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* Cover artwork: Kulleet Bay Longhouses by Daniel Elliott
The month of December will be very busy with numerous meetings, events, and community distribution. Watch for the notices and share the information with one another.

Christmas is a celebration; however, it can also be stressful. To stay healthy over the Christmas season please join in the festivities like our Community Christmas Dinner. Also, continue your winter seasonal practices. Exercise and rest are also very good for all family members.

When the flu and cold season moves through the community, please get ahead of it by drinking plenty of water. Allow fresh air into your home and remember to change your toothbrushes frequently.

Raising our Hands in gratitude

Thank you to our staff members that have assisted with the annual Stz’uminus First Nation distribution.

Della Daniels, Executive Assistant
Vickie Seymour, Income Assistance and Membership.
Andrea Sampson, Income Assistance
Tricia Bowler, Proposal Writer

Every few days the distribution applications have a secondary screening. This takes a
few hours each morning. Our team is rotating this task. In addition, many other logistics have to be organized. Della is assisting with the organization of the distribution day. We will ensure that the Band Office parking lot is spacious enough for members to park. A special area will be set up for Elders and others with a Disability Parking decal.

**On Call Casual Employees**

The good news is that all of our Administration Receptionists on call Casual Employees have found other employment within Stz’uminus, at the local businesses or elsewhere. This leaves us with a gap! If you are interested in training for on call casual Receptionist please contact our Human Resources Advisor, Mark Seneviratne.

**Emergency Response**

Stz’uminus First Nation did very well last December. It was a huge windstorm. Everything was not perfect, but we did receive accolades from our various stakeholders. This year, we are connected to the weather projection network. We keep a close eye it and we also receive email messages that provide early warnings on extreme winds or heavy rains.

In the event of another storm it is a good idea to get your family and home prepared. If you have questions about being prepared please contact Krista Perreault, Emergency Response Coordinator at 250 245 7155 or at Krista.Perreault@stzuminus.com.

**Director of Administration**

January 8, 2020 is my anniversary date for serving Stz’uminus First Nation. It will be two years on January 8, 2020. In terms of my day-to-day duties and work I am open to hearing proactive suggestions and solutions. Just give me a call; early morning is best! I can be reached at 250 245 7155.

Maureen Tommy

Director of Administration
The Cowichan Nation is taking legal action in the Supreme Court of British Columbia to recover its government-owned lands near the mouth of the Fraser River in British Columbia. The case is based on Cowichan Nation Aboriginal title to approximately 1900 acres of traditional village and surrounding lands on the south shore of Lulu Island now in the city of Richmond, as well as a Cowichan Nation Aboriginal right to fish the south arm of the Fraser River for food. The Cowichan Nation is today comprised of five bands – Cowichan Tribes, Stz’uminus First Nation, Penelakut Tribe, Halalt First Nation and Lyackson First Nation—with the first four bands being plaintiffs and the fifth supporting the litigation. The Cowichan Nation’s enormous permanent village was first observed by Hudson’s Bay Company officials in 1824 as containing over 108 longhouses and first charted in 1827 as a landmark on the Fraser River’s main channel (Figure 1). The village continued to be charted through the 1850s and onward during the process of surveying the international boundary between what is now Canada and the United States (e.g. Figure 2). During reserve creation beginning in 1859, the Chief Commissioner of Lands for the Colony of British Columbia, Colonel Richard Moody, failed to finalize the village and surrounding land as a Cowichan Indian reserve, and instead surreptitiously took part of the lands for himself. Today, over 780 acres of the Cowichan Nation settlement are owned by the government of Canada, the Vancouver Fraser Port Authority and the City of Richmond (see Schedules A & B). The Cowichan Nation is seeking to recover those publicly held lands—much of which remains undeveloped. The Cowichan Nation is not seeking to recover any privately held lands in the court case. For these lands it is seeking a negotiated reconciliation with British Columbia. “Our homeland was stolen from us. We want the lands that are held by government returned to us,” says Chief William Seymour on behalf of the Cowichan Nation Alliance. “We aren’t looking to invalidate the ownership of any privately held land. This case is about truth and reconciliation between the Cowichan Nation, Canada and British Columbia. Those governments need to reconcile with us.” The trial is set to commence on September 9, 2019 in Victoria and is expected to take approximately 300 trial days.

About the Cowichan Nation Alliance: The Cowichan Nation Alliance is comprised of Cowichan Tribes, Stz’uminus First Nation, Penelakut Tribe, and Halalt First Nation. The Alliance formed as part of the rebuilding of the Cowichan Nation, which Canada and the Province split into five separate
Indian Act bands as part of the colonization of British Columbia without treaties.

Figure 1: Detail from Great Britain, Chart #1922, ‘North America West Coast Gulf of Georgia - Fraser River’ from a Drawing by Cpt. Emilius Simpson in H.B.C. Schooner Cadboro, 1827.

