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- The Family Advocates work for Stzuminus First Nation, and are here to support its members.
- The Family Advocates provide emotional and spiritual support to families experiencing hardship.
- The Family Advocates provide guidance and advice to individuals, families and communities to aid them in overcoming their social and personal problems.
- The Family Advocates also provide support for non-child protection issues as well.
Community Education Guardians
This is just the beginning of the Pandemic even though we have been responding since February 2020. We still need to keep our circles small and only go to town for essential food and other health needs. Do your best to refrain from travelling south to Saanich, Victoria, Duncan and Ladysmith; Nanaimo and further north. In terms of protecting the community, the community beaches, families, children and infants – it is not new to Stz’uminus First Nation. At this time, it is important to work together again to protect everyone.
This week alone, people trespassed to a secluded beach. People are trespassing and speeding. They are trespassing on reserve and can be encouraged to leave.

Good news
We have the guardians for a few more weeks.

Health Plan
Stz’uminus First Nation does have a Health Plan. BC is seeing an increase in COVID-19; 2 weeks after Canada Day. It is important to remember where you were 2 weeks ago! In the event of a positive COVID-19 case; the action plan will be implemented. The Daycare will immediately close including the schools and other programs.

Masks
Get into the habit of wearing a mask when out in public. Make sure it covers the chin and bridge of the nose.

Stz’uminus First Nation Election
Reminder the Stz’uminus First Nation election will be on August 27, 2020. Age 18 and up are eligible to vote; registered Status and Members.
Healthy Families = Healthy Sleep Patterns for our children.
School is just around the corner. August is an important month for our families. We want to keep our families healthy.
By mid August our children that will be attending school should be getting more sleep and getting up earlier! The reason is to prepare students for school!

School and Daycare
The Schools and the Daycare have Safety Plans in place. The Daycare has a soft start and the staff are learning the safety protocols. September will be here sooner than we know. Enjoy the month of August.

New Education Administration Building
The lots has been cleared beside the Community Centre for the new building. We are still working on the design plans and developing a budget for the new Education Administration Building.

Housing Applications
It is important to get your application in with Teoni Jameson, Housing Specialist. If you have not updated your application recently, please come in.

Summer Students
We had a late start for a few summer students. The students have also been impacted by COVID-19 and we have minimal summer student employment this year.
The good news is that Post Secondary Students are being supported by ISC with Emergency Support Funding. We are looking into getting each Post Secondary Student a new laptop and a one-time supplement.

Work Safe BC for Employees on Distribution Day
We always follow the policy for Income Assistance Policy issued by ISC. Our employees, Vicki, Andrea and Freda must wear masks and gloves on distribution day as per Work Safe BC regulations. This is to protect them and you. Please keep socially distanced and get into the habit of carrying your own pen, wearing a mask and being 6’ or 2 meters apart. The next Distribution will be at the Community Centre on Friday, July 31st.

Office Hours
3 weeks of summer office hours are effective immediately.
Open at 8:00 a.m. to 3:30 p.m.
Please let your friends and family know! O Sii’em.
Stz’uminus First Nation Administration office will return to regular hours on August 17, 2020.

Changes
There are many changes in the all departments at Stz’uminus First Nation. Some things we can communicate and others are confidential meaning we can’t talk about it with anyone. Some of the topics that we can share in the Newsletter. Thank you for your trust.

Huy tseep q’u Siem, Thulamiye, Maureen Tommy

Talk with one another and share what these winged friends are called in Hul’qumi’num.

Bee, ladybug, butterfly & mosquito.
Administration hosted a Community Education Guardians appreciation lunch on July 20 for the active Community Education Guardians. Active Guardians included:

Denise Daniels  James Harris  Melainee Sampson  Marcel Seymour  
Michaela Daniels  Jamie Harris  Arthur Seymour  Michelle Seymour  
Kyidean Edwards  Jason Harris  Brian Seymour  Sam Wilson  
Jennifer Elliott  Joe Harris Jr.  Cory Seymour  Richard Wyse  
Brittany Elliott  Tony Seymour  Dustin Seymour  
Dale Frenchy  Lorenzo Martinez  Harvey Seymour Jr.  
Cheyenne Harris  Marciella Mitchell  Harvey Seymour III.  

