



MARCH

2024 Newsletter
T'Sou-ke First Nation



📷 Spider in Camas, Christine George

In this edition

Elected Chief & Council

IR#2 Housing Master Planning
Session (Mar 4)

IR#2 Community Housing Survey

Elders Fundraiser Raffle

Elders Luncheon (Mar 21)

Sum-Sha-Thut Lellum
Pre-K registration form

Blood Pressure Monitoring Clinic
(Mar 11) + How to monitor your
blood pressure at home

Easter Family Breakfast
+ Easter Egg Hunt (Mar 24)

**Want to see this
in colour *and*
save paper?!**

Receive the T'Sou-ke Newsletter via email.

Please call the office or email
secretary@tsoukenation.com
to be added to the email list.

Keep up-to-date by following our specific Facebook pages.

f T'SOU-KE NATION MEMBERS COMMUNICATION & UPDATES
Stay informed on the Nation's activities, meetings, events, and more.

f T'SOU-KE NATION YOUTH & PARENTS
Updates on youth centre activities, programs, and events.

f T'Sou-ke Nation Health Office
Book health appointments via Facebook, phone, or email.

f Ladybug Garden & Greenhouse (LBGG)
Featuring the wonders and work taking place in the garden.

f T'Sou-ke Jobs Board
Showcasing internal and external job opportunities.

Administration

📞 250-642-3957

Secretary, Jessica Kisby
secretary@tsoukenation.com
250-642-3957

Communications Coordinator, Natassia Davies
communications@tsoukenation.com
ext. 224

Administrative Assistant, Tara Jensen
admin2@tsoukenation.com
ext. 222

Finance Manager, Sandra Sprinkling
admin1@tsoukenation.com
ext. 223

Administrator, Michelle Thut
administrator@tsoukenation.com
ext. 233

Chief and Council

Chief Lawrence Underwood
chiefunderwood@tsoukenation.com

Councillor Rose Dumont
dubzdu@gmail.com

Councillor Bonnie Hill
bonniehill@tsoukenation.com

Councillor Debra Lazzar, Khumchíshliá
debralazzar@tsoukenation.com

Mailing Address:

PO Box 307
Sooke, BC, V9Z 1G1

Physical Address:

2154 Lazzar Road
Sooke, BC, V9Z 1G1

T'Sou-ke Office Hours

Monday to Friday
8:30am to 4:30pm

Closed 12:00pm–1:00pm for lunch

Closed Saturday, Sunday,
and Statutory Holidays

Fisheries

📞 250-642-3957

Manager, Frank Sutherland
fisheries@tsoukenation.com
ext. 228

Guardian, Dave Planes
guardian1@tsoukenation.com

Health Department

📞 250-642-3957

Admin Health Coordinator, Rose Dumont
rosedumont@tsoukenation.com
ext. 237

Health Coordinator, Daphne Underwood
communityhealth@tsoukenation.com
ext. 235

Community Nurse, Jennifer Routhier
nurse1@tsoukenation.com
ext. 238

Health Care Assistant, Lorissa Orser
healthcareassistant@tsoukenation.com
ext. 238

Social Development Worker, Debbie Ridley
socialdevelopment@tsoukenation.com
ext. 236

f T'Sou-Ke Nation Health Office

Book health appointments via Facebook, phone, or email.

Ladybug Garden

📞 250-642-3949

Garden Coordinator, Christine George
ladybuggarden@tsoukenation.com

f Ladybug Garden & Greenhouse (LBGG)

Featuring the wonders and work taking place in the garden.

