



Kw'umut Lelum
KWUMUT.ORG

FOUR DIRECTIONS

KW'UMUT LELUM SQWUL'QWUL

AUTUMN / YA'XAY'TL'THUT 2020



HONOURING OUR INDIGENOUS GRADUATES

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CONTACT INFO



Contact us at the office at **1.800.613.1777** or **250.591.0933**

After Hours or any time, call the Helpline for Children at 310-1234 (no area code needed). This is a toll free number. It is a local telephone number anywhere in the province.

IF A CHILD IS IN IMMEDIATE DANGER, CALL THE POLICE

Main Administration Office

544 Centre Street
Nanaimo, BC V9R 4Z3

Nanaimo Office

233 Prideaux St
Nanaimo, BC V9R 2M9

Duncan Office

151 4th Street
Duncan BC V9L 5J8

Message From The Executive Director

Uy' Skweyul

Welcome to the Autumn edition of Kw'umut Lelum's newsletter. As the days begin to get shorter and the leaves begin to change colour, I have been reflecting on the huge changes we have been undergoing as an agency, as a community, and as a country.

In August, we opened a new service hub in Duncan for the families of our southern Member Nations, and we will begin to take on child and family service files from MCFD in Duncan for our urban Indigenous population in that region. We also implemented a 4-day work week for staff to help promote a better work/life balance.

This fall, we will be closing our satellite office in Ladysmith and expanding into a new building on Centre St. in Nanaimo

With the global spread of the COVID-19 pandemic, we have all made significant changes to how we live our lives. We began in March from a place of fear, but this was quickly replaced with the resilience and cooperation that our people have always shown in the face of adversity. Kw'umut Lelum adapted programs and services that would allow us to keep our families and staff safe while continuing to offer essential supports to our communities. During the lockdown, we were able to do much of our work from home and I raise my hands to the dedicated employees who continued to go out into community wherever they were needed, despite the personal risk.

"We don't know what the future holds in terms of the pandemic, or exactly how it will continue to affect our daily lives but we know we will face it with strength, with kindness and with courage."

As we move forward, we will be offering more programs and services virtually – from Zoom fitness classes to online parenting programs. We don't know what the future holds in terms of the pandemic, or exactly how it will continue to affect our daily lives but we know we will face it with strength, with kindness and with courage.

Huy tseep q'u Siem
Sqwulutsutun – William Yoachim



Fall Fun With Kids

4SEY Coordinator, Lee-Anne Cavalier shares COVID safe fall ideas for you and your child

- > **Just because the weather is starting to cool down doesn't mean outdoor exercise needs to take a back seat.** Involve the change of season in your child's outdoor play time by creating a fall themed scavenger hunt. Depending on your child's literacy level, you can put together a list of words or drawings/pictures such as: a red leaf, a group of Canadian geese flying in a "V," and a scarecrow. To get children running, make the scavenger hunt a race against the clock!
- > **While you are raking leaves in your backyard, encourage your child to use the leaves as a learning tool** by arranging the leaves in a multitude of different orders or sorting them into piles based on a specific characteristic. For example, have your child arrange a handful of leaves from biggest to smallest or have your child sort the leaves into piles based on colors.
- > **To offer your child an art activity that focuses on the process of art rather than the product,** collect fallen pine cones and leaves and use them instead of a paint brush!
- > **Fine motor skill building activities are always beneficial to offer to your child** – for this fine motor skill building activity you will need a pumpkin, a plastic children's hammer, and a pack of golf tees. Once you have collected these items, encourage your child to use the hammer to hammer the golf tees into the pumpkin. This activity is also a way to safely introduce construction concepts that could build the foundation for more advanced concepts.
- > **Next time you are gutting a pumpkin to make a Jack-O-Lantern,** try putting the pumpkin guts in a large sealable bag to make a temporary sensory bag for small children. Make sure to tape the bag shut to avoid spillage!
- > **It's apple picking season so why not tie in a literacy study – a great idea for this would be Dr. Seuss's "Ten Apples Up On Top."** To create props to go with this, fill red balloons with sand or rice (beware of choking hazards). Have your child stack these balloons as you read the story. These are also super simple and inexpensive stress balls!
- > **To help introduce basic math concepts, practice measuring using random units of measurement such as apples or leaves.** For example, have your child lie down on the ground and line up leaves beside them – how many leaves tall are they?