We also appreciate the ones who signed up and contributed to the role as things progressed. Your hard work is much appreciated.

To get through this challenging time, thorough planning is essential. As the COVID-19 situation is constantly evolving, our organization is displaying levels of flexibility and continuously adjusting to new circumstances. As of Monday, July 27, 2020 the Gates have been put back up at Kulleet Bay Rd., Church Rd and Tideview Rd., the higher levels of traffic and most problematic for trespassers in the Nation. Please keep in mind the work the Guardians are doing is not an easy task, they are set-up there with the intent to protect our Stz’uminus Mustimuhw. We have them to thank for limiting the risk of anyone from our Nation contracting the virus from outside sources. We must continue to do our part in making good choices!

The World Health Organization Public Announcement is that we do these 5 things to help stop the Coronavirus:

**HANDS** -- Wash them often  
**ELBOW** -- Cough into it  
**SPACE** -- Keep safe distance  
**FACE** -- Don’t touch it  
**HOME** -- Stay home if you feel unwell

We also ask that you continue to restrict large gatherings to not more than 50 people and wear a mask when physical distancing is not possible.

Stz’uminus is doing its part in maintaining the flat curve with ‘0’ cases being reported to-date.

As part of the initial emergency management measures I was honored to take part in helping get the Guardians set-up for their roles. The secondary phase is being overseen by Krista Perrault | Emergency Program Coordinator - Krista.Perrault@stzuminus.com any questions, concerns regarding gates, guardian roles, etc. can be directed to her. Thank you for your time.

Respectfully,

Della J. Daniels | Executive Assistant, Emergency Management team member
COMMUNITY EDUCATION GUARDIANS
COMMUNITY EDUCATION GUARDIANS
The General Election which was postponed due to the Covid 19 virus has been rescheduled to **August 27, 2020** and will be held at the Stz’uminus First Nation Community Centre, 3949 Shell Beach Road, Ladysmith, B.C., from 9:00 A.M. to 8:00 P.M.

The Poll is being held to elect one (1) Chief and Nine (9) Councillors.

The votes will be counted at the Stz’uminus First Nation Community Centre, 3949 Shell Beach Road, Ladysmith, B.C. on the 27th day of August, 2020, immediately after the close of the poll and declaration of the results of the Poll.

All mail in ballot packages that were completed and sent are valid and have been kept under lock and key by myself or my Deputy. All mail in ballot packages will be received right up to the close of polls on election day. If you require a mail in ballot package, please contact me by email or telephone and I will send out the package.

All voters and Election staff must follow the Covid 19 protocols including:

(a) Everyone is required to wear face masks. If you do not have a mask, a mask will be provided.

(b) Hands must be sanitized prior to voting and after voting.

(c) No one except, 1 scrutineer per candidate will be permitted to view the count. Instead the count will be broadcast over a live feed so as to maintain transparency.

Given under my hand at Delta, British Columbia, on July 10, 2020.

F.P. Schiffner
Electoral Officer
Stz’uminous First Nation
Phone: 604-943-0522
Cell: 604-786-2512
Toll Free: 1-800-813-2173
Email: fschiffner90@gmail.com
### Candidates for Chief

<table>
<thead>
<tr>
<th>Name</th>
<th>Nominated By</th>
<th>Seconded By</th>
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<tbody>
<tr>
<td>Harris, Roxanne</td>
<td>Harris, Daniella</td>
<td>Sampson, Cheryl</td>
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<tr>
<td>Seymour, George</td>
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<td>Harris, Marsha</td>
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### Candidates for Council

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<td>Daniels, Della</td>
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<td>David, Christopher</td>
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<td>Harris, George Sr.</td>
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<td>George Candise</td>
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<td>Harris, Cecelia</td>
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<td>Sampson, Marvin</td>
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<td>Crockery, Shaun</td>
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<td>Seymour, Elaine</td>
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<td>Smith, Leona</td>
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<td>Seymour, Shauna</td>
<td>Frenchy, Marilyn</td>
<td>Frenchy, Harriet</td>
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The above list of candidates is subject to receipt of all required documents and the receipt of the $50 deposit by the electoral officer prior to March 7, 2020.

F.P. Schiffer
Electoral Officer
STZ'uminus First Nation
NUTSUMAAT LELUM IS OPEN FOR CARE.

