First Nation’s are commended for their strategies in flattening the curve for COVID-19.
Be Kind
Be Patient
Be Careful
Be Respectful
Continue to take all the necessary precautions please. Huy ch q'u!

Each week our Emergency Operation Centre and staff meet to discuss COVID-19 and supports being provided to Stz’uminus First Nation.

We are starting to hear about a slight increase of COVID-19 on Vancouver Island.
Please exercise caution over the next two weeks as there is news about a positive case in south Nanaimo and testing in southern Vancouver Island.

How to protect yourself and your families:

a) Always wash your hands as many times as possible and throughout the day. Use hand sanitizer as well.
b) Beware: wear your mask when in town and shopping in stores. Practice social distancing.
c) Care for yourself; self care.
d) Date? If you travelled outside of the community be careful; remember where you were and on what date.
e) Employees; please refer to Policy 37.
f) Feeling feverish? Remember to self monitor (fever, unwell, cough, sneezing etc).
g) Get lots of rest and drink plenty of refreshing water!
h) Get lots of rest!

We currently have zero cases in Stz’uminus First Nation.
We must continue to work together to keep Stz’uminus First Nation Members healthy.

Graduates – Congratulations
The world is in our hands; continue with career plans early on and achieve your dreams!

Stz’uminus Mustimuxw
Lhnimulh Qweylh Stz’uminus Mustimuxw
Lhnimulh Qweylh Stz’uminus Mustimuxw
Ah Siem nu Siyeyu

Canada Day is on Wednesday, July 1st, 2020

Canada Day celebrates the birthday of Canada. 150 years ago, On July 1, 1867 Canada became a new federation with its own constitution by signing the Constitution Act - formerly known as the British North America Act.

Canada Day is a national statutory holiday celebrated in all provinces and territories and it is a day off for most businesses.
O Canada!
Our home and native land!
True patriot love in all thy sons command.
With glowing hearts we see thee rise,
The True North strong and free!
From far and wide, O Canada, we stand on guard for thee.
God keep our land glorious and free!
O Canada, we stand on guard for thee.
O Canada, we stand on guard for thee.

Official Lyrics, July 1, 1980

Water Restrictions

Water shortages are expected this summer.
The rivers are low and there is no snow cap on the mountains.
If you have water leaks or taps dripping in your home please let me know so that we can arrange to have it fixed.
Thank you for paying into your home maintenance program with the Housing Department.

No water sprinklers; do not play with the water hose on.
Very short showers.
Do not fill the tub for bath water.
Turn the tap off when brushing your teeth.
Do not wash your car at home.
Social Distance Swimming in the bay or play at a local water park (Transfer Beach)
Do not use children’s swimming pools.
Dry brown grass is better than green grass in the summer; do not water your lawn.

Summer Driving & Children Playing
Slow Down for Safe Driving

Please take your time driving.
Slow down.
Stay below or at the speed limit.
Be careful.

Be kind.
Take care of one another.
Wear your seatbelt.
Ensure infants and children are in car seats.

Children Playing Near The Road

It is summer time and children are playing outside.
Please watch your children or grandchildren that play on the road.
It is best to play in your yards or along the beach; away from traffic.
If you see cars speeding on the reserve please call the RCMP and note the license plate and car model.

Indian Residential Schools Survivors Society

The Indian Residential Schools Crisis Line is available 24-hours a day for anyone experiencing pain or distress as a result of his or her Residential school experience.

Indian Residential School Survivors and Family
1-866-925-4419

Who can I talk to? Who are my supports?