PUMPKIN SPICE SEASON IS UPON US

why not make pumpkin spiced play dough?

Use the recipe below:

- > 2 cups flour
- > 1 cup salt
- > 2 cups water
- > 2 tbsp. vegetable oil
- > 1 tbsp. cream of tartar
- > 2 tbsp. pumpkin pie spice (you can also use 1 tbsp. of cinnamon, and 1 tbsp. of nutmeg instead)
- > Orange food coloring (or combine red & yellow food coloring)

Put all ingredients in a pan and stir together on medium heat until it thickens. Remove from the heat and keep stirring until it cools enough to handle, then knead it for a minute. Store in a resealable bag for up to 6 months.

HONOURING RESIDENTIAL SCHOOL SURVIVORS

Staff Honour Residential School Survivors on September 30th

In honor of Orange T-shirt Day, September 30th, 2020, Kw'umut Lelum staff are putting on our orange shirts and gathering virtually to reflect the ongoing impact of residential schools to our people and our communities.

We are also offering educational programming in our communities: Four Seasons of Culture will hold a Culture Day at the Penelakut and Stz'uminus Schools to bring awareness to our children and youth around orange shirt day, spending the day cedar weaving, painting, storytelling, and carving.

DON'T FORGET OUR ONLINE CALENDAR OF EVENTS

Kw'umut Lelum provides ongoing weekly, monthly and special cultural and community events both in-person and online.

For a full list of our programs and events, please visit:

www.kwumut.org/events

KL KEEPS YOU CONNECTED

There are so many ways to discover more about the programs, services and events we offer for our children and families.

Join our groups to keep up to date on programs, tips for staying healthy and culturally connected.

FACEBOOK GROUPS

Kw'umut Lelum Recreation and Wellness: online workouts, building healthy habits

KL Health and Wellness Group: Mental and emotional health and wellness with an Indigenous perspective

4 Seasons Cultural Program:

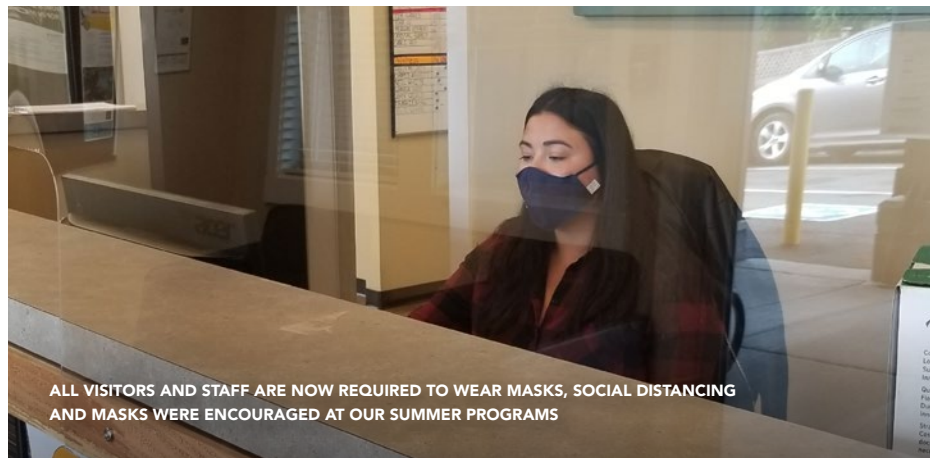
Keeping you connected to our cultural programming for children, youth and families

Kw'umut Lelum 4 Seasons Early

Years: for parents and caregivers with children ages 0-6. Great tips, activities and interactive conversation that fosters child development

DO YOU HAVE FEEDBACK ABOUT THE NEWSLETTER?

Contact jholstein@kwumut.org



ALL VISITORS AND STAFF ARE NOW REQUIRED TO WEAR MASKS, SOCIAL DISTANCING AND MASKS WERE ENCOURAGED AT OUR SUMMER PROGRAMS

KL Adapts to the COVID-19 Pandemic

Due to the ongoing global pandemic Kw'umut Lelum had to re-evaluate not only how we worked together to support families, but were also provided a lesson in what is truly essential and important.

