Snuneymuxw News

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

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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

NOVEMBER 2026

Snuneymuxw News



tum̓ḱwáluxw

(November)

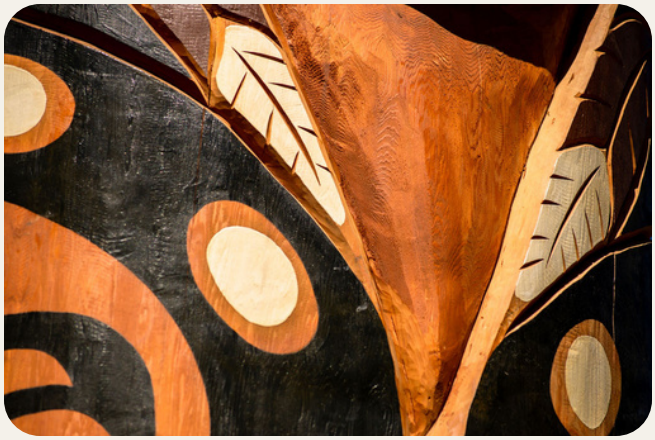
huli’t

(heal)



siyéy̓u

(Friends)



laĺum̓uthut

(take care)

shxwuẃéli

(family,community)

UPDATE RE: MEMBERSHIP CODE

Dear Snuneymuxw mulstimuxw,

Thank you to those who have participated in the Snuneymuxw Membership Code Process. Recently, several important questions have been asked by our community members.

WE WOULD LIKE TO SHARE:

Question: Will there be a vote on the Membership Code taking place in 2026?
Answer: No, it is important to take the time necessary to ensure that our community offers input and builds an understanding about our Membership Code. Our vote will likely take place in early 2027.

Question: Could I lose my Snuneymuxw membership once the new Code is in place?
Answer: No, this process will not remove current Snuneymuxw membership. If you are a member now, you will be a member under any new Snuneymuxw Membership Code rules.

Question: Will I need to re-apply for Snuneymuxw Membership?
Answer: No, the application process is for new and future applications under the Snuneymuxw Membership Code.

Question: Could this affect my status?
Answer: No. Snuneymuxw cannot make changes to Indian status. Status is confirmed by Indigenous Services Canada (ISC) in Ottawa, the Snuneymuxw Membership Code does not have control over Indian Status.

STATUS AND MEMBERSHIP ARE TWO DIFFERENT THINGS:

- Indian status is federal. It comes from the Indian Act, is recorded by ISC on the Indian Register and is what your status card shows. Only Ottawa can grant or change it.
- Snuneymuxw membership is ours. It is about who belongs to our Nation. With our own Membership Code, Snuneymuxw (not Ottawa) will decide who our future members are.

Since the first families, Snuneymuxw People have carried systems of belonging grounded in love, respect, collective wellbeing, and sacred responsibility to one another as real relatives. These systems were nurtured through family, community, ceremony and shared responsibility to the lands, waters, and all living beings surrounding us.

The Snuneymuxw Membership Code focuses on carrying teachings forward in ways that restore trust, strengthen families, honour women and future generations, and rebuild the sacred relationships sustaining our people across generationy. Developing our Snuneymuxw Membership Code is a significant and foundational act of self-determination. We will move forward together.

hay ce:p ɋa’

PETROGLYPH
DEVELOPMENT GROUP

November UPDATES

COMMUNITY-OWNED BUSINESS OF THE YEAR AT 2026 INDIGENOUS BUSINESS AWARDS



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:

FNCC COMMUNITY UPDATE



Over the past year, the FNCC team has been focused on building a strong foundation for a successful, long-term cannabis business. This has included navigating Health Canada's licensing requirements, commissioning the facility, developing our cultivation systems, testing our growing environment, establishing quality-control processes and building relationships with commercial partners. That work is now bringing FNCC into its next phase, marking an important step forward for the business and its future.

PETROGLYPH
DEVELOPMENT GROUP

BUSINESS BURSARY WINNERS

We are pleased to announce that the PDG Business Bursary has been awarded to Gordon Walls-Good and Jami Barney!

