



STZ'UMINUS **FIRST NATION**

NEWSLETTER

ISSUE #48 JAN/FEB 2024

Q'ULITS' . THUQ'MIN . SAY LA QUAS . XUTL'NUTSTUN . SHQW'HI'WUN .



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
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		Ext 284
SES Superintendent	Charlotte Elliott	
Post-Secondary Coordinator	Josie	250 713 4701
Emergency Program Coordinator	Krista	250 739 1468

Stz'uminus Primary School 250 245 0275
Stz'uminus Community School 250 245 6650
Nutsumaat 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

Hours: 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.



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Photo credit: Cover and back cover photos provided by Sydney Woodward -Folklore Studio



Updates from the **DIRECTOR OF ADMINISTRATION**

Happy New Year

2023 had some great successes for Stz'uminus. It also opened the door for us to have a very eventful 2024.

2023 saw some project completions that improved the infrastructure and overall strength of our communities. Some of those highlights include:

- Culvert and flooding repairs on IR 13.
- Pavement and grading work on IR 13 and IR11.
- Started the dangerous tree identification and removal from all SFN populated lands.
- Start of the Kulleett Bay Erosion Protection Project.
- Erecting the fisheries building on IR13.
- Funding approval for our Long-Term Water Project.

2023 brought on some challenges that we met head on and work today to better ourselves and the communities.

- Atmospheric Rivers and the flooding within the communities.
- Falling trees.
- Condition and repair of aging buildings and assets.
- Health and Happiness of Stz'uminus First Nation members.

What's ahead for 2024? Here are some of the future highlights for the next year.

- Start construction on our Long-Term Water project which will give us an ability to secure a safe water supply and grow the community for the future.
- Complete the Kulleet Bay Shore Erosion planning to save SFN lands and culturally sensitive areas.
- Complete the Cassidy lands Addition to Reserve.
- Complete feasibility studies into new Admin and Community Center.
- Repair Shaker Church.
- Complete streetlight project.
- Work with Chief and Council to identify future needs.

We made some vast leaps in the past year and inevitably great accomplishments are accompanied by great opportunities to learn. As we work to streamline our efforts to give the community the best we can offer, I thank all of you for your patience and understanding. You can be confident that we work every day by the guiding principle of "how can we better the community today".

Huy'ch'qa
Trevor Gatzke
Director of Administration



COAST SALISH GROUP



STZ'UMINUS
FIRST NATION

B.C Supreme Court **DECLINES INJUNCTION**

Ratcliff LLP was proud to represent Stz'uminus First Nation and its economic development company, Coast Salish Development Corporation, in arguing against a recent injunction application that would have delayed implementation of their Reconciliation Agreement.

On December 27, 2023, Justice Milman of the BC Supreme Court declined to grant an injunction as sought by the Ladysmith Maritime Society ("LMS"). LMS was seeking to prevent the Town of Ladysmith and the Province of British Columbia from implementing changes to a lease arrangement between the Province and the Town for a water lot in Ladysmith Harbour on which LMS operated a marina. The Town had taken the necessary steps to surrender its lease and the Province was on the verge of issuing a new lease effective January 1, 2024, to the economic development company for Stz'uminus First Nation ("SFN").

Property Transfer Part of Reconciliation Agreement Implementation



The purpose of granting the new lease to SFN is to implement a term of the Reconciliation Agreement signed between SFN and the Province in March 2022, which called for the Province to facilitate the transfer of properties identified by SFN as high priority. The water lot on which the marina is located is one of these properties, and is in the heart of SFN territory. SFN will continue operating the marina, and has plans to remediate and redevelop the bay in which the marina is located in accordance with a Waterfront Plan jointly developed by SFN and the Town.

Public Interest in Promoting Reconciliation

After finding that LMS had raised a serious question, and that LMS would suffer irreparable harm if the order was not granted, Justice Milman turned to whether the balance of convenience favoured granting the order. He determined that the public interest in promoting reconciliation arises squarely in this matter, due to the need to ensure that the Reconciliation Agreement is implemented without further delay, according to its terms. The Court held: “any further delay of the scheduled transition would undermine the integrity of the reconciliation process, a factor which, I agree, weighs heavily in the balance of convenience against an injunction.”

The Court also considered the steps already taken by SFN toward implementation of the Reconciliation Agreement, and found that the uncertainty arising from an injunction would complicate this implementation. The Court found that significant and irreparable harms would arise from granting the injunction, and they would not be compensable in damages. On balance, the balance of convenience weighed against granting the injunction, and the Court declined to do so on this basis.

Ratcliff lawyers Kevin Lee and Grace Hermansen were pleased to represent Stz’uminus First Nation Coast Salish Development Corporation in the application.

A link to the full decision can be found here: <https://canlii.ca/t/k1xn6>

**Media release from Ratcliff LLP*



Future Projects from the **COAST SALISH GROUP**



Coast Salish Group is the economic development agency for the Stz'uminus First Nation.

Vision

Through investments, partnerships and developments the Coast Salish Group has a vision to create a self-sufficient Nation.

Mission

Managing and steering First Nations' economic growth through planning, investments, partnerships and developments.

Strong Partnerships

Part of our strategic direction focuses on developing economic growth through strong partnerships. CSG offers attractive investment and partnership opportunities.

