



T'Sou-ke First Nation Newsletter

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

April 2023



Administration

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Ext.223

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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

Lorissa Orser—healthcareassistant@tsoukenation.com

Social Development / Employment & Training

For the Month Of	Declarations Due By	Cheque Issue Day
May 2023	May 19, 2023	May 24, 2023
June 2023	June 17, 2023	June 22, 2023
July 2023	July 21, 2023	July 26, 2023
August 2023	August 18, 2023	August 23, 2023
September 2023	September 15, 2023	September 20, 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

May 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 May 1st—Pork roast, Rice, Caesar Salad, Strawberries with Yogurt & Juice or Milk.

Wednesday May 3rd – Meatloaf, potatoes, Green Salad, Berries with Whip Cream & Juice or Milk.

Monday May 8th– Oysters, Roasted Potatoes, Coleslaw, Whole Wheat Buns, Fresh Fruit & Juice or Milk.

Wednesday May 10th—Classic Macaroni Salad with Shrimp, Green Salad, Fresh Fruit & Juice or Milk.

Monday May 15th—Hot Chicken Salad, Whole Wheat Buns, Salad, Cinnamon Apples & Juice or Milk.

Wednesday May 17th—Michelle's Salad, Pineapple Surprise & Juice or Milk.

Monday May 22nd—CLOSED FOR VICTORIA DAY.

Wednesday May 24th—Roast Beef, Mashed Potatoes, Carrots, Bread Pudding & Juice or Milk.

Monday May 29th—Nuts & Bolts Stir Fry, Rice, Peach Cobbler & Juice or Milk.

Wednesday May 31st—Pasta with Shrimp, Caesar Salad, Berry Trifle & Juice or Milk.

REFLEXOLOGY

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

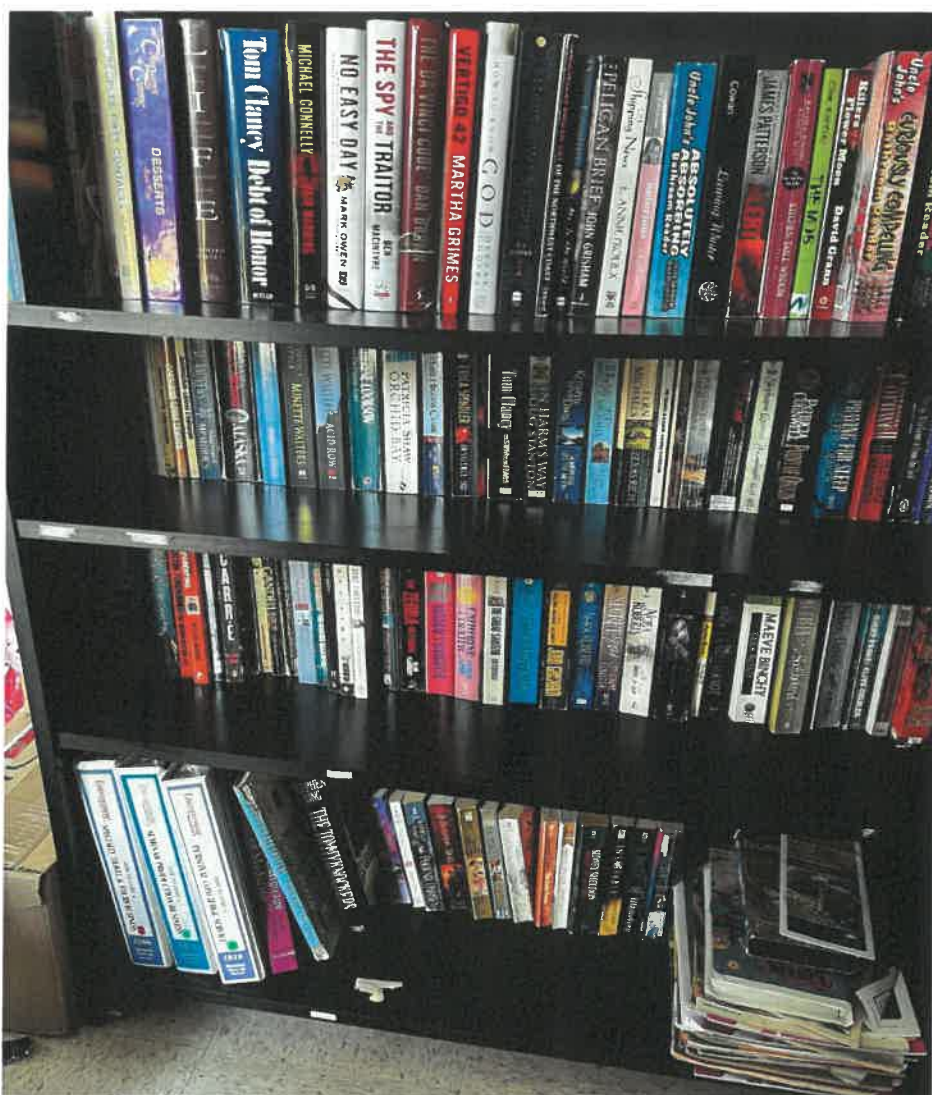
Our book bin was refilled.

