



T'Sou-ke First Nation Newsletter

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

November 2023

Update Your Information

Members,

Can you please connect with the Administration Office by phone, email, or fax to ensure that we have correct mailing addresses and contact information for you as we will have quite a few things coming out soon and want to make sure you are getting the information.

Thank you.



Galey Farm Trip

Photo Credit Brandy Daniels

Administration

Administrator, Michelle Thut Ext.233

administrator@tsoukenation.com

Finance Manager, Sandra Sprinkling Ext.223

admin1@tsoukenation.com

Admin Assistant, Tara Jensen Ext.222

admin2@tsoukenation.com

Secretary 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

Chief Gordon Planes—chiefplanes@tsoukenation.com

Councilor Rose Dumont—dubzdu@gmail.com

Councilor Bonnie Hill—bonniehill@tsoukenation.com

Sum-SHA-Thut Lellum

Teachers Jennifer Dumont and Soleil Saxelby

sumsha@tsoukenation.com

250-642-2263



Do you want to receive your newsletter by email?

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

Marine Team

778-352-0011

Marine Field Tech, Joanne Routhier—marineliaison1@tsoukenation.com

Com. Relations Coord., Eva Shaffer—marineliaison2@tsoukenation.com

Marine Field Tech, Louis Sudlow—lsudlow@snekecentre.ca

Marine Field Tech, Edward Chutter—echutter@gmail.com

Health Department

Admin Health Coordinator, Rose Dumont—Ext. 237

rosedumont@tsoukenation.com

Health Coordinator, Daphne Underwood—Ext.235

communityhealth@tsoukenation.com

Community Nurse, Jennifer Routhier—Ext.238– nurse1@tsoukenation.com

Social Development Worker, Debbie Ridley—Ext.236

socialdevelopment@tsoukenation.com

Health Care Assistant, Lorissa Orser—Ext. 238

healthcareassistant@tsoukenation.com

Social Development / Employment & Training

For the Month Of	Declarations Due By	Cheque Issue Day
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

December 2023 Meal Menu

Monday, December 4

Meat Loaf, Potato, Carrots, Gravy, Bread Pudding, & Milk or Juice.

Wednesday, December 6

Ham & Bean Soup, Spinach Salad, Mousse, Bannock, & Milk or Juice.

Monday, December 11

Seafood Chowder, Caesar Salad, Whole Wheat Buns, Berry Trifle, & Milk or Juice.

Wednesday, December 13

Baked Chicken, Roasted Vegetables, Green Salad, Mousse, & Milk or Juice.

Monday, December 18

Hearty Hamburger Soup, Peach Cobbler, Salad, & Milk or Juice.

Wednesday, December 20

Pork Roast, Potatoes, Corn, Buns, & 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.

The Administration Hall is closed from December 22nd to January 5th.

Meals will resume on January 8th, 2024.

REFLEXOGLY

Reflexology is available 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 available 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 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. 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.

Playgroup Dates

Our playgroup will be held on the 4th Tuesday of each month, with the exception of December, from 1:30-3:00 PM at the new Health Office.

For Babies up to 5 Years of Age.

Snack will be provided.

December 12th

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.



Dr Kluges Next Clinic - EXPANDED HOURS

Dr Kluges Clinics have expanded to a full day. His next Clinic will be held on **Thursday, December 21st, 2023.**

Please connect with our office if you wish to make an appointment.

Dr Kluge's clinics are for our members and their families.

Too book and appointment, please call our Health Centre at 250-642-3957 for Rose (ext 237) Daphne (ext 235) or Nurse Jen (ext 238) or leave us a message [here](#).

****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 us time to connect with those that maybe on a waiting list to see the doctor.****

Flu Shots & Covid Vaccine

Thank you to all who attended the T'Sou-ke Nation Health office's flu & covid vaccine clinic. If you still would like to get your flu or covid immunization, please contact Nurse Jenn to book an appointment.

Covid-19 Testing (Rapid Antigen Tests)

T'Sou-ke Health office still has rapid testing kits available at the health office for those interested. Please stop in to pick up a kit. If you are sick and would like a kit delivered, please contact the health office and we would be happy to drop a kit off to you.

If you currently have a testing kit at home, please check the expiry date as some of the kits that we have provided in the past are expired or nearing their expiration date.