After a long four months, we have been given permission to open our Childcare programs. We have extra safety precautions in place to keep our children, staff and families safe. If you are working or going school and require childcare, please give us a call. We are starting to fill up our spaces for September. If you are returning to school and need care please call to ensure we got you on our list.

We are open Monday- Friday, from 8am to 4:30pm. Phone number: 250-245-0994.

MESSAGE FROM PUBLIC WORKS

Stz’uminus members,

Just a quick reminder that we are currently on a water restriction in Stz’uminus. There have been concerns with people filling up pools and using hoses/sprinklers.

Our 4 well pumps can provide us with 5.6 litres of water per second, but we are currently using more water than that so we are having a hard time keeping the reservoir full. When we ran out a few years ago, it cost $20,000 to bring water trucks in. We don’t want to compromise fire safety so we need to conserve more water.

Water supply levels are critical. Please help us conserve water:

-Don’t keep taps/hoses running.
- Shower instead of taking a bath.
- Reduce your shower time.
- Use a cup when brushing your teeth or shaving.
- Don’t flush unnecessarily.
- The use of hoses is strictly prohibited.

Please check to make sure your hose and faucets are not running or leaking and look/listen for leaks under your sink, under the house and around your house. If it is leaking give Housing a call at 250 245 7155 so we can get it repaired.

Thank you
Congratulations PRISCILLA & BRITTANY

Roger Elliott and I (Roberta Seymour) are very proud parents of Priscilla and Brittany Elliott for continuing their education.

Priscilla Seymour made the Dean’s Honour List at Vancouver Island University in the Early Childhood Educator (ECE) Program. The Dean’s Honour List recognizes outstanding academic performance of those students who have attained an overall GPA of 3.67 or higher during the past year.

Brittany Elliot won the Indigenous Student Award from Vancouver Island University in the Bachelor of Education Program.

"Don’t wait until you reach your goal to be proud of yourself! Be proud of every step you take!" - Karen Salmansohn

- Roberta Seymour & Roger Elliott

HAPPY BIRTHDAY TO RYDER AND ABIGAIL!

We would like to wish our girls Ryder and Abigail a Happy Birthday!
Ryder’s 6th birthday was on July 8th.
Abigail celebrated her 9th birthday on July 29th.

-Michelle Seymour & Preston Martell
Brit’s Overnight Oats Recipes:

Peanut Butter Cup:
-½ - ¾ cup oats
-1-2 tbsp peanut butter
-1-2 tbsp cocoa powder
-Milk of choice (I like unsweetened vanilla almond, cashew or oat ‘milk,’ but any milk is fine)
-1 tsp vanilla (optional, but adds flavor)
-Pinch of sea salt (optional, but adds flavor… don’t overdo it. Just a pinch.)
-Sweetener of choice (I like to use pure maple syrup, but brown sugar or Splenda/stevia works too)
-Optional add-on’s:
buckwheat groats, chia seeds, hemp hearts, flax seeds, peanuts, almonds, cashews, walnuts, pumpkin seeds, sunflower seeds, raisins, dried cranberries, fresh or frozen fruit, chocolate chips, shredded coconut, granola clusters

Spiced Banana Nut:
-½ - ¾ cup oats
-½ tsp cinnamon
-¼ tsp nutmeg
-1 tsp vanilla (optional, but adds flavor)
-Milk of choice (I like unsweetened vanilla almond, cashew or oat ‘milk,’ but any milk is fine)
-Pinch of sea salt (optional, but adds flavor… don’t overdo it. Just a pinch.)
-1 banana
-Walnuts
-Sweetener of choice (I like to use pure maple syrup, but brown sugar or Splenda/stevia works too)
-Optional add-on’s:
buckwheat groats, chia seeds, hemp hearts, flax seeds, peanuts, almonds, cashews, pumpkin seeds, sunflower seeds, raisins, dried cranberries, fresh or frozen fruit, chocolate chips, shredded coconut, granola clusters

Blueberry Coconut:
-½ - ¾ cup oats
-¼ cup shredded coconut
-1 tsp vanilla (optional, but adds flavor)
-Milk of choice (I like unsweetened vanilla almond, cashew or oat ‘milk,’ but any milk is fine)
-Sweetener of choice (I like to use pure maple syrup, but brown sugar or Splenda/stevia works too)
-Frozen blueberries
-Optional add-on’s:
buckwheat groats, chia seeds, hemp hearts, flax seeds, peanuts, almonds, cashews, walnuts, pumpkin seeds, sunflower seeds, raisins, dried cranberries, fresh or frozen fruit, chocolate chips, shredded coconut, granola clusters

YOU WILL NEED:
- A mason jar with a lid (about the size you would use for pickled green beans or pickled carrots)
- All ingredients to make your overnight oats
- Measuring cups and spoons
- A fridge to store the oats overnight (or at least 6 hours)

NO COOKING REQUIRED!

