



T'Sou-ke Nation

T'SOU-KE NATION NEWSLETTER

P.O. Box 307, Sooke, B.C V9Z 1G1

September 15th 2017



SAN JUAN RIDGE

We ventured up to the San Juan Ride / North 500 looking for wild blueberries, red huckleberries and other fruits readily available, September 4th 2017. Most had finished or were poor because of lack of water ☹ Shirley made the girls Princess crowns out of Salal boughs.

****ADMINISTRATION****

Hours Are:

P: 250-642-3957 F: 250-642-7808

Sandra Sprinkling - admin1@tsoukenation.com

Michelle Thut - administrator@tsoukenation.com

Christine George - christine@tsoukenation.com

T'Sou-ke Nation Office

8:30 am to 4:30 pm Monday to Friday
Closed during Lunch 12:00 pm – 1:00 pm &
also closed Saturday, Sunday & Statutory Holidays

****CHIEF & COUNCIL****

P: 250-642-3957 F: 250-642-7808

Gordon Planes - gordonplanes@icloud.com

Rose Dumont - dubzdu@gmail.com

Allan Planes - planes_allan@hotmail.ca

COMMUNITY MEETING

Please join us on Monday October 2, 2017 for Economic Development Update and Audit Review. Meeting will start at 5:30pm with dinner.

When: Monday - October 2, 2017

Where: T'Sou-ke Nation Community Hall

Time: 5:30pm - 8:00pm

****HEALTH DEPARTMENT****

P: 250-642-4261 F: 250-642-7848

Yvonne St Pierre - socialdevelopment@tsoukenation.com

Rose Dumont - adminhealth@tsoukenation.com

Daphne Underwood - communityhealth@tsoukenation.com

WEBSITE / FACEBOOK

Always check the T'Sou-ke Nation Website and Facebook pages for more updated, daily information ☑

MEALS ON WHEELS

Please ensure that there is a cooler outside of your door, clearly marked, for your meals on wheels to go into if you are not home, please. Thank you. This keeps your meals safe from animals and bugs.

SEPTEMBER

- **18th:** Ham Bean Soup – Spinach Salad – Mousse and Milk
- **20th:** Seafood Chowder – Lemon Zinger – Salad – Garlic Bread – Juice and Milk
- **25th:** Beef Barley Soup – Carrot Sticks – Whole Wheat Buns – Yogurt with Mixed Berries and Milk
- **27th:** Beef Stew – Baked Bannock – Cucumbers – Potatoes – Melons and Milk

SOCIAL DEVELOPMENT

Office hours are:

Monday 8:30 to 4:30

Tuesday 8:30 to 12:30

Wednesday 8:30 to 4:30

The office is closed from 12pm to 1pm daily

Benefit Month	Declaration Due Date	Date of Cheque Issue
October 2017	September 15 th 2017	September 20 th 2017
November 2017	October 20 th 2017	October 25 th 2017
December 2017	November 17 th 2017	November 22 nd 2017
January 2018	TBD	TBD

YOUTH - ADULTS MARTIAL ART TRAINING (SELF DEFENSE)

The Health Office is pleased to announce that we will be hosting Martial Arts Training (self-defense) beginning in October starting Saturday, Oct 14th 10:00am – 12:00 pm on Wednesday, October 18th from 5:00 pm – 7:00 pm in the band hall. This program will run for 3 months.

We will require members and youth to sign up for this class as we need to ensure we have adequate numbers and space to sustain this program. This program will run for 3 months. We will require members and youth to sign up for this class as we need to ensure we have adequate numbers and space to sustain this program.

Our primary focus in our Health Office is Preventative Health and Wellness of our Membership. This program is designed to help promote safety and awareness amongst our Youth and Members.

A BIT ABOUT VING TSUN

- Ving Tsun is a Traditional Modern Art
- Ving Tsun – the focus is body dynamics, based on the “Human Form” theory. Queensberry Boxing is Upper Body Strikes from the sides forward, no back strikes.
- Ving Tsun – we incorporate Straightline and Motherline punch theory, Centerline theory and Touch Reaction Conditioning. The discipline is comprised of 3 Empty Hand Forms, 2 Weapon Forms and the Mook Yan Jong / Wooden Dummy.
- Boxing – strength is NOT “The Primary Criteria for Success”. Form is and should be repeated until it is natural.

