DIRECTOR OF ADMINISTRATION
MAUREEN TOMMY

We care about you and we care about our employees

Attention: Stz’uminus First Nation Community Members
Re: Stz’uminus First Nation Response Plan and Employee Safety
Effective April 20, 2020 - Stz’uminus First Nation will be providing modified working services to help protect the community by preventing the transmission of the Coronavirus which causes respiratory infections known as COVID-19.

All departments are open; however, we are operating differently. The Administration employees are working; the exterior doors are locked to the public and our Members. Our Finance and Income Assistance department are open and processing payments and distribution. The Annual Audit Report is ongoing as well. The primary school, community school, daycare buildings remain closed; these employees are working with registrants and students in a modified way. The community center is offering online programming! Public Works and Capital Projects continue to operate. We are a strong nation.

All Stz’uminus departments are providing services to our community as the duration of the COVID-19 remains unpredictable. As part of the Stz’uminus First Nation COVID-19 Response Plan, both the Director of Finance and Strategic Initiatives and the Director of Administration developed a modified work schedule. Employees are to be available 3 days per week in office, 8:30 a.m. to 4:00 p.m. with two days working from home. The Personnel Policy still applies.

Employee schedules are staggered and employees are working in their individual offices with doors closed and windows open to promote safety and physical distancing. The exterior main doors are locked for all buildings; access is restricted to employees only. Employees are practicing safer social distancing and are encouraged to use masks, wash and sanitize hands frequently and have developed a daily hallway distancing procedure as well as self-sanitization of work stations. The sanitization of offices, halls, doors, light switches, restrooms, kitchens and dishwashing have all been enhanced for personal safety. Our Community Education Guardians continue to help keep our Community safer. We meet via “Zoom” which is a web conferencing app. We are able to log in from
anywhere; enhancing social distancing. Please respect their requests to stop and check that only residents are on board your vehicle. You can contact employees via phone or email. We are working together to provide a safer working environment.

The COVID-19 cases are slowly increasing on the island. We need your help and commitment to keep your distance shows you care and please restrict access to town; essential services only.

Anyone who is concerned that they may have been exposed to the virus should stay at home and avoid contact with others for 14 days; self-quarantine.

If you develop a fever, cough, and have difficulty breathing, promptly self-isolate, call Jennifer Jones, Health Manager or seek medical care. Call your medical provider in advance and tell your health provider of any recent travel or recent contact with travelers or a family member that has fallen ill.

The health and safety of each of you and your families are our top priority. We will continue to monitor the latest developments and will provide updates regarding any changes when they come available.

For more information or for emergencies, please call:
Stz'uminus Administration 250-246-7155
Director of Administration - Maureen Tommy, ext. 269
Director of Finance and Strategic Initiatives and Public Works, ext. 229
Housing Emergencies - Teoni Jameson, ext. 282
Sewer and Water Emergencies - Richard Wilson, ext. 244
Income Assistance -Andrea Sampson, ext. 221 or Vicki Seymour, ext. 223
Stz'uminus Health Centre 250-245-8551
Health Manager - Jennifer Jones, Cell: 250-619-9419

For Community Members: Reminder: The COVID-19 information line has been set up by Service BC at 1-888-268-4319. You can protect yourself and help prevent spreading the virus to others if you:

Please Do:
Wash your hands regularly for 20 to 30 seconds, with plain soap and water.

Use alcohol-based hand rub frequently when on essential service errands.
Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze.
Avoid close contact (2 meter or 6 feet) with people who are unwell.
Stay home, self-quarantine and self-isolate from others in the household if you feel unwell.
Avoid gatherings.
Find some way to manage emotions that may arise.
Please be kind and respectful to one another.
Socially distance: walk, bike and hike.
Participate in the Annual Spring Clean Up.

Please Don’t:
Touch your eyes, nose, or mouth if your hands are not clean.
Put yourself at risk by visiting family, friends or bringing home non-residents to visit.

Information about the virus is changing daily. To stay up to date or find further information please check the following resources:
Frequently asked questions about COVID-19 signs and symptoms, including screening criteria, is available on the BCCDC website at www.bccdc.ca/health-info/diseases-conditions/covid-19
The Public Health Agency of Canada has set up a novel coronavirus information line at 1-833-784-4397.

Decals:
You should have received your vehicle “resident decal”. Please display your resident decal on the back of your rear view mirror. Thank you for your cooperation and for making the Nation stronger.

Gift Cards:
April 14-15, Council delivered $200 gift cards to every home on-reserve.

In closing, I raise my hands to our Stz’uminus First Nation Employees for providing modified services to our Nation. I work through lunch some days! In saying that I also want to commend the safety practices by the A&W Drive-through staff. The notice that they wipe everything down after each use!

Thulamiye - Maureen Tommy
Director of Administration
Thank you for all of your questions and concerns about the new site for the Education Administration Building. This project relates to the previous announcements regarding the restructuring of the entire Education Department. The announcements occurred at the Annual General Meeting as well previous Newsletters. The Band is clearing Band land around the community center and south of the Bambi Building for a new Education Administration building and to expand the Bambi parking lot and improve drainage there.

The wood is being sold by the Band to help offset some of the clearing costs and minimize the overall cost of the project and conserve usage of education funds. We are minimizing clear cut of the forest to support the local habitat. The maple wood will be transported to the southwest corner of the gravel pit for band firewood, carving, and fish smoking purposes etc. This wood is available for our Members to utilize. We are keeping the healthy large cedars alive and growing; we are also keeping a vegetation buffer along Shell Beach Road. Unfortunately, no cedar is available to carvers at this time.

