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WWW.STZUMINUS.COM
The seasons are changing and this is a great season to get prepared in all areas of life: Spiritual, Mental, Physical and Emotional.

**Itst uw’ hw-nuts’ul-wum Neighbourhood Watch**
Working together as one with neighbourhood watch – let’s work together. We will be installing additional “no trespassing” signs at #11, #12, and #13 reserves.
If you see any illegal activity or unusual activity please call the RCMP at 911 or you may also email Constable Barry Fulford at barry.fulford@rcmp-grc.gc.ca

**Stz’uminus Land Code Business License**
Any person who carries on a business or provides a service of any kind on Stz’uminus lands is required to hold a valid license to do so. A business license must be obtained before commencement of the business or services. To obtain a business license please complete the Business License form and submit it to the Lands Office to the attention of the Thuy’she’num Property Mgmt. You may also obtain the application at this link: https://sfnlandsoffice.com/development/business-license/

**Leadership**
Raising my hands to our Leadership for doing their very best!
Stz’uminus has a very strong and united Leadership. Chief and Council decisions are sometimes difficult, however all decisions are considered and made in the best interest of the community.
We are currently “working as one” with the staff, managers and Leadership to renew our Strategic Plan.

We will keep you informed as the draft moves to finalization.
Huy tsepq’u Sii’em
Thulamiye
Maureen Tommy, Director of Administration

Maureen Tommy
Awardees of the eleventh annual BC Indigenous Business Award (IBA) were celebrated at a Gala Dinner ceremony on October 17, 2019 at the Fairmont Hotel Vancouver where over 650 people gathered to honour excellence and “cultivate innovation in Indigenous business in British Columbia.

The BC Indigenous Business Award recognizes enterprises that create and expand opportunities, relationships and communities, all with the goal of a more prosperous future. Stz’uminus First Nation was recognized for the outstanding business achievements of their economic development agency, Coast Salish Development Corporation (now transitioning to Coast Salish Group).

Coast Salish Group won the award as “Outstanding Business Achiever in the Business of the Year: Community-owned (2+ entities) category at the 2019 BC Indigenous Business Awards.
2019 Distribution

Attention Stz’uminus First Nation Members

On the direction of your Chief and Council, Coast Salish Development Corporation is pleased to inform you that we will have a distribution of profits again this year. This year’s distribution will be $200 for each member.

Application forms can be picked up at the Coast Salish Development office (trailer next to Esso/Tim Hortons), at the band office or the Health Center. You can also fill out and submit an application online: http://bit.ly/SFNDist2019
If you have any questions, please call the CSDC office at 250-924-2444.

You can email, fax, mail or drop off your completed application to Coast Salish Development office.

Address: 12605 Trans Canada Hwy, Ladysmith, BC V9G 1M5
Fax: 250–924-2445
Email: office@coastsalishdevcorp.com

Application Deadline: November 29, 2019

Cheques will be handed out at Council Chambers on Friday, Dec. 13, 2019
If you can’t pick up your cheque, we will mail it to you.
A record-breaking 1 million British Columbians participated in this year’s Great British Columbia ShakeOut, an annual program that encourages earthquake safety preparedness. The more than 1 million participants tops last year’s record of 913,000 British Columbians, and was a notable contribution to the roughly 66 million people who participated in the global ShakeOut on the same day. Numerous departments within Stz’uminus participated in the Shakeout event including the Administration office and Stz’uminus Primary School.
EARTHQUAKE PREPAREDNESS

BEFORE

HAVE A PLAN  STORE FOOD AND WATER  SECURE FURNITURE  TOOLS AND SUPPLIES READY  FIRST AID

DURING

INSIDE

DROP  COVER  HOLD ON

OUTSIDE

MOVE TO A CLEAR AREA  STAY IN YOUR CAR

AFTER

EVALUATE YOUR SITUATION  ESTABLISH COMMUNICATIONS  MOVE TO HIGHER GROUND  CARE FOR OTHERS
DENISE & SHIRLEY  PREPARING PEARS

Canning Class
Anne Crocker has been teaching canning classes at the community centre recently. They are learning how to can apples and pears. They are hoping to learn how to can other things such as deer, butter clams and blackberries.

