



# T'Sou-ke First Nation Newsletter

tsoukenation.com

| 250-642-3957

| Fax: 250-642-7808

## July 2023

**Important  
drought  
information  
in this  
newsletter.**

See the Lands,  
Forestry and  
Environment  
section.



### Administration

Michelle Thut administrator@tsoukenation.com

Ext.233

Sandra Sprinkling admin1@tsoukenation.com

Ext.223

Tara Jensen admin2@tsoukenation.com

Ext.222

Mona Wall 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—guardian2@tsoukenation.com

Dave Planes— guardian1@tsoukenation.com

## Marine Team

778-352-0011

Joanne Routhier—marineliaison1@tsoukenation.com

Eva Shaffer—marineliaison2@tsoukenation.com

Edward Chutter—echutter@gmail.com

### **T'Sou-ke Nation Marine Team & Ocean Networks Canada**



**Invites You To...**



# **SHIP 2 SHORE LUNCH AND LEARN**

**When: Monday, August 14th**

**Time: 11:00am - 1:00pm**

**Where: T'Sou-ke Nation Band Hall**

**Who: All ages, youth are encouraged to join**



**Come join us over lunch to  
learn about the recent MSR  
Voyage expedition that  
explored off-shore from  
Vancouver Island.**

**Video footage from the voyage  
will show hydrothermal venting  
systems from over 2,000m  
deep, and if we're lucky, deep-  
sea creatures**



**Remote Access to the event is available via:**

**[meet.google.com/gon-yogf-kwo](https://meet.google.com/gon-yogf-kwo)**



## 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
August 2023	August 18, 2023	August 23, 2023
September 2023	September 15, 2023	September 20, 2023
October 2023	October 20, 2023	October 25, 2023
November 2023	November 17, 2023	November 22, 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 are 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—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.

## 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](mailto: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](mailto:RoseDumont@tsoukenation.com)

## BOOK BIN PROGRAM

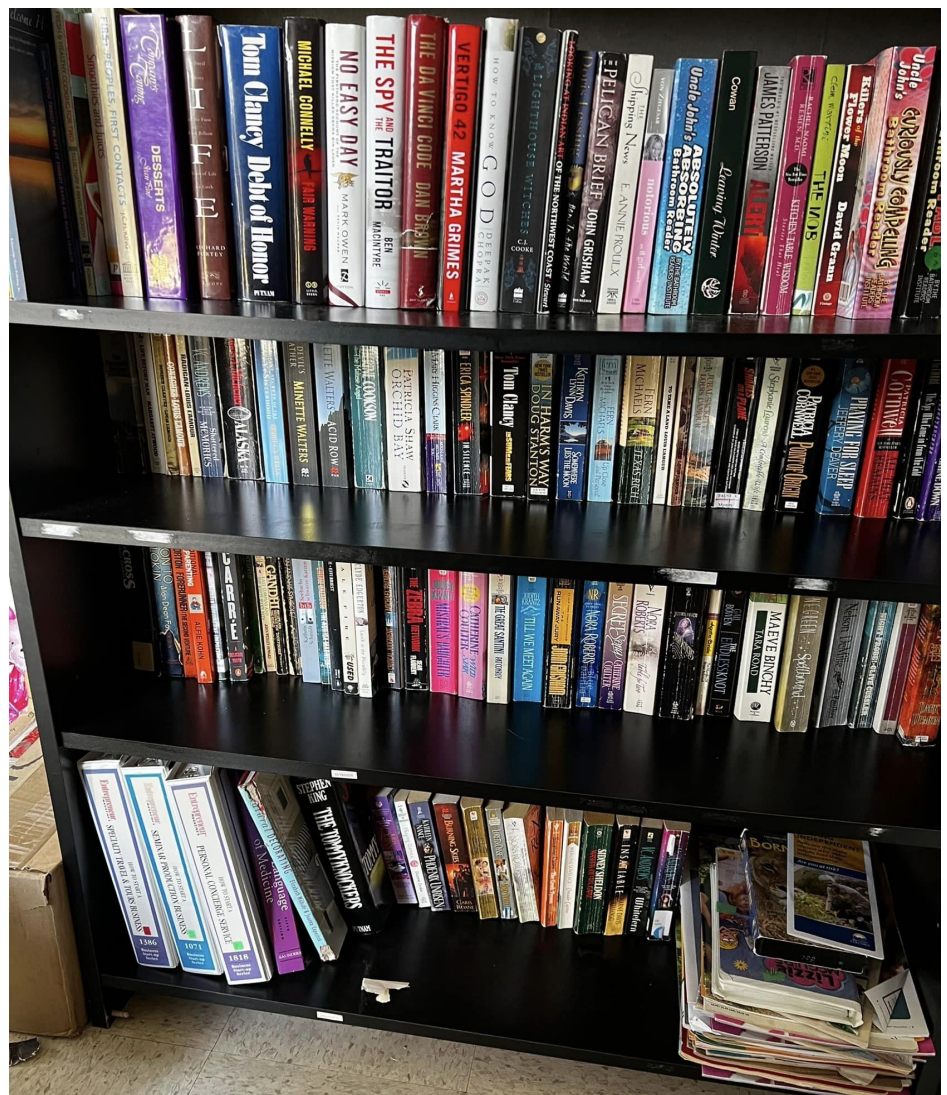
Our book bin was refilled.

