7. Buffi Award
8. Information Sharing Meeting
10. Pink Shirt Day
12. Nominations
14. Elvis Visits STZ’uminus
16. Cameron Farewell
24. STZ’uminus Education
26. Community Centre
28. Canoe Race Schedule
31. STZ’uminus Hockey Tournament
DIRECTOR OF ADMINISTRATION

MAUREEN TOMMY (THULAMIYE)
COMMUNITY HEALTH AND WELLNESS

NEW EDUCATION PLANS

Plans are going forward with the approved and new Education structure. The Superintendent position and the Human Resources Director position have been posted. These plans have taken many months, numerous meetings and has been supported and approved by Leadership. We are ready to move ahead with providing the best Education structure for today’s students and future students. Thank you for attending the Community Meeting that was hosted on February 24th, 2020.

All Stz’uminus Students

SFN Community

Chief & Council

Board

Chair

2 SFN Leaders (Portfolio Holders)
1 SFN Parent
3 External Experts

Superintendent

Schools
Pre to Gr 12
0-18 yrs

Hul’quminum
Education

Includes Stz’uminus Child Care, Stz’uminus Band Operated Schools, Public & Private Schools

Curriculum resource development. Train staff, students, parents, Elders

Higher Education & Post Sec (19 yrs +)

Adult dogwood, post secondary support

HR

Finance Clerk

Operations & Maintenance

Transportation

Contracted Experts

Contractors / Consultants contracted to augment & support the Admin functions - Auditor (MNP), Accounting & Bookkeeping, Legal for Board Set-up, etc

Presented and supported by Chief and Council December 16, 2019; supported and approved by Chief & Council February 13, 2020
Annual Budget Cycle

All departments will be developing the department budgets for 2020/2022. With the new Education structure, the Administration fees will no longer be collected. What does this mean? It means that all of the funding received for Education stays with Education and this is intended to focus on strengthening our curriculum.

How does this begin budget development? Each employee in charge of overseeing a budget will work with the Finance Manager to provide a “best estimate” for what the Stz’uminus program will cost for the next fiscal year (April to March). What happens next? The Director of Finance and Strategic Initiatives reviews and makes recommendation to the Finance and Audit Committee. Once that is reviewed the budgets are reviewed, amended if necessary and approved by Leadership. Reporting occurs at the Annual General Meeting and a written report is submitted to ISC. This is an annual - yearly process!

Hul’qumi’num and Culture Community Wide Strategy

Our Stz’uminus Community Members are attending our Community Beginners Hul’qumi’num class. The class ends on March 26, 2020. The success to date is noticed by the instructor, Margaret Seymour. As our Stz’uminus Members continue to learn Hul’qumi’num their memories are triggered about previous words and phrases that they learned in their younger years! Our Members have increased self confidence, increased awareness, speak to their children or grandchildren, pride and love. We are beginning to gather in a circle to drum and sing as well! The class is half way through the Level 1 Step 1 of Paul Creek Method. Gerald Jerry Harris and our beloved Elder, Delores Louie are also involved with our class. Raising my hands respectfully to our courageous learners.

Prayers

s’ulhtun st’i’wi’ulh [Grace]

xe’xe’ tsitsulh si’em’, tth’ihwum ‘i’ lhexun’t tthu s’ulhtun tst. stl’atl’um’ st’e.
Sacred Lord on high, please bless our food.
Amen.

st’i’wi’ulh [Teacher’s Prayer]

tsitsulh si’em’, lhexun’t tthu stl’ul’iqulh kw’amkw’um’stuhw tthu shqwaluwun
Lord on high, bless the young people for keeping their thoughts strong

‘u tun’a kweyul. stl’atl’um’ st’e.
on this day. Amen.

st’i’wi’ulh [Language Learner’s Prayer]

tsitsulh si’em’ tth’ihwum ch tse’ ‘i’ ‘amustal’hw ‘u kwthu ‘uy’ shqwaluwun,
Lord on high, please give us good guidance in our feelings,

stl’atl’um shqwaluwun kws yu tatul’ut-s tthu hul’q’umi’num’ sqwal tst.
the perfect feelings in learning our Hul’q’umi’num’ language.

yu slhelhuxun’stuhw ch tse’ tthu shqwaluwun tst
You will bless our feelings

kws kwunnuhw tst tthu hul’q’umi’num’ sqwal.
so we will grasp our Hul’q’umi’num’ language.

stl’atl’um’ st’e
Amen.

st’i’wi’ulh [Prayer]

xe’xe’ tsitsulh si’em’ ‘u tthu skweyul.
Sacred Lord on high in the sky.

nuwu tse’ yu hwii’yulasmustham’sh.
You will be the one to guide me.

nuwu tse’ yu ts’ets’uw’utham’sh
You will be the one to help me

kwunus ni’ yu tsiiy’ulhna’mut.
for all what I’m pleading for.

stl’atl’um’ st’e.
Amen

Tribal Journey 2020

This July, the Tribal Journey will be passing by Stz’uminus First Nation.
Meetings are commencing to provide Stz’uminus with an update on their intentions. We do not have any of the details this month, however once information is received it will be shared. Let us get together to practice singing and drumming; being prepared to welcome guests that may arrive on our beaches! Snuneymuxw is estimating 110 canoes and 8000-10000 people.

