

## CONTEST — FIGHT BACK DIABETES

Create in any medium, paint, carve, write poetry, rap, play, quilt, knit, draw; shape up yourself, your family, your friends. You get it!

Go online and watch these youtube videos to get ideas:  
Taylor Mali, An Apple A Day . Jamie Oliver's Food  
Revolution Season 2 Episode 2 Part 2

Contest is open to Stz'uminus Band Members.

Prizes for different age categories, for individual, family, and group entries. Tons of great prizes to be won, top cash prize \$750.

Submit your entry to the Health Centre by October 26, 2011. Awards of prizes will take place during International Diabetes Week, November 14 - 18.

Want info on how you can take charge of diabetes in your life? Want to get tested? Contact the Health Centre now.

**Stz'uminus First Nation**

Health Centre  
250-245-8551

[www.stzuminus.com](http://www.stzuminus.com)

friend Stz'uminus First Nation on Facebook



**New Direction**

Chief and council are happy to announce the promotion of Ronda Jordon to the position of administrator for Stz'uminus First nation. Ronda has joined our organization a little over a year and a half ago as the finance manager, and will be assuming the roles and responsibilities of the combined position. Ronda brings a wealth of experience to her new role and we are looking forward to the energy and leadership we know will be delivered. Please join us in welcoming Ronda as the administrator.

Hello everyone, I would like to take this opportunity to introduce myself as Administrator for Stz'uminus First Nation.

I report to Chief and Council, and am responsible for the operation of all departments of the Stz'uminus First Nation Administration Office, which includes Health, Education,

Social Development and Employment, Information Technology, Operations and Maintenance, Community Centre programs, Housing, and Aboriginal Fishing Strategy.

All departments have either a Director and/or Manager who reports to me and who has been delegated the responsibility of managing the department, or has me directly managing the department in conjunction with very good Staff and Supervisors.

The Managers of Stz'uminus First Nation continue to work very hard to deliver quality programs. I will work very hard with the assistance and support of the management team, staff, and community to progress the initiatives which will take this Nation forward. I look forward to meeting you, and will work to keep you informed every step of the way.

**Thank you**  
**Ronda Jordan, Administrator**

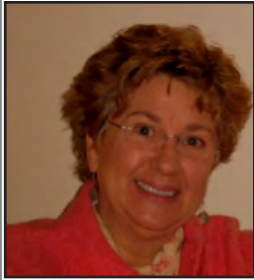
**Rec'N'Reading and Rec'n'Numeracy Summer Camp 2011**

In the recreation part of the summer camps the children have done sports and crafts at the gym as well as beach days at Elliott's beach. To name a few examples they've played sports like soccer, basketball, and volleyball. As well as activity games like execution, capture the flag and dodgeball. In the crafts side the children have experienced activities like making their own piggy bank, sea-shell picture frame, and beading. All have also enjoyed making their own Hawaiian smoothie, icecream, and sushi themselves, these usually being a part of a theme day. Here in a picture the children are solving clues for their scavenger hunt on Pirate day.

Our first session field trips included bowling in Duncan and going to the Chemainus Theatre to see the interactive play Snow White where Breanna and Michaela did an awesome job acting as one of the 7 dwarfs. After the play the children had the opportunity and took pleasure in meeting and taking pictures with the actors of the play. The next field trip included going to splashdown water-park where the children enjoyed a fun day in the sun on the waterslides and tubes.

Here at the camp we look forward to our next field trips. These field trips include one day at Parksville beach and Riptide lagoon minigolfing and bumper cars. We also, are planning a one day trip to Vancouver where we will be going to the Vancouver Aquarium and Science World which includes a dinosaur OMNIMAX theatre experience.





Ms Mental, Ace Reporter  
The Health Centre is pleased to announce that Violet Elliott has joined our Mental Health Team on a six month contract to develop a "Community Asset Map".

What, you ask, is a "Community Asset Map" and why do we need this "map"

when we already have Google Maps and road maps?  
So glad you asked – because now I have an excuse to write about the excitement and buzz happening in the "Mental Health" program at the Health Centre.

