



T'Sou-ke First Nation Newsletter

tsoukenation.com | 250-642-3957 | Fax: 250-642-7808

November 2022

About this Picture;

Taken by Christine George for the Ladybug Garden and Greenhouse Facebook page.

More info and pictures are available on this Facebook page



Administration

Michelle Thut administrator@tsoukenation.com

Ext.233

Sandra Sprinkling admin1@tsoukenation.com

Ext.223

Tara Jensen admin2@tsoukenation.com

Ext.222

Hailey Godolphin secretary@tsoukenation.com

Office Hours

- * 2154 Lazzar Road
- * 8:30 am to 4:30 pm Monday to Friday
- * Closed during Lunch; 12:00 pm to 1:00 pm
- * Closed Saturday, Sunday and Statutory Holidays

Chief and Council

Gordon Planes—chiefplanes@tsoukenation.com

Rose Dumont—dubzdu@gmail.com

Bonnie Hill—bonniehill@tsoukenation.com

Fisheries

Frank Sutherland—Ext.228—fisheries@tsoukenation.com

Blake Barton—Ext.232—blakebarton@hotmail.com

John Planes Sr.—Skipper Ocean Sunset

Billy Mobley, Dave Planes—Guardians



Broom Hill Lands

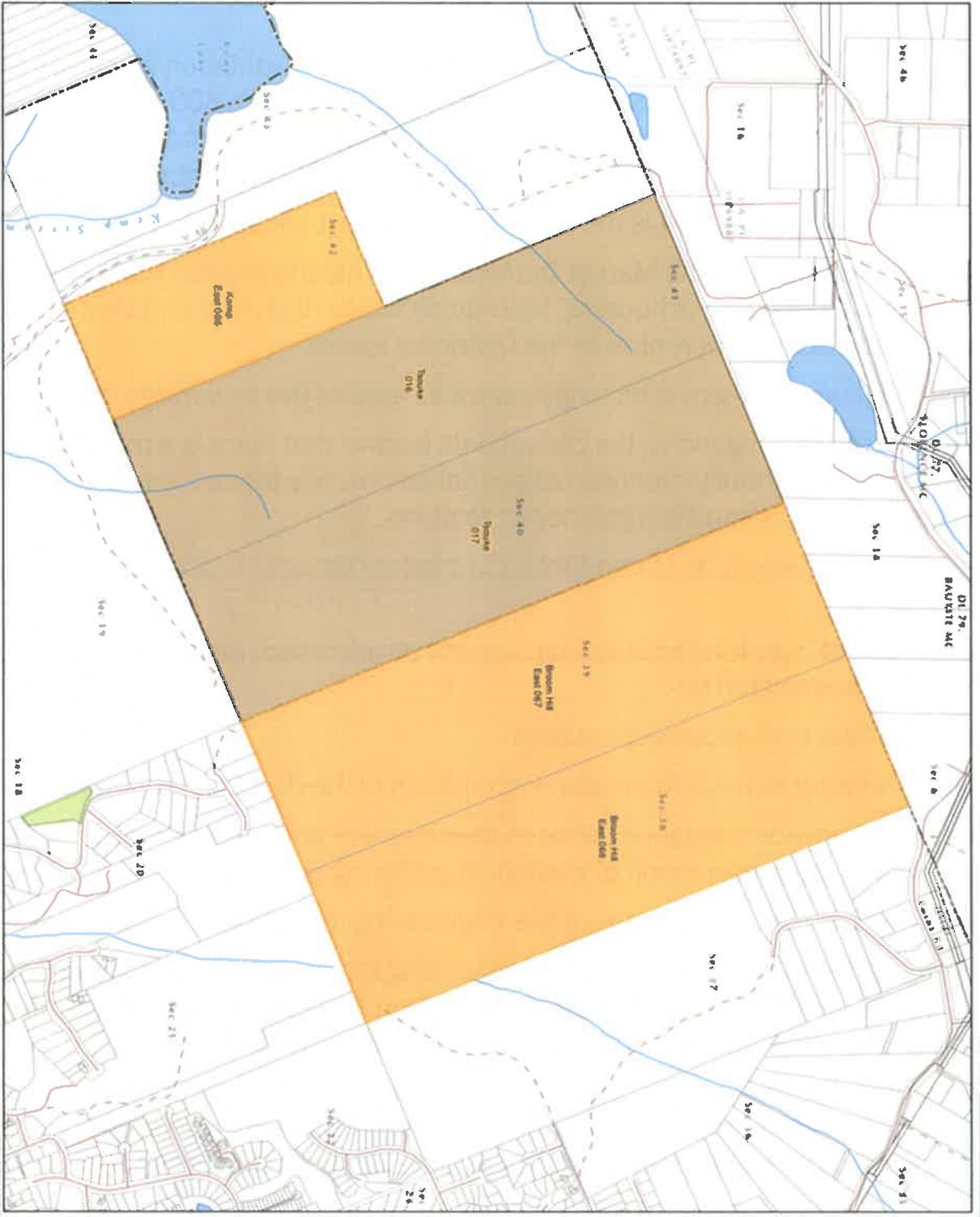
On October 27, 2022, at the Annual General Meeting, a presentation was given that outlined a Highest and Best Use Study that was completed on the 300 acres of land, that the Nation was given as part of an Incremental Treaty Agreement that was signed in 2013. The following is a brief overview of the presentation:

- The land is fee simple, that is the Nation pays tax on it annually.
- The study focussed on the Market Demand which clearly showed the need and the increasing absorption rate of housing, both single family detached and multifamily condominiums and apartment rentals in the District of Sooke
- Residential development is moving forward all around the Broom Hill lands.
- Based on the investigations, the consultants believe that there is a market opportunity to develop a thoughtfully-planned residential community that balances development with preservation of natural/environmental features.
- The next phase would be to conduct a Conceptual Design / Feasibility Study that consist of :
 - preparation of high-level conceptual concept development plans taking into consideration objectives related to:
 - ✦ transportation connectivity/circulation
 - ✦ a mix of housing forms/options as contemplated in the development options analysis
 - ✦ the need to provide a balance between development and preservation of natural features, including the preservation of traditional gathering areas on the Broom Hill Lands
 - ✦ identifying the cost implications of site engineering to facilitate development
 - ✦ Investigate the potential strategies for extending municipal services to the Broom Hill Lands, and the technical and financial viability given costs associated with connections to municipal services (water) and on-site servicing (wastewater/sewer);

Development of road/streetscaping and land preparation costs; and the establishment of a development proforma to help assess the financial feasibility of the contemplated residential development community on the Broom Hill Lands

We need input from the T'Sou-ke Nation membership on whether you want to proceed to the Conceptual Design / Feasibility Study phase to further investigate the feasibility of developing the Broom Hill lands, or do you want to leave it in its natural state.

Please email Administrator, Michelle Thut, administrator@tsoukenation.com with your thoughts or opinions. If you would like to view the presentation please let her know and it will be provided.



Proposed T'Sou-ke First Nation Treaty Settlement Lands

- Legend**
- Proposed Crown Other Lands
 - Subject to Cancellation of Interest in Progress
 - T'Sou-ke First Nation Incremental Treaty Agreement
 - T'Sou-ke First Nation Indian Reserve
 - Park or Protected Area
 - Wildlife Management Area

1:10,000 - PROPOSED ADDITIONAL SURVIVORS AND LANDS CAPABLE OF BEING CANCELLED BY THE T'SOU-KE FIRST NATION
 12/12/2017
DRAFT

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 Meters



Produced by: GeoDK
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 Produced for:
 Ministry of Indigenous Relations and Reconciliation

**T'Sou-ke First Nation
 Broom Hill and Kemp East
 Map 5 of 6**

Health Department

Rose Dumont—Ext. 237—adminhealth@tsoukenation.com

Daphne Underwood—Ext.235— communityhealth@tsoukenation.com

Jennifer Routhier— Ext.238— nurse1@tsoukenation.com

Debbie Ridley— Ext.236— socialdevelopment@tsoukenation.com

CFAX SANTAS ANONYMOUS HAS REACHED CAPACITY

For anyone/any family in our Sooke region that hasn't been covered by Santa's or another agency is welcome to apply to the **Sooke Christmas Bureau**.

Applications can be picked up at the Health Office, the Administration Office or be emailed to you.

Deadline for submission is December 2, 2022.

Applications can be dropped off to the Health office or to Rose's basket in the Administration Office.

Social Development / Employment & Training

For The Month Of	Declarations Due By	Cheque Issue Day
December 2022	December 9th	December 14, 2022
January 2023	January 13, 2022	January 18, 2022

Declarations must be given to Debbie by the due date to avoid any delay in processing cheques. There will be a delay in receiving your cheque if declarations not received by Debbie on the due date, no exceptions. Friendly reminder to provide your income verification slips monthly if you are working. Monthly utility bills need to be provided to be paid in a timely manner.

Routine Immunization update:

T'Sou-ke Nation is able to provide all routine immunization by appointment only.

Which includes;

- all infant immunization
- all school age immunization

influenza immunization (pending vaccine availability)

At this time, Island health has currently suspended providing routine school age immunization to respond to Covid-19.

Please contact Nurse Jenn at the health office to book and appointment. 250-642-3957 ext. 238.

Playgroup Dates for December

We invite our T'Sou-ke Nation families with children from babies to 5 years old to join us at our main health center.

Next date will be:

Tuesday December 13th, 9:00am-11:00am At the main health center.

If anyone needs a ride please let us know and we can arrange a ride to and from Playgroup.

Snacks and refreshments will be provided.



Covid Vaccine:

Covid vaccine is available for those 6 months and up.

Please contact nurse Jenn to discuss eligibility or if you have any questions.

Meals on Wheels

December 2022

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

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

Meals are subject to change depending on availability of products.

Monday, December 5th— Italian Sausage Soup, Green Salad, Bannock, Strawberry Yogurt Crumb Desert & Juice or Milk.

Wednesday, December 7th— Oysters, Coleslaw, Nugget Potatoes, Whole Wheat Buns, Cottage Cheese, Fruit Cups & Juice or Milk.

Monday, December 12th— Hot Chicken Salad, Whole Wheat Buns, Cinnamon Apples & Juice or Milk.

Wednesday, December 14th— Meat Loaf, Mashed Potatoes, carrots, Berries with Whip Cream & Juice or Milk.