- Principal, teacher, work supervisor.
- Mom, Dad, Grandma, Grandpa.
- Uncle, Aunty.
- Godparent or Health Counselor
- Best and most trusted friend, cousin.
- Sister, Brother.
- Elders

Self Discipline

We all have lessons learned and one of the earliest teaching received is being “wrapped” up or swaddled as a baby!
Our grandmothers and mothers were experts at wrapping up our babies. One Elder shared that covering up one self starts as a baby; being wrapped = learning self discipline. We all require self-discipline; practiced now due to COVID-19. Self-discipline for COVID-19 means protecting yourself and family. Staying home for self quarantine or self isolation. Being honest, respectful and ethical for the best interest of others in our community. We want to keep each other strong and healthy! Have a chat with your family to talk about self discipline, using masks, washing hands and all the great COVID-19 practices including keeping your circle small and socially distanced.

Working in a good way.....

Please call me if you have an issue or want to talk about services, quality of services and access to services or anything related to the Band Office. Solutions can be worked out in a good way. I prefer to meet in person, however due to COVID-19 we can communicate via email or telephone.
Email: Maureen.Tommy@stzuminus.com
Call me in the morning; the best time to reach me at 250 245 7155 ext. 269

National Indigenous Day
June 21, 2020

Raising my hands...Thank you to all the employees that assisted with organizing, transporting, hiring, cooking, cleaning for the amazing virtual celebrations and for the Elder’s Seafood Luncheon. The online entertainment was wonderful! Thank you to the Health Centre Staff, Communications, Education and our team at the Community Centre. It is a good day to be Indigenous...

Hampers

Raising my hands...Another successful delivery of Hampers. All the employees and hired help are very organized. Stz’uminus delivered 209 hampers on-reserve and 62 hampers were picked up by Off-reserve members. I raise my hands to them for their frontline work. I also raise my hands to the behind the scenes employees: Finance, Reception, our signatories and Chief and Council. Thank you to our Members that are residing outside of the reserve for your patience and kindness. We do our best to be inclusive with our implemented procedures. Good work team!

A day full of work, tasks and decisions

I enjoy serving Stz’uminus First Nation as the Director of Administration. This month is the 2 ½ years. I raise my hands to all employees and to the teachers that are educating our children. Since mid March 2020 the Nation has been working together to protect our families from the COVID-19 pandemic. We are fortunate for the commitment and dedication of all of our Stz’uminus First Nation Essential Service Workers!

We are construction plexi glass or plastic barriers to the heavy traffic areas. We are getting prepared until such a time that it is safe to open our doors and resume programming.

We are also fortunate to have you, amazing community Members working as one and taking COVID-19 seriously. Self quarantine and testing are a part of keeping Stz’uminus First Nation healthy and strong.

I have added the 24-7 crisis line number in this edition. If you have a heavy heart and need to speak to a person other than family please call anytime.

Unless, we hear otherwise from Indigenous Services Canada the July 2020 Income Assistance will be the last month for the additional $300.00 per adult.

O Siem, Huy tseep q’u Sii’em - Thulamiye, Maureen Tommy
Over a 6 day period, a number of Stz’uminus members and employees jarred fish and sorted groceries for the June Hamper. The Fisheries department delivered 250 sockeye for processing. They were all frozen so they had to be thawed then cleaned. Once cleaned, they were handed over to the next group of helpers for jarring. Over 2 days they jarred almost 800 jars of sockeye. Those jars were included in the June Hamper.

Even though June 22 was our National Indigenous Peoples Day holiday, employees and community members came in to start sorting the grocery delivery from Country Grocer. It takes a total of 3 days of deliveries and sorting to provide hampers for the community members.

Stz’uminus delivered 209 hampers On-reserve and 62 Off-reserve hampers were picked up by community members. Thank you to all of the members and employees who worked long tiring hours to provide for the community.
REGISTRATION MEMO
PARENTS/GUARDIANS OF SFN SCHOOLS

ALL students are required to fill out a Newly Revised Registration form for the 2020-2021 School year.

Due to COVID 19, we have a new process for registration.

1. Parents are asked to fill out a student registration form and submit it to the school no later than 4:00 July 3, 2020.
2. We are required to maintain safe distances in all our facilities, programs and on our busses. Therefore, we will only be able to provide transportation for students who live in the Stz’uminus community. Returning students from outside the community that have their applications approved will be required to organize their own transportation.
3. Confirmation letters will be sent out the week of July 10th to all parents who registered before the deadline of July 3.
4. All late registrations will be waitlisted.