We believe that there are many resources ("assets") in the community that can be brought together to support healing and wellness. Problem is, our community, like so many other reserves, has been splintered and fragmented by crisis, conflict, and the constant struggle to meet life's demands. Colonization effectively used "divide and conquer" tactics of isolating groups and controlling resources, resulting in community members fighting each other to try to get "enough" to survive. Subsequently, community members become reluctant to share freely and openly their knowledge, skills and strengths (resources or "assets") because they feel both protective of their assets, and unsure that those assets are indeed valuable and welcome.

So, Violet is going gathering. She is gathering information about the ideas, knowledge, talents, programs, beliefs, people, customs and culture and anything else that will support mental, emotional, spiritual and physical wellness in the Stz'uminus community. She will be exploring and "mapping" what she finds. This Stz'uminus asset map will then be utilized in planning and developing a new, more holistic approach by the Health Centre in general, and the "Mental Health" program specifically.

When Violet comes calling, please tell her what you know about our community's resources, what talents and gifts you have to share, then steer her to the next person or idea or wisdom. She's doing the "ground work" essential to good holistic wellness program planning for this beautiful Stz'uminus community.

Hay ce:p qa!

Ms Mental, Ace Reporter is also known as Kristi Hagen, Mental Health Clinician. In addition to Ace Reporting, she provides clinical counselling, treatment program referrals, and does bunch of other mental-health-type stuff. She can be reached at the Health Centre at 250 245-8551 ext 234



## Healthy Relationships

The Healthy Relationships workshop by Violet Elliott is the ideal workshop to attend if you want to learn how to communicate effectively with your family members and build your self esteem. The workshop will be held on October 5 and 6th at the Youth Centre. To sign up please contact Stephanie at 250-245-9372.

Want to learn more about what Kw'umut Lelum, Child and Family Services does? Come out to a presentation on their services September 21, 2011 at 1:00 at the Youth Centre.

## Dental Hygienist

Now is the time to get your Children's Teeth Cleaned!

Dental Hygienist at Stz'uminus Health  
September 13th & 27th, 2011

Please Call Steph Daniels to book an appointment

250 245 8551

Parents we are open to get all ages done, even for yourself



## Nutsuma Lelum Child Day Care

Well summer has come and gone and it is time to get back to the routines of school and work for many of our families. Nutsuma Lelum still has spaces available in our three year old program however our infant and our toddler programs are now full and maintain a wait list. If you are requiring care in either of these programs please come and get on the waitlist.

We want to welcome our new families to Nutsuma Lelum. We also need to say good bye to 10 of our children who are moving over to Junior Kindergarten at the primary. We wish them well and success in their lifelong learning journey.

Nutsuma Lelum will be participating in a two week language immersion program from September 12- 23. All of our programs will have the support of a Hulquminum language support person to work with the staff and the children in respects to everyday phrases that are spoken in the classrooms. One of our 2011-2012 programs goals is to speak only Hulquminum for 15 min of the day. We are hoping that this program will support and help us work towards this goal.

We are excited to have the addition of Lynn Patrick SLP to our teams. Lynn is the speech and language therapist from Vancouver Island Health. Lynn will be in our programs over the next few months supporting the teaching staff to create language rich environments for our children to learn in.

### S-hXiXnu-tun Lelum Primary Bus Schedule

*All students should be at their bus stops 5 minutes prior to scheduled time given.*

- Church Rd - 7:47
- Sandpiper - 7:50
- Kulleet Rd & Seymour - 8: 03
- Old Health Unit - 8:06
- Deer Pt ( Messiah ) - 8:09
- Bridge area - 8:12
- Kulleet Bighouse - 8:13
- Top of Sulksun Rd - 8:16
- Eagle Crescent - 8:18
- Nelson Pt - 8:23
- Riptide - 8:24
- Ocean View - 8:25
- Jerry Harris Driveway
- Silverstrand
- Manny Sampson - 8:35
- Doug Harris - 8:36
- Ray Harris - 8:38

Parents are reminded that students riding buses to and from , S-hXiXnu-tun Lelum Primary and Stu'ate Lelum Secondary High School, the bus driver **WILL NOT** drop off students at any other

