



T'Sou-ke First Nation Newsletter

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

February 2023



Administration

Michelle Thut administrator@tsoukenation.com

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Sandra Sprinkling admin1@tsoukenation.com

Ext.223

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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

Sum-SHA-Thut Lellum

sumsha@tsoukenation.com

250-642-2263



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

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

March 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, March 1st— Hearty Hamburger Soup, Green Salad, Whole Wheat Buns, Strawberries & Milk or Juice

Monday, March 6th — Nuts & Bolts Stir Fry, Rice, Peach Cobbler & Juice or Milk.

Wednesday March 8th— Baked Halibut, Rice, Mixed Vegetables, Cinnamon Apples & Juice or Milk.

Monday March 13th—Baked Macaroni , Broccoli, Rutabaga & Carrots, Bread & Butter Pickles, Pineapple Surprise & Juice or Milk.

Wednesday March 15th—**Community Lunch**; Chicken Cacciatore, Green Salad, Oatmeal Cookies.

Monday March 20th—Minute Steak, Potatoes, French Beans, Trifle & Juice or Milk.

Wednesday March 22nd—Ham & Potato Soup, Caesar Salad, Whole Wheat Buns, Mousse & Juice or Milk.

Monday February 27th—Salmon & Potato Dish, Green Salad, Berries With Whip Cream & Juice or Milk.

Wednesday March 29th— Chili, Rice, Vegetables, Baked Apples & 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!

Mini Wellness Day

SATURDAY, MARCH 11, 2023 10:00 am - 3:00 pm

Mini Wellness day will be held Saturday, March 11, 2023 for our members at families at our band hall from 10:00 am – 3:00 pm. We look forward to hosting this fun relaxing day.

BOOTCAMP - Every Friday 12:00 pm - 1:00 pm

Every Friday, January 27th from 12:00 pm - 1:00 pm in the Band Hall. 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.

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

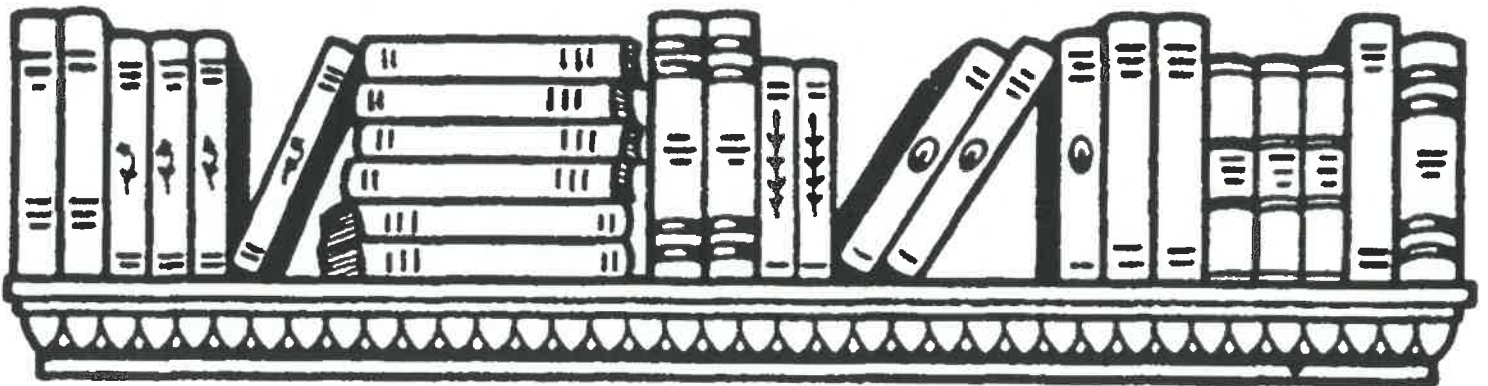
Hosted by Natalie at the Sooke Vancouver Island Regional Library on the last Tuesday of every month.

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.



Marine Team

778-352-0011

Joanne Routhier—marineliaison1@tsoukenation.com

Eva Shaffer—marineliaison2@tsoukenation.com

Edward Chutter—echutter@gmail.com

LADYBUG GARDEN

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.



Lands, Forestry, Environment

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

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

FIREWOOD ACCESS

Please remember; you must have chaps and/or bucking pants and eye protection as per our safety protocol agreement.

If you do not have these, I will not be able to give you a permit. If you have any questions or concerns, please call me at the Office 250-642-3957 ext. 226.

Please DO NOT PULL logs where the trees are growing.

BE CAREFUL of newly planted Trees within the area of our firewood. Your license plate number, vehicle make and colour will be reported and these actions may jeopardize our firewood permits.