Figure 2: Detail from United States Coast Survey Chart, ‘Reconnaissance of Canal De Haro & Strait of Rosario and Approaches’ Geographical Positions & Triangulation by G. Davidson Assist. Hydrography by the Party under the command of Lieut. J. Alden U.S.N. Assist., 1854.
## Calendar

### December

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>- Men’s Hockey 7:00pm-9:00pm Drop in Fee $4</td>
<td>2</td>
<td>Kids Club 2:40pm-5:30pm</td>
<td>3</td>
<td>Computer room, Fitness Room 2:00pm-9:00pm Canning Food</td>
<td>4</td>
</tr>
<tr>
<td>8</td>
<td>- Men’s Hockey 7:00pm-9:00pm Drop in Fee $4</td>
<td>9</td>
<td>Kids Club 2:40pm-5:30pm</td>
<td>10</td>
<td>Computer room, Fitness Room 2:00pm-9:00pm Bingo Rental</td>
<td>11</td>
</tr>
<tr>
<td>15</td>
<td>- Men’s Hockey 7:00pm-9:00pm Drop in Fee $4</td>
<td>16</td>
<td>Kids Club 2:40pm-5:30pm</td>
<td>17</td>
<td>Community Christmas Dinner</td>
<td>18</td>
</tr>
<tr>
<td>22</td>
<td>- Men’s Hockey 7:00pm-9:00pm Drop in Fee $4</td>
<td>23</td>
<td>Co-ed Soccer $4 7:00 pm-9:00 pm</td>
<td>24</td>
<td>-</td>
<td>25</td>
</tr>
<tr>
<td>29</td>
<td>- Men’s Hockey 7:00pm-9:00pm Drop in Fee $4</td>
<td>30</td>
<td>Community Skate</td>
<td>31</td>
<td>-</td>
<td>32</td>
</tr>
</tbody>
</table>

### Important Dates:

- **December 5:** Annual General Meeting
- **December 17:** Community Christmas Dinner
- **December 30:** Community Skate
- **January 3:** Community Bowling
Community Holiday Events

Family Ice Skating at Fuller Lake | Chemainus, BC

Monday, December 30, 2019
Time: 6:00 P.M. - 7:00 P.M.
Transportation Provided. Bus leaves Stz’uminus Community Centre at 5:15 P.M.

Family Bowling at Brechin Lanes | Nanaimo, BC

Friday, January 3, 2020
Time: 6:00 P.M. - 8:00 P.M.
Transportation Provided. Bus leaves Community Centre at 5:15 P.M.

Any questions feel free to contact Shirley, Shaun or Melaine at the Stz’uminus Community Centre (250) 245-9372.
TUESDAY
DECEMBER 17TH

Stz’uminus First Nation

COMMUNITY CHRISTMAS

Celebration

STZ’UMINUS COMMUNITY CENTRE

5PM WELCOME–PRAYER & COMMUNITY DINNER
6PM SANTA ARRIVES
TRANSPORTATION PROVIDED

Bus Route #1

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corner of Deer Point &amp; Kuleet bay Rd.</td>
<td>4:15-4:19pm</td>
</tr>
<tr>
<td>Kuleet Bay Bridge</td>
<td>4:20pm</td>
</tr>
<tr>
<td>Kuleet Bay Rd. Bottom of the hill</td>
<td>4:22pm</td>
</tr>
<tr>
<td>Corner of Stz’uminus Rd. &amp; Sandpiper Rd.</td>
<td>4:25-4:30pm</td>
</tr>
<tr>
<td>Church Rd.</td>
<td>4:31pm</td>
</tr>
<tr>
<td>Tideview &amp; Sulksun Rd. (top of the hill)</td>
<td>4:33pm</td>
</tr>
<tr>
<td>Tideview &amp; Eagle Crescent</td>
<td>4:35pm</td>
</tr>
<tr>
<td>Tideview &amp; Riptide Rd.</td>
<td>4:39pm</td>
</tr>
<tr>
<td>Tideview &amp; Oceanview Rd.</td>
<td>4:40pm</td>
</tr>
<tr>
<td>George Alec’s</td>
<td>4:42pm</td>
</tr>
<tr>
<td>Arrive at the Community Centre</td>
<td>4:45pm</td>
</tr>
</tbody>
</table>

Bus Route 2

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starting from Chemainus #11</td>
<td>3:55-4pm</td>
</tr>
<tr>
<td>Oyster Bay Bus Shelter</td>
<td>4:25pm</td>
</tr>
<tr>
<td>Takala Rd. by Francis Harris</td>
<td>4:30pm</td>
</tr>
<tr>
<td>Silverstrand Rd. (Top of hill)</td>
<td>4:43pm</td>
</tr>
<tr>
<td>Arrive at Community Centre</td>
<td>4:50pm</td>
</tr>
</tbody>
</table>
HAPPY ANNIVERSARY
JERRY & CATHY HARRIS

An anniversary is the day of celebrating the memories of yesterday, the joys of today & the lovely hopes of tomorrow.