### Stu'ate Lelum Secondary Bus Schedule Husky (Blue Bus Shelter) to S-hXiXnu-tun Lelum Primary

**All students must be at their bus stop 5 minutes prior to scheduled time given. Students should not be calling the school for a ride when they have missed the bus.**

- Corner Kulleet & Deer Pt. Rd 7:50
- Kulleet & Seymour Rd 7:54
- Sandpiper Rd. 7:58
- Sulksun Rd. 8:00
- Eagle Crescent 8:00
- Riptide Rd. 8:05
- Jerry Harris Driveway 8:06
- Tideview & Shell Beach Rd 8:07
- Daycare 8:09
- Top of Silverstrand Rd 8:10 – 8:14 depends if  
There are any children to be dropped off at the Day-  
care.
- Arrive at SLSS 8:30
- Husky ( Blue shelter)for S-hXiXnu-tun students 8:35
- Arrive @ ShXiXnu-tun Primary 8: 47
- Primary students will be brought back to the school if  
there is no one home and it will be the responsibility  
of the parents to pick up your child or make alternate  
arrangements.
- Minor Stu'ate Lelum High school students 18 yrs  
and under must have a permission note, signed by  
students legal guardian with a current phone number  
attached so staff may call at their own discretion.



**School District #68 Bus Schedule  
Trip 1 Kulleet Bay & Shell Beach to  
Ladysmith Secondary**

Kulleet Bay North - 7:30 a.m.  
Kulleet Bay South - 7:32  
Tideview Road & Church - 7:35  
Tideview Road & Sulksun - 7:38  
Tideview Road & Eagle Cresc. - 7:40  
Tideview Road & Riptide - 7:42  
Shell Beach & Tideview Road - 7:43  
3955 Shell Beach – 7:45  
4071 Shell Beach – 7:46  
Shell Beach & Silverstrand (north) - 7:47  
4270 Shell Beach Road - 7:48  
Brenton Page Road & Shell Beach - 7:51  
Brenton Page to S. Doole Rd. – 7:52  
Brenton Page to Code Rd. – 7:55  
LADYSMITH SECONDARY - 8:08  
Return on Bus 10  
Mon., Tues., Wed., Thurs. - 3:25 p.m.  
Friday - 1:28

**Kulleet Bay & Shell Beach to  
Ladysmith Intermediate & Primary**

Kulleet Bay Rd. (north) – 7:57 a.m.  
Kulleet Bay Rd. (south) – 7:59  
Kulleet Bay Rd. & Tideview Rd. - 8:01  
Tideview Rd. & Sulksun – 8:04  
Tideview Rd. & Eagle Cres. - 8:06  
Tideview Rd. & Riptide - 8:08  
Tideview & Shell Beach – 8:09  
3449 Shell Beach Community Hall - 8:11  
Shell Beach Rd. & Thuq-min – 8:12  
Shell Beach Rd. & Silverstrand Rd. - 8:13  
4270 Shell Beach Rd. (gulley) – 8:15  
Brenton Page Rd. & Shell Beach Rd. – 8:18  
Brenton Page Rd. & S. Doole Rd. – 8:19  
Code Rd. & Cedar Rd. – 8:30  
12786 Trans Canada Hwy. - 8:35  
LADYSMITH PRIMARY - 8:40  
LADYSMITH INTERMEDIATE - 8:45  
Return on Bus 12 (Ladysmith Primary)  
Mon., Tues., Wed., Thurs. - 2:52 p.m.  
Friday - 2:00  
Return on Bus 12 (Ladysmith Intermediate)  
Mon., Tues., Wed., Thurs. - 2:56 p.m. Friday - 2:05

**Kulleet Bay & Shell Beach to  
North Oyster Elementary**

Brenton Page Road & Shell Beach - 8:15  
Shell Beach & Entrance Road - 8:18  
4270 Shell Beach Road (gulley) - 8:19  
Shell Beach & Silverstrand (south) - 8:20  
Shell Beach Road & Thuq Min Road (gravel pull off) - 8:21  
Shell Beach Road & Fairtide Road - 8:22  
3449 Shell Beach Community Centre - 8:23  
Shell Beach & Tideview Road - 8:24  
Tideview Road & Riptide - 8:25  
Tideview Road & Eagle Cres. - 8:28  
Tideview Road & Sulksun Road - 8:29  
Tideview Road & Church Road - 8:30  
Kulleet Bay South - 8:31  
Kulleet Bay North - 8:33

**Uy Skweyul! ☺**

I hope everybody is enjoying their summer! As some of you may know I am leaving my position as Program Coordinator for the Community Centre. I am taking the UCEP Course at CNC to further my education. My goal is to receive my Bachelor of Science, majoring in Biology.