We will be closed for Christmas Holiday's from December 19, 2022 through January 2, 2023.

Merry Christmas and Happy New Year to all.

Daphne Underwood

Yoga Classes

12:00pm-1:00pm

On Fridays

Please join us for some relaxing yoga with Donna.

Covid Vaccine Clinic

We are hosting a vaccine clinic by appointment only on December 14th, 2022

If you wish to book a booster dose, Please do so by December 7th with nurse Jen at nurse1@tsoukenation.com or 250-642-3957 ext. 238.

Seaparc Passes

Seaparc passes are available at the health office!

Each family is eligible for 4 passes per month.

Drop-in schedules are available on the Seaparc website.

Foot Care Services

Routine Foot Care

T'Sou-ke First Nation Health Office has monthly appointments available for our Elders (age 60+) and those members and their families who are diabetic.

All services are provided by an RN and are not a substitute for Podiatry Medicine. All instruments are sterilized to BC Best Practice Standards. Please contact Rose at the Health Office to book an appointment.

Health Office Fitness Schedule

Rise & Shine Morning Classes

Wednesday & Friday mornings

6:00 AM—7:00 AM

If you are an early riser, please join us for this fun exercise class!

Full Body Strength Training

Monday & Wednesday evenings

7:30PM— 8:30PM

Please join us for this full body strength training program! (with the exception of nights when our Wednesday Community Dinners are being held)



**DROP IN
HAIR CUTS WITH
BARB DIAS**



Monday

December 12, 2022

2:00 pm - 6:00 pm

at our Main Health Centre

Waxing will be provided as well

Special Drop In Hair Cut Day at the Main Health Centre

Hello Families:

Since we had to cancel our Mini Wellness Day due to unforeseen circumstances. We are going to have a Special Drop In Hair Cut Day with **Barb Dias** on **Monday December 12th from 2:00 pm - 6:00 pm at our Main Health Centre.**

This will be a drop in event and it will only be Barb providing the service. She will also provide waxing if anyone is interested.

This will be for our members and families.

Thank you

T'Sou-ke Health Team

REFLEXOGLY

Reflexology is resuming twice monthly at the health department. Please connect with our office to book an appointment.

250-642-3957 ext 237 or email RoseDumont@tsoukenation.com

ACUPUNCTURE

Acupuncture is resuming once monthly at the health department. Please connect with our office to book an appointment.

250-642-3957 ext 237 or email RoseDumont@tsoukenation.com

BOOK BIN PROGRAM

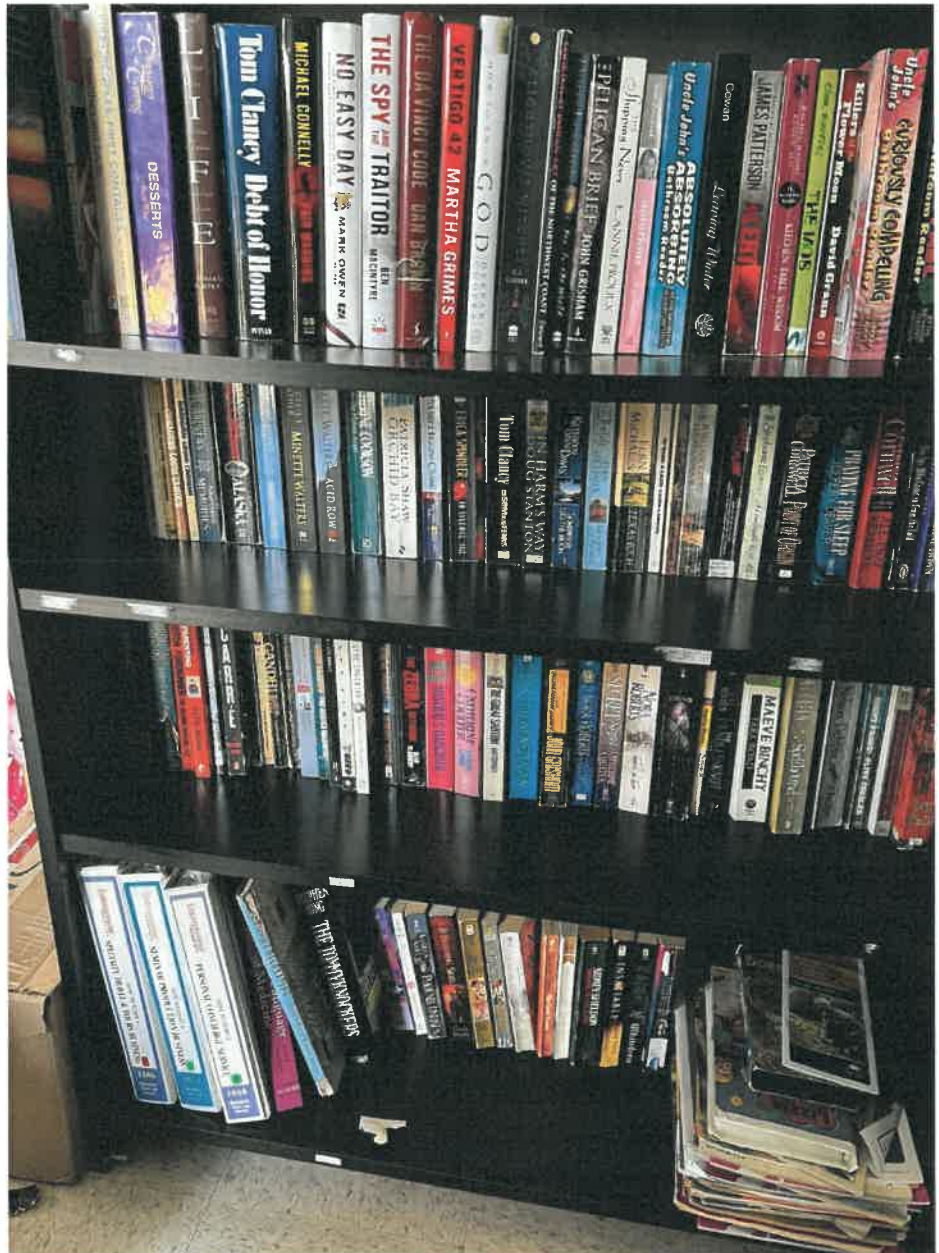
Our book bin was refilled.