INSTRUCTIONS:
- Add dry ingredients FIRST (i.e. oats, spices, cocoa powder, chocolate chips, raisins)
- Add wet ingredients LAST (i.e. vanilla, maple syrup, milk)
- Fresh fruit can be added anytime. You can wait to add your fresh fruit until you are ready to eat it, or mix it in with your dry ingredients.
- Shake it up to get all the ingredients mixed well. Refrigerate overnight (or at least 6 hours) and enjoy!
*Overnight oats must be refrigerated to keep from spoiling.
- If you want to add nuts and/or seeds, my recommendation is to wait to add them until you are ready to eat your overnight oats.

TIPS:
There are many options for sweeteners out there, so it can be a bit confusing! I personally like to sweeten my foods with pure maple syrup, raw unrefined honey, agave syrup, or blended dates instead of using refined white sugar. For a zero-sugar, zero-calorie option, I like to use 100% Stevia extract. This is my personal preference and it works for me. Please remember that some sources of sugar will spike blood sugar levels more than others. *If you are diabetic, or if you have questions about sweeteners, please speak with a dietician and/or a medical professional about which sweetener options are right for you.

Pure maple syrup is used in my recipes as it is a more natural form of sugar as opposed to refined white sugar. Refined white sugar has been bleached and many of the nutrients are lost in the refining process.

REMEMBER: Pure maple syrup is still sugar, so I would recommend using it in moderation! That said, it is a source of sugar that is closer to the original food source and contains minerals such as calcium, zinc, magnesium and potassium, according to an article from Canadian Living (2019).

Fresh fruits are recommended as they are more natural sources of sugar, and fresh fruit contains the fibre our bodies need to feel full. Fibre is important for digestion. A healthy amount of daily fibre intake may help prevent constipation and lower cholesterol levels. Canadian women need about 25 grams, and men need about 38 grams of fiber per day, according to the Government of Canada website (2019). Guess what... oats are a source of fiber and protein!

Nuts and seeds add more nutrients such as healthy fats, protein, and fibre. This can help make you feel fuller after eating. Nuts and seeds also add a nice crunch!
Sometimes I like to top my overnight oats with Greek or Icelandic-style yogurt. It is super thick and creamy and makes the oats almost more like dessert! Greek and Icelandic-style yogurt is higher in protein, and protein can help keep us feeling fuller, longer.

Brittany Boyer, M.Ed., C.C.C.
Mental Health & Wellness Clinician
brittany.boyer@stzuminus.com
Join us in our Wellness Group

**When:** Monday’s 12:00 pm– 2:00 pm

**Start Date:** Aug 24, 2020

**End Date:** Sept 28, 2020

**Where:** Stz’uminus Health Centre

Light lunch provided.

Transportation provided

**Topics include:**

- Self-Care/Love
- Stress management
- Healthy Relationships & Boundaries
- Traditional Cultural Practices & Ceremonies

Participants will receive a care package at the completion of the program.

Please Call the Health Unit @ 250-245-8551 to register. Seats are limited.
The key goal for the Family Advocates is to reduce the number of children coming into care by linking families to available resources, programs and services. They strive to support Cultural Caregivers for those children who are unable to reside in their parental home.

- The Family Advocates work for Stz’uminus First Nation, and are here to support it’s members.
- The Family Advocates word to provide emotional and spiritual support to families experiencing hardship.
- The Family Advocates provides guidance and advice to individuals, families and communities to aid them in overcoming their social and personal problems.
- The Family Advocates also provide support for non-child protection issues as well.
INDIGENOUS RESPONSE FOR ADDICITONS

Looking at traditional plant-based medicine to help ease one’s journey from addictions. Only by accident that I found an alternative way to help ease a person’s symptoms for quitting alcohol or drugs. Of course, there are no easy short cuts for big changes in one’s life but this help many people ease their journey.