Thank you to all families for your continued support and kindness during these disconcerting time, we will get through this together.

Special acknowledgment to those parents/guardians who completed the online survey to assist and guide us on how you would like instruction provided for your child in September, we truly appreciate your voice and direction. We will share outcomes as soon as we have received final surveys on Thursday.
# Student Registration Form

## Student Information

<table>
<thead>
<tr>
<th>Legal Family Name</th>
<th>Legal First Name</th>
<th>Legal Middle Name(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Usual Family Name (If different)</td>
<td>Usual First Name (If different)</td>
<td>Gender: Grade:</td>
</tr>
<tr>
<td>Birth Date (YYYY MM DD)</td>
<td>Status #</td>
<td>Band Name:</td>
</tr>
</tbody>
</table>

## Parent/Guardian Contact Names

Child Lives With: __Mother __Father __Other

<table>
<thead>
<tr>
<th>Name:</th>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cell Phone:</td>
<td>Cell Phone:</td>
</tr>
<tr>
<td>Work Phone:</td>
<td>Work Phone:</td>
</tr>
<tr>
<td>Email:</td>
<td>Email:</td>
</tr>
</tbody>
</table>

## Home Address:

## Mailing Address (If Different From Home Address):

## Facebook/Messenger Contact:

## Siblings

<table>
<thead>
<tr>
<th>Name:</th>
<th>Grade:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
<td>Grade:</td>
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<td>Name:</td>
<td>Grade:</td>
</tr>
<tr>
<td>Name:</td>
<td>Grade:</td>
</tr>
</tbody>
</table>

In need of transportation/Bus service

| YES | NO |

To which school – place a check mark in school box.

- **Stz’uminus Primary School**
  Jr. K to grade 3
  3947A Shell Beach Rd.
  Ladysmith, BC V9G 1K6
  Tel (250) 245-0275  Fax (250) 924-7036

- **Stz’uminus Community School**
  Grades 4 to 12
  3951 Shell Beach Rd.
  Ladysmith, BC V9G 1K6
  Tel (250) 245-6650  Fax (250) 924-1317
# STZ’UMINUS EDUCATION

## SCHOOL LAST ATTENDED

<table>
<thead>
<tr>
<th>NAME:</th>
<th>GRADE:</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHONE #</td>
<td>FAX#</td>
</tr>
</tbody>
</table>

In the event of an Emergency (school closures, snow days) a text message can be sent to my:

<table>
<thead>
<tr>
<th>Email:</th>
<th>Cell phone #</th>
</tr>
</thead>
</table>

Emergency contacts that can pick up my child:

1. **Emergency contact name:**

<table>
<thead>
<tr>
<th>Relation to student:</th>
<th>Phone #</th>
</tr>
</thead>
</table>

2. **Emergency contact name:**

<table>
<thead>
<tr>
<th>Relation to student:</th>
<th>Phone #</th>
</tr>
</thead>
</table>

## MEDICAL INFORMATION

### Student’s Medical/Care Card #

<table>
<thead>
<tr>
<th>Doctor Name:</th>
<th>Phone #</th>
</tr>
</thead>
</table>

Any Medical concerns (allergies, Asthma, Adrenalin)? Are these concerns life threatening? **YES** or **NO**

## PLACE X

### CONSENT AND PERMISSION

- I give permission for my child to receive treatment for lice at the school; Bug Busting.
- My child may be seen by the SFN Health Practitioner for care.
- I give permission for my child to be included in any photographs, videotaping or recorded interview, and information collected by the media to be used as part of the schools & community news stories to be published and printed, internet and broadcast.
- I give permission for my child to attend field trips within the Stz’uminus community.