Our books are yours to keep or you can return them.

Come on down and check them out!

The books are located still In our main Health Centre.

Please let our health office staff know if the door is locked and one of us will let you in.



Marine Team

778-352-0011

Joanne Routhier—marineliaison1@tsoukenation.com

Eva Shaffer—marineliaison2@tsoukenation.com

Edward Chutter—echutter@gmail.com

Opportunity for T'Sou-ke Youth

The Marine Team is seeking a nation member under 30 to assist as a Youth Project Lead on our Trail Camera Project.

Sponsored by the Jane Goodall Institute's Uncovering Common Ground program, and in partnership with the Carnivore Alliance, we are seeking to better understand mammal movement through our territory, and more importantly, provide our youth with the opportunity to learn.

This is a part-time role offering \$750/mo based on 21 hrs/mo, flexible. Responsibilities include direct project planning and activity support, and assisting with activity and financial reporting. If you are unable to commit 21hrs/mo, responsibilities may be split with another Youth Leader to suit your workload. Included is an all-expenses paid trip to Tofino in March at the completion of the program.

If you are interested, please reach out to Eva Shaffer at marineliaison2@tsoukenation.com for further information.

Lands, Forestry, Environment

Lawrence Underwood—Ext. 226—forestryandenvironment@tsoukenation.com

Lands Manager—Ext. 227—landsmanager@tsoukenation.com

ANNUAL PUBLIC CLOSURE: Sidney Spit - for First Nations Deer Hunting

Closure will take place November 1, 2022 to February 28, 2023. Please note that Parks Canada staff continue to work on Sidney Island throughout the closure period and may be on site at any time. Staff will raise an orange flag at one of the Sidney Island docks when on-site and will also set up a sandwich board at the Hook Spit, Main Dock and Transport Dock (weather conditions dependent). Hunters are also encouraged to raise an orange flag at one of the docks when on site. If hunters observe a raised flag and/or a sandwich board at Sidney Island, they are encouraged to call Ben Tooby or Parks Dispatch (1-877-852-3100).

Please find attached a map illustrating the area to be closed to the public for the hunt. A fence separates the national park reserve from privately-held lands, owned by Sallas Property Inc.

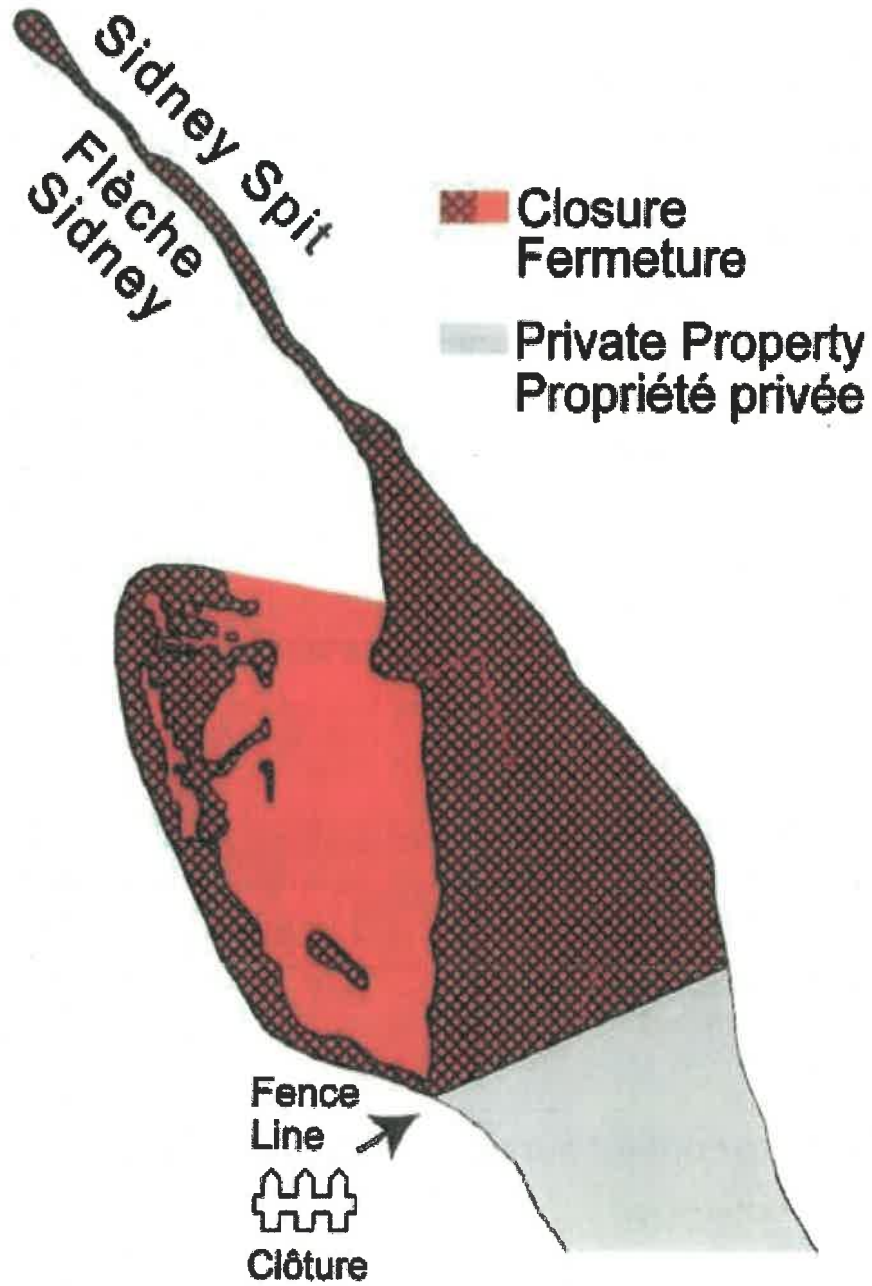
Parks Canada has also created a hunting schedule upon the request of hunters. We encourage hunters to use the optional schedule to increase safety, reduce multiple parties hunting at the same time, and to avoid conflict with volunteer events. Contact Ben Tooby, Hunt Coordinator and Safety Officer, to schedule your activity.