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

Mystic Beach Hike

Next Pro-D Day May 29th from 9:00am-3:00pm hike to mystic beach. Contact Brandy through email, or Facebook to register!

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.

LADYBUG GARDEN UPDATE

APRIL 28 2023

WINNERS WINNERS

Congrats to the three winners of these wonderful greenhouse packages! First we had Meriah Sutherland, second was Trevor McQueen and thirdly we had Leaf Dodge.

Remember, you can sign up for a 4'x4' raised bed at the gardens to grow foods for your families, let me know if you would like to reserve one. These beds come filled and prepared to grow including some starts and 1 gal plants plus seeds ☑

I will be making an outing/gathering schedule for this season as I plan at least 2 per week especially during harvest time. Watch my facebook page for details and dates. Get ready everyone to get back into shape and enjoy your day to the fullest ☑ One event will be returning to Tower Cabin on the Kludack trail up on the San Juan Ridge

ladybuggarden@tsoukenation.com



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.

April 29th

May 7th May 14 th

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

-Lawrence Underwood

GARBAGE STORAGE AND BEARS

Bears have been observed in and around properties, and in some cases have been exhibiting problematic behavior. Please be mindful and put garbage out on the day of collection. If a bear has gotten into your garbage, please clean it up as it is hazardous to the community.

T'Sou-ke Nation Lands Department provides the following to help keep everyone safe, including the bears.

Bears will travel into communities 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.

- Garbage should not be left in the back of vehicles or under canopies; they are not bear proof and will get damaged.

- Never put your containers out prior to the morning of collection.

The Lands Department has observed an increase in the number of recreational units (e.g., trailers) being brought into our community. These trailers and campers need to be properly connected to sewer systems in order to protect community health. In 2022 properties that were observed to contain recreational units received a letter asking for proof of pump out or connection to septic. Lands is working closely with First Nations Health Authority to complete inspections of trailers with the purpose of protecting community health.

As a reminder, according to the *BC Sewerage System Regulation* domestic sewage includes (a) human excreta, and (b) waterborne waste from the preparation and consumption of food and drink, dishwashing, bathing, showering, and general household cleaning and laundry, except waterborne waste from a self-service laundromat”.

Wastewater can be further defined as:

Blackwater: Is the wastewater from bathrooms and toilets that contains fecal matter and urine. Water from kitchens and dishwashers are also considered blackwater due to the contamination by pathogens and grease. It is also referred to as sewage or brown water and can carry disease and bacteria, both of which could be harmful.

Greywater: is the wastewater that comes from sinks, washing machines, bathtubs and showers.

Wastewater being released onto any property without the benefit of an approved sewerage system is considered a potential health hazard that may impact human health, groundwater, and the environment.

