

STAULISTATION

NEWSLETTER

ISSUE #43 AUGUST 2023



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RESOURCE PHONE DIRECTORY

AFTER HOURS EMERGENCY CONTACTS

Sewer/Water Emergencies Stz'uminus Health

Shan Freeburn 250 618 2077 Allison Blank 250 619 9419

Police, Fire, Medical Emergency 9-1-1 Ladysmith RCMP Non-Emergency line 250 245 2215

Department	Employee	Phone Number & Extension
Administration Office		250 245 7155
Housing	Teoni	Ext 282
Public Works	Shan Freeburn	Ext 244
Public Works & Maintenance	Charles	Ext 277
Community Manager	Stephen	Ext 249
Social Development & Membership	Andrea	Ext 224
Director of Administration	Trevor	Ext 269
Social Development & Membership	Sam	Ext 223
Human Resources		Ext 230
Fisheries	Roger	Ext 232
Communications Coordinator	Damien	Ext 283
Executive Assistant	Della	Ext 233
Rights & Title	Nicole	Ext 239
Family Advocate	Anne J.	Ext 241
She'ey'tun Coordinator	George H. Jr	Ext 284
Education Manager	Justin	250 667 4399
Post-Secondary Coordinator	Josie	250 713 4701
Emergency Program Coordinator	Krista	250 739 1468

Stz'uminus Primary School
Stz'uminus Community School
Nutsumaat Lelum Child Care
Centre
Stz'uminus Health Centre
Stz'uminus Community Centre
250 245 0275
250 245 6650
250 245 0994
250 245 8551
250 245 9372

Coast Salish Development Group250 924 2444Husky Gas Station250 245 5244Esso250 924 0934

03

Starting **August 1**, ALL Stz'uminus admin staff will be working from Monday-Thursday. Our Admin office will be closed on Fridays. Our hours will be from 8am-5pm to make sure we are still working the same amount of hours each week.

MENTAL HEALTH & WELLNESS QUICK REFERENCE SUPPORT LINES

Mental Health and Crisis Support Lines

Hope for Wellness Helpline:1-855-242-3310

Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

Indian Residential School Survivors Society: 1-604-985-4464/toll-free: 1-800-721-0066

KUU-US Crisis Line Society: 1-800-588-8717

Toll Free Aboriginal provincial crisis line operates 24 hours.

Tsow-Tun Le Lum Society: 1-250-268-2463

24 hour support line supporting those struggling with addiction substance misuse, supports

for trauma, and /or residential school survivors

Addictions and Substance Misuse Supports

Kids Help Line: 1-800-668-6868 **Adults Help Line:** 1-800-663-1441

HealthLink BC: 811

Domestic Violence or Abuse

If you are in immediate danger call 911

Domestic Violence Help Line: 1-800-563-0808 (free, confidential, 24/7)

VictimLinkBC: 1-800-563-0808

toll-free, confidential, service available across B.C. 24 hours a day,7 days a week

KUU-US Crisis Line Society: 1-800-588-8717

Toll Free Aboriginal provincial crisis line operates 24 hours.

Hope for Wellness Helpline: 1-855-242-3310

Help Line offers 24 hour immediate mental health counselling and crisis intervention to all

Indigenous peoples across Canada.

Support for Children and Youth

Kids Help Phone: 1-800-668-6868

Helpline for Children in BC: 310-1234

KUU-US Crisis Line Society Child and Youth Crisis:

1-250-723-2040 or toll free 1-800-588-8717

crisis line operates 24 hours.

If you or someone you know is struggling to maintain Mental Wellness you can reach out for support to either to a hotline, a Mental Health Counsellor Clinician, a Doctor, Health Care Provider or Nurse Practitioner in your area.



Paddle to Muckleshoot CANOEJOURNEY 2023

In a vibrant display of unity, resilience, and cultural heritage, the Canoe Journey 2023: Paddle to Muckleshoot commenced with great enthusiasm as indigenous communities from across the region embarked on a memorable expedition. This annual event, steeped in centuries-old traditions, brought together tribes from various backgrounds to celebrate their shared history and strengthen their connections.

The Canoe Journey, also known as the Tribal Canoe Journey or the Paddle to Muckleshoot, is a sacred pilgrimage that honors the ancestral waterways and promotes intertribal friendships. Each year, tribes from the Pacific Northwest and beyond gather

to paddle traditional canoes, retracing the historical routes their ancestors once traveled. This significant event not only preserves cultural practices but also serves as a reminder of the bond between the native peoples and the water that sustains them.

The 2023 Paddle to Muckleshoot is hosted by the Muckleshoot Tribe, who extended a warm welcome to participating tribes, guests, and visitors. The journey commenced from various starting points, with canoe families setting out on diverse routes that will eventually converge at the Muckleshoot Indian Reservation in Washington.

For weeks leading up to the event,

preparation and anticipation filled the air as canoe families readied themselves for the arduous yet rewarding voyage. Each canoe, intricately carved and adorned, reflected the unique identity and stories of the tribes it represented. The voyage is more than just a physical challenge; it's a spiritual and emotional journey that strengthens cultural bonds and fosters a sense of unity.

Along the way, tribal members will engage in cultural exchanges, sharing traditional songs, dances, and stories. This intermingling of heritage allows participants to learn from one another, highlighting the diverse richness of indigenous cultures. It also provided an opportunity for younger generations to absorb the wisdom and teachings of their elders, ensuring the continuation of their heritage for years to come.

On July 20, eight canoes arrived in Thuq'min (Shell Beach) and were welcomed ashore by elder Buffy David. The canoe pullers spent the day training and practicing safety exercises in Stz'uminus before sharing at meal with Stz'uminus leadership and community members at the gym. Our Young Wolves dance group performed a few songs/dances before handing the floor over to our guests. They continued on their journey to Cowichan at 6am the following morning.

The Canoe Journey serves as a potent reminder of the challenges faced by indigenous communities throughout history. It underscores their resilience in the face of adversity and their determination to preserve their cultures and traditions despite the many obstacles they have encountered over the years.