**Bighouse Renovation**

The Cultural Portfolio will be meeting to discuss the plans going forward for the major renovation of the bighouse. The renovation will occur outside of the winter season.

**Post Secondary Students**

Stz’uminus First Nation is under way and working towards self-government. We uplift the current Post Secondary Students that will surely make their way back home to support the Nation!

We honor and recognize our Stz’uminus University Students. They are half way through the second semester! Please support your students by allowing them to have the study time they need to succeed.

**Summer Students**

We will have several positions available for Summer Students. It is important for Summer Students to have a Social Insurance Number. Here is some information from Service Canada on how to apply:

The Social Insurance Number (SIN) is a 9 digit number that you need to work in Canada or to have access to government programs and benefits. A SIN is issued to one person only and it cannot legally be used by anyone else. You are responsible for protecting your SIN. Store any document containing your SIN and personal information in a safe place—do not keep your SIN with you.

Service Canada is now issuing SINs in paper format (confirmation of SIN letter). Production of the plastic SIN card has stopped, however, SIN cards that are not expired and are currently in circulation can still be used.

If you are a parent of a newborn, you can apply for your child’s SIN through the Newborn Registration Service. Note that you can also apply online! We are getting ready for summer students! Come and see Marcia Seymour to get your resume drafted and polished!

**Huy tseep q’u Sii’em nu Siyeeyu**

Thulamiye Maureen Tommy
We in Ladysmith come from many cultural backgrounds, possess a wide variety of skills and perform many different activities. Some have been here since time immemorial while others have just arrived. Our history is part of our heritage but our heritage is more; it includes the endowment that nature provided to us and the community our forbearers shaped within this framework. These are the building blocks of our community and are what make Ladysmith unique.

The Ladysmith and District Historical Society is focused on preserving our unique heritage and encouraging its integration into present activities and future planning. The society receives significant support from and is proud to partner with the town and other groups in our efforts to preserve this heritage. The joint presentation of awards this evening is an attempt to recognize those who are enriching our community by integrating this unique heritage into our present thus ensuring it remains a part of our future.

We intend these awards to be an annual affair happily noting that although our heritage remains under considerable pressure and its preservation requires definitive planning, the actions and projects being recognized this evening are but a sampling of ongoing activities relating to heritage in the district. Having solicited nominations from the community the historical society in conjunction with the Town of Ladysmith as embodied by the presence of the mayor and the number of councillors here this evening would like to give our four heritage awards this year. These awards fall into three categories: first individual: recognizing individuals for their work preserving heritage. Secondly artifact recognizing the saving of a particular artifact or group of artifacts which embody an important part of our heritage which otherwise been lost. And third Project: Recognizing a business, business owner or group whose project has preserved and promoted the heritage of the area.

The first award we’d like to give is in the individual category. As a preamble to this award I’d like to say that the connection between language and culture cannot be overstated. Language embodies thought and visa versa and without understanding some of the language it’s very difficult to gain significant insight into the culture which bears it. I’ve had firsthand experience while living in diverse parts of the world.

I would like to present this first plaque to Buffie David in recognition of her work preserving hul’qumi’num language and Stz’uminus First Nation culture.

And also sharing the rich cultural heritage with our wider Ladysmith community, something which is important for promoting understanding and reconciliation. Just a personal note, I’ve had a lot of wonderful experiences with Stz’uminus over the years and I am so thankful for those from my childhood all the way till today. But there’s a couple of specific areas and experiences I had.
Your storytelling is something that really has an impact on me and so many children and helps bring them in. So, I’m not going to pick up any children and throw them in my basket (basket lady reference). But those stories had an impression on me and I said often the luck I’ve had with Stz’uminus people and learn about the culture has really changed the way I view the world. And I can’t think of anybody more deserving of this award especially for the first time. So thank you so much and the First Ladysmith’s Heritage Award ever to be issued is to **Buffi David**.

**Buffi David**
(Intro in Hul’qumi’num then translated below)
I would just like to thank Ladysmith for this award this evening.
I shared that I am a teacher for Stz’uminus Primary School. I teach the language and do a lot of town things. And I love my job and what I do in teaching the children our language.

You know, my parents never drank, never smoked and I have a good upbringing to be respectful, to be respectful to everyone. So I share all those teachings with our kids, which is our Snuw’uy’ulh. Teaching them the right way, how to be, grow up to be kind and passionate to live a good life.

I was so happy when Lesley told me about this award I was going to receive.
I’ve been doing this for **20 years** and I think it’s probably the first time I got recognized for what I do.

The Mayor thanks Buffi for integrating Stz’uminus culture with the wider community and that’s very much appreciated.

**Congratulations Buffi**

*Buffi was nominated by Stz’uminus Primary School teacher Lesley Lorenz.*
On February 25th, community members were invited to an information sharing meeting with all of the Stz’uminus departments as well as Chief and Council. All 15 departments were available to share information and answer any questions from the community.

The meeting was to share information with the community about all of the great projects that have been completed as well as the upcoming projects for each department.