An old outdated waterline from the 80’s is being replaced on Tideview Road as well. The old pipe has broken a number of times during construction of a new home so we have decided to replace the entire line.

For Members (Elders and Single Parents), please email teoni.jameson@stzuminus.com to be added to the wood list.

For capital projects, the update is that we continue to plan for the new school and the long term water project.

If you have questions about these plans please contact Maureen.Tommy@stzuminus.com or Ronda.Jordan@stzuminus.com
Uy skweyul!

We are happy to announce that on Monday, April 27th the Student Continuous Learning Kits will be ready for pick up.

Please plan to come to the school for pick up of packages. We will be practicing social distancing, so we ask that you stay in your car and we will bring your kit to you. Please pull up near the swings, forming a line that follows the fence line, similar to how the busses line up.

Please let children know that they cannot get out of the car but can wave to any staff members they see.

Each family will receive one kit per child in the primary school, one snack bag per child and one activity bag per family.

Monday April 27 Pick up time
10:00-11:00 Families with more than one child at the primary school
11:00-1:00 Families with one child at the primary school

*Please notify your child’s teacher ahead of time if someone other than a parent is coming to pick up the kit for your family.

Huy ch qa muq lhwe! Thank you everyone, we miss you all!

NEXT PICK-UP DATE FOR SCHOOL KIT ADDITIONAL MATERIALS : MAY 25

Uy skweyul Stz’uminus mustimuxw, SCS student work packets will be ready for pick up by families on Thurs, May 7th at 9am and Fri, May 8th at 9am-6pm at the Stz’uminus Community School.

*Please watch for possible updates on SCS Facebook page!

SCS student bins, for grades 4-12, will include 4 weeks of school work with instructions, supplies, family activities, and snacks.

These bins will be labelled with student names by grade. The bins are for the students to keep. We will be there to give you the items upon arrival, please do not attempt to enter the school.

If you are unable to pick up your child’s work bin during the scheduled times, plans will be made to deliver them to the remaining homes.

If you have any questions regarding work packets, etc. please contact your child’s teacher. Stay healthy and safe everyone!

Huyceepqa
Gina-Mae Harris, Principal
Stz’uminus Community School
Hello Stzuminus Primary Friends!

We are having a box decoration contest!!

Your Continuous Learning Kit comes in a box. We challenge you to decorate your box with paint, stickers, buttons, shells or any other fun items! You can choose a theme like sports or dinosaurs, kittens or beaches, family or spooky stuff.... or any idea at all! Just get creative!

Post a picture of your decorated box on your classroom page by May 19th and you will get a treat in your next kit on Monday, May 25!

Everyone who posts a picture of their decorated box will also be entered in a May 22 draw to

Win a scooter!
Effective May 1st, 2020

YARD BURNING

Most open burning activities throughout British Columbia are now prohibited. The Stz’uminus fire ban will be in effect starting May 1st, 2020.

YOUR YARD

Adding a few FireSmart actions to your regular yard work routine will reduce wildfire risks. Changes within 10 metres of your home will have the biggest impact. Fire embers may seem small, but they should not be underestimated — 50% of home fires caused by wildfires are started by sparks and embers. Regular maintenance and cleaning the corners and crevices of your home and yard (where needles and debris build up) will leave nothing for embers to ignite. Remember to remove any windblown leaves from under decks, as well as any flammable debris on balconies and patios.

BARK MULCH AND PINE NEEDLES

Do not use bark or pine needle mulches within 10 metres of your home, since they are highly combustible. Gravel mulch and decorative crushed rock mulch significantly reduce the risk of wildfire.

FIREWOOD PILES

Wood piled against a house is a major fire hazard. Moving your firewood pile may be a key factor that allows your home to survive a wildfire. Clean up any such areas regularly, since easily ignited debris often collects here.

BURN BARRELS AND FIRE PITS

Burn barrels should be placed as far as possible from structures and trees. Keep the area within 3 metres of the burn barrel free of combustible material. Always ensure that your burn barrel has proper ventilation and is screened with 6-millimetre (or finer) wire mesh. Check with your local government about any specific requirements and restrictions regarding backyard fire pits.

ON-SITE FIRE TOOLS

Every home should have readily accessible shovels, rakes, axes, garden hoses, sprinklers and ladders to assist in suppressing wildfires.

POWER LINES

Power lines should be clear of branches and other vegetation. Contact your local utility company to discuss removing any branches or vegetation around overhead electrical installations.
Stage 3
Water Restrictions

Stage 3 Water Restrictions are in effect for Stz’uminus First Nation

<table>
<thead>
<tr>
<th>Activity</th>
<th>Restrictions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Washing Vehicles, Houses, Boats, RV's or Trailers</td>
<td>NOT PERMITTED</td>
</tr>
<tr>
<td>Hand Watering of Trees, Shrubs and Gardens</td>
<td>HAND WATER from 7-9am or 7-9pm</td>
</tr>
<tr>
<td>*Use hose with spring-loaded nozzle, watering pail or bucket</td>
<td>MAXIMUM 2 HOURS PER DAY</td>
</tr>
<tr>
<td>Watering New or Existing Lawns</td>
<td>NOT PERMITTED SPRINKLING BAN</td>
</tr>
<tr>
<td>Filling Pools or Hot Tubs</td>
<td>NOT PERMITTED</td>
</tr>
<tr>
<td>Running Taps, Exterior Hose Bibs Continuously</td>
<td>NOT PERMITTED</td>
</tr>
<tr>
<td>*Shut off taps after every use</td>
<td></td>
</tr>
<tr>
<td>Burning</td>
<td>NOT PERMITTED</td>
</tr>
</tbody>
</table>

What can you do to help conserve water?