- There are exceptions to maintaining exact structure, also practiced during training. Goals one can only achieve by breaking structure would be considered justification. Two examples of such would be:
 1. Practicing recovery from getting too close
 2. Practicing recovery from getting in too close
- Martial Training should be as intense as each students ability permits.

HEALTH SERVICES

A reminder to all of our members and community members that our Health Department offers the following services:

Fitness Programs

Zumba twice weekly, Yoga once weekly and Bootcamp twice weekly

Reflexology

This runs twice monthly. Please feel free to contact our office to add your name to our list for appointments

Acupuncture

This runs twice monthly. Please feel free to contact our office to add your name to our list for appointments

Counselling Services

Counselling Services Support Reminder. A reminder that we have the following services to our community:

MATERNAL CHILD HEALTH - FASD SUPPORT WORKER

Inter-Tribal Health Authority

Rita Marshall

Cell: 250-886-9844

Rita will be available every Thursday from 9:00 am to 4:00 pm. Rita offers the following services:

- Maternal Child Health
- Prenatal Support
- Parenting
- Advocacy and Support Services for Women and families
- FASD Information and Support / Intervention Strategies

Come in and say hello!!

Nursing services

Monday – Wednesday and every 2nd Thursday

Community Luncheons

These are held every Wednesday starting at Noon

Meals on Wheels Program

This is needs based program. If at a time an Elder or member requires this service due to medical reasons and need some extra help, this service is offered. In order to have this service one of our Nurses will set up appointments for assessments.

Elders Wellness Days

These are held every third Thursday of the month for our T'Sou-ke Nation Elders living on an off reserve and not open to the General public. This program runs 10 am – 12:00 pm

Doctors clinic

This is a unique new service that we are offering through our office. One of our local Doctors has set up a clinic here once a month to service those that have an emergency or for those that are in need of a doctor. If at the time the need arises, we will expand these clinic hours.

This clinic is to just for our members living on and off reserve and for any community members living on reserve

Playgroup

This program runs twice monthly on Tuesdays from 1:00 pm – 3:00 pm

Community Health Nurse

Kirsten our Public Health nurse is available for vaccinations, prenatal and post-natal, flu clinics and informational sessions

Mini Wellness Days

These fun and relaxing days are offered 4 times per year

FIRST NATIONS HEALTH AUTHORITY

PRESCRIPTION BENEFITS FOR FNHA CLIENTS MOVE TO BC PHARMACARE ON OCTOBER 1st 2017

Effective October 1st 2017, First Nations in BC will join BC PharmaCare – the Provinces largest drug insurance program. A new PharmaCare plan, Plan W, has been designed specifically for First Nations.

BC PharmaCare helps BC Residents with the cost of eligible prescription drugs, and certain medical supplies and pharmacy services. It provides assistance through several drug plans. Through this transfer, First Nations Health Authority (FNHA) clients will see their prescription benefits services move from Health Canada's present system to PharmaCare. This transition is intended to reduce the steps needed for prescription coverage approval for First Nations clients who must sometimes navigate both federal and provincial services.

For more information on PharmaCare, please visit:

- www.gov.bc.ca/pharmacare
- www.gov.bc.ca/pharmacare/fnha

Find out more on this transition here: www.fnha.ca/pharmacare

****COLLECTIONS****

778-352-4695

Shirley Alphonse - shirleyalphonse@gmail.com

See Sandra or Christine in the administration office and they will assist you.

****LADYBUG GARDEN & GREENHOUSE****

250-642-3949

Christine George - christine@tsoukenation.com

OUTINGS 2017

I have scheduled the following dates for outings (on a stat holiday or weekend) and **each day is 8:30 am to 2:30 pm unless otherwise stated. EVERYONE IS WELCOME TO COME ON THESE TRIPS** ☑

Here is a list of scheduled events from August 2017 to March 2018, make sure you mark your calendars!