There was a presentation by Ray Gauthier and the Coast Salish Group for all of the Economic Development projects that are going on and to share how Stz’uminus is doing financially.

We will take all of the information and questionnaires we received to analyze how we can make Stz’uminus better. It was a great learning experience for the community as well as the staff.

At the end of the meeting, the community voted unanimously to host another meeting in the near future.
Stz’uminus Vision

The Stz’uminus First Nation community envisions a strong and self-sufficient nation.

We will work together as one to maintain a safe, healthy, and clean community; where we respect one another, are led by a strong and transparent Chief and Council, and where our culture and language, lands, economy, and our families can thrive.

We will focus our priorities on activities that will help to move us towards a place of complete self-sufficiency and independence.

We will do this with our own hands.

DOOR PRIZE WINNERS:
Winners of the Gift Cards:
- Sarah Dee Louie
- Diana Sampson (x2)
- Ingrid Seymour
- Diane Harris (x2)
- Marlene Seymour
- Mike David
- Tommy David (x2)
- Eddie Frenchy
- Nick Louie
- Melissa Crocker
- Dean Harris Sr.
- John Frenchy Sr.
- Harriett Frenchy

Main Prizes:
- Diana Sampson (RCA Smart TV)
- John Frenchy Sr. (Asus Laptop)

Gift Cards for judging the staff displays:
- Linda Seymour $25 superstore
- Jane Frenchy $25 superstore
- Janna Jack $25 superstore

Cards varied from $20-50 gift card for Boston Pizza, Woodgrove, Cabela’s, Visa, White Spot, Starbucks, Tim Hortons, etc....
This year, Pink Shirt Day, or Anti-Bullying Day, was on February 26. It is a day when people come together by wearing pink shirts to school or work to show they are against bullying. The focus for 2020 is “lift each other up.”

How did pink shirt day begin?

In 2007 in Nova Scotia, Grade 12 students David Shepherd, Travis Price and a few friends saw that a Grade 9 student was being bullied for wearing a pink shirt on the first day of school. They knew they had to do something to show that this kind of behaviour was not OK. They decided to go out and buy a bunch of pink shirts and hand them out to other students to wear.

By the end of that week, most of the students in the school were wearing pink shirts to show support for the Grade 9 student who was bullied.

What is the difference between bullying and cyberbullying?

Bullying is when someone deliberately tries to hurt someone else they think is weaker than they are. In many cases, bullying is repeated over and over and can cause a lot of pain that lasts a long time. It can even lead to things like depression, anxiety and low self-esteem.

Bullying happens in many ways, but some common forms of bullying are verbal (teasing, name-calling), physical (hitting, kicking, pushing, breaking someone’s toys or favourite things) or social (leaving someone out, spreading rumours).

Cyberbullying is using social media or other technology like texting to threaten, embarrass or even damage a person’s reputation.

How can you help?

Here’s what you can do:

Proudly wear your pink shirts to show that you stand up against bullying!

If you see someone being bullied or you’re being bullied, talk to a trusted grownup about it.

When someone is being bullied, in person or online, stand up for them so that they know that they don’t deserve to be bullied.

Don’t encourage bullying by participating in bullying behaviour.

Although wearing a pink shirt on Pink Shirt Day is a great way to show you are against bullying, it’s important that we all stand up against any kind of bullying every day, all year long!
PINK SHIRT DAY 2020
STZ’UMINUS ELECTIONS

The Chief and Council nominations will be on March 2, 2020.

The Stz’uminus Custom Election Code applies.

The elections as per the Stz’uminus Custom Election Code will be in early April, 2020.

HOUSING NEWS

It’s time to renew your Residency Agreements!!!
As per the Housing Policy, Residency Agreements need to be renewed during the month of February.
If you have not renewed your agreement yet, please contact the Housing Department to set up an appointment to do so. These agreements are for the fiscal year starting April 1, 2018.

Housing Applications

As per the Housing policy, Housing applications need to be renewed during the month of March. Everyone must renew their housing application annually to ensure their application is reviewed when houses become available. Please ensure you renew your housing application.

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. 250 245 7155
CONGRATULATIONS
SANDY SEYMOUR

I’ve been asked and am very excited to say a few words about Sandy’s Graduation from the Health Care Assistant program at Vancouver Island University! This is not an easy feat as other graduates will agree! I’ve spoken to many in the medical field bragging about my daughter as any proud father does, and their response is always the same, this is a very intense program with a lot packed into a short time frame and in many aspects tougher than even an Registered Nursing program, these graduates are well respected professionals.

Sandy faced many challenges throughout the program including the passing of a beloved figure in her life...her Uncle Gino. Eugene asked her despite all that was going on in his life, to not let that interfere with the completion of this program and infact he wanted a personal promise from his Niece to complete this program despite all that was going on and Sandy was honored and proud to follow through!

On a personal note, Sandy was there for me through the toughest time in my life and was assisting the nurses in my care during my long stay in the ICU while on my journey to get new lungs. That in of itself was amazing as she was very pregnant with who we all know and love now as Maria, but there was a time that I was feeling discouraged and Sandy was right there in my face ordering me not to give up the fight, she indeed kept me in the fight! I’m so happy and proud to proclaim that Sandy isn’t one of those people that are “Do as I say, not as I do” But in fact one of people that are Do as I do!