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!

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.

**T'Sou-ke Nation Health Department is excited to announce that we will have in-house Counselling Services at our Main Health Centre starting**

**August 1st, 2023.**

We have partnered with Sea To Tree Wellness to bring this new service to our Health Department.

Please see attached poster below for further information.

To access this service you can you call 778-352-3115 or email [info@seatotree.ca](mailto:info@seatotree.ca) – or just to just show up

**This new in house service at our Health Centre is for Members, their Spouses, and their children.**

**If you have any questions with regards to this, please feel free to contact Rose at 250-642-3957 ext 237 or 250-217-2215 or via email at [RoseDumont@tsoukenation.com](mailto:RoseDumont@tsoukenation.com)**





## COUNSELLING AND WELLNESS SERVICES

Tuesdays 8:30 am - 4:30 pm

Counsellors from Sea to Tree Health & Wellness have been invited to provide counselling services in the Health Centre Tuesdays from 8:30am - 4:30 pm, starting August 1st! They work with children, youth, teens, adults, couples, parents and families. They hope to expand services to meet the community's needs and wants.

Community members already seeing a counsellor at Sea to Tree Health & Wellness (Sooke office, Colwood office or online), your services will not be interrupted. Tuesdays at the Health Centre are an additional way to access support.

If you are interested in meeting with Sea to Tree Health & Wellness counsellor at their Sooke or Colwood Centre, please email [info@seatotree.ca](mailto:info@seatotree.ca) or call 778-352-3115.



We are here for you in the mornings (8:30 – 12:30):



### Andrea

Andrea is a parent of two teenagers and has recently completed a Master of Counselling Degree. She has worked with children, youth and families in schools, community settings, and individually for over 15 years. Andrea believes that people are resilient and hold the capacity to find the changes that they long for. She uses an integrative approach to connect with a variety of ages and stages.



### Sherry-Lynn

Sherry-Lynn identifies as Metis from Territory 4 Fort Qu'Appelle Saskatchewan. She is a Registered Clinical Counsellor, Art Therapist, & Children & Family Therapist. Sherry-Lynn approaches her therapeutic practice from an attachment and trauma informed lens. She applies culturally safe and appropriate practices as well as a wholistic approach. She works collaboratively in partnership with the community and incorporates the use of traditional practices as well as integrates guidance from the Elders and Knowledge Keepers within each community she serves.

We are here for you in the afternoons (12:30 – 4:30):



### Anna

Anna is a Registered Clinical Counsellor who has worked in the mental health field for a decade, with a background in addictions and mental health. Additional areas of practise include eating disorders, intergenerational trauma, relational issues, and child and youth work. Therapies used include Cognitive Behavioural Therapy, Internal Family Systems, and Polyvagal oriented therapy.



### Kelly (in August only)

Kelly (she/her) has been a visitor on the lands of the T'Sou-ke Nation for over 15 years. She self-identifies as a member of the Algonquins of the Pikwakanagan First Nation in Ontario. She is a practicum student completing her Master's in Counselling Psychology through Yorkville University. She has vast experience working with children, youth, and families within school and community settings. Kelly values holding a non-judgmental, safe space for clients to continue their unique journey of self-acceptance and healing. Using a compassionate, strengths-based approach to therapy, Kelly aims to foster meaningful connection that encourages growth and empowerment.



### Alexi (from September)

Alexi (He/him) is a parent, husband, and Queer man with mixed Indigenous/settler ancestry who comes to Sea to Tree with over 10-years' experience working in the mental health field alongside youth, adults, families, Indigenous communities, LGBTQ+ and folx with diverse abilities. I work from the understanding that we come to know ourselves through our experiences of relationships to many things including: family, culture, community, and the more-than-living natural world around us.