Oyster Bay Village

Oyster Bay Village, the cornerstone of Coast Salish Group's economic development activities, forms the commercial heart of our growing masterplanned community centrally located on mid Vancouver Island along the Trans-Canada Highway. Featuring a mix of multi-national and local businesses as well as 40,000 sq. ft. of retail and office space, Oyster Bay is a vibrant and growing community.

Owls Hollow

Owls Hollow is Oyster Bay Villages' single family subdivision. Lot sales are in full swing and the first houses are already going up. At full built-out the community will be home to 1,200-1,800 residents.



Our town continues to grow. Immediate plans include another retail and office building to satisfy the local demand for lease space, and a self-storage facility. Furthermore we are planning the development of a car dealership with service bay as well as additional commercial and office space.

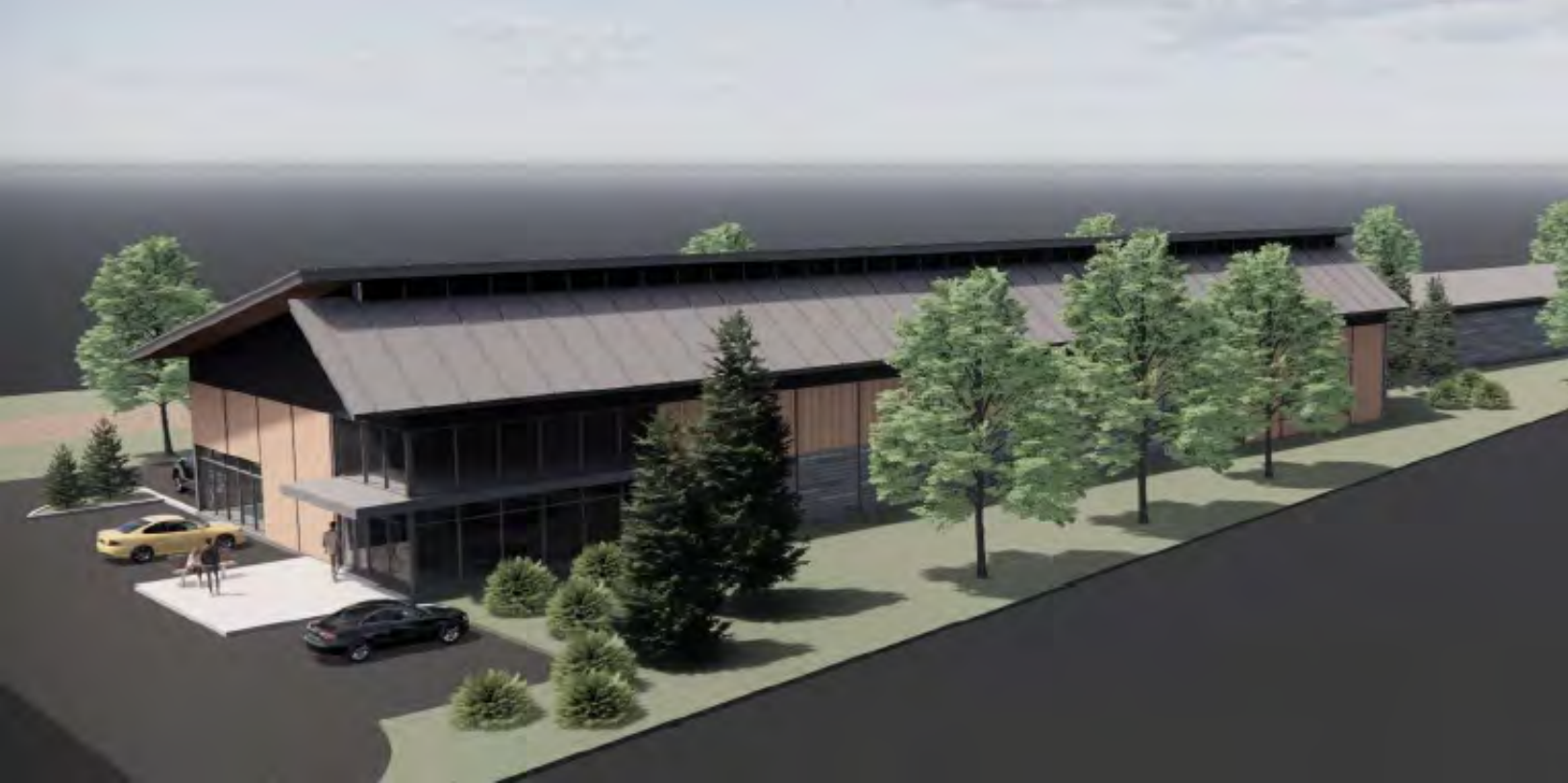
Oyster Bay Marina

Coast Salish Group will shortly start operation of the Oyster Bay Marina at Ladysmith Harbour. We are planning to redesign the area from transfer beach to Small Craft Harbour to rebuild the marina, creating valuable recreational and economic opportunities for residents of the Town of Ladysmith, Stz'uminus members and visitors.



Cassidy Industrial

A new commercial development
The 'Cassidy Lands' at the Nanaimo Airport have a great potential for light industrial development. We envision a mix of flexible light industrial and office space as well as fast food and personal services. The new commercial development will result in significant economic growth for the region.



