



T'Sou-ke First Nation Newsletter

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

March 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

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

Marine Team

778-352-0011

Joanne Routhier—marineliaison1@tsoukenation.com

Eva Shaffer—marineliaison2@tsoukenation.com

Edward Chutter—echutter@gmail.com

Fisheries

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

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

John Planes Sr.—Skipper Ocean Sunset

Billy Mobley—guardian2@tsoukenation.com

Dave Planes—guardian1@tsoukenation.com

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
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

April 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.

Monday April 3rd— Beef and Broccoli, Rice, Trifle & Milk or Juice

Wednesday April 5th — Taco Soup, Vegetable Sticks, Fruit, Bannock & Juice or Milk.

Monday April 10th— Italian Sausage Soup, Green Salad, Whole Wheat Buns, Yogurt with Berries & Juice or Milk.

Wednesday April 12th—Pasta with Shrimp Linguini, Coleslaw, Berry Crisp & Juice or Milk.

Monday April 17th—Classic Macaroni Salad with Shrimp, Green Salad, Pineapple Surprise & Juice or Milk.

Wednesday April 19th—Chicken Pot Pie, Mixed Vegetables, Berries & Juice or Milk.

Monday April 24th—Chicken Corn Chowder, Whole Wheat Buns, Coleslaw, Fresh Fruit & Juice or Milk.

Wednesday April 26th—Broccoli Cheese Soup, Green Salad, Baked Apples Whole Wheat Buns & Juice or Milk.

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

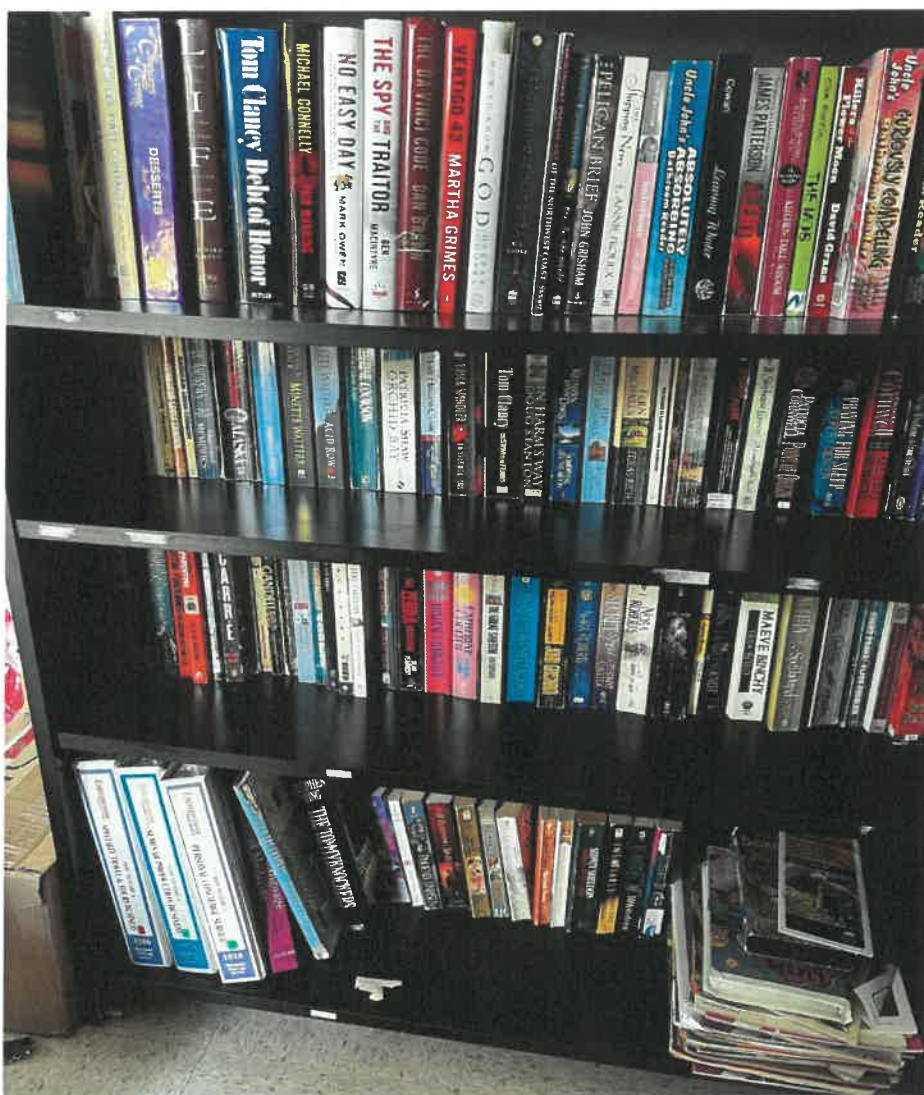
Our book bin was refilled.

