



# STZ'UMINUS **FIRST NATION**

## NEWSLETTER

ISSUE # 42 JULY 2023



# RESOURCE PHONE DIRECTORY

## AFTER HOURS EMERGENCY CONTACTS

**Sewer/Water Emergencies** Shan Freeburn 250 618 2077  
**Stz'uminus Health** 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
<b>Administration Office</b>		<b>250 245 7155</b>
Housing	<b>Teoni</b>	Ext 282
Public Works	<b>Shan Freeburn</b>	Ext 244
Public Works & Maintenance	<b>Charles</b>	Ext 277
Community Manager	<b>Stephen</b>	Ext 249
Social Development & Membership	<b>Andrea</b>	Ext 224
Director of Administration	<b>Trevor</b>	Ext 269
Social Development & Membership	<b>Sam</b>	Ext 223
Human Resources	<b>Mark</b>	Ext 230
Fisheries	<b>Roger</b>	Ext 232
Communications Coordinator	<b>Damien</b>	Ext 283
Executive Assistant	<b>Della</b>	Ext 233
Rights & Title	<b>Nicole</b>	Ext 239
Family Advocate	<b>Anne J.</b>	Ext 241
She'ey'tun Coordinator	<b>George H. Jr</b>	Ext 284
Education Manager	<b>Justin</b>	250 667 4399
Post-Secondary Coordinator	<b>Josie</b>	250 713 4701
Emergency Program Coordinator	<b>Krista</b>	250 739 1468

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

**Coast Salish Development Group** 250 924 2444  
**Husky Gas Station** 250 245 5244  
**Esso** 250 924 0934



# 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.



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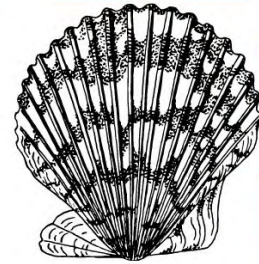


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## **IR#13 BEACHES ARE CLOSED FOR HARVESTING DUE TO BIOTOXIN RISK!**

Stz'uminus Environmental Stewardship Technicians have identified *Alexandrium spp.* phytoplankton near our beaches which can cause Paralytic Shellfish Poisoning in people when contaminated shellfish are consumed.

**Harvest and consumption are not recommended.**

All Shellfish Harvested in the past week should be frozen and labeled: "Not for Consumption until Tested" with the date or should be thrown out. If you have consumed any shellfish recently, monitor for the following signs and symptoms:

Potenital symptoms include:

- 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.

Paralytic Shellfish Poisoning Symptoms can start within 30 minutes after eating contaminated shellfish or delays up to 12 hours after consuming.

**Stz'uminus First Nation recommends members do not harvest or consume until further notice.**



# National Indigenous **PEOPLES DAY** **CELEBRATION**

Indigenous communities across the nation come together to commemorate National Indigenous Peoples Day.

Vibrant colors, rhythmic drumbeats, and an atmosphere filled with pride and unity marked the National Indigenous Peoples Day celebration held Wednesday, June 21 in Ladysmith.

The event, organized by Stz'uminus First Nation, took place at Transfer Beach and drew a diverse crowd of both Indigenous and non-Indigenous attendees. The festivities began early in the morning, as participants and onlookers gathered for the official opening ceremony,

which featured traditional prayers and speeches from community leaders.

*"We are coming together as a community to build relationships and form bonds that will carry us through the challenge of our time. As a generation, we work through the challenges of our past but embrace a bright future together. We are here today to share in fun, food and celebration of culture and traditions so that we can learn more about each other and embrace the path that is in front of us."* -Mayor Stone



Throughout the day, the event offered a wide array of activities, performances, and educational opportunities, allowing attendees to engage with and appreciate the Indigenous culture. Artisans and crafters proudly displayed their creations, including intricate beadwork, traditional carving, and exquisite handmade jewelry. Visitors had the chance to purchase these unique items while conversing with the artists, gaining insight into the artistic traditions passed down through generations.

Traditional songs and dancing were at the heart of the celebration, with performances by the Cowichan Tzinquaw Dancers and the Stz'uminus



Young Wolves captivating the audience. The rhythmic beat of the drums resonated through the venue as traditional songs were sung, and dancers adorned in stunning regalia gracefully performed ancestral dances. These expressions of Indigenous culture provided a powerful reminder of the resilience and strength of Indigenous communities throughout history. This event offered valuable opportunities for cross-cultural dialogue and a chance to challenge misconceptions and stereotypes.

One of the highlights of the day was the traditional feast, where participants gathered

*"This is a day of celebration for us. We are recognizing our history and our culture. Also as leaders in this community (Stz'uminus council & Town of Ladysmith council), we are going to continue working together to build a future for our community."*

**-Chief John Elliott**



to enjoy a variety of Indigenous foods such as sockeye salmon and fried bread. The flavors and aromas delighted the taste buds of all who attended. This communal meal fostered a sense of unity and shared appreciation for Indigenous culinary traditions.

Throughout the performance, attendees were encouraged to actively participate and join the songs and dances.

The National Indigenous Peoples Day celebration in Ladysmith not only honored our rich cultural heritage but also provided an opportunity for healing and reconciliation. By bringing together people from diverse backgrounds, the event served



as a platform to foster understanding, respect, and appreciation for the Indigenous peoples' contributions to the fabric of our nation.

As the sun set on this memorable day, the spirit of unity and pride lingered in the hearts of all who attended. The National Indigenous Peoples Day celebration not only reminded us of the challenges faced by Indigenous communities but also highlighted our resilience, strength, and enduring cultural legacy. It served as a call to action for all Canadians to continue supporting and celebrating the rich tapestry of Indigenous cultures that make our country truly unique.



# Organizers & Sponsors

Our largest event to date went smoothly and a lot of planning went on behind the scenes to make this event possible. We would like to start by thanking our event organizer, **Della Daniels**. Huy ch'qa for all of your work planning this event.