NOVEMBER COMMUNITY CALENDAR

- Monday, Wednesday, Friday After School Program for children 7-12 years old, Teen Zone 13-18 years old Transportation provided.
- Fitness room, computer room are available from 2:00 pm - 9:00 pm Tuesdays and Thursday.
- Men's Hockey Sunday's: $5 Drop in fee - Women's Hockey Sunday: $5 Drop in fee

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### Fri

1. Kids Club  
   1:40 pm - 5:00 pm  
   6:00 pm - 8:00 pm  
   Arts and Crafts

2. Kids Club  
   1:40 pm - 5:00 pm  
   6:00 pm - 8:00 pm  
   Colouring Contest

3. Kids Club  
   1:40 pm - 5:00 pm  
   6:00 pm - 8:00 pm  
   Baking Day

4. Kids Club  
   1:40 pm - 5:00 pm  
   6:00 pm - 8:00 pm  
   Baking Day

5. Kids Club  
   1:40 pm - 5:00 pm  
   6:00 pm - 8:00 pm  
   Gym Activity Forest Ranger

### Sat

2

9

16 Food Safe Nanaimo Training  
9am to 5pm

17 Self-Defense Class

18 Food Safe Nanaimo  
9am to 5pm

19 Food Safe Nanaimo

20 Food Safe Nanaimo

21 Food Safe Nanaimo

22 Food Safe Nanaimo

23 Cashier Training In Nanaimo

9am to 4pm

Too often the community was being brought together through tragedy, loss and injustice and this pattern of connecting in pain and despair needed to change. With this feedback in mind, Executive Director of Kw’umut Lelum Family and Child Services Agency, William Yoachim, instigated the Hope and Health initiative to bring the community together in a positive way and engage and inspire the children and youth in care in an active, playful way. Initially named “KL Cares and Kicks”, the program was piloted in the summer of 2011 through an inaugural event in Nanaimo, BC in partnership with Kw’umut Lelum and the Whitecaps FC.

The tremendous level of community engagement and high impact outcomes encouraged the founders to sustain and expand engaging other partners throughout Vancouver Island. Through this expansion, the initiative was rebranded “Hope & Health” to reflect the mission and core outcomes.

### Important events for November:

- Self-Defense class
- Coaching Development Clinic
- Cashier Training
STZ'UMINUS COMMUNITY CENTRE

Every Tuesday 6 pm

TEENS & ADULTS (AGES 13 - 120)
ALL FITNESS LEVELS WELCOME

IDF Krav Maga is a Street Self Defence Military System that Anyone can learn

CONTACT US FOR MORE INFORMATION
Shirly Louie or Shaun Crocker
1.250.245.9372

SPACE IS LIMITED - REGISTER TODAY!!!

Classes are taught by Sgt. Mjr. Omri Serper - CrowBand the Only IDF Certified Instructor in Canada
The grade 3 students from Stz’uminus Primary participated in taking action for climate change. They went into Ladysmith and talked to Mayor Stone. Their message was to eat local food.

The students said “food that comes from far away has to travel on boats and trains and trucks. That makes pollution in our air. The pollution wraps around the Earth and warms it up like a big blanket. When it gets too warm, the fish can’t live, and the forest gets too dry. Some good foods that are from here include salmon, blackberries, apples, pears and clams. Bananas, chocolate and oranges come from far away.”

Teacher Lesley Lorenz and Silu Buffi David were proud of the students for singing Stz’uminus Mustimuwh for the community, and for sharing their message.

Mary-Joe Harris holding a sign that read “KIDS FOR A HEALTHY EARTH!”

