



T'Sou-ke First Nation Newsletter

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

August 2023

**Picture of the
Elder Spirit
leaving
Siaosun Beach
for
Tribal Journeys
2023**

**Photo Credit
Bonnie Hill
More Pictures
inside!!**



Administration

Michelle Thut Ext.233

administrator@tsoukenation.com

Sandra Sprinkling Ext.223

admin1@tsoukenation.com

Tara Jensen Ext.222

admin2@tsoukenation.com

Mona Wall secretary@tsoukenation.com

Office Hours

2154 Lazzar Road

Monday to Friday

8:30 AM to 4:30 PM

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—rosedumont@tsoukenation.com

Bonnie Hill—bonniehill@tsoukenation.com



Do you want to receive your newsletter by email?

Please call the office to be added to the email list.

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

Louis Sudlow—lsudlow@snekecentre.ca

Edward Chutter—echutter@gmail.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—Ext. 238—healthcareassistant@tsoukenation.com

Social Development / Employment & Training

For the Month Of	Declarations Due By	Cheque Issue Day
September 2023	September 15, 2023	September 20, 2023
October 2023	October 20, 2023	October 25, 2023
November 2023	November 17, 2023	November 22, 2023
December 2023	December 15, 2023	December 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 are not received by Debbie on the due date, no exceptions.

A friendly reminder: 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



September 2023 Meal Menu

Monday, September 4th

CLOSED LABOUR DAY

Wednesday, September 6th

Chili Con Carne, Rice, Berry Crisp, & Milk or Juice.

Monday, September 11th

Chicken Corn Chowder, Green Salad, Whole Wheat Buns, Mousse, & Milk or Juice.

Wednesday, September 13th

Hamburger Noodle Dish, Caesar Salad, Pineapple Surprise, & Milk or Juice.

Monday, September 18th

Hamburger Soup, Green Salad, Whole Wheat buns, Mousse, & Milk or Juice.

Wednesday, September 20th

Nuts & Bolts Stir Fry, Rice, Peach Cobbler, & Milk or Juice.

Monday, September 25th

Pasta with Shrimp Linguini Sauce, Caesar Salad, Berry Trifle, & Milk or Juice.

Wednesday, September 27th

Chicken Cacciatore, Rice, Corn, Oatmeal Cookies, & Milk or Juice.

Meals are subject to change depending on availability of products.

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/or needs some extra help, this service is offered. To receive this service one of our Nurses will set up appointments for assessments.

HEALTH OFFICE SCHEDULE

With the exception of nights when our Wednesday Community Dinners are being held. See the calendar at the end of this Newsletter for more information.

Yoga Classes

Fridays

12:00 PM—1:00 PM

Please join us for some relaxing **yoga** with Donna.

Rise & Shine Morning Class

Monday, Wednesday & 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 & Wednesdays

7:30 PM- 8:30 PM

Please join us for this full body strength training program!

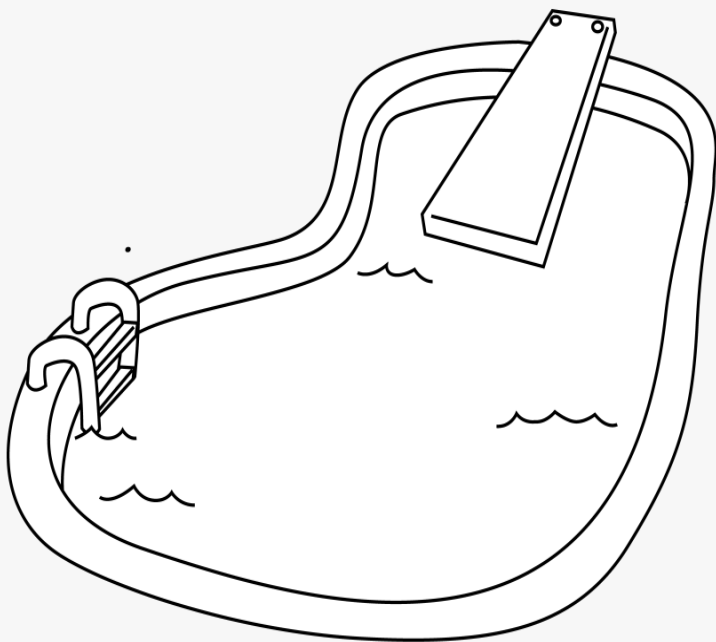
Foot Care Services/Routine Foot Care

Monthly appointments are available for our Elders (age 60+) and those members and their families who are diabetic.