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.



COMING SOON - IN PERSON LANGUAGE CLASSES

Please keep an eye out for our language classes at the health office.

More Information to follow with Dates and Times!

HEALTH OFFICE 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 - 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.

April Craft Night

Our next Craft Night will be held on Tuesday, April 18th and Tuesday April 25th from 4:45 pm - 8:30 pm. We are excited to announce that our April Craft nights mentor will be Hailey Godolphin. Hailey will be teaching us to crochet head bands.

We will be limiting registration to 20 participants for this round of classes and asking if your interested to reach out to Rose @ RoseDumont@tsoukenation.com, 250-642-3957 ext. 237 or via messenger.

We may need to host another session back to back if we surpass our 20 registrants. If this is the case we will book again as soon as possible. Please share this message with those who are not on social media.

Dinner will be served on each night.

We look forward to making these beautiful head bands



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

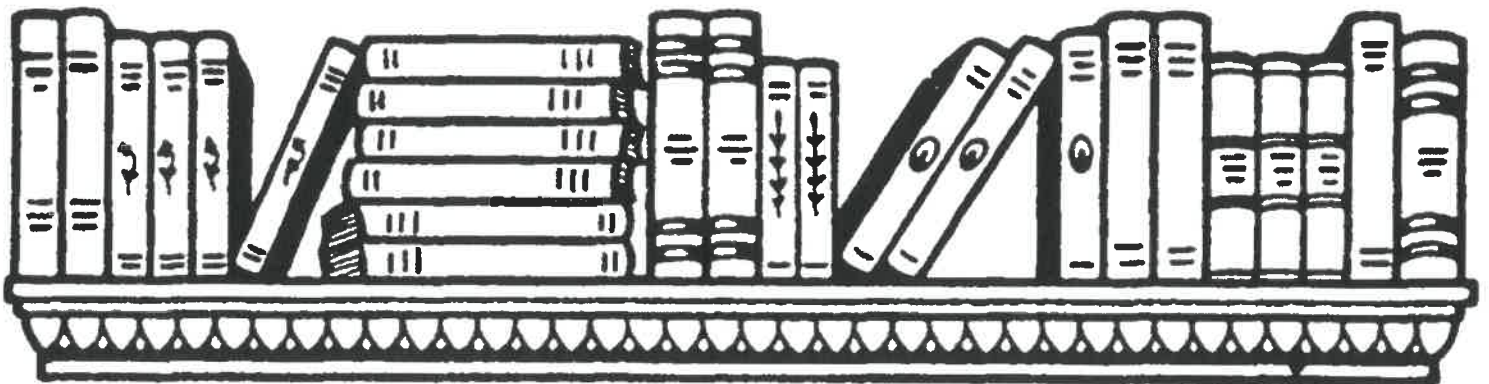
Hosted by Natalie at the Sooke Vancouver Island Regional Library on the last Tuesday of every month.

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 from 1:00pm-3:00pm at the Main Health Centre.



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.

ON BEHALF of an IN-KIND donation sponsored by the group VIDEA, Ladybug Gardens has the following for our community so that we may be more sustainable and self-sufficient growing our own foods.

GREENHOUSE RAFFLE DINNER

Saturday April 22nd 2023

T'Sou-ke First Nation Band Hall Dinner served at 5:00 pm then presentation and draw

GOOD DAY EVERYONE! Great news for my community. I am having a dinner/raffle for 3 of these beautiful greenhouses. All you need to do is send me your name and contact number to be entered **(18 yrs and older - 1 entry per household)** and we will have a wheel to spin for the winners.

It is up to the winner to pick-up the package and this draw is for all members on and off reserve. I want to promote food security in my community on a grand scale and what better way to do this by providing what a person would need to accomplish this. The greenhouse will come with a starter kit of plants, seeds, soil, pots and food for your garden.