Routine Immunizations

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

This includes all infant, school age and influenza (pending 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.

Upcoming Craft Night @ the Band Hall

Tuesday, December 12th

Christmas Themed Crafts - to be announced from 5:00 - 7:30 pm

We will be asking for registration for these events so we know how much supplies to purchase and how much food to have prepared.

Registration will be for Members, their spouses and their children

Mobile Hearing Clinic Coming to our Office

Wednesday, December 13th, 2023

Please connect with our office if you would like to book an appointment to have your hearing checked.

Upon registration, we will require your status # and date of birth.
Ears to You coordinates with First Nations Health for coverage.



Mini Wellness Day - Saturday, December 16th

9:30 am - 3:00 pm

Super excited for our Christmas Mini Wellness Event that is coming up!
We always look forward to this spa like day with our families.

Light snacks will be on hand during the day. We look forward to seeing you all.

This day is open to our families and not open to the general public.

MENS BOWLING NIGHT

**Room for 18
participants
Max**

19+



THURSDAY, DECEMBER 14, 2023

7:00 pm - 9:00 pm

LANGFORD LANES

Contact Rose Dumont (RoseDumont@tsoukenation.com) or
Daphne Underwood (communityhealth@tsoukenation.com)

For Registration

Transportation can be provided for those that require

Fisheries

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

Guardian, Billy Mobley—guardian2@tsoukenation.com

Guardian, Dave Planes— guardian1@tsoukenation.com



BEAR SIGHTING IN YOUR AREA
...it's normal, but please don't invite them for dinner!

Protect bears - remove attractants

Every year, hundreds of bears are killed in B.C., due to conflict with humans. It's up to us to remove attractants and prevent problems from happening.

Attractants include:



Garbage & compost



Bird feeders



Ripe or fallen fruit



Bees and beehives



Pet food outdoors



Dirty BBQs



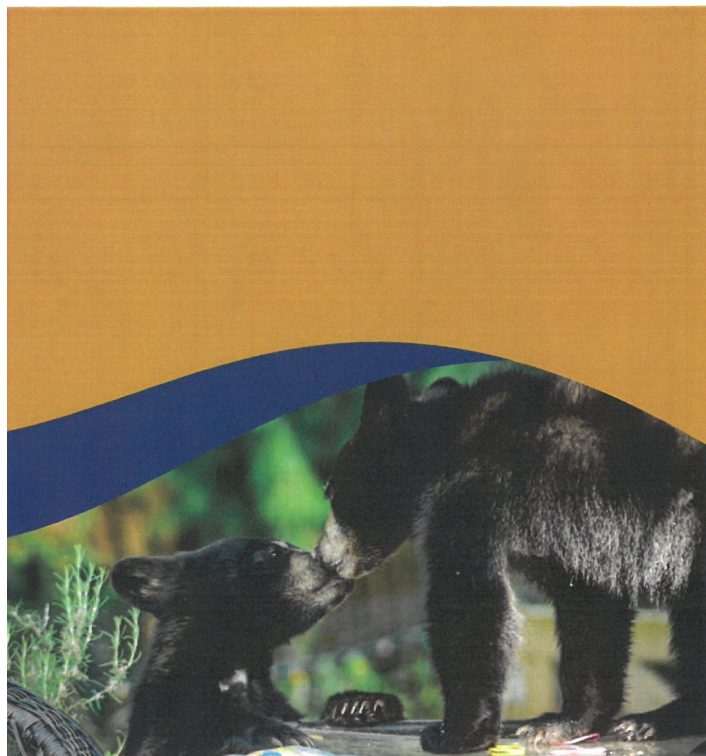
Outdoor fridges & freezers



Backyard chickens

It is **illegal** under the *Wildlife Act* to attract, or leave attractants accessible to bears, coyotes, wolves and cougars. Homeowners, stratas and co-ops can be **fined for each incident**. Report attractant offenses to the BC Conservation Officer Service RAPP Line at 1-877-952-7277 or online.

BCSPCA
SPEAKING FOR ANIMALS



Prevention is key to keeping bears and people safe. Managing attractants will prevent food-conditioning, reduce human-bear conflicts, and help keep bears wild.