- Utilize your local aquatic centre or the ocean to keep cool this summer
- Take shorter showers
- Turn off the tap when brushing your teeth or washing dishes by hand
- Go to a vehicle wash facility
- Sweep/blow off your sundeck or stairs rather than washing with a hose
- Keep a jug of water in the fridge – avoid running taps to wait for water to cool

Maintaining the water supply for fire protection and drinking water is a priority for the Nation. Report water leaks or running water to Public Works and Housing at 250.245.7155
WE NEED TO CONSERVE OUR WATER

1. Stz’uminus First Nation obtains its water from the Town of Ladysmith for IR#12, North Cowichan for IR#11 and we have our own source of water for IR#13. All jurisdictions are struggling with lower water levels. Stage 3 water restrictions are in effect which includes all SFN households and businesses.

2. Due to drought conditions, our Community Centre and Tideview Wells serving IR#13 are limited in water quantities that they can produce.

3. Public Works is currently taking every measure possible to increase our own well production during the dry season period.

4. Stz’uminus has recently drilled two wells on the Timberland Road property which will provide many years of good sustainable water. We have completed the preliminary design stage. If final design funding is secured for this major project, completion is anticipated in about two-three years.

5. The Stage 3 Water Restriction is a proactive measure to ensure that there is adequate water available to suppress fires, including for our homes should a fire occur.

6. If everyone does their part, by conserving water we should have an adequate supply for household and fire protection needs throughout the summer and fall.

NOTICE: SOCIAL ASSISTANCE DISTRIBUTION

The social assistance distribution location has been moved to the Stz’uminus Community Centre on April 30, 2020.

Please read the following 2 pages of Guidelines and Instructions.
Dear Respected Community Members,

Distribution Guidelines for Income Assistance will be at the Community Centre for the Protection of our Employees and Members. Stz’uminus First Nation is required to take drastic steps to protect our employees each and every day. We also want to protect you and your family.

Thank you for your cooperation and for supporting our Employees as well as yourself.

1. IMPORTANT: Please wash your hands for 30 to 40 seconds with soap and warm water before leaving home. Wash hands immediately upon returning home.
2. Reminder: Be courteous and kind. Thank you for your patience.
3. Community Centre Front Door – Covered Area.
   Speed limit: 5 Km per hour.
4. Home-made masks are encouraged when communicating with our Employees. Test it in advance to ensure that you can’t blow out a candle.
5. No smoking or vaping in the parking lot (exhaling smoke or vapour can create moisture droplets in the air) commencing at 9:00 a.m.
6. No drinking beverages of any kind while communicating with our staff (possible spills creating contamination droplets on surfaces or in the air).
7. No eating food of any kind while communicating with our Employees (possible contamination droplets/food on surfaces or in the air).
8. Bring your own pen; ensure that your pen is sanitized as it is for your own protection.
9. Park in the painted parking spots and wait for your vehicle to be directed to the Entrance and Signing/Transfer Table.
10. No access to the inside of the Community Centre. No washroom access at the Community Centre.
11. Social Distancing will be in effect (2 meters or 6’). All Members are to stay on his/her vehicle and be careful driving in the parking lot. Do not get out of your vehicle please. Thank you.
12. If you visit – keep social distancing in mind when talking to one another; please remain on your car when talking to each other.
13. Ensure that you complete your essential service errands and return home. Family errand trips are discouraged and are not recommended.
14. Employees should be 2 Meters away from your vehicle.
Social Assistance Distribution Instructions for April 30th, 2020

Next Steps

a. Employees: Vicki, Andrea and Freda will be wearing gloves and masks for their protection and your protection.

b. Time: 9:30 a.m. to 3:00 p.m. April 30, 2020. Stz’uminus Community Centre

c. One way in: Entrance closest to Soccer Fields (same as the Bus Route) for the safety of all.

d. Drive up to a “Signing Transfer Table” to see our Employees.

e. The Signing Transfer Table will be where Members sign the required documents.

f. Upon signing documents the distribution a cheque will be released to eligible Members.

g. One Way out: Exit closest to the Water Pump Station (same as the School Bus Route) for the safety of all driving 5 Km.

h. Reminder: you have the right to appeal; ask the Employee for details.

Huy steep q’u Sii’em
**SPEED LIMITS**

Reminder: Please stay within the posted speed limit especially on Stz’uminus lands.

Also, use caution when approaching the Community Education Guardian stops. We want to ensure the safety and wellness of all Community Members.

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**Flushable wipes AREN’T FLUSHABLE**

Information about flushable wipes and Other Things to Recycle or Toss into Garbage

Dear Community Members, Please help us by tossing wipes into the garbage
Flushable Wipes clogged up one of our sewer pumps near Tideview Road recently. Please help us protect against sewer overflows!
OVERFLOW & GREASE

There is no such thing as a flushable wipe, no matter what a package is telling you, says the researcher behind a new study into flushability. Researchers in the Ryerson Urban Water lab studied 101 products, including 23 labelled as flushable. The wipes were tested to international wastewater industry specifications for toilet and drain-line clearance, along with disintegration. Not one wipe passed the tests.