I HERBY CERTIFY THAT THE ABOVE INFORMATION IS ACCURATE TO THE BEST OF MY KNOWLEDGE & UNDERSTAND THAT IT IS MY RESPONSIBILITY TO IMMEDIATELY INFORM THE SCHOOL OF ANY CHANGES (ADDRESS, PHONE NUMBERS) STATED ON THIS FORM.

<table>
<thead>
<tr>
<th>Parent/Guardian signature</th>
<th>Date</th>
</tr>
</thead>
</table>

**Office Use Only:**

Entrance interview date ____________ and time ____________.

Application reviewed  Approved or Not approved (circle one)

Staff name and signature ____________________________
Unfortunately due to the current pandemic, Stz’uminus decided to cancel this year’s celebration at Transfer Beach. The health and safety of our community members is our top priority. We look forward to hosting the event next year.

Stz’uminus decided to host a virtual event with performances from local First Nations groups and a cedar weaving demonstration. All performances can be found on the Stz’uminus First Nation Facebook page. Don’t forget to click the Like button to stay up to date on all the information shared by Stz’uminus.

**SALISH SHXW’ALUQWA’ (SALISH SISTERS)**

Salish shxw’aluqwa shared some songs during a pre-recording for our Stz’uminus National Indigenous Peoples Day virtual event.


**NATE HARRIS**

Proud Stz’uminus member Nate Harris performed a virtual concert and shared a number of his hit songs such as ‘Precious You’ and ‘From One Heart to Another.’

Don’t forget to check out his latest releases on all of the streaming platforms: Spotify, Apple Music, Google Play, iTunes, Amazon, Tidal, Deezer etc!!

**LENNIE LOUIE**

Lennie did 2 demonstrations on creating items with cedar strips. He created a cedar bracelet then a cedar rose. You can follow his tutorial on our Stz’uminus First Nation Facebook page or our Stz’uminus Community Centre page. The community centre is hosting a cedar weaving contest as well. Cedar was included in the care packages for the children to participate in the contest.
Breastfeeding is the safest and healthiest food for your baby. Even if you have COVID-19, it is the best option for your baby and no studies have yet shown that COVID-19 can pass through breast milk.

**Why is breast milk good for my baby?**
- It is our first traditional food
- It strengthens your baby’s immune system and can protect them from illnesses

**How can I make sure my breastfeeding supplies are safe?**
- If using a breast pump, clean as per pump instructions after each use and wash your hands before expressing milk
- If using bottles for breast milk, wash and sterilize all bottle parts by boiling them for two minutes

**How do I keep my baby safe while breastfeeding?**
- If you are sick, wear a mask when you are feeding, holding or caring for your baby
- Wash your hands before and after feeding or touching your baby

**How can I care for myself?**
- Rest, eat well and drink plenty of fluids
- Practise healthy ways to cope with stress
- Reach out when you need help: people are here for you!

Stay safe and avoid COVID-19 infection by following the same precautions recommended for the general public.
ELDER’S EXERCISE GROUP

Come join the Elder’s Exercise Group every Tuesday and Thursday from 10am-11:30am.

Sue Dawson holds a Personal Trainers certification and Group Fitness Leader through the BCRPA (British Columbia Recreation Parks Association) and has been running a successful fitness studio through her home for the past nine years. Sue is continually training, learning and being educated by some of the best leaders in the fitness field. In 2010 Sue was certified in Trigger Point Message Therapy. Sue had been a finalist in the 2010 and 2011 Vancouver Island Business Excellence Awards. Sue specializes in Women’s Health and the Baby Boomer Generation.
While everyone can benefit from lifting weights, older adults can reap even more benefits, giving you a stronger, healthier body. Having a strong body helps you avoid injuries, falls, pain, and other issues associated with getting older.

You will gradually lose muscle mass as you age if you don’t do anything to maintain it. When you keep or gain more muscle, you may actually live longer and you’ll certainly have a better quality of life.

