HAPPY NEW YEAR!

"WE RESPECT THE PAST, WE LIVE IN THE PRESENT, WE PLAN FOR THE FUTURE"
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WWW.STZUMINUS.COM
Some History of Stz’uminus First Nation Holiday Events...

Every year Stz’uminus First Nation has sponsored and hosted a Community Christmas Dinner for the Nation and provided a hot turkey meal with all the trimmings and presents for every child in attendance 0-17 years of age. We have numerous volunteers who cater to the approximately 500-600 community members that have been attending each year. Entertainment has been provided by our Stz’uminus Schools and programs. Our ‘Santa’s Helpers’ shop, wrap and sort presents according to age and gender. Our Stz’uminus Chief & Council have been serving the hot buffet style turkey meal for the community for the past few years along with staff members of Stz’uminus & the Coast Salish Development Corporation. The financials for this event are approximately $16,000 with funds derived from three sources of Stz’uminus funding.

Other Sponsored Events Include...

Community Christmas Hampers

For the past few years Stz’uminus First Nation has, instead of offering boxed Christmas Hampers to each Stz’uminus Member household, has been offering Christmas Hamper Gift Cards for Superstore. There are requirements to meet to ensure that everyone receives a fair share of assistance for a family Christmas Dinner: ie. Must be an adult Stz’uminus Band Member, one card per household, etc. Full details will be posted at our Band Office. All of Chief & Council deliver the cards door-to-door on reserve - please be respectful and have patience when delivery time comes, our Councillors will ensure you receive your cards. The financials for this is $25,000 derived from our Stz’uminus Enhancement Fund.

Family Bowling & Family Skating

Stz’uminus sponsors two family-friendly events over the holidays, one event being Family Bowling normally held at Brechin Lanes in Nanaimo. The other event is Family Ice Skating normally at Fuller Lake arena in Chemainus with transportation provided. Both of these family events are sponsored for $2,000 with funds also provided by the Stz’uminus Enhancement Fund.

Stz’uminus Distribution

An annual distribution is provided to each registered Stz’uminus band member who meet eligibility requirements and complete an application form (available at Husky, CSDC Office, Band Office or Health Centre) The amount distributed is determined by a formula based on the annual net profits earned by Coast Salish Development Corporation. This year Stz’uminus Band Members were eligible to apply and receive $200 per band member. The average distribution for Stz’uminus has been approx. $200,000.

I just wanted to share some of this information with our Stz’uminus band members and hope you have a safe and happy Holiday!

Della J. Daniels | Executive Assistant
Stz’uminus First Nation
Stz’uminus Community Christmas Dinner
Every year Stz’uminus First Nation has sponsored and hosted a Community Christmas Dinner for the Nation and provided a hot turkey meal with all the trimmings and presents for every child in attendance 0-17 years of age. We have numerous volunteers who cater to the approximately 500-600 community members that have been attending each year. Entertainment has been provided by our Stz’uminus Schools and programs. Our ‘Santa’s Helpers’ shop, wrap and sort presents according to age and gender. Our Stz’uminus Chief & Council have been serving the hot buffet style turkey meal for the community for the past few years along with staff members of Stz’uminus & the Coast Salish Development Corporation.
Elders Advisory Committee

Elders Advisory Meeting on November 27th, 2019
Elders in attendance: Diane Sampson, Anne Toye, Herman Seymour, Gilbert Seymour, Lawrence Harris, Rita Harris, Mona and Manny Sampson, Gerald and Cathy Harris, Delores Elliott, George Seymour, John Seymour, Dean Harris, Pearl Harris and Elsie Sampson.
Council in attendance: Harvey Seymour, Herb Seymour, Andrea Sampson, Terry Sampson.

Our Elders Advisory Circle or Committee meetings keep getting better. And our 10th meeting was constructive and conducive to getting things done. First of all, the location of the meeting served well with tranquility of a beautiful water front and all its majestic cedar trees, and added a relaxed ambience to our successful gathering. Our Elders advisory started off by eating a scrumptious turkey dinner together prepared by Faye and Korena. Good job ladies for your skillful cooking. Huy’ch’qa. Then the elders proceeded to listen to recordings recorded in Hul’qumí’um for their approval as part of the documentation project. The audio of the recording was well received thanks to modern technology and new equipment. To add, a number of photos, 37 photos to be exact, were approved by Elders Advisory to replace old images in the Stz’uminus Dictionary. So be ready to view photos of relatives in the revamped dictionary and it is due to be completed soon. On another note, the Hul’qumi’um posters developed by Heather Harris, one of the University students, have served to be valuable resources for learning Hul’qumi’um amongst those who are actively reclaiming their language. Huy’ch’qa Heather.