Self Storage Facility We've Got Space at Oyster Bay

We have dedicated a 1.55 acre site on the east side of the Trans-Canada Highway adjacent to the Esso gas station to a self-storage facility. The new facility will become part of the commercial development of Oyster Bay Village, featuring innovative concepts and advanced technology.



Commercial Development at the Heart of Oyster Bay Village Oyster Bay continues to grow

We are redeveloping Oyster Bay Village's commercial area on the east side of the highway. Plans include a new service station, rebuilding the A&W restaurant, a car dealership, a service bay and additional commercial, office and retail space. Oyster Bay Village continues to grow, offering an increasing number of services and creating job opportunities for Stz'uminus members as well as

for residents of Owls Hollow.

Retail & Office Lease Space at Oyster Bay

Our masterplanned community Oyster Bay Village continues to grow. A new retail and office building is already in the pipeline, adding to our portfolio of 30,000sqft of lease space.



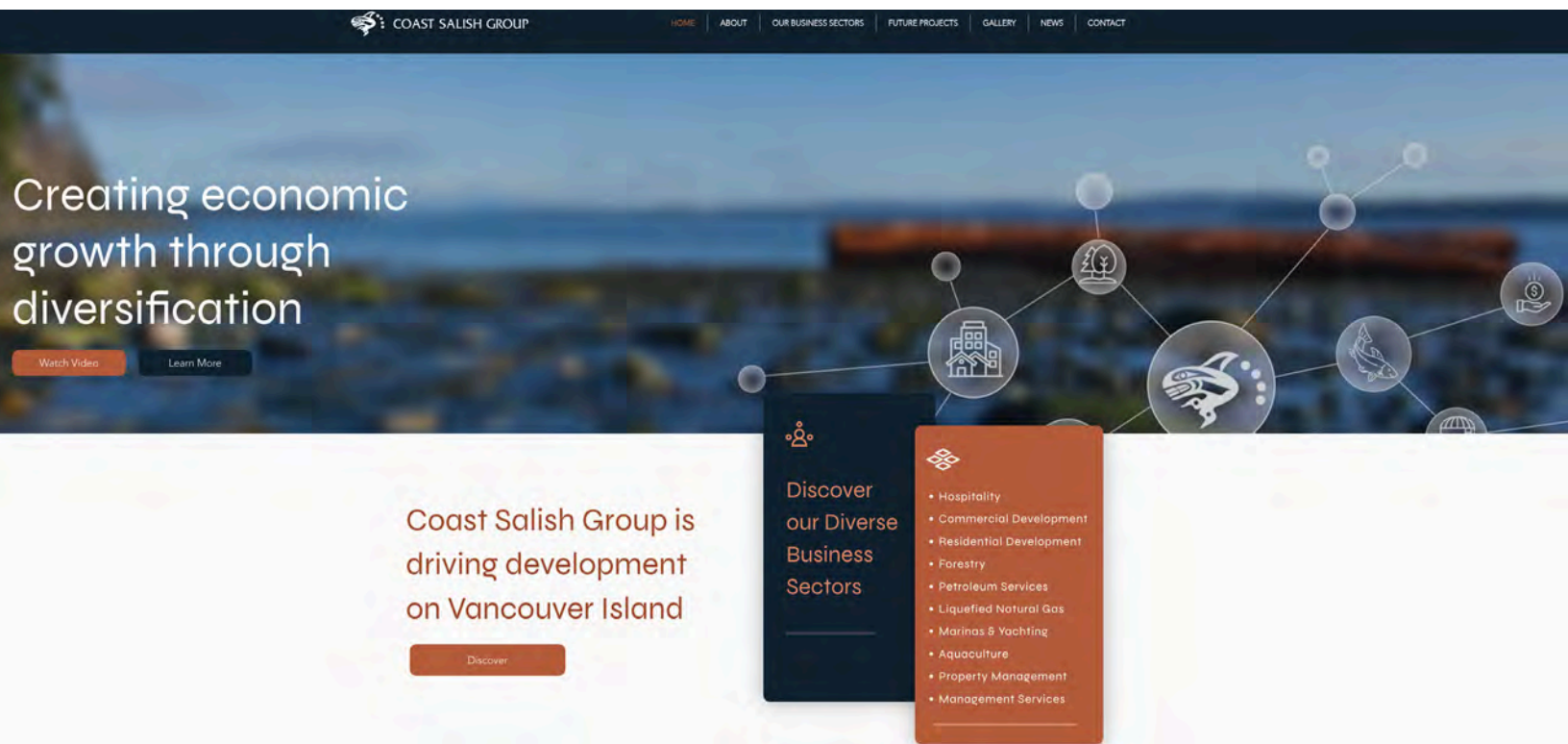
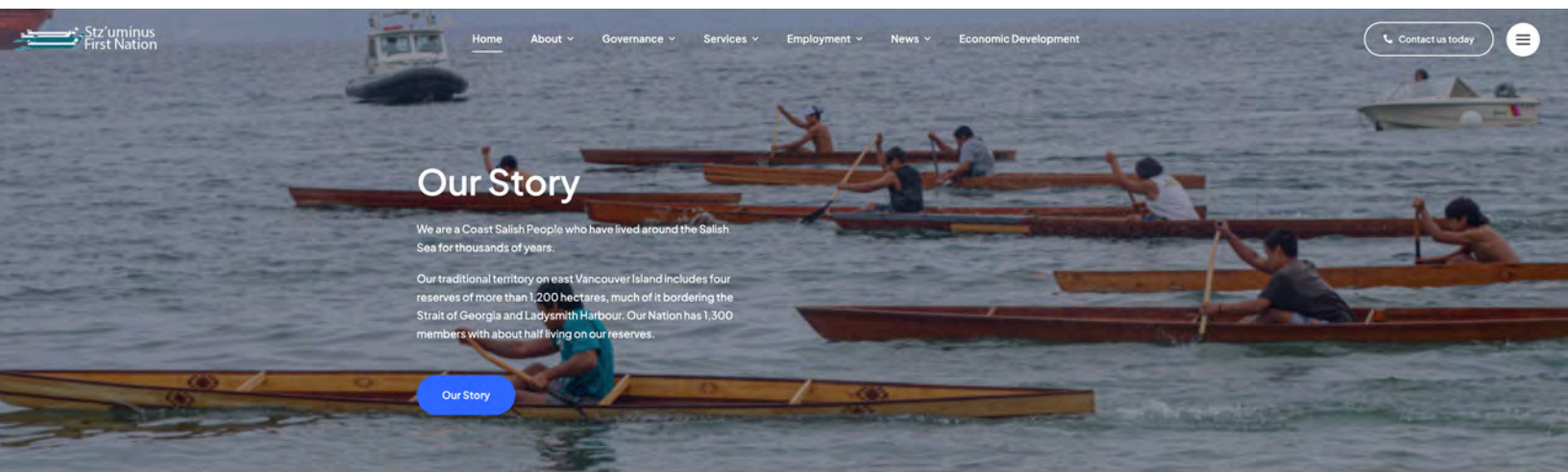
Check out our 2 NEW WEBSITES