Many others also played a huge part in this event, **thank you to:**

**Local One Construction** for providing the food

**Naut'sa mawt Tribal Council**

**Sue Glenn and the Ladysmith staff from Parks & Rec, Maintenance**

**Stz'uminus admin & Health centre Staff**

**Stz'uminus Young Wolves Dance group & the Tzinquaw Dancers**

**Stz'uminus & Ladysmith community members** for taking the time out of their day to join us on this special day.

**Staff & students from the following schools:** Ladysmith Secondary, Intermediate, Primary as well as North Oyster School

**Raiders F.C.** for helping set up and monitoring the bouncy castles

**Josie Louie's family** for monitoring the smaller bouncy castles

**Ladysmith RCMP**

**Loaves & Fishes food bank** as well as the vendors and information booths

**Stz'uminus** wanted to help an organization that provides a lot of assistance to our members. This year we chose the Loaves and Fishes Food Bank. They received a total of \$941.95. Island Savings matched the donation for a total of \$1883.90. With that donation, Loaves & Fishes explained that they are able to buy \$5 worth of food for every \$1 that is donated. That makes the total donation equal to \$9419.50 worth of food they are now able to purchase. Thank you to everyone that made a donation.





# *New Stz'uminus School*

Building the new Primary School for Stz'uminus First Nation has taken a long time. The project started in 2016 but moved slowly until 2022 when it picked up speed. In November 2022, they asked for the final design application. They had a meeting in January 2023 to start the project and manage the finances. In February 2023, they visited a building and had a design meeting. They made changes to the floor plan. In March 2023, they had a meeting with the community and reviewed a revised floor plan. The design work continued. In April 2023, they reviewed the floor plan again. In May 2023, they finished the draft design and sent it for cost estimation.

This project is important for Stz'uminus Education Society, and we can't wait to see it completed! This project will monitor closely the progress of the SFN Cassidy aquifer project.

The Capital Project Summary showcases the significant progress made in various capital projects within the Stz'uminus community. The Field Turf upgrade nears completion, promising an exciting opportunity for Stz'uminus to utilize a remarkable field. The new playground for the Primary School is almost finished, with its completion date approaching. The student-led Library design project reflects the meaningful contributions of Stz'uminus students, providing a welcoming space that celebrates Coast Salish design and incorporates the needs and wants of the community. Finally, the construction of the new Primary School, after a slow start, has gained momentum, and various stages of the project have been successfully accomplished. These projects collectively demonstrate the commitment to enhancing educational and recreational facilities for the benefit of the Stz'uminus community.

Justin Magnuson  
Education Administrator  
Stz'uminus Education Society



# Stz'uminus Education

Greetings Stz'uminus, Spring has been a busy and exciting time at Stz'uminus Education Society! We've had graduations and convocations, and we've been busy planning fun summer activities for our community. We're also making some changes to our facilities with construction work happening.

As we say goodbye to some of our staff members who are moving on to new opportunities, we want to express our gratitude for their dedication to our learners. This is also a time when our students are moving on to their next adventures, and we're so grateful to have had the opportunity to work with them. We're excited to continue working with your families in the future!

In this newsletter, we have two special parts for you. First, check out the exciting summer programs we have lined up. And second, we'll give you an update on the construction and upgrade

projects happening within Stz'uminus Education Society. Get ready for some great news!

## Summer Programs

In the summer of 2023, several exciting activities are planned for the Stz'uminus community. First, there is the Indigenous Skills Link Workshop, taking place from July 17 to July 21 at the Stz'uminus Education Administration. This one-week program aims to inspire participants to shift their routines, connect with others, and explore indigenous skills. Another event is the Hope & Health Summer Program, running from July 6th to August 17th at the Stz'uminus Community School. This custom-designed outdoor learning program offers a wide range of activities, including recreation, culture, art, play, wellness, and education. Open to children aged 5 and above, the program is led by coaches and special guests, providing a dynamic summer experience. Field trips and daily meals are included.



For students in grades 10 to 12, there is the Gr. 10-12 Summer School focusing on “Family & Society 10” with Coast Salish Carving and Storytelling. Running from July 10th to July 28th at Thuqmin, the program explores problem-solving, ethical considerations, and the use of different technologies while integrating Coast Salish traditions.

The Bladerunners Program, starting in the last week of school and continuing throughout the summer, offers an excellent opportunity for recent graduates or adults interested in learning carpentry and life skills. The program takes place at the Stz’uminus Community Centre and facilitates a smooth transition into a summer routine. For more information, individuals can contact Glenn or Stephen.

Finally, the All Nations Driving School offers classes for Class 7L (Learners) and Class 4L licenses. The timing of these classes will be determined based on the number of registrations received.

### **Capital Projects**

The Capital Project Summary highlights several ongoing projects within the Stz’uminus community.

These projects include the Field Turf upgrade, the construction of a new playground for the Primary School, the design of a student-led Library, and the progress made in building the new Primary School.

These initiatives demonstrate the collaborative efforts of the Stz’uminus Education Society in creating enhanced facilities for the community’s benefit.

### **Field Turf Update**

We’re almost done with upgrading our full-size synthetic turf! Cedar Crest finished the civil engineering work on Tuesday, June 20, 2023, and Astro Turf installers will be done by June 27, 2023.

We’re really excited about this fantastic field for Stz’uminus to use. It was a project that Stz’uminus First Nation, Stz’uminus Education

Society, and SFN Health Department worked on together.

### **Playground**

The new playground for our Primary School is almost finished. The last thing we need to do is install the Engineered Wood fibre product. Students should be able to use the playground starting on July 15, 2023.



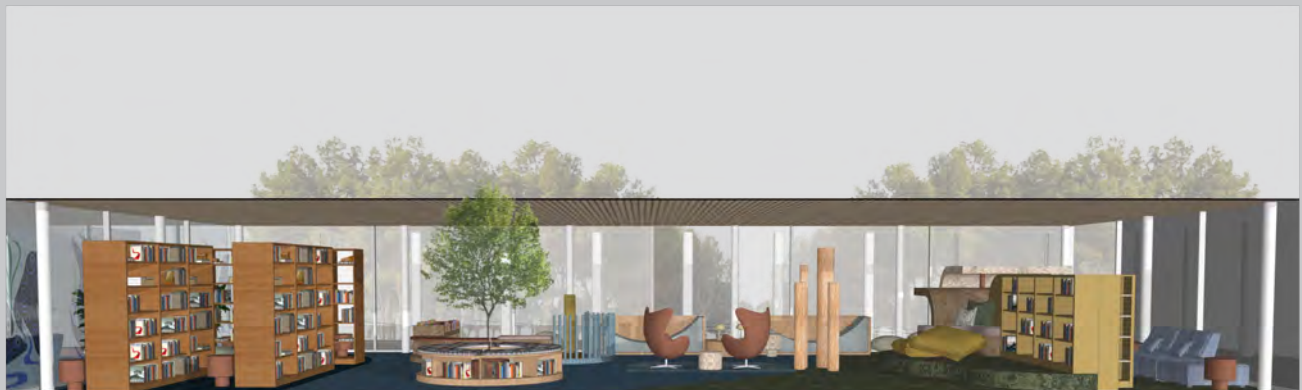


## STZ'UMINUS COMMUNITY SCHOOL LIBRARY RENOVATION

We're happy to announce that our long-awaited library renovation is going ahead! As of June 5th, the Stz'uminus Community Schools Library will be closed for renovations. We will be re-opening our updated library at the beginning of next school year. We're incredibly excited for our refreshed space and can't wait to share it with you in September 2023! This renovation will move us several steps closer to our goal of becoming a library not just for the school but for the whole Stz'uminus community.