All services are provided by an RN and are not a substitute for Podiatry Medicine.

All instruments are sterilized to BC Best Practice Standards.

Please contact Rose at the Health Office to book an appointment.



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.

**MEDICAL CLINIC WITH DR. KLUGE
FOR ELDERS/MEMBERS ONCE MONTHLY
FROM 1:00 PM - 4:00 PM
BY APPOINTMENT ONLY
AT OUR MAIN HEALTH CENTRE**

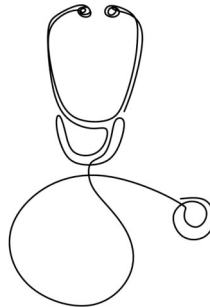
Dr. Kluge holds in person monthly clinics at our Main Health Centre usually every 3rd Thursday from 1:00 PM - 4:00 PM for our Elders and members and their families.

To book an appointment please call our Health Centre at 250-642-3957 for Daphne (ext. 235) or Nurse Jen (ext. 238) or leave us a message.

Clinic times are also posted and updated on our Facebook Health Site.

****Please note if you have to cancel your appointment, please ensure to let one of the health office staff know as soon as you can. This will allow time for others to get to our office who maybe on a waiting list to see the doctor.****

We are in planning stage of expanding this service to twice monthly. We will keep you updated.



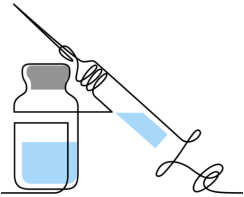
Routine Immunizations

T'Sou-ke Nation is able to provide all routine immunizations by appointment only.

This includes;

- All infant immunizations
- All school age immunizations
- Influenza immunizations (pending vaccine availability)

Please contact Nurse Jenn at the health office to book an appointment.



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 call 778-352-3115 or email 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

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 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 cultural safe and appropriate practices as well as a holistic 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 folks 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.

HISWKE!

We look forward to seeing you there.

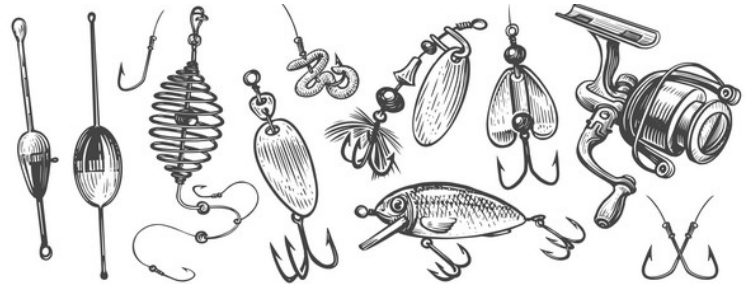
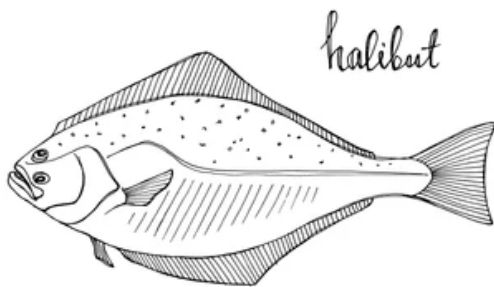
Fisheries

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

John Planes Sr.—Skipper Ocean Sunset

Billy Mobley—guardian2@tsoukenation.com

Dave Planes— guardian1@tsoukenation.com



The T'Sou-ke Nation Fisheries Department is working on getting halibut. Our commercial boat is getting this for us and we are scheduled to receive this in the next little while. We will communicate the dates once we know them.

We were also waiting to see if a sockeye opening for food fish were to be possible, as there was some potential for an opening. This chance for sockeye seems to now be very unlikely. Please be patient.