TO ENTER: send name and number to: ladybuggarden@tsoukenation.com and good luck everyone!

ENTRY DATE CLOSSES AT END OF DAY FRIDAY APRIL 14th 2023. GOOD LUCK EVERYONE!!!!



ALSO, I am adding 10 more raised beds and other great things in my community allotment garden for community to utilize this season. If you are interested in coming down to Ladybug and join our community growing your own foods, enjoying the company of other members in your garden, having fun relaxing watching your food grow, let me know and I will put your name on a bed.

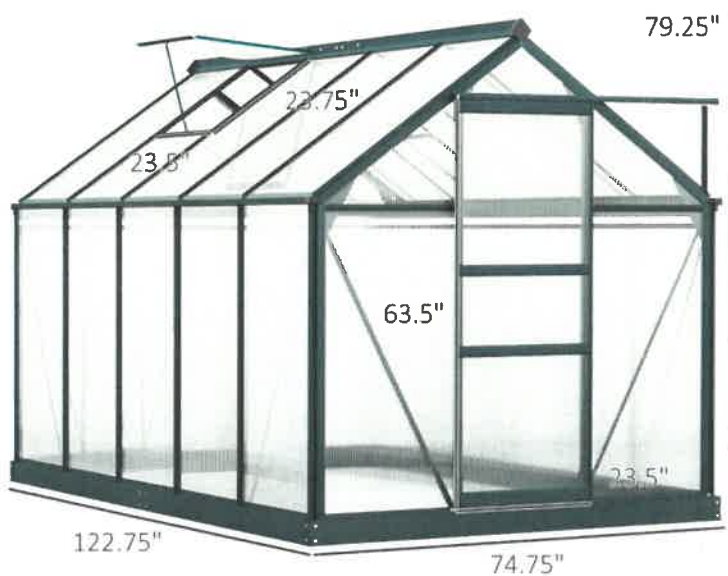
This community allotment garden is for you, my community and I have worked very hard to make this happen for you and my intention is to have more members growing their own foods with everything you need to start your garden already here for you (beds filled and ready, watering cans, tools, plant food, prepared soil, seeds, starts and more).

I have 14 large beds and 4 smaller beds and it depends on how much or what you want to grow. I'm excited to announce that the Youth section is going to be expanded because of all the things they are eager to grow 🌱

Contact me at:

ladybuggarden@tsoukenation.com

and get your name in asap because these beds do go fast.



Lands, Forestry, Environment

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

Lands Referrals Clerk—Ext. 227—landsandreferralsclerk@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.

I will be opening up the firewood block at Muir Main [Boyds road]

I will be at the second gate just past the gravel pit 7:00am-2:00pm.

Mar 25th

April 1st April 29th

May 6th May 13

May 13th will be the last day then I will shut it down for the fire season.

-Lawrence Underwood



2154 Lazzar Road, Sooke B.C., V9Z 1G1
Ph.:250-642-3957 Fax: 250-642-7808

T'Sou-ke Nation

Lands Department Request

March 13th, 2023

Call for Interest to be on the T'Sou-ke Lands Management Committee

We are looking for additional interest as we require more members

The Lands Committee Role in Section 24.1 of the land code

- a) Assist with the development of the administration system.
- b) Advise the Council and its staff on matters respecting the T'Sou-ke lands.
- c) Recommend laws, resolutions, policies, and practices respecting T'Sou-ke Nation land to the Council.
- d) Hold regular & special meetings of members to discuss T'Sou-ke Nation's land issues and make recommendations to Council on the resolution of such issues.
- e) To assist in the exchange of information on land issues between members & Council
- f) Oversee community approvals and consultation under this Land Code
- g) Keep up to date on all Land Management operations; and
- h) Such other duties & functions as Council may direct

Composition 25.1)

The lands Committee shall be composed of 11 band members, all whom must be eligible voters.

Eligibility to be a Lands Committee Member 25.2)

25.2) Any eligible voter, whether resident on or off T'Sou-ke Nation land, is eligible for appointment or election to the Lands Committee, except for the following persons;

25.2 a) any person convicted of corrupt practice, including accepting a bribe, dishonesty, or wrongful conduct.



