

T'SOU-KE NATION



January 2023



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

Ext.221

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

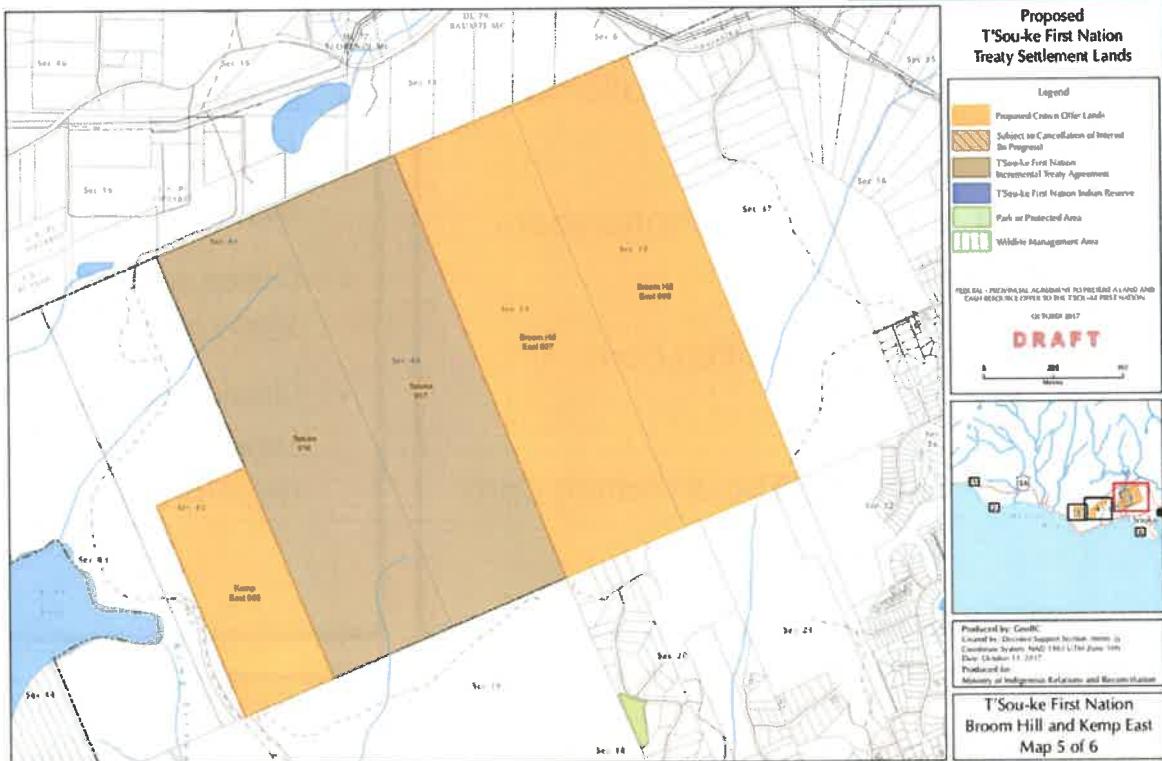
Fisheries

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 :
 - o 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.

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

Social Development / Employment & Training

For the Month Of	Declarations Due By	Cheque Issue Day
January 2023	January 13th, 2023	January 18th, 2023
February 2023	February 10th, 2023	February 15th, 2023
March 2023	March 17th, 2023	March 22, 2023
April 2023	April 14th, 2023	April 19th, 2023
May 2023	May 12th, 2023	May 17th, 2023

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.

Meals on Wheels

February 2023

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.

Wednesday, February 1st— Split Pea Soup, Whole Wheat Buns, Green Salad, Yogurt with Berries & Milk or Juice

Monday, February 6th — Hamburger Noodle Dish, Corn, Mixed Berries with Whip Cream & Juice or Milk.

Wednesday February 8th— Roast Beef, Mashed Potatoes, Mixed Vegetables, Berry Crisp & Juice or Milk.

Monday February 13th— Halibut, Roasted Potatoes, Coleslaw, Cottage Cheese with Fruit Cups & Juice or Milk.

Wednesday February 15th—Baked Macaroni and Cheese, Broccoli, Rutabaga and Carrots & Juice or Milk.