We're happy to support Jami and Gordon as they continue their educational journeys. Their commitment to learning, leadership and creating opportunities reflects the values at the heart of PDG's mission.

Keep an eye out for the next PDG Bursary announcement next summer!



UPCOMING OFFICE CLOSURES

HOLIDAY CLOSURE:
MONDAY, DECEMBER 21, 2026 –
FRIDAY, JANUARY 1, 2027

JOB OPPORTUNITIES

Stay updated: petroglyphdg.com/careeropportunities.

SNUNEYMUXW FIRST NATION

MARINE DIVISION

SFN MARINE DIVISION

FALL CHINOOK RUN



Each year, Snuneymuxw First Nation's Marine Technicians work alongside the Nanaimo River Hatchery to collect salmon broodstock. This important work supports the recovery and long-term sustainability of salmon populations throughout Snuneymuxw Territory.

Broodstock collection and hatchery enhancement are particularly important for our threatened Spring and Summer Chinook populations, which return to the Nanaimo River and spawn in areas around First Lake and beyond. These populations have experienced significant declines, making ongoing recovery efforts essential to their survival.

Our Coho and Chum populations also benefit from hatchery enhancement, with both showing encouraging increases in returns over the past two years.

However, Coho returns remain historically low, and continued recovery efforts are needed to rebuild these populations to healthy, sustainable levels.

By working together to rebuild salmon populations, we are helping ensure that future generations of Snuneymuxw people can continue their deep cultural connection to salmon and the river that sustains them.

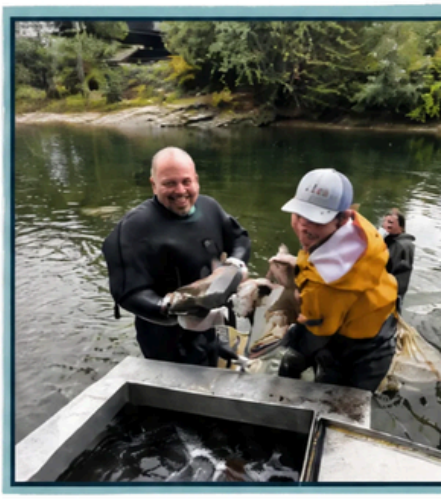
CHUM UPDATE:

As of November 4 2026, Chum numbers are at

44,000!







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, insence, 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



Medical Transportation Benefits – Important Update

Please be advised that Snuneymuxw currently provides Medical Transportation Benefits to on-reserve Snuneymuxw clients only. If you reside off reserve, please connect directly with First Nations Health Authority (FNHA) Health Benefits for assistance with Medical Transportation.

If you have any questions, are unsure of your eligibility, or would like clarification on what supports are available, please don't hesitate to reach out. I am happy to help guide you in the right direction!

Samantha Wesley
NIHB Clerk

Email: samanthaw@snuneymuxw.ca

Telephone: 250-268-7725

Medical Transportation Benefits

First Nations Health Authority
Health through wellness

The Medical Transportation Benefit is intended to help you access medically necessary health services not available in your community of residence.

This may include coverage towards the cost of travel, meals, and accommodation. If you need help getting to or from your appointments, your Medical Transportation Benefits may also cover the cost of an escort to travel with you.

What my plan covers

You can access Medical Transportation Benefits for travel to access health services, including the following:

- Services eligible under First Nations Health Benefits (e.g., dental, vision, etc.).
- Medical services covered by the BC Medical Services Plan or a public health agency (e.g., cancer related travel).
- Publicly funded diagnostic tests and preventative screening programs.
- Traditional healers, if approved as an Exception.
- First Nations Health Authority funded Treatment Centres for substance use, recovery, and trauma programs.
- Witnessed ingestion of Opioid Agonist Treatment.

What my plan does not cover

Some types of travel that are not covered include, but are not limited to:

- Travel back to your community of residence if you become ill during non-medical related travel.
- Travel to pick up prescriptions, glasses, or medical supplies and equipment that do not need to be fitted (e.g., off the shelf braces).