Please do not hesitate to contact our coordinators with any questions, comments or concerns:

Ben Tooby, Hunt Coordinator and Safety Officer ben.tooby@pc.gc.ca or 250-507-6653

Michael Janssen, Project Coordinator micheal.janssen@pc.gc.ca or 250-418-5746

AREA CLOSURE
Gulf Islands National Park Reserve



LADYBUG GARDEN UPDATE

NOVEMBER 2022

GARDEN ACTIVITIES

Bough and moss gathering and preparing all the wreaths is a lot of work. Thankyou to many for all your help in getting things done, being together to learn, teach and mentor you all means so much when we go on our gatherings on our Traditional Territories

HOLLY WREATHS

Thankyou to everyone who ordered this season, orders are now closed. I will have a wreath for a raffle at the **December 10th Craft Sale at the band hall 10 am to 4 pm with the draw at 3:00 pm!** Also featured at the sale will be our Youth with their own table of beautiful swags made by them and they will have a concession throughout the day, and Ladybug centerpieces.



You can keep up to date by logging onto my Facebook site for updates and advice at or email; ladybuggarden@tsoukenation.com or call 250-642-3949.

December 2022

Sun Mon Tue Wed Thu Fri Sat

				1 Teen Boxing 5-6pm	2 6:00-7:00am Fitness Class	3
4	5 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	6 Teen Boxing 5-6pm Youth Swim 7-8:15pm	7 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class	8 Teen Boxing 5-6pm	9 6:00-7:00am Fitness Class	10
11	12 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	13 Teen Boxing 5-6pm Youth Swim 7-8:15pm	14 Community Lunch 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class	15 Teen Boxing 5-6pm	16 6:00-7:00am Fitness Class	17
18	19 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	20 Teen Boxing 5-6pm Youth Swim 7-8:15pm	21 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class	22 Teen Boxing 5-6pm	23 6:00-7:00am Fitness Class	24
25	26 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	27 Teen Boxing 5-6pm Youth Swim 7-8:15pm	28 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class	29 Teen Boxing 5-6pm	30 6:00-7:00am Fitness Class	31

T'Sou-ke First Nation

Registration Form

Magic of Christmas

Tuesday, December 13, 2022

T'Sou-ke First Nation is again offering a fantastic trip to the Butchart Gardens for THE MAGIC of CHRISTMAS with a Christmas dinner and tour of the Christmas Light displays that the gardens offer.

Everyone MUST pre-register for this event, indicating the ages of each participant. Participation for this trip will be for our registered members, their spouse and children (18 and under) born to them and or their spouse. Thank you. Forms must be in no later than December 7th 2022 at 4:00 pm.

Name(s) attending (youth will need parental permission on this form) :

- 1. _____ Adult (18+) _____ Youth (13-17) _____ Child (5-12) _____
- 2. _____ Adult (18+) _____ Youth (13-17) _____ Child (5-12) _____
- 3. _____ Adult (18+) _____ Youth (13-17) _____ Child (5-12) _____
- 4. _____ Adult (18+) _____ Youth (13-17) _____ Child (5-12) _____
- 5. _____ Adult (18+) _____ Youth (13-17) _____ Child (5-12) _____
- 6. _____ Child up to 4
- 7. _____ Child up to 4

Liability Release

I, the undersigned, in consideration of participation in the MAGIC of CHRISTMAS offered by T'Sou-ke First Nation, agree to indemnify and release T'Sou-ke Nation and its officers, staff, agents or employees from any and all liabilities from any injuries which may be suffered by the above named child, arising out of, or in any way connected with participation in activities offered throughout the day, except to the extent attributable to willful act or active negligence of the T'Sou-ke First Nation or its officers, staff, agents or employees.