The old outdated stzuminus.com website has been replaced.

Our Coast Salish Development Group also has a new site.

Be sure to check out the new websites at: stzuminus.com & coastsalishgroup.com

We are also creating a new Stz'uminus Communication app. Once the app design is finalized, instructions will be posted for the members to install on their devices.



STZ'UMINUS FIRST NATION MARINE STEWARDSHIP NEWSLETTER

ISSUE 13 - FEBRUARY 2024



MONTHLY NEWS

- Biotoxin shellfish harvesting update
- Marine stewardship building
- Water study and geospatial
- Technicians
- Making a Splash
- Tire Runoff Harming Fish

MONTHLY NEWS



BIOTOXIN SHELLFISH HARVESTING UPDATE

AS OF OCTOBER 19, 2023



The Stz'uminus shellfish harvest closure is lifted for Area 17-5 (Kumlocksun Campsite to Yellow Point) and beaches are currently open for shellfish harvesting. However, conditions can change, and it is suggested to follow best practices for harvesting and cooking. Harvesters are responsible for keeping up to date with changes in conditions regarding consumption i.e., proper boiling, watching for poisoning symptoms, and closures.

Stz'uminus Environmental Stewardship phytoplankton monitoring has shown a decreased health risk from biotoxins after the elevated levels this summer.

- Shellfish harvesting is at your own risk.
- Check out the [Can U Dig It](#) app and [BC CDC Shellfish Map](#) for details on species and closures.
- Watch for symptoms of Paralytic Shellfish Poisoning, Diarrhetic Shellfish Poisoning and Amnesic Shellfish Poisoning.

The Environmental Stewardship Department will continue to monitor and post updates.

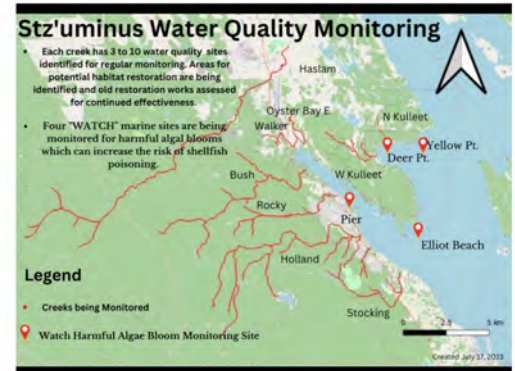
Thank you.



MARINE STEWARDSHIP BUILDING

The Salish Sea Initiative department would like you to know that the Marine Stewardship building is still under construction. Civil works and inside works started in December. The goal is to have the building fully operational by Spring 2024.

WATER STUDY AND GEOSPATIAL



In the fall, Lynn and one of our technicians, Cat, went out to do our first fall flush water collection for our water study. At each creek we take samples from multiple sites, send them off to a lab, and see what influences the water and how. We start as far up the creeks towards the headwaters as we can and sample as far downstream as we can while remaining above tidal influence. During the summer, with the help of Madrone Consultants, the technicians scouted sites that Madrone has provided us in order to establish where we will be taking the water samples. Overall, we completed 14 sites in Fall 2023, and we are hoping to complete 36-40 sites within the Winter high flows.

ENVIRONMENTAL STEWARDSHIP TECHNICIANS



At the end of summer, we said our farewells as we are all full-time students at Vancouver Island University. We are in different programs that take up most of our time although we are working to keep up with the water samples and studies. Cat has been working part-time since the school year started and Tess is hoping to work part-time in the spring semester, which starts January 2024. Del is a busy student doing the education program to become a teacher so it is hard to say if we will be seeing him during the school year. We hope to continue helping the community as technicians, see familiar faces, and be involved!