Primary students marching through town in their full regalia.
Every year Stz’uminus works with the Ministry of Forests, Land, and Natural Resource Operations to be able to harvest elk for sustenance and ceremonial purposes. Stz’uminus First Nation allocated 4 elk tags for the community lottery draw this year. There are also 4 tags allocated for the community. The meat from the community tags is distributed to the schools, daycare, community centre and health unit. The lottery draw was held on September 27th at the administration office. The winners of the community member allocated tags this year are: Kelly Vincent, Jennene Harris, Della Daniels, and Darren Jacobs. Most of the elk tag lotto winners from last year successfully filled their tags. Last years winners were: Danny Daniels II, Cecelia Harris, Brenddon Harris, and Fred Elliott. Congratulations on a successful hunt!
PROCESSING ELK MEAT

On October 10th, Chief John Elliott delivered meat from 2.5 elk to the Stz’uminus Community Centre to be processed into elk burger. The other half was already delivered to the Health Centre. Skills Teacher/Education Assistant Andy Bibbs brought some of his Suntsa Program students over to help process the meat. Stz’uminus Primary School Cook Desmond Peter also helped out with butchering. The meat was processed then divided between the Primary School and Community School to provide meals for all of the students.

MEAT TRIMMING

Luckily the elk was already deboned upon arrival which helped shorten the process. The meat still had to be cut into smaller chunks to fit into the grinder.

SUNTSA ALTERNATE PROGRAM STUDENTS

The boys took a break from their regular school work to help prepare beef fat to be mixed with the elk meat to make elk burger. The meat will provide a lot of meals for their school. It was a great learning experience for the boys to learn a little bit about living off the land and the work that goes along with it.
Illegal harvesting

Unfortunately just after receiving the elk tags from the Ministry, a Conservation Officer contacted Stz’uminus about an elk taken illegally within the territory. The Conservation Officer contacted the person responsible and confiscated the entire elk. The confiscated meat was distributed to the health centre and Stz’uminus schools. Even though the person responsible is not a Stz’uminus band member, he is a community member. Illegally harvesting an elk without a tag is an action that can affect future agreements between Stz’uminus and the Ministry. The use of the Limited Entry Hunting tag system is to help conserve game populations at their ideal numbers. It helps prevent overhunting. Only the 4 elk tag winners are permitted to hunt elk within Stz’uminus territory.

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TIPS FROM MAUREEN

NOVEMBER HOME CARE OUTSIDE AND INSIDE YOUR HOME...

Purchase snow removal equipment
This is a great month to stock up on de-icers, shovels and other snow and ice equipment. If you regularly use a snow blower, be sure you have it serviced before the snow falls.

Call and schedule a gutter cleaner
November brings down leaves, needles and branches which can quickly clog your gutters and downspouts. Protect your roof and foundation by having clear gutter drains. And make sure you use common sense when climbing your ladder – hire a gutter cleaning service if you can’t do this yourself.

Debris and Blackberry Bushes
Remove debris, tree branches and other bushes away from your home. Blackberry bushes are challenging; get a team together to help cut them away.

Get winter storm ready
November wind storms can easily knock out power. Check and replace the batteries in your flashlights and place them in easy-to-find areas of the home and service your backup generator system. While you’re at it, stock up on extra water and canned goods just in case.
Fire safety in your home

Being prepared is your best defense against a fire in your home. Minimize your family's risk of fire-related injury by following these safety tips.

Smoke alarms: Smoke alarms save lives. It is important to put smoke alarms in the right places in your home. You should also test them regularly to make sure that they work properly. You can minimize your family's risk of fire-related injury or death by installing the right number of smoke alarms in the right places in your home, and by keeping them all in good working order.
- Install smoke alarms outside each bedroom and sleeping area, and on each level of your home, including the basement.
- Read and follow every step of the manufacturer's directions when you install your smoke alarms.
- Test your smoke alarms every month to make sure that they are working properly.
- Follow the manufacturer's directions for cleaning your smoke alarms.
- Change the batteries as often as recommended by the manufacturer.
- Replace any smoke alarms that are more than ten years old.
- Investigate any false alarms, and have an escape plan in case of a real fire.

Fire extinguishers

Purchase a fire extinguisher for your home and keep it handy in the event of a small fire. Make sure you know what to look for when buying a fire extinguisher for your home.
- Ensure your extinguisher is labelled by a nationally recognized testing laboratory.
- The higher the number rating on the extinguisher, the more fire it puts out. It is important to make sure you can comfortably hold and operate the one you buy.
- Have your extinguisher serviced and inspected regularly, and recharge it after use.
- Install your fire extinguisher near an escape route and away from potential fire hazards.