Happy Anniversary Mr & Mrs Harris!!

Married on November 29, 1968

Love from your me’mun’u & ‘um’imuth!!
How Can I Contact the Patient Care Quality Office?

Phone (toll-free): 1 877 977-5797
Fax: 250 370-8137
Mail: Memorial Pavilion 315 Watson Wing 1952 Bay Street Victoria, B.C. V8R 1J8
In person: 8:30 a.m. to 3:30 p.m. Monday to Friday (except statutory holidays)
Email: patientcarequalityoffice@viha.ca

Concerned about quality of care? Let us know.

In B.C., there are people to help you resolve your concerns about care.
We can listen to your concerns, help you to make a formal complaint, and work with you to resolve it.

Who can I talk to about my questions or concerns?

Staff member or manager
If you have questions or concerns about your care, please talk about it with the person who cared for you or that person’s manager. It is best to talk about your concerns at the time and place they happen.

Patient Care Quality Office
If you are uncomfortable talking to a manager or you are unhappy about how your concerns were handled, you can talk to the Patient Care Quality Office.
We are here to help resolve care quality complaints. We welcome your questions and concerns about care.

British Columbia’s Patient Care Quality Complaints Process

In 2008, your provincial government introduced the Patient Care Quality Review Board Act to create a clear, consistent, timely, and transparent complaints process for patients, clients, residents, and their loved ones in B.C. The Act established a Patient Care Quality Office in each health authority to receive and respond to patient concerns.

There is also a Patient Care Quality Review Board for each health authority. They review care quality complaints that have been addressed by the Patient Care Quality Office, but not resolved.
We want to hear your input and your experiences. Together, we can make health care even better.
You can get a copy of the Patient Care Quality Review Board Act at www.patientcarequalityreviewboard.ca or by calling BC Laws toll-free at 1 866 236-5544.

What is a care quality complaint?

A care quality complaint is about health care services that we provide. You can complain about:

- Your own care.
- Your loved one’s care.
- Care that you or your loved one expected, but didn’t get.

If you complain for someone else, we need that person’s permission to help.

When you make a care quality complaint we work with you to resolve it. We also use care quality complaints to help make our services better.

What if I’m still concerned?

If you are not satisfied with our response to your complaint, you can ask the Patient Care Quality Review Board to look into it. They are independent from us. They can review your complaint and our response, and recommend ways to make health care better.

To learn more, visit their website at www.PatientCareQualityReviewBoard.ca
You can request a review by:

Phone (toll-free): 1 866 952-2448
Fax: 250 952-2428
Email: contact@patientcarequalityreviewboard.ca
Mail: PO Box 9643, Victoria B.C. V8W 9P1
Brittany Boyer
MENTAL HEALTH & WELLNESS CLINICIAN

Let’s Talk About Self-Care

You may or may not have heard of this term, “self-care.” If you are wondering what this means, I am here to break it down. Self-care is essentially any action a person takes towards maintaining overall wellness. It sounds simple enough, but so many of us do not adequately care for ourselves. As a counsellor, I am continually encouraging my clients to think of ways to take care of themselves, and follow through with it.

Think of self-care as self-nourishment. What do you do for yourself that feels nourishing? A point worth noting is to not get “nourishing” confused with something that “just feels good.” Why? Because there are lots of things that feel good but are not necessarily nourishing. For example, abusing drugs and alcohol might feel good, but it is not very nourishing to our bodies and minds.

Self-care is not meant to be a “quick fix.” Think of it as maintenance. If you want your car to run properly, you put an effort into maintaining all parts of your car to keep it running smoothly. There is no perfect or right way to take care of you. However, there are some tips for maintaining well-rounded self-care. It is helpful to consider all domains of wellness… consider your physical, emotional, mental and spiritual health. Instead of looking at your self-care as “right” or “wrong,” take time to reflect on what is helpful, and what is not so helpful for you.

Self-care Q & A (Commonly asked questions)

If I practice self-care, does that make me selfish?
Absolutely not. Nobody is selfish for prioritizing their wellness. Think of it like this... Can a car with an empty gas tank take you where you need to go? Can you pour a cup of tea from an empty tea pot? The obvious answer is no. The same applies to your wellness. Take care of yourself.

I sleep 7-8 hours per night and run every day. Does this count as self-care?
Yes! This is a great example of taking care of your physical health. In fact, adequate sleep and exercise is also great for your mental health. I encourage people to approach self-care holistically, meaning, look at all parts of your health and wellness (physical, emotional, mental and spiritual). Holistic essentially means ‘whole,’ ‘total’ or ‘inclusive of all.’ Instead of focusing on one part of your wellness, try incorporating self-care that is inclusive of all parts of you. Ask yourself, “How am I nourishing my physical, emotional and spiritual wellness? Are there any areas that I am neglecting?”