Our agency, with the support of our Board, was able to quickly implement a new way of providing virtual programming and supports to our families to help "flatten the curve" using technology and, since August, have also returned to delivering programs and services to small groups with limited participant spaces.

KL has continued to adapt in the way we are providing delegated and non-delegated services through the creation of COVID-19 safety planning and measures which address: assessing the potential risks, developing a risk mitigation plan, approaches to conducting indoor and outdoor events, being aware of risks from high touch surface areas, creating procedures around food being served at events/programs, how and where travel is being provided, when the use of face masks or face coverings are necessary, and by including pre-screening questions for participants/attendees (to be asked at the beginning of every program/event).

KL remains committed in creating a safe workplace and programming during these uncertain times and have shared our COVID-19 safety planning document in addition to increased conversations with our nine member nations in our approach to service and program delivery.

This has resulted in a combination of increased online programming (or live streaming) from our 4 Seasons of Wellness, Culture and Early Years teams as well as small group program delivery to meet each nation at where they are at as we approach the fall season.

In our offices, we have increased our safety protocols as well. Staff and visitors are required to socially distance, reminded to wash and sanitize hands often, and wear masks whenever they leave their own offices. We have limited all in-person meetings to small groups, and try to connect virtually with families and other service providers wherever possible.

Staying Connected to Education

Taking action to support indigenous students



Kw'umut Lelum, in collaboration with Nanaimo Ladysmith Schools Foundation (NLSF) and the MasterCard Foundation supported over 800 Indigenous learners and their families across mid-Vancouver Island. The "Staying Connected to Education" initiative provided access to support their online education, and also keeps them better connected to the services and social supports they need by distributing laptops and tablets to school-aged children and youth. The collaborative effort saw local School Districts (Parksville/Qualicum, Nanaimo Ladysmith and Cowichan), Aboriginal Friendship Centres and First Nations governments identifying families in need in each of their catchment areas and overseeing the distribution of the devices to ensure they get into the hands of students who need them most.



Indigenous Grad Ceremony

While the graduation rate for Indigenous students in BC has been rising, there is still a huge gap between Indigenous and non-Indigenous success outcomes in education. Kw'umut Lelum is committed to helping our youth achieve the best possible future and we know that having a solid education is a huge part of that.

On July 22nd, Kw'umut Lelum honoured 7 of our Indigenous graduates in a small but meaningful ceremony at Maffeo Sutton Park in Nanaimo. With pandemic restrictions in place, we were mindful of limiting the attendees, but the youth were encouraged to invite close family members to witness their achievement. A few select staff and invited guests provided words of praise and encouragement, as well as song and ceremony to recognize their accomplishments. The graduates and their families were treated to a catered dinner, had their photos professionally taken and were provided with gifts and a framed certificate to commemorate their incredible achievement. We raise our hands to these wonderful grads and wish them every success!

UPCOMING EVENTS

Community Ball Hockey (Sept 2nd-November 25th)

Kw'umut Lelum and Salish Storm Hockey launches their second year of Community Ball Hockey for ages 6-18 at the Covered Sports Court in Harewood.

The purpose of this program is to encourage children to come out and play back-to-back short games for fun and basic skill development; whether you are new to floor hockey have experience, this low-barrier program is where you come to form positive relationships, and learn technique in a small group setting. Open to our nine nations, Community Ball Hockey brings opportunity to Indigenous children, providing one on one coaching from our certified Salish Storm coaches, sanitized equipment and parent and caregiver mentorship in supporting their child's interest in sport.

**Interested in participating?
Contact Emily Simpson for more information 250.619.3619**

Red Cross Babysitting Course (Snaw-Naw-As)

**Wednesdays October 7
to November 4th**

In partnership with Snaw-Naw-As Health Centre, we are offering a babysitting course to children and youth ages 12 and up. The course teaches basic skills and knowledge to safely care for children.

**Contact Nicola Loiselle
250.668.9798**

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UPCOMING EVENTS CONTINUED

Home Alone Program (Snaw-Naw-As)

Wednesday November 11th & 18th

This course teaches basic safety and problem solving to children and youth ages 10 and older so that they can be confident and responsible when home by themselves.