2154 Lazzar Road, Sooke B.C., V9Z 1G1
Ph.:250-642-3957 Fax: 250-642-7808

This is an opportunity to do good work for your community and offers a set, modest Honoraria with a dinner provided for these monthly evening work meetings. The committee may be required for more meetings in the future as needed.

For further detailed reading on the Committee, our Land Code (page 22-26) is always online www.tsoukenation.com or is available upon request for print & pick up at the band office.

The Lands Committee Terms of Reference are also available to share upon request.

Please submit in writing your full name, any experience you may have and the reason you would like to be a part of the lands committee. Thank you 😊

Options to apply via email, written or verbally;

Attention: Amanda Mobley – Lands and Referrals Clerk

Email; landsandreferralsclerk@tsoukenation.com

Office Mail; PO Box 307, 2154 Lazzar Road, Sooke, BC, V9Z 1G1

Office #: 250-642-3957

Please submit your interest, the deadline to apply is Thursday April 20, 2023, by 4:30pm.

April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	4 Teen Boxing 5-6pm Youth Swim 7-8:15pm	5 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class	6 Teen Boxing 5-6pm	7 7 Boot Camp 12:00pm-1:00pm Yoga 12:00pm-1:00pm 6:00-7:00am Fitness Class	8
9	10 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	11 Teen Boxing 5-6pm Youth Swim 7-8:15pm	12 6:00-7:00am Fitness Class 7:30-8:30pm Fitness	13 Teen Boxing 5-6pm	14 14 Boot Camp 12:00pm-1:00pm Yoga 12:00pm-1:00pm 6:00-7:00am Fitness	15
16	17 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	18 Teen Boxing 5-6pm Youth Swim 7-8:15pm	19 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class	20 Teen Boxing 5-6pm	21 21 Boot Camp 12:00pm-1:00pm Yoga 12:00pm-1:00pm 6:00-7:00am Fitness Class	22
23	24 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	25 Teen Boxing 5-6pm Youth Swim 7-8:15pm	26 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class	27 Teen Boxing 5-6pm	28 28 Boot Camp 12:00pm-1:00pm Yoga 12:00pm-1:00pm 6:00-7:00am Fitness Class	29



T'Sou-ke Arts Group (TAG) Call for Directors

**TAG is an independent arts group and is a
registered Society.**

**TAG was originally founded by T'Sou-ke Elder,
Linda Bristol, and her vision for this group is our
guide.**

**We are looking to fill 2 Director spots and look
forward to hearing from you!!**

**If you are interested or would like further
information, please contact**

Bonnie Hill at

bonniehill@tsoukenation.com

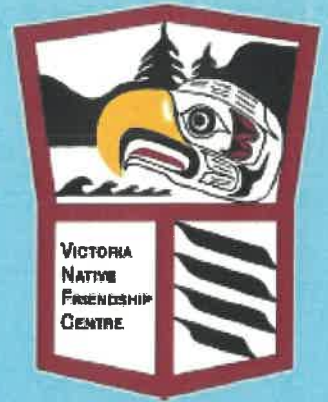
250-857-5602

Or

Tara Jensen at

tara.lee@shaw.ca

250-213-3275



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



Let's
get

FIZZICAL

April 16th 2154 Lazzar Rd



FREE
WORKOUT
SAMPLES
DOOR PRIZES



For more info contact
amandamobley21@gmail.com

CRAFT FAIR

SATURDAY APRIL 29TH

2154 LAZZAR ROAD

10:00AM-3:00PM

FIBER ARTS

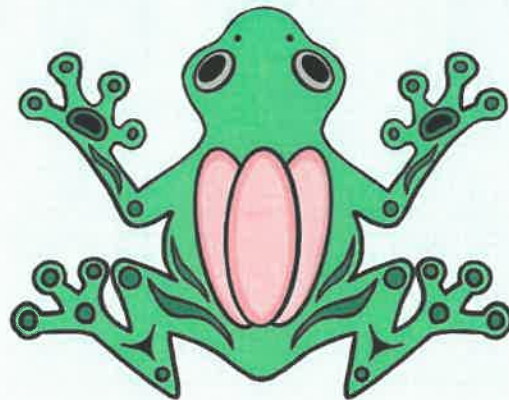
PRINTS

STICKERS

DREAM CATCHERS

JEWELRY

AND MORE!



CONTACT

INFO@SEMSEMIYE.COM

FOR A TABLE OR MORE INFORMATION!