She is a wonderful Mom and example to her 5 energetic kids and a wonderful wife to her very proud husband Vinnie!

I’m so very proud of you Sandy!
Dad! -Darren Jacobs
ELVIS VISITS STZ’UMINUS

On February 12, the Stz’uminus Health Unit hosted a Happy Couples Event for the community. They provided a delicious meal, a photo booth and entertainment. Multiple award winning Elvis Tribute Artist, Eli Williams provided a heartfelt tribute to the King. The Voice, the look, the magic that was, is and forever will be, Elvis Aaron Presley.

VERA & JASON TOGETHER FOR 12 YEARS
JANICE & DONNY TOGETHER FOR 44 YEARS
CHRIS & DANIELLA TOGETHER FOR 32 YEARS
SYLVIA & GEORGE SR TOGETHER FOR 50 YEARS
BRUCE & BRENDA MARRIED FOR 36 YEARS

Stz’uminus Drug and Alcohol Counsellor Daniel Elliott taught a canning class at the Stz’uminus Health Unit on Friday, February 21st. They learned how to can elk meat and fish.
STZ'UMINUS COUNCILLOR ROXANNE HARRIS & ELVIS SHARE A DANCE
Farewell Cameron Park

Uy’ skweyul,

After over sixteen years, February 14 was my final day working in education for the Stz’uminus First Nation. I have accepted a position with the school district working to support the Hulq’umi’num language and culture program in their schools. I am proud to be continuing to support the Hulq’umi’num language and culture, and will still be a familiar face around the community. The friendships and connections I have made with so many of you will not fade.

I would like to raise my hands in thanks to each and every one of you for your hard work and dedication to the community. It has been an honour to work with you all.

Hay: cep’qa siem nu siye’yu!

Cameron Park

Loni & Cameron
The Seymour family asked Cameron to do the eulogy for late Papa Ed. Cameron shocked the packed longhouse when he spoke the Hulq’umi’num language for the first part of the eulogy.

Stz’uminus anthem
The Stz’uminus Community School staff and students sang the Stz’uminus Anthem one last time for Cameron. The composer of the anthem, George Harris Sr. was also in attendance.

Presentations
Cameron received many parting gifts on this day. Chief John Elliott and Band Administrator Maureen Tommy presented Cameron with a carved canoe and native print by local artist Dion Daniels.
WILDLAND FIRE FIGHTING TRAINING OPPORTUNITY

Promote the development of Wildland Fire Crews and Fire Crews training within our community.

Date: April 20-25th, April 27-May 1st
Location: Stz’uminus First Nation
Time: 8:30 – 4:00 approx.

First Nations Emergency Services Society – Will be hosting the training here in our community. We need approx. 15-20 participants. Are you interested?

A 2 week program, you will gaining short term certificates and possible employment.
First Aid Level 1 on the first day then Transportation of Dangerous Goods on the second day
Please stop by my office Krista Perrault for more details and come fill out an applications, building B – emergency program coordinators office.

Must be committed to stay for full duration of the course, be physically fit. With this commitment you will be added to our emergency volunteer area rep program. Will be added to our call out list.

Huy’ch’qa

Krista Perrault | Emergency Program Coordinator
Stz’uminus First Nation
1261A Trans Canada Hwy, Ladysmith BC V9G 1M5
PH: 250 245 7155 Ext. 238 Cell: 250 618 4257 F: 250 245 3012
Krista.Perrault@stzuminus.com | http://www.stzuminus.com
Eat well. Live well.

Eat a variety of healthy foods each day

- Have plenty of vegetables and fruits
- Eat protein foods
- Make water your drink of choice
- Choose whole grain foods

Discover your food guide at
Canada.ca/FoodGuide
Linking Mental Wellness and Nutrition

“...if we think about the building blocks of what our brains are made out of, it’s made out of nutrients... And those nutrients affect you, whether it’s increased energy or focus, so of course what you eat will impact how you feel.” - Kelly Matheson, Registered Dietitian

I am professionally trained as a counsellor, but I also have a huge interest in food and nutrition! I love to cook, and I also love the endless opportunities and fun I have with recipes. Preparing meals is a way that I can bring out my creative side, and I truly enjoy doing so.

I am not a dietician or a nutritionist, so I am not here to give medical advice, nor am I here to make any promises about food or diet. To be clear, when I say ‘diet’ here, I am referring to what we eat, not ‘dieting’ as an attempt to lose weight. I totally believe there is a real link between our physical health and our mental health. We know exercise is great for our minds and bodies, so understandably, what we eat affects our mental wellbeing.

There is work being done that looks at this relationship between our mental health and what we eat. There was a study published in the Public Health Nutrition journal in 2012 that confirmed the link between fast food and depression. Specifically, findings from the Public Health Nutrition journal indicate “consumers of fast food, compared to those who eat little or none, are 51% more likely to develop depression.” (Plataforma SINC, 2012).