Other things clog the wastewater system also. Fats, oils and grease (FOG) poured down your sink can solidify in the pipes restricting and possibly blocking flow causing backups into your shower or tub and start caking up in the pump stations. FOGs are equally harmful for septic systems.

Our wastewater flow down the toilets and drains goes through pipes to one of 6 sewer pump stations to our treatment lagoons where biological treatment breaks down the waste into fairly clean and clear water which is then pumped into the dispersal fields between Eagle Crescent and below Sandpiper. Only 5 homes are still on Septic systems in IR #13. For IR #12 the sewerage is pumped to another pump station in the Town of Ladysmith then to their secondary treatment plant and cleaned up and pumped into the ocean. The homes in IR #11 are still on septic systems.

Cooking oil and grease can be kept in a jar to cook with again. Mix grease with birdseed and place it in a reusable container in the freezer. This tasty blend will attract and feed many birds.

If you've got large amounts of spare cooking oil, diesel engines can be converted to run on filtered and reprocessed used cooking vegetable oils.

Recycle - Small quantities can be wiped up with a paper towel or napkin and thrown in with your kitchen scraps. Save uncontaminated used cooking oil in clean, sealed metal or plastic containers and return to one of the local recyclers below. Contact facilities directly regarding restrictions and charges. See picture of a recent sewer overflow and grease in a pump station.

Thank you for your cooperation - Public Works
Anxiety: Integrating an Indigenous Perspective

Most of us will experience some degree of anxiety in our lifetime. Some people may only experience anxiety occasionally, while others will experience anxiety to such a great degree that it may be classified as an anxiety disorder. According to Statistics Canada (2012) “Anxiety disorders are primarily characterized by overwhelming anxiety and fear, and are among the most prevalent mental health disorders.” I want to acknowledge that using language such as “disorder” comes from a medical model perspective, and it does not fit for everyone.

I recently read an article titled, “Coping with Coronavirus Mental Health Impacts Using Indigenous Based Therapies” featuring Dr. Karlee Fellner, a Cree/Metis woman, and professor at the University of Calgary. Her perspective on mental health and coping through COVID-19 from an Indigenous lens was highlighted. The wisdom laid out in this article felt very fitting for this month’s topic on anxiety. In essence, she stresses, “traditions, cultural and Indigenous spirituality is key to restoring the overall health and healing of Indigenous Peoples.” (para. 10)

From an Indigenous perspective, Fellner notes that changing our relationship to a difficult, challenging, or otherwise uncomfortable experience can be helpful. For many of us, anxiety is experienced as a ‘difficult’ experience. She invites readers to slow down, listen, and “be in a good relationship with it,” referring to “tough” experiences.

Further, Fellner emphasizes land-based healing. She states, “I always go to the land. It’s restoration for me; healing, medicine. For thousands of years we’ve always had traditions of being alone with the land. The land renews itself; the plants are always purifying the air and it’s big, strong and ancient enough to hold anything.” (para. 19)

Fellner suggests “grounding” by connecting with the land in a way that works for you. Her recommendations are to find a “grounding object” and keep it in the house. Her suggestions are “Sage, smudge, mint, teas, dirt, plants or stones.” (para. 21)

During my time on Vancouver Island, I have learned from the Stz’uminus community that Cedar is a very important plant medicine. With that in mind, Cedar may be a very helpful grounding object. Please feel free to take any suggestions from Karlee that work for you, and leave what doesn’t work for you. There are many other options for grounding objects that could be helpful for you, that aren’t listed here. Trust your gut. Remember that if you are experiencing increased stress, anxiety, and/or depressive feelings, you are not alone.

You can read full article by visiting www.albertanativenews.com , and type “Fellner” in the search engine.

To reach Brittany Boyer, please phone 250-245-8551 or email brittany.boyer@stzuminus.com

Please feel free to “like” the Stz’uminus Mental Health & Wellness page at www.facebook.com/stzuminusMHW
24-hour KUU-US Crisis Line Society:
Adults/Elders (250-723-4050)
Child/Youth (250-723-2040)
Toll Free Line (1-800-588-8717)
Domestic VIOLENCE

A message from Drs. Unjali Malhotra and Nel Wieman, FNHA Office of the Chief Medical Officer

Violence, domestic and sexual violence (also known as assault, abuse, and exploitation) can worsen during a disaster. This current pandemic is no exception. Remember, there is never any reason or excuse for abuse.

Domestic violence, which is rooted in control and power, can start or become worse due to the following factors, many of which appear when times are tough:
• Stress
• Loss / separation of friends, family, co-workers
• Loss of livelihood / financial hardship

Abusers typically try to achieve isolation of the victim so that the victim is without social supports. This pandemic, which has necessitated quarantining, physical distancing, and in some cases self-isolation, has made it easier for abusers to isolate their victims from friends, family, and work. And if both the abuser and the victim are working from home or are at home without work, it is even more difficult to seek help.

Please remember that self-isolating is not more important than your physical safety, and that “social distancing” means “physical distancing” (six feet / two metres) but does not mean social isolation. We need each other more than ever right now, so if you are isolated, try to maintain social connections online or over the phone, if it is safe to do so. Also try to stick to your daily routines as much as possible.