I, the undersigned, as the parent/guardian, acknowledge that the above-named child is being registered for the gathering and recreational components, and that the MAGIC of CHRISTMAS is an exempt, NOT licensed child care.

I ACKNOWLEDGE THAT I HAVE READ THE ABOVE AGREEMENT AND RELEASE, AND FULLY UNDERSTAND THAT I HAVE ASSUMED ALL THE RISKS FOR INJURY THAT MAY INVOLVE IN THE ACTIVITIES OFFERED BY THE T'SOU-KE FIRST NATION.

Signature: _____

Do you give permission to T'Sou-ke Nation to take pictures and/or video of you/your child that may or may not be used in future advertising and/or posted in the band hall, etc?

___Yes ___No Please initial here _____

Do you give permission for the staff of T'Sou-ke First Nation to drive the above-named child/yourself to and from the band hall during our activities?

___Yes ___No Please initial here _____

Furthermore, we also require drivers to transport from the band hall to Butchart Gardens and back, we are asking if you would be able to transport participants to and from the Magic of Christmas event. There is a fuel allowance for each driver.

YES, I can drive _____ persons in my vehicle, including myself.

Signature: _____

Date: _____

We ask that everyone be at the band hall by 4:00 pm so we can arrange the transportation to and from the gardens, leaving by 4:15 pm and no later than 4:30 pm.

Dinner will be at 5:30 then a tour of the lights.



Community Meals Notice



The following is a list of dates which outlines the days our Nation will be hosting Community Lunches, Meal Bag Deliveries and Community

SEPTEMBER 2022

September 14—Community Lunch 12:00 pm—1:00 pm

September 21—Community Meal Bag Delivery IR:#1 and IR:#2

September 28—Community Dinner—5:30 pm—7:30 pm

OCTOBER 2022

October 12—Community Lunch 12:00 pm—1:00 pm

October 19—Community Meal Bag Delivery IR:#1 and IR:#2

October 26—Community Dinner—5:30 pm—7:30 pm

NOVEMBER 2022

November 16—Community Lunch 12:00 pm—1:00 pm

November 23—Community Meal Bag Delivery IR:#1 and IR:#2

November 30—Community Dinner—5:30 pm—7:30 pm

DECEMBER 2022

December 14—Community Lunch 12:00 pm—1:00 pm

MARCH 2023

March 15—Community Lunch 12:00 pm—1:00 pm

March 22—Community Meal Bag Delivery IR:#1 and IR:#2

March 29—Community Dinner—5:30 pm—7:30 pm

JANUARY 2023

January 11—Community Lunch 12:00 pm—1:00 pm

January 18—Community Meal Bag Delivery IR:#1 and IR:#2

January 25—Community Dinner—5:30 pm—7:30 pm

FEBRUARY 2023

February 8—Community Lunch 12:00 pm—1:00 pm

February 15—Community Meal Bag Delivery IR:#1 and IR:#2

February 22—Community Dinner—5:30 pm—7:30 pm

We look forward to starting our Community in-person lunch/dinners again. At this time these programs will be limited to members and their families. We are keeping the health and safety of our members at mind and limiting the spread of the COVID virus. Thank you for your understanding!



INTERNAL COMMUNITY JOB POSTING

We are currently seeking a community member who is:

- Motivated to be a responsible caretaker of the land and all its parts
- An analytical thinker
- A great listener, with great interpersonal skills - that asks questions, seek answers and forms good relationships

T'Sou-ke First Nation is recruiting for the following opportunity
Lands and Referrals Clerk

Inquisitive and passionate about Lands and Resource management, as a natural communicator, you love doing research, learning about legislation, and serving your community. You are committed to building a meaningful workplace that creates positive impact for our community members. As a community member, you have a deep understanding of our culture, and our ways of being.

We are committed to providing all the training needed to have you excel in this role and grow your career with us.

Position Summary: The *Lands and Referrals Clerk* reports to the Administrator. The *Lands and Referrals Clerk* is responsible for assisting in the management of T'Sou-ke First Nation lands, by providing lands specific support services to members, community, lessee's, governmental agencies, and other. The *Lands and Referral Clerk* will assist T'Sou-ke First Nation Land Code compliance, record keeping and documentation of all land title and land related transactions.

If you are interested in applying for the role, Please submit your resume to the Band Administrator @ administrator@tsoukenation.com no later than 4:00pm on November 4, 2022.

We appreciate all resumes but only those that are selected for interview will be contacted



First Nations Health Authority
Health through wellness

Cold, Flu or COVID-19?



