



# T'Sou-ke First Nation Newsletter

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

## June 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

**Lorissa Orser**—healthcareassistant@tsoukenation.com

## **Social Development / Employment & Training**

<b>For the Month Of</b>	<b>Declarations Due By</b>	<b>Cheque Issue Day</b>
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.

Friendly reminder to all my clients: please

print your name clearly on your declaration slip and sign it.

# Meals on Wheels

July 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 July 3rd—Offices Closed.

Wednesday July 5th – Pork Roast, Potatoes, Green Salad, Berries & Juice or Milk.

Monday July 10th— Pasta with Shrimp Linguini Sauce, Berry Trifle, Caesar Salad & Juice or Milk.

Wednesday July 12th—Green Pasta Salad, Baked Chicken, Yogurt with Berries & Juice or Milk.

Monday July 17th—Baked Macaroni & Cheese, Broccoli, Rutabaga & Carrots, Bread & Butter & Juice or Milk.

Wednesday July 19th—Chicken Cacciatore, Rice, Green Salad, Oatmeal Cookies, & Juice or Milk.

Monday July 24th—Roast Beef, Potatoes, Caesar Salad, Yogurt, & Juice or Milk.

Wednesday July 31st—Cod, Roasted Potatoes, Green Salad, Berries with Cool Whip, & Juice or Milk.





## 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!

Elders Trip registration cutoff date is June 30th or until room capacity is filled.

Please contact Rose at 250-642-3957 ext.237

or email [RoseDumont@tsoukenation.com](mailto:RoseDumont@tsoukenation.com)



### 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.

## LADYBUG GARDEN

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

## LADYBUG GARDEN UPDATE

### MALASPINA GALLERY – GABRIOLA ISLAND TRIP

I am planning an end of school year community trip to Malaspina Gallery on Gabriola Island. This trip will be open to all band members and you **MUST REGISTER** by Friday June 30<sup>th</sup> 2023. We will be travelling from the band hall to Nanaimo Harbour to catch the ferry over to the Island. We will need drivers to make this trip possible (see form) and drivers will be compensated travel fuel to drive. Lets make this work folks you can always email me for more information.

Boxes are almost ready for community to utilize this season, let me know if you are interested in using a box to grow your fresh veggies .

You can keep up to date by logging onto my facebook site for updates and advice at or email; [ladybuggarden@tsoukenation.com](mailto:ladybuggarden@tsoukenation.com) or call 250-642-3957.



## 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

### **Wildfires**

Following several days of unseasonably warm weather, wildfire season has arrived early in British Columbia.

Fire bans and restrictions are currently in place until October 31, 2023. This includes fires that:

- burn material in one pile not exceeding 2 m in height and 3 m in width,
- burn material concurrently in 2 piles each not exceeding 2 m in height and 3 m in width, or
- burn stubble or grass over an area that does not exceed 0.2 ha.

Also banned are fireworks, sky lanterns, binary exploding targets; and, air curtain burners. Note that Burn Barrels of any size or description are banned from use under T'Sou-ke Nation's Backyard Burning Regulation.

Burning of yard waste is only permitted in daylight hours between 1<sup>st</sup> October to April 30<sup>th</sup>, during a period of GOOD venting. T'Sou-ke Nation's Backyard Burning regulation also contains a list of items that must not be burned.

Campfires, defined as 50 cm long x 50 cm wide x 50 cm tall are still allowed, albeit with restrictions. Anyone lighting a campfire must maintain a fireguard by removing flammable debris from around the campfire area and have a hand tool or at least 8 litres of water available nearby to properly extinguish the fire.

Should a person cause a wildfire they can be investigated, held responsible and ordered to pay for the costs to extinguish a fire.

To report a wildfire, unattended campfire, or open fire violation, call 1 800 663-5555 toll-free or \*5555 on a cell phone. For the latest information on current wildfire activity, burning restrictions, road closures and air quality advisories, go to: <http://www.bcwildfire.ca>.