Kevin Baetscher, Hul’qumi’um speaker from Switzerland, has provided tentative topics for upcoming sessions with our Elders Advisory Circle in the new year:
1) Setting goals
What level do I want to achieve?
Which communicative settings should be prioritized?
2) Fostering a fruitful language environment
How do I surround myself with language to approach an immersive setting? What Hul’q’umi’n’um resources are available?
3) Exercises for personal learning
Tricks for vocabulary learning (Spaced repetition), how to learn from stories, etc.
4) Where Are Your Keys?
A well-structured game to build your language skills.
5) Picture & Movie Talk
Using media as input for class discussion.
6) Street Talk
Take your class on a trip inside the classroom: how to use Google Maps to expand your
ELDER’S ADVISORY COMMITTEE CONTINUED...

learning environment
7) Homework
How to make homework fun and useful (and useful activities for self-directed learning)
8) Open discussion and review

Kevin has Skyped our Elders Advisory meeting once already to share his impeccable knowledge and skills in learning languages. He has agreed to continue working with our Elders Advisory via Skype and hopes to come and visit the Elders in 2020. Kevin will arrange Skype activities for 30-40 minutes at the Elders Advisory meetings. This young man has truly inspired and opened our eyes that anybody can learn Hul'qumi'num as well as he can. He has proven believing in yourself is all you need to learn Hul'qumi'num. Kevin shared he sits for 3 hours to learn the target language and that I think is what we call commitment and sacrifice. We have 14 people out of 20 signed up for Hul'qumi'num language training for February 3rd, 2020. The training program will be fun and a gift will be offered to all who attend with diligence. Call me and I will elaborate on this.

This 8-week program has many benefits to mention a few:
1. if you are a parent and you want your grown-up children to speak Hul'qumi'num, then this program can be of great benefit;
2. if your children already speak Hul'qumi'num and you want to understand what they are saying then this will help them as well as yourself;
3. if Hul'qumi'num has been one of your dreams to speak it, then here's your chance;
4. if you have taken a program to learn about Hul'qumi'num and inspired you to continue learning then sacrificing 3 hours a day for four days for 8 weeks will benefit you in building what you already know.

If you are interested, please call us and ask for Margaret or Elizabeth. You don’t have to be a 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 the upcoming language training course.

This exciting 8-week program is fast approaching. We are seeking 6 more participants to be a part of the celebration of not only bringing our language alive but most importantly to strengthen our fluency so we are comfortable to speak the language at home with family. With your participation to this class, we are happy to offer you breakfast and lunch. The last but not the least, we have a new addition to our Hul’qumi’num Language Team: Margaret Seymour. She is absolutely great with elders and has passion for Hul’qumi’num. She has brought many great ideas to the table and she will share them in the next Elders Advisory meeting on January 30, 2020. Huy’ch’qa Margaret.

I am extremely excited to be a part of Stz’uminus team in revitalizing our language. My main focus in this position is to be humble, honest and real with the individuals I will be working closely with and to share my passion, dedication and commitment. I want not only to speak fluently in our Hul’qumi’num language but to bring back the Hul’qumi’num fluency to Stz’uminus community. I am confident and I strongly believe our language can be brought back. My goal is to do whatever it will take to help my community, children, youth, families and staff who I work with and to understand the important meanings in using our own language by teaching our culture to today’s, tomorrow’s, and to our future generation. I have faith in each one of you that we can make this happen together as one mind, one heart, one family, it is our time.

If you are interested, please call us and ask for Margaret or Elizabeth. You don’t have to be a 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 the upcoming language training course.

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‘uy’skweyul mukw’ lhulup siem mustimuhw.
‘eenthu Tsul’tsim’ye’, tun ‘i’ cun uth Stzuminus. Margaret ththnu shhwunitum’ulh nu sne.

Ts’ul’tsi’mye’ | Hul’qumi’num Program Assistant
(Margaret Seymour)

Next Elders Advisory Meeting:
January 30th, 2020, Time: 4:00 PM
Dinner: 4:30 PM, Location: Building D (former Chief and Council Chambers) at Band Office area

O’siem,
First and foremost I would like to wish my handsome young man a happy sweet 16th Birthday Dustin Seymour. No words can express what an amazing young man he has become. Glad to be his MAMA. I love this young man with all my heart.