Take action for bears:

- **Store garbage and compost securely**, and only put bins out on pick-up day.
- **Share this information** with your neighbours, strata council or building manager.
- **No wildlife-proof bins available in your neighbourhood yet?** Contact your city council to request them.
- **Never feed bears or other wildlife**, and talk to your city council about wildlife feeding bylaws.

Learn more at:
spca.bc.ca/bears
spca.bc.ca/bylaws



Photos courtesy of Vera Ryan and Erin Kellie

BCSPCA
SPEAKING FOR ANIMALS

Youth & Culture

778-352-3957

Youth Worker, Brandy Daniels—youthcentre@tsoukenation.com

Youth Seaparc Outing

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

Dinner & a Movie

December 15th, 2023
5:00 - 9:30 PM

Tutoring Available

At the Youth Centre
Wednesdays
3:30-5:30PM

STEM

Mondays
See Calendar

Arts & Crafts

Thursdays
3:30-5:00PM
At the Youth Centre

Sooke Santa Parade

December 10th, 2023

4:00 - 6:00PM

We are participating in the parade this year.
Contact Brandy if you'd like to participate.



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

2023 December



Youth Centre Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	01	<p>Please Note: Any members that would like to attend free boxing classes, please connect with Sookke Boxing, (250) 634-4941, for times or connect with Brandy if you'd like assistance with this. This calendar will be reposted as new items are added</p>				

MONSTER MASH



Photo Credit Amanda Mobley

Lands, Forestry, Environment

Environment/Forestry, Lawrence Underwood—Ext. 226

forestryandenvironment@tsoukenation.com

Lands Referrals Clerk, Amanda Mobley—Ext. 227

landsandreferralsclerk@tsoukenation.com

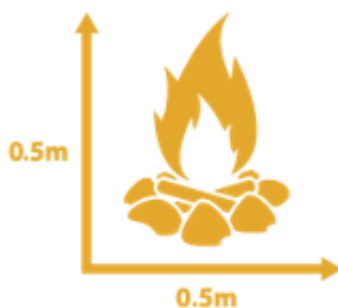
Lands Manager—Ext. 227—landsmanager@tsoukenation.com

As the campfire ban and restrictions are slowly being lifted, T'Sou-ke Nation Lands Department is reminding you about the difference between a campfire and open burning.

Category 1 campfire

A campfire is defined as:

- Any fire no larger than 0.5 metres high by 0.5 metres wide (a fire larger than this is considered a Category 2 fire).
- Used by any person for recreational purposes or by a First Nation for a ceremonial purpose.



Responsible campfire use follows the [British Columbia Campfire Regulations \(PDF, 220KB\)](#).

Avoid having a campfire when it's windy, choose a proper fire pit or make a ring of rocks at least three meters from trees, shrubs, structures, and debris, and do not leave a campfire unattended for ANY amount of time.

T'Sou-ke Nation open burning regulations follow.

Burning Regulations:

Back yard burning in small piles, not larger than 6 ft x 6 ft x 3 ft (for properties up to 2 acres) will be permitted during daylight hours from **October 1 to April 30** when the Ventilation Index as identified by Environment Canada is at a GOOD rating for Southern Vancouver Island.

To obtain the current Smoke Ventilation Index go to the Environment Canada website at www.weatheroffice.pyr.ec.gc.ca/wxhealth/smoke/ or call them at 1-888-281-2992.

- NO OPEN BURNING is permitted when the Smoke Ventilation Index is at a POOR or FAIR rating or when the Fire Danger Rating is at HIGH or EXTREME.
- The use of burn barrels and incinerators is PROHIBITED at all times.

Burning of yard waste ONLY will be permitted during daylight hours from October 1st to April 30th when the Environment Canada Ventilation Index is at a GOOD rating for Southern Vancouver Island.

ITEMS BANNED FROM BURNING:

- Plastics
- household garbage
- tires
- demolition waste, construction waste, drywall, treated lumber
- animal products including manure
- asphalt and asphalt products
- biomedical waste
- railway ties
- paint and paint products
- fuel and lubricant containers
- rubber
- tar paper
- special waste or any other material that gives off noxious fumes.

LADYBUG GARDEN

Garden Coordinator, Christine George

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 .