How do I know that my self-care practice is enough?
Ultimately, you get to decide what self-care looks like in your life. For some people, a morning workout at the gym is how they start their day. For others, spending time in nature after work helps them unwind/chill out. Some people feel nourished by immersing themselves in a creative project (i.e. drawing, painting, journaling, music, etc.). Others thrive when connected to their higher power, in whatever way that looks like for them. You are the judge of what feels
like enough for you. Notice what feels like a good fit and be consistent with it. Give yourself a pat on the back for any action you are already taking that feels nourishing for you. Be patient and compassionate with yourself as you try new things.

I am a busy parent/grandparent/caregiver and living on a tight budget. I don’t have the time or the money for self-care. What am I supposed to do? Remember what I said about pouring a cup of tea from an empty teapot? You matter just as much as everyone else. You are worthy and deserve “me” time just as much as everyone else. That said, remember that you are responsible for taking care of yourself; nobody else can do it for you. Self-care does not have to be perfect, fancy or expensive. Find something that fills up your self-care ‘gas tank’ whether it is for 5 minutes or 5 hours. Self-care is so much more than an expensive day at the spa or a costly golf trip. Those things are nice, and might be part of a person’s self-care, but not necessary. There are many helpful actions you can take toward maintaining your health and wellness that don’t have a big price tag. (See the list below for inspiration).

I want to make time for self-care but I don’t know where to start. What should I do? I generally don’t believe in telling people what they should do. However, I am happy to offer some suggestions. Please keep in mind the ideas below are just some of my ideas, and this list does not cover every possible self-care idea. You can try one or all of these and see how it works for you. If you have your own idea that you think would be nourishing for you, try it!

- Go for a walk / play sports / exercise
- Pray
- Spend time in nature
- Walk on the beach. Feel your feet on the ground. Notice the beauty around you.
- Get enough sleep
- Set your alarm 20 minutes before the rest of your family wakes up, and savour a cup of coffee/tea to yourself
- Talk to a trusted friend/family member/Elder
- Play a fun game
- Practice mindfulness
- Learn something new
- Try cooking a new recipe and share your meal with someone
- Drink water
- Start a project (possibilities are endless)
- Practice healthy boundaries
- Spend time with pets
- Volunteer
- Listen to music
- Journal
- Spend time with someone you care about (and tell them you care about them)
- Read a book
- Watch a funny movie
- Paint / draw
- Do something creative
- Try a guided meditation
- Take a bath

Brittany Boyer, M.Ed., C.C.C.
Mental Health and Wellness Clinician at the Stz’uminus Health Centre and Elder’s Centre.
## Health Unit Calendar for December

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Girl Talk Exercise</td>
<td>3</td>
<td>Elder’s crafts Nurse practitioner</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Exercise</td>
<td>4</td>
<td>Elder’s Luncheon</td>
<td>6</td>
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<tr>
<td>9</td>
<td>Exercise</td>
<td>10</td>
<td>Elder’s crafts Nurse Practitioner</td>
<td>12</td>
</tr>
<tr>
<td>16</td>
<td>Exercise</td>
<td>17</td>
<td>Elder’s crafts</td>
<td>13 Program Cancelled</td>
</tr>
<tr>
<td></td>
<td></td>
<td>18</td>
<td>Elder’s Luncheon</td>
<td>19</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Elder’s Crafts Nurse Practitioner</td>
<td>Diabetes Swim</td>
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<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
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<tr>
<td>30</td>
<td>31</td>
<td></td>
<td>xmas closure 23-31</td>
<td></td>
</tr>
</tbody>
</table>

### Employee of the Month

Congratulations to the Employee of the Month

Barb Louie
2019 Distribution DAY

Friday, December 13, 2019
10:00 AM – 4:00 PM
COUNCIL CHAMBERS, B BUILDING

Application deadline is November 29, 2019!

How to apply:

- Option 2: download application form from Facebook Page (submit as email, fax, mail to Coast Salish or drop it off at our office - see form for more info
- Option 3: Pick-up & drop-off at the Coast Salish office, band office or health center
- Option 4: Call us at 250-924-2444 to request a mail out, fax or email
STZ’UMINUS FIRST NATION
ANNUAL General Meeting
Thursday, December 5, 2019
Stz’uminus Community Centre
5pm - Dinner & Opening remarks
6pm - SFN Audited Financial Statements

Meeting is open to Stz’uminus First Nation Adult Band Members and invited staff ONLY. The purpose of the AGM is for Chief & Council to report on policies and programs, and to disclose financial information to Stz’uminus First Nation Members to whom they are accountable.

Dinner provided - No transportation available
Child-minding will be available and mandatory at the meeting start time!
Child minding Ages 2-5 NML Daycare * Ages 6-16 Youth Room
On our ninth Elders Advisory Circle or Committee meeting was somewhat unusual but exciting and educational. Our Elders advisory experienced not only Skypping during this meeting but enjoyed the Skype meeting with screen almost the size of a Theatre Screen. We all learned that Skype is an excellent device or source for learning from someone thousands of miles away.