Another proud moment for me. Dustin received a helmet from the Ladysmith Steelers, and a trophy for inspirational player. He’s been playing football for five years and has had a two-year break due to not having a coach to run the team in his age bracket. as you can see in the pictures, shows a lot of his love of football and next he will be playing lacrosse soon. Very proud moment for sure.

It has been a great experience for Dustin to be involved and actively playing sports. Way to Go Dustin.

Love always your Mama Barb Seymour
EMMA-ROSE CELEBRATED HER 3RD BIRTHDAY ON DECEMBER 27TH.
CARTER CELEBRATED HIS 5TH BIRTHDAY WITH FAMILY AND FRIENDS ON JANUARY 2ND.
Exercise for older adults reduces the impact of illness and chronic disease. People who exercise tend to have improved immune and digestive functioning, better blood pressure and bone density, and a lower risk of Alzheimer’s disease, diabetes, obesity, heart disease, osteoporosis, and certain cancers.

As you grow older, an active lifestyle becomes more important than ever to your health. Getting moving can help boost your energy, maintain your independence, protect your heart, and manage symptoms of illness or pain as well as your weight. And regular exercise is also good for your mind, mood, and memory.

- Every Tuesday and Thursday
- Time: 10:00 am -12:30p.m.
- Pick up: 9:30am – call the Stz’uminus Health Centre if requiring a ride
- Instructor: Sue Dawson – Personal trainer
- Healthy snacks / hot beverages provided in the Elders Hall

Nicola Loiselle B.A, RPN / Home Care Nurse
Stz’uminus First Nation
3945 Shellbeach Road, Ladysmith BC V9G 1K6
T. 250 245 8551 Ext.291 | F. 250 245 4108
nicola.loiselle@stzuminus.com | http://www.stzuminus.com

*Elder’s Fitness Group were treated to lunch
A creative showcase to display student and emerging artists from Stz’uminus and the town of Ladysmith allowed SCS students Haley Wells and Sheldon Peall to have their work displayed at the 49th Parallel Grocery Store.

The showcase’s theme was “Well Lit,” the student’s art piece had to incorporate the theme of light in some way. Both Sheldon and Haley submitted photographs from their Yearbook and Photography classes that fit the required theme.

Their photos were chosen and each were rewarded with a cash prize as well as having their photography showcased outside of the 49TH Parallel grocery store. The students were able to have their winning photo blown up and were shown how to display their artwork in a professional manner.

The students were part of a celebration for the winning entries at the 49TH Parallel Café. It was there that they received their reward and displayed some of their other photographs. It was a great experience for the students and they would like to thank Lacey MacRea Williams of Thoughtful Place Design, Peter Richmond of 49th Parallel who spearheaded the contest, and Teacher Kelsey Deal for helping organize photos, portfolios, and getting the students to the installation of their artwork.

It was another great display of the communities of Stz’uminus and Ladysmith building bridges between the two communities. Great work Haley and Sheldon!!
Stz’uminus Primary School staff would like to wish our students and families a safe and fun holiday! And a Happy New Year!

School back in session Monday January 6th, 2020
The Penelakut School made the trip to the Stz’uminus Community School for a friendly game of basketball. They brought 30 students with them and had enough for a full girls team as well as a full boys team. It was supposed to be a friendly game but things got competitive so they started to keep track of the score. Both games were close and the students showed a lot of skill and sportsmanship. Hopefully Stz’uminus can make the trip to Penelakut one day to play at their school.
Stz’uminus Public Works
Snow and Ice Removal Team has been established.

Chief and Council have provided for two plow trucks with sander/salters to handle our winter road safety needs. Meet your new crew!

Figure 1- From Left to right Vincent Alec, Miles Perrault, Emergency Coordinator-Krista Perrault, Patrick Joe-Sampson, Herb Seymour, Dale Martin Operations Manager Mainroad Mid-Island, Terry Seymour, Chris Cowley- Mainroad’s Office Manager. (Driver Lorenzo Martinez was unable to attend due to another training course).

Mainroad’s Dale Martin and Chris Cowley came to give us a free training course with tips for assessing road conditions and sand/salt mixtures and plow driver training. Dale has been working in snow and Ice removal for over 40 years in Alberta and British Columbia and is now Mainroad’s mid-island operations manager responsible for road maintenance under contract with British Columbia’s Ministry of Transportation and Infrastructure.