WOW, Christmas is almost among us folks. For those of you who have a wreath ordered, they will be ready for pickup the week of Dec 11-15 and thank you to everyone who has one ordered.

Big plans are in the works for 2024 at our gardens, I will keep everyone posted in the newsletter and on my FB page.

MERRY CHRISTMAS to all of you, may your holidays be special, take care of yourselves and I will see a lot of you in the new year with great events and activities for all ages!

Love you all, especially the youth I have been working with these past few weeks; be proud of what you have created, all your hard work is just absolutely beautiful! On your holidays, think of ideas and activities you would like to do and let's make it happen!

HAPPY NEW YEAR!

Christine (Chrissy)

Ladybug Gardens – T'Sou-Ke First Nation



T'SOU-KE NATION
**BREAKFAST
WITH
SANTA**



*Come join us for Breakfast and have a visit with
SANTA*

**SUNDAY
DECEMBER 17
2154 LAZZAR RD
9:00 AM**



**THIS EVENT WILL BE FOR
OUR REGISTERED MEMBERS, THEIR SPOUSE
AND CHILDREN (18 AND UNDER) BORN TO
THEM AND/OR THEIR SPOUSE.**

Join Us For



T'Sou-ke Nation
Loonie-Toonie
Raffle

Spread holiday cheer
and make a difference
in our community!

DEC 2+3 @
MISTLETOE
MARKET
9AM-3PM

DEC 4-8
FROM 8:30-4:30
CLOSED 12-1

- FUNDRAISING RAFFLE TO PROVIDE FAMILIES A HELPING HAND
- WE HOPE YOU JOIN US

Spread the Joy!

Council Chambers
Main Administration Building



Lotto Board Raffle!

Stop by the T'Sou-ke Nation main office to buy tickets for the lotto board raffle.

There is \$100 worth of tickets on the board!

The funds from this raffle will help provide families with a helping hand through the holiday season.

For more information, please contact Michelle Thut at 250-642-3957 or administrator@tsoukenation.com.





JOB POSTING

T'Sou-ke First Nation (TFN) is looking for Communications Coordinator

This is a Full-Time position and falls under the T'Sou-ke Nation Personnel Policy.

The communications Coordinator will report directly to the Band Administrator.

Job Summary:

The **Communications Coordinator** is responsible for supporting the planning, coordination, and delivery of the T'Sou-ke First Nations internal and external communications. The Communications Coordinator performs a variety of duties and works closely with Chief, Council, Administration, and all departments to share information and provide greater transparency on the Nation's activities and governance; promotes membership engagement in community programs, services, events, and decision-making activities and digital and online communications. The Communication Coordinator exercises considerable independent judgement, initiative, tact, courtesy, and diplomacy while maintaining confidentiality.

The successful candidate must be knowledgeable and well-experienced in the multi-media approach for community communications for our organization, programs and services that are shared out to a wide range of audiences. The communications Coordinator is also responsible for coordinating and attending engagement events and may on occasion be required to work extended hours including evening and weekends and the work schedules may be flexible to attend meetings or events after normal working hours.

Roles and Responsibilities:

- Develops and disseminates information and promotional material internally and externally including newsletters, public notices, press releases, and presentations for all communication channels including website, print material and social media.
- Provides advice and guidance to managers and staff on communications strategies and tactics to help them achieve their goals and objectives.
- Works with department staff in the creation of content for TFN, website, social media channels, annual reports, and other communication platforms to drive staff engagement with community members.
- Manage administrative side of TFN's social media accounts, including content creation, monitoring engagement, scheduling posts and ensures these channels are being optimized to support communications goals. Creates social media posts, shares content created by other key stakeholders, monitors membership feedback and public engagement and evaluates social media usage.
- Coordinates, sets up and attends events, develop communications materials to promote events to encourage membership participation.
- Updates and manages the Nation's website and social media accounts which includes creating and uploading content, reviewing website navigation, and preparing Google Analytic reports on website usage to ensure our website is being used an effective communications tool for the Nation and our members.
- Manages the production of a monthly email newsletter for members and staff as well as other newsletters prepared by other departments.
- Manages the writing, design, and production of the Nation's annual report.
- Reviews Communications policies to ensure they reflect membership needs and communications best practices and ensuring they are consistent with and reflect TFN's vision and values.
- Develop templates to standardize materials and communications produced by the organization including, briefing notes, minutes, email templates and coordinate the use of these materials across the organization to ensure all materials produced are consistent and coherent.