It was a real honor to have Kevin Baetscher from Harvard University to spend time with us and sharing his philosophy of learning a second language. He not only entertained us with his L2 learning methodologies but he also spoke to us in Hul’qumi’num! This is an amazing young man who speaks 8 languages fluently and humbly disclosed he isn’t fluent in Hul’qumi’num but he did very well in speaking and totally impressed the Elders.

Kevin believes learning a language must be done naturally. Immersing yourself in a Hul’qumi’num environment is the most effective way to learn. Meaning that we need to learn the language surrounded by Hul’qumi’num speakers as we go about our day. Hearing the language is what helped him learn it. So, he suggested that we listen to Hul’qumi’num language from community members who speak Hul’qumi’num language fluently. However, I think most of us will have to improvise by listening to Hul’qumi’num via CDS, Videos or Websites because most of us are not lucky to live with a fluent speaker.

To sum it up, Kevin learned by hearing and speaking a language as much as possible and using speaking resources to the hilt while using writing only to supplement his learning process. Kevin is willing to work with Stz’uminus in the near future so stay tuned as we will notify you when his next visit is due.

**Last Elders Advisory Meeting of the year:**
**November 27th, 2019 @ Elders Centre Time: 4:00 p.m. with Dinner at 4:30 p.m.**
**Our last meeting for the year. Location: Building D (former Chief and Council Chambers) at Band Office area.**

**Hul’qumi’num Class February 3, 2020** Everyone is welcome. We have 20 seats!

Notifications #: We have 12 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 know Hul’qumi’num words or phrases, understand the rest or less, and you are passionate to revitalize your language and culture then you are absolutely a good candidate for this exciting course.

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

**Documentation Hul’qumi’num Assistant**
As we have three programs operating and we are very busy we needed to take action. Margaret Seymour has a Master’s Degree in Hul’qumi’num Language from Simon Fraser University. Margaret will be assisting with the Documentation Project by recording short stories; the Elder or person will be speaking Hul’qumi’num! We look forward to having the stories uploaded to our First Voices Website early next year.

**We wish you all a very sacred and Merry Christmas.**
Itst uw’hw-nuts’ul-wum—We are working as one
Elizabeth Lachance - Hul’qumi’num Coordinator
Message from THE HOUSING DEPARTMENT

Help Clean Up the Community:

We need the community's help to ensure our roads and yards stay clear of scattered garbage. Keeping your yard clean and tidy is your responsibility! Not only does it make your house and neighborhood look better, it also helps deter pests like rats and mice.

Unfortunately, dogs and wild animals can't resist the temptation of a garbage bag filled with garbage. So, in order to avoid an unsightly mess, please ensure your garbage bags are set out in a container or bin on garbage day.

Deter Rats and Mice!
- Do not pile firewood against your house, it is the perfect place for rats and mice to hide.
- Mow your lawn regularly...long grass can attract rats and mice and give them a place to hide.
- Remove all blackberry bushes from the side of the house and away from entrances
- Trim any tree branches that are touching the house.

We appreciate everyone's cooperation in this matter.

Wood Stove Safety Tips:

- Clean your chimney. If you are unable to do this yourself, please contact the Housing Department.
- Always start your fire using paper and small pieces of kindling. Never use an accelerant to start a fire.
- Burn only well-seasoned wood. Green or unseasoned wood burns cooler than well-seasoned wood, and can cause creosote to build up at a much faster rate. If you burn mostly green wood, you will have to clean your chimney more often.
- Do NOT burn driftwood as it is covered with salt and will corrode the lining of your chimney.
- Be sure to clean the ashes out of your wood stove on a regular basis. Put them in a covered metal container and keep a safe distance from the house or any other building.
- Store your wood off the ground in a wood shed or on a few pallets. This will help keep your wood nice and dry and prevent moisture from being absorbed by the bottom of the wood pile.

Smoke Detectors:

Please ensure all of your smoke detectors are in working order. Change the batteries and test each smoke detector in your house regularly. When we inspected the houses, we noticed many people have disconnected and removed their smoke detector. If for some reason, you have done this, please hook it back up. This precaution saves lives!

REMINDER – To all Dog owners:
Stz'uminus First Nation has an Animal Control Bylaw in effect which requires that all animal owners keep their pets under control at all times.

We have been receiving a lot of complaints regarding dogs running loose in the community and in some cases acting aggressive towards other dogs and people. Your dogs are your responsibility and you will be held accountable for your dog's actions. So please ensure that your dogs are kept on your premises (either tied up, in an enclosure or in your house) and under your control at all times or we will be forced to contact Animal Control to have your dog removed.

If you have any concerns about a dog on the reserve, please do not hesitate to contact the Administration office at 250 245 7155.
Public Works Reminders

The following items will help your Public Works and Housing Staff better serve you and our community.

TRASH AND RECYCLE SCHEDULE - WATCH FOR HOLIDAY SCHEDULE COMING OUT DECEMBER 15.