Monday February 20th—CLOSED FOR FAMILY DAY.

Wednesday February 22nd—Sauce and Pasta, Caesar Salad, Fruit with Yogurt & Juice or Milk.

Monday February 27th—Meat Loaf, Potatoes, Green Beans, Fresh Fruit & Juice or Milk.

HEALTH OFFICE FITNESS SCHEDULE

With the exception of nights when our Wednesday Community Dinners are being held.

Yoga Classes

Fridays

12:00 pm—1:00 pm

Please join us for some relaxing yoga with Donna.

Rise & Shine Morning Class

Wednesday and Friday

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 and Wednesdays

7:30 pm- 8:30pm

Please join us for this full body strength training program!

BOOTCAMP IS BACK - RETURNING FRIDAY, JANUARY 27th from 12:00 pm - 1:00 pm

We have resumed BOOTCAMP classes once a week for now. Starting Friday, January 27th from 12:00 pm - 1:00 pm in the Band Hall. These classes will be held every Friday at Noon. Marco Caffiero will be joining our fitness team as our Bootcamp instructor. Welcome Marco!!

Hope to see some family there.

If Bootcamp is not for you, check out our other fitness classes we have scheduled.

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.

FEBRUARY CRAFT NIGHTS

Hello Family:)

Thank you to all of our men who attended our January Bowling Session. We look forward to organizing more nights like this.

As promised at our November Paint nights, February will be Craft nights. We will be hosting two craft nights for February 7th and February 21st.

February 7th - Beading Night - Wrislet Making in Peyote Stitch

5:00 pm - 8:00 pm

4:45 pm - Dinner Served

Please register with Rose Dumont, this will give us numbers to ensure we have an adequate amount of supplies. **Registration Deadline February 2, 2023 at 4:30 pm**

February 21 - Dreamcatchers

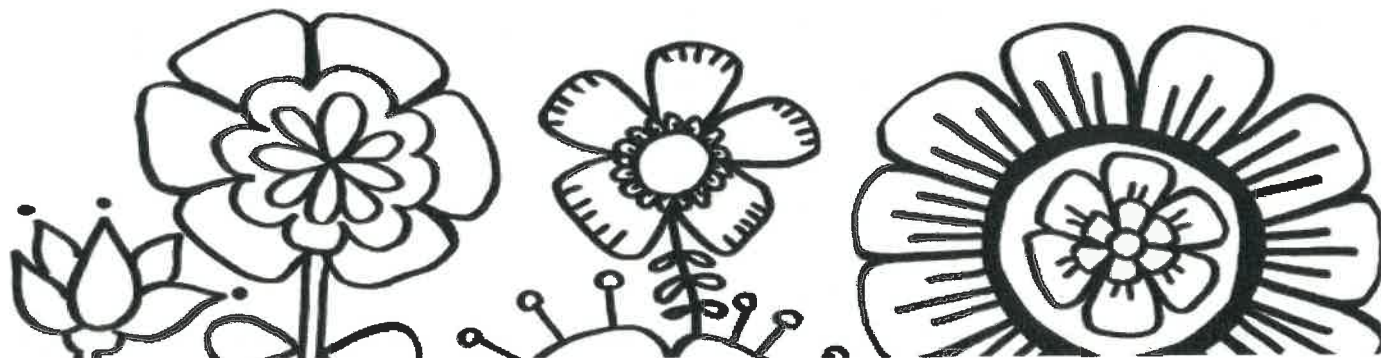
5:00 pm - 8:00 pm

4:45 pm - Dinner Served

Please register with Rose Dumont, this will give us numbers to ensure we have an adequate amount of supplies. **Registration Deadline February 17, 2023 at 4:30 pm**

Ladybug Gardens

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.



Youth & Culture

778-352-3957

Brandy Daniels—youthcentre@tsoukenation.com

Kids Boxing

Kids boxing will be held on Mondays and Wednesdays from 4:00 PM—5:00 PM.

Teen boxing

Teen boxing will be held on Tuesdays and Thursdays from 5:00 PM—6:00 PM.

Youth Swim

Youth swim at Seaparc Tuesdays 7:00-8:15pm.