Lands, Forestry, Environment

📞 250-642-3957

Environment/Forestry, Lawrence Underwood
forestryandenvironment@tsoukenation.com
ext. 226

Lands Referrals Clerk, Amanda Mobley
landsandreferralsclerk@tsoukenation.com
ext. 227

Lands Manager
landsmanager@tsoukenation.com
ext. 227

Marine Team

📞 778-352-0011

Com. Relations Coordinator, Eva Shaffer
marineliaison2@tsoukenation.com

Marine Field Tech, Joanne Routhier
jrouthier@snekecentre.ca

Marine Field Tech, Louis Sudlow
lsudlow@snekecentre.ca

Marine Field Tech, Edward Chutter
echutter@gmail.com

Sum-SHA-Thut Lellum

📞 250-642-2263

Teachers Jennifer Dumont and Soleil Saxelby
sumsha@tsoukenation.com

Youth and Culture

📞 778-352-3957

Youth Worker, Brandy Daniels
youthcentre@tsoukenation.com

f T'SOU-KE NATION YOUTH & PARENTS

Updates on youth centre activities, programs, and events.

Welcoming T'Sou-ke Nation's elected Chief and Council

On February 8, 2024, T'Sou-ke First Nation Membership cast a cumulative 155 ballots to elect a Chief and Council for the 2024–2026 term.

T'Sou-ke First Nation would like to extend a warm welcome to our elected officials, Chief Lawrence Underwood and Councillor Debra Lazzar, Khumchíshliá, along with re-elected Councillors Rose Dumont and Bonnie Hill.

We would like to thank outgoing Chief Planes for his seven consecutive terms as our Chief; you were an inspirational leader and accomplished many things for our nation. We hope that you are proud of this and wish you the best.

The following is a statement on behalf of Chief Underwood:

I am honored to have been elected as Chief for the T'Sou-ke First Nation. I am here to listen to our people and look forward to enriching our government-to-community relationship. My leadership will be guided by my cultural traditions and teachings, and the commitment that I made to the membership of T'Sou-ke to build a future that honors our past and empowers our future generations.

I am eager to work with my fellow elected officials, incumbent Councilors Rose Dumont and Bonnie Hill, and newly elected Councilor Debra Lazzar.

I would like to thank our outgoing Chief, Gordon Planes, for his leadership over his seven continuous terms with T'Sou-ke; Gord you accomplished many great things for our nation during this time. I welcome this new chapter and I am excited about the future of our Nation.

Chief Larry Underwood, T'Sou-ke First Nation

2024 MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	01 Rise & Shine Fitness 6–7am Yoga 12–1:00pm	02
03	04 Rise & Shine Fitness 6–7am COMMUNITY MEETING IR2 Housing Master Planning Session 5:30–8pm	05 Sea To Tree Services Counselling 8:30am–4:30pm Talking Support Circle 5–6:30pm	06 Rise & Shine Fitness 6–7am Full Body Fitness 7:30–8:30pm	07	08 Rise & Shine Fitness 6–7am Yoga 12–1:00pm	09
10	11 Rise & Shine Fitness 6–7am Blood Pressure Monitoring Clinic 1–4pm Full Body Fitness 7:30–8:30pm	12 Sea To Tree Services Counselling 8:30am–4:30pm Talking Support Circle 5–6:30pm	13 Rise & Shine Fitness 6–7am Full Body Fitness 7:30–8:30pm Community Meal Bag Delivery	14	15 Rise & Shine Fitness 6–7am Yoga 12–1:00pm Community Housing Survey Deadline	16 Spring Break Begins
17	18 Rise & Shine Fitness 6–7am Full Body Fitness 7:30–8:30pm	19 Sea To Tree Services Counselling 8:30am–4:30pm Talking Support Circle 5–6:30pm	20 Rise & Shine Fitness 6–7am Full Body Fitness 7:30–8:30pm	21 Elders Luncheon 12–1:30pm Dr. Kluge's Clinic 10am–4pm	22 Rise & Shine Fitness 6–7am Yoga 12–1:00pm	23
24 Easter Family Breakfast & Easter Egg Hunt 9–11am	25 Rise & Shine Fitness 6–7am Full Body Fitness 7:30–8:30pm	26 Sea To Tree Services Counselling 8:30am–4:30pm Talking Support Circle 5–6:30pm	27 Rise & Shine Fitness 6–7am Community Dinner 5:30–7pm Full Body Fitness 7:30–8:30pm	28	29 Closed for Good Friday	30
31	01	02	03	04	05	06
	Please refer to the Youth Centre Calendar for Seaparc nights, tutoring, STEM, arts and crafts, workshops, and other activities.					