Smoking

Smoking is one of the leading causes of house fires. Smokers should regularly check their furniture for fallen cigarettes or embers, which can smolder for hours before bursting into flames. Make sure to properly extinguish cigarettes and never leave lit cigarettes unattended.

Electrical products

You can follow some simple rules to reduce the risk of hazards associated with electrical products.
- Check for counterfeit electrical products that do not meet Canadian electrical safety requirements. Signs of counterfeit products include poor quality, very inexpensive price, grammatical errors and unusual fonts on the product, labelling or packaging.
- Regularly check and clean appliances with filters and screens such as dishwashers and clothes dryers. In the case of clothes dryers, leftover lint in the screen and piping can ignite in high temperatures, causing fires.

Power cord safety

- Keep cords for electrical appliances, such as deep fryers, kettles, steam irons and toasters, out of the reach of children. They can be hurt or burned if they pull an appliance off a counter.
- Keep cords a safe distance from heat and water sources.
- Make sure that the proper indoor and outdoor cords are used for electrical products.
- Discard or replace worn and/or distressed cords and plugs on any electrical product. Frayed/damaged lamp cords are a fire and shock hazard.
- Never break off the third prong of a plug.
- Unroll cords completely before use to avoid overheating.
- Unplug heat producing electrical products when not in use, such as kettles, toasters, irons and hair dryers.

Extension cords should not be:
- used as fixed wiring
- permanently secured (stapled)
- run through doors, walls, ceilings
Power Cord Safety continued...
• run under rugs
• run behind or on radiators or baseboards
• used to support heavy objects
• Read the directions to see if it is safe to use an extension cord or power bar with your electrical product.

Practices to avoid when using electrical products
• Do not place heat producing electrical products too close to flammable material.
• Do not place lamp shades too close to combustibles, including light bulbs.
• Do not bring electronic devices to bed, such as laptops and smartphones. They contain lithium batteries which can explode and cause fires when they fail.
• Do not leave cooking appliances unattended.

Lighters and Matches: Children who have access to lighters and matches risk causing fires that could lead to injuries and death. You can do the following to reduce the risk to you and your family.
• Keep lighters and matches out of the sight and reach of children at all times.
• Teach children about the dangers of lighters and matches.
• Check under beds and in closets for burnt matches.
• Burnt matches may be evidence that your child is playing with fire.

Keep in mind that:
• not all lighters are child-resistant
• not all child-resistant lighters are child-proof
• lighters that look like toys are appealing to children

Candles
Candles can be a serious fire hazard if not used properly. Some candles also have design flaws that increase the risk of fire. There are a number of things you can do to reduce health and safety risks when you burn candles.
• Extinguish all candles before going to bed or leaving the room. Never leave burning candles unattended.
• Do not burn candles on or near anything that can catch fire (like curtains, bedding, flammable decorations, and clothing).
• Keep candles out of the reach of children and pets. Place burning candles somewhere they cannot be knocked over.
• Cut candle wicks short to prevent high flames.
• Use sturdy candle holders that won’t easily tip over.

Home Insurance
If you home is categorized as a “private home” you are strongly encouraged to purchase home insurance for structure or for structure and contents.

Elders
Please work together to care for our Elders in the autumn and winter months. This is particularly important when there is a power outage, winter wind storms or snow/ice storms.

Reminder: Nov 3, 2019 - Daylight Saving Time Ends
When local daylight time is about to reach Sunday, November 3, 2019, 2am clocks are turned backward 1 hour to Sunday, November 3, 2019, 1am local standard time instead. Sunrise and sunset will be about 1 hour earlier on Nov 3, 2019 than the day before. There will be more light in the morning. This is also called Fall Back and Winter Time.
WELCOME JIMMY SEYMOUR
OUR NEW GARBAGE/RECYCLE TRUCK OPERATOR

GARBAGE & RECYCLE REMINDERS
Jimmy asks for your cooperation by getting your garbage or recycle out to the roadside before 8:30 AM so that you aren’t missed that week. Jimmy doesn’t have time in his schedule to backtrack and re-drive any of his roads.

We now have a large bin at the Big House. Jimmy wants to thank the big house users for the good job they are doing to make sure the big house and surrounding areas are clean. He requests that all of the bags of trash are placed into the bin to keep the animals from tearing it up and spreading the garbage around.