Contact Nicola Loiselle
250.668.9798

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Life in tum'xuytl'

SHARED BY THE FOUR SEASONS
CULTURAL TEAM

As our summer is nearing an end and our fall season is here. Ya'xay'tl'thut is when the fish are running in the rivers and the Salmon Ceremony begins, we pray for the fish to come to our communities and provide food for our families for the winter.

Salmon is one of the main staple foods in our Coast Salish diet. Fall is also the season we start the fires to smoke our fish to preserve for the winter. It is also a time that we hunt for deer and elk which is another main food staple for our Coast Salish people. We also do the final preparing needed for our winter ceremonies. Our winter ceremonies would take place in the big house. These houses need large fires which means a lot of wood to keep the visitors from up and down the island warm throughout the four day ceremony. Our families would spend years of preparing for a Naming ceremony, memorial, coming of age, receiving a mask or rattle. Which brought families and communities together to honor, heal and do important work.

In case you missed it: Our Summer in Review

VIRTUAL PROGRAMS

Circle of Security for Caregivers is an online weekly session that helps parents and caregivers to understand children's needs, support their child's ability to successfully manage emotions, enhance the development of a child's self-esteem and security.

Hul'qumi'num classes were offered virtually by our Cultural team throughout June and July to enhance cultural knowledge and skills through traditional Hul'qumi'num language lessons, songs, and online interactions led by Florence James.

Indigenous self-care for parents and children was a 7-week online gathering for parents of children ages 0-6. Parents were provided with activity kits to help them participate in a series of teachings and discussions about language, medicine, song and self-care.



PARTICIPANT ACTIVITY KITS INCLUDED DRUMS, LANGUAGE CARDS

Budding Babies offered an opportunity for parents and caregivers with babies ages 0-2 to connect with child development specialists and gain knowledge and hands-on experience to help spur healthy growth and development. Each family received an activity kit with toys, books and materials to help them participate in the sessions with their little ones.



BUDDING BABIES ACTIVITY KIT

4SEY Hop Online - During KL's transition to virtual programming, 4 Seasons Early Years launched Hop Online for caregivers and parents with children ages 2-6; giving opportunities for play that supports their readiness for school, Four Seasons Early Years guides parents and caregivers to gain skills and insights on being their children's first teacher. Due to its popularity and the positive feedback from participants, this program will be starting back up again beginning October 22nd.

COMMUNITY PROGRAMS

Cedar and Me - 8 children and youth ages 6-18 gathered weekly at the Arts Collaborative in the Red Barn at Beban Park along with local artists and knowledge-keepers Dave Bodaly (Snuneymuxw) and Beau Wagner for KL's 4 Seasons of Culture program Cedar and Me.

Over the course of the summer, youth had the opportunity to learn different teachings around working with cedar: hearing stories to develop a higher understanding of how cedar has shaped our history and lives and getting hands-on experience in carving, weaving and canoe-craft.

All sessions started with a socially-distanced talking circle where youth were able to share what they learned together. The youth were able to carve mini paddles, canoes, and swords, wove cedar bracelets and took their canoes for a pull in the pond.

We are grateful for the opportunity to work with Dave and Beau whose work brings to life the Coast Salish ways of knowing and being for our xe' xe' smun'eem.



CHILDREN AND YOUTH LEARNED ABOUT MANY USES OF CEDAR

Budding Babies (Virtual program)

Wednesdays October 14 – December 2

Hands-on child development sessions for parents with children aged 0-2 offered by our Early Years Team

Register with Early Years Team at 250.714.4815 or 250.713.0364

Hop Online With 4SEY (Virtual Program)

Thursdays October 22 to November 19

This online program gives children ages 2-6 and opportunity to play and foster their development while teaching parents and caregivers practical skills to support their child's growth. Activity kits are provided to each family to help them participate in the program.

Register with Early Years Team at 250.714.4815 or 250.713.0364

Hum'na'tul' Book Club

Tuesdays October 27 – February 2

Our new online literacy program for children ages 2-6 gives parents and caregivers knowledge and skills to support early literacy.