The loss of control experienced during a disaster can lead to abusers looking for control in at least one area of their lives, and this can be in their own homes. We know that women are disproportionately victims of intimate partner violence. Unfortunately, if you are already experiencing domestic violence, you should be aware that it is likely to get worse during the pandemic. Power inequities, forced transactional sex due to disaster-related economic downturns and loss of livelihood, as well as impacts on family custody arrangements, can all occur.

There may also be a lack of available services to report abuse or provide shelter from it. Some organizations have changed the way they are providing services. For example, counselling has, in many cases, been moved to telephone, text, or online video appointments.
Considering all of this, we urge everyone to look out for each other and to take the following steps if necessary.

**What communities can do:**

- **Awareness:** All community members must be aware that vulnerable people will be more vulnerable during a crisis.
- **Community involvement:** We are all connected and need to be aware of how we are all doing, especially during a time like this. When one of us is in danger, we need to join together as best we can as a community member, family member, friend, or co-worker. If you think someone is being abused, you can call shelters for advice (see below). You can also be the voice for someone being abused if they ask you to call for help for them.

Many women will not report their abuse due to fear of their partner, the outcome, stigma or shame. Again, checking on each other is vital! Let the pandemic be a reminder for us to take care of each other.

**To report abuse:**

- **If you are in immediate danger, or think someone else is, please call 911.**
- **You can call shelters or support lines.** If phones are shared or you can be overheard or are being monitored, you could try asking general questions about isolation and coping to avoid worsening abuse. Or try to connect with the shelter or organization by text or email (see below) or through another person.
- **You can still see or talk to a doctor,** although many are carrying out their duties by phone appointment because of the pandemic. If phones are shared or you can be overheard, try to connect with the doctor’s office by text or email or through another person. We understand that for some this may be difficult.
- **If it’s safe,** try to be the family member who goes grocery shopping or to the pharmacy and call for help from there.

Please remember: “**Trauma may happen to you but it can never define you.**” ~ Melinda Longtin, survivor of domestic violence, author, and creator of the inspirational website Inspiring.

**Some numbers to call:**

- **Battered Women’s Support Service:** Text 604-652-1867. Email intake@bwss.org. Phone 604-687-1867 / Toll-Free 1-855-687-1868. Hours are Mon – Fri: 10:00 a.m. – 5:00 p.m. & Wed, 10:00 a.m. – 8:00 p.m.
- **Rape crisis line (24 hours):** Phone 604-872-8212.
- **Women against Violence against Women:** Phone 604-255-6344 / Toll-Free 1-877-392-7583.
- **VictimLink BC:** Phone 1-800-563-0808.

VictimLinkBC: To call collect, call the Telus Relay Service at **711. Text 604-836-6381. Email VictimLinkBC@bc211.ca. TTY 604-875-0885.**

Women’s Crisis Lines: **Phone 604-687-1867 / Toll-Free 1-855-687-1868. Hours are Mon – Fri: 10:00 a.m. – 5:00 p.m. and Wed 10:00 a.m. – 8:00 p.m.**
B.C. Launches free counselling service for post-secondary students

The service offers confidential, free single-session services by app, phone or online chat, 24 hours a day, seven days a week.

For the first time, every student in B.C. has access to 24/7 mental-health services - whether the students are rural, urban, domestic, Indigenous, international, public, private, full-time, part-time or in trades training. Here2Talk will complement other supports on campus and in the community, including new virtual mental-health supports announced April 9, 2020, by the Ministry of Mental Health and Addictions.

Chat sessions with a trained counsellor can be accessed by downloading the Here2Talk app or visiting: here2talk.ca. Students can speak to a counsellor by phone, toll free at 1 877 857-3397 or direct 604 642-5212. Students calling from outside Canada can dial 1 604-642-5212 (international calling charges may apply).

Hundreds of students throughout B.C. provided feedback and ideas that were used to develop and tailor Here2Talk to deliver the kind of help students felt they needed. The on-demand service, operated by Morneau Shepell, will support students dealing with challenges such as depression, anxiety, loneliness, pressure to perform, crises, racism and relationships.

Counsellors will also be equipped to refer students to local resources in their communities.

For the launch, web, phone and chat services are currently available in English and French. Phone services are also available in additional languages upon request.

Government is providing $1.5 million per year for the service.
Is the $300/$500 rental supplement available on reserve for subsidized housing units?

The BC Temporary Rental Supplement Program (BC-TRS) is run through the Province of British Columbia, specifically BC Housing. The good news is Yes. For those living in a First Nations community; if you pay monthly rent for your primary residence and meet all other eligibility criteria, you can apply for the BC-TRS.

$300 for single or couple without dependents
$500 for adults with dependents

Tenants are not eligible if their rent is subsidized with other programs such as Income Assistance, Social Assistance, Disability Assistance, Shelter Aid For Elderly Renters (SAFER) or the Rental Assistance Program (RAP).

Check out BC Housing website for further details of eligibility. This new program will provide a temporary rental supplement for April, May and June 2020.

For more information call: call 1-877-757-2577 or check the website at: bchousing.org/BCTRS

For assistance from Stz’uminus to complete the application process, email at Marcia.seymour@stzuminus.com
The Spring Clean-up bins will be placed in the same locations as the previous years. **LET’S GET READY!**

**Spring CLEAN-UP**

**MAY 1ST - MAY 18TH**

Please **DO NOT** put any of the following items in the bins:

- Household garbage containing food and animal carcasses
- Batteries
- Hazardous material: paint, antifreeze chemicals, lightbulbs

Please leave these items at the end of your driveway and a staff member will pick them up. Batteries/lightbulbs must be in a bag/box.