**Nicola has decided to take a job in Cowichan so her last day with Stz’uminus was June 26th. She was sad to leave and wanted a group photo with the Elder’s group. Thank you for your time in Stz’uminus Nicola and best of luck in your new journey.**
Many of us have an inner critic... you know... that voice inside your head that is critical, judgmental, and generally negative. It's really good at coming up with ways to shame and disapprove of your thoughts, actions, and how you live your life... It's the voice that loves to tell stories (not the good kinds of stories that were passed down by our ancestors). The inner critic goes on and on with stories that focus solely on what you did wrong, instead of what you did right. Have you ever made a mistake and then said some pretty unkind things to yourself afterwards, instead of giving yourself some breathing room? Yeah, that's the inner critic. When the inner critic is busy at work inside your head, it might sound like this...

“I will never be good at this” ... “Your personality sucks” ... “I bet people don’t actually like you” ... “There’s obviously something wrong with you” ... “Can’t you ever do anything right?! ... “You are not worthy of love” ... “You can’t ever make a mistake or else you’ll be a failure” ... “Why can’t you just get your life together?” ... “What’s the matter with you?!?” ... “You should just give up” “Every achievement in your life was just an accident or a mistake” ... “You’re so stupid” ... “You’re ugly”

If you’re connecting with what you’re reading right now, I want you to know that you are not alone! Many of us experience this inner critic from time to time. Some of us, such as those living with anxiety and depression for example, are more likely to experience the inner critic even more intensely. Trauma is another factor that can influence a person’s experience of the inner critic. The inner critic can mess with our self-esteem and confidence, and we tend to feel like crap as a result. Oh, and another important point about the inner critic is that it often likes to exaggerate, and will spew critical words that are based on false beliefs.

So you might be thinking, “Well... what’s the answer? How can I make this critical voice go away forever?” Here’s the thing: I don’t believe all humans can be put into a box. There is no one-size-fits-all approach. Talking with a counselor about your inner critic may be a helpful step, but of course, you, the reader, will decide what feels right for you. Although this newsletter submission is not a replacement for counselling, my hope is that it will help people feel less alone and perhaps provide some food for thought.

I also come from the perspective that the inner critic shows up for people in different ways, at different times, for different reasons. There are social, cultural, familial factors, (Good Therapy, 2015) and I would say even ancestral factors, which can influence a person’s experience of the inner critic.

When I say ancestral factors, I want to be very clear: I am not saying our ancestors are coming through as an inner critic to say mean things to us. Absolutely not! In fact, I would say that our ancestors are the opposite of the inner critic. I imagine they are cheering us on, and encouraging us to make this world a better place... to connect with our inner peace, strength, love, and compassion. When I note ‘ancestral factors,’ I am referring to how trauma can be passed on through generations.

Why am I talking about this? Well, for starters, I noticed that July 24, 2020 is recognized as “Self-Care Day” in Canada. This got me thinking about self-compassion. Somewhere along the way on my life journey, the realization came to me that self-compassion is a huge part of self-care. (For more information on self-care, please refer back to the
It might take some time and practice to challenge the inner critic with compassion, but nonetheless it is possible to learn to befriend ourselves. Why is self-compassion important? Think for a brief moment about the challenges you’ve faced in your life… Is it helpful to have a mean, critical voice in your head during those times? Or would you rather have a warmer, patient, and supportive voice in your head?

To tell you to “just stop” the inner critic would likely be ineffective, because if most people could easily stop like that, millions of people wouldn’t be feeling distressed by their inner critic. Part of self-compassion is learning to have compassion for the inner critic, and to understand its function. If we view the inner critic’s function as a ‘protector,’ then that might make it easier to have compassion for our experience. You read that right; protector. Our inner critic is often trying to protect us from taking risks, getting hurt, or feeling painful emotions.

When your inner critic starts firing off critical stories, try reframing the critical statement into a supportive statement. For example, Instead of “I will never be good at this” say to yourself, “it will take practice for me to improve, but that does not mean I will never be good at this. It’s unrealistic to expect myself to have mastered this right away. I’ll get there in my own good time.”