Our updated library will include:

- comfortable seating areas for readers of all ages,
- a soft area specifically for the under 5's,
- a media booth to support audio/video recording and language work,
- increased flexibility to accommodate a wide range of library and community programs.





Huy tseep q'u to the students who shared their thoughts, knowledge, and voices throughout the process of shaping this new design: Trevor Harris, Michelle Sampson, Lena Ann Stogan, and Sam Williams.





# GRADUATION

## CLASS OF 2023

UNIVERSITY/COLLEGE

15

GRADS

### Vancouver Island University Graduates:

Marcus Daniels, Bachelor of Arts, Psychology Minor

Cheyenne 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

Carrieree 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

19

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

Messiah Seymour

### Saanich Secondary School: Trevor Horne

# Class of 2023

Gary George



Chelsea Seymour



Taylor Seymour



Lleyton Harris



Owen Harris



Isabella Harris



Sheldon Harris



Terrance Harris



Bennett Sampson



Waylon Morris



Elizabeth Harris



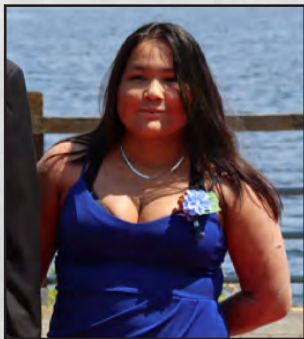
Messiah Seymour



Hailey George



Ida Rose Williams



Damien Daniels Jr.



Trevor George



Desmond Unger



Lennix Olebar



Trevor Horne



## Stz'uminus Grads 2023

**Top row:** Desmond Unger, Lennix Olebar, Trevor George, Terrance Harris **Middle row:** Lleyton Harris, Bennett Sampson, Damien Daniels Jr, Waylon Morris, Owen Harris, Gary George, Messiah Seymour **Bottom row:** Olivia Johnny, Taylor Seymour, Hailey George, Chelsea Seymour, Ida-Rose Williams, Sheldon Harris. **Missing from photo:** Isabella Harris & Elizabeth Harris



### Lleyton Harris- Siem'e'tun LSS Grad 2023

We would like to take this time to congratulate our "Sonshine" Lleyton Hardy Daniel Harris

Lleyton is a charming young gentleman. The journey through high school and covid times may have been challenging. You have worked so hard to get where you are. You have always done things your own way and in your own time but you get to where you want to be. You have come out standing so tall and strong.

Watching you grow has been a true gift. We look forward to watching you take your next-steps into your future. Today Graduation, tomorrow the world.

**Proud of you my Son!!!**

**Congratulations**

**Love Always Mom & Dad**





# NUTSUMAAT LELUM

**From July 4 - August 25, NML SUMMMER CARE will be available to support only our working families.**

Nutsuma Lelum Infant program will be closed for the summer. Priscilla and Joanna will join with the toddler program so that we are able to get staff on some holidays throughout the summer. This is the time that enrollment is low and a good time for staff to use their holidays.

Current enrollment that will not be here during the summer months, please communicate with your child's program to let them know your plans if you are returning in September!

**For more information, please contact Child Care Manager Marsha @ 250 245 0994.**

The 3/5 program and the combined infant and toddler program are planning to get out for a few fieldtrips over the summer months, please watch out for our field trip consent forms in the coming months. The field trips will require car seats and sun safety items like sunscreen, sun hats and appropriate/spare clothing and footwear, towels and bathing suits. We will provide snacks, lunch, and water as we do at NML. One day a week we will walk to the beach and have themes throughout the center. Please watch

for dates in the coming summer months.

Nutsuma Lelum will be celebrating its 24th birthday, it's been great to have worked with a lot of community members and seeing their children now coming through the daycare! We have been able to witness children graduate and some who have become parents. I wanted to share the photo collages of past enrollments.

Also hands up to the past 2 managers Joan and Carey for a wonderful job they had done and all the relationships they built with the community. They were a big part of our community and always provided friendly support.

We would like to thank Sherry Little who has been our speech and language assistant since January 2023. She will be taking leave and returning to school in the summer. We will have Tracy here to provide support for the summer months. She will be available 1-2 days per week.

## **Infant News with Priscilla & Joanna**

Welcome Joanna into the Infant Program. She brings calmness and love to the environment and children!



We would also like to welcome Hudson Seymour into the program. His parents are Marcel Seymour and Dale Frenchy.

We have been spending a lot of our time outdoors with:

- Sensory tables
- Bubbles

### NML Garden update:



Our corn on the cob is almost ready to come out of the green house and into the garden. We have watermelon, cantaloupe, honey dew, broccoli ,potatoes, tomatoes, blueberries, mint leaves, pumpkins and more coming out of our garden this year.



We have our lil miss Josephine beginning to take her first steps, Way to go Josephine Harris! Her parents are Brenda Aleck and Joe Harris Jr.

Hannah has hit a milestone! She is walking now! Her parents are Jeanette Seymour and Brendon Harris.

### Our themes for this month were:

Father's day, Ocean Life/ sensory and Farm animals. The children are enjoying new experiences!

### 3-5 Program

we are winding down for another year of Early Learning! Our future leaders have worked on:

- Counting in English and hulqumunum
- Colors
- Fine motor/large motor activities
- Science
- Potty training
- Speech support

With our culture, we have been doing phrases at circle time with greeting and conversing in basic hulqumunum with colors, numbers, and commands.

Karol has been doing Moe the Mouse with the sounds of letters of what the animals make. For example, the children know and like "frog" he says "G", ARMS OUT IN SWIMMING MOTION.

With this program I have used my drum to sing: Story books with colors, numbers, and commands "brown bear, brown bear, what do you see?"

# Hope & Health at the daycare

We had fun with our new friends from hope and health. They are very caring, friendly and they help us learn how to be positive and use positive words with our team/friends.