We are well aware of the impacts residential schools have had for seven generations (over 150 years) a part of how many have coped was through addictions. Lost and stolen culture was replacement by a ceremony of addictions, “who you drink with, where you drink, a beer turns into a 24 pack; and a 40 pounder (40ozer) until you don’t know your name.” When we begin to replace those rituals with cultural ways of being, we leave no room for addictions.

I have often said while working as the Native Prison Liaison at Nanaimo Correctional Center that “it is not just about stopping and leaving an empty body void of addictions” we must begin to focus on what we really want. “What we focus on we get more of.” We can stop the pain (or change how we handle the pain) if that is what’s going on through counseling, cultural healing, ceremony.

Now something I mentioned earlier that our traditional knowledge on the use of plant medicine can do some miraculous things!

I made some “tea” for a family grieving from a loss of a young person. The tea was Elder berry and Hawthorn berry, simple but powerful. I made them tea the first week and gave them dried berries the second week. What happened was they were able to sleep better, created space to grieve and found space to just be.

One member remarked that his “body told him it was time to quit drinking” by drinking medicine tea, I thought wow another way to help our healing process. Hawthorne berry is good for your physical heart, it heals and strengthens it. Also, your Spiritual and emotional heart heals by relaxing, creating clarity. The whole being of our medicine wheel is touched through this process, it’s cultural.
I believe this is where one’s body has a way to heal and be is connected to our cultural ways of being—a step in decolonizing.

Hawthorne Berry

Elder Berry

It is one thing to identify a plant that can be used but one needs teachings that follow our traditional ways. What I mean by that is our ways are different. Western Knowledge can trace back through history but one man on the 1400’s developed the “methodology” it’s the basis of how non-Indigenous define how to advance society with ideas.

Sir Francis Bacon in Europe developed this method and it is said that he wanted to “put mother nature on the (torcher) rack and extract her secrets and take what is rightfully his”. For me this was a division, a distinction that separates Indigenous ways of knowing by taking only what we need and share, leaving no foot print and thanking the Creator while we heal.

Having said that, our ways of taking from nature is we give an offering (tobacco) as a reminder of this balance of things and our respect to the Creator.

Huy’ch’, qa

Daniel Elliott.
### Health Centre Calendar

**TZ’UMINUS HEALTH CENTRE**

#### August 2020

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<tr>
<th>Sun</th>
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#### Community Centre Calendar

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<tr>
<td>2 family walking group</td>
<td>3, yarn and needles available for pick up for ages 12-16. 9am-3:15pm.</td>
<td>4 family walking group</td>
<td>5 family walking group</td>
<td>6 family walking group</td>
<td>7 family walking group</td>
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<td>9 family walking group</td>
<td>10 family walking group</td>
<td>11 family walking group</td>
<td>12 family walking group</td>
<td>13 family walking group</td>
<td>14, Blackberry dessert creation deadline at 3pm. Family &amp; employee walking group</td>
<td>15 family walking group</td>
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<td>16 family walking group</td>
<td>17, kids dance video start date. Family &amp; employee walking group</td>
<td>18 family walking group</td>
<td>19 family walking group</td>
<td>20 family walking group</td>
<td>21, kids dance video end date. Family &amp; employee walking group</td>
<td>22 family walking group</td>
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<td>24, family walking group</td>
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<td>27 family walking group</td>
<td>28 family walking group</td>
<td>29 family walking group</td>
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<tr>
<td>30 family walking group</td>
<td>31, yarn competition ends at 3pm</td>
<td>We would like to see what the youth would like to create with the yarn (square, hat, scarf). Please contact us to grab yarn and needles we will supply. We suggest that you start off with at least a 15 minute walk.</td>
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Please follow COVID 19 Safety Protocols and Regulations

We want to encourage our staff to get moving and take time out of your day to take a 15 min or 30 minute walk a day, take advantage of the Stz’uminus First Nations traditional territory, the great outdoors and the beautiful weather.

You can ask a co-worker from your facility to take a walk with you or take a stroll by yourself, the choice is yours.

The only competition is against yourself, challenge yourself each day, but don’t over do it.