Please have your trash and recyclables out by 7:30 AM to avoid missing your pick up. Animals can get into the trash, spread it around causing a health hazard requiring additional time and $. Please keep water dumped out of your trash barrels, bins and containers.

Please keep vegetation (Blackberries and grass) cleared in the area around the trash bin or garbage cans.

As a reminder, Here is the Trash and Recycle Pick-up Schedule

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>All 3 Schools &amp; Community/Health Center Bins, Oyster Bay (Xutl’nutstun bin, and IR No 11 bin in Chemainus (Short day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUESDAY</td>
<td>Residential Trash Day- Kulleet Bay, Church Road, Sandpiper and Oyster Bay</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>Residential Trash Day – Shell Beach, Sulq’sun, and Eagle Crescent</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>Recycle Pick up in Shell Beach, Oyster Bay, and #11 Communities</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>Trash at all 3 Schools &amp; Community/Health Center Bins, Oyster Bay (Hul’Nutz’Tun Bin, and IR No 11 bin in Chemainus. PM - Recycle at Kulleet Bay, Church Road, Sulq’sun, Sandpiper and Eagle Crescent Communities</td>
</tr>
</tbody>
</table>

RECYCLABLES PERMITTED:

PAPER RECYCLING - Clean newspapers, inserts, flyers, catalogues, magazines, phone books, household paper, paper gift wrap, greeting cards, cardboard, boxboard (e.g. cereal boxes), paper bags, paper pet food bags, shredded paper

PLASTIC CONTAINER RECYCLING (Must be cleaned with no food on them)

Only plastic containers that have a recycle triangle on the bottom are acceptable at this time

METAL CONTAINERS - Clean food cans and other metals that are non-electronic waste.

Items **NOT** accepted in roadside pick-up

- Film plastic- plastic bags & kitchen wrap
- Glass or Ceramics
- Styrofoam
- Wax paper or waxed cardboard
- Refundable containers
- Clothing
- Hard cover or paperback books
- Non-paper gift wrap

- Chip bags or other foil-lined bags, foil wrap with paper
- Paper towels, napkins or tissues
- “Biodegradable”/“compostable” package
- Coat hangers, pots, pans or baking trays
- Paint, propane or motor oil containers
- Aerosol cans- paint or pesticides, or marked w/ hazardous materials symbol
- Pails larger than 25L
RECYCLING TIPS

To find more information and an illustrated list of accepted items, visit the MMBC website: http://recyclinginbc.ca/program/mmbc-materials-list/

- Ensure recyclables are clean of food and other residue
- Remove all caps, lids and spray nozzles. Plastic caps and lids go in tote once removed
- Flatten containers as much as possible to conserve space
- Place the tote out by 7:30 am on your collection day to ensure it gets picked up
- Place materials into the totes loose. Do not bag materials.
- Shredded paper must be contained in a clear plastic bag

Water Conservation - Even though it is rainy season, our groundwater levels are still low but are rising. Please conserve water through the year and especially during the dry summer months. Please watch out for water leaks, running faucets, hose bibs and leaking toilets and take quick showers etc. Please report all water leaks to Housing Staff/ Band Office as soon as possible. If we still try to conserve our groundwater levels should recharge and minimize emergency measures in the late summer/fall. Thank you for your cooperation.

Pests – Please keep vegetation (Blackberries especially) cleared in the area around the trash bins or garbage cans. Keep trash bins closed and bags sealed and away from the house to prevent pests and ants from entering your house. Please clear vegetation from around your house to reduce rat population, other pests, fire hazard, moisture/mold, and damage to your house. Please close up openings in the walls and crawl space both inside and outside of your house.

Fire Danger – Even though it is winter, please watch for fire hazards such as candles, electrical hazards, combustibles (clothes, bedding and drapes around wall heaters), grease buildup in ovens on stoves and vent hoods and other areas around the kitchen. Clean lint from around the dryer and refrigerator (keep the air flowing around these appliances so they last longer and do not burn out). Please clean out the clothes dryer vent screens inside and at the outside outlet of your house and keep the dryer hose from pinching closed. This will also save money (electricity $$) and let the dryer work easier and faster with each load.

Please notify housing immediately if there are any electrical sparks, sizzling wires, smoke, and circuit breakers tripping frequently as these are indications of problems.

Holiday Trash/Recycle Schedule and Holiday Contacts - out December 15 on Facebook and Website

Merry Christmas and Happy New Year from Public Works and Housing
The Drought Level sign on Shell Beach Road installed by CVRD with Permission from Stz'uminus highlights water conditions in the area. Although we technically are in some relief with the winter weather, Public Works has decided to leave this sign in dry conditions to highlight our water struggles.

Our Tideview wells have been silting up and have reduced capacity of over 70% in the 17 years they have been in pumping. We recently put in smaller well pumps and just completed installation of variable speed drives to keep them pumping. The speed drives work by lowering the pump speed and keeping water above the pump instead of running dry, stopping and re-starting, and running dry again, which is hard on the pumps and draws more silt out, clogging the screen which lowers the well production rate a bit more each time. This keeps our wells flowing as we wait to get our long term water project designed and constructed.