- Perform other related tasks as required.

Qualifications/Requirements:

Education/Experience:

- 2+ years of experience in communication, public relations field or office administration or experience in government communications, for a First Nations or Indigenous organization or a non-profit or NGO organization
- A degree in Communications, Journalism, Public or Business Administration or a related discipline or an equivalent combination of education and experience.

Key Competencies:

- Ability to maintain confidentiality of matters as required and understands the seriousness of any such breach to the reputation and operations of the T'Sou-ke First Nation.
- Ability to work well under pressure and to a deadline.
- Superior written and verbal communication skills, including thorough knowledge of business and technical English, writing, editing, and presentation skills.
- Thorough familiarity and proficiency with Microsoft Office, SharePoint, Adobe.
- Familiarity with multimedia communication tools such as video, audio, slides, desktop publishing, photography, graphic design and print production techniques and processes.
- Familiarity with information systems, website, and online communications technologies, including social media and content management systems.
- Working knowledge of the operations and functions of other T'Sou-ke departments.
- Familiarity with community engagement strategies, techniques, and approaches.
- Demonstrated proficiency in the use of online technologies, including multimedia, social media, and media monitoring tools, to support media and public relations activities.
- Ability to effectively read and interpret information, present numerical data in a resourceful manner, and skillfully gather and analyze information.
- Excellent organizational, teambuilding, time management and planning skills.
- Excellent facilitation, planning skills.
- Demonstrate proficiency in the core competencies of:
 - a) Adaptability: Willingness to be flexible in a changing environment
 - b) Relationship Building: Establishes and maintains respectful and cooperative working relationships.
 - c) Effective Communication: Communicates effectively with others.
 - d) Problem Solving: Recognizes and acts to resolve problems.
 - e) Organization: Organizes work so that others will understand it, in order to achieve TFN goals
 - f) Community Focus: Provides excellent service to both internal and external.
- Knowledge and appreciation of TFN's culture and language
- Demonstrated ability to communicate effectively with First Nations communities.
- Valid B.C. Driver's Licence

Pursuant to the Aboriginal Employment Preference Program, preference may be given to applicants of
Aboriginal Ancestry

Please submit your resume to the Michelle Thut at administrator@tsoukenation.com

This position will remain open until filled.

We appreciate all resumes but only those that are interviewed will be notified.



JOB Posting

T'Sou-ke First Nation is looking for a **Homemaker**.

This position is a permanent part-time position (20-30 hours per week). This position falls under the T'Sou-ke Nation Personnel Policy.

The Homemaker will report directly to the Band Administrator. The homemaker will provide housekeeping services to community members who are elderly and/or long-term or temporarily sick.

Duties will include but are not limited to the following:

- Sweep floors, vacuum where necessary;
- Wash floors;
- Clean bathroom(s) including toilet, sink, bath/shower, mirrors, dust heat register, floors, and all fixtures;
- wash all surfaces in the kitchen;
- clean all mirrors, glass fronts, appliance fronts;
- wash any dishes;
- empty trash containers;
- Dust all surfaces in all rooms including windowsills, pictures on walls, furniture, tops of appliances, light fixtures, shelves, tables, knick-knacks, and all other areas that may collect dust;
- Clean inside stove and fridge as required;
- Clean under sinks where required;
- clean inside cupboards as required;

Knowledge and skills that would be asset:

- Ability to perform cleaning tasks;
- Ability to maintain co-operative working relationship with co-workers and clients;
- Ability to manage multiple tasks simultaneously;
- Ability to work alone;
- Good verbal communication skills;
- Adaptability and Flexibility;
- Ability to maintain confidentiality of sensitive information;
- Strong organizational skills

Job Requirements:

- Must have a valid Class 5 BC Drivers Licence
- Minimum 1 year cleaning experience

There will be a 3-month probationary period, an Employee Performance Evaluation will be carried out prior to the end of the 3-month probation period.

Wage \$17.25 - \$23.00 depending on experience.

Please submit your resume to the Band Administration @ administrator@tsouekantion.com. Position will remain open until filled.

We appreciate all resumes but only those that are interviewed will be notified.