**The challenge starts August 1, 2020 and ends August 31, 2020.**

Take pictures of the beautiful things you see on your walk, and enjoy the summer smells.

Employee Walking Group is 7 Days a Week. We will be taking before and after pictures, but this will not be mandatory. Our last years walking group, a lot of people regretted not taking before and after picture.

**Register with Shaun, Melainee or Shirley at the Community Centre. Phone 250 245-9372 or e-mail: Shaun.Crocker@stzuminus.com or Melainee.Sampson@stz’uminus.com or Shirley. Louie@stzuminus.com**
Family Walking Group

Please follow COVID 19 Safety Protocols and Regulations

We want to encourage our family’s to get moving and take time out of your day to take a 15 min or 30 minute walk a day, take advantage of the Stz’uminus First Nations traditional territory, the great outdoors and the beautiful weather.

The walking group will consist of family members of your house or immediate circle. The only competition is against yourself, challenge yourself each day, but don’t over do it.

**We will have 2 different groups:**
- The beginner group: that are just starting on walking (only thing that is needed is pictures of the walk, can be with you and your family or beautiful things you find on your walk. Walk for 15 minutes to 30 min a day. The second group will be the intermediate group, smart bands or Fitbit or phones can be used for counting steps. Take pictures of the walk, can be with you and your family or beautiful things you find on your walk. Walk for 15 minutes to 30 min a day. (Elliotts Beach walk was an 1hr walk) Steps can be added to the Stz’uminus Community Centre page.

**The challenge starts August 1, 2020 and ends August 31, 2020.**
We will be taking before and after pictures, but this will not be mandatory. Our last years walking group, a lot of people regrettet not taking before and after picture.

**Register with Shaun, Melaine or Shirley at the Community Centre. Phone 250 245-9372 or e-mail: Shaun.Crocker@stzuminus.com or Melaine.Sampson@stz’uminus.com or Shirley.Louie@stzuminus.com**

After registering you will be added to the Stz’uminus Community Centre Facebook page, if you don’t have Facebook we can keep in touch through e-mails.
Avoid the Three C’s

Be aware of different levels of risk in different settings.

There are certain places where COVID-19 spreads more easily:

1. **Crowded places**
   with many people nearby

2. **Close-contact settings**
   Especially where people have close-range conversations

3. **Confined and enclosed spaces**
   with poor ventilation

The risk is higher in places where these factors overlap.

**Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three C’s.**

**WHAT SHOULD YOU DO?**

- Avoid crowded places and limit time in enclosed spaces
- Maintain at least 1m distance from others
- When possible, open windows and doors for ventilation
- Keep hands clean and cover coughs and sneezes
- Always wear a mask when you go outside your home

If you are unwell, stay home unless to seek urgent medical care.
Tum’qwe’unhw
August, the time when the qwe’un (mosquitoes) are out

scamuqw • great grandparent/child
si’lu • grandparent, grandparent’s sibling or cousin
   sul’si’lu • grandparents, grandparent’s siblings or cousins
Shxwuweli - parents
grandchildren
‘imuth • grandchild, grandniece, grandnephew, cousin’s grandchild
‘imuye’ • grandchild, grandniece, grandnephew, cousin’s grandchild (address form)
miiyie’ • grandchild, grandniece, grandnephew, cousin’s grandchild (address form)
‘umimuth • grandchildren, grandnieces, grand nephews, cousin’s grandchildren
Shxwuweli – relatives
Shxwumnikw – aunt, uncle, parent’s cousin
Shxw’aluqwa – brothers, sisters, cousins
Stiwun – niece, nephew, cousin’s child
Stu’tiwun – nieces, nephews, cousin’s children

Ts’ul’tsi’mye’ | Hul’qumi’num Program Instructor
Margaret Seymour
CERB
(Canada Emergency Response Benefit)

IS NOT FOR EVERYONE.

- It is meant for those to apply who have lost their job/income due to COVID-19.
- CERB is a taxable benefit.
- Application states that if found "ineligible" repayment is required. If individual is found afterwards that they did not qualify they will have to repay the money.
- Individuals who are collecting CERB but do not actually qualify may risk having to pay it all back and the CRA can take the money from other sources such as GST and Child Tax if money is owing.