For further questions please contact T'Sou-ke Nation Lands Office at 250-624-3957.

*This is a reminder to all members and their visitors, now that the weather is nice children are at play. Please take care to drive at the speed limits posted.*

**NOISE BYLAWS:** There have been reports about loud music, dirt bikes, and other motorized vehicles being driven on the reserves and unwanted traffic throughout the night. T'Sou-ke Nation has a Noise Bylaw that states: No person shall emit, cause, or permit the emission of sound resulting from an act listed herein, and which sound is clearly audible at a point of reception:

*Racing any motorized vehicles conveyance other than in a racing event regulated by law.*

*The operation of a motor vehicle in such a way that the tires squeal.*

*The operation of any combustion engine or pneumatic device without an effective exhaust or intake muffling device in good working order and in constant operation.*

*The operation of a vehicle or a vehicle with a small tailer resulting in banging, clanking, squealing or other like sounds due to improperly secured load or equipment, or inadequate maintenance.*

*The operation of motor vehicle horns or other warning devices except where required or authorized by law or in accordance with good safety practices.*

*The operation of any item of construction equipment within the reserve without effective muffling devices in good working order and in constant operation.*

**You can learn more about the laws and regulations by visiting our website:**

[www.tsoukenation.com/laws-regulations/](http://www.tsoukenation.com/laws-regulations/)

**RESPECTING NEIGHBORS:** At T'Sou-ke Nation we strive to all have a good relationship with each other. However, disagreements between neighbors still occur. Most of these can be avoided by doing our best to abide by the standards set by your neighborhood. If you have a problem, talk to your neighbors face-to-face first. Look for ways to help your neighbors, instead of seeing them as problems. Being polite and non-confrontational can often resolve disagreements without the need to escalate into arguments. Should problems persist, document your concerns (with date and time), take photos/or video your concerns, and report these to the Lands office. Documentation helps us help you resolve the complaint.

**T'Sou-ke Nation Lands Office can be reached at [landsmanager@tsoukenation.com](mailto:landsmanager@tsoukenation.com) or 250-642-3957.**

**GARBAGE STORAGE AND BEARS:** Bears have been observed in and around properties, and in some cases have been exhibiting problematic behavior. If a bear has gotten into your garbage, please clean it up as it is hazardous to the community and the bear. T'Sou-ke Nation Lands Department provides some preventative measures that may be undertaken if wildlife is creating problems:

*Talk to your neighbor(s) about human-bear conflict and help educate them about bear attractants.*

*Only put garbage out on the day of collection*

*Neighborhood garbage conflicts can be addressed through residents being proactive in their neighborhood.*

*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.*



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

June 16, 2023.

## **Community Notice**

**Hello Community:**

**We are grateful for the overwhelming amount of participation in our first community engagement session regarding the Subdivision, Development and Servicing (SDS) Law. Thank you to everyone who attended and for your great questions and involvement.**

**As we move forward, we will be having a second community meeting to go over the *revised draft copy* of the SDS Law based on your input. Before we finalize and enact the Law, we want to make sure it reflects T'Sou-ke values and interests.**

**A reminder to everyone that individual and family meetings to discuss the proposed law are available upon request. Call the Lands Office to set up a meeting before the end of June, or to discuss any questions, comments, or concerns you may have.**

**Draft copies of the law are available at the Administration Hall and can also be sent out to you if you wish. Please let us know if you would like a copy of the law.**

**The second community meeting to review the *revised draft* copy of the SDS Law will be held on Tuesday, July 11<sup>th</sup> from 5:30-7:30 pm (doors open at 5) at the main Administration Hall. Dinner will be served.**

**T'Sou-ke Lands Office  
(250)642-3957 ext-227  
[landsmanager@tsoukenation.com](mailto:landsmanager@tsoukenation.com)**