*Huytseep qu
Tess, Cat, and Del*

MAKING A SPLASH

Complete each sentence using the words in the Whale Word Bank. Cross out each word as you use it.

1. A whale may look like a fish, but it is really a

--	--	--	--	--	--
2. A whale has a pair of

--	--	--	--	--

 just like you.
3. Just like you, a whale cannot

--	--	--	--	--	--	--

 underwater.
4. A whale breathes through its

--	--	--	--	--	--	--	--
5. There are

--	--	--

 main kinds of whales.
6. One kind of whale is called a

--	--	--	--	--	--	--

 whale.
7. Toothed whales have

--	--	--	--	--
8. Toothed whales feed mostly on fish and

--	--	--	--	--
9. The other kind of whale is called a

--	--	--	--	--	--
10. Baleen whales are

--	--	--	--	--	--	--	--
11. Baleen whales eat small fish and tiny animals called

--	--	--	--	--
12. All whales have two

--	--	--	--	--	--	--	--

 and one tail.
13. A whale's tail has two lobes called

--	--	--	--	--
14. A whale moves its flukes up and down to gain

--	--	--	--	--

Whale Word

Bank

krill

lungs

calf

squid

two

teeth

pod

speed

blubber

flukes

baleen

flippers

toothless

breathe

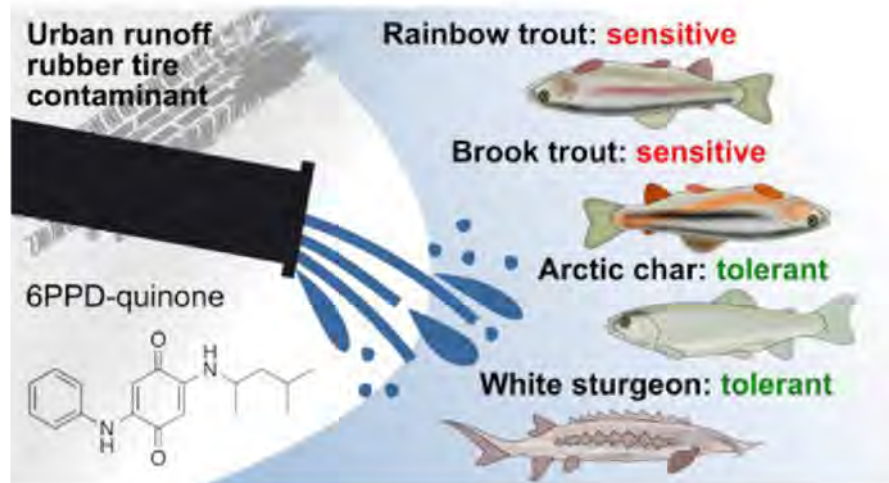
blowhole

toothed

mammal



TOXIC TIRE RUNOFF HARMING URBAN FISH



During rainfalls residue on roads wash in stream. Vehicle tires contains a chemical highly toxic to several important species of fish when it washes into the streams. To the fish it's like they are suffocating from the inside when this toxin affects them. Heavy rainfalls do the most damage because runoff comes from more urbanized areas or highways such as Goldstream. Here we have many urban streams that are important fish habitat like Holland Creek, Haslam, Bush Creek, etc. Fish are dying due to this chemical, which is called 6PPD-quinone, a contaminant used as protection for tires but leaves residue on the road as it wears. The chemical seems to inhibit breathing causing the fish to not be able to use the oxygen in the water. In other words, it's like they drown due to lack of inability to use oxygen.

The chemical has been used in tires since the 1950's but scientists have only recently discovered the impacts from the chemical and other tire residues. When other fish stressors are removed it allowed scientists to see the effect of 6PPD-quinone. Considering the chemical is a small concentration, like a pinch of salt in an Olympic swimming pool, analytic methods have improved allowing researchers to isolate ever-smaller concentrations. Before, fish populations subject to high levels of tire residue died off long before science had the chance to ask why. Since this is new research there's nothing known about the effects of long-term exposure to sub-lethal levels. Researchers know little about how these chemicals behave whether they concentrate in fish tissue, persist in the environment or simply dissipate.

FISH SPECIES KNOWN TO BE IMPACTED BY 6PPD-QUINONE:

COHO SALMON

RAINBOW TROUT

BROOK TROUT

MAKING A SPLASH ANSWERS

- | | |
|------------|---------------|
| 1.mammal | 8. squid |
| 2.lungs | 9. baleen |
| 3.breathe | 10. toothless |
| 4.blowhole | 11. krill |
| 5.two | 12. flippers |
| 6.toothed | 13. flukes |
| 7.teeth | 14. speed |





First Nations Health Authority
Health through wellness

Rainfall warnings and flooding

When there are heavy rains, there is an increased risk of flooding. Below is a list of several potential actions you can take to help protect yourself, your family and your community.



MAKE A PLAN



BUILD A KIT



BE INFORMED

Before Flooding

- Create an Emergency Plan
- Choose an Emergency Meeting Place
- Plan how to communicate, and create a written phone list
- Research insurance coverage
- Create a grab and go bag
- Protect your home from flooding through preventative tasks such as clearing gutters.