I have met a lot of different people and got to know a lot of our Community members while working at the Community Centre. I've also worked with some awesome coworkers! I learned a lot about myself and our Community. I learned that we have a huge variety of resources that we can utilize to better ourselves and our Community. All we have to do is reach out and grab the opportunities!

It's so amazing to see how much our Community has grown in the past few years! We are becoming more and more independent as a Nation. We have a lot of successful graduates in our community. We also have a lot of community members moving up in the work field. It feels we are closer to becoming a totally independent nation, which is very exciting!

Thank you to Stz'uminus for giving me this awesome opportunity to work with the Community. It's definitely been a great experience! I'm going to miss seeing the cute primary kids coming through for their gym and computer time, the crazy SLSS students for their PE time, and the happy CNC students for their gym and computer time. It has definitely been a pleasure working with you all! ☺

Congratulations to Stephanie Harris! She was hired to take over my position. I'm confident she will do an excellent job as Program Coordinator. If you have any questions about rentals, programs, workshops, etc. You can contact her at the Community Centre 245-9372 or via e-mail [Stephanie.harris@stzuminus.com](mailto:Stephanie.harris@stzuminus.com)

I hope you all have an awesome rest of the year! Take care of yourselves and each other! ☺

**Sincerely Yours,  
Natasha Harris**



## Employment and Social Development

### Find interviews scary?

Then come out to the Interview Skills workshop being held at the Youth Centre on September 15, 2011 at 1:00 pm. Have you ever wondered what your Social Assistance Rights and Responsibilities are? Do you want to know what the Social Assistance Special Needs is for? To learn more about Social Assistance please come out to the Social Assistance Orientation session held on September 8th at 2:00pm at the Youth Centre.

Looking for a job? Here are three great websites to check out: [www.Jobhuntersbible.com](http://www.Jobhuntersbible.com), [www.WorkBC.com](http://www.WorkBC.com) and [www.Joboptionsbc.com](http://www.Joboptionsbc.com)

### What is Job Options BC?

Job Options BC is a new employment and skills training program held in Duncan and Nanaimo. The program is geared to help the unemployed gain the skills, confidence and experience they need to find employment.

### What the program offers:

Up to 10 weeks group and individual programming, short-term training and work experience that prepares participants for new employment, or appropriate, further training. Four to six weeks of group activities, including assessment, life skills, job-finding clubs and employability skills (job search, basic skills upgrading, computer training and short term skill training).

Further skills training and/or work experience during the remainder of the program includes employer, community-based or volunteer work experience.

Up to six months of follow-up support provided for those who need additional help to find and maintain employment or to regain employment if they lose a job.

### Who is eligible?

To be eligible for this program, participants must be:

- 18 years of age or older
- Unemployed
- Non-EI clients (have not established a regular EI claim in the last three years and have not established a maternity or parental claim in the past five years)
- Legally entitled to work in Canada
- Living in BC
- Not a student
- Not participating in another Labour Market Agreement funded program

**When's the next Intake date:** September 12, 2011.

**Living expenses?** Jobs Options BC offers a living allowance of \$250.00 per week (not including holidays) for a period of four (4) weeks of the program.

**How long is the program?** 10 weeks in duration with six (6) months of individual case management.

To learn more about the Job Options BC program contact in Nanaimo the Central Vancouver Island Multicultural Society at 250-753-6911 ext. 104 and in Duncan the Ethos Management Group Ltd. at 1-877-714-0471.

### Have you ever wondered what your Social Assistance Rights and Responsibilities are?

### Do you want to know what the Social Assistance Special Needs is for?

To learn more about Social Assistance, come out to the Social Assistance Orientation session held on September 8th 2011 at 2:00-4:00pm at the Community Centre (Youth Centre Room).