Jimmy also wants to thank all the people who are keeping their garbage area clean and dry. The cleaner the area, the less chance of rats. Freezers need to have drain holes drilled in them so rainwater doesn’t enter the garbage bag and render the bag too heavy to lift. Also, by keeping your garbage schedule weekly, maggots don’t tend to grow as often making pick-up easier.

Thank you for wrapping glass in paper before putting into the garbage so Jimmy doesn’t get cut on his hands or legs.

Also, please remove vehicles off the roads especially along narrow roads such as Silverstrand so that emergency vehicles, the trash and recycle trucks can turn around properly.

Thank you for your cooperation,
Public Works

REGULAR TRASH & RECYCLE PICKUP SCHEDULE

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<td>Residential Trash Day- Kulleet Bay, Church Road, Sandpiper and Oyster Bay</td>
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<td>WEDNESDAY</td>
<td>Residential Trash Day – Shell Beach, Sulq’sun, and Eagle Crescent</td>
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<td>THURSDAY</td>
<td>Recycle Pick up in Shell Beach, Oyster Bay, and #11 Communities</td>
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<td>FRIDAY</td>
<td>8 AM start - All 3 School &amp; Community/Health Center Bins, Oyster Bay (Xutl’nutstun bin, and IR No 11 bin in Chemainus PM - Recycle at Kulleet Bay, Church Road, Sulq’sun, Sandpiper and Eagle Crescent Communities</td>
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Elders Wellness Event

The Stz’uminus Health Centre hosted a two day Elders Wellness Event on October 16th & 17th. There was a dance performance by Cowichan Tribes’ Tzinquaw Dancers, health fair and a seafood lunch provided by the fisheries department and cook Charles Harris. The second day offered pampering services such as massage, haircuts, acupuncture, reflexology and manicures. This will be an annual event, we look forward to seeing you again next year!
PERFORMANCES BY THE COWICHAN TZINQUAW DANCERS & THE GRADE 3 CLASS FROM STZ’UMINUS PRIMARY SCHOOL

TZINQUAW DANCERS
The Cowichan Tzinquaw Dancers put on a performance for the elders.

HAIRCUTTING
Mike David gets his haircut by Julia Sawyer.
ICBC says it’s still an important time to remind everyone of the rules of the road when driving near school buses and in school zones. The greatest risk to children’s safety is outside the bus, either from the bus itself or from surrounding traffic. Here are ICBC’s top-10 tips for parents and drivers to help keep children safe.

### Bus tips for students
1. **Always stay 10 giant steps in front of or beside the bus so that the driver can see you and you can see the driver. Be ready to stop for a school bus with flashing lights.**
2. **Never walk behind the bus. That’s the danger zone because the bus driver cannot see you.**
3. **Make sure your shoelaces are tied so you don’t trip entering or exiting the bus. Scarves or loose drawstrings on clothing can be hazardous — they could catch onto the bus or bus door when entering or exiting and you could be dragged alongside the bus out of the driver’s view.**
4. **Wait for the bus in an orderly manner, so you don’t fall or get pushed in front of the bus or other traffic. Board the bus in single file. Use the handrail so you don’t trip on the steps.**
5. **Sit down right away, so you don’t fall when the bus starts moving.**
6. **Sit all the way back in your seat so the aisle isn’t blocked. Keep the aisle clear of feet, backpacks, books, etc.**
7. **Talk quietly so the driver can concentrate on driving.**
8. **Keep your head, arms and hands inside the bus, not out the window. Never throw things in the bus or out the window.**
9. **Wait until the bus stops moving before standing up to exit the bus.**
10. **When exiting, be sure the red lights of the school bus are flashing before crossing the road. Check the traffic around you. Be sure all drivers see you and it’s safe for you to proceed before you cross.**