During Flood Warning

- Monitor local news media and the Government of BC's flood warning website for flooding status.
- Follow instructions given by community or emergency officials on evacuation.
- Turn off power to well pumps so flood water is not drawn into the well
- Keep at least a 72-hour supply of clean drinking water on-hand in case water supplies are impacted
- Sandbag around surface water intakes to protect from damage caused by debris
- Keep at least a 72-hour supply of food available
- Move as many items as possible from basements and crawl spaces to higher floors



During Flooding

- Stay away from flood waters and fast-moving rivers
 - Follow instructions given by first responders and other emergency personnel
 - If flood waters cover your sewage disposal field, stop using the sewage system
 - If power goes out, keep the door closed on the fridge/freezer and keep food inside it. This will help keep food safe (up to about 12 hour for a fridge, 24 hour for a half-full freezer, and up to 48 hour for a full freezer)
 - Wash hands with soap and water if you come in contact with flood water. It could be contaminated
- For more information on these points, PreparedBC has created a guide on flooding and other hazards.

After Flooding

- Check with community or emergency officials before returning home
- If you have a well and the well head is flooded, contact your community health centres, EHO or EPHS here.
- Assess your food to see if it has come into contact with flood waters. It is hard to make food safe to eat once it has been exposed to contaminated water. Please see below on food safety after a flood

Surface Water Supplies

- Use extreme caution when working around creeks and rivers. Flowing water can present a drowning hazard in some situations.
- Protect your water supply and the water supplies of downstream users by moving all pesticides, chemicals (including disinfectants for water treatment) and other contaminants to a safe location so they don't get flushed away or dissolve in flood waters.
- Protect private surface water intakes by placing sandbags around them. This may reduce damage during a flood when debris in streams may be greater than normal.

Wells

- If you have a domestic well, ensure that your wellhead is protected with a surface seal and a cap. A registered well-driller is required to do this work. <https://www2.gov.bc.ca/gov/content/environment/air-land-water/water/groundwater-wells-aquifers/groundwater-wells/information-for-well-drillers-well-pump-installers>
- Be ready to turn off the electricity to your well pump just prior to the flood. Since water supplies can be impacted by flooding, ensure that you have at least a 72 hour supply of water on hand.
- You can either store bottled water which can be purchased from the store in advance or fill clean plastic jugs or other containers.

Food Safety after a Flood

If exposed to flood waters, destroy:

- Foods packaged in containers that are not waterproof
- Bottled drinks and home preserves, which may be difficult to clean & sanitize under caps, lids or sealing rings
- Canned goods that appear to have a broken seal or show signs of bloating or seepage
- Any previously-opened packaged foods

Commercially-canned foods in good condition may be salvaged by:

- Removing the label
- Washing the can in warm soapy water and then rinsing
- Sanitizing in a solution of 40 mL of regular household bleach in 1 litre of water (approx. 5 ounces or 10 tablespoons of bleach per gallon of water)
- Marking the contents on the food container if it will not be used right away

Discard food that:

- Is unpackaged and was exposed to flood waters, including fresh fruit and vegetables
- Was not temperature controlled (warmer than 4C for more than 2 hours), whether or not it was exposed to flood water
- Is considered higher-risk, including: cooked grains, cooked vegetables, dairy products, eggs, meat and poultry, seafood

Additional Resources

[Healthlink BC - Water borne infections](#)

[Healthlink BC - Well Water Testing](#)

[Healthlink BC - Caring for seniors in long term care in an emergency](#)

[Healthlink BC - Community evacuation for seniors](#)

[Healthlink BC - Clean up after a flood](#)

[Healthlink BC - Flooding and your health](#)

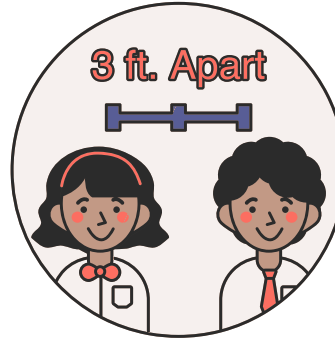
[Water Well Disinfection](#)

[FNHA Assessment of Septic Systems After a Flood](#)

STAY HEALTHY THIS SEASON



**Wear a
mask**



**Maintain
a safe
distance**



**If sick,
stay at
home**



**Wash
your
hands**



**Sanitize
your
hands**



**Check your
temperature**

**Below 39
degrees celcius
= Good**

What to know about...

MENINGITIS



Who is at risk?

People of all ages may contract meningitis. The age groups who have increased risk are:

- Children younger than 5 years old.
- Youth ages 15–19 who have not received the vaccine.
- Adults 60+.



How is it transmitted?

Respiratory droplets from an infected person. Infected people don't always show symptoms.



Preventive Care

- Wash your hands regularly.
- Wear a mask often.



Signs and Symptoms

Often asymptomatic

- Headache with nausea or vomiting.
- Stiff neck.
- Decreased appetite.
- Confusion or difficulty concentrating.
- Sudden fever.
- Severe Headache that seems different than normal.
- Seizures.
- Sensitivity to light.
- Pinpoint rash.

Vaccinations available for:

- Babies 2 months & 12 months (Scheduled).
- Grade 9 (Scheduled).
- Anyone with immunodeficiencies (Unscheduled).