For more info please call Lucille Cote, Employment Counselor and Social Development Coordinator, at 245-7155 ext.234 or via e-mail at [Lucille.cote@stzuminus.com](mailto:Lucille.cote@stzuminus.com)



**A Clean community is a Healthy Community**

We need the communities help to ensure our roads and yards stay clear of scattered garbage. Unfortunately, dogs and wild animals can't resist the temptation of a garbage bag filled with garbage. So in order to avoid an unsightly mess, please ensure your garbage bags are set out in a container or put in a bin on garbage day. We appreciate everyone's cooperation in this matter. Only working together as a community, will this problem stop.

**To all dog owners:**

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 and cannot get off of your premises when they are outside. Dogs are to blame for a number of problems in the community. They have been getting into garbage, chasing people on the road and even attacking people. Our community should be a safe environment, where anyone can walk down the street without a worry. You can help keep our community safe. So please make sure your dogs remain in your yard at all times. We do not want to be forced to look at alternative measures to eliminate this problem.

If you are concerned that tenants are not taking responsibility for their dogs, please contact Peter Aleck at the administration office.

**Working for the community,  
Stz'uminus Administration**

**To Whom It May Concern**

My name is Gilbert Frenchy Jr. and I am representative for the Chemainus First Nations local team the Winter Hawks.

We are currently working on a community project

to rebuild our outdoor hockey box. Unfortunately the weather has taken its toll on the field and it has fallen into a state of disrepair. Although plans to rebuild it a few years ago fell through, we have decided that our community could greatly benefit by having a place to practice playing hockey while being out in the open with alternative sitting inside at home playing computer games etc.

We hope to not only have a place for us to practice as a team but also hope that others see how much fun we are having while getting some exercise and are encouraged to join in or start their own teams. The Band is willing to assist us in the rebuild but there is still additional work needed to make it more functional. After discussing the idea, with Jason at the A&W, we thought the best way to try and raise the money needed would be to sell the boards as advertising space. Jason presented the idea to the Kinsmen of Ladysmith and they have so generously decided to make this a project of theirs. Along with their participation we are asking if you and your company would be able to assist us in transforming the old and dilapidated ring into one that will be able to support many years of endless fun and exercise for our community.

Each board may be purchased for a \$100 donation and will be include your h and painted logo, unless you are able to provide stencil or any other alternative.

We would very much appreciate your support.

**Kind Regards,**

**Gilbert Frenchy, Cell: 250-327-0345**

**Jason Kelland, Cell: 250-618-7650**

**A&W, 250-245-5213**

**awladysmith@shawbiz.ca**



## Neah Bay 2011

Congratulation to the Rainbow Canoe Club for commitment to our traditional sport. The club raced in 9 races. The 13 under buckskins where the highlight of the year. They placed in every race they participated in. Rainbow Canoe Club would like to extend a thank you to the community for their support. And to the families who supported the club for the summer. We take this sport as a learning tool for our future generations to lead healthy life. And most importantly bring family and friends together.



Family Time - Madison with her mom Lea at Neah Bay..