We have 4 students moving to JR K, hands up to: Coral Ann Martinez and her parents Lorenzo and Krystal! Persephone Martel and her parents Michelle and Preston. Ellie Larence and her parents Kara and Tyson, finally Royce Seymour and parents Bobby and Amy Seymour. We will miss you and we know you will do great in JR Kindergarten.

We look forward to new faces in September.

Karol Louie - ECE Program Coordinator

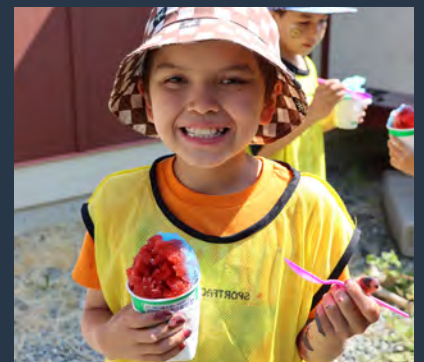
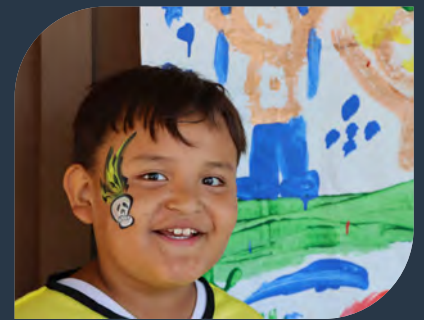
Mary David - ECE



# Stz'uminus Primary School Sports Day



On June 26, Stz'uminus Primary School hosted their annual Sports day event. The day was filled with many fun activities such as: bouncy castles, giant parachute, canvas painting, face painting by a professional artist and snow cones provided by Kona Ice.







# MESSAGE FROM THE PRINCIPAL OF INSTRUCTION



Celebrating Memories, Growth, and Perseverance!

'Uy' skweyul sii'em, nu siiye'yu,

As we approach the end of the school year, we can't help but feel a sense of joy and accomplishment. yu-qw'iqw'ulu (June) is a month of celebration, and it's the perfect time to reflect on the memories we've created, the growth we've witnessed, and the incredible perseverance our Xe' xe' smun'eem have shown. Let's dive into the amazing highlights that have made this school year truly special!

**Celebrating the Arts:** Our amazing art program has flourished this year, and we are thrilled to celebrate the exceptional talent of our students. Their captivating artwork has been showcased at various events in Ladysmith, leaving a lasting impression on everyone who has had the privilege of experiencing it. We are proud to see their masterpieces adorning the walls all over our schools, adding colour and inspiration to our everyday lives.

**Thriving Physical Education:** Our physical education program has seen remarkable growth and success. From swimming and rock climbing to exciting canoeing adventures, our students have embraced these activities with enthusiasm and determination. Their dedication has paid off, and we are thrilled to witness the accomplishments of our developing basketball teams.

It's fantastic to see our students embracing a healthy and active lifestyle.

**Community Partnerships:** We would like to express our heartfelt gratitude to the numerous community members who have supported our programs this year. While there are too many incredible individuals to name, their contributions have been invaluable in creating a nurturing and enriching environment for our students. Additionally, we are excited to celebrate the partnerships we have formed outside our community, such as with Wildwood Eco Forest, Humble Hooves, and Take a Hike. These collaborations have opened doors to new learning opportunities and enriched the educational experience for our students.

**Cohort Models:** This year, we introduced cohort models based on the wisdom and guidance of our community elders. By grouping our grades 8 to 12 students into elective cohorts, we have created an exceptional learning environment that promotes collaboration, creativity, and exploration. Additionally, we created JK/K and two 6/7 cohorts, which not only offered optimal learning opportunities but also provided a glimpse into more cultural or traditional methods of education that have stood the test of time. We are delighted with the success of these models and the positive impact they have had on our students' educational journey.

**Learning from the Land:** Our commitment to active and immersive learning has never been stronger. This year, we witnessed a record number of buses heading out each week for field trips, allowing our students to learn directly from the land. Whether building community trails, clam digging, tending to gardens, hiking, fishing, canoeing, swimming, or rock climbing, our students have been actively engaged in their learning experiences. They have explored beaches, visited farms, and interacted with guests from other communities, fostering a deep connection with nature and their surroundings.

**Exciting June Activities:** As we approach the final month of the school year, we have planned a series of exciting activities for our students to enjoy. In June, they will embark on adventures such as clam digging, a visit to Camp Imadene, a trip to Yellow Point Park, and an overnight journey to Horseshoe Bend. Additionally, they will have the opportunity to engage in creative activities such as knitting and weaving, swimming, and beach exploration. We are also thrilled to announce upcoming events like sports days, awards day, and, most importantly, the SCS graduation ceremony. Stay tuned for dates and more information in this newsletter and on our Facebook page.

Thank you for your unwavering support and participation throughout this remarkable school year. We wish you all a wonderful summer filled with joy, relaxation, and new adventures. Let's keep celebrating the memories, growth, and perseverance that have shaped us

‘uw’ lalumuthut ch ‘al’ (Look after yourself)

huy tseep q’u team!

**Colleen Mullin (she, her)**

**Principal of Instruction**

**Stz’uminus Education Society**



# STZ'UMINUS SPORTS

Hello Stz'uminus Community,

In May we wrapped up our junior basketball program. We had 2 groups jk – grade 3 and a grade 4-7 group. I am grateful for the time that our coaches spent with all our young players.

Coaches included several High school basketball players. For our adult team I would like to publicly thank Reggie Jack, Clinton Charlie, Kylie Melnick, Kara Larence, Roxanne Seymour.

In June we are concluding our traditional canoe class. I am grateful for the work that Adam and Margaret Seymour have done to lead many students on the water.

There are many trips in May and June we are looking forward to. Students from grades 4-12 get to spend a day at Camp Imadene at Mesachie Lake for our third annual trip. I look forward to awards day and seeing the new turf field be completed soon. Looking ahead to next year, if you are passionate about sports and would like to support our teams please let the office or I know we are always looking to expand our athletic leadership team.

Huy tseep qa to everyone who supports Stz'uminus Education Athletics.

**Brad Toporowski**

**Athletic Coordinator**

## JK/K REGISTRATION NOW OPEN FOR 2023-2024!

Registration is now open for Kindergarten and Junior Kindergarten programs for the 2023- 2024 school year! For both Kindergarten and Junior Kindergarten we are offering an English program and a hul'q'umi'num immersion program. Seats in the hul'q'umi'num immersion program will be limited and are first come first serve. Children born in 2019 are encouraged to register for Junior Kindergarten programs. Children born in 2018 are encouraged to register for Kindergarten programs.