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

Weekly Talking Support Circle

Everyone welcome! Join us weekly for a health and wellness talking circle. Led by Facilitators from Sea to Tree Health and Wellness in partnership with T'Sou-ke nation.

When? Tuesdays (beginning October 17)
5 pm to 6:30 pm



For those who...

- are thinking about making a change to usage of any substance (alcohol, drugs, gambling, food struggles, etc).
- are actively making a change to usage.
- are seeking a safe and supportive environment.
- have a family member who struggles with substances.
- are seeking community resources.

Pre-registration is easy! Please email, text or call your name and status number to anna@seatotree.ca or (250) 600-5880. Or come to the health centre on Tuesdays any time between 8:30 am and 4:30 pm to pre-register in person. That's all we need!

We focus on building and maintaining motivation, coping with urges, managing thoughts, feelings and behaviours, and living a balanced life.



Led by Facilitators from Sea to Tree Health & Wellness:



Alexi (he/him) is a Registered Clinical Counsellor (RCC) with Sea to Tree Health & Wellness. He is a parent, husband, and Queer man with mixed Indigenous/settler ancestry. He comes to Sea to Tree with over 10 years' experience working with youth, adults, families, Indigenous communities, LGBTQ+ folx, and people living with disabilities.

Anna is a Registered Clinical Counsellor who holds a Master's of Counselling degree from City University of Seattle. Anna has worked in the mental health field for almost a decade, particularly in small northern British Columbia communities. She recognizes the need for a multicultural and trauma-informed approach with all individuals, especially those from marginalized populations.



Kelly is a practicum student currently completing her Master's in Counselling Psychology through Yorkville University. Using a compassionate, strengths-based approach to therapy, Kelly's goal is to foster meaningful connection and curiosity that evokes personal growth and empowerment. Kelly aims to establish a safe and accepting environment from the beginning of the therapeutic process, where all clients can feel supported and heard.





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

SEPTEMBER 2023

September 13— Community—Community Meal Bag Delivery IR#1 and IR#2
September 27— Community Dinner —5:30 pm —7:30 pm

DECEMBER 2023

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

JULY 2023

July 12— Community Meal Bag Delivery IR#1 and IR#2
July 26—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

JANUARY 2024

January 10 — Community Meal Bag Delivery IR#1 and IR#2
January 31 —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

NOVEMBER 2023

Nov 8 —Community Meal Bag Delivery IR#1 and IR#2
Nov 29 —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 Dinners are open to our MEMBERS, THEIR SPOUSES, THEIR CHILDREN AND THEIR SPOUSES CHILDREN

2023 DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	01 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM	02 Christmas Loonie Toonie Fundraiser 9:00-3:00
03 Christmas Loonie Toonie Fundraiser 9:00-3:00	04 Rise & Shine Fitness 6-7 AM Books for Breakfast 9:30-11AM Full Body Fitness 7:30-8:30 PM	05 Butchart Gardens 3:30PM	06 Rise & Shine Fitness 6-7 AM Full Body Fitness 7:30-8:30 PM	07	08 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM	09
Christmas Loonie Toonie Fundraiser 4th to the 8th, 8:30 - 4:30 at the Administration Hall Closed from 12:00 to 1:00 PM						
10	11 Rise & Shine Fitness 6-7AM Full Body Fitness 7:30-8:30 PM	12 Craft Night 5:00-7:00 PM Playgroup 1:30-3:00 PM	13 Rise & Shine Fitness 6-7 AM Mobile Hearing Clinic Full Body Fitness 7:30-8:30 PM	14 Men's Bowling Night @ Langford Lanes 7:00-9:00 PM	15 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM	16 Mini Wellness Day 9:30-3:00 PM
17 Santa Breakfast 9:00 AM	18 Rise & Shine Fitness 6-7AM Full Body Fitness 7:30-8:30 PM	19	20 Rise & Shine Fitness 6-7 AM Full Body Fitness 7:30-8:30 PM	21 Dr. Kluge Clinic	22 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM	23
24	25	26	27	28	29	30
Christmas Day Boxing Day Closed Christmas Break						
31	01	02	03	04	05	06
See the Youth section for the Youth Events Calendar. Re-opening after Christmas Break on January 8th, 2024						