If you require further clarification you can:
- Call 1-800-959-2019 or 1-800-959-2041
- Go to www.canada.ca and follow COVID-19 link

If you are unsure about your eligibility, you can also contact our Employment Specialist Marcy Seymour 250 245 7155 ext234.
## Stz’uminus First Nation
12611 Trans-Canada Highway, Ladysmith BC, V9G 1M5

**SCHOOL SUPPLIES AND SUPPORT APPLICATION FORMS**
**GRADES: K5 – 12 SCHOOL YEAR: 2020 – 2021**

### STUDENT INFORMATION

<table>
<thead>
<tr>
<th>Student Name:</th>
<th>Given Name:</th>
<th>Date of Birth</th>
<th>Age</th>
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<table>
<thead>
<tr>
<th>Band Name:</th>
<th>Band Number:</th>
<th>Students Email Address:</th>
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### PARENT/GUARDIAN INFORMATION

<table>
<thead>
<tr>
<th>Legal Parent/Guardian:</th>
<th>Relationship to child:</th>
<th>Mailing Address:</th>
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<table>
<thead>
<tr>
<th>Postal Code:</th>
<th>Home Phone Number:</th>
<th>Work Phone Number:</th>
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<table>
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<tr>
<th>Cell Phone Number:</th>
<th>E-Mail Address:</th>
<th>Message Phone Number:</th>
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<tr>
<th>Emergency Contact Name:</th>
<th>Relationship to Child:</th>
<th>Phone Number:</th>
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### SCHOOL INFORMATION

<table>
<thead>
<tr>
<th>School Name:</th>
<th>School Address and Postal Code:</th>
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<table>
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<tr>
<th>Phone Number:</th>
<th>Your Child’s Grade:</th>
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### HIGH SCHOOL STUDENT – SCHOOL ALLOWANCE POLICY

1. All services and supports provided will be in accordance with the Stz’uminus First Nation Education Policy
2. High School allowance:
   a. Students who achieve zero absences in 1-month will receive $50.
   b. 3 or less absences you receive $20.
   c. 3-Absences or more you receive zero.
3. Student Allowance is direct deposit in bank account 2nd Wednesday of every month.

a) All information on this form is required by Parents/Guardians.
b) For all information & Updates please inform Stz’uminus Education Department to update your child’s student records
c) Completed Consent for Exchange of Information form must be completed.
d) Permission to take pictures of my child, for Newsletter and Worldwide Web.

☐ Yes
☐ No
PARENTS/GUARDIANS ARE REQUIRED TO PROVIDE ALL INFORMATION REQUESTED ON THIS FORM

Public Schools District # 79 and #68
Authorization to Release Information

<table>
<thead>
<tr>
<th>School Name</th>
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<tbody>
<tr>
<td>School Address</td>
<td></td>
</tr>
<tr>
<td>Telephone and Fax Number</td>
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<table>
<thead>
<tr>
<th>Student Name(s)</th>
<th>Student Date of Birth</th>
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I hereby authorize Cowichan Valley School District # 79 or Nanaimo-Ladysmith Public Schools (SD68) to release information about my child to the following individuals and organizations as listed below:

<table>
<thead>
<tr>
<th>Stz’uminus Education Department</th>
<th>Education Coordinator</th>
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</thead>
<tbody>
<tr>
<td>Stz’uminus Administration</td>
<td>Stz’uminus Director of Administration</td>
</tr>
<tr>
<td>Stz’uminus Strategic Planner/Finance Director</td>
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</table>

Print Name of Parent/Guardian
Signature of Parent/Guardian
Date:

Signature: District Vice Principal of Aboriginal Education:

Cowichan Valley School district # 79 or Nanaimo-Ladysmith Public Schools (SD #68)

Consent for Exchange of Information

Consent to the release and/or exchange of any relevant information of the above identified child/children/youth:

a. To Cowichan Valley School District # 79 or Nanaimo-Ladysmith Public Schools District # 68 Department of Learning Services (school district-based services);

b. Between Cowichan Valley School District # 79 or Nanaimo-Ladysmith Public School District # 68 Department of Learning Services (schools/district-based) and relevant service providers (e.g., Health care-providers, Nursing support services, Child and Youth Mental Health, Ministry of Children and Family Development, Social Worker, Medical doctor, Stz’uminus First Nation Education as per LEA Agreement signed with School District # 79 and School District #68., and/or any other programs/services-staff accessed by the Child/Family) who are involved with Cowichan Valley School District # 79 or Nanaimo-Ladysmith School District # 68 Department of Learning Services for the child/youth.