Upon reaching the Muckleshoot Indian Reservation, the atmosphere will be electric with excitement and pride. A grand celebration is awaiting the arriving canoe families and their supporters. The arrival ceremony, steeped in tradition, includes speeches, songs, dances, and a feast shared by all.









Community members, local dignitaries, and visitors from all walks of life will join in the festivities, expressing their support for the indigenous communities and their admiration for the journey's profound cultural significance. For many, witnessing the Paddle to Muckleshoot will be a life-changing experience, fostering a deeper understanding of the importance of preserving indigenous cultures and the environment.

The event had not only strengthened the bonds between the participating tribes but had also kindled a sense of solidarity among all those who bore witness to this extraordinary display of cultural heritage.

The Paddle to Muckleshoot serves as a potent reminder that the resilience, wisdom, and traditions of indigenous communities are treasures that need to be safeguarded and celebrated. After the final day in Muckleshoot comes to a close and the canoes are returned to their homes, participants will depart with hearts filled with gratitude, knowing that they had been part of something truly special—a timeless journey that connects generations and honors the enduring spirit of indigenous peoples.









NORTH AMERICAN INDIGENOUS GAMES



At the 2023 North American Indigenous Games held in Nova Scotia, Team BC was near the top of the medal count. These games celebrated both Indigenous culture and sports and saw participation from 4,881 athletes, coaches, and mission staff representing 750 Indigenous nations from across the continent. The sporting events concluded on Saturday.

Team Saskatchewan topped the medal count with 175 medals. Following Team Saskatchewan in the medal standings were Team British Columbia with 161 medals and Team Ontario with 127 medals. The BC delegation had 535 Indigenous athletes competing in various sports, including traditional Indigenous activities like canoe/kayak, archery, and box lacrosse, as well as soccer, softball, swimming, volleyball, wrestling, beach volleyball, rifle shooting, badminton, baseball, and basketball.

The athletes from First Nation communities across British Columbia not only represented their province but also carried the weight of representing their home communities and families.

Stz'uminus Ione representative Danya Harris took home a bronze medal in the 19U Soccer category. She was also the captain for the Team BC. Her parents are Tim Harris (Stz'uminus) and Shauna Harris (Namgis).

"For us as parents, keeping our kids healthy was a priority. We knew having them in sports would do that. It's also important for their mental health as well. Being fit and in shape helps with mental health. For our kids playing at high levels, it was sort of a bonus for us as parents. We didn't go into it hoping they would be awesome and go on the make millions as a pro player. It wasn't about that at all. Our kids got to socialize with other kids as well and I feel that was important. Meeting new friends is always important for kids. Our two kids also represented their nations (Stz'uminus/Namgis) as well. It's always good for our kids on the reserve to have role models. Our kids on the reserve need to see that anything is possible if you work hard at it. Hard work can pay off." -Tim & Shauna Harris

William Seymour's daughters, Madelyn & Karalyn Morris took home a total of 9 medals for the canoe/kayak category.

Danya Harris -19U Soccer -Bronze Medal

Madelyn Morris - MC1 6000m 19U Female -Gold MC2 1000m 19U Female -Bronze MC2 3000m 19U Female -Silver MC2 6000m 19U Female -Bronze K1 3000m 19U Female -Bronze Karalyn Morris - MC1 3000m 19U Female -Silver

MC2 1000m 19U Female -Bronze MC2 3000m 19U Female -Silver MC2 6000m 19U Female -Bronze

Unfortunately, the closing ceremony and planned concert on Friday had to be canceled due to severe thunderstorms, leading to flooding and impassable roads in central Nova Scotia, including areas of the Halifax Regional Municipality.

Despite the adverse weather conditions, participating in the 2023 North American Indigenous Games was a profound and memorable experience for Team BC's athletes. Many of the young participants were amazed by the high level of competition and the opportunity to build lasting friendships across Turtle Island (North America). These experiences will be cherished by the athletes for a lifetime. Congratulations to all of the athletes, coaches, parents and families!



Pictured above: William Seymours daughters, Madelyn and Karalyn Morris

Danya Harris -Road to NAIG 2023

In 2018 I was able to make the u19 island team to go to Terrace BC for the last selection. We made it to the finals but lost to the Fraser u19 team. I had gotten an all-star that weekend as a 15 year old playing on an u19 team. The coach for the Fraser team asked me to go and practice with them and I eventually joined their team. Once we were getting ready to leave for NAIG, covid hit and the games were cancelled.

NAIG 2023 was my first time participating in the North American Indigenous Games. The experience I had as a captain for this team was amazing! I try my best to uplift my team and show them how hard to fight if they want that gold. For me, I pushed so hard to be able to play for the gold medal but it wasn't in my favour. I pushed these girls to their limit, getting the girls ready for games and



knowing how to hype them up. We all had an amazing time. We were either watching our u19 boys or we were team bonding. The best time I had was at the prep rally where all of the BC teams got together and got to know each other.

The advice I would give for young athletes that are thinking of trying out for Team BC: go into the try outs ready; train everyday and consistently running before it; go into those try outs feeling ready to make that team; be confident in the way you are playing, anyone can make Team BC but you do need to prepare yourself. For myself I had already made the u19 team as a 15 year old so I was going into the try outs very confident.

My favourite memory was being apart of this whole trip. Even though we brought a medal home that wasn't gold, we are still very proud to be able to bring a medal back home for my community and that means more to me than anything. Our team was able to create a family with those girls on and off the pitch. We have created great bonds with both of my coaches.

This might not be my last NAIG. I was asked to join Team BC as a coach the next U19 Girls NAIG team. I will have another opportunity to bring home gold and I look forward to that opportunity!

ABANDONED HOMES



HOUSES DEEMED ABANDONED

36. ABANDONMENT

A house may be considered abandoned based on the following criteria:

- 1. Houses with Residency Agreements: If the house payment has not been paid and the resident is no longer deemed to be living in the house, and after reasonable effort the resident cannot be contacted, then after 30 days of the house payment being due, the house shall be considered abandoned. The Housing Department will follow the proceedings laid out in the Residency Agreement.
- 2. Houses without a signed agreement (i.e. Home Ownership Agreement): If there is no electricity on in the house and the resident is no longer deemed to be living in the house, and after reasonable effort the resident cannot be contacted, then after 30 days of the electricity being turned off, the house shall be considered abandoned.