For more information please visit:

<http://www.bccdc.ca/health-info/diseases-conditions/meningococcal-infection>

<https://www.canada.ca/en/public-health/services/immunization/vaccine-preventable-diseases/invasive-meningococcal-disease.html>

Mental Health SUPPORT

Government of British Columbia

Gloomy winter weather in BC and short days this time of year can be hard on people. There is free, confidential help available for you or someone you care about, wherever you need it.

Remember:

- It's okay to not feel okay
- You are not alone
- You deserve support
- Care is available

Learn more: <https://HelpStartsHere.gov.bc.ca/>

Find mental health support if you need it

Alcohol and Drug Information and Referral Service:
Call 1-800-663-1441

Kids Help Phone:
Call 1-800-668-6868

BC Mental Health Support Line:
Call 310-6789

National Suicide Crisis Helpline:
Call 988


BC StrongerBC

9-8-8 Suicide Crisis Helpline

**You deserve to be heard.
We're here to listen.**

A safe space to talk, 24 hours a day, every day of the year.

If you are thinking about suicide, or you're worried about someone else, we want to help.
Call or text 9-8-8 toll free, any time – lines are open 24/7/365

Call 9-8-8  **Text 9-8-8** 

If your safety is at risk, call 9-1-1 right away.

UPCOMING PROGRAMS HOSTED BY KW'UMUT LELUM



Kw'umut Lelum
CHILD AND FAMILY SERVICES

JOURNEY OF BIRTH

OPEN TO EXPECTING PARENTS FROM OUR
MEMBER NATIONS

Thursdays, Feb 1 - 15
10am-12pm via Zoom

Information on labour, birth and what to expect during
different stages - Tips and practices to build confidence
and resilience during birth

For more info contact Lana Harris
lharris@kwumut.org | (250)-802-6843



Kw'umut Lelum

Journey of Birth

PRENATAL EDUCATION
BREASTFEEDING SUPPORT
POSTPARTUM SUPPORT

TODDLER TIME

Open to Stz'uminus families with toddlers

Wednesdays, Jan 24 - Feb 28 | 11am-1:00pm
Stz'uminus Health Centre

Activities to strengthen family bonds: Weekly themes,
story times, art activities, and play for children's growth.
Attend all sessions for the chance to win a prize!

To register contact Skyla Russell
srussell@kwumut.org
778-678-8608

Lunch
provided

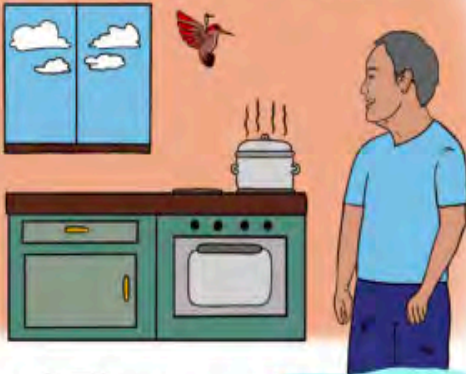


Kw'umut Lelum
kwumut.org

Children. Culture. Community.

OUR JOURNEY through WINTER FIRE SAFETY

COOKING SAFETY



Keep a Fire Extinguisher in the Kitchen

Put a Lid on a grease fire & turn off the stove

Don't Leave cooking food unattended

Keep Kitchens clean & tidy

HOME HEATING SAFETY

NEVER USE OVEN, Gas Range or BBQ to heat your HOME



NEVER Leave Space Heaters unattended



Keep WOOD Stoves and Chimneys CLEAN

Always use DRY Firewood in YOUR WOOD STOVE

CANDLE SAFETY

PUT OUT CANDLES before going to bed or when leaving home

DON'T LEAVE BURNING CANDLES UNATTENDED

Keep OUT OF REACH OF CHILDREN & PETS

Place in a STURDY HOLDER

Keep candles away from flammable materials

CHECK ON YOUR ELDERLY & NEIGHBOURS

Spend time Together

Clear House Numbers



Shovel walks & driveways

Bring Food & medicine



SMOKE ALARMS & CARBON MONOXIDE DETECTORS

Install DETECTORS & ALARMS in your HOME

Change the BATTERIES as needed and

Test them MONTHLY

HAVE A HOME FIRE ESCAPE PLAN



REPLACE ALARMS & DETECTORS every 10 YEARS



Indigenous Services Canada

Services aux Autochtones Canada

Michelle Buchholz

CASSYEX CONSULTING



Health Centre RENTAL

The rental cost for the health centre has changed recently.

New Rental Fees:

\$100 for half the day

\$200 for full day

\$150 damage deposit.

Must be paid in full to secure your date.

CLEAN UP SEAL UP

COMBAT THE RAT

IN YOUR HOME YOU ARE THE MOST IMPORTANT LINE OF DEFENSE!



DID YOU KNOW?

Mice can squeeze through a hole the size of a nickel and rats can squeeze through a hole the size of a half dollar.

PREVENTION IS KEY!

Keeping your home free from rodents is all about prevention and exclusion. Don't give them a place to live and food to eat! In case pests have become a problem in your home, call a professional pest management company.

CLEAN UP!