I co-operate the Stz’uminus Mental Health & Wellness Facebook page (www.facebook.com/stzuminusMHW) so I am often searching for things I can post. I came across this post by @selfcompassioncommunity on Instagram. I love the way it clearly lays out a visual between self-criticism and self-compassion. Check it out below!

**References:**
I want to sincerely thank each of you for meeting with and giving Stz’uminus your time to help us bring our language alive stronger than it has been yet. We truly enjoyed the little time Stz’uminus was lucky to gained valuable knowledge in the Hul’q’umi’num language with each of you. We truly are grateful to learn how important our language sensitivity is. We’ve learned how meaningful the language is to our teachings (snuw’uy’ulh). we are extremely thankful that each of you took the time to steer us in the right direction to get our language going and we look forward to strengthening our language that was ones our weaknesses.

To give each of you our gratitude and to show our love we have for each of you, we hope you all like the gift basket that was delivered to your home.

At this time we are extremely excited to share we are in the plans to gather more stories, teachings, and Hul’q’umi’num language to continue strengthen our language, culture and teachings.

With that we stand with great pride raising our hands to each and every one of you.

Nan ‘uw ’uy nu shqwul’awen
huy’ch’qa,

Ts’ul’tsi’mye’ | Hul’q’umi’num Program Assistant
Margaret Seymour
Each of their stories can be found on the Stz'uminus section of First Voices website at www.firstvoices.com

FirstVoices is a suite of web-based tools and services designed to support Indigenous people engaged in language archiving, language teaching and culture revitalization.
OPEN FIRE REGULATIONS

CAMPFIRES, CATEGORY 2 FIRES AND CATEGORY 3 FIRES: WHAT’S THE DIFFERENCE?

CAMPFIRE:
- Any fire no larger than 0.5 metres high by 0.5 metres wide

REGULATIONS:
- You must have ready access to 8 litres of water or a shovel for the entire time your campfire is lit.
- Your campfire must be completely extinguished and the ashes must be cool to the touch before leaving the area for any length of time. (Hot coals can reignite the fire.)
- During campfire prohibitions, only a CSA- or ULC-approved portable campfire apparatus may be used, and the flame height must not exceed 15 centimetres.
- You must build a fire guard around your campfire.

CATEGORY 2 FIRE:
- 1 to 2 concurrently burning piles no larger than 2 metres high by 3 metres wide
- Stubble or grass burning over an area less than 0.2 hectares

REGULATIONS:
- A fuel break must be established around any Category 2 burn area.
- Fireworks are banned when a Category 2 fire prohibition is in effect.
- Burning barrels are banned when a Category 2 fire prohibition is in effect.
- At least one person equipped with a fire fighting hand tool must monitor the fire at all times.

CATEGORY 3 FIRE:
- Any fire larger than 2 metres high by 3 metres wide
- 3 or more concurrently burning piles no larger than 2 metres high by 3 metres wide
- 1 or more burning windows
- Stubble or grass burning over an area greater than 0.2 hectares

REGULATIONS:
- A fuel break must be established around any Category 3 burn area.
- Monitor your open burn to ensure that the fire doesn’t spread beyond its intended size.
- You must have a burn registration number to light a Category 3 open fire. Call the burn registration line 1 888 797-1717 to obtain one.
- Do not burn when venting conditions are “Poor” or “Fair”. Always check here first: www.bcairquality.ca/readings/ventilation-index.html

GENERAL REGULATIONS:
- Never burn in strong wind conditions.
- Your fire must be extinguished before leaving the area.
- Always keep your fire a safe distance away from nearby branches, wood and other combustible materials.

*Further bans and restrictions can be implemented at the Wildfire Management Branch’s discretion.

Anyone found in contravention of an open fire prohibition may be fined up to $1,150. If your fire escapes and results in a wildfire, you may be fined anywhere from $100,000 to $1 million and be sentenced to one year in prison. Please check with local government authorities for any other restrictions before lighting any open fire.