The following houses have been deemed abandoned by Stz'uminus First Nation:

4076 Eagle Crescent 4100 Eagle Crescent 12641 Sulq'sun Road 12657 Sulq'sun Road

Houses considered abandoned under criteria 2 may be posted in the community allowing the Stz'uminus membership an opportunity to request to renovate the house themselves. Prior to making the request the member is encouraged to get the house inspected to determine the renovations required and estimated cost of the repairs. Members must follow the criteria set out in Section 37 – Member request to renovate an abandoned house at their own cost

37. MEMBER REQUESTS TO RENOVATE AN ABANDONED HOUSE AT THEIR OWN COST

A SFN member may propose, in writing, to renovate an abandoned house at their own cost to bring the house back to a livable standard.

The SFN member must demonstrate the following:

- 1. Financial capability to cover the renovation cost. (Proof of bank loan approval or income statements).
- 2. Qualifications member must show that they have the skills, knowledge and/or have the trades connection to



complete the work required. If electrical repairs or plumbing repairs are needed, a certified electrician or plumber must be hired to do the repairs.

- 3. An understanding to complete the renovation within one year or the house will revert to the band to complete the renovation and allocate as per SFN Housing policy.
- 4. An understanding that the land in which the house is located will remain SFN land.

All renovations must meet or exceed the BC Building Code. The SFN Housing Department will inspect during the renovation and in some cases the member may be required to hire a building inspector to inspect i.e., when structural repairs are required on the home.

If more than one member applies to renovate the same house, the housing allocation policy will be applied to determine the successful candidate.

The successful candidate will conditionally buy the house from Stz'uminus for two hundred and fifty dollars (\$250.00).

The house will be held in trust until the member has completed the renovation.

Going forward:

Once the renovation is complete, a Home Ownership Agreement will be signed with the member.

The Member will take on the responsibility for the ongoing maintenance. They will have the option to sign a maintenance agreement with SFN.

Once the renovation is complete, the SFN member will be required to purchase house insurance annually. House insurance can be purchased through SFN insurance providers.

GARBAGE/RECYCLE BINS



Did you know your garbage, recycling, and compost bins are breeding grounds for an array of harmful bacteria that could be making you sick such as Salmonella, Listeria, Staphylococcus, and E-coli? Not only do they smell awful but they are harmful to your family and pets!

Please make sure your garbage/recycle bins are cleaned regularly and make sure there are no wasp nests located in the bins. Please make sure bins are placed where our operators can see them at the end of driveway or on the

shoulder in front of home.

Like to go dumpster diving? Bees do! Bees love to invade, hive and forage for food inside all these types of bins. Usually when they decide to build a hive, its most commonly under the lid of the bin. Sometimes they just scout and forage for food. They are also attracted to the recycling bin if the soda cans have not been rinsed out. Bees love the sweet, sugary left over colas and will forage for the syrup in the bin. All of the above scenarios can make it quite difficult when you are trying to take out the trash.





NOTE SCHEDULE: Garbage/Recycle pickup will be Mon-Thurs
Monday: Garbage – Kulleet Bay, Church Road, Sandpiper & Oyster
Bay

Tuesday: Garbage – Shell Beach, Sulq'sun, & Eagle Crescent
Wednesday: Recycle Pickup -Shell Beach, Oyster Bay, & #11
communities

Thursday: 8 Am Bins – Schools/ Community/Health/hut'Nutz'Tun & #11

PM – Recycle Pickup Kulleet Bay, Deer Point, Church Rd, Sulq'sun, Sandpiper & Eagle Crescent

NEW EMPLOYEES

STEPHEN COCHRANE

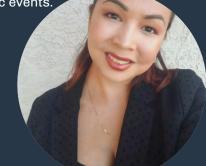
Hello my name is Stephen Cochrane. I am a family man with 4 children, active in baseball and making traditional Coast Salish paddles. I live in Nanaimo and have been working developing community programs for over 30 years in First Nations communities and community recreation facilities all across Canada . I'm originally from Ontario, but moved to the island in 1992 and call it home today. As your community manager I look forward to meeting you , shaking hands, sharing stories as we all work together along with Chief and Council in building a strong and healthy nation of people helping people.



NORMA LOUIE

Yo, Gilakasla

Hi, my name is Norma Louie from Mamalilikulla and Kwikwasut'inuxw Haxwa'mis FN. I come from the Kwakwaka'wakw First Nation people. I am honored to be working as a part of Stz'uminus First Nation community in the role as Community Navigator. I will be assisting in coordinating community engagement activities with direction with chief and council related to CDWAI (Community Development Wrap Around Initiative). I will be here to support all members in the planning and implementation of community engagement activities including workshops and public events.



September is Prostate Cancer Awareness Month



1 in 8 Canadian men will be diagnosed with prostate cancer in their lifetime.



Risk factors for prostate cancer include:

- Age (majority of cases are in men over 50)
- Race (risk is twice as high for black men)
- Family History (having the BRCA gene or relatives with prostate cancer)



Almost all prostate cancer is treatable and, in many cases, it can be eliminated.

Particularly when found early!

Who should be screened for prostate cancer?

There is no screening program for prostate cancer like there is for other cancers (ex. regular mammograms to screen for breast cancer).

The decision to screen for prostate cancer depends on your age, medical conditions, if you are at risk of getting prostate cancer and if you want the test.

Stz'uminus Health Centre will be hosting a Prostate Cancer Awareness Event on September 11, 2023.

If you have any questions about prostate cancer and/or screening, there will be a nurse practitioner you can speak with. More details to come!