We have a limited amount of frozen whole in-the-round sockeye in cold storage if any member would like some please email me at fisheries@tsoukenation.com to arrange.

We are also setting up our 28 foot cuddy to bring members out fishing for Sept/Oct 2023. Email me if interested and we will see how to gauge interest and scheduling.

As more information becomes available regarding food fish we will continue to post updates as needed.

Thank-you,
Frank

Youth & Culture

778-352-3957

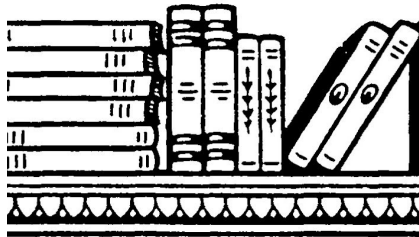
Brandy Daniels—youthcentre@tsoukenation.com

Youth Seaparc Outing

Youth at Seaparc
Tuesdays 7:00-8:15pm.

Community Dinner

September 27th
5:00 - 7:00 PM
Get in touch with Brandy if you
need a ride



Library Book Read and Craft

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



Watch the
Youth Facebook page for upcoming events like S.T.E.M,
Tutoring and Pro D Day Hikes!

LADYBUG GARDEN

You can keep up to date and get advice by logging onto my Facebook site,
by emailing ladybuggarden@tsoukenation.com, or by calling
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 1st October to April 30th, 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.

A campfire prohibition remains in effect for the District of Sooke and will remain in place until September 30, 2023, or until the order is rescinded.

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 By-law 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/

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 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.*



T'Sou-ke Nation FUN DAY

Thursday, September 7, 2023

4:00 PM to 8:00 PM

At the Band Hall

Bounce Castle Balloon Animals Dinner Games & More

Please bring a change of clothes, sunscreen & hat
Children must be accompanied by a parent or guardian
This event is for registered members, their spouse &
children (18 & under) born to them & their spouse.



reflexology



Mini Wellness Day Saturday

September 9, 2023

Massage
Acupuncture
Head Massage
Mini Manis

Tarot Cards
Tea Leaf Readings
Body/Emotion,
and More!