For additional information on current Medical Transportation rates, escort eligibility, documentation or required travel forms, scan the QR code to visit fnha.ca/benefits/medical-transportation.

How Do I Access Coverage?

Where you access the program depends on what Nation and/or community you are from and where you live.

If you live in community, please contact your community's Patient Travel Clerk to access your Medical Transportation Benefits.

If you live outside your community, or are unsure who to contact for your travel, please call us at **1-855-550-5454**.

1. **Submit your travel request and your written confirmation of appointment at least five business days before your trip to get prior approval.**
2. **Your Patient Travel Clerk or First Nations Health Benefits will send you your travel arrangements.**
3. **Attend your appointment as scheduled and get a signed Confirmation of Attendance Form from your Provider.**
4. **Submit your Confirmation of Attendance Form to your Patient Travel Clerk or to First Nations Health Benefits.**

Some requests may require additional documentation, such as an Escort Form or referral letter. First Nations Health Benefits or your Patient Travel Clerk can guide you through this process.

For more detailed information about your Medical Transportation Benefits, please scan the QR code to access the Medical Transporation Client Guide or call 1-855-550-5454.

September 2025

Snuneymuxw Women's Group

tle'shun

"You are invited"

11:00 AM–1:30 PM

Health Center

1451 MacMillan Rd.

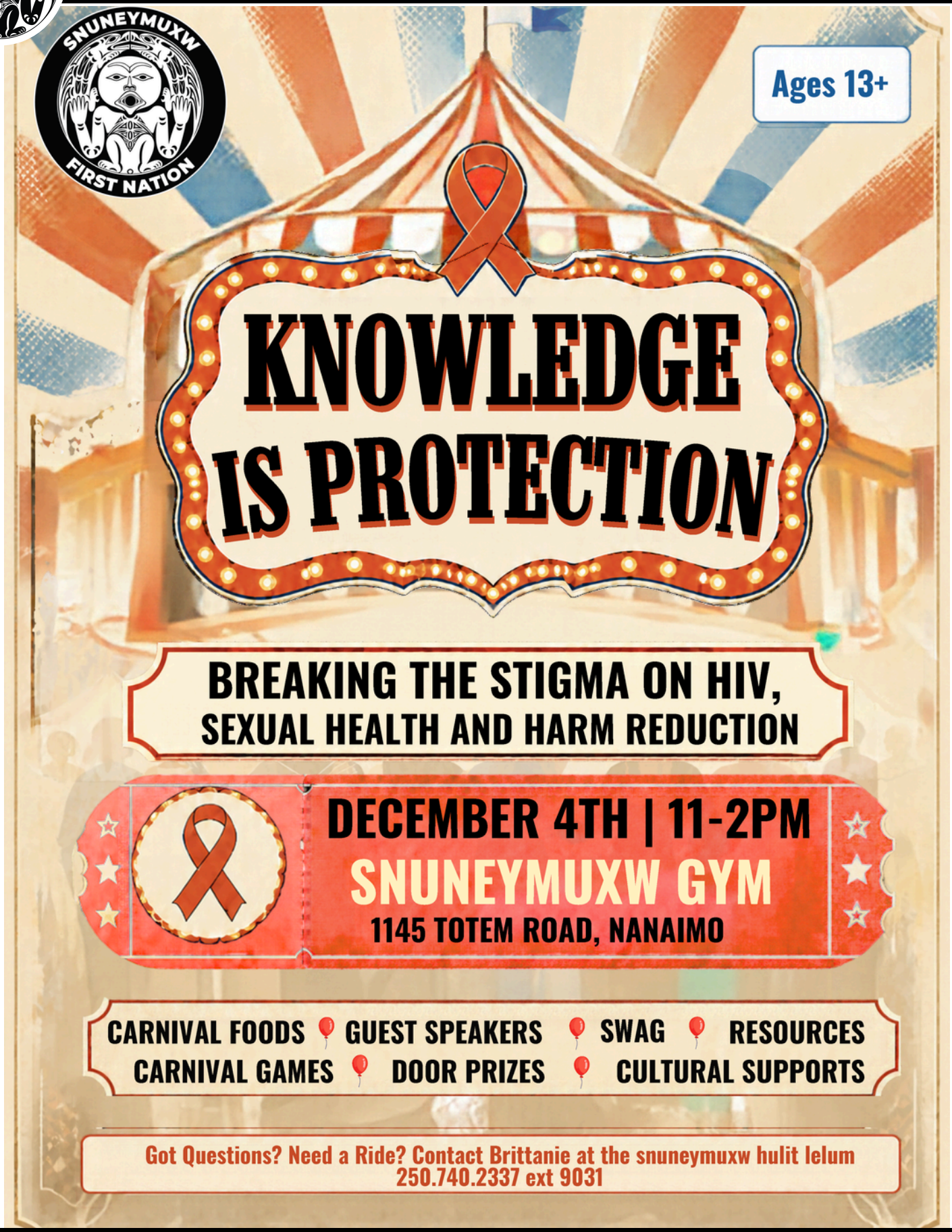
Connect

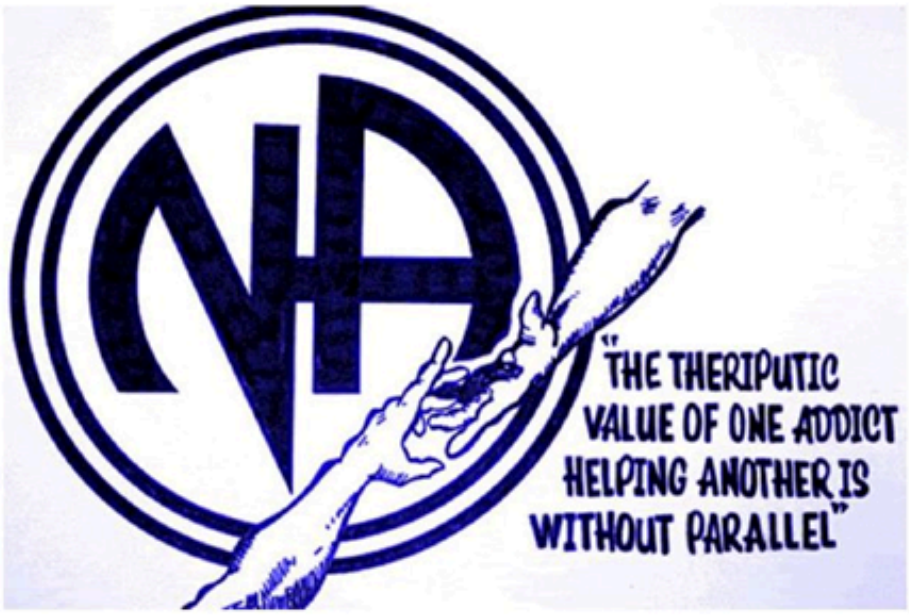
Nourish

Create

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

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


SNUNEYMUXW FIRST NATION
Ages 13+
KNOWLEDGE IS PROTECTION
BREAKING THE STIGMA ON HIV,
SEXUAL HEALTH AND HARM REDUCTION
DECEMBER 4TH | 11-2PM
SNUNEYMUXW GYM
1145 TOTEM ROAD, NANAIMO
CARNIVAL FOODS
GUEST SPEAKERS
SWAG
RESOURCES
CARNIVAL GAMES
DOOR PRIZES
CULTURAL SUPPORTS
Got Questions? Need a Ride? Contact Brittanie at the snuneymuxw hulit lelum
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: 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
- 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.)

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.

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 q̓a' (thank you) for your help!

Check out the latest Nation Job Postings:

www.snuneymuxw.ca/jobs

Follow us on Facebook:

www.facebook.com/SnuneymuxwFirstNation

SFN NEWSLETTERS

Also available 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.

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

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