March 4th the gravel pit gates will be open from 8:00am to 2:30pm 1 Load per household.

March 18th and 25th the firewood at Muir Main Gate (Boyds Road) will be open from 7:00am to 2:30pm. Make sure you have your PPE.

March 2023

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

Call for Indigenous Youths to Participate in a Summit on Coastal Marine Management in B.C.

Deadline to apply: March 7, 2023

Are you an Indigenous youth between the ages of 18-30?

Do you have a connection to a coastal community in B.C.?

Are you passionate about the health and stewardship of marine ecosystems?

Do you want to have a voice in shaping policy that could impact your community?

The Province of British Columbia and coastal First Nations are collaboratively developing a BC Coastal Marine Strategy (CMS) to address the health and stewardship of marine ecosystems and resilience of coastal communities. The voices of Coastal Indigenous youth are important and they must be included in this process

The CMS Indigenous Youth and Young Professionals Summit is an opportunity for Indigenous youths and young professionals across the coast to come together and share their perspectives on the development of a Coastal Marine Strategy for British Columbia.

Date: Tuesday, March 7, 2023

Time: 9:30am – 3:30pm

Location: Vancouver, B.C.

Apply to participate at the Summit https://www.surveymonkey.com/survey-closed/?sm=GZadLAdffUVUub_2Fzs2bmXULkr3NDd4G0fs7DfJ53HzKqUsDjYjDhZc7wkpL0cRyHBK0QB rbF5EggUMgmdhH9CVbdXyffZ1yQOfClxaZ1Jaw_3D

Deadline: March 7, 2023

What is the CMS?

In 2020, the Province of B.C. committed to develop a Coastal Marine Strategy that will lay out goals and actions to improve stewardship of our coastal and marine environments, mitigate and adapt to climate change impacts, develop a sustainable 'blue economy', foster resilience in coastal communities, and create opportunities to advance reconciliation with First Nations.

Work is already underway, with a draft intentions paper available for public feedback until April 14, 2023. To learn more about the CMS development process or to provide feedback on the intentions paper, visit: <https://engage.gov.bc.ca/coastalmarinestrategy/>.

What is the CMS Indigenous Youth and Young Professionals Summit?

The CMS Indigenous Youth and Young Professionals Summit is an opportunity for Indigenous youth across the coast to come together and share their perspectives on the development of a Coastal Marine Strategy for B.C. The focus of the Summit will be stewardship of coastal marine values, including what youth are most worried about, and how they want their voices brought to collaborative tables for governance.

The Summit will be in Vancouver, jointly convened by the Province of B.C., the First Nations Fisheries Council of B.C., and Clear Seas. We are seeking passionate youths to participate at this summit, with a diverse range of backgrounds, life experiences, and knowledge.

Anticipated outcomes of the summit include helping to prioritize the values identified in the intentions paper, refining the process by which the next phase rolls out, and the language used in the CMS.

Eligibility

1. Open to Indigenous youths between the ages of 18-30.
2. Applicants must be able to attend the summit **on March 7, 2023**.

Applicants must complete the following [application form](#) by March 7, 2023.

https://www.surveymonkey.com/survey-closed/?sm=GZadLAdffUVUub_2Fzs2bmXULkr3NDd4G0fs7DfJ53HzKqUsDjYjDhZc7wkpL0cRyHBK0QBrbF5EggUMgmdhH9CVbdXyffZ1yQOfCIXaZ1Jaw_3D

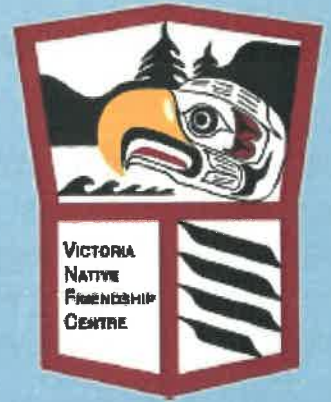
Travel costs, meals, non-alcoholic drinks, and accommodation for March 6th will be covered. No honoraria or payment associated with attending the Summit.

Questions?

Email rebeka@fnfisheriescouncil.ca with any questions or accommodation requests.

[Interested? Apply now!](#)

[Deadline: March 7 2023](#)



vnfc.ca

Freedom to Gather: A VNFC Youth Gathering

March 27th-31st, 2023

Free workshops and activities for Indigenous students from 9am-4pm, including arts, sports, cultural, outdoor, health, wellness social, and learning events

Registration closing March 3rd

To register please visit this [link](#)

For more information, please contact
della.p@vnfc.ca | 250-384-3211 ext. 2223