### Tips for Motorists
1. **Vehicles in all lanes, from either direction, must stop when approaching a stopped school bus with flashing lights.**
2. **Do not pass a school bus when its lights are flashing.**
   - Drivers are fined $368 for passing a stopped school bus while it’s displaying flashing red lights to load or unload students. For drivers who receive a second ticket it will be $668 and a third offence will run a motorist over $1000 for that third offence alone.
3. **After stopping for a school bus, don’t start moving again until the bus moves on or the driver signals that it’s safe to by turning off its flashing lights and pulling in its stop sign.**
4. **It only takes a few seconds for a child to run out onto the road, so be extra careful in and around school zones.**
5. **If you’re picking up a child from a bus stop, always stop on the same side of road to help prevent the child from having to cross the street.**
6. **Always obey the 30km/hour speed limit in school zones from 8 a.m. – 5 p.m. on school days.**
I am happy to announce we have two new employees starting this week. Please join me in welcoming Brittany Boyer. She is our Mental Health and Wellness Clinician. Brittany is full time working Monday to Friday at 9:00 to 4:00. She can be reached at the Health Centre 250-245-8551 Ext: 244 and her email is brittany.boyer@stzuminus.com

We also have Anita Seymour whose first day was yesterday. She is our Children’s Oral Health Aide (COHI), for children 0-7 years of age. Anita is here twice a week assisting our Dental Therapist and Dental Hygienist one day a month. She will be attending training next week with First Nation’s Health Authority (FNHA). She can be reached at the Health Centre 250-245-8551 Ext:246 and her email address is anita.seymour@stzuminus.com

Welcome Ladies, we are happy to have them join our team.

-JENNIFER JONES, BSCN
HEALTH MANAGER

INVITATION TO PARENTS AND CAREGIVERS
TRANSPORTATION MEETING

Transportation Meeting for the 2019/2020 School Year
Date: November 12, 2019
Time: 5:00 – 6:30pm
Location: Stz’uminus Community School
We will be providing light snacks and refreshments. There will also be door prizes.

JENNIFER JONES  ANITA SEYMOUR  BRITTANY BOYER

STZ’UMINUS HAS A NEW SCHOOL BUS

This bus is to replace Bus # 11. Peter is the driver for this route. The new bus has seat belts and it is the priority of Stz’uminus First Nation to ensure safety for our children.

• Parents and Caregivers please talk to your children about proper use of the seat belts.
• It is very dangerous to play with seat belts; no swinging seat belts around, they could hit another child and seriously injure him/her, or they could break the window.
• All students taking Bus # 11 are required to use seat belts.
Good Day;
I am pleased to accept the 1 year contract as Health Manager for the Stz’uminus Health Centre. I look forward to working with our Health Centre Staff to provide better services that align with the health needs is Stz’uminus that includes First Nations Health Authority, Vancouver Island Health and Accreditation Canada standards. I am open to hearing what services you would like to see happen in our community? My door is always open!
I would like to introduce myself to you. My current name is Jennifer Jones, previously known as Jennifer Williams, and my maiden name is Jennifer Thomas. I am a member of Lyackson First Nation, and an elected council member with over 30 years experience. I was one of the original board members for Hul’itun Health Society, when Stz’uminus, Penelakut and Lyackson first came together back in 1994/1995.
I returned to school in 1997 to upgrade my sciences to enter the bachelor science of nursing program at Malaspina College. When I graduated, I worked at Cowichan District Hospital on the surgical ward and obtained a position at the Margaret Moss Public Health unit. Within a few short months, Cowichan Tribes had an opening, which I applied for and started my career as a Community Health Nurse, moving to Senior Health Nurse within 3 years, and moving up the ladder to Associate Health Director and Health Director. I faithfully worked there for 18 years!
I am married with a blended family, I have two girls Holly Thomas, Kimberly Viksush and 3 granddaughters, my husband has 3 children and 4 grandchildren. I love to walk, spending my Saturdays and Sundays walking for 2 hours about 13 -18 thousand steps per day. I love to garden . . .

Please feel free to stop by and say hello . . . I am here to provide support and services to all Stz’uminus First Nation community members.
-Jennifer Jones, BScN
Health Manager

Hello, my name is Brittany Boyer. I am the new Mental Health and Wellness Clinician at the Stz’uminus Health Centre & Elder’s Centre. I am excited to be here, huy ch q’a for welcoming me into your community.

A bit about me... I was born in Dawson Creek, B.C., but grew up mostly in Alberta. In 2011 I moved to Lethbridge, A.B. to pursue a Bachelor of Health Sciences with an Addictions Counselling specialization. Once that was complete, I pursued a Masters of Education in Counselling Psychology.