**HÍSWĶE!**

We look forward to seeing you there.

## Youth & Culture

778-352-3957

Brandy Daniels—youthcentre@tsoukenation.com

Attending Tribal Journeys July 21-Aug 6th. Watch our facebook page for activities and programming, or connect with me.



## 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.



## 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.

# Drought Level Information

All of Vancouver Island has been moved to a level 5 drought, which is the highest on B.C.'s drought scale, prompting provincial officials to urge people to conserve water.

The drought scale runs from 0, meaning there is enough water to meet all needs, to 5 which means adverse impacts are almost certain.

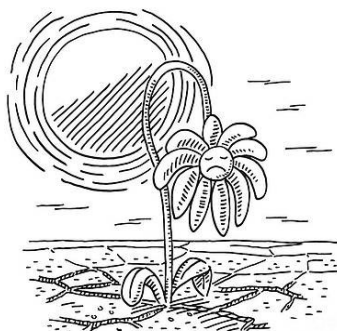
On July 13, the province moved all of Vancouver Island to level 5 in response to the lack of precipitation and the dry conditions.

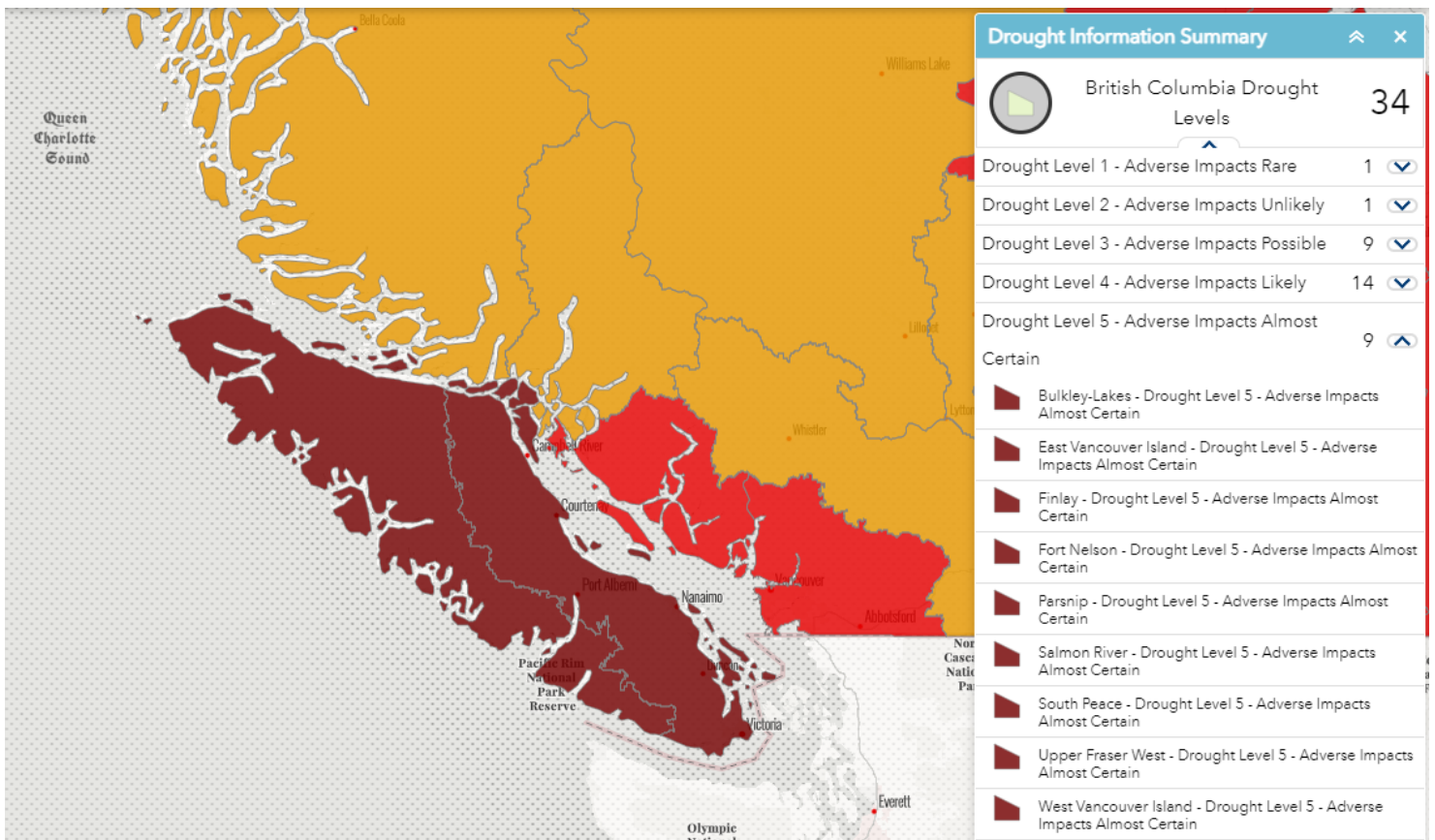
While the province is not implementing restrictions at this time, Bowinn Ma, the minister of emergency management and climate readiness, noted a number of communities have already implemented their own restrictions as a result of local conditions.