On another note, there has been damage to the yellow gates and breaking locks. These gates are to discourage dumping of garbage for which removal costs average over $3,000 per year.

We are not trying to limit legitimate access to the SFN lands. If Stz’uminus Citizens have legitimate reasons to go into the back country, please see public works staff to let you into the gated areas. We have several areas where water lines and sewer lines go into the woods and we have to install a gate to protect these areas from damage to the dirt road, pipes valves and manholes etc. These gates cost about $3,500 to build and install, but we need to protect our sewer and water facilities.

Please let us know if you need to get into the back country and we will open the gate for you. Can you help us by calling staff, if you see anyone breaking through the gates.

Public Works at Band Office (250) 245-7155
The Human Resources Department is currently recruiting for the following positions:

- On-Call Bus Monitor
- On-Call Bus & Van Drivers
- She’ey’tun Coordinator
- Transportation Coordinator

Please see our website at:

http://www.stzuminus.com/employment-test/ for further details

For all new job postings, please send your cover letter and resume to:

Human Resources Advisor
Stz’uminus Administration Office
12611A Trans Canada Hwy
Ladysmith, B.C.
V9G 1M5

Email: resumes@stzuminus.com       Fax: 250 245 3012
## Stz’uminus Community School
### 2019-2020 Elementary Calendar
#### Non-Instructional & Reporting Days

<table>
<thead>
<tr>
<th>Designation</th>
<th>Number of Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Days in Session</td>
<td>188</td>
</tr>
<tr>
<td>Minimum Days of Instruction</td>
<td>182</td>
</tr>
<tr>
<td>Maximum number of non-instructional days</td>
<td>6</td>
</tr>
<tr>
<td>Administration Day</td>
<td>1</td>
</tr>
</tbody>
</table>

### Minimum hours of instruction

<table>
<thead>
<tr>
<th>Grade</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-7</td>
<td>878</td>
</tr>
<tr>
<td>8-12</td>
<td>952</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Designation</th>
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</tr>
</thead>
<tbody>
<tr>
<td>School Opens</td>
<td>Tuesday September 3, 2019</td>
</tr>
<tr>
<td>Back To School BBQ</td>
<td>Friday September 20, 2019</td>
</tr>
<tr>
<td>Parent/Teacher Interviews — <strong>no school for students</strong></td>
<td>Monday October 7, 2019</td>
</tr>
<tr>
<td>Thanksgiving Day</td>
<td>Monday October 14, 2019</td>
</tr>
<tr>
<td>Professional Development</td>
<td>Thursday October 24, 2019</td>
</tr>
<tr>
<td>Professional Development</td>
<td>Friday October 25, 2019</td>
</tr>
<tr>
<td>Remembrance Day</td>
<td>Monday November 11, 2019</td>
</tr>
<tr>
<td>PRO-D</td>
<td>Friday, December 6, 2019</td>
</tr>
<tr>
<td>Formal Report Card 1</td>
<td>Friday December 20, 2019</td>
</tr>
<tr>
<td>Winter Break Begins</td>
<td>Friday December 20, 2019</td>
</tr>
<tr>
<td>Winter Break Ends (School in Session)</td>
<td>Monday January 6, 2020</td>
</tr>
<tr>
<td>Family Day</td>
<td>Monday February 17, 2020</td>
</tr>
<tr>
<td>PRO-D</td>
<td>Monday, February 24, 2020</td>
</tr>
<tr>
<td>Spring Break Begins</td>
<td>Friday March 13, 2020</td>
</tr>
<tr>
<td>Spring Break Ends (School in Session)</td>
<td>Monday March 30, 2020</td>
</tr>
<tr>
<td>Good Friday</td>
<td>Friday April 10, 2020</td>
</tr>
<tr>
<td>Easter Monday</td>
<td>Monday April 13, 2020</td>
</tr>
<tr>
<td>Parent/teacher Interviews (BBQ &amp; Raffle) — <strong>no school for students</strong></td>
<td>Friday April 17, 2020</td>
</tr>
<tr>
<td>Formal Report Card 2</td>
<td>Monday April 20, 2020</td>
</tr>
<tr>
<td>Victoria Day</td>
<td>Monday May 18, 2020</td>
</tr>
<tr>
<td>Professional Development</td>
<td>Friday May 29, 2020</td>
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<tr>
<td>Aboriginal Day</td>
<td>Monday June 22, 2020</td>
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<tr>
<td>Formal Report Card 3</td>
<td>Wednesday June 19, 2020</td>
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<tr>
<td>Last Day of Classes</td>
<td>Wednesday June 24, 2020</td>
</tr>
<tr>
<td>Administrative Day (Staff Only)</td>
<td>Friday June 26, 2020</td>
</tr>
</tbody>
</table>
# Stz’uminus Community School
## 2019-2020 HIGH SCHOOL CALENDAR
### NON-INSTRUCTIONAL & REPORTING DAYS

