



Kw'umut Lelum
KWUMUT.ORG

FOUR DIRECTIONS

KW'UMUT LELUM SQWUL'QWUL

WINTER/TUM'XUYTL' 2020



SHARING WISDOM

KW'UMUT LELUM
HOSTS DELEGATION
FROM NEW ZEALAND

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PHOTO BY TRICIA THOMAS

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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

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4 Seasons Program

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Message From The Executive Director

Over the past year, Kw'umut Lelum has been growing and changing to better respond to the needs of our member communities. With a focus on prevention and wellness, we have brought new programs and services to our families and children – from Hul'qumi'num language fairs to men's groups, to school-based nutrition programs.

With so much growth, we recognize how important it is to keep in touch with the people we serve, in a way that works best for them.

For some of you, social media is the best way to make sure you know what we are up to and how we can help. But others need a less technological approach. That is why we are expanding our newsletter to become a true community publication – delivered directly to our caregivers, Nations, community members and service partners.

We are calling it Four Directions – *Kw'umut Lelum sqwul'qwul*. The name encompasses our Nations and communities while recognizing the tradition of being witness to important events and decisions. The Hul'qumi'num means "Information from Kw'umut Lelum" or "the Kw'umut Lelum news".

I raise my hands to the hard work of our staff, whose work is represented in these pages. Huy tseep q'a Siem.



Life in tum'xuytl' SHARED BY LAWRENCE MITCHELL

During tum'xuytl' we live primarily in our winter village sites that are more sheltered and protected from the strong winds, pouring rains, and heavy snowfalls. Which meant we stayed closer to home but we still had the opportunities to hunt and harvest winter game (ducks, geese, clams, seals, oysters and pune'q), but we really drew on our food stores gathered throughout the rest of the year.

Our day to day life was still about hard work and staying active through constructing and repairing fishing gear, planks, walls, and other tools; but we also had ample time to work with wool and cedar crafting things such as clothing, mats, baskets, and blankets.

Our stthewtxw (longhouse) ceremonies brought us closer together as visitors and family came to support the smilhu, and the sacred work of our loved ones. It is a time of great honor, introspection and remembrance as we rejuvenate our hearts & spirits. We embrace these winters as a time of great importance in a way of life that has sustained our people since the time beyond memory.

How to Keep Your Children Active Over the Winter Break

As the days get colder and shorter (and wetter!), many of us find ourselves staying inside more often. While it is important for our physical and mental health to get fresh air and exercise, we know there are some days where weather can make it difficult if not impossible.

So check out these ideas from our 4 Seasons Early Years Team for great inside activities to do with young children.

- > **Turn your living room into a winter wonderland.** Use white sheets/blankets to create a snowy back drop and then just add some cut-out paper snowflakes – let your child’s creativity run wild! It is also a great opportunity to help your child practice imaginary play: maybe you’re a family of bears in the North Pole or you’re photographers trying to take pictures of penguins.
- > **Get messy.** Children love to get messy, so let them (and maybe sneak some extra learning in too). A snow themed idea of messy play is to provide your child with shaving cream. You can sit with them at a table or counter and let them move the shaving cream around and build snow forts and mountains. If you have an older child you can even help them to write their name or answer a math problem using their finger as the pencil in the shaving cream.
- > **Pass down a family recipe.** Cooking and baking are excellent family activities that teach children life skills. Make sure to let your child have as much independence as possible according to their development stage – whether that means measuring out ingredients, mixing, pouring, chopping or reading out the recipe. And don’t forget about getting their help cleaning up!
- > **Try a new exercise.** The holiday season is full of feasts and sweet treats so try a new exercise with your child in order to help stay healthy over the break. There are countless children’s yoga videos available online for free that feature your child’s favorite characters – they also work as fantastic beginner videos for adults too!
- > **Get scientific.** Science experiments are an excellent way to teach children basic science concepts. Try putting a winter twist on the classic baking soda and vinegar reaction: fill a container with ice and then cover the top of the ice with baking soda, food coloring, and dish soap. Finally add the vinegar and watch the reaction take place (don’t worry it won’t explode).

“Cooking and baking are excellent family activities that teach children life skills.”