Let the administration office know when the bin is full and we will have it picked up. Phone: 250 245 7155. **DO NOT LEAVE ITEMS BesIDE THE BIN**
CONTEST

SPRING CLEAN-UP CONTEST
MAY 1ST- MAY 18, 2020

If you’re interested in participating in the contest, we will need BEFORE & AFTER pictures of your yard. Submit your photos to the Stz’uminus Community Centre Facebook page.

PRIZES: $100 GIFT CARD TO BEST YARD CLEAN-UP
5 winners will be chosen: One for each area
Kulleet bay/Deer point; Shell beach/Tideview;
Eagle Crescent/Sulksun; Stzuminus Rd; #11/Oyster Bay
# Community Centre Calendar

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>5 Harvest Devils Club &amp; Stinging Needles</td>
<td>6 H3 hope and health at home and online</td>
<td>7</td>
<td>8 Mothers Day Arts and Crafts Package</td>
<td>9 H3 hope and health at home and online</td>
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<tr>
<td>3</td>
<td>4</td>
<td>11</td>
<td>12 Fruit Roll up contest</td>
<td>13 H3 hope and health at home and online</td>
<td>14</td>
<td>15 Fruit Basket</td>
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**30 DAY CHALLENGE**

**STZ’UMINUS COMMUNITY CENTRE**
We have a 30 day Squat, Push up and sit up challenge.

- **Start day:** May 1, 2020
- **End date:** May 30, 2020

Pictures need to be sent to Shirley.May on facebook or Shirley.louie@stz’uminus.com
Pictures need to be sent on May 1, 2020 at 8pm.
We will also do an after picture on May 30, 2020 to see the transformations.
Prizes can be won for each category: Squat, Push up and sit up. Men and Woman’s category.

**Please contact Shirley May Louie to get registered.**
For this coloring challenge, please post pics of your colored sheets and tag us (Hope and Health on Facebook) OR send us a pic and we will post for you- please add your name, age and Nation/location as we will be drawing prizes NEXT FRIDAY across age categories (and yes, adults and elders please join in!)

Research suggests, coloring lowers stress, aids relaxation, boosts creativity and even helps improve sleep and attention spans

ABOUT THE ARTIST
Michelle Stoney is a contemporary artist who uses art as a way to connect to her culture. She creates beautiful and unique art and uses Northwest Coast form line in all of her work. Michelle uses the technical skill she gained studying at Emily Carr University, she also incorporates both her Gitxsan and Cree culture into her artwork.

Give this #H3challenge or ANY OTHER one posted on our account or story a GO to build your overall fitness, soccer and life skills!

Dedicate your fitness workout today to a healthcare or essential services worker- the reason we are all safe and needs met is because of them and SHOW UP for a 7pm CHEER- EVERYDAY- no matter where you live- every cheer counts!

Take a picture post workout or video clip (30 secs) yourself in action- post and tag us, with #h3challenge and you will be entered into a weekly prize draw! Bonus entries for each friend you nominate/challenge with a tag. WE DRAW FOR THE WEEKLY PRIZES TODAY AT 4PM!

LET’S GET MOVING (& COLORING OUR HEARTS OUT) HOPE AND HEALTHER’S

DESIGNS BY MICHELLE STONEY
The SFN fisheries staff will be working hard to harvest seafood to provide to the SFN Health Centre for weekly meals for elders and vulnerable members.

Please register with the Health Unit 250 245 8551

Be safe - PLEASE DO NOT TRAVEL AND REMEMBER SOCIAL DISTANCING!

MAINTAINING SOCIAL DISTANCE WHILE BOATING

Only boat with those in your immediate household - no guests allowed.

Maintain a safe distance from others you may come across. Avoid anchoring or rafting next to someone else.

Pre-arrange fueling or check the hours of the closest fuel dock.

Pack your supplies ahead of time and make sure you have all the necessary safety equipment on board.

Stay local and adhere to all municipal, provincial, and federal closures.
Medical face masks, including surgical, medical procedure face masks and respirators (like N95 masks), should be reserved for healthcare workers, first responders and others providing direct care to COVID-19 patients to ensure that communities retain access to health services. Other people should use non-medical, homemade face masks.

What You Need to Know

- Homemade masks can provide some protection to others around you when physical distancing is difficult to maintain i.e., in grocery stores, on public transit etc.
- As some people with COVID-19 can spread the virus before they develop symptoms or when they have only very mild symptoms, a mask may be used at any time.
- Homemade masks have not been proven to protect the person wearing the mask.
- Everyone needs to follow good mask etiquette to benefit from wearing a mask. This includes:
  - Washing hands before putting on and taking off the mask
  - Never touching or adjusting the mask without immediately cleaning your hands after
  - Not re-using a mask once you have put it on
  - Storing used masks safely until they can be cleaned with hot water and soap

NOTE: non-medical masks alone will not prevent the spread of COVID-19. Everyone must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical distancing.
USING HOMEMADE FACE MASKS SAFELY

Homemade face masks have limitations and need to be used safely. Non-medical face masks or facial coverings should not be placed on:

- Children under the age of two
- Anyone who has trouble breathing
- Anyone who is unconscious, incapacitated or otherwise unable to remove the mask without assistance