Fast forward to my time in beautiful B.C... I have only been living on Vancouver Island for a little over a year. What a lovely place! Aside from counseling, I spend a lot of my free time cooking up a storm in the kitchen. I am always trying out new recipes and rarely make the same thing twice!

If you see me around please do not hesitate to say hello! I look forward to meeting you.
-Brittany Boyer
Mental Health and Wellness Clinician
Paddling together for Community Workshop

When: November 26th 2019 9:00 am to 4:00
Where: Stz’uminus Health Centre

What: An experiential-circle workshop, which will deepen and inspire the vision of ‘supportive village.’ Traditionally we had many ways of treating one another which affirmed our belief that everyone is a sacred gift. This version of the Village workshop© will help us to understand traditional Aboriginal ways and values. We will explore our personal goals and our roles in supporting the revival of those values, used for thousands of years that worked so beautifully. Together we will set personal goals and focus on lateral kindness. This workshop has been inspired by Jann Derrick’s teachings regarding the Circle and many elder’s teachings. It is geared to solutions and is a great forum in which to ask questions.

Kathi Camilleri is Métis-Cree. She has completed a Master’s Degree in Leadership Studies through Royal Roads University. She has been facilitator and a counsellor for 24 years. She has facilitated workshops in communities throughout Canada to rave reviews. One participant said of Kathi “It is easy to learn from Kathi because of her gentle ways and her respect for all people.

Learning outcomes:
• A cognitive and emotional understanding of traditional 1st nations values.
• A deep and emotional insight into how we can heal from the intergenerational impacts of Colonization.
• Methods for creating supportive relationships in a positive way.

Objectives for the Visioning Day:
• Community building for collaborative group
• Experience a pre-colonial organizational system
• Personal vision, goals and next steps in building a personal supportive ‘Village’ around yourself and your family.

Important note to workshop participants: During this workshop, though we will not be addressing residential school and it’s affects in an in-depth way, the topic may come up. Participation in the workshop may trigger unresolved grief and loss issues for some. It is imperative that you know this in advance, so that you can make an informed choice about participating or not.

Please register with Melissa by calling 250-245-8551 or email: frontdesk.health@stzuminus.com
Stz’uminus Health

INVITES YOU

National Addiction Awareness Week Dinner

When: Wednesday, November 21st
Where: Stz’uminus Community Centre
Time: 5:30pm

Door Prizes

<table>
<thead>
<tr>
<th>Bus Stops</th>
<th>Time</th>
<th>Home</th>
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<tbody>
<tr>
<td>No# 11</td>
<td>4:05 – 4:15</td>
<td>8:00</td>
</tr>
<tr>
<td>Takla and Thomas Rd Mailbox</td>
<td>4:40 – 4:50</td>
<td></td>
</tr>
<tr>
<td>Kulleet and Deer Pt Corner</td>
<td>5:02</td>
<td></td>
</tr>
<tr>
<td>Eddie Frenchy’s Driveway</td>
<td>5:04</td>
<td></td>
</tr>
<tr>
<td>Seymour Rd and Kulleet Corner</td>
<td>5:06</td>
<td></td>
</tr>
<tr>
<td>Sandpiper Sub at stop sign</td>
<td>5:09</td>
<td></td>
</tr>
<tr>
<td>Sulksun Rd and Tideview top of hill</td>
<td>5:12</td>
<td></td>
</tr>
<tr>
<td>Eagle Crescent and Tideview Rd</td>
<td>5:14</td>
<td></td>
</tr>
<tr>
<td>Riptite Rd and Tideview Rd</td>
<td>5:18</td>
<td></td>
</tr>
<tr>
<td>Oceanview Rd and Tideview Rd</td>
<td>5:19</td>
<td></td>
</tr>
<tr>
<td>George and Betty’s house</td>
<td>5:20</td>
<td></td>
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<tr>
<td>Arrive at the Community Center</td>
<td>5:23</td>
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Transportation provided please see schedule.