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- **Minimum hours of instruction**
  - Grade 4-7: 878 hours
  - Grade 8-12: 952 hours

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<tr>
<td>Remembrance Day</td>
<td>Monday November 11, 2019</td>
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<tr>
<td>Term 1 Report Card</td>
<td>Monday November 18, 2019</td>
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<tr>
<td>PRO-D</td>
<td>Friday, December 6, 2019</td>
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<tr>
<td>Term 2 Report Card</td>
<td>Monday February 3, 2020</td>
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<tr>
<td>Family Day</td>
<td>Monday February 17, 2020</td>
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<td>PRO-D</td>
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<td>Term 3 Report Card</td>
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<td>Term 4 Report Card</td>
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Indian Dance List

Updated as of November 16th, 2019

Sun. Nov. 17/19 George / Jimmy Families Lhumlhumuluts
Fri. Nov. 22/19 Rose David Memorial Snuneymuxw
Sat. Nov. 23/19 Peter Sam Memorial S'amuna
Sat. Nov. 23/19 Robert & Mike Guerin Memorial Musqueam
Fri. Nov. 29/19 John Sam Memorial Tsartlip
Sat. Nov. 30/19 Margaret Morrell (nee Modeste) Memorial-Family Request - No Children Esquimalt
Sat. Nov. 30/19 Francis & Josephine Charlie RMML (Frank's House) Chilliwack
Sun. Dec. 1/19 Lauren Joe Memorial Lhumlhumuluts
Fri. Dec. 6/19 Harvey Joe Memorial S'tz'uminus
Sat. Dec. 7/19 Mike & Karen Underwood Memorial S'amuna
Sat. Dec. 7/19 David Greene Memorial S'ma:th (Kilgard)
Sat. Dec. 14/19 Francis & Diane Joe & Victor Norris Lhumlhumuluts (ClemClem)
Sat. Dec. 21/19 Mike Wyse Snuneymuxw
Sun. Dec. 22/19 Andrew & Isabelle Tom Memorial Quamichan
Sat. Dec. 28/19 Evelyn Peters Memorial-family request-no children S'ma:th (Kilgard)
Sat. Jan. 11/20 Morris David Sr. Memorial S'tz'uminus
Fri. Jan. 17/20 Edward J. Jack Memorial S'amuna
Sat. Jan. 18/20 Elsie Woods Memorial Tsartlip
Sat. Jan. 25/20 Jerry & Charlene Jack Penelakut
Sat. Jan. 25/20 Marvin James Lekwammen (Songhees)
Sat. Jan. 25/20 Vincent Stogan Jr. Memorial Musqueam
Sat. Jan. 25/20 Betty Phelps (nee Jimmy) Nooksack
Sat. Feb. 1/20 Regina Brown Memorial Snuneymuxw
Sat. Feb. 1/20 Lorna / Karen / Katherine (Campbell Family) Musqueam
Fri. Feb. 7/20 Smith Memorial S'tz'uminus
Sat. Feb. 8/20 Rena Johnny (nee Antoine) Memorial S'amuna
Fri. Feb. 14/20 Thomas / Jardey Family Snuneymuxw
Sat. Feb. 15/20 Artie Bill / Minnie Williams Memorial Skway
Sat. Feb. 22/20 Helen Elliott (nee Canute) Lhumlhumuluts (ClemClem)
Sat. Feb. 22/20 Joe Sias-McCoy Jr Memorial Swinomish
Sat. Feb. 29/20 Elizabeth Charles Esquimalt
Sat. Feb. 29/20 Priscilla & Delores Brown Memorial Penelakut
Sat. Feb. 29/20 Modeste & Virginia Henry Memorial Lhumlhumuluts (ClemClem)
Sat. Mar. 7/20 Roy Edwards Memorial S'tz'uminus
Fri. Mar. 13/20 Harry & Thomas Family, Malahat
Sat. Mar. 14/20 Seward Family Snuneymuxw
Fri. Mar. 20/20 Gail Jack Memorial Lhumlhumuluts
Sat. Mar. 21/20 Derek Jones (Seymour) Memorial S'tz'uminus
Sat. Mar. 21/20 John Crocker Memorial Quamichan
Fri. Mar. 27/20 Diane Sr. & Jerry Jimmy Memorial S'tz'uminus
Sat. Mar. 28/20 Adeline & Esther Morris Memorial Tsartlip
Sat. Apr. 4/20 Lester & Erica Joe. S'amuna
Sat. Apr. 4/20. Billy Jimmy & Family, Lhumlhumuluts
Sat. Apr. 18/20 Rice Family Siem LeLum.
Santa’s Toybag

Can you find the items on the right hidden in the picture below?
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 Friday, December 20th by 4p.m.
Ph: 250 245 7155 ext283
F: 250 245 3012
email: damien.daniels@stzuminus.com
Website: www.stzuminus.com
FB: www.facebook.com/stzuminus