QWAM QWUM SCHOOL GIRL'S GROUP MAKES DRUMS WITH DONNA MANSON



HOLIDAY PARTY A FESTIVE FAMILY EVENT



COMMUNITY BALL HOCKEY RUNS WEEKLY AT HAREWOOD COVERED MULTIPURPOSE COURT



4 SEASONS PROCESSED 2 DEER TO USE FOR FUTURE MEALS



CAREGIVERS WERE TREATED TO AN EVENING OF SELF-CARE IN HONOUR OF FOSTER PARENT APPRECIATION MONTH

DON'T FORGET OUR ONLINE CALENDAR OF EVENTS

Kw'umut Lelum provides ongoing weekly, monthly and special cultural and community events. For a full list of our programs and events, please visit us at: www.kwumut.org/events

CHILD SAFETY TIPS

Don't "Just say no". Instead of telling your child to stay away from the oven, explain to them that it is hot and can hurt their skin. By having these conversations with your child it takes away the temptation of finding out why they have to stay away from something and prepares them for future situations where they could have the opportunity to injure themselves.

We want to teach our children to be independent so help put the responsibility back on them and help them reflect on their actions. Instead of saying "stop! That is not safe," ask your child "Is this a safe choice?" Most likely they will take a second to re-think what they are about to do and make a different choice.

HUL'QUMI'NUM LESSON

Sht'tuxs tu musteyuxw,
Yath'ch siem'stuxw

(People make mistakes,
but still show respect.)

HOW WILL YOU SHARE THIS TEACHING? LET US KNOW.

DO YOU HAVE FEEDBACK ABOUT THE NEWSLETTER?

Contact jholstein@kwumut.org



School Fuel Program Feeds Body and Spirit

Kw'umut Lelum's Wellness Team, in partnership with Penelakut School has implemented a new program to give the kids in the community a big healthy and fun dose of physical activity.

School Fuel brings all the students together to participate in healthy physical activity and to help prepare a nutritious communal meal for the whole group to enjoy together at the end of the school day. The ultimate focus for this program is to give these students and community kids a stable place to move their bodies, and fill them with some nutrient dense food right at the beginning of the week to "fuel" them for success and a great week of school to help enhance their learning and physical activity demands.

Canoe Life Brings Traditional Teachings

The Canoe Life program is a unique offering for our Indigenous youth that provides them with a positive sense of identity while teaching history, traditional arts, and life skills.

Every week, our group gathers to participate in activities that underpin teachings of respect, self-sufficiency and interconnectedness. We invite Elders and traditional knowledge keepers to share their wisdom as well. Over the past 3 months, we have learned about traditional foods and cooking (smoking fish, processing deer meat), experienced history as told through a collection of artifacts found on local beaches, participated in drum circles and carving classes, and tested our limits at indoor rock climbing.

The New Year brings new challenges as we plan for spear making, spear fishing and archery. Many of our older youth are looking forward to getting their First Aid certifications and boat or firearm licenses as we work towards a youth hunting excursion!



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 Leonor Hampton
Tel. 250-591-0933
E. lhampton@kwumut.org
kwumut.org



DELEGATES STAND WITH KL YOUTH OUTSIDE SNUNEYMUXW BIG HOUSE

New Zealand Delegation

Kw'umut Lelum and Snuneymuxw were honoured to host a delegation from New Zealand that included Minister Tracey Martin and high commissioner to Canada Daniel Mellsop.

The Minister was on an education tour across Canada to learn about how best practices for Indigenous children in care. She was interested to meet with KL to see how Indigenous communities can be empowered to take back responsibility for caring for their children and prevent children from coming into care.

Martin was particularly interested in our focus on supporting Indigenous youth transitioning into independence when they turn 19.

"Talking to Indigenous people and First Nations services about new legislation, new funding models, the difference between on and off reserve care. That's what the visit has been about, finding that nuance and seeing how they've done it." Said Minister Martin.

KL was proud to share information about our Step Up! Program that supports youth (ages 15 to 24) to make goals, access resources, and build skills across 5 key domains of independence: personal wellbeing, education, employment, culture and community, and housing.

Following the meeting, the delegation was taken to the Snuneymuxw big house where they were honoured with ceremony. During a shared meal, Kw'umut's canoe family youth performed songs and dances for the assembled staff and honoured guests.