Please report wildfires by calling *5555 or 1 800 663-5555.

Ministry of Forests, Lands, Natural Resource Operations and Rural Development

www.bcwildfire.ca
@BCGovFireInfo
www.facebook.com/BCForestFireInfo
www.youtube.com/user/ProvinceofBC
Dr. Chris Anderson is located in Central Nanaimo near Bowen Road and Dufferin Crescent. Dr. Chris Anderson has practiced in Nanaimo since 2005. Originally he practiced at Harbour City Chiropractic and Island Pedorthic Foot Care. He follows an evidence informed model of care and will consider the patients preferences, his clinical experience and the relevant scientific evidence in his treatment recommendations.

Practice Style

Dr. Anderson has a special interest in helping those with chronic and recurrent low back pain. His practice focuses on mechanical spine pain including neck pain, low back pain, sciatica, lumbar spinal stenosis and certain types of headache. He prefers to work with your health care team (Physician, Massage Therapist, Physiotherapist, Etc...) in order to provide you with a comprehensive treatment plan. The practice was completely refitted with all new equipment including computerized treatment tables, physio-therapeutic modalities (ultrasound, electrotherapy, interferential) and low level lasers this past year.

Evidence Informed Practice

Chiropractor Dr. Chris Anderson provides a variety of treatment options in Nanaimo, tailored to the specific person and the problems that they present with. He will work with you to develop a comprehensive treatment approach that respects your concerns and preferences while advising you of the current research and his clinical experience. We offer a variety of approaches from classic chiropractic manipulative techniques and instrument adjusting to laser therapy, therapeutic ultrasound, muscle energy techniques and others. For more information or to ask Dr. Anderson a question directly please call 250 - 585 - 5304. We are always happy to help with your lower back pain, headaches, sciatica and whiplash.

Patients often receive a recommendation from a physician or other health care professional to see a Pedorthist in order to address a function or pain issue.

At your first appointment Dr. Anderson will:
- review your medical history
- conduct a biomechanical and gait examination – which means he will watch you walk
- perform a hands-on assessment of your lower limbs

As part of the initial consultation Dr. Anderson will explain his findings with you and make recommendations on the best course of treatment. Dr. Anderson shares his findings with your health professional to update them on the current course of treatment.

Please call Health unit to make arrangements to see Dr. Anderson 250 245 8551
*Please note your initial first Step is to get a referral from your doctor.
Job Posting -- Junior Research Assistant

Stz’uminus First Nation is seeking a term junior research assistant.

The Stz’uminus First Nation Research Department is looking for a junior research assistant to support activities and projects for Summer 2020. Some training will be provided.

SKILLS AND ABILITIES REQUIREMENTS:

✓ Comfortable with technology and willing to learn about using a range of technologies, including scanners and Microsoft Office Suite applications.
✓ Be able to work both in a team and independently.
✓ Strong work ethic.
✓ Detail-oriented.
✓ Able to sort and categorize documents.
✓ Able to transcribe interviews.

QUALIFICATIONS:

✓ Experience digitizing archival documents experience preferred.
✓ Experience inventorying and cataloguing archival material preferred.
✓ Experience researching new historical resources preferred.
✓ Positive Community Role Model
✓ Must be organized, prepared, flexible and punctual
✓ Must complete a Criminal Record Check as a condition of employment
✓ Social Insurance Number (SIN) required
✓ Applicants must be students returning to school (high school/college) in the Fall

JOB SPECIFICATIONS

✓ Wage: $14.60 per hour
✓ Hours: 37.5 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 Monday, July 13, 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.

2020-06-29
Job Posting – Summer Program Assistant

Stz’uminus First Nation is looking for a Summer Program Assistant. This worker will assist two days a week with our Hul’qumi’num Program Assistant in coordinating and creating Hul’qumi’num resources into a language centre for the use of Stz’uminus First Nation and the community at large. This worker will also assist the Executive Assistant 3 days a week with office duties, including filing and various office-related activities.