- October 1st – 15th & 28th: Canning / Processing in the Health Centre
- November 12th & 26th: Canning / Processing in the Health Centre
- December 2nd: TAG Craft Fair
- January 14th & 28th: Canning / Processing in the Health Centre
- February 11th: Hike
- February 25th: Hike in Cowichan - TBD
- March 4th & 18th: Hikes

GARDENING TASKS FOR EVERYONE

- Stop pruning and fertilizing

- Bring summer vacationing houseplants back indoors while the windows are still open. Check carefully for hitchhiking pests
- Start fall clean-up in the flower beds, cutting back anything that has finished blooming or is diseased
- Take cuttings to overwinter indoors (willow, boxwood, privot)
- Watch for frost warning and cover tender plants
- Photograph your gardens and containers for a record of the year's triumphs and frustrations
- Give the compost a last turn

Flowers and Other Ornamental Plants

- Divide and move perennials
- Dig and store tender bulbs like: dahlias, caladiums, cannas and tuberous begonias
- Start planting spring flowering bulbs

Vegetables

- Harvest remaining vegetables, including green tomatoes. (Tips for ripening green tomatoes.)
- Wait for a hard freeze before harvesting Brussels Sprouts
- Pick herbs for drying or freezing
- Cure winter squash for storage. Place in a cool, sheltered shady spot for about 1 month.

Fruit

- Clean up fallen fruit

Trees & Shrubs

- Plant trees and shrubs. Keep well watered, if there isn't sufficient rain.

Pests

- Dispose of any diseased or infested plant debris, to avoid overwintering the problem

****SALISH SEA SENTINEL****

www.salishseasentinel.ca

(For on-line newsletter delivery recipients) This magazine has articles related to our Nation and our accomplishments. To view your copy of the magazine or past editions, please log into: www.salishseasentinel.ca

****LANDS / ENVIRONMENT****

250-642-3957

Lawrence Underwood - larrydunderwood@gmail.com

Karen George - landsmanager@tsoukenation.com

FIREWOOD

ALL FIREWOOD ACCESS / WOODLOTS IS CLOSED UNTIL FURTHER NOTICE
DUE TO FIRE SEASON AND WILL OPEN IN THE FALL

FIRE BAN - VERY EXTREME

**Absolutely no beach fires or campfires of any kind allowed
anywhere on the West Coast.**

There is an extreme fire hazard all along the coast and the ban includes all campfires, beach fires, burning of debris (see the following District of Sooke bulletin)

Please, if you see a fire anywhere, please don't hesitate to call the proper authorities at:

1-800-663-5555 toll free or *5555 on cell phone or 911 and ask for FIRE

****YOUTH and CULTURAL NEWS****

778-352-3957

Danielle Bristol - youthcentre@tsoukenation.com

Youth; always check the Youth Centre Facebook page for updated and current information on daily activities for Youth.

CULTURAL NIGHT CHANGE of DAY & DATE

For this coming Tuesday, September 19th 2017 we will be switching this day to **FRIDAY, September 22nd 2017** so that we may share a meal with the HELISET Relay Team while they are here in our community.

For more information on this event, check out the T'Sou-ke Nation Health Office facebook page.

****TREATY & CONSTITUTION NEWS****

T'Sou-ke Office: 250-642-4320

Victoria Office: 250-360-2202

<http://www.temexw.org/>

splanes@temexw.org

dpurcell@temexw.org

tbob@temexw.org

aplanes@temexw.org

kjarrertt@temexw.org

<https://www.facebook.com/shanNINLynn>

SAVE THE DATES REMINDER:

T'Sou-ke Nation and TTA ask for your attendance at the following events and dates and for the groups specified.

- **September 29-October 1, 2017** – Elders Gathering in Tigh Na Mara for those registered (2 night stay)
[REGISTRATION IS CLOSED for this event]
- **December 6, 2017 – 5:15PM Doors open** → REGULAR TREATY UPDATE COMMUNITY MEETING
DINNER and Beverages are provided – BINGO – DOOR PRIZES
- **February 7 or ?, 2018 (TBC) – 5:15PM Doors open** → REGULAR TREATY UPDATE COMMUNITY MEETING
DINNER and Beverages are provided – BINGO – DOOR PRIZES

The Treaty Team is excited to have you all join us at these events. We thank all of those who participate and hope to see some new faces. Share the word with our off reserve members as well so they can join us.

Háýsxw qə!

Hi 'sweke

Huy ch 'qu

Huy'ch'qu'

Huy'ch'qua

huy' steep qu'

Hi'ch 'ka

Shannon Planes – T'SFN – TTA TOC

Phone: 250-642-4320

Email: splanes@temexw.org

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