It is important to note that these findings are not saying that poor mental health is caused by an unhealthy diet. It does not mean that if you eat a doughnut that you will automatically become mentally unwell. We can take this as an invitation to be more mindful of what we put into our bodies. Think about it, if you put a jug of Cola into your vehicle’s gas tank, it won’t run well... but if you give it the appropriate fuel, then your vehicle is able to run properly. Our bodies need good fuel to run properly.

A big issue when it comes to eating healthy is cost; unfortunately, groceries are not cheap. However, you can make informed choices when you do your grocery shopping.

Tips for making healthy choices on a budget:

1. Fruits and vegetables
   - Freezing is a great way to keep fruits and veggies around longer as freezing helps keep them from rotting right away.
   - When buying fresh fruits and veggies, try to make your selection based off what is currently in season. You will likely end up paying extra for something that is not in season.
   - Tip: Freeze food when it is in season so you can enjoy when not in season!
   - Try to avoid the pre-cut, pre-bagged fruits and vegetables. Why? It’s usually quite expensive! It costs extra to have someone cut up the produce, and the extra packaging costs extra too. So if you buy a pre-chopped fruit platter, you’re paying for someone’s labor to cut the produce and also paying for the containers/packages. If you buy fruits/veggies as is, yes you have to do the chopping/peeling/slicing yourself, but you are more likely to save money this way!
   - Bagged salad is another great example. Try buying the lettuce and other veggies separately. You are likely to have more food in the end, (which is great if you’re feeding a family) and you aren’t paying for all the extra packaging.

2. Learn how to can food (if you don’t already know how)
   - Canning your own food. Genius! Recently the Health Centre hosted a canning session where elk and salmon were canned.
   - Canning is a great way to preserve food
   - Helps reduce food waste/spoilage
   - A good way to prepare for emergency situations such as the winter 2018 storm.

3. Cook in large batches
   - Excellent option for soup, chili, stew, sauces, etc.
   - Allows you to freeze for another time, or refrigerate and continue to use as leftovers throughout the week.
   - You may be less likely to go through the drive thru on your way home if you know you have portioned containers of chili in the freezer. Saves you time and money AND homemade is better than processed fast food!

4. Make coffee and/or tea at home and use a reusable cup if you want to take it to go
   - Ok, who doesn’t love stopping at Timmie’s for a nice cup of coffee or steeped tea? I totally get it, but remember, they ADD UP FAST.
- Let’s say you pay $2 for a coffee... you might think, “Who cares? Its only $2.” What if you went back for that same $2 cup of coffee 15x in one month... that’s $30 on coffee. Think of how many containers of ground coffee could you have bought from the store for $30!
- Reusable cups are better for our precious planet. You’re doing your wallet and mother earth a favor by making coffee at home

5. Another beverage tip... stick to water as much as possible
- Plain and simple, pop and processed juice is full of sugar, and the cost can add up over time. Water is the recommended drink of choice by Canada’s Food Guide.

Brittany Boyer -Mental Health and Wellness Clinician

Additional info:
Ladysmith Resources Centre Association (LRCA) Foodbank program:
• www.lrca.ca - click “Programs” tab - “Food Security” - “LRCA Food Bank”

References:
https://www.moneycrashers.com/eat-healthy-on-a-budget/
https://www.vox.com/2015/12/17/10326668/9-rules-for-healthy-eating

Diabetes Symptoms

Do you have these symptoms?

Unusual/frequent Thirst  Blurred Vision  Frequent Urination

I'm thirsty

Weight changes  Tingling in  Extremely tired  Reoccurring Infections

loss or gain  hands & feet

If you have any of these signs and symptoms, please see your doctor immediately. These signs should not be ignored. Request to be tested for Diabetes. Book an appointment with your family doctor, nurse practitioner, or the home care nurse for further support.
TRADITIONAL PROTECTION FROM COVID-19 VIRUS

Coronavirus AKA CORVID-19 sends chills down anyone's spine. The COVID-19 Virus has taken the world by shock and horror. Western Medicine does its best to prepare for viruses such as this.

Dr. Jeanne Paul our traditional medical Practitioner (www.redshawlwomen.com) our teacher at the Health Center sent an email out regarding how we can best prepare ourselves in the event it shows up in our community. 98% of the people that get this virus are fine, just like a cold or flu because they have good immune systems in their body.

This is where our strength lies as First Nation people. With our traditional medicines we can have some assurance to fight these viruses' colds and flu's. I make medicine tea for the Elders lunch when I'm here. I started out giving only 2 glasses last fall and I now give out 2-3 gallons at the Health Center at lunch.

I have been picking and gathering medicine with five medicine people over the years this information should be carefully understood. (If you need help or clarification please contact the me at the Health Center)

1. **Building our Immune System:** because this virus acts like pneumonia we need to open up the “tubes, our lungs and blood vessels” in order to that Elder Flowers, or branches (this time of the year) if you can’t identify Elder we have some on Tide view road.