Clean up to eliminate rodent food and nesting sources

- All trash/garbage should be put in rodent-proof, watertight containers with tight-fitting lids.
- Arrange bird feeders so that seeds cannot fall on the ground OR keep bird feeders farther away from the house. Use squirrel guards to limit access to the feeder by squirrels and other rodents.
- Eliminate clutter by cutting and removing grass/weed overgrowth.
- Remove old trucks, cars, and old tires.
- Elevate hay, woodpiles, and garbage cans at least 1 foot off the ground.
- Clean up pet waste frequently and keep pet food indoors in containers with tight lids.
- Keep compost bins as far away from the house as possible (100 feet or more is the best). If you suspect rodents, discontinue adding food waste to the compost pile immediately.
- Food from vegetable gardens and fruit trees should not remain on the ground.

RODENTS LOVE TO MAKE THEIR HOME IN CLUTTER!



SEAL UP!

Seal up common entrances into the home

- Kitchen cabinets, refrigerators, stoves, floor corners, closets, fireplace, doors, windows, pipes under sinks/washing machines, pipes to hot water heaters/furnaces, floor vents and dryer vents, attic, basement, crawl space, and around electrical, plumbing, cable, and gas lines.
- Fill small holes with steel wool and caulked to keep in place.
- Fix large holes with lath screen or lath metal, cement, hardware cloth, or metal sheeting. These materials can be found at any hardware store.
- Sink holes and burrows outside your home should be covered by solidly packed dirt and monitored.

TRAP UP!

Trap up rodents to decrease their populations



Job Posting

Administrative Support- 18 Month Term

Kw'umut Lelum provides a continuum of culturally sensitive, child centered programs to families, children and youth in nine communities. We are looking for a highly organized individual that is skilled at a variety of administration duties.

Purpose of Position:

To efficiently and effectively support several non-delegated teams within the Agency.
Key responsibilities include: reception coverage, typing, filing, photocopying, inputting information into computer systems, and administrative support to staff and Team Leads.

General Responsibilities:

1. **Performs telephone and front desk duties:**
 - Receives incoming calls, identifies nature of incoming calls and information required, responds to general inquiries, takes messages and directs calls to appropriate staff.
 - Maintains/controls sign out sheets/books and keys for Agency vehicles.
2. **Administrative and Program Support:**
 - Preparing routine payment documents for professional staff approval. IE. MPRs/OPRs
 - Assists in organizing, preparing and compiling accurate briefing materials, confidential correspondence, memos, detailed reports, and ensures security of confidential documents.
 - Supporting programming, including but not limited to: minutes taking, purchasing and errands.

Staffing Criteria:

Cultural Knowledge:

- Knowledge of the unique and diverse traditional practices of the Coast Salish (Hwulmuxw Mustimuxw) is an asset.

Skills and Abilities:

- Ability to work collaboratively with multi-professional groups, professionals, the general public, and Indigenous people;
- Excellent organization, communication and planning skills;
- Comprehensive knowledge of Microsoft Office applications such as Excel;
- Efficiently prioritize tasks.

Education and Experience:

- Grade 12 graduation or equivalent certification, with relevant experience considered;
- Post-secondary education in office administration preferred.

Required:

- Clean Criminal Record Check;
- Must possess and maintain a valid BC class 5 driver's licence.

Closes: February 6th at 4:00pm

Please apply by sending your resume and cover letter to:

Maria Kerman mkerman@kwumut.org

COMMUNITY CENTRE CALENDAR

FEBRUARY 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Basketball drop-in 5-7pm ages 10-18	2 Kid's club 2-5pm Teen zone 5:30-8pm	3 Hockey tournament
All drop-in activities are Free for Stz'uminus members. There's a \$2 fee for non-members						
4	5 Kid's club 3-5:30pm Soccer Teen zone 5:30-8:30pm Volleyball	6 Co-ed soccer 7-9pm	7 Kid's club 3-5:30pm badminton Teen zone 5:30-8:30pm cardio on the turf 7-9pm	8 Basketball drop-in 5-7pm ages 10-18	9 Kid's club 2-5pm Teen zone 5:30-8pm basketball cultural cooking	10
11 Men's floor hockey	12 Kid's club 3-5:30pm Arts & Crafts Teen zone 5:30-8:30pm Volleyball	13 Co-ed soccer 7-9pm	14 Kid's club 3-5:30pm minute to win it Teen zone 5:30-8:30pm cardio on the turf 7-9pm	15 Basketball drop-in 5-7pm ages 10-18	16 Kid's club 2-5pm baseball Teen zone 5:30-8pm hide & seek	17
18 Men's floor hockey	19 Kid's club 3-5:30pm Volleyball Teen zone 5:30-8:30pm soccer	20 Co-ed soccer 7-9pm	21 Kid's club 3-5:30pm hide & seek Teen zone 5:30-8:30pm cardio on the turf 7-9pm	22 Basketball drop-in 5-7pm ages 10-18	23 Kid's club 2-5pm arts & crafts Teen zone 5:30-8pm baking	24
25 Men's floor hockey	26 Kid's club 3-5:30pm paint day Teen zone 5:30-8:30pm basketball	27 Co-ed soccer 7-9pm	28 Kid's club 3-5:30pm dodgeball Teen zone 5:30-8:30pm cardio on the turf 7-9pm	29 Basketball drop-in 5-7pm ages 10-18		



STZ'UMINUS

FIRST NATION

The deadline for the next issue is Monday, February 26 by 4p.m.
Ph: 250 245 7155 ext283