Register with Early Years Team at 250.714.4815 or 250.713.0364

Building Healthy Relationships

**October 7th and 8th
Stz'uminus Health Centre**

A 2-day retreat for women to help them strengthen and share their wisdom around healthy partner relationships. In partnership with Stz'uminus First Nation

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**Circle of Security for
Parents/Caregivers**
Wednesdays October 14th
to December 2
Penelakut Health Center

This program, facilitated by our Wellness Team, helps to support parents and caregivers to form and maintain healthy attachments with their children and to foster and build their resilience, self-esteem and independence.

Register with Nicole Jack
250.246.9885

CHILDREN'S RHYME

A classic fall children's rhyme is called "Dingle Dangle Scarecrow" – use the lyrics to create action movements with your child!

" When all the cows were sleeping
And the sun had gone to bed
Up jumped the scarecrow
And this is what he said
I'm a dingle, dangle scarecrow
With a floppy, floppy hat
I can shake my hands like this
I can shake my feet like that
When all the hens were roosting
And the moon behind a cloud
Up jumped the scarecrow
And shouted very loud
I'm a dingle, dangle scarecrow
With a floppy, floppy hat
I can shake my hands like this
I can shake my feet like that
I'm a dingle, dangle scarecrow
With a floppy, floppy hat
I can shake my hands like this
I can shake my feet like that "



Culture Camps held at Snaw-Naw-As and Stz'uminus - Children between the ages of 6 to 12, and 12-18 years in Snaw-naw-as and Stz'uminus recently enjoyed an opportunity to participate in Cultural Day Camps within each of their respective communities.

Julie Rice-Wyse, Coordinator of 4 Seasons of Culture, strengthened cultural identity through activities, oral teachings and field trips. Some of the activities included: ocean fishing using rod and reel, while listening to stories of traditional methods of fishing techniques; learning about the history of war canoe racing – then receiving a paddling demonstration and paddling in an oceangoing canoe; listening to the history of bone games (lahal) and learning the basics; weaving cedar headbands and bracelets; harvesting blackberries and receiving teachings on a variety of traditional foods as well as learning about the shift and introduction of new foods such as sugar and flour in today's diet; and receiving hands-on experience in making fried bread.

The last session of each program provided another memorable highlight – travelling to Victoria to check out the First Peoples Gallery with a keen focus on taking in Coast Salish cultural materials and history.

Family Fit Nights - The Kw'umut Lelum Family Fit program in Penelakut was a major success thanks to incredible participation of local families. The exercise program is led by Chris Arnett, KL Recreation Therapist and co-facilitated by Nicole Jack, Penelakut Child and Youth Worker.

The feedback from participants has been overwhelmingly positive and it is exciting to know that Kw'umut Lelum is providing such an influential program for families on Penelakut Island! We look forward to seeing you on the field working up a sweat and enjoying quality time with your family and ours.



OUR CHILDREN AND YOUTH NEED FAMILIES

Help keep children in their communities, or bring them home



Kw'umut Lelum is seeking family and cultural caregivers in our Member Nations to provide safe, stable homes for children and youth

- Supports available
- Full-time, relief and emergency care needed

Contact Julia Hunter
Tel. 250-591-0933
E. jhunter@kwumut.org
kwumut.org

Penelakut Kids Camp - This summer, the COVID-19 pandemic restricted many recreation programs across the island, particularly for children and youth. Working with our member nations, KL stepped in to fill the gap!

Every Wednesday throughout August, KL 4 Seasons of Wellness hosted a Kids Camp from 10:00 am - 2:30 pm on Penelakut Island for children and youth ages 5 to 15. The program organized fun and interactive activities for children and youth such as beach walks, treasure hunts, scavenger hunts, swimming and variety of activities on the soccer field.

Healthy snacks and lunches were also provided as part of the program and KL would like to thank staff from the Penelakut Health Unit for their assistance and support with use of kitchen facilities.

Kids Nutrition Conference - On August 6th, Qualicum FN and Kw'umut Lelum hosted a "Kids Nutrition Activity Day" where participants learned to prep veggies, make smoothies and select healthy food choices. The session was followed by a mountain bike ride through the beautiful trails of Qualicum.

Snaw-Naw-As Girls Group - This weekly gathering supported Snaw-Naw-As girls to unlock their potential with fun-filled days and activities, building friendships and self-esteem.