# *New High School taking shape..*





**S-hXiXnu-tun Lelum Primary School**



3947A Shell Beach Road



Ladysmith, BC V9G 1K6

Telephone: 250-245-0275 Fax: 250-245-0277

**Registration Form 2011-2012**

**Student Name:** \_\_\_\_\_  
Last Name First Name Middle Name

**Address:** \_\_\_\_\_  
House Number Street Name Town Postal Code

**Date of Birth:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **Status Number:** \_\_\_\_\_  
Day Month Year

**Do you live on the Stz'uminus Reserve:** \_\_\_\_ Yes \_\_\_\_ No

**Junior Kindergarten**       **Kindergarten**       **Grade One**

**Care Card Number:** \_\_\_\_\_ **Allergies:** \_\_\_\_\_

**Any other Medical Information:**

**Guardian Name:** \_\_\_\_\_ **Guardian Name:** \_\_\_\_\_

**Guardian Home #:** \_\_\_\_\_ **Guardian Home#:** \_\_\_\_\_

**Guardian Cell #:** \_\_\_\_\_ **Guardian Cell #:** \_\_\_\_\_

**Guardian Work #:** \_\_\_\_\_ **Guardian Work #:** \_\_\_\_\_

**Is there a custody concern? Please Explain:** \_\_\_\_\_

\_\_\_\_\_

**Doctor`s Name:** \_\_\_\_\_ **Doctor`s Phone#:** \_\_\_\_\_



**Emergency Contact`s**

1. Name: \_\_\_\_\_ Relationship to student: \_\_\_\_\_

Home #: \_\_\_\_\_ Other: \_\_\_\_\_

2. Name: \_\_\_\_\_ Relationship to student: \_\_\_\_\_

Home #: \_\_\_\_\_ Other: \_\_\_\_\_

3. Name: \_\_\_\_\_ Relationship to student: \_\_\_\_\_

Home #: \_\_\_\_\_ Other: \_\_\_\_\_

**For Office Use Only:**

Date of Registration: \_\_\_\_\_ Start Date: \_\_\_\_\_

**ECE History and Transfer Information:**

Name of Previous School/Preschool/Daycare Attended: \_\_\_\_\_

School Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

Contact Person: \_\_\_\_\_

**Check all that apply, included in file:**

- Immunization Record
- Birth Certificate
- Assessments
- Referrals

Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Kindergarten Staff: \_\_\_\_\_ Date: \_\_\_\_\_



# Stz'uminus

It's YOUR newsletter... every month!



The Stz'uminus First Nation community has been reading the Stz'uminus newsletter since the first issue was published in April 1997.

Stz'uminus is always about you... articles about our Elders, personalities and high achievers from throughout our community. YOU are the reason chief and council publishes Stz'uminus every month and we love to hear from YOU.

Send us your photos, articles, letters, greetings, For Sale, Help wanted and other ads.

### NOTE FOR SUBMISSIONS

Please send or drop-off articles by the deadline date below. Clearly print handwritten articles. For anything produced on a computer, please give us only the text. Do not spend your time making a poster because we will have to do it all over again. Email or drop off any photographs that you would like included.

The deadline for the next issue of Stz'uminus is **Friday 23<sup>rd</sup>, September** at 4 p.m. sharp! It will be delivered to homes in the community on **Monday, October 3<sup>rd</sup>**

**250.245.1492**

**[www.stzuminus.com](http://www.stzuminus.com)**

#### STZ'UMINUS HEALTH CENTRE

Telephone: 250.245.8551 Fax: 250.245.1449  
3945-A Shell Beach Road  
Ladysmith B.C.  
V9G 1K6

#### STU"ATE LELUM SECONDARY SCHOOL

Telephone: 250.245.3522 Fax: 250.245.8263  
5091 Jones Road  
Ladysmith B.C.  
V9G 1A5

#### CHEMAINUS NATIVE COLLEGE

Telephone: 250.245.1492 Fax: 250.245.1449  
3945-B Shell Beach Road  
Ladysmith B.C.  
V9G 1K6

#### NUTSUMAAT LELUM CHILD DAY CARE

Telephone: 250.245.0994 Fax: 250.245.1379  
39 47-B Shell Beach Road  
Ladysmith, B.C.  
V9G 1K6

#### S-hXiXnu-tun Lelum PRIMARY SCHOOL

Telephone: 250.245.0275 Fax: 250.245.0277  
3947-A Shell Beach Road  
Ladysmith, B.C.  
V9G 1K6

#### CFN COMMUNITY CENTRE

Telephone: 250.245.9372 Fax: 250.245.9394  
3994 Shell Beach Road  
Ladysmith, B.C.  
V9G 1K6

#### IVY GREEN PETROLEUM RESOURCES Ltd. (HUSKY)

Telephone: 250.245.5244 Fax: 250.245.7793  
12615 Trans Canada Highway  
Ladysmith B.C.  
V9G 1M5

#### COAST SALISH DEVELOPMENT CORP.

Telephone: 250.924.2444 Fax: 250.924.2445  
12605 Trans Canada Highway  
Ladysmith BC V9G 1M5