SKILLS AND ABILITIES REQUIREMENTS:

✓ Strong computer skills in Microsoft Office, Outlook Express, and related programs.
✓ Ability to work with limited supervision
✓ Able to operate standard office equipment, including personal computer, photocopier, scanner, and fax machine
✓ Ability to maintain the confidentiality of sensitive information
✓ Ability to maintain accurate records and filing
✓ Professional personal presentation

✓ Performs other clerical duties as required;
✓ Ability to take direction well and demonstrate initiative
✓ Good verbal, written, and telecommunication skills
✓ Prioritizing skills to ensure that tasks/projects completed as requested on a high-to-low priority basis
✓ Excellent interpersonal and communication skills
✓ Excellent customer service skills
✓ Basic knowledge of Hul’qumi’num an asset.

QUALIFICATIONS:

✓ Registered as a full-time student who attended the 2019-20 School Year and is returning in 2020-2021
✓ Positive community role model
✓ Must be organized, prepared, flexible, and punctual
✓ Some evening & weekend work required

✓ Able to take direction and work as a team player
✓ Must complete a Criminal Record Check as a condition of employment
✓ Social Insurance Number (SIN) Required
✓ Reliable transportation to and from work.
✓ A vehicle and valid license an asset.

JOB SPECIFICATIONS:

✓ Wage: $14.60 per hour
✓ Hours: 37.5 hours per week, Monday through Friday

Interested and qualified applicants are invited to submit a cover letter and resume via Canada Post, e-mail, or fax by the closing date of Friday, July 3, 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.

2020-06-18
SERVICE CANADA
READY TO HELP — YOUTH

We are ready to help Canadians through the COVID-19 outbreak. For a complete list of programs, services and resources available through the Government of Canada visit: Canada.ca/coronavirus

Canada COVID-19 Support App
Get the Canada COVID-19 app (iOS or Android) for COVID-19 information, recommendations, and resources.

CANADA EMERGENCY STUDENT BENEFIT (CESB)
This benefit provides $1,250 per month for eligible students or $2,000 per month for eligible students with dependents or disabilities. This benefit will be available from May to August 2020.
🔗 https://bit.ly/3cvvUj1
📞 Automated help line: 1-833-966-2099

CANADA EMERGENCY RESPONSE BENEFIT (CERB)
If you have stopped working because of COVID-19, the Canada Emergency Response Benefit (CERB) may provide you with temporary income support.
🔗 Canada.ca/coronavirus-cerb
📞 Automated help line: 1-833-966-2099
Service Canada CERB call centre: 1-833-699-0299
CRA My Account and CERB call centre: 1-800-959-8281

CANADA STUDENT SERVICE GRANT (CSSG)
For students who choose to do national service and serve their communities, the new CSSG will provide up to $5,000 for their education in the fall.
More details will be made available on the “I Want to Help” platform soon.

CANADA STUDENT LOANS PROGRAM (CSLP)
We are proposing changes to the Canada Student Loans Program to allow more students to qualify for support and be eligible for greater amounts.
Learn more about Canada Student Grants and Loans:

NATIONAL STUDENT LOANS SERVICE
All student loan borrowers will automatically have their loan repayments and interest suspended until September 30, 2020. Students do not need to apply for the repayment pause.
Learn more about the moratorium on the repayment:
🔗 Csnpe-nlsccanada.ca/en/what-is-new

MENTAL HEALTH SUPPORT
We are giving $7.5 million in funding to Kids Help Phone to provide young people with the mental health support they need during this difficult time.
🔗 Kidshelpphone.ca
📞 1-800-668-6868

JOBS AND OPPORTUNITIES
We are expanding existing federal employment, skills development, and youth programming to help students find employment and develop valuable skills this summer and over the coming months. Learn more about youth programs:
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 Friday, July 24 by 4p.m.
Ph: 250 245 7155 ext283
email: damien.daniels@stzuminus.com
Website: www.stzuminus.com
FB: www.facebook.com/stzuminus