Cold	Flu	COVID-19
X	Fever	Fever
Cough	Cough	Cough
X	Fatigue	Fatigue
X	Aches & Pains	Aches & Pains
Sore Throat	Sore Throat	Sore Throat
Headache	Headache	Headache
Runny or Stuffy Nose	Runny or Stuffy Nose	X
Sneezing	X	X
X	X	Shortness of Breath
X	X	Diarrhea
X	X	Loss of Smell or Taste

This list is not exhaustive of every symptom

Prevention



Up to Date Vaccinations



Proper Hand Washing



Public Health Recommendations

Treatment



Plenty of Rest



Plenty of Water



Healthy Diet



Medication for Fever

For more information visit fnha.ca/what-we-do/communicable-disease-control



First Nations Health Authority
Health through wellness

Cold, Flu or COVID-19?

Facts to Common Myths

Myth: The flu is not a serious illness.

Fact: Influenza can lead to serious illness, particularly older people and those with a chronic medical condition.

Myth: COVID-19 vaccines do not work because I still get sick.

Fact: COVID-19 vaccines may not prevent infection but they significantly reduce the risk of severe illness.

Myth: Getting a vaccine each year weakens the immune system.

Fact: Getting immunized each year protects you from different strains and creates better protection.

Myth: Natural immunity from the disease is better than the vaccine.

Fact: Getting a vaccine is safer and creates a more reliable immunity than getting the virus itself.

Myth: You can catch colds and flu from cold weather or getting caught in the rain.

Fact: Colds and flu are caused by viruses, not wet climates or cold air.

Myth: I am pregnant and should not get a vaccine as it is a risk to the baby.

Fact: Flu and COVID-19 vaccines are safe for both mother and baby.

High Risk Groups



Elders



Pregnant



Infants



Medical Conditions

Some people may experience severe illness and complications with COVID-19 or the flu.

If you have concerns, please visit your local health centre or nurse practitioner.

For more information visit fnha.ca/what-we-do/communicable-disease-control

Jordan's Principle



Helping **First Nations children** access the products, services, and supports they need, such as:

**speech therapy • educational supports •
medical equipment • mental health services • and more**

Phone **1-855-JP CHILD (1-855-572-4453)**,
open 24 hours a day, 7 days a week

VISIT CANADA.CA/JORDANS-PRINCIPLE

Contact us if you know a First Nations child who had or has an **unmet** need for (health, social or educational) services from 2007 to today.



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada



Decoda
Literacy Solutions



Books For Breakfast

**SECOND THURSDAY OF EVERY
MONTH!**

FOR NEWBORNS TO 5 YEARS

**Children and their caregivers read a new book together,
share some healthy snacks, make a little craft, and every
family goes home with a brand new book!**