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INDIGENOUS YOUTH CONFERENCE, SATURDAY, FEBRUARY 22ND, 2020

Kw'umut Lelum presents a **FREE** day of workshops, culture and fun with Suzette Amaya, Mike Scott and Vancouver's DJ Staniml.

This day includes breakfast, lunch, dinner and a DJ dance party. Participants will also have access to a variety of wellness partners and resources, cultural support from Elders, and on-site counselling supports where needed.

Interactive Workshops include

- > Dream Big: Goal Setting
- > Sobriety, Addictions and Living the Good Life
- > Promotion of Life/Suicide Prevention
- > Healthy Relationships

Early Registration is available until January 19th 2020

This event will be open to youth Ages 13-19 (17 and under must be accompanied by a chaperone) with a connection to Kw'umut Lelum's 9 Member Nations (Qualicum, Snaw-Naw-As, Snuneymuxw, Stz'uminus, Penelakut, Lyackson, Ts'uubaa-asatx, Halalt, Malahat).

REGISTRATION is available on www.eventbrite.com or you can find a link on our Facebook Page. Or contact jholstein@kwumut.org for more information.

While registration is absolutely free, you must arrange your own transportation.



KL Youth Travel to Harvard

The Peabody Museum of Anthropology in Boston is one of the oldest anthropology museums in the world.

It houses a massive collection of artifacts from around the globe, but also has many items that originated in Coast Salish territories. With support from former VIU President Ralph Nilson, Kw'umut Lelum youth will have an opportunity this April to see the collection for themselves, as part of a 6-day trip to Boston.

"Youth will be able to see for themselves the importance and impact that their own culture has on the broader world, and also have an opportunity to talk with museum staff about repatriating cultural artifacts that were taken out of Indigenous communities and what that process looks like."

10 youth in and from care are being selected to attend this cultural exchange that will also involve a tour of Harvard University, meeting with Wings of America and local First Nations groups, and a chance to see the start of the Boston Marathon.

"Travel and exchanging ideas with other people beyond your own community is really enriching for our children." says Tim Harris, who is leading this cultural exchange. "It opens us up to start thinking about different possibilities for ourselves, and builds important life skills."

The Boston trip is the first of what KL hopes to be an annual opportunity for broadening the minds, hearts and experiences of our youth through travel.

UNDRIP Recognized in BC Law

Kw'umut Lelum is encouraged by the unanimous passing of the Declaration of Rights of Indigenous Peoples Act in the BC legislature. We look forward to the day when all of the laws in our country acknowledge, respect and support the rights of our First Nations, Inuit and Metis people as they reclaim, in the words of Grand Chief Ed John "their collective dignity and well-being".

KL STAFF PROVIDE PRO-D DAY FUN

The KL Wellness Team has been talking with member Nations seeking ideas and ways to connect with community members, build trust and share information around our services and programs.

One way that has been explored has been by arranging family events on Pro-D days. To date we have held 2 family swim days in Ladysmith and been invited to Qualicum, Snuneymuxw and Stz'uminus to host movie matinees using our 20 foot inflatable movie screen. Our theatre style popcorn-maker has been a huge hit and some communities have produced home-baked treats to entice community members out, to sit as a collective, and be together.

Through community engagement we have also learned of other opportunities where we can help. For instance, in one community the Men's Wellness Group is in the midst of fundraising for a trip to visit the IMAX Theatre in Victoria. So, we are now discussing providing a movie night in their gym while the group hosts a bake sale to raise funds for their initiative.

Is your school or organization interested in partnering? Please contact us to discuss ways we can support your community and wellness initiative.

Contact Lee Wittmann at lwittmann@kwumut.org

DO YOU HAVE FEEDBACK ABOUT THE NEWSLETTER?