Library Book Read and Craft

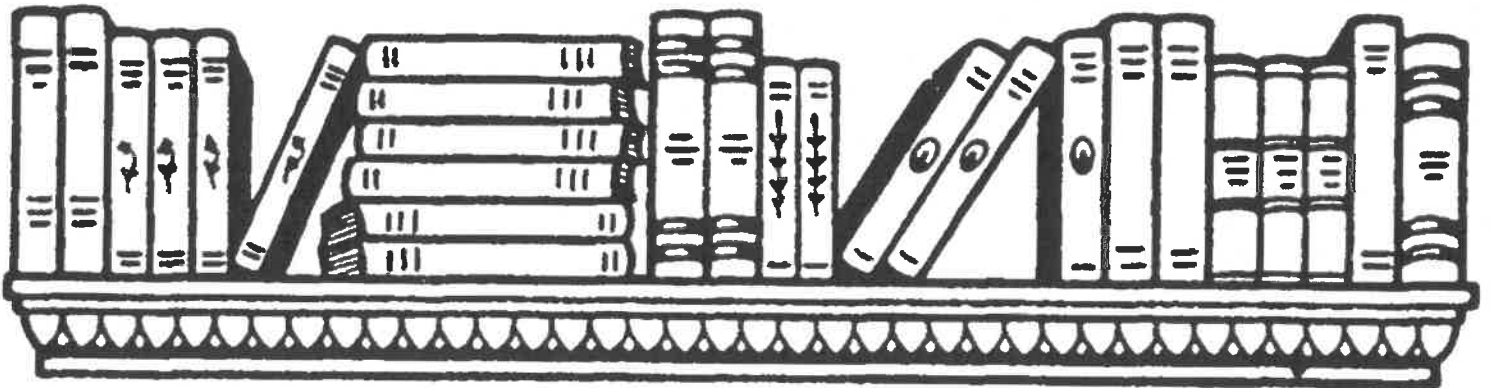
Hosted by Natalie at the Sooke Vancouver Island Regional Library on the last Tuesday of every month.

Tutor

Starting February 2nd each Thursday from 4:00pm-5:00pm. Ongoing until the end of the school year.

Baby Playgroup

Second Tuesday of every month starting February 14 from 1:00pm-3:00pm at the Main Health Centre.



Lands, Forestry, Environment

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

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

Woodlot Licence #1526 Draft Licence Plan Review

Draft Licence Plan, 2023 – 2032

T'Sou-ke Nation manages Woodlot 1526, through the NEKA SOL Woodlot Limited Partnership. The Woodlot is provincial land located within the T'Sou-ke First Nation Traditional Territory and was granted to the Nation in 2008. It has a total area of 680.0 hectares or about 1680 acres, and is made up of three separate blocks:

- Block A – Boneyard with an area of 262.0 ha
- Block B – Clarke with an area of 48.0 ha, and,
- Block C – Shirley with an area of 370.0 ha.

A provincial requirement of the woodlot licence is to provide both a Woodlot Licence Plan and Woodlot Management Plan. The Management Plan was provided for comment and review to community in 2022. The Licence Plan describes how the activities in the woodlot will meet objectives set by government. The Licence Plan is accompanied by large wall maps that show the three blocks and the values and resources that are within or nearby the woodlot that government's objectives apply to.

Although the Woodlot represents a small portion of our territory, we view the development of the Licence Plan as the process for planning and providing stewardship, and demonstrating the interaction between environmental, economic, social and cultural values.

Over the past year, Chief, Council and staff have drafted a new Licence Plan, in addition to the previously reviewed Management Plan. We need and value your input!

The document is somewhat long. A copy has been posted on the Main Office Bulletin Board, along with a question/comment sheet. We have also provided a copy of the Management Plan should you want to re-view the plan again or missed the opportunity in 2022. If need be, please contact Larry Underwood for your own copy. If more convenient, please talk to Larry directly about woodlot matters you feel are important and he will either answer outright or get an answer for you. We would appreciate your input by the end of February 2023 and look forward to your comments.