For more information please call Stz’uminus Health at 250-245-8551
Our eighth Elders Advisory Committee meeting was business as usual. Discussing the topic of how to get our people interested or ways to get us interested in bringing back our Hul’qumi’num language. We had a fun activity planned for the Silent Speakers session, we got to have fun bringing back the language through interaction using a board game. Here are some pictures of the folks having fun.

We need 14 people out of 20 for Hul’qumi’num language training for February 3rd, 2020. Please come to the Band office, Building B, if you are interested and ask for Elizabeth. You don’t have to be fluent speaker to take this course. If you are passionate to revitalize your language and culture then you are absolutely a good candidate for this exciting course.

Revamping the Stz’uminus Dictionary is almost done, we just need peoples’ approval to use their pictures in the dictionary to make it local. After that, every Stz’uminus household will receive a copy.

Next Elders Advisory Meeting: November 21st, 2019 @ the Elders Centre Time: 4PM Dinner
Itst uw’hwnuts’ul-wum—We are working as one
Elizabeth Lachance -Hul’qumi’num Coordinator
With the cold weather upon us, please practice these fireplace safety tips:

- Be certain the damper or flue is open before starting a fire. Keeping the damper or flue open until the fire is out will draw smoke out of the house.

- Use dry and well-aged wood. Wet or green wood causes more smoke and contributes to soot buildup in the chimney. Dried wood burns with less smoke and burns more evenly.

- Clean out ashes from previous fires. Levels of ash at the base of the fireplace should be kept to 1 inch or less because a thicker layer restricts the air supply to logs, resulting in more smoke.

- Have your chimney cleaned regularly.

- Make sure the area around the fireplace is clear of anything that is potentially flammable (i.e., furniture, drapes, newspapers, books, etc.). If these items get too close to the fireplace, they could catch fire.

- Never leave a fire in the fireplace unattended. Make sure it is completely out before leaving the house.

- Test your smoke and carbon monoxide detectors monthly and change the batteries at least once a year.

- Also please remember to keep your dryer vents clear.

- Keep a fire extinguisher on hand.

If you need your chimney cleaned, please contact the Housing Coordinator Teoni Jameson at 250 245 7155 ext282

Krista Perrault
Emergency Program Coordinator
Stz’uminus First Nation (SFN) is seeking two (2) Hul’qumi’num Language Instructors. Their primary function will be to support a new Hul’qumi’num Program through the instruction of the existing curriculum.

The candidate must possess:

1) Experience teaching Hul’qumi’num and have knowledge of SFN culture.
2) Fluency in the Hul’qumi’num Language (written & oracy) Orthography
3) Ability to motivate and retain Hul’qumi’num adult students

Assets:

1) Experience teaching the Paul Creek Method Level 1 an asset.
2) Experience developing a language curriculum.
3) Computer skills (Microsoft Publisher, etc.)

Deadline for Application: Friday, November 8, 2019
Start Date: Monday, February 3, 2020

A completed application will include:

1) Cover Letter & Resume with attached academic/relevant transcripts.

To apply, please e-mail the Human Resources Advisor: resumes@stzuminus.com

As a condition of employment, this position requires a Clear Criminal Record and Vulnerable Sector Check.
The Stz’uminus First Nation community has been reading the Stz’uminus newsletter since the first issue was published in April 1997. The newsletter has all the features of any local newspaper. Since the beginning, every issue of Stz’uminus has been printed on our own printing press and it has been delivered to every home in our four communities.

Stz’uminus is always about you: Articles about our elders; personalities and high achievers from throughout our community.

Send us photos, articles, letters, greetings, and other ads.

Digital versions of this newsletter will also be available online at www.stzuminus.com as well as our Facebook page www.facebook.com/stzuminus

If you would like to help us conserve paper and opt out of paper editions, please contact the communications coordinator to remove your name from the list.

NOTE FOR SUBMISSIONS

Please send or drop-off articles by the deadline date below. Email or drop off photographs that you would like to include. If sending an article, I would prefer the original document file. For example, the original Microsoft Word document.

The deadline for the next issue is **Wednesday, November 20th by 4p.m.**

Ph: 250 245 7155 ext283
F: 250 246 3012
email: damien.daniels@stzuminus.com
Website: www.stzuminus.com
FB: www.facebook.com/stzuminus