**To Register call Brandy Daniels
TSou-ke Nation Youth Worker
(778) 352-3957
Email: SookeLiteracy@gmail.com**

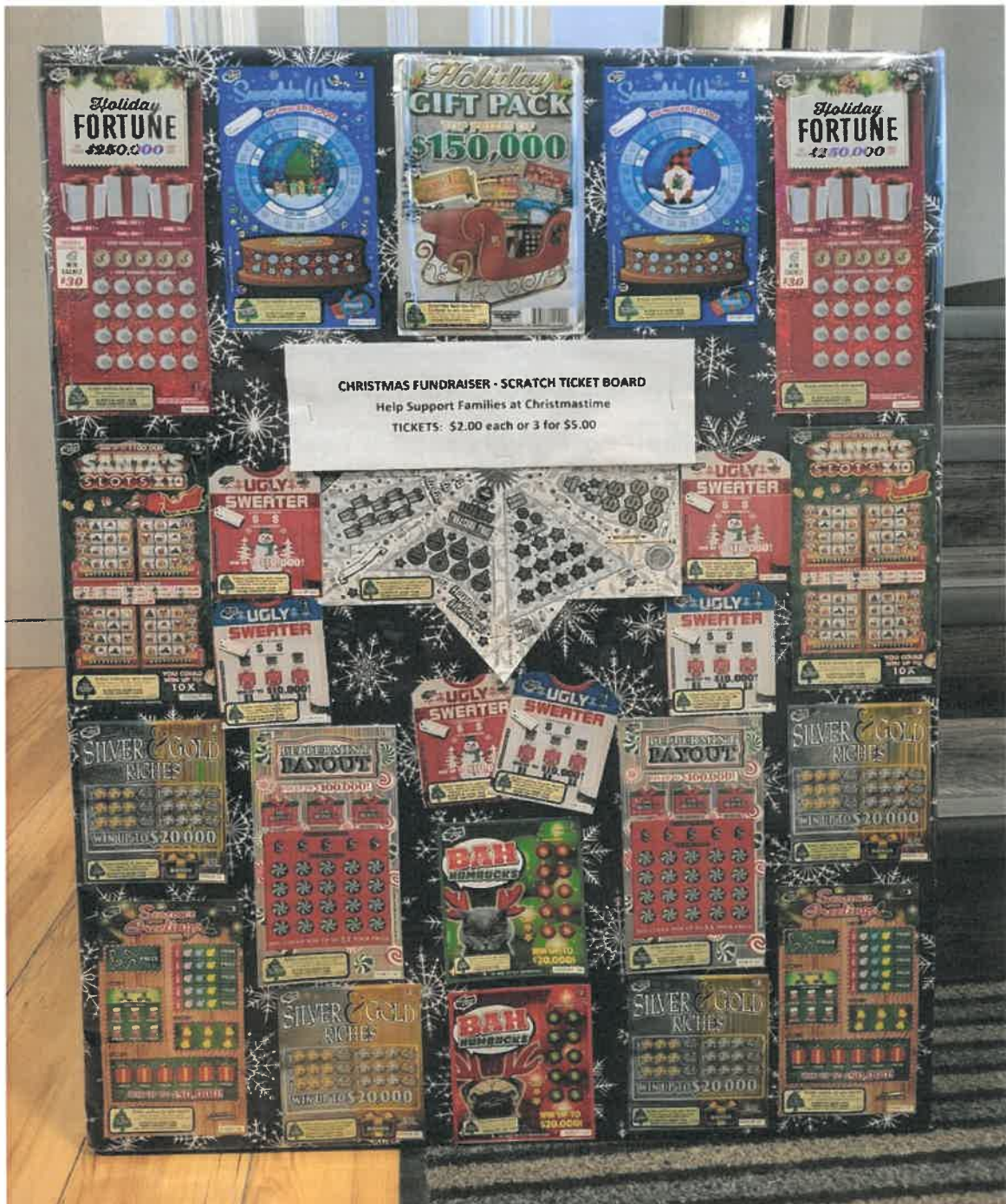


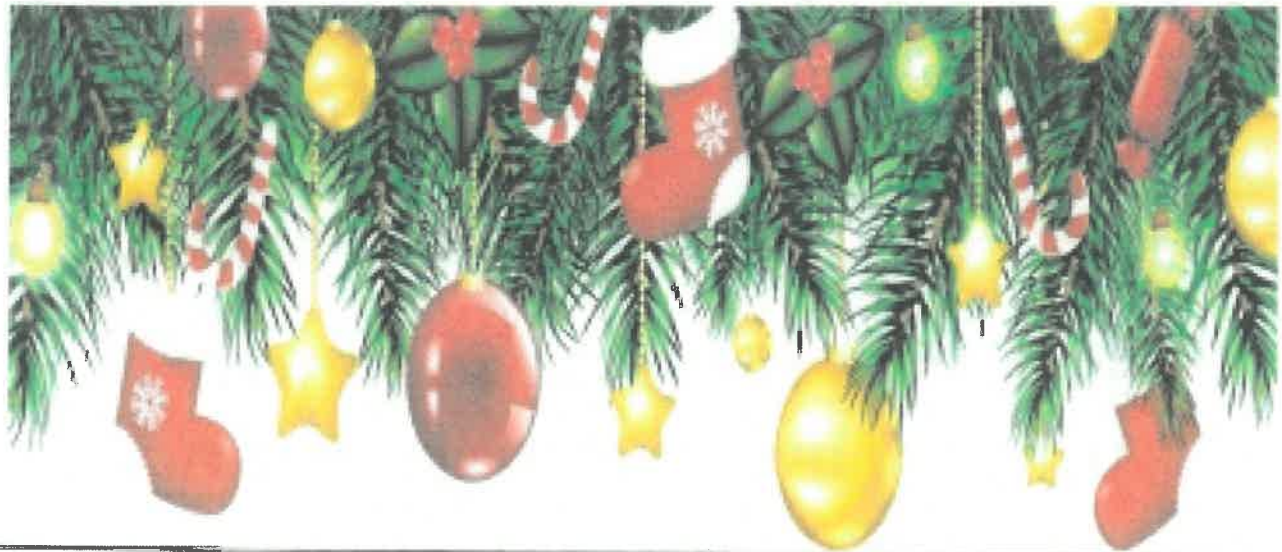
Lotto Board Raffle!

Stop by the T'Sou-ke First Nations Main office to buy tickets for the lotto board raffle. There is \$100 worth of tickets on the board!

The funds from this raffle will help provide families a helping hand through the holiday season.

For more information please contact Michelle Thut at 250-642-3957 or administrator@tsoukenation.com





Christmas Arts & Craft Sale

Saturday, December 10th 2022

2154 Lazzar Road

10:00 am to 4:00 pm

Featuring:

First Nation Vendors & Artwork

Ladybug Garden Centerpieces

Live Holly Wreaths & Swags

T'Sou-ke First Nation's Loonie/Toonie Raffle

A fundraiser Supporting Local Families during the Holidays

Tables: \$25 ea – contact Christine 250-889-3555

chrstnrg@gmail.com



Youth Empowered Speakers (YES)

**Funding for post secondary
tuition, living expenses and
language learning!**

DEADLINE: JANUARY 16, 2023

Funding amounts up to: \$30,000

The YES program is for B.C. First Nations students age 18-30 who are working towards a career as a language immersion teacher or early childhood immersion educator.

This program includes:

- Tuition
- Living allowance
- Mentor-apprentice language learning
- Paid internship

The goal of the program is for youth to learn their language while preparing for a career in language revitalization in one of two streams:

1. Early Childhood Immersion Educator Stream for ECE students
2. Language Immersion Teacher Stream for BEd. students

Program Contacts

Hannah Green, Language Program Coordinator

Beckie Wesley, Language Program Associate

yes@fpcc.ca

For more information and guidelines, visit: **fpcc.ca/yes**



DINNER WITH SANTA

SUNDAY DECEMBER 11, 2022

5:30PM

AT THE BAND HALL

PICTURES

FIREWORKS

