMUXW EMPLOYEE BENEFITS:

If you are employed with Snuneymux 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. SN 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 HULIT LELUM SUPPORT SERVICES

Derrick Seward supports families in Snuneymuxw who are connected with Child & Family Services.

Office: 250-740-2337

Cell: 250-797-4522

Email: derrick.seward@snuneymuxw.ca



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 PICK UP:
WEDNESDAY**

**GARBAGE PICK UP:
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.)

MEMBER CONTACT INFO:

**Has your email, phone number,
or address changed?**

Please update your contact information, with our membership team. This helps us keep you informed about important updates.



ONLINE FORM:

www.snuneymuxw.ca/membership



QUESTIONS?

Contact our membership team at:

250-740-2300

membership@snuneymuxw.ca

hay ch qá' (thank you) for your help!

HEALTH CLINIC & EMERGENCY

**Health Centre Front Desk:
250-740-2337**

**Health Centre
Appointment Line:
250-740-2345**

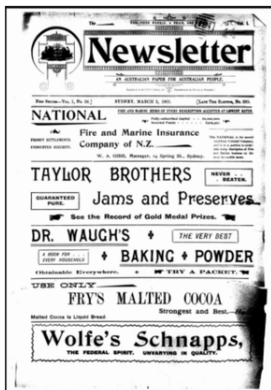
**Cheryl Mooney
250-668-2644
cmooney@snuneymuxw.ca**

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

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

**Housing:
250-740-2354**

**Are you interested in
delivering the
Snuneymuxw News?**



If so, please call the
Main Office
250-740-2300
and ask for your name
to be added to the list of
people who deliver the SFN
Newsletter.

**Check out the latest
Nation Job Postings:**

www.snuneymuxw.ca/jobs

Follow us on Facebook:

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

SFN NEWSLETTERS

Also available on the
website as PDFs:

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

Visit www.snuneymuxw.ca for
more info, and to sign up to have
the newsletter sent to you by email.

HANDY NUMBERS

**SFN Admin Office:
250-740-2300**

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**