### There are three ways to register:

1. Email Chelsea or Robin  
chelsea.fitzel@stzuminus.com  
robin.harris@stzuminus.com
2. Call 250-245-0275 or 250-245-6650
3. Pick up a registration form at any SES school

## GRADE 3



In May grade threes have had a whole month that has been packed full of fantastic learning experiences and incredible times with our friends at school. We learned about fractions and multiplication in math. Read every day and read a whole novel together. We also continued writing in our journals often too. All the learners worked so hard completing their CAT4 testing and then celebrated their learning and hard work by heading off to the movies. What fun!



## GRADE 5



The Grade 5 class has sure been busy this month! They read the traditional Stz'uminus stories, including The Wild Woman. They are also planning on making a movie to recreate the story. The class went clam digging in Stz'uminus and learned important teachings by an elder. The class beaded beautiful key chains to give away at the canoe ceremony at Shell Beach.



## GUITAR

Jamal, Cruz, Marcel and Preston have been working hard at learning guitar. They have made so much progress since the beginning of the course. Some of them thought it would be impossible to learn one chord but I assured them with practice it would come - and it has! They are sounding good!

**Sara Brown**



# Stz'uminus First Nation

## Marine Stewardship Newsletter ISSUE 10 – July 2023

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### News

- WATCH Program
- Air and marine surveying update
- Fisheries Skill Course Highlights



### Upcoming Events

- Resilient Shoreline Workshop
- Intertidal Clam Survey

## Marine Stewardship Newsletter

### ISSUE 10 – July 2023

#### Fisheries Field Skills Course Highlights



The Environmental Stewardship Technicians and a couple community members completed the two-week Fisheries Field Skills Certificate Program. We would like to thank the instructors from the Natural Resource Training Group (NRTG) for the experience and skills we've learned.

- ✚ We completed our field training in local creeks including Bush Creek, Holland Creek, Stocking Creek, Haslam Creek, and Walker Creek.
- ✚ During field training we saw coho, sculpin, stickleback, and trout. We also documented previous habitat restorations projects.
- ✚ Received our Electrofishing certification.
- ✚ Learned how to evaluate fish habitat, complete a site card (evaluating the site, or creeks), and about habitat restoration techniques and planning. Enabling us to plan future restoration works.

These skills and certifications will be useful for future projects for Stz'uminus such as the start of collecting data in the hopes to restore our local, sacred creeks that empty into Kulleet Bay. As for the other participants it has provided skills and opportunities for employment or to start projects of their own in their community.

## WATCH Program

We All Take Care of the Harvest

As part of the Watch Program the Environmental Stewardship Technicians weekly monitor four locations for plankton species which can release toxins responsible for shellfish poisoning as well as other species which can cause harmful algae blooms.

Currently, we are developing a response plan to the presence of plankton species that can be harmful to human health when found at high concentrations in our waters. Increasing risk of paralytic, amnesic and diarrhetic shellfish poisoning.

Expect an update in our next newsletter on how any increased risk observed will be communicated to help keep community members healthy.

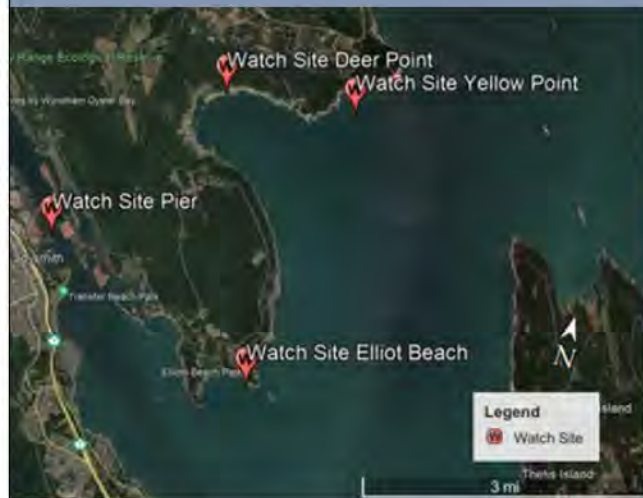


Image: A plankton species documented these past weeks by our Environmental Stewardship Technicians.

*Noctiluca Scintillans*- When blooming this bioluminescent heterotrophic plankton causes the water to appear like orange soup. These blooms produce ammonia, sometimes killing marine life including shellfish in the vicinity.

## Upcoming Events

**June 20<sup>th</sup>**

### **Resilient Shoreline for Salmon Workshop**

On June 20, Stz'uminus community members took place in the Resilient Shoreline for Salmon Workshop which outlined how modifications such as human-created structures affect shorelines. The workshop gave community members the opportunity to collect and record data on abandoned vessels, ghost gear, log booms, piers, boat ramps and other structures that impact fish habitats. With changing climates, and sea level fluctuations, mapping shoreline data becomes increasingly important.

"The aim is for all sites to achieve a Green Shores for Shoreline Development "Gold" Rating, the highest standard of nature-based Green Shores certification for shoreline development projects." Resilient Shoreline for Salmon Workshop also works with restoration sites on neighboring Indigenous lands such as Songhees and Esquimalt.

Find out more at: <https://resilientcoasts.ca>

**June 19<sup>th</sup> and July 5<sup>th</sup> – 6<sup>th</sup>**

### **Kulleet Bay and Nelson Point Intertidal Clam Surveys**

The Stz'uminus Environmental Stewardship Team along with Madrone Environmental Services will be conducting Intertidal Clam Surveys of Kulleet Bay and possibly Nelson Point. These surveys will collect biological information on Manila, Littleneck and Butter Clams like density, biomass, age, and size. June 19<sup>th</sup> will be for planning while actual surveys will occur July 5<sup>th</sup> and 6<sup>th</sup>.

**June 6<sup>th</sup> – August**

### **Marine Data collection by Terra Remote**



On June 6 the Terra Remote marine team began canvassing the shoreline and bays, collecting underwater information including old vessels and ghost gear in hopes of future removal. This will continue, on and off through July and August..