“I’m calling on everyone, including businesses to follow water restrictions set by First Nations and local authorities and take steps to conserve water even above and beyond those restrictions,” Ma said. “Water is a precious resource and we are fortunate to have some of the best water in the world. Every drop counts and that’s why everyone needs to do their part.”

Steps that Ma says people can take include taking shorter showers, not watering lawns more than necessary, only running washing machines or dishwashers when they’re full, and turning off the tap when you brush your teeth and shave.

“If each person and company makes a few small changes to how they use water, it can have a profound impact,” Ma said. “We are currently encouraging voluntary reductions at this time, but regulatory actions may be introduced if necessary.”





Level	Impacts	General Response Measures
0	There is sufficient water to meet socio-economic and ecosystem needs	Preparedness
1	Adverse impacts to socio-economic or ecosystem values are <b>rare</b>	Conservation
2	Adverse impacts to socio-economic or ecosystem values are <b>unlikely</b>	Conservation Local water restrictions where appropriate
3	Adverse impacts to socio-economic or ecosystem values are <b>possible</b>	Conservation Local water restrictions likely
4	Adverse impacts to socio-economic or ecosystem values are <b>likely</b>	Conservation and local water restrictions Regulatory action possible
5	Adverse impacts to socio-economic or ecosystem values are <b>almost certain</b>	Conservation and local water restrictions Regulatory action likely Possible emergency response

**Level 5: Maroon**

At Level 5, conditions are exceptionally dry and adverse impacts to socio-economic or ecosystem values are almost certain. All efforts should be made to conserve water and protect critical environmental flows.

*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 trailer 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.*