Thank you very much:

Michelle Thut, Administrator

Larry Underwood: larrydunderwood@gmail.com or 250-642-3957

Date: January 27, 2023

GARBAGE STORAGE AND BEARS

Bears have been observed in and around properties, and in some cases have been exhibiting problematic behavior. T'Sou-ke Nation Lands Department provides the following to help keep everyone safe, including the bears.

Bears will travel into community to look for food. There have been recent interactions between bears and garbage left outside homes. Garbage is the most reported attractant involved in human-bear conflicts. Once bears find a food source, whether its kitchen garbage, pet food left outside, or unpicked fruit, they will return to it. They will teach their cubs to return as well. That kind of nuisance behavior is messy, dangerous, and can result in bears being euthanized to protect the public. Please review the following tips and apply them to your residence.

- Keep garbage, compost, and other attractants inside until the morning of collection.
-
- Garbage can also be kept in the basement or inside the garage or shed if it is bear proof.
-
- Odorous garbage can be kept inside a plastic bag and frozen until garbage day.
-
- Use airtight or bear-proof garbage containers.
-
- Encourage residents to talk to the neighbor(s) causing bear conflict and help educate them about bear attractants.
-
- Neighborhood garbage conflicts can be addressed through residents being proactive in their neighborhood.

Marine Team

778-352-0011

Joanne Routhier—marineliaison1@tsoukenation.com

Eva Shaffer—marineliaison2@tsoukenation.com

Edward Chutter—echutter@gmail.com

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	7 Teen Boxing 5-6pm Youth Swim 7-8:15pm	8 Community Lunch 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class	9 Teen Boxing 5-6pm	10 Yoga 12:00pm-1:00pm 6:00-7:00am Fitness Class	11
12	13 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	14 Teen Boxing 5-6pm Youth Swim 7-8:15pm	15 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class	16 Teen Boxing 5-6pm	17 Yoga 12:00pm-1:00pm 6:00-7:00am Fitness Class	18
19	20 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	21 Teen Boxing 5-6pm Youth Swim 7-8:15pm	22 Community Dinner 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class	23 Teen Boxing 5-6pm	24 Yoga 12:00pm-1:00pm 6:00-7:00am Fitness Class	25
26	27 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	28 Teen Boxing 5-6pm Youth Swim 7-8:15pm				

T'Sou-ke Employment & Career/ Health Fair

Date: Friday, March 17, 2023

Time: 2:00 pm—6:00 pm

Location: Band Hall

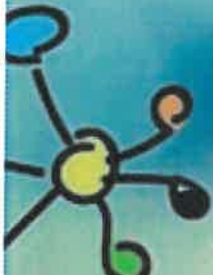
Please Join us for a joint Career/ Health Fair at our Band Hall.

Joining us will be:

- Trans Mountain
- Canadian Armed Forces (Military)
- BC Transit
- SD 62,
- Greater Victoria Harbor Authority
- Work Link Sooke
- First Nations Health Benefits
- Seaparc
- and others

Each will provide presentations about what each business or place has to offer for exciting careers with them. FNHA will provide an overview our health benefits coverage.

CAREER



Door Prizes

Dinner provided

**Contact person: Debbie Ridley
@ 25-642-3957 ext 236 for more
information**



SUM-SHA-THUT-LELLUM

PRE *K* PROGRAM

2023/2024 REGISTRATION



PLEASE NOTE:

All CHILDREN REGISTERING MUST TURN 4 by December 31, 2023

- Registration begins January 16, 2023 at 8:30am for **T'SOU-KE NATION**
- Registration begins February 13, 2023 at 8:30am for **STATUS FIRST NATIONS CHILDREN** (children must have their own Status or Métis Card) **AND CURRENTLY REGISTERED CHILDREN.**
- Registration begins March 1, 2023 at 8:30am for **GENERAL PUBLIC .**

All registrations are to be dropped off at the T'Sou-ke Administration office. Staff must date and sign all registration forms as they come in. Spots are given on a First -Come - First Serve-basis

All Registration Forms must be **COMPLETELY** filled out and include items listed below or **WILL NOT BE ACCEPTED.**




Please ensure your child's form includes:

- Start Date
- Child's Personal Health Number
- Please attach 2 photos of child
- Copy of child's immunization records

PREK PROGRAM START DATE: September 5, 2023

DUE AT TIME OF REGISTRATION: All registrants accepted into PreK program are required to pay a deposit of \$300 due at time of registration.