## Call for Clam Diggers!

Join the Environmental Stewardship Team Wednesday July 5<sup>th</sup>

Helping Monitor Clam Heath in Kulleet Bay



If you are interested in joining us, **Contact: Lynn Pinnell,**

Salish Sea Initiative Coordinator at T. 250 245 7155 Ext.222 | [Lynn.Pinnell@stzuminus.com](mailto:Lynn.Pinnell@stzuminus.com) |

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*Work will be **compensated** and involve digging selected 1m x 1m sections of beach for clams to be weighed, measured and for some aged prior to returning all clams to the same location. Additionally, a second site may be selected for July 6 either in Kulleet Bay or at Nelson Point.*

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# Environmental Stewardship

C	T	H	U	Q	I	C	O	H	O	C	T	C	N
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SCALPIN  
THUOI  
CHUM  
LITTLENECK  
MANILA  
TL-UXWTL-UXW  
CHE-CH PUNI  
STICKLEBACK  
BUTTER  
KM-SUTS  
PLANKTON  
CLAM  
SKW-LHEEY  
KWA-LUHW  
NOCTILUCA  
STSEELHTUN  
COHO

# SUMMER EMPLOYMENT

## SUMMER Work

### FOR STUDENTS

Work with our Maintenance & Custodial staff to refresh and maintain our schools & grounds. Get hands-on experience in landscaping, cleaning, construction & maintenance work while earning \$18.75/hour.

### FACILITIES TEAM

#### REQUIREMENTS

- Able & willing to do hands-on physical work, including outside
- Available for July & August
- First Nations student, attending high school or post-secondary
- Living in or connected to our Stz'uminus community
- Age 15-30



STZ'UMINUS  
EDUCATION

APPLY NOW

SEND US AN EMAIL & TELL US  
WHY YOU'RE INTERESTED IN  
THIS SUMMER JOB & WHY WE  
SHOULD HIRE YOU

careers@stzuminus.com

## SUMMER Work

### FOR STUDENTS

Work with our admin team to answer phones & question, digitize documents, process & enter data, and help our offices run smoothly. Get hands-on experience in clerical & reception work while earning \$18.75/hour.

### OFFICE TEAM

#### REQUIREMENTS

- Comfortable answering phones & working with community members
- Familiar with technology & computers
- Good at problem solving
- Available for July & August
- First Nations student, attending high school or post-secondary
- Living in or connected to our Stz'uminus community
- Age 15-30



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# COURT PROCEEDINGS



As most of you know, Stz'uminus and the rest of the Cowichan Nation Alliance have been in a court battle against Canada, B.C. and the City of Richmond since 2014.

Woodward & Company are representing the Cowichan Nation Alliance in proving title to their historic village at Tl'uqtnus and their right to fish for food in the area, in the longest trial in Canadian history. The court will be hearing oral argument at the

Duncan courthouse on **Wednesday to Friday, July 5-7.**

**We would like the court house to be full of members from the Cowichan Nation Alliance on these days. Your attendance is greatly appreciated.**



## Food Fish Distribution

For any members that missed out on the fish distribution, please call our receptionist and leave your name and number 250 245 7155. Once we have enough on our list, we can order the totes from our cold storage facility.

Thank you to the members on the delivery trucks that were out passed 10:00p.m. delivering. It was a long day and we went through over 18 totes of fish.

# CANADA LEARNING BOND

Employment and Social Development Canada (ESDC) provides an additional incentive of up to \$2,000 to help low-income families start saving early for their child's education after high school (post-secondary education).

The Canada Learning Bond (CLB) money will be deposited directly into the child's RESP.

The CLB is available for eligible children from low-income families born in 2004 or later and provides an initial payment of \$500 for the first year the child is eligible, plus \$100 for each additional year of eligibility, up to age 15, for a maximum of \$2,000. Personal contributions are not required to receive the CLB. To help cover the cost of opening an RESP, ESDC will pay \$25 into the RESP to which the initial CLB of \$500 is deposited in recognition of a one-time incidental expense that may be associated with opening the RESP account.

Children who are in care of a public primary caregiver for whom a special allowance under the Children's Special Allowance Act is paid, are also entitled to the CLB.

The beneficiary must be under the age of 21 at the time of application.

If the beneficiary does not pursue post-secondary education, the CLB is returned to the government.

For more information on the CLB, call 1-800-O-CANADA (1-800-622-6232)



**Kw'umut Lelum**  
FOUNDATION



*Canada Learning Bond*

*Do My Kids Qualify & Are They A*

*Member of the 9 Nations??*

☐

Do I have their birth certificate

☐

Are they a resident of Canada

☐

Were they born on or after Jan 1 2004

☐

Do they have a valid SIN (Child & Parent/Caregiver)

☐

Have I filed my taxes??

If you answered Yes! to all of these, then  
Congratulations!! You are ready to apply!!

Contact Sylvia at  
[sscow@klfoundation.ca](mailto:sscow@klfoundation.ca) to get started.

## KW'UMUT LELUM

The next Wellbriety Program will take place  
July 10 - August 22

Mondays & Tuesdays from 12:30pm-  
3:30pm

To register contact:  
smmathew@kwumut.org  
250 591 0933  
Or  
daniel.elliott@stzuminus.com  
250 245 8551

# WELLBRIETY

OPEN TO ALL WOMEN AND MEN AGES 18+

Mondays and Tuesdays | 12:30 - 3:30pm

July 10th - August 22nd

Stz'uminus Health Building | 3945 Shell Beach Rd.

The "Well" in Wellbriety is the inspiration to go beyond sobriety and recovery, committing to a life of wellness and healing everyday and will utilize local customs and traditions such as Elder's teachings and cultural ceremonies. Each session is facilitated by Stan Matthew and features local guests.

To register contact:  
smmathew@kwumut.org | 250-591-0933  
daniel.elliott@stzuminus.com | 250-245-8551



Kw'umut Lelum



## ORANGE SHIRT DAY DESIGN CONTEST OPEN TO YOUTH 18 & UNDER

September 30th marks Orange Shirt Day - a day when we honour the Indigenous children who were sent away to residential schools, as well as their families and communities, and learn more about the history of residential schools in Canada. Indigenous and non-Indigenous people come together in the spirit of hope and reconciliation. We also reflect on the impacts of the policies and actions of the Government of Canada, which are still felt today.