Poster created by Alexa Robinson, Stz'uminus Community Health Nurse. Information sourced from http://www.bccancer.bc.ca/library-site/Documents/Prostate-cancer-information.pdf



MARINE/ENVIRONMENTAL THEMED ACTIVITIES

Del and Catherine are the Environmental Stewardship Technicians for Stz'uminus. They come out to the summer camps to run marine/environmental-themed activities. The kids love the activities and learning about the marine life in Stz'uminus territory. Blake, Tom, Del and Waylon took the camp out on Kayaks at Transfer Beach, first time the kids made it out 3 times, they loved the adventure. Thanks to Kwumut Lelum for the free event.

Shirley M. Louie

COMMUNITY CENTRE ACTIVITIES



GARDENING PROGRAM

Our Stz'uminus Community Garden Program Thuyunup Growing together. We have 30 Stzuminus families involved in gardening and still adding more families.

Our program is Tuesday's at 5pm at the community centre, please feel free to stop by and check us out. Matt Arnett is the instructor for the garden program. Matt brings a wealth of knowledge to our garden group. Shirley M. Louie

COMMUNITY CENTRE CALENDAR

		Aug	SUST 2	2023		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
·		Jersey Day 1 Breakfast 9am Kim's Cardio/ water fight Lunch 12pm Gym activities Home time 3pm	Hawaiian Day 2 Breakfast 9am Nail/spa day (girls) Lunch 12pm Sports day (boys) Home time 3pm	NDSS 3 Breakfast 9am Swimming Lunch 12pm Gym Time Home time 3pm	Prep day 4	5
6	Super Hero Day Breakfast 9am Dodgeball, kickball Lunch 12pm Board games coloring contest Home time 3pm	Hippy Day Breakfast 9am Kim's Cardio/ water fight Lunch 12pm Gym activities board games Home time 3pm	9 Nerd Day Breakfast 9am water activities Lunch 12pm Capture the flag Soccer Home time 3pm	Boat Trip/ Fishing Breakfast 9am Lunch 12pm Home time 3pm	Prep day 11	12
13	PJ Day 14 Breakfast 9am Friendship bracelets Lunch 12pm Movie & Just Dance Home time 3pm	Tie Dye Day 15 Breakfast 9am Kim's Cardio/ water fight Lunch 12pm Gym activities Home time 3pm	Dress up Day 16 Breakfast 9am Arts & Crafts, board games Lunch 12pm Minute to win it Home time 3pm	Blue shirt Day 17	Prep day 18	Rental 19
20	Clean U program	p & Prep Wiming	Veek to resu	24 ume regular	25	26
27	28 Aug 21-S	29 Sep 1	30	31		

HEALTH CENTRE CALENDAR

		Aug	SUST 2	2023		
Sunday	Monday	Tuesday 1	Wednesday 2	Thursday Crafts 3	Friday Prep day 4	Saturday 5
		Crafts 11-3 Wellbriety 12:30-3:30pm	Elders Lunch 12pm Nurse practitioner 9:30am-3:30pm	11am-3pm Massage 10:30am-4pm Pre/post natal 11am-2pm Men's group 5-7pm Nurse9:30am- 3:30pm	Tiep day 4	
6	7 Wellbriety 12:30- 3:30pm Nurse 9:30am- 3:30pm	8 Crafts 11-3 Wellbriety 12:30- 3:30pm	9 Elders Lunch 12pm Nurse practitioner 9:30am-3:30pm	Crafts 11am- 10 3pm Massage 10:30am-4pm Pre/post natal 11am-2pm Men's group 5-7pm	Prep day 11	12
13	14 Wellbriety 12:30- 3:30pm Nurse 9:30am- 3:30pm Pharmacist 9am- 4pm	Crafts 11-3 15 Wellbriety 12:30- 3:30pm	16 Elders Lunch 12pm Nurse practitioner 9:30am-3:30pm	Crafts 11am- 17 3pm Massage 10:30am-4pm Pre/post natal 11am-2pm Men's group 5-7 Nurse 9:30am- 3:30pm	Prep day 18	Rental 19
20	Wellbriety 12:30- 3:30pm Nurse 9:30am- 3:30pm	22 Crafts 11-3 Wellbriety 12:30- 3:30pm	Elders Lunch 12pm Nurse practitioner 9:30am-3:30pm Pharmacist 9am- 4pm	Crafts 11am- 24 3pm Massage 10:30am-4pm Pre/post natal 11am-2pm Men's group 5-7pm	25	26
27	28 Nurse 9:30am- 3:30pm	29 Crafts 11-3pm	30 Elders Lunch 12pm Nurse practitioner 9:30am-3:30pm	Crafts 11am- 31 3pm Massage 10:30am-4pm Pre/post natal 11am-2pm Men's group 5-7pm		

Stz'uminus Sxwi'em' Shelh PROJECT



The Stz'uminus Sxwi'em' Shelh Project has been moving forward with our summer program employing five young members four days per week. We have been working hard on cleaning up loose ends and have started building a new outdoor classroom for the land-based education program that will be starting in September.

This all new program will be teaching students skills, culture, and teamwork out on the trail in the mornings and then applying those lessons to academic work in social studies, math, english, and science in the afternoons.

Our goal is to complete the trail by next spring. We would like to say a big huych'qa to Sarah Johnnie for the wonderful lunches this summer, and to Carey Mcrae and Autumn for helping us with all the details.

-Riley McIntosh









GRADUATION CLASS OF 2023

UNIVERSITY/COLLEGE



GRADS

Vancouver Island University Graduates:

Marcus Daniels, Bachelor of Arts, Psychology Minor

Cheyanne Harris, Dental Hygienist

Michelle Seymour, Health Care Assistant

Simon Fraser University Graduates:

Barb Louie, Certificate in Indigenous Language Proficiency

University of Victoria

Candice George, Certificate in Indigenous Language Revitalization Carrielee Harris, Certificate in Indigenous Language Revitalization Clara Harris, Certificate in Indigenous Language Revitalization Kimberly Harris, Certificate in Indigenous Language Revitalization Josie Louie, Certificate in Indigenous Language Revitalization Krista Perrault, Certificate in Indigenous Language Revitalization Roxanne Seymour, Certificate in Indigenous Language Revitalization Shawna Seymour, Certificate in Indigenous Language Revitalization Naiomi Toye, Certificate in Indigenous Language Revitalization Charlotte Elliott, Master of Social Work, University of Toronto Janessa Toye, Bachelor in Kinesiology, B.C.I.T.