The owner of every parcel on which a structure is constructed or located must ensure that all domestic sewage originating from the structure is discharged into (a) a public sewer, (b) a holding tank is constructed and maintained, (c) a sewerage system that is constructed and maintained, to avoid causing a health hazard.

If you received a letter but have not had an opportunity to submit proof of pump out, please get in touch with the Lands Department by calling the office.



Garbage Cleanup for T'Sou-ke Membership

Heavy garbage drop-off will be available to band members during the following times:

Dates Scheduled are:

1st date scheduled: **April 26th, 27th, 28th, 29th and April 30th from 8:00 am to 4:00 pm**

2nd date scheduled: **May 3rd, 4th, 5th, 6th and 7th 2022 from 8:00 am to 4:00 pm**

Location: T'Sou-ke Frist Nation Gravel Pit.

At these locations there will be: 2 bins, 1 for garbage & 1 for electronics/ metal

What can't go in these garbage bins:

any recyclables; like pop cans or beer cans

bottles or glass

cardboard

no kitchen scraps

no can goods

no propane bottles

no paint or aerosol cans

*Fridges or freezers need to be empty

Elders & People with Disability:

Please contact Larry Underwood at the T'Sou-ke Lands & Environment Department, if you have any questions
250-642-3957



Call for Post-Secondary Funding Applications 2023-24

If you are a registered T'Sou-ke First Nation Band Member you are eligible to apply for Post-Secondary funding for college or university for the 2023-24 school year (beginning Sept. 2023). Attached is an application which lists all the details that are required, such as transcripts (for continuing students), costs, institution details, timeline etc. Please let me know if you have any questions or need help with the application. Applications are due no later than 4:00 pm Friday, May 19, 2023 and can be sent via email to

admin1@tsoukenation.com, by Fax 250-642-7808 or Mail to P.O. Box 307, Sooke, BC V9Z 1G1.



T'SOU-KE FIRST NATION
APPLICATION FORM
FOR

POST-SECONDARY EDUCATION
FINANCIAL ASSISTANCE



T'Sou-ke First Nation, Education Services
2154 Lazzar Road
Sooke, BC V9Z 0X4

STUDENTS NAME

DATE RECEIVED BY TFN

PLEASE PRINT CLEARLY

POST SECONDARY FUNDING APPLICATIONS MUST BE COMPLETELY FILLED OUT. THE APPLICATION IS REQUIRED FOR EVERY YEAR. IN ADDITION TO THIS APPLICATION, YOU WILL NEED THE FOLLOWING:

1. A LETTER FROM THE POST SECONDARY INSTITUTION STATING THAT YOU ARE ACCEPTED OR THAT YOU HAVE APPLIED, AND THEY ARE LOOKING AT YOUR FILE.
2. IF YOU ARE A CONTINUING STUDENT, PLEASE ATTACH YOUR PRIOR YEAR TRANSCRIPTS.
3. A LIST OF TUITION, REGISTRATION FEES, STUDENT FEES, AND ANY OTHER COSTS. THIS LIST MUST BE FROM THE POST SECONDARY INSTITUTION'S REGISTRAR'S OFFICE OR PRINTED FROM THEIR INTERNET SITE.

HAVE YOU EVER BEEN FUNDED FROM T'SOU-KE FIRST NATION PREVIOUSLY? YES NO

IF YES, DID YOU COMPLETE THE PROGRAM: YES, WHAT PROGRAM _____

NO IF NO, WHY DIDN'T YOU COMPLETE?