9:30 am—3:00 pm
Doors open at 9:30

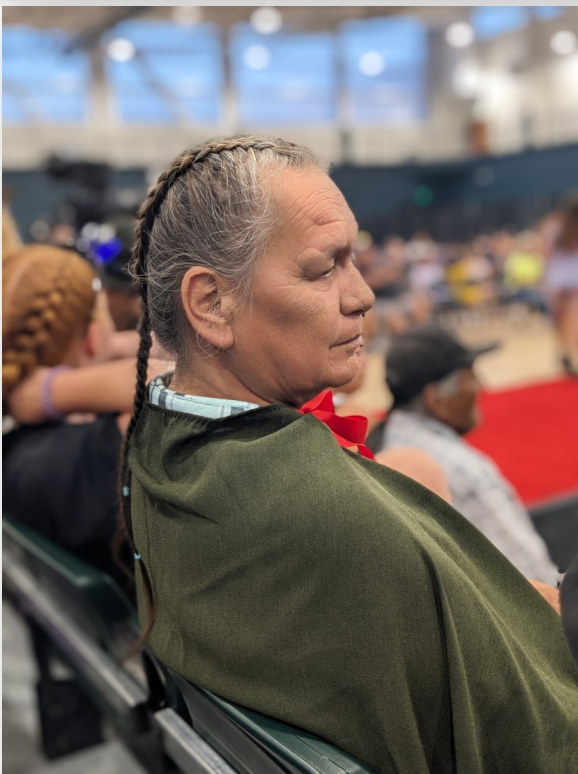
T'Sou-ke Band Hall
Light lunch provided

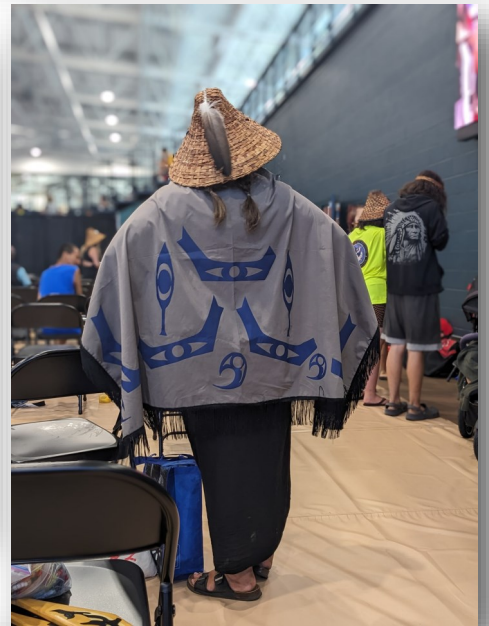
**Members, your
spouses and your
family, please join
us
For a day of fun and
relaxation!**

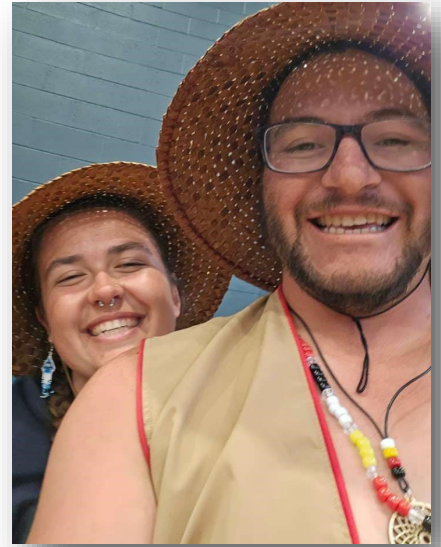


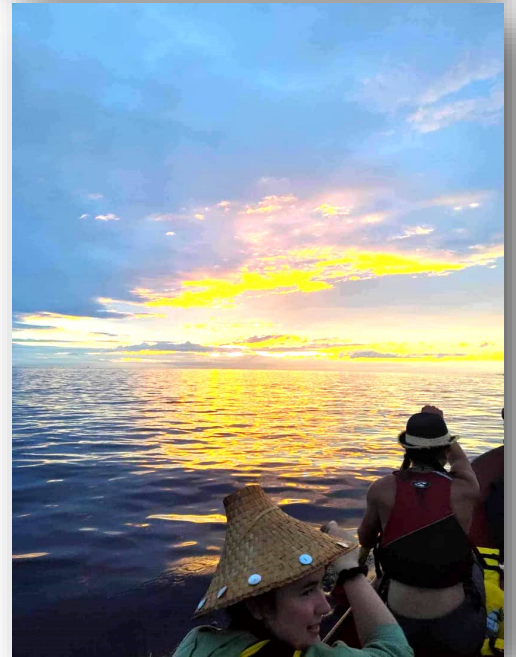


**Thank you to Isabelle and Yvonne St. Pierre
for the use of their photos**











Member Dinner & Bag Notice

The following is a list of dates which outlines the days our Nation will be hosting

Meal Bag Deliveries and our Community Dinner

~~JUNE 2023~~

~~June 14 – Community –Community Meal Bag Delivery IR#1 and IR#2~~

~~June 28 – Community Dinner –5:30 pm –7:30 pm~~

~~JULY 2023~~

~~July 12 – Community Meal Bag Delivery IR#1 and IR#2~~

~~July 26 – Community Dinner –5:30 pm –7:30 pm~~

~~AUGUST 2023~~

~~August 9 – Community Meal Bag Delivery IR#1 and IR#2~~

~~August 30 – Community Dinner –5:30 pm –7:30 pm~~

SEPTEMBER 2023

September 13 – Community –Community Meal Bag Delivery IR#1 and IR#2

September 27 – Community Dinner –5:30 pm –7:30 pm

OCTOBER 2023

October 11 – Community Meal Bag Delivery IR#1 and IR#2

October 25 – Community Dinner –5:30 pm –7:30 pm

NOVEMBER 2023

Nov 8 – Community Meal Bag Delivery IR#1 and IR#2

Nov 29 – Community Dinner –5:30 pm –7:30 pm

DECEMBER 2023

December 13 –Community Meal Bag Delivery IR#1 and IR#2

JANUARY 2024

January 10 – Community Meal Bag Delivery IR#1 and IR#2

January 31 – Community Dinner –5:30 pm –7:30 pm

FEBRUARY 2024

February 14 – Community Meal Bag Delivery IR#1 and IR#2

February 28 – Community Dinner –5:30 pm –7:30 pm

MARCH 2024

March 13 – Community Meal Bag Delivery IR#1 and IR#2

March 27 – Community Dinner –5:30 pm –7:30 pm

PLEASE NOTE:

We are pleased offer these programs again this fiscal year. A reminder that our Community

Diners are open to our MEMBERS, THEIR SPOUSES, THEIR CHILDREN AND THEIR SPOUSES CHILDREN



PO Box 307, Sooke B.C., V9Z 1G1
Ph.: 250 642-3957 Fax: 250 642-7808

IR#2 Sanitary Sewer Connection and Subdivision Development Project

As many of you may already know we have obtained funding from Indigenous Services Canada to connect residences on IR#2 to municipal sewer as well as the development of a subdivision. The project commenced in August 2023.

Summer/Fall 2023

You may have seen some activity on IR#2 already if you live in the area, this stage includes mobilization, laydown site clearing and fencing. Clearing and grubbing of the construction area for the subdivision will begin next week. This stage will also include location of existing individual property septic systems.

Fall/Winter 2023

Subdivision work such as rough grading, sanitary works, waterworks. Rough grading of the sewer forcemain from the lift station to DoS sewage treatment plant. Lift station civil works Gravity sewers in existing subdivisions, start service connection pipes.

December 2023 – Break

Winter/Spring 2024

Continue service connection pipes, install the sewer lift station and testing and commissioning.

Spring/Summer 2024

Testing, road patching and paving, road markings signs, and O&M training Septic field decommissioning, cleanup and demobilization will happen in late May 2024.

We anticipate all work to be completed by October 2024.

You might be asking yourself; how does this affect me and my septic system on IR#2. This is what a resident can expect:

- There will be an onsite worker in the next two (2) weeks to locate septic tank and review property infrastructure.
- Septic tank/Field decommissioning
- Road works (Paving, Shoulder Work, etc.)
- Home sanitary sewer connections to the Sanitary Sewer mains in the road allowances.
- Individual Lot restoration and cleanup

We will be providing schedule updates to membership via the T'Sou-ke Nation communications page throughout the project.

If you have any questions or concerns, please do not hesitate to contact our Project Manager, Jeff Frank at pillarpoint24@gmail.com

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



First Nations Health Authority
Health through wellness

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

EMAIL: CDSI@fnha.ca or FAX: 604.666.0275

2023 SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01	02
	03 04 CLOSED Stat Holiday Labour Day	05 Youth Seaparc 7-8:15 PM	06 Rise & Shine Fitness 6-7 AM Full Body Fitness 7:30-8:30 PM	07 Fun Day Event 4-8:00 PM	08 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM	09 Mini Wellness Day 9:30-3:00 PM
10	11	12	13	14	15	16
	Rise & Shine Fitness 6-7AM Full Body Fitness 7:30-8:30 PM	Youth Seaparc 7-8:15 PM	Rise & Shine Fitness 6-7 AM Full Body Fitness 7:30-8:30 PM	14	Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM	16
17	18	19	20	21	22	23
	Rise & Shine Fitness 6-7AM Full Body Fitness 7:30-8:30 PM Pro D Day Hike 9 AM -3 PM	Youth Seaparc 7-8:15 PM	Rise & Shine Fitness 6-7 AM Full Body Fitness 7:30-8:30 PM	21	Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM	23
24	25	26	27	28	29	30
	Rise & Shine Fitness 6-7AM Full Body Fitness 7:30-8:30 PM	Book Read & Craft 5-6 PM	Rise & Shine Fitness 6-7 AM Community Dinner 5-7:00 PM	28	Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM	30 Stat Holiday National Day for Truth and Reconciliation
01	02	03	04	05	06	07