SECONDARY SCHOOL



GRADS

Ladysmith Secondary School Graduates:

Damien Daniels Jr. Elizabeth Harris Isabella Harris Gary George Lleyton Harris Terrance Harris Sheldon Harris Owen Harris Waylon Morris Bennett Sampson Chelsea Seymour Taylor Seymour

Stz'uminus Secondary School Graduates:

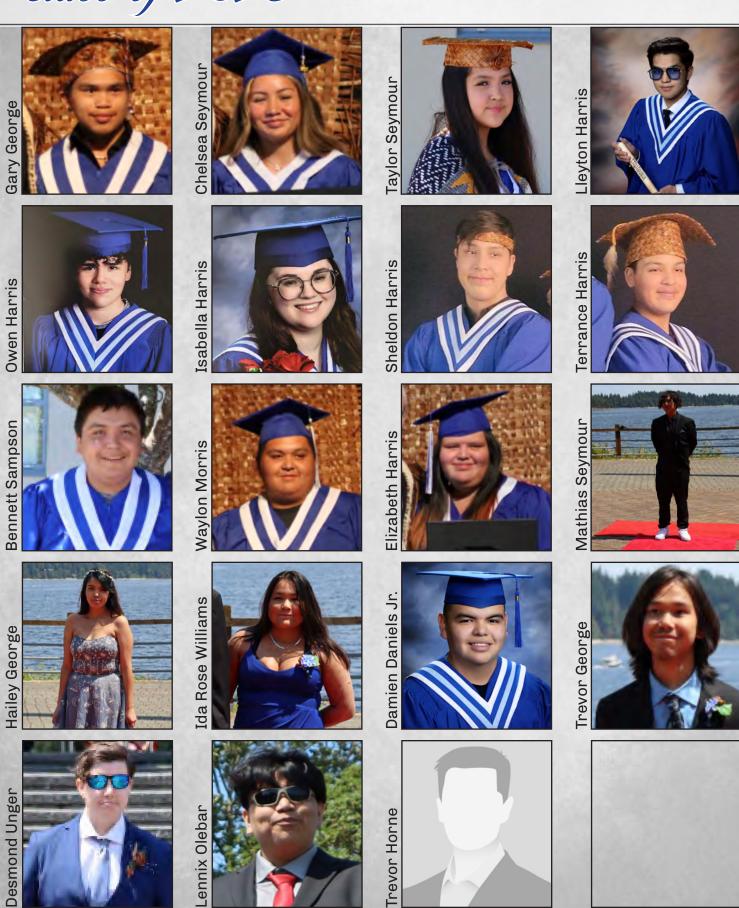
Trevor George Ida Rose Williams Desmond Unger Lennix Olebar

Hailey George Mathias Seymour
Saanich Secondary School: Trevor Horne



21

Class of 2023



STZ'UMINUS FIRST NATION

MARINE STEWARDSHIP NEWSLETTER

ISSUE 11 - AUGUST 2023



MONTHLY NEWS



UPCOMING EVENTS

- Beach closure for shellfish harvesting
- Information on harmful algae blooms
- Intertidal shellfish survey for Kulleet Bay
- Summer camp marine life education
- Terra Remote marine survey

- Intertidal shellfish survey for Nelson Point
- · Low-tech restoration training

BEACHES REMAIN CLOSED FOR SHELLFISH HARVESTING

LAST SAMPLES TAKEN: JULY 21 2023



On June 27, 2023 a harmful algae, Alexandrium, was detected in the waters surrounding IR-13. The hot summer weather has caused more frequent HABS (harmful algae blooms) across Vancouver Island. To protect the health and safety of the Stz'uminus First Nation we have asked that shellfish harvesting for sale or consumption be halted until the presence has dissipated and the appropriate time frame for shellfish tissue to filter out toxins has passed.



The environmental stewardship team, working closely with FNHA WATCH (We All Take Care Of The Harvest Program) has confirmed the presence of Alexandrium with an experienced Biologist dedicated to identifying these algae, and are implementing procedures to minimize risk to community members.

The Environmental Stewardship team will continue to collect samples weekly and provide updates should anything change. Posters, bulletins, and the Facebook page will be updated every couple of weeks.

If a poster remains posted the closure is still in effect.

MONTHLY NEWS



INTERTIDAL CLAM SURVEYS HELD JULY 5-6 AT KULLEET BAY



The lowest tides of the year gave the Environmental Stewardship team the chance to perform an intertidal clam survey. Kulleet Bay was divided into survey areas and randomized plots were excavated in order to collect various species of bivalves, most importantly, Butter, Littleneck and Manila clams. The collected samples were weighed and measured and returned to their original plots. If surveys like this are performed each year we will be able to track the vitality and resilience of the shellfish in IR-13. It also gives us the opportunity to monitor changes that occur within shellfish populations and the potential causes.

An additional survey will be held at Nelson Point during the first week of August. We are once again looking for help with digging, and you are welcome to stop by with questions.



A HUGE THANK YOU TO ALL THE COMMUNITY MEMBERS THAT CAME TO HELP DIG JULY 5-6 AND TO THOSE HELPING IN AUGUST.

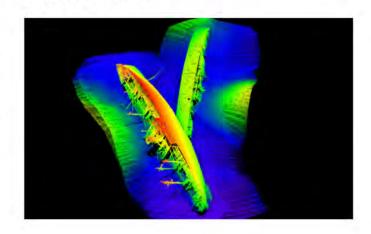
YOUTH CAMP - MARINE ENGAGEMENT



The environmental stewardship team has teamed up with the youth summer camps to provide fun marine-related activities and educational games. Pictured left is the Ocean Wise whales and seaforestation discovery kit with fluke identification cards, different cetacean models, books, and imitation salmon roe.