**Decoda**  
Literacy Solutions

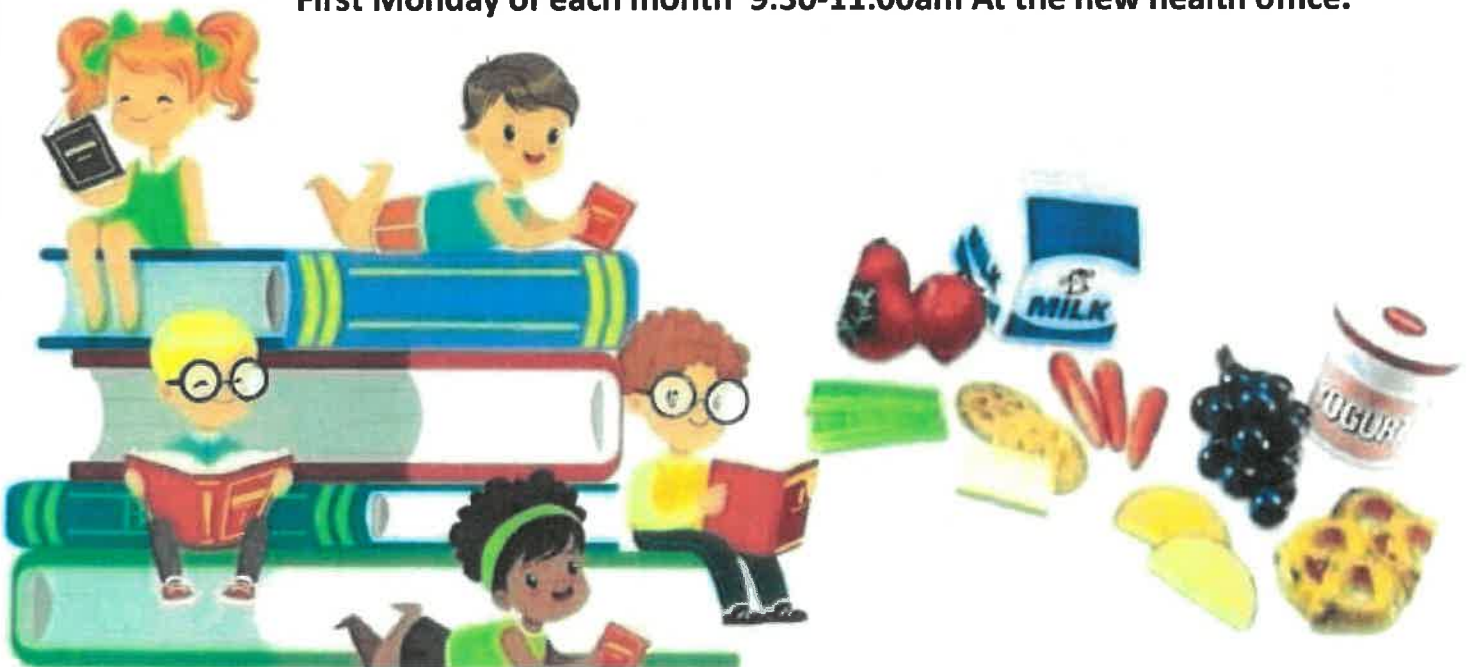


# Books For Breakfast

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.





**T'Sou-ke First Nation**

**Registration Form (closes June 30<sup>th</sup>, 2023)  
Gabriola Island Trip – Malaspina Gallery Park  
July 8<sup>th</sup>, 2023**

This is a basic general permission form for Malaspina Gallery Park on Gabriola Island. Please enter your name and or youth's name and age and sign in the appropriate sections.