This information will be used to facilitate the development of child-specific educational programming in Cowichan Valley School District # 79 or Nanaimo-Ladysmith Public School District # 68 and Community, to make referrals to other service providers, and for the administration of program and services for the child/children/youth identified above.

a. It is agreed that any correspondence between the school and service provider will be coped to the parent/guardian.

b. I/we understand that a signed Consent for Exchange of Information form is a condition of eligibility for support services. This is a continuing consent that is valid until I/we revoke it by
contacting the school-based case manager, or school principal, in writing and withdrawing my/our consent.
c. Authorization to Release Information: please check all items that you give consent to having released to the individuals listed.
- Attendance Records
- Report Cards
- School Registration Information (including parent/guardian information)
- Information about discipline/suspenions
- PR Cards/Transcripts
- Student assessments
- IEP/Designation Information
- Time Table/Courses (secondary)
- School photos/videos, Award/bursary information
- Graduation Information
- Samples of Student Work
- Name(s) of school/district staff who work with the student
- Copies of permission forms
- Information about fees
- Meeting Information
- Information about school-based supports/programs
- Summary of Reporting (Current Grades K-9)
- Extra Curriculum Activities
- I give Consent to all of the above

<table>
<thead>
<tr>
<th>Print Name of Parent/Guardian giving consent</th>
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<tr>
<td>Signature of Parent/Guardian giving consent</td>
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<td>Date:</td>
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The information on this form is collected under the authority of the School Act, Section 13 and 97. The information provided will be used for educational program purposes and, when required, may be provided to health services, social services, or other support services as outlined in Section 97 (2) of the School Act. If you have any questions about the collection and use of this information, please contact the principal of your school or the information and Privacy Office, School District 68 (Nanaimo-Ladysmith), 395 Wakesiah Avenue, Nanaimo BC, V9K 3K6. Telephone: (250) 754-5521; or Cowichan Valley School District # 79, 2557 Beverly Street, Duncan B.C. V9L 2X3, Phone: 250-748-0321.

<table>
<thead>
<tr>
<th>Signature Director Vice Principal of Aboriginal Education</th>
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<td>Print: Director Vice Principal of Aboriginal Education</td>
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<table>
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<tr>
<th>Signature Stz’uminus Senior Education Manager/Education Coordinator</th>
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<tr>
<td>Print: Stz’uminus Senior Education Manager/Education Coordinator</td>
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Job Posting – Emergency Preparedness Assistant

Stz’uminus First Nation is seeking an Emergency Preparedness Assistant.

The Emergency Preparedness Assistant will work in a supportive role and take direction from the Emergency Program Coordinator. They will work collaboratively with our team on specific projects and coordinate with necessary vendors and service providers.

SKILLS AND ABILITIES REQUIREMENTS:

✓ Must be highly organized, adaptable, and able to prioritize tasks while working independently.
✓ Excellent computer skills using: Microsoft Word and Excel.
✓ Good people skills.
✓ Ability to work in a team environment.
✓ Data entry, collection, and analysis.
✓ Administrative functions: Filing, typing, and answering phones.
✓ Preparing Notices for the Stz’uminus Newsletter.

QUALIFICATIONS:

✓ Legally entitled to work in Canada.
✓ Registered as a full-time student during the preceding academic year and intending to return to school on a full-time basis in the next academic year.
✓ Must complete a Criminal Record Check as a condition of employment
✓ Social Insurance Number (SIN) Required

JOB SPECIFICATIONS

✓ Hours: 15 hours per week, Monday through Friday

Interested and qualified applicants invited to submit a cover letter and resume via Canada Post, e-mail, or fax by the closing date of Friday, August 7, 2020, at 4:00 p.m. to the following:

Attention: Human Resources Advisor
12611-A Trans Canada Highway
Ladysmith, BC V9G 1M5
Fax: 250-245-3012
E-mail: resumes@stzuminus.com

Please only forward submissions as requested above, phone calls will not be accepted.

2020-07-24
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.

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 Monday, August 24 by 4p.m.
Ph: 250 245 7155 ext283