TERRA REMOTE SENSING - MARINE SURVEYING

Terra Remote Sensing has been surveying the coastlines around IR-13. The high-tech equipment is able to map the ocean floor and detects ghost fishing gear and derelict sunken boats which can later be removed through remediation projects.



MINI MARINE QUIZ - MULTIPLE CHOICE

- 1. Preserving which type of sea life will help most with countering climate change?
- a) sea lions
- b) salmon
- c) kelp forests
- d) sea urchins
- 2. Which is the most likely to kill bivalves and other shellfish such as clams?
- a) tanker pollution
- b) heat domes c) sea lions
- d) harmful phytoplankton
- 3. What % of single-use plastic is actually recycled in Canada?
- a) 9%
- b) 19%
- c) 39%
- d) 49%
- 4. What causes bioluminescence in the ocean?
- a) chemical pollution
- b) microplastics
- c) phytoplankton
- c) fish eggs



UPCOMING EVENTS

If you would like to participate in any of the events listed below please contact Lynn at Lynn.Pinnell@stzuminus.com or call 250-245-7155 ext. 222

Intertidal Clam Survey - Nelson Point August 1-2

The Environmental Stewardship team will be holding a second intertidal clam survey Tuesday and Wednesday August 1st and 2nd at Nelson Point. Low tides will be around 11AM so the team will be active on the beach during the morning. Interested diggers see next page for details.

Low-Tech Process-Based Riverscape Restoration August 16-18 at Kelvin Creek in Cowichan

Community members interested in creek restoration are welcome to sign up for a low-tech process-based riverscape restoration workshop. The workshop will cover basic restoration processes, and the planning designing, and implementation of simple solutions such as beaver damn analogs and post-assisted log structures.

You can contact Lisa Maria Fox at pm@web-bc.ca with questions. Registration for indigenous community members is free at: https://www.eventbrite.com/e/low-tech-process-based-riverscape-restoration-course-tickets-675510990557





In order to serve you better we would like to hear your feedback on ways we can reach you and the community more effectively. Please email Lynn.Pinnell@stzuminus.com if you have suggestions on how we can better communicate information regarding beach closures, local events and training opportunities.

TUESDAY

AUGUST 1ST

AND

WEDNESDAY

AUGUST 2ND

CALLFOR CLAM DIGGERS

WE ARE LOOKING FOR DIGGERS TO JOIN THE ENVIRONMENTAL STEWARDSHIP TEAM IN SURVEYING NELSON POINT.

DAYS: TUESDAY AUGUST 1 AND WEDNESDAY AUGUST 2

TIMES: 7:30-4:00

LUNCH PROVIDED

WORK WILL BE COMPENSATED AND WILL INVOLVE DIGGING SELECTED 1M X 1M SECTIONS OF BEACH FOR CLAMS TO BE MEASURED AND WEIGHED BEFORE BEING RETURNED TO THE SAME LOCATION.

DUE TO BIOTOXIN CLOSURES - CLAMS CANNOT BE TAKEN FOR CONSUMPTION



IF YOU ARE INTERESTED IN JOINING US, PLEASE CONTACT: LYNN PINNELL BY NOON JULY 31ST

T. 250-245-7155 EXT. 222

EMAIL: LYNN.PINNELL@STZUMINUS.COM



Toxic



Shellfish



How to protect yourself from dangerous marine toxins

In our waters, there are some species of phytoplankton (tiny algae) that produce powerful toxins. When temperatures warm and other surrounding conditions become good for them, they multiply very fast, or 'bloom'. The toxins build up in clams and other shellfish as they eat these plankton. Eating toxic shellfish can make you very sick or even kill you.

Please take the following precautions:



USE SAFETY MAPS, APPS, PHONE #'S

We can help you learn how to use the BC Centre for Disease Control or DFO shellfish maps, or the "Can U Dig It" app. 2

CHECK OUR LATEST WATCH NOTICE

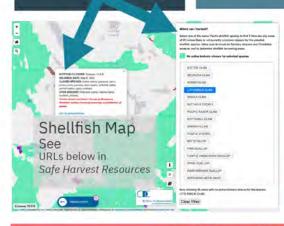
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CONTACT US

Lynn Pinnell Salish Sea Coordinator lynn.pinnell@stzuminus.com

250-245-7155



Water activities such as swimming and paddling are considered low risk. PSP is caused by shellfish consumption where domoic acid accumulates within shellfish tissue.

Seek immediate medical care

at the Stz'uminus Health Centre 250-245-8551, call 9-1-1, or call BC Poison Control 1-800-567-8911 if you are experiencing PSP, ASP or DSP symptoms after eating shellfish.



Learn more with the WATCH Project https://www.fnha.ca/what-we-do/ environmental-health/watch-project



Watch for symptoms of PSP

Paralytic Shellfish Poisoning

Symptoms can start quickly, as little as 30 minutes after eating, but delays up to 12 hours have been reported. Spreading tingling and numbness. Headache, dizziness, nausea, vomiting. In severe cases, choking sensation, loss of control of arms and legs, muscle paralysis, difficulty breathing. Death occurs when muscles used for breathing are paralyzed.

Watch for symptoms of ASP

Amnesic Shellfish Poisoning

Within 24 hrs, diarrhea, nausea, abdominal cramps, vomiting, headache. Within 48 hrs, confusion, disorientation, seizures, coma, memory loss. Longterm consumption of shellfish with lower levels of this toxin has also been linked to memory loss.

Watch for symptoms of DSP

Diarrhetic Shellfish Poisoning

Symptoms can begin between 30 minutes and 15 hours after eating. Diarrhea, nausea, abdominal cramps, vomiting, headache.

STZ'UMINUS FIRST NATION

What you need to know about Shellfish Toxins ("red tide")

Some harvest teachings are less reliable in a changing climate



"The water is clear, so it's safe to harvest."

Not all toxic blooms cause a 'red' tide. They may be other colours or colourless.



"The water is red, so it's unsafe to harvest."

Reddish water may be caused by other, non-toxic organisms.