Contact jholstein@kwumut.org



Hope and Health at Home "H3" is Making an Impact Across Coast Salish Communities

Kw'umut Lelum proudly partners with Hope and Health to bring H3 to Penelakut, Stz'uminus and beyond. KL sponsored the initial pilot in 2017 and has been partnering alongside other funders, such as Nike7, to successfully implement this soccer-based community program. The 8-week program uses sport to develop and empower Indigenous children and youth to realize their limitless potential, on and off the pitch. The parents and community champions report back to Hope and Health that:

"You don't need to be a soccer player or belong to a soccer team to enjoy the H3 program. Everything about the H3 program builds on a healthy lifestyle, having fun and playing in a safe environment."
COMMUNITY PARTNER

"The H3 coaches bring out a lot of fun and inclusive games. We have 4 to 5 kids that don't like P.E, but they love being part of the H3 program, because they attend all the fun activities that go along with the H3 program"
COMMUNITY PARTNER

"This is my daughter's first year participating, but this is the first real opportunity for sports activity time for a lot of the children, outside of school. Many children don't have many opportunities to leave the island...so this is a great opportunity to get kids moving!"
H3 PARTICIPANT PARENT

The H3 program will continue to be offered in the originating communities of Stz'uminus and Penelakut, and is expanding to Halalt in December 2019 and Malahat in 2020. Additional sports are also under design with H3 basketball and H3 lacrosse to be piloted in 2020.

All H3 programs will have access to additional benefits of field trips to sporting and special events and being part of a global network, connected by Coaches Across Continents. "Our future vision is to offer global sport and exchange opportunities for our coaches and participants to build on the potential of the network in place and the global sport for social impact movement that we are all a part of" says Hope and Health Director Deana Gill.

For more information about Hope and Health at Home, please visit the Hope and Health Facebook page or contact deana@hopeandhealth.org.

EARLY YEARS BUILDS STRONG FAMILY CONNECTIONS

Each week, our 4 Seasons Early Years team provides drop-in family groups for parents and caregivers and their young children.

Responding to community needs, they have also been offering registered programs throughout the year. Parents and children have been loving our 10-week registered program in Ladysmith called "Strong Bodies, Healthy Minds".

Each week, we gather at our Jones Road location and learn to cook a healthy meal together, and talk about the nutritional needs of children to develop into strong, healthy adults.

The main goal of the program is to give the parents the opportunity to be part of the change when it comes to preparing, cooking and sharing wholesome food to meet the nutritional needs of their families. This program can empower parents to practice healthy lifestyles through hands on cooking classes and the whole family can actively participate in the various exercise activities that we have built in.

From a cultural perspective, this is a community working together to learn how to; prepare healthy foods, share a meal together, incorporate traditional teachings into daily life, and exercise. This registered group hopes to empower parents & their children to practice healthy lifestyle, with an emphasis on developing self-care and wellness choices for life.

For information on our Early Years programs, check out our events calendar on our website, or contact our office.



Empowering our Men Through Traditional Circles

When Kw'umut Lelum first began to offer wellness programming, we were mindful that services must reflect the needs of each community. Our families, Elders and leaders in each Nation shared with us the gap in services available for men - youth, fathers, uncles - who are attempting to make positive lifestyle changes as they struggle with their own trauma.

Our Men's Wellness programs are run by Qwa-sun-itun (Neil White) who provides everything from one-on-one counselling to traditional circle work. We have run weekly drop-in groups in Snaw-Naw-As and Snuneymuxw.

On October 25th - 27th, KL 4 Seasons of Wellness hosted a Men's Wellness Gathering at the Cowichan Lake Education Centre in Ts'uu baa-asatx Territory. 11 participants representing 5 Nations spent two nights and three days together in a spectacular setting, sharing conversation on a broad range of topics including: Coast Salish culture, identity, overcoming trauma, roles and responsibilities, resilience, strategies for health and wellness.

The weekend was an empowering one for everyone involved. Said Patrick Aleck Jr.: "Even men who weren't comfortable sharing emotions shared. I needed the weekend to recharge and refocus and the men's retreat helped with that. Please have more programs and be patient in this "quick fix" and "I want it now" society! Thank you for you Kw'umut Lelum for the great weekend!"

Chief Daniel Elliot of Stz'uminus recognized the importance gathering together in this way: "It was a real blessing for me personally! I felt like I was immersed in Snuweyeth teachings a link to our ancestors. These types of teachings are rare so this was exceptional! Neil is a power house and a gift to the Coast Salish people. For me we had teachable moments that were for leaders and then we as a group moved in powerful and mysterious ways!"

As the reputation of our men's circle programs grow, we are beginning to join together with other communities and programs so that we can lift each other up in wellness.

For more information about this work, please call Neil at 250-591-0933.