If you choose to use a homemade face mask:

- Wash your hands immediately before putting it on and immediately after taking it off, in addition to practising good hand hygiene while wearing it
- Ensure the mask fits well (no gaping or holes on the sides of the mask)
- Do not share your face mask with others or take it on and off during a single use

Face masks can become contaminated on the outside or when touched by your hands. When wearing a mask, take the following precautions to protect yourself:

- Avoid touching your face mask while using it
- Change a cloth mask for a fresh one as soon as it gets damp or soiled
- Put masks directly into the washing machine or a bag that can be emptied into the washing machine and then disposed of
- Cloth face masks can be laundered with other items using a hot cycle and then dried thoroughly
- Non-medical face masks that cannot be washed should be discarded and replaced as soon as they get damp, soiled or crumpled

- Dispose of masks properly in a lined garbage bin
- Do not leave used face masks in shopping carts, on the ground, etc.

MAKING HOMEMADE FACE MASKS

- Use clean and stretchy 100 per cent cotton t-shirts or pillowcases. Some materials work better than others
- Ensure that the face mask fits tightly around the nose and mouth. Material that allows droplets to pass through will not work
- The mask should be comfortable otherwise you won’t want to wear it consistently
- If the mask makes it a lot harder to breathe, then the seal will not be as good, and the mask will be less effective

RESOURCES

Learn more about making homemade masks [here](#)
Learn more about face masks [here](#)
Learn more about COVID-19 prevention and risks [here](#)
Do you need to see a doctor?

Introducing the First Nations Virtual Doctor of the Day

The First Nations Health Authority (FNHA) has launched a new program to enable more First Nations people to access primary health care closer to home – or in this case – actually in the home!

The First Nations Virtual Doctor of the Day program is for First Nations people and their family members who do not have access to a doctor or who may have lost access due to the COVID-19 crisis.

About the doctors

Each doctor who participates in the First Nations Virtual Doctor of the Day program is evaluated by an adjudication committee in partnership with the Rural Coordination Centre of BC. Doctors need to apply and be accepted into the program. Priority is given to doctors of Indigenous ancestry and doctors with positive working relationships with First Nations people and their families. All participating doctors are trained to follow the principles and practices of cultural safety and humility.

How to set up an appointment

If you do not have a doctor or nurse practitioner or you cannot connect with your usual care provider, call 1.855.344.3800 to book an appointment with the First Nations Virtual Doctor of the Day.

A Medical Office Assistant will connect you to a doctor using the Zoom video conferencing app. It is best if doctors can see patients using video conferencing. However, if a person has no internet access, or does not have safe access to a computer or mobile phone, the program can arrange for a phone appointment.

The free service is available seven days a week from 8:30 a.m. - 4:30 p.m.

To allow those in greatest need to access the service, the FNHA encourages clients with existing primary care providers to continue to connect with those providers.

To learn more about the program before making an appointment, visit fnha.ca/virtualdoctor
How to set up an appointment with the First Nations Virtual Doctor of the Day

If you do not have a doctor or nurse practitioner, or cannot connect with your usual care provider, call 1.855.344.3800 to book an appointment.

There are three ways to attend an appointment:

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**BY PHONE**

It is best if doctors can see patients using the video conference app. However, if you have no internet access or do not have safe access to a computer or mobile phone you can arrange a phone appointment. Call toll-free 1.855.344.3800
COVID-19 AT A GLANCE
Resources for All BC First Nation Individuals

The resources and benefits listed below are available directly from the federal or provincial governments and organisations. You are eligible to receive or apply for these benefits regardless of if you have Status or not, and whether you live and/or work on or off reserve. The benefits that depend on submitting your 2018 or 2019 personal tax return are identified.

**Canada Emergency Response Benefit (CERB)**

- **WHAT:** up to $2,000 a month for up to 4 months if you have lost your job/income
- **WHO:** anyone who earned at least $5,000 in 2019 or in the past 12 months and has lost their job or income due to COVID-19 (e.g. forced to stop working because of the outbreak, those who are sick with COVID-19 and those who are not being paid but still have employment)
- **WHEN:** applications being accepted now (receive payment in 3 to 10 days)
- **HOW:** apply on-line or by phone (1-833-966-2099)
- **NOTE:** you do not need to apply for Employment Insurance (EI) as well as CERB to request this short-term CERB coverage – to help you determine if you should apply for EI or the CERB, visit the CERB webpage – if you would like assistance applying, you can complete an on-line request and a Service Canada employee will contact you within 2 business days

**B.C. Emergency Benefit for Workers**

- **WHAT:** $1,000 one-time payment
- **WHO:** anyone who has lost income because of COVID-19 – various eligibility requirements are applied (residency, CERB recipient, at least 15 years old, agree to file 2019 tax return, not receiving provincial income or disability assistance)
- **WHEN:** applications to open May 1 – payment expected in May
- **HOW:** apply on-line or by phone (starting May 4, the number is not yet released)

**Canada Child Benefit (CCB)**

- **WHAT:** additional $300 per child on your next CCB payment
- **WHO:** if you have a child under your care
- **WHEN:** starting May 2020
- **HOW:** no need to apply if you already receive the CCB – if you do not already receive the CCB, apply on-line or call 1-800-387-1193