Community Meeting: IR#2 Housing Master Planning Session

Please join us on Monday, March 4 for a dinner followed by a presentation and discussion on the current phase of the IR#2 Housing Master Planning.



IR2 HOUSING MASTER PLANNING SESSION

**we need
your feedback**

Join us for dinner followed by a presentation and discussion on the current phase of the IR2 Housing Master Planning.

Questions?
Please email communications@tsoukenation.com

March 4, 2024

Dinner 5:30pm

Discussion 6:00–8:00pm

T'Sou-ke Band Hall

TOPICS FOR CONSIDERATION

What kind of housing would you like to see?
(multi-family, single-family, elder housing)

What do roads and greenspace look like?

What do community gathering spaces look like?

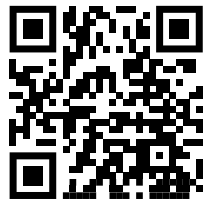
What kind of commercial developments would you potentially like to see?

Help Shape the Future of IR#2: Participate in Our Housing Survey!

The T'Sou-ke Nation is dedicated to creating a sustainable and vibrant community on IR#2. To ensure our Master Plan reflects the needs and aspirations of our members, we need your input. Your feedback is crucial in helping us make informed decisions about the types and amount of housing, the size of rentals, preferred rental styles, and anticipated population growth over the next 2-20 years.

We Want to Hear from You!

Participating in the survey is your opportunity to voice your vision and needs for our community's housing future. The survey is available online and can be completed by following the link provided below. If you prefer to complete the survey over the phone or require assistance, please feel free to call Torrye Wheaton at 1-250-991-9424.



SCAN ME! 

Use your phone's camera to scan this QR code and access the survey, or visit the link below.

www.surveymonkey.com/r/PTRH86J

Or Call to Complete Survey over the Phone: 1-250-991-9424

Survey Deadline: March 15th, 2024

All information provided will be kept confidential and used exclusively by the project team and T'Sou-ke Administration for planning and communication purposes.

As a token of our gratitude, survey participants will be entered into a draw to win a gas card and/or a Visa gift card.

Your voice matters. Together, let's build a future where every T'Sou-ke Nation member has a place to call home on our traditional territories.

For any questions or additional support, contact communications@tsoukenation.com or call Torrye Wheaton at 1-250-991-9424.



ELDERS FUNDRAISER RAFFLE!

\$10 per ticket

1st prize Cord of Wood

2nd prize \$200

3rd prize \$50 Gas Card

Tickets can be bought
at the Health office.

All proceeds go to
our Elders.

T'SOU-KE NATION ELDERS LUNCH

Dear Elders of our Nation:

We will be resuming our 60+ T'Sou-ke Elders Lunches again; a wonderful time for our Elders to come together to share a meal and enjoy each other's company.

Thursday, March 21
12:00pm-1:30pm
T'Sou-ke Nation Band Hall

Future luncheons will introduce activities
and guest speakers.

We look forward to seeing you all!

*A friendly reminder these meals are not open to the general public and
are intended only for our Elder members and their partners.*

MEAL BAG DELIVERY

IR1 & IR2

Wednesday, March 13

COMMUNITY DINNER

BAND HALL

Wednesday, March 27
5:30pm-7:00pm

CANADA REVENUE AGENCY + SERVICE BC CLINIC

Canada Revenue Agency
will be having an in person
clinic on **April 18 from**
10:00am-3:00pm in the
Chief & Council Chambers
within the Administration
office for all members who
have questions or need
assistance.

Service BC will also be
coming to assist
members.

EASTER FAMILY BREAKFAST & EASTER EGG HUNT

Join us the