**Decoda**  
Literacy Solutions

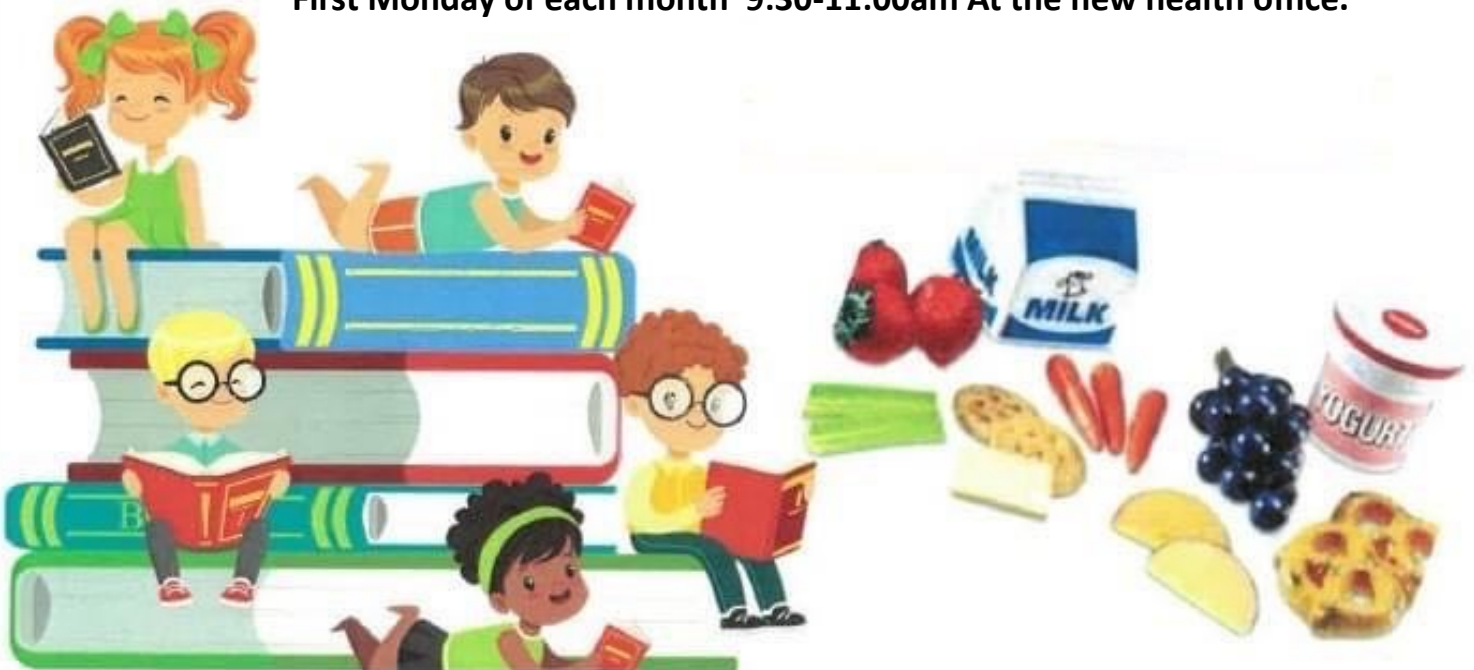


# Books For Breakfast

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.**



# Indigenous End of Life Guide

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

# A Coast Salish version of the Sea to Tree logo

We are looking for an artist who can transform our logo into Coast Salish style.

We would like to add it to orange t-shirts, as well as other items such as mugs, shopping bags, hoodies, stickers or hats.

We have a budget of **\$1000**.

**About us:** Sea to Tree Health & Wellness provides counselling and wellness services in the heart of Sooke. Our mission is to provide support that is accessible and affordable.

## This is our logo!

It shows an orca, waves, and a cedar tree.



KIND OF LIKE THIS ... BUT IN  
COAST SALISH STYLE

○ **Who can apply?** T'Sou-ke Nation artists/designers

○ **Please apply by:** August 7, 2023

○ **How to apply:** email [info@seatotree.ca](mailto:info@seatotree.ca)

○ **We will need you:** Images or links to your portfolio/previous work.

Please indicate how you would like us to communicate with you (email, text messages, phone or video chat) and your availability for communication, especially for revisions.

If you have a specific vision for this project or any other thoughts, feedback, constraints or ideas, please let us know!

○ **How will we use the design?** On promotional items (such as apparel, mugs, stickers or shopping bags) & on our website



Stock photos by stocking (Freepik)

## Timeline:

- August 7:** application deadline
- August 14:** we will get in touch with the selected artist and arrange communication and payment details
- August 21:** submission of first draft, possibly followed by one or two smaller revisions
- August 28:** submission of final file(s) in vector format  
submission of your invoice to us  
processing of payment (C\$ 1000 plus GST if applicable)

## Design, legal & technical specifications:

- Design style Traditional or contemporary Coast Salish design
- Design details Please preserve the overall round outline shape if possible.  
Please preserve the overall layout/placement of the three key elements: orca, water, and tree.
- Number of colours The illustration needs to work as a monochrome illustration, so we can print it in black on orange (or in white on dark background colours).  
A version that has both black and white details or is using colours closer to the original logo is possible, as long as it also *also* works in monochrome.
- Dimensions The expected print sizes for the illustration will range from 4x4 inches to 12x12 inches. Please choose a level of detail that will look great at both of these sizes.  
If it works in even smaller sizes (think of embroidering it on a polo shirt), or if there's a way to include a less detailed version for very small sizes, that'll be a huge bonus for us!
- File formats Vector format: .svg (preferred), .eps or .ai
- Delivery Deadline August 21 (first draft),  
August 28 (final version)
- Licensing terms Upon completion of the illustration and upon full payment, the artist grants Sea to Tree Health & Wellness an exclusive license to use, copy and reproduce the design.

## HÍSWŪKE!

We value and appreciate all those who submit an entry and will notify the artist/designer we decide to go with. Thank you to all those who submit their work and contact information.

We are grateful for the opportunity to live, work and play on the unceded territory of the T'Sou-ke nation.



**DEADLINE**  
**July 31<sup>st</sup>**

# Help Inform the Standardization of Mental Health and Substance Use Services in Indigenous Communities

Visit [mahihkan.ca/survey](http://mahihkan.ca/survey)  
to complete the survey now



**PRIZES!**

Complete the  
**survey** and become  
eligible to win a \$500  
Visa gift card

Standards  
Council  
of Canada

Open a world of possibilities.

Canada

# August 2023

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