2. **Balsam or King Fir** helped save two of my relatives back in the 1950’s they survived a viral pneumonia. ( tea tinner or steam bath)

3. **Devils Club Root ( no thorns)** heavy duty leather gloves can knock off the thorns

4. **Licorice Root** ( grows on old maples tree’s or mossy rock walls)

5. **Western White Pine needles** ( they have 5 per sprig)

6. **Cotton Wood buds** ( lots on Church road)

7. **Red Elder Berry**

A hand full of each in a large pot of cold water (cotton Wood buds you only need a dozen) freshly picked or these can be dried and chipped. You can use each batch 2 times (with a little less water in the second time)

**Use what you harvest or share them for those who have difficulty getting them.**

For dosage: 1 large coffee size cup A.M. and P.M., 3 weeks on 1 week off; do this up to 3 rounds rest for a month, this is traditional medicine listen to your body. (Dr. J. Paul)

Also what is recommended is start out with 500mg of vitamin C and work up to as much as 2,000 mg per day. This will increase your RBC (Red Blood Count) this fights infection and viruses. (DR. J. Paul)

Remember our way is not to just take from Creation, traditionally we give back in prayers, tobacco, Cedar, Sage or any dried medicine as an offering.

If you have any questions please call Daniel R. Elliott at 250 245 8551 ex 264

Contact the Health Center Nurses to understand how viruses spread.
STZ’UMINUS ELK TAG FILLED

On February 19th, Darren Jacobs filled his Stz’uminus Community Member allocated elk tag. “Well it was a long hunt, finally filled my tag with a rag horn four point, still a good size thanks to all the bros that constantly came up with me and bros Dean and Brenndon for all their help that day.”

There are still 2 community member tags that need to be filled. Good luck to Kelly Vincent and Jennene Harris. We look forward to the harvest photos.

RECYCLE REMINDER

The Public Works Operator works a reduced number of hours per week and only has enough time to pick up the garbage OR recycle. Here are a few reminders to assist him:
1) Please use the recycle bags that are given to you and do not leave recycle out without a bag because debris blows out of the truck if not in a bag.
2) Cardboard boxes should be flattened and ripped in half if they are very large, so they can be put into the truck easily. The operator doesn’t have time to do this work.
Stz’uminus First Nation - Student on Bus Safety and Respect Think Sheet

Name: ___________________________ Date: ___________________________

I was not: (Please check all that apply)

☐ being safe
☐ following school rules
☐ following bus rules
☐ being respectful to students
☐ being respectful to Driver
☐ using appropriate language
☐ listening to instructions
☐ keeping my body to myself

Please explain what happened and why?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

How I will make amends for my choices? What I will do differently next time?

I will be: (Please check all that apply)

☐ be safe
☐ follow school rules
☐ follow bus rules
☐ being kind to other students
☐ be respectful
☐ using appropriate language
☐ listen to instructions
☐ keep my body to myself

I plan to make these changes over the next 21 days! How?

________________________________________________________________________

________________________________________________________________________

Bus Driver Safety and Respect Comments or Consequences

________________________________________________________________________

________________________________________________________________________

Student signature: ___________________________

Parent signature: ___________________________

Bus Driver signature: ___________________________

Date: ___________________________

Bus #: ___________________________

Cc: School Principal
# School Bus Behaviour Policy

## Safety and Respect

<table>
<thead>
<tr>
<th>Level</th>
<th>Off-task Riding the Bus</th>
<th>Teasing</th>
<th>Disobeying Bus Rules</th>
<th>Disrespecting Bus Property</th>
<th>Think Sheet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td></td>
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</tr>
<tr>
<td>Level 2</td>
<td>Pushing</td>
<td></td>
<td>Not Cooperating with Bus Driver</td>
<td>Damaging School Bus Property</td>
<td>Phone Call Home, Transportation Coordinator Visit</td>
</tr>
<tr>
<td>Level 3</td>
<td>Fighting</td>
<td>Verbal Abuse</td>
<td>Illegal Activity</td>
<td>Repeated Level 2 Behaviour</td>
<td>Suspension from School Bus, Transportation Coordinator Visit, Family Meeting, CC Think Sheet to Principal</td>
</tr>
</tbody>
</table>

## Bus Pickup Notice

### Afternoon Bus Routes

Dear Parents and Caregivers,

Each school day it is important for you to be available to receive your student off of the school bus. Each week, there are 1-2 students returned to the school; mainly from the Primary School. Kindly be responsible and be home to pick your student up at the bus stop. For safety reasons, your student will return to the school when no one is home or visible. When a student is returned to the school, the parent or caregiver will be required to pick up the child at the school.

**Director of Administration - Maureen Tommy**

We, the Stz’uminus people are proud and respectful! Occasionally, our students do interact in a disrespectful way towards one another. We are doing our part in utilizing the “safety and respect” behavior guide for students; same rules for the school and the school bus.

This is a gentle reminder that when unsafe and disrespectful interventions occur, the student is to obtain and complete the **“Student Respect Sheet”** and the caregiver will be notified of the consequences.
A concern that came up at our Emergency Services meeting was bus safety and school zones. We have had complaints about speeding in the school zone as well as the parking lots for the daycare, primary school and community centre.

There was a close call recently with a parent dropping off a child at the school and letting the child run across the parking lot alone. The child ran in front of the bus that was pulling out but luckily the bus driver saw the student and slammed on the brakes.