Youth Kayak Group - During the month of August, KL organized a Youth Kayak drop-in program which ran on Thursdays from 10:00 am – 4:00 pm at Transfer Beach in Ladysmith. The program was made available to youth of KL's member nations with the purpose of creating peer support, providing an opportunity for youth to develop awareness and skills out on the water and build confidence and friendships.

The average attendance over the four sessions was 37! While the kids and youth enjoyed paddling around out on the water they also enjoyed the pizza lunches and beverages which were provided by Kw'umut Lelum.



4-DAY WORK WEEK PILOT PROGRAM

Kw'umut Lelum began piloting a 4-day work week beginning July 6th in an effort to enhance employee wellness, boost productivity and creativity and reduce time commuting to and from work.

This new approach sees employees working the same number of hours per week, but condensed into 4 days instead of five. There will be no reduction in service delivery and in fact, our office hours are extended – we are open Monday through Friday from 8:00am to 4:30pm.

As we begin to emerge from the pandemic crisis, we recognized a need to find creative solutions to creating work-life balance for our employees while ensuring our essential services could be maintained.

The pilot will be evaluated – on measures of productivity, employee satisfaction and operational capacity – before determining whether or not to adopt the 4-day work week on a permanent basis.

LEMUT TU KWASUN

Lemut tu kwasun
See the shining star

tlim 'a' tsakw
It seems so very far

Lemut tun 'thele'
Look deep within you

Nilh uw nuwu
This is who you are

DO YOU HAVE FEEDBACK ABOUT THE NEWSLETTER?

Contact jholstein@kwumut.org

OUR SUMMER IN REVIEW · COMMUNITY PROGRAMS CONTINUED

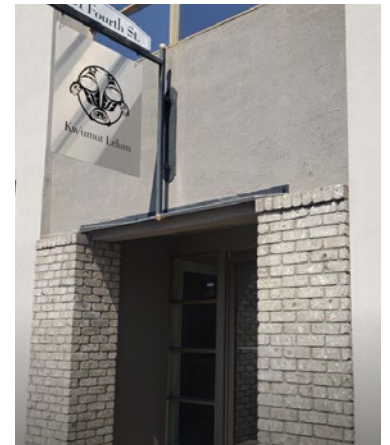
Saysutshun Culture Camp - On August 8th, youth from our 9 nations took part in a culture camp on Saysutshun.

Various cultural activities were set-up around the island. Youth took part in a cedar weaving workshop, tried their hand at traditional Coast Salish painting, made cedar clappers, went on a guided tour of part of the island, learning some local Snuneymuxw history and had a canoe outing. Snuneymuxw Nation generously donated salmon for a BBQ lunch.

Penelakut Paint Night - Kw'umut Lelum and Penelakut hosted a Women's Paint night at the Penelakut Health Centre August 20th where 8 participants got to explore their creative side with a virtual instructor.

New Office Opens in Duncan

On August 4th, Kw'umut Lelum opened the doors of its newest location in Duncan. The site marks a new chapter in our organization's 23-year history of offering culturally-integrated services to Indigenous families in mid-Vancouver Island.



The building, at 151 4th Street in Duncan, houses a team of Social Workers, Family Support Workers and wellness staff and will act as a service hub for member Nation families living in Duncan, as well as those living in community in Malahat, Halalt, Penelakut, Ts'uubaa-asatx (Lake Cowichan) and Stz'uminus.

Beginning this fall, Kw'umut Lelum will be providing services for Member Nation children and families in the Duncan area that currently have files with the Ministry of Child and Family Services – this includes any open child services files for children in or out of care, family services files, and any open incidents or investigations. Any new services required (child safety, family support services, etc) by Member Nation families living in Duncan will be referred to Kw'umut Lelum, not MCFD.

With three different child and family service organizations (including MCFD and Lalum'utul' Smun'eem) operating in the Duncan area and servicing Indigenous people, there was some concern about confusion over which agency a family might call or be referred to. Cowichan families will continue to be referred to Lalum'utul' Smun'eem, and those with cultural connections to KL Member Nations (Halalt, Lyackson, Malahat, Penelakut, Qualicum, Snaw-Naw-As, Snuneymuxw and Stz'uminus and Ts'uubaa-asatx) will come to Kw'umut Lelum.