"When the bloom is gone, it's safe to harvest."

There may be toxins present in shellfish even after the bloom is gone. Some species, like butter clams and razor clams, may hold on to toxins longer than other shellfish.



This is why a harvest area can be closed for one species but not another.



"It's safe to harvest in the months with an 'r' in them."

Harmful phytoplankton are now found in our waters in every month of the year.



"If the birds (or other wildlife) eat the shellfish, so can we."

Different species tolerate toxins in different ways. You may not respond to a toxin in the same way as another animal.

Note that many animals have become ill or died from eating prey that contain toxins.



You can't tell if a shellfish is safe to eat by how it looks or smells.

This is why we look for other ways to judge if shellfish are safe to eat, such as whether toxic producing phytoplankton are in the water, or testing water or shellfish tissue in a lab.



Shellfish toxins may be very local or widespread.

One beach can have toxic shellfish, while a nearby beach is clean. Some beaches can have areas that are safe and unsafe.

With consistent, long-term monitoring and testing we can better understand what factors make certain areas more likely to grow or gather toxic phytoplankton.



Other seafood may contain toxins too.

While clams and other bivalves are the seafood species most likely to have dangerous levels of toxin, other animals can build up toxins too. For example, crabs that eat toxic shellfish may have high levels of toxin in their guts. Marine mammals have become sick from consuming planktoneating fish such as herring. Ask WATCH about the risks of eating each species.

What you need to know about Shellfish Toxins ("red tide")

Reduce your risk when preparing & eating shellfish



Cooking and freezing gets rid of the toxins.

No! You cannot cook or freeze the toxins out of the shellfish.

In fact, cooking can sometimes move toxins from parts that you don't usually eat to the parts you do eat. Boiling crabs whole can transfer toxin from the guts to the meat, for example.

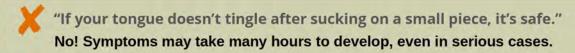


! Are there food preparation practices that reduce my risk of eating toxins?

While it is good practice to remove siphons, neck and gills from clams and other bivalves (as these tend to concentrate toxins), the meat can still be extremely toxic.

Clean the viscera/guts out of crabs, prawns and shrimp before cooking.

Discard these so pets and other animals can't eat them.



- Remember, there are no medications to neutralize these toxins, so harvesting from monitored and tested areas is the best way to manage risk. If you are experiencing symptoms, seek immediate medical care to help manage your symptoms. Call BC Poison Control: 1-800-567-8911, or call 9-1-1. Tell them you have eaten seafood, what kind and how much.
- Not all symptoms associated with eating shellfish are caused by toxins like PSP, ASP or DSP. You may be allergic to shellfish, which requires immediate medical attention. You may become ill from eating shellfish contaminated with *Vibrio* or other bacteria, or viruses such as Norovirus. It is important to notify your health care providers that you are (or have been) sick.

Safe Harvest Resources

- •BC Centre for Disease Control shellfish harvest map http://www.bccdc.ca/health-professionals/professional-resources/shellfish-harvesting-sites-status-map
- •Can You Dig It https://www.qars.ngo/cudi
- •DFO shellfish harvest map SHELLI https://gisp.dfo-mpo.gc.ca/Html5Viewer/Index.html? viewer=CSSP_Public_En_Site&locale=en
- •Call DFO 1-866-431-3474 for openings and closures of shellfish harvest areas
- •WATCH Project Web https://www.fnha.ca/what-we-do/environmental-health/watch-project
- WATCH Email watch-project@fnha.ca



BEACHES ARE CLOSED TO SHELLFISH HARVES WHAT DOES THAT MEAN FOR **CRABS AND PRAWNS?**



! ALL SEAFOOD SHOULD BE CONSUMED WITH CAUTION **!**



crab:

- All crabs should be halved and cleaned prior to cooking
- Do not consume heads, guts, or "crab butter". Legs and pincers only
- Do not boil crabs whole, toxins contained in their guts can leach into the meat
- Crabs feed on bivalves such as clams. Unlike shellfish, the biotoxins are contained within the digestive tract of crustaceans

Prawns:

- All prawns should be deveined and heads removed
- · Do not boil prawns whole
- Toxins accumulate in prawns digestive tracts



Stz'uminus Education Soceity 3951 Shell Beach Road, Ladysmith BC, V9G 11K6

SCHOOL SUPPLIES AND SUPPORT APPLICATION FORMS GRADES: K5 – 12 SCHOOL YEAR: 2023-2024.

	Student Last				
	Student Last	Name:	Date of Birth	Age	
	Band Number:		Students Email Address:		
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Name:	Relationship	to Child:	Emergency Conta	act Phone Number:	
MATIO	N				
	-	School	Address and Postal C	ode:	
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PARENTS/GUARDIANSARE REQUIRED TO PROVIDE ALL INFORMATION REQUESTED ON THIS FORM

Public School Students Authorization to Release Information

School Address Telephone and Fax Number Student Name(s) Student Date of Birth I hereby authorize	School Name		
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Student Name(s) I hereby authorize	2007		
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 I/we understand that a signed Consent for Exchange of Information form is a condition eligibility for support services. This is a continuing consent that is valid until I/we rev by contacting the school-based case manager, or school principal, in writing and 	on of
eligibility for support services. This is a continuing consent that is valid until I/we rev by contacting the school-based case manager, or school principal, in writing and	
by contacting the school-based case manager, or school principal, in writing and	
	one it
withdrawing my/our consent.	
c. Authorization to Release Information: please check all items that you give consent to	having
released to the individuals listed.	
☐ Attendance Records	
☐ Report Cards	
☐ School Registration Information (including parent/guardian information)	
☐ Information about discipline/suspensions	
☐ PR Cards/Transcripts	
☐ Student assessments	
☐ IEP/Designation Information	
☐ Time Table/Courses (secondary)	
☐ School photos/videos, Award/bursary information ☐ Graduation Information	
☐ Samples of Student Work	
□ Name(s) of school/district staff who work with the student	
☐ Copies of permission forms	
☐ Information about fees	
☐ Meeting Information	
☐ Information about school-based supports/programs	
☐ Summary of Reporting (Current Grades K-9)	
☐ Extra Curriculum Activities	
☐ I give Consent to all of the above	
Print Name of Parent/Guardian giving consent	
Signature of Parent/Guardian	-
giving consent	
Date:	
Date.	
The information on this form is collected under the authority of the School Act, Section 13 and 97.	. The info
provided will be used for educational program purposes and, when, required, may be provided to h	
ocial services, or other support services as outlined in Section 97 (2) of the School Act. If you hav	ve any qu
about the collection and use of this information, please contact the principal of your school or the in	information
Privacy Office, School District.	
T-	
Straight Day William Did the 1 Sp. 12 No. 8 of Pol Col. 7	
Signature Director Vice Principal of Aboriginal Education	
Daint Director Vice Dain singles Absoluted Education	
Print: Director Vice Principal of Aboriginal Education	
Signature SES Education Administrator or SES Records Clerk	
Signature SES Education Administrator or SES Records Clerk	
Signature SES Education Administrator or SES Records Clerk	

<u>PLEASE NOTE</u>: ALL SCHOOL SUPPLIES FUNDS WILL BE DIRECTED DEPOSITED IN PARENT/CAREGIVERS BANK ACCOUNT.

PLEASE PROVIDE A VOID CHEQUE OR DIRECT DEPOSIT BANKING FORM WITH YOUR SES SCHOOL SUPPLIES FORM.

School Supplies amounts for Public School Student only:

High School	Grades: 8 – 12	\$ 100.00 dollars per student
Primary and Elementary	Grades: Kindergarten – Grade 7	\$ 40.00 per student

Please be advised if your child is registered at any of our on-reserve schools: Stzuminus Primary or Stzuminus Community School, School Supplies is provided by the school.

If you have any question or concerns, please contact Stzuminus Education Society Records Clerk Robin Harris at: 250-245-6650 or email: robin.harris@stzuminus.com. You can also contact Stzuminus Education Societies Education Administrator Justin Magnuson @ 250-245-7140 or email: justin.magnuson@stzuminus.com.

Completed forms can be dropped off at Stzuminus Community School receptionist desk or you can email the forms to SES Records Clerk Robin Harris: robin.harris@stzuminus.com.

For your information, process time can take anywhere from 5-10 days.

Art Making in Nature with staff Dan Elliot and Nadine Pluzak

Elliots Beach Fri Aug 25th 1-3pm

Light snacks provided

NO Art Experience Necessary just a
willingness to explore water paint. The focus
is on how it feels to make art not what it
looks like.

Please bring: Water Hat, sunscreen and Blanket to sit on,



THUY'SHE'NUM TU SMUN'EEM

"Building a Foundation for Our Youth" SUMMER CAMP FOR INDIGENOUS YOUTH AUGUST 6TH-12TH

An empowering camp for Indigenous youth who are currently in grades 7-12. Explore culture, grow personally, and develop leadership skills. Connect with heritage, build friendships, and embark on a transformative journey of self-discovery, pride, and a sense of belonging. Join us today and embrace the adventure!

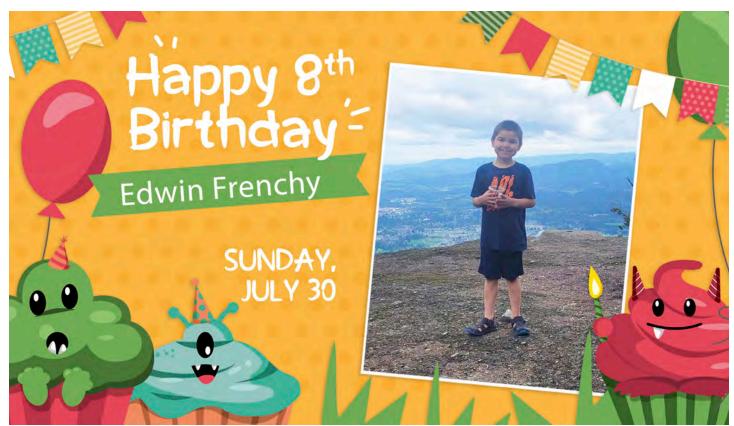


- Sheldon.Scow@viu.ca
- 900 Fifth St, Nanaimo, BC V9R 5S5





I'd like to send a happy birthday to my family that have summer birthdays. Celebrating Damien Jr's 18th birthday July 26. Celebrating my amazing, supportive partner Damien on July 29. My youngest baby Edwin Celebrating his 8th birthday July 30. And my oldest baby chelsea, Celebrating her 11th birthday August 5. I love you all, and I'm so happy to celebrate all these birthdays with you. -Casey Frenchy







JOB OPENING

Coastal Restoration Society is looking for:

Restoration Field Technician

Coastal Restoration Society is an environmental non profit based out of out of the unceded territories of the Tsheshat and Hupacasath First Nations. Our work focuses on land and water based stewardship projects. This year, we're working with Stz'uminus Nation removing debris from the shores and waters - and we're looking for employees! Read on to see if you'd like to join us. For further information, please contact



CLICK HERE to see what it's like to work with us!

Job Duties

Krista Perrault at Krista.Perrault@stzuminus.com

Collection, sorting, and transport of marine debris on coastal shorelines Removal, sorting, and transport of lost and discarded fishing gear from the water Breaking down debris via power/hand tools

Full time: September 5th - October 13th

Wage: \$35 CAD /HR Training: Supplied

Priority given to Indigenous candidates

How to apply:

Submit a detailed resume to: Click Here admin@coastrestore.com Title email: Restoration

Field Technician

Apply by: August 2nd

to <u>Apply</u>

Training Opportunity

CRS provides new employees with the necessary training and certifications in order to do the job safely. We will be offering the following training to the successful applicants in Ladysmith at 5091 Jones Rd.

August 21st 2023 - September 1st 2023:

Marine First Aid ROC-M WHMIS & TDG Wildsafe Swiftwater Rescue Rigging & Slinging