When parents, teachers, students and staff practice proper school parking lot safety, it makes it easier to keep everyone safe. School parking lots can be incredibly busy places in the morning when children arrive and in the afternoon when it’s dismissal time. Ensuring that no one gets hurt is a primary concern of the school staff, but it requires everyone’s participation, including parents.

When dropping your child off at the school, please get out and walk your child across the parking lot. Please make sure you are obeying all posted traffic signs in the school zone.

We will have the local RCMP setup at random times to help combat the speeding and make the school zone a safer place for the parents/students. However, warning everyone via FB that the RCMP are set up at the school does not help us make the school zone a safer place!

Children are our most precious resource and keeping them safe is a priority that we can all agree on. By reinforcing good safety habits among ourselves and our children, we can help to keep them safe and sound throughout the school year.

Transportation Coordinator - Delia Johnson
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<tbody>
<tr>
<td>1</td>
<td>-Men’s Hockey 7:00 pm- 9:00 pm Drop in Fee $5.00</td>
<td>2</td>
<td>-Kids Club 2:40 pm–5:30 pm -Teen Zone 6pm–9pm -Co-ed Soccer: $5.00 7:00 pm-9:00 pm Gym Activity Every one is it</td>
</tr>
<tr>
<td>8</td>
<td>-Men’s Hockey 7:00 pm- 9:00 pm Drop in Fee $5.00</td>
<td>9</td>
<td>-Kids Club 2:40 pm–5:30 pm -Teen Zone 6pm–9:pm -Co-ed Soccer: 7pm-9 pm $5.00 Cat and mouse game</td>
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<td>15</td>
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<tr>
<td>22</td>
<td>-Men’s Hockey 7:00 pm- 9:00 pm Drop in Fee $5.00</td>
<td>16</td>
<td>Paul Manly Gym Rental</td>
</tr>
<tr>
<td>29</td>
<td>-Men’s Hockey 7:00 pm- 9:00 pm Drop in Fee $5.00</td>
<td>17</td>
<td>George Patterson</td>
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<td>30</td>
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<tr>
<td>31</td>
<td>-Kids Club 2:40 pm–5:30 pm -Teen Zone 6pm–9pm -Co-ed Soccer: $5.00 7:00 pm-9:00 pm Baking</td>
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<tr>
<td>32</td>
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<td>33</td>
<td>-Computer room, Fitness Room 2:00pm– 9:00pm</td>
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<tr>
<td>34</td>
<td>-Kids Club 2:40pm–5:30pm -Teen Zone 6:00 pm–9:00 pm Battle Ship</td>
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<tr>
<td>35</td>
<td>-Computer room, Fitness Room 2:00 pm–9:00 pm Knitting Class</td>
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<tr>
<td>36</td>
<td>-Kids Club 2:40pm–5:30pm -Teen Zone 6:00 pm–9:00 pm Coloring contest</td>
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<tr>
<td>37</td>
<td>-Computer room, Fitness Room 2:00 pm–9:00 pm Knitting Class</td>
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<td>38</td>
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<tr>
<td>39</td>
<td>-Monday, Wednesday Teen Zone 7pm-9pm -Fitness 2:00 pm-9:00 pm -For more information on Spring Break</td>
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### Sun

- **Men's Hockey**: 7:00 pm - 9:00 pm  
  Drop in Fee: $5.00

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<td>-Teen Zone</td>
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**Spring Break**

Program for children 7-12 year olds, and 13-19 years old Transportation provided. 
Fitness room, computer room available from 2:00 pm-9:00 pm Tuesdays and Thursday. For more information on all training programs please contact the community centre. Spring Break calendar will be up soon as possible.
# 2020 War Canoe Schedule