**Temporary Rental Supplement**

- **WHAT:** temporary rental supplement of $300 to eligible households with no dependents and $500 with dependents, paid to the landlord
- **WHO:** anyone with low to moderate income who has experienced an income loss or reduction as a result of COVID-19 (and is not receiving Income Assistance or Disability Assistance or another form of rent subsidy)
- **WHEN:** applications now open – supplements available for April, May and June
- **HOW:** both the renter and landlord need to apply on-line or by phone (1-877-757-2577)
- **NOTE:** applies on and off reserve, including Nation-owned rental buildings; you must apply in April to receive April payment; annual rent increases are not allowed; and currently, landlords are not allowed to evict tenants for any reason

**Goods and Services Tax (GST) Credit**

- **WHAT:** one-time special GST credit payment for lower income families (about $400 for individuals or $600 for couples)
- **WHO:** anyone who has a lower or modest income
- **WHEN:** early May
- **HOW:** no need to apply if you already receive the GST credit – if you are eligible to receive the GST credit, it will automatically be applied
Registered Retirement Income Funds (RRIFs)

WHAT: required minimum withdrawals have been reduced by 25% for 2020
WHO: for seniors who currently have RRIFs
WHEN: effective immediately
HOW: no need to apply
NOTE: there is a 211 phone line that seniors can call to find help coping with COVID-19 isolation or visit bc211.ca

Climate Action Tax Credit (CATC)

WHAT: one-time increase to the CATC of $42 per adult and $13 per child (for a total of up to $218 per adult and $64 per child)
WHO: for moderate to low-income families
WHEN: July 2020
HOW: no need to apply if you already receive the CATC - if you are eligible to receive the CATC, you will automatically receive it when you file your 2019 personal income tax return

Student Loans - Defer Payments (federal and provincial)

WHAT: you do not need to pay Canada or BC student loans for 6 months
WHO: anyone who has a Canada or BC student loan
WHEN: March 30 to September 30
HOW: no need to apply as deferral is automatic

Personal Tax Returns

Whether you work on or off reserve, you are encouraged to file your personal income tax returns for 2018 and 2019 to ensure you receive the available benefits and credits. The deadline for filing tax returns has been deferred until June 1, 2020.

Here is a link for assistance: Doing your taxes
Here is a phone number for assistance: 1-800-959-8281 (press 4, then press 3, then stay on-line for agent!)

Supporting Your Wellness

If you need support for your wellness, you can find information at:
- Wellness Together Canada – Mental Health and Substance Use Support
- Hope for Wellness Help Line: 1-855-242-3310 or visit the online chat

Please Note

This is not a comprehensive list of programs, benefits or resources for First Nations in BC, and the information provided is subject to change. New announcements and changes to existing programs are being made almost daily, so please refer to the following websites and links for the most up-to-date information:
- Federal
- Provincial

If you have any non-health COVID-19-related questions or requests, please email: aadnc.iscbc covid19.aandc@canada.ca

Service Canada: Access a dedicated phone line for First Nations at 1-877-831-2657 to learn more about available supports and resources.

If you have feedback on this document, please contact info@fnps.ca.

Last updated: April 23, 2020
Stz’uminus First Nation is seeking a:

**On-Call Solid Waste and Recycling Worker**

The On-Call Solid Waste and Recycling Worker is responsible for operating the refuse packer truck to collect solid waste and recyclable items from SFN residential and commercial sites.

**Keys Duties and Responsibilities:**

- Remove and dispose of refuse and recyclables from all residential premises and other designated locations.
- Operate a refuse packer following a prescribed route;
- Empty vehicle at CVRD transfer station/recycling depot as required.
- Address problems such as changes to route scheduling and complaints and report issues to the supervisor for review.
- Transfer refuse into truck hopper by operating toter lift; operate hopper blade mechanism.
- Work as part of the team to develop the solid waste and recycling collection program.
- Work independently to promote recycling in all areas of the community.
- Assist with the annual clean-up by assisting with bins and clean-up after bins.
- Explain refuse collection and recycling regulations to SFN members as required in a friendly and professional manner.
- Perform pre- and post-trip inspections and clean interior and exterior of the vehicle as needed.
- Complete daily equipment log.
- Provide direction to volunteers by providing job-related instruction as needed.
- Ensure performance and safety standards and schedules are met.

**Qualifications:**

- Completion of Grade 12 preferred, or a combination of experience and education.
- Must be physically fit.
- Must have a Valid Class 5 or higher BC Driver’s license.
- Must be willing to provide a driver’s abstract to prove a good driving record.
- WHMIS and First Aid training or ready to take as a job requirement.
- Successful Criminal Record Check.

**Please submit a cover letter and resume to:**

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

Deadline for applications: **Friday, May 8, 2020, at 4:00 pm** (Pacific Standard Time)

Only short-listed applicants will be contacted. No phone calls, please.

4/23/2020
The Stz’uminus First Nation community has been reading the Stz’uminus newsletter since the first issue was published in April 1997. The newsletter has all the features of any local newspaper. Since the beginning, every issue of Stz’uminus has been printed on our own printing press and it has been delivered to every home in our four communities. Stz’uminus is always about you: Articles about our elders; personalities and high achievers from throughout our community. Send us photos, articles, letters, greetings, and other ads.

**NOTE FOR SUBMISSIONS**

Please send or drop-off articles by the deadline date below. Email or drop off photographs that you would like to include. If sending an article, I would prefer the original document file. For example, the original Microsoft Word document.

The deadline for the next issue is **Monday, MAY 25th by 4p.m.**

Ph: 250 245 7155 ext283

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