Last Spring Stz’uminus Council decided to invest in our own vehicles for snow and ice removal and provided funding to have TD repairs convert the old Garbage Truck into a road maintenance truck. Heather Thorne, our maintenance coordinator researched and coordinated purchase of the new flat-deck truck and plow attachments and the sander/salters. She also planned and managed contractors to provide our sand and salt storage shed at the hut.

Figure 2- Richard Wilson Presenting Dale Martin with a beautiful bear painting by SFN Artist Dion Daniels, thanking him for the training course. Dale much appreciated the gift and indicated He will prominently display the painting in Mainroad’s Parksville Office. Photos by Heather Thorne
SANTA CAME TO VISIT
NUTSUMAAT LELUM CHILDCARE

All of our children received a gift from Santa. The gifts were purchased through fundraising efforts that happened throughout the year. We want to thank all those that supported our banana bread fundraiser. Without you this event wouldn’t be so successful.

All of the staff from Nutsumaat Lelum Childcare wish everyone a Merry Christmas and a Happy New Year!
Power Outages

Did you know close to 95% of BC's electricity is generated from renewable sources? Hydroelectricity is the largest source of power, followed by biomass, natural gas, wind and oil.

Quick question: What are some fun ways you could pass the time if the lights go out?

Learn more about what to before, during and after a power outage at bchydro.com

A power outage, also known as a blackout or power failure, is a short or long-term loss of electric power.

Why do power outages happen?
There are many causes of power outages, including windstorms, lightning and heavy snow. Car accidents and animals can also cause damage to electrical structures like power lines. Power outages occur often in some communities and very rarely in others. They can last from a few hours to many days.

How can you get prepared?
Power outages can happen at any moment. To stay safe during a power outage, make sure you have a flashlight in your Home Emergency Kit. Avoid using candles since they can cause fires. Having a battery-powered radio in your Home Emergency Kit is also a good idea, so you can listen for advice and updates on local radio stations.

Food safety is also important during power outages. If the power is out for less than 4 hours, the food in your refrigerator and freezer will still be safe to eat. If the power is out for longer than 4 hours, you'll need a plan to move your food. Fireplaces, woodstoves, barbecues and camp stoves can be used for emergency cooking, but never use a barbecue or camp stove indoors.
HOW TO BUILD YOUR HOME EMERGENCY KIT

Building your Home Emergency Kit doesn’t need to cost a lot of money or take a lot of time. To build one, all you need to do is follow these 3 steps.

1. Find a simple container to hold everything. You can use a plastic bin or a large duffel bag. Try to use something waterproof.

2. Gather some basic emergency supplies. Important items include:

   - **Food**
   - **Water**
   - **Radio**
   - **Flashlight**
   - **Batteries**
   - **First-Aid Kit**
   - **Garbage Bags**
   - **Seasonal Clothing**
   - **Blankets**
   - **Whistle**
   - **Money (in small bills)**
   - **Charging Cords**

WHAT OTHER ITEMS CAN YOU THINK OF?
# Stz’uminus Community Centre
## Calendar for January

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<td>30 day Challenge New Every Month For youth and adults</td>
<td>1 Kwunut Lelum Rental</td>
<td>2 -Computer room, Fitness Room 2:00pm–9:00pm Gym Rental School Gym rental</td>
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<td>-Men’s Hockey 7:00 pm-9:00 pm Drop in Fee $5</td>
<td>Kids Club 2:40pm–5:30pm -Teen Zone 6:00pm–9:00pm -Co-ed Soccer 7:00-9:00pm</td>
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<td>-Computer room, Fitness Room 2:00pm– 9:00pm</td>
<td>Kids Club 2:40pm–5:30pm -Teen Zone 6:00pm–9:00pm -Drop in Soccer 7pm-8pm $5 California kick ball</td>
<td>-Computer room, Fitness Room 2:00pm– 9:00pm School Gym Rental</td>
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<td>-Computer room, Fitness Room 2:00pm– 9:00pm</td>
<td>Kids Club 2:40pm–5:30pm -Teen Zone 6:00pm–9:00pm -Drop in Soccer 7pm-8pm $5 Science Crafts</td>
<td>-Computer room, Fitness Room 2:00pm– 9:00pm School Gym Rental</td>
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Over the holidays, Leadership approved funding to host 2 family events for the community. On December 30th, families enjoyed an evening of skating at the Fuller Lake Arena. There was also a bowling event held at the Brechin Lanes in Nanaimo on January 3rd. A lot of Stz’uminus members attended both events and a great time was had by all. It was good to see families come together for the holidays.
On January 1st, Kw’umut Lelum hosted a New Years Day Jam session at the Stz’uminus Community Centre. Troy Charlie brought the Sts’ailes dance group to Stz’uminus to share some songs and dances.
Della filled her tag and freezer on Boxing Day 2019 with her 5x5 bull elk. She was 1 of 4 winners for the Stz’uminus community member allocated tags. The other 3 tag holders are Kelly Vincent, Jennene Harris, and Darren Jacobs. Good luck to them on their hunt and we look forward to their photos.