ALL DEPOSITS ARE NON-REFUNDABLE



'DEVIL'S CLUB SALVE'

can be applied to aching joints & muscles to reduce pain + inflammation.

(GREAT FOR COLD/WET WEATHER)

Devil's club has been used as a natural remedy for arthritis, tendinitis, eczema, psoriasis & infection by indigenous people of the Coast Salish region for centuries.

15ml/0.5oz - \$10.00

30ml/1oz - \$20.00

60ml/2oz - \$40.00

harvested & made by hand with only 5 natural ingredients

(WELL REVIEWED BY T'SOU-KE COMMUNITY MEMBERS)

**CONTACT: BILLY MOBLEY or
call/text (250)-886-8491**



The EPIC Network

The Energy Peers in Indigenous Communities (EPIC) Network is a three-year program (December 2022 – March 31, 2025) that provides capacity-building funding and support for up to eight (8) Indigenous communities in BC to advance their goals on renewable energy and electrification through their own Community Energy Champions.

The program is intended to build capacity for small-scale (under 100kW) renewable energy projects in Indigenous communities that are connected to the North American electrical grid. The program is designed to be flexible to the needs and readiness of each community to implement renewable energy projects. This would include communities interested in:



Small-scale (non-utility scale) renewable energy project ownership (aggregate nameplate capacity of no more than 100 kW)



Fuel switching for heating (e.g., from oil, propane or natural gas to electrification), such as through heat pump installations

The EPIC Network — Community Energy Champions

The EPIC Network supports a peer-to-peer cohort and peer mentorship approach to building and sharing knowledge, networking and engagement, skills development and training on renewable energy. Each participating community will recruit and hire its own Community Energy Champion, with program funding and with support from the Network Lead through to March 2025.

A community's Community Energy Champion will participate in such activities as:

- Networking opportunities with other Community Energy Champions, such as through monthly team meetings and annual in-person gatherings
- Customized training and skills development
- One-on-one mentorships with Indigenous subject matter experts
- Webinars on priority electrification and small-scale renewable energy topics

Through the EPIC Network program, up to 8 Indigenous communities will be able to advance their renewable energy and electrification goals by hiring Community Energy Champions





EPIC is here for YOUR community's renewable energy priorities

The program is designed to be flexible to the needs and readiness of each community to implement renewable energy projects.

EPIC Network Lead, Darell Gaddie, will onboard, support and work collaboratively with each Community Energy Champion to develop an annual work plan and individual training plan that will help advance that community's renewable energy and electrification priorities.



Reach out to us!

If you are in an Indigenous community in BC that is connected to the grid and is looking for capacity support to advance renewable energy or electrification project(s), please reach out to learn more about the EPIC Network to discuss your community's interests and level of readiness:

Darell Gaddie, MBA, EPIC Network Lead
 T: (236) 888-1298 | E: dgaddie@fraserbasin.ca

We are grateful at the Fraser Basin Council Vancouver office to work on the unceded, ancestral territories of the x'məɬk'əjəm (Musqueam), Sḵwxwú7mesh (Squamish), and Selilwətaʔ/Selilwúth (Tsəlil Waututh) Nations.

Would your community like to participate?
 Learn more at epicnetwork.ca

Administration



Acknowledgements

Thanks the New Relationship Trust, the Province of British Columbia's CleanBC program, BC Hydro and FortisBC for their generous support and guidance for the program.



SPRING INTO AN AWESOME CAREER AT SD62

We're looking for great people to join our school district! Bring a current resume if you can. Staff will be on hand to help you apply and answer any questions. There will be an activity table for younger children, please feel free to bring them along.

January 26, 2023

4:00 - 6:00 PM

**Belmont Secondary
School Foyer**

**WE'RE
HIRING:**

Bus Drivers (On-Call)

Custodial (On-Call)

Education Assistants (Temporary, Permanent and On-Call)

Supervision Assistants (Temporary, Permanent and On-Call)
and more!



**SOOKE
SCHOOLS 62**
Shaping Tomorrow Today