<table>
<thead>
<tr>
<th>Month</th>
<th>Days</th>
<th>Race</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>MAY</td>
<td>2-3</td>
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<td></td>
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<tr>
<td>MAY</td>
<td>9-10</td>
<td>NOOKSACK DAYS</td>
<td>BLOEDEL DONOVAN PARK, WA</td>
</tr>
<tr>
<td>MAY</td>
<td>16</td>
<td>PENN COVE WATER FESTIVAL</td>
<td>COUPEVILLE, WA</td>
</tr>
<tr>
<td>MAY</td>
<td>16-17</td>
<td>TULALIP DAYS</td>
<td>TULALIP, WA</td>
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<tr>
<td>MAY</td>
<td>23-24</td>
<td>PILALT DAYS</td>
<td>CHILLIWACK LANDING, BC</td>
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<tr>
<td>MAY</td>
<td>30-31</td>
<td>SEABIRD ISLAND FESTIVAL</td>
<td>SEABIRD ISLAND, BC</td>
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<tr>
<td>JUNE</td>
<td>6-7</td>
<td>CULTUS LAKE WATERSPORTS</td>
<td>CULTUS LAKE, BC</td>
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<tr>
<td>JUNE</td>
<td>12-14</td>
<td>STOMMISH WATER FESTIVAL</td>
<td>LUMMI, WA</td>
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<td>JUNE</td>
<td>20-21</td>
<td>WHEY AH WICHAN</td>
<td>CATES PARK, BC</td>
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<td>JUNE</td>
<td>27-28</td>
<td>SASQUATCH DAYS</td>
<td>HARRISON HOT SPRINGS, BC</td>
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<tr>
<td>JULY</td>
<td>4-5</td>
<td>AMBLESIDE</td>
<td>AMBLESIDE, BC</td>
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<td>JULY</td>
<td>11-12</td>
<td><strong>STZ’UMINUS DAYS</strong></td>
<td>KULLEET BAY, BC</td>
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<tr>
<td>JULY</td>
<td>18-19</td>
<td>TSAWOUT CANOE RACES</td>
<td>EAST SAANICH, BC</td>
</tr>
<tr>
<td>JULY</td>
<td>25-26</td>
<td>SQEWLETS DAYS</td>
<td>SQWAKUM PARK, BC</td>
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<tr>
<td>AUGUST</td>
<td>1-2</td>
<td>GERONIMO CC WATER FESTIVAL</td>
<td>WEST SAANICH, BC</td>
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<tr>
<td>AUGUST</td>
<td>8-9</td>
<td>SWINOMISH DAYS</td>
<td>SWINOMISH, WA</td>
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<tr>
<td>AUGUST</td>
<td>15-16</td>
<td>CHIEF SEATTLE DAYS</td>
<td>SUQUAMISH, WA</td>
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<td>AUGUST</td>
<td>22-23</td>
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<tr>
<td>AUGUST</td>
<td>28-30</td>
<td>MAKAH DAYS</td>
<td>NEAH BAY, WA</td>
</tr>
</tbody>
</table>
School Counselor

The Stz’uminus First Nation Education Department is seeking a term School Counselor for the Stz’uminus Primary School.

Under the direction of the school principal, the school counselor plans collaboratively with students, teachers, school-based teams, parents, and community agency personnel to develop effective strategies to promote the educational, social, and emotional development of students. The Counselor will provide a continuum of services of preventative, developmental, remedial, and intervention services and programs within the school environment.

**KNOWLEDGE, SKILLS, AND ABILITIES:**

- Providing individual, group, and family counseling, including crisis intervention.
- Advancing students’ educational achievement through goal setting, assisting with the development of students’ learning plans, as well as activities that promote sufficient work and study habits.
- Providing appropriate interventions to help students with school-related problems and issues.
- Responding to critical incidents at the school.
- Coordinating services for students requiring intensive behavior interventions and students with serious mental illness by developing IEPs with school and community care teams.
- Excellent communication skills to motivate, encourage, and empower students.
- Develop plans for effective communication, monitoring, and follow-up of students in inclusive classroom settings.
- Providing classroom presentations on personal safety issues and violence prevention programs.
- Maintain professional competence by participating in staff development activities and curriculum development meetings.
- Assist in the preparation of data for reports and other professional opportunities.
- Follow up on concerns with teachers and parents monthly.
- Perform related work as required by the school principal.

**REQUIRED QUALIFICATIONS:**

- Must have a Valid Driver’s License.
- Master’s degree in school counseling or counseling psychology preferred.
- Bachelor’s degree in education or undergraduate degree in an approved program for special education or have completed a major in special education.
- Clear Criminal Record Check.
- Experience working with First Nations children.

Interested and qualified applicants can submit a cover letter and resume via Canada Post, e-mail, or fax by the closing date of **Friday, March 6, 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.
Cook – On Call

STZ’UMINUS FIRST NATION – Ladysmith, BC

Stz’uminus First Nation Education Department is seeking an on-call cook.

This job is a casual position that is paid hourly on an on-call basis.

Responsibilities & Duties:

• Planning menus and cooking meals, including snacks and lunches.
• Working with all staff members under the direction of the Manager or Principal.
• Knowing of and be able to follow proper Food Safe Procedures and routines.
• Ensuring all food and kitchen areas are safe and healthy.
• Advising the Manager or Principal of any needed repairs or equipment.
• Planning seasonal menus, with advice from staff, keeping in mind allergies.
• After meal clean-up of dishes and cooking areas.

Skills & Qualifications:

• Culinary Arts Certificate (Professional Cook 1) an asset
• Food Safe Level 1
• First Aid Level 1
• Excellent Organizational Skills
• Excellent Communication Skills
• Clear Criminal Record Check
• Ability to operate all industry-standard kitchen equipment

Application packages can be e-mailed to resumes@stzuminus.com or dropped off at:

Stz’uminus First Nation Administration Office
12611- A Trans Canada Highway
Ladysmith, B.C. V9G 1M5

Application packages should include a cover letter and resume.
Applications will be accepted up until March 5, 2020, at 4 pm PST.
STZ’UMINUS HOCKEY TOURNAMENT

STZ’UMINUS COMMUNITY CENTRE

Taking 8 mens teams & 6 womens
Entry fee: Men $250 Women $200
Deadline: March 6th

SPONSORED BY: CVRD

CONTACT: SHIRLEY LOUIE AT 250 245 9372 OR
SHIRLEY.LOUIE@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, March 25th by 4p.m.**

Ph: 250 245 7155 ext283

email: damien.daniels@stzuminus.com
Website: www.stzuminus.com
FB: www.facebook.com/stzuminus