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

- 1 \_\_\_\_\_ Youth (13-17)\_\_\_\_ Child (5-12)\_\_\_\_
- 2 \_\_\_\_\_ Youth (13-17)\_\_\_\_ Child (5-12)\_\_\_\_
- 3 \_\_\_\_\_ Youth (13-17)\_\_\_\_ Child (5-12)\_\_\_\_
- 4 \_\_\_\_\_ Child up to 5
- 5 \_\_\_\_\_ Child up to 5
- 6 \_\_\_\_\_ Adult 17 and over
- 7 \_\_\_\_\_ Adult 17 and older
- 8 \_\_\_\_\_ Elder 60 and over
- 9 \_\_\_\_\_ Elder 60 and over

**Liability Release**

I, the undersigned, in consideration of participation in the Malaspina Gallery Park trip offered by Ladybug Gardens agree to indemnify and release T'Sou-ke First Nation's Ladybug Gardens 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 wilful act or active negligence of the T'Sou-ke First Nation's Ladybug Gardens 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 trip to Malaspina Gallery Park on Gabriola Island 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'S LADYBUG GARDENS.**

**Signature:** \_\_\_\_\_



# Indigenous End of Life Guide

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## HONOURING THE FINAL JOURNEY TO BE WITH ANCESTORS

For some First Nations and Indigenous people, wanting to remain in or return to their community to die is very important, and an integral part of their plan for their final journey to the Spirit World. To make this possible, support and care are needed.

In many First Nations communities, there are often people who provide this kind of care naturally, however, remaining in community to die is not always an option.

A unique four-day course is aimed at First Nations and Indigenous individuals who have been or will be called upon to voluntarily provide care, support and advocacy for someone who is facing the end of their life. Students in this program develop an understanding of how the continuity of care and advocacy they provide work to complement and enhance the end of life care provided by the medical community and hospice palliative care workers and volunteers.

Comfort, dignity and respect are hallmarks of good quality end-of-life care, and need to meet emotional, mental, spiritual and physical needs of the individual. For people facing the end of their life, continuity of care and advocacy of their health care treatment decisions can be a challenge that an Indigenous End of Life Guide can help to honour and support.

Participants in this course will learn about palliative support, the importance of end of life care and the role of an Indigenous End of Life Guide. There is a focus on teaching communication skills including active listening; initiating and conducting difficult conversations about end of life, and facilitating family meetings. The complexity of grief is discussed including a variety of coping mechanisms, useful resources and the importance of effective self-care. Advance Care Planning conversations are highlighted, including a range of medical and non-medical interventions available to ensure comfort as well as tools for guiding planning and making wishes known to others including funeral planning.

This course provides opportunities to discuss issues, ask questions, and find a community of practice that can support an Indigenous End of Life Guide in attending to individuals and families during their end of life journey. Carefully interwoven are cultural practices and protocols unique to each Nation. A knowledge keeper will co-facilitate with the instructor. Registration and funding are offered through FNHA. We invite you to view our short video to learn more about this important and meaningful work: [Video Link Here](#) or go to FNHA Facebook page.

This program is ideal for anyone wanting to deepen their understanding of how to assist people who are facing their end of life journey.

### In-person courses available:

- **Island (Parksville):** September 18 - 21, 2023
- **Coastal (North Vancouver):** October 3 - 6, 2023
- **Interior (Kelowna):** October 16 - 19, 2023



To apply for the course in your area, complete an application form and return to FNHA

EMAIL: [fnha@fnha.ca](mailto:fnha@fnha.ca) or FAX: 604.666.0275



# July 2023

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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2	3 Books for Breakfast 9:30-11am 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 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 Class	13 Teen Boxing 5-6pm	14 Yoga 12:00pm-1:00pm 6:00-7:00am Fitness Class	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 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 Yoga 12:00pm-1:00pm 6:00-7:00am Fitness Class	29	



# Cultural Prescribed burning

Let's enjoy some food together in the community. We are holding an opportunity for members to share their knowledge about cultural and prescribed fire with T'Sou-ke Nation staff and a fire ecologist. Meeting at the corner of Walse-A near the old play ground, followed by lunch on the ocean front.

We are looking for members to attend our picnic on:

Thursday  
13 July 2023

Siaosun;  
Corner of  
Walse-A

Conversation  
Start from  
10:00 AM



Contact our Land Manager for more  
information [landsmanager@tsoukenation.com](mailto:landsmanager@tsoukenation.com)  
or 250-642-3957