STUDENT PROFILE

LAST NAME _____ FIRST NAME _____ MIDDLE INTIAL _____

ADDRESS (please be sure to include your postal code)

TFN REGISTRSTION # _____ PHONE# _____ EMAIL _____

MARITAL STATUS: SINGLE MARRIED/COMMON LAW

DEPENDANTS RESIDING WITH APPLICANT

NAME	AGE (mm/dd/yyyy)	RELATIONSHIP	STATUS

POST-SECONDARY INSTITUTION INFORMATION NAME OF INSTITUTE ACCEPTED TO:

PHONE _____ ADDRESS _____

INSTITUTION TYPE COLLEGE UNIVERSITY UNIVERSITY COLLEGE OTHER INSTITUTION

SESSION APPLIED FOR: FALL WINTER SPRING SUMMER

WHAT ARE THE START AND END DATES FOR THIS CURRENT FUNDING YEAR: _____

ARE YOU STUDYING FULL-TIME PART-TIME

PROGRAM/COURSE NAME _____

AREA OF STUDY: _____

DOES YOUR PROGRAM REQUIRE: INTERNSHIP PRACTICUMS CO-OP

IF YES, EXPLAIN:

- QUALIFICATION SOUGHT NON-UNIVERSITY TYPE DIPLOMA/CERTIFICATE
- UNDERGRADUATE
(E.g., Bachelor's degree; first professional degree; university type certificate or diploma)
- GRADUATE
(E.g., License graduate; Master's degree and qualifying year; PhD and qualifying year; earned Doctorate; graduate level certificate or diploma)
- OTHER
(e.g., Adult Basic Education Upgrade / Courses shorter than one year)

LENGTH OF PROGRAM (per institute) _____

YEAR OF STUDY _____

YEAR(S) OF SPONSORSHIP REQUESTED _____

PROJECTED COMPLETION DATE _____

PERSONAL EDUCATION GOALS: (please be detailed and make sure it is legible – if we cannot read it, we will return it to you and your funding could be delayed.)

PLEASE DESCRIBE YOUR CAREER DEVELOPMENT TIMELINE:



Decoda
Literacy Solutions

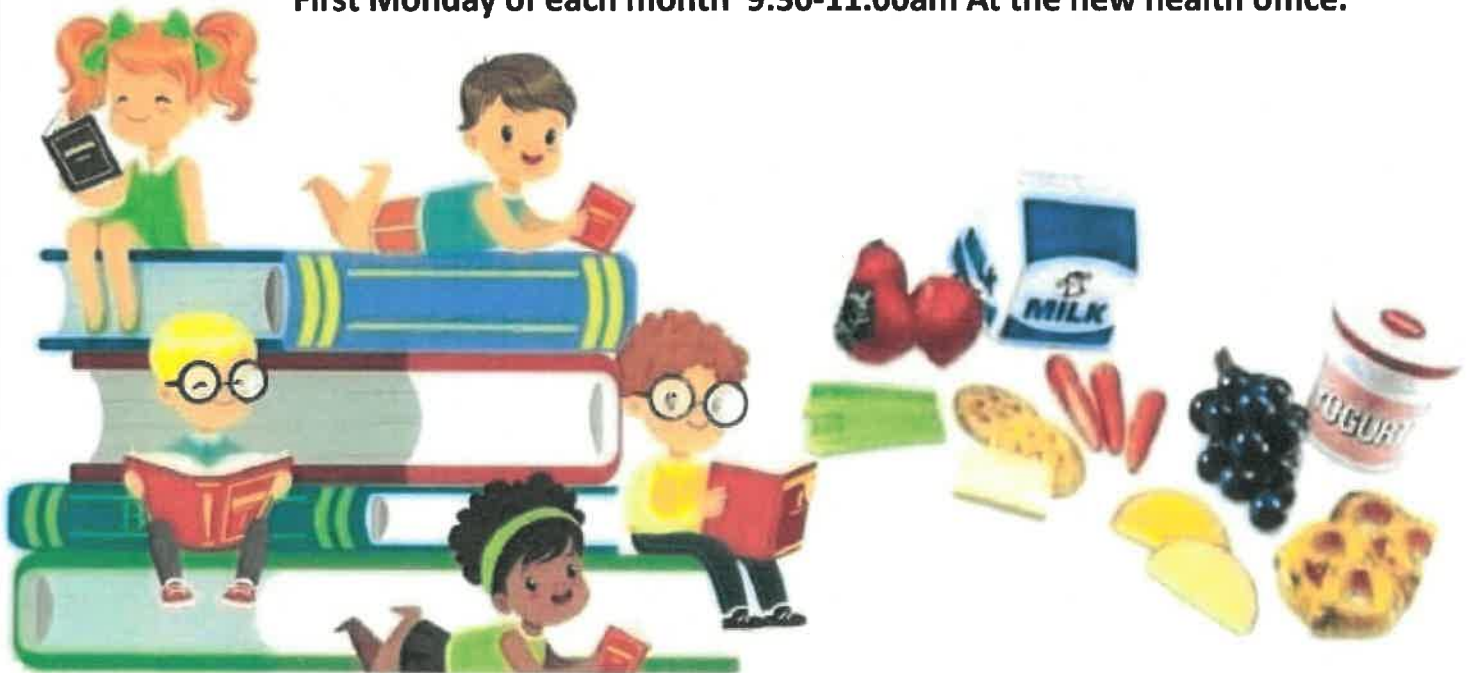


Books For Breakfast

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!

First Monday of each month 9:30-11:00am At the new health office.





**Spring Cultural Knowledge
Sharing Event**

**At the T'Sou-ke Band Hall
May 6th, 2023 at 10:00 AM
Lunch served at 1:00 PM**

**Come and discover what
our Knowledge Keepers
have to share.**

**Sharing Stories, Protocols
and much more!**

Community Plant Walk

Dear T'Sou-Ke Nation Community

Members,

You are invited to join us for a
plant walk on May 20th at 10 AM

**THE EVENT WILL BE HOSTED BY
CHRISTINE GEORGE AND SNACKS AND
DRINKS WILL BE PROVIDED. WE WILL
MEET AT THE SOOKE GREENHOUSES
AND WALK OVER TO HARBOURVIEW
ROAD TOGETHER, SO PLEASE WEAR
COMFORTABLE WALKING SHOES AND
DRESS APPROPRIATELY FOR THE
WEATHER.**

**DURING THIS PLANT WALK, WE WILL
LEARN ABOUT THE DIFFERENT TYPES
OF PLANTS THAT GROW IN OUR
COMMUNITY AND THEIR TRADITIONAL
USES. THIS IS A GREAT OPPORTUNITY
FOR US TO RECONNECT WITH OUR
CULTURE AND LEARN MORE ABOUT THE
PLANTS THAT HAVE SUSTAINED OUR
COMMUNITY FOR GENERATIONS.**

**WE LOOK FORWARD TO SEEING YOU
THERE AND SHARING THIS EXPERIENCE
WITH YOU.**

**BEST REGARDS,
THE MARINE TEAM**

Please Email

LSudlow@snekecentre.ca

To confirm Interest

MAY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Books for Breakfast 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	2 Teen Boxing 5-6pm Youth Swim 7-8:15pm	3 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class	4 Teen Boxing 5-6pm	5 Boot Camp 12:00pm-1:00pm Yoga 12:00pm-1:00pm	6 Knowledge Sharing Event 10:00am-1:00pm
7	8 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	9 Playgroup Teen Boxing 5-6pm Youth Swim 7-8:15pm	10 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class	11 Teen Boxing 5-6pm	12 Boot Camp 12:00pm-1:00pm Yoga 12:00pm-1:00pm 6:00-7:00am Fitness Class	13
14	15 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	16 Teen Boxing 5-6pm Youth Swim 7-8:15pm	17 6:00-7:00am Fitness Class 7:30-8:30pm Fitness	18 Teen Boxing 5-6pm	19 Boot Camp 12:00pm-1:00pm Yoga 12:00pm-1:00pm 6:00-7:00am Fitness	20 Plant Walk 10:00am
21	22 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	23 Teen Boxing 5-6pm Youth Swim 7-8:15pm	24 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class	25 Teen Boxing 5-6pm	26 Boot Camp 12:00pm-1:00pm Yoga 12:00pm-1:00pm 6:00-7:00am Fitness Class	27
28	29 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	30 Teen Boxing 5-6pm Youth Swim 7-8:15pm	31 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class			