### HOW TO ENTER:

Email your design to [communications@stzuminus.com](mailto:communications@stzuminus.com) or drop off to the receptionist at the main admin office

**FIRST PRIZE:** Artwork featured on Stz'uminus Orange Shirts, \$200 PRIZE

**ARTWORK SPECIFICATIONS:** Max size 10"x10"  
1 solid colour, no shading, no text

**SUBMISSION DEADLINE:** July 12, 2023



# COWICHAN VALLEY JOB FAIR 2023

## NEW COWICHAN DISTRICT HOSPITAL & OTHER PROJECTS

WE HUMBL Y ACKNOWLEDGE THAT THE NEW HOSPITAL IS BEING BUILT ON THE UNCEDED, UNSURRENDERED, TRADITIONAL TERRITORY OF THE COWICHAN TRIBES.



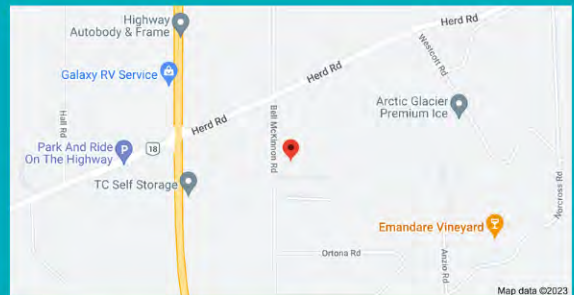
### CAREER OPPORTUNITIES FOR:

- ADMINISTRATION
- CONSTRUCTION TRADES
- HEALTH CARE
- AND MORE!

### MEET REPRESENTATIVES FROM:

- BC INFRASTRUCTURE BENEFITS (ONSITE EMPLOYER)
- DRYCO
- ELLISDON
- FLYNN COMPANIES
- HALL CONSTRUCTORS
- HOULE ELECTRIC
- ISLAND HEALTH
- ISLAND HEALTH INDIGENOUS EMPLOYMENT
- KINSOL TIMBER SYSTEMS
- MORINWOOD
- MR CRANE SERVICE
- NIIK STEEL
- NUCOR HARRIS REBAR
- AND MORE!

**MONDAY, JUNE 26, 2023**  
**1:00-5:30 p.m.**



**(new hospital site)**  
**6775 Bell McKinnon Rd, Duncan**  
**Enter through Gate 2**

**WIN!**

**Complete a passport and enter to  
win a \$200 Gift Card**

Learn about and apply for employment, training & apprenticeship opportunities for the new CDH. Contact [workforce@bcib.ca](mailto:workforce@bcib.ca).



**Cowichan  
District Hospital**  
NUTSA'MAAT ALLIANCE

[www.islandhealth.ca/newcdh](http://www.islandhealth.ca/newcdh)  
[newcdh@islandhealth.ca](mailto:newcdh@islandhealth.ca)



## Training Options:

### **Class 7L- What you can use it for:**

- To drive cars, vans, trucks, construction, utility vehicles (2 axles maximum) and motorhomes (may exceed 2 axles)
- To tow trailers or vehicles up to 4,600kg
- To ride a limited speed motorcycle or an all-terrain vehicle (ATV)
- To ride 3-wheeled vehicles but does not include 3-wheeled motorcycles (trikes) or motorcycle/sidecar combinations

### **Class 4L - What you can use it for:**

- To drive taxis and limousines (up to 10 persons including the driver)
- To drive for a ride-hailing service such as Uber or Lyft
- To drive ambulances
- To drive special vehicles with a seating capacity of not more than 10 persons (including the driver) used to transport people with disabilities
- To drive any vehicle in Class 5

**HEY, STZ'UMINUS!  
DO YOU WANT TO  
GET YOUR DRIVER'S  
LICENCE?**

**We will be in your community:  
July 24 to August 11, 2023**

### **TO REGISTER CONTACT:**

Stephen Kaiswatum at

[stephen.kaiswatum@stzuminus.com](mailto:stephen.kaiswatum@stzuminus.com)

236 628 2975



**STZ'UMINUS  
EDUCATION**

**All Nations**  
DRIVING ACADEMY

**CFBC**  
Building foundations

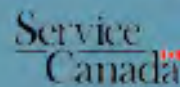


**JUNE 28**  
**12-5 PM**

# SERVICE EVENT

**AT THE STZ'UMINUS HEALTH CENTRE**  
**3945 SHELL BEACH ROAD**

## SERVICE CANADA



Bring your original Birth Certificate  
and sign up for a Social Insurance Number

## CANADA REVENUE AGENCY

Questions about tax and pension?  
CRA has the answer!



## SERVICE BC



Sign up for the essentials:  
Care Cards, BC ID Cards & Birth Certificates

## INDIGENOUS EMPLOYMENT HUB

Looking for work? Need training?  
Connect with IEH to find out how we can help you!



# ANNOUNCING HOPE AND HEALTH'S 3<sup>RD</sup> ANNUAL CHAMPIONS FOR LIFE SUMMER PROGRAM – STZ'UMINUS

Join the Hope and Health  
Dream Team in another  
summer fun starting July 6<sup>th</sup>,  
2023!



Build on your Hope and Health foundational experience with a refresher session! OR come out for your first Hope and Health experience if you missed us last year!



Level up your sport + leadership skills through fun drills, games and activities.

AGES 5+ Potty Trained! **9am Check-in & 3pm pick up!**



**LOCATION:**  
Stz'uminus Community School



**TIME AND DATES:**  
**STARTING JULY 6<sup>TH</sup>, 2023 – FIRST DAY OF CAMP!**

**JULY 7<sup>TH</sup>, 2023 – FIRST FERRY 6:05AM FOR OUR FIRST FIELD TRIP TO B.C. PLACE FOR HOPE AND HEALTH'S 10<sup>TH</sup> ANNUAL COMMUNITY CAMP! BACK HOME ON THE 7:15PM FROM CHEMAINUS**

**ORIGINAL CAMP DAYS – MONDAY TO THURSDAYS 9AM – 3PM**

**PLEASE NOTE\* LAST DAY OF PROGRAM IS ON AUGUST 17<sup>TH</sup>, 2023!**

**\*EXACT SCHEDULE TO FOLLOW\***

**CLICK LINK TO REGISTER!**

Please contact Ava Alexander for any questions:

[ava@hopeandhealth.org](mailto:ava@hopeandhealth.org)

or call/text

250.713.8914

**The 3<sup>rd</sup> Annual CFL Summer Program includes:**

- Every participant receives our 10<sup>th</sup> Anniversary Special Edition "Titanium" Jersey and Soccer ball sponsored by Vancouver Whitecaps and summer packs!
- Weekly crafts, sport activities, swimming, and field trips!
- Up close mentorship with Hope and Health Coaches and Penelakut Island Highschool Students!