CONGRATULATIONS DELLA ON FILLING YOUR STZ’UMINUS COMMUNITY MEMBER ALLOCATED TAG

Della filled her tag and freezer on Boxing Day 2019 with her 5x5 bull elk. She was 1 of 4 winners for the Stz’uminus community member allocated tags. The other 3 tag holders are Kelly Vincent, Jennene Harris, and Darren Jacobs. Good luck to them on their hunt and we look forward to their photos.

PHOTO PERMISSION APOLOGY

I’d like to apologize to Daniel Elliott for using his photo without permission. I was given incorrect information about the Kulleet Bay longhouse photo that was on the cover of the December edition of the Stz’uminus newsletter. Daniel informed me that Stz’uminus didn’t actually own the photo and didn’t get permission to use the photo so I apologize for that! -Damien Daniels
WELLNESS FOR THE NEW YEAR: GETTING IN TOUCH WITH PERSONAL VALUES

In last month’s newsletter, I wrote a piece about self-care. For this month, my focus is still aligned with self-care; wellness through our values in 2020. We are now moving into a time of reflection; 2019 is coming to a close, allowing space for the blossoming of a new year. As I personally reflect on 2019, I consider how I took care of my body, mind and spirit this past year. Are there any changes I would like to see for myself? Am I living by the values close to my heart? These are some questions we may ask ourselves. I know if I want something to change, I am going to have to change something… Seems simple enough!

Many of us set New Year’s resolutions, only to find that we don’t stick with it. What about getting in touch with your own personal values this New Year? I think there is something to be said for the positive ripple effect that occurs when we set an intention to live by our values, and engage in meaningful actions to support this. For example, if I value respect, then the question is “how am I living by this value? What am I doing to put respect out into the world? How do I handle moments where I sense I am being disrespected? How am I handling myself in these moments? Do my actions align with my values?”

So what are values? I turn to Russ Harris (2009) to deepen my understanding of what values are all about. He states, “values are statements about what we want to be doing with our life: about what we want to stand for, and how we want to behave on an ongoing basis” (p.189). Values are about what matters most in our heart and soul. Values are personal and unique to each individual person. Simply put, values are what we care about, what matters most to us. Our values can be a guide through life in a way that feels meaningful and fulfilling.

Russ Harris shares the “Compass” metaphor: “Values are like a compass. A compass gives you direction and keeps you on track when you’re travelling. And our values do the same for the journey of life. We use them to choose the direction in which we want to move and to keep us on track as we go. So when you act on a value, it’s like heading west. No matter how far west you travel, you never get there; there’s always further to go. But goals are like the things you try to achieve on your journey: they’re like the sights you want to see or the mountains you want to climb while you keep on travelling west.”

What are your values? How might they guide you in a positive way as you go forward into the New Year?

Huy tseep q'u and all the best in 2020. -Brittany Boyer, Mental Health and Wellness Clinician

References:
Healthy Relationship Life Skills Program

Who? This program is designed for adults ages 18 – 100

What? An 8-week program facilitated by the Mental Health and Wellness Clinician. The program aims to help participants strengthen essential relationship skills. Topics will include information on communication styles, improving listening skills, dealing with conflict, giving and receiving feedback, and more!

Where? Stz’uminus Health & Elder’s Centre

When? Every Friday from 10am – 12pm. The program will start on January 24, 2020 and will end on March 13, 2020. Light snacks will be provided.

How will I benefit? The information presented in this program is designed to help foster healthy relationship skills. This is not limited to romantic relationships. The information shared throughout the program is meant to provide useful tools for you to use in many areas of your life, such as the workplace, friendships, family relationships and romantic relationships. You will also get a certificate of attendance at the end of the program!

How do I sign up? If you would like to attend, please register with the Health Centre front desk by calling Melissa at 250-245-8551. If you require transportation in order to attend, please let Melissa know. If you have questions about the program, please call the health centre or email the program facilitator at brittany.boyer@stzuminus.com
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 Wednesday, January 22 by 4p.m.
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Website: www.stzuminus.com
FB: www.facebook.com/stzuminus