Sponsored by



**Hope&Health**

In Partnership with



STZ'UMINUS FIRST NATION

**Changing Lives One  
Goal At A Time**

# CAREER NAVIGATOR TERM POSITION

snuwuyulh  
(social teachings)



natsamaat  
(together as one)



tsi'tsu watul  
(helping each other)



nu stli'ch  
(love)



## THE OPPORTUNITY

- Meet with First Nations clients to identify employment needs, strengths, goals, and barriers
- Contact community members in a variety of ways like phone, FaceBook Messenger, email, hosted community events
- Maintain database information related clients, training opportunities and available programs with partner organizations
- Connect clients to existing employment training, programs, support, and services
- Organize online and in-person training and support for clients within the Stz'uminus community
- Facilitate in-house training opportunities and information sessions

## WHAT YOU BRING

- Experience seeking out and building community connections
- Willing to learn and be part of a new and growing team
- Knowledge of Stz'uminus community and Coast Salish ways of knowing and being
- Excellent planning, organization & communication skills
- Empathy and strong interpersonal skills while applying a trauma-aware approach
- Understanding, comfort and willingness to grow with using technology
- Willing and able to work flexible schedule that includes weekends and evenings as required for specific training programs
- Access to reliable and flexible transportation
- Experience in post-secondary settings is an asset
- Ability to care for self & others in challenging conditions
- Open to learning about and using trauma aware practices and communication to facilitate healing-centered relationships
- Criminal Record Check for working with vulnerable people

We are seeking an outgoing and motivated Career Navigator to work with our Indigenous Employment Hub team within our Lifelong Learning Department through September 2023, with possible extension subject to funding.

Through a deep understanding of Coast Salish ways and values, the Career Navigator bridges the gap to career training and resource programs. They support clients by building relationships, organizing delivery of adult training programs and assisting with technology.



**STZ'UMINUS  
EDUCATION**

We proudly offer learning opportunities for all ages, from infancy through to elder years, through our dynamic and integrated programs:

Nutsuamat Lelum Child Care Centre  
Infant-School Age

—

Stz'uminus Primary School  
Jr. Kindergarten-Grade 4

—

Stz'uminus Community School  
Grades 5-12

—

Hul'q'umi'num Language Classes  
Preschool-Elder Years

—

Post-Secondary & Continuing  
Education - All Ages

—

Career Planning & Job Readiness

To explore how we might work together,  
please send your application via [careers@stzuminus.com](mailto:careers@stzuminus.com)

Get to know SES & explore all we offer via  
[www.stzuminus.education/careers](http://www.stzuminus.education/careers)

# CAREER NAVIGATOR INTERN JUNE-SEPTEMBER 2023

snuwuyulh  
(sacred teachings)



natsamaat  
(together as one)



tsi'tsu watul  
(helping each other)



nu stli'ch  
(love)



## THE OPPORTUNITY

- Contact community members in a variety of ways like phone, FaceBook Messenger, email, hosted community events
- Support instructors with course preparation and delivery such as making copies, taking attendance, acquiring materials, setting up classrooms etc.
- Support adult students with technology set-up and organization
- Communicate with other SES Lifelong Learning staff about logistics, program needs and next steps
- Provide support with office administration & clerical tasks for the Lifelong Learning Department

We are seeking an outgoing and motivated intern Career Navigator to work with our Indigenous Employment Hub team within our Lifelong Learning Department.

Through a deep understanding of Coast Salish ways and values, the Career Navigator bridges the gap to career training and resource programs. They support clients by building relationships, organizing delivery of adult training programs and assisting with technology needs.



**STZ'UMINUS  
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## WHAT YOU BRING

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- Empathy and strong interpersonal skills
- Understanding, comfort and willingness to grow with using technology
- Effective problem-solving and communication skills
- Willing and able to work flexible schedule that includes weekends and evenings as required for specific training programs
- Some post-secondary experience is an asset
- Criminal Record Check for working with vulnerable people

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## STZ'UMINUS FIRST NATION

### Job Posting - Sewer and Water Technician

The Stz'uminus First Nation is seeking a full-time permanent Sewer and Water Technician, working 37.5 hours per week.

The Sewer and Water Technician is responsible for operating and maintaining Stz'uminus First Nation's (SFN) sewer and water systems.

#### KNOWLEDGE, SKILLS, AND ABILITIES:

- ✓ Knowledge and ability to safely operate basic hand and power tools.
- ✓ Knowledge of workplace safety and safe lifting and handling procedures.
- ✓ Knowledge and ability to make numeric calculations used in water and wastewater fields.
- ✓ Must have good client service skills.
- ✓ Must be able to prioritize work in order of importance and urgency.
- ✓ Must have practical communication skills - verbal and written.
- ✓ Must have the ability to read and interpret drawings, as-built plans, maintenance manuals, material specifications, and similar technical documents.
- ✓ Must be honest and trustworthy, and demonstrate sound work ethics.
- ✓ Must display good judgment.
- ✓ Great ethics, honesty, and integrity are expected while working in the best interests of the Stz'uminus First Nation.
- ✓ Must be able to take weekly/monthly water and wastewater samples accurately.
- ✓ Be able to perform maintenance on multiple water and wastewater infrastructure such as valves and fire hydrants.

#### REQUIRED QUALIFICATIONS:

- ✓ Grade 12.
- ✓ Have an understanding of both water and wastewater distribution systems.
- ✓ One-year experience as a water and wastewater operator preferred.
- ✓ Small Water System Operator certification is an asset, and the nation will cover the costs to ensure the incumbent gets the certification within one year of hire.
- ✓ The ability to attain Water Distribution System Level 1 within two years of hire.
- ✓ Able to complete Small Wastewater System certification within six months of hire and WWC Level 1 within 18 months of employment.
- ✓ Must work towards attaining Wastewater Treatment Level 1 certification.
- ✓ Valid BC Drivers' licence.
- ✓ Computer literacy in MS Word and Excel.
- ✓ WHMIS training or willing to take as a job requirement.
- ✓ Criminal Record Check.
- ✓ Must agree to take training in confined space entry.
- ✓ First Aid Level 1 or willing to take as a job requirement.
- ✓ Emergency Response Training is an asset.

Interested and qualified applicants are invited to submit a cover letter and resume via email by the closing date of

**Friday, June 30, 2023, at 5:00 p.m. to [resumes@stzuminus.com](mailto:resumes@stzuminus.com)**

2023-06-12



The deadline for August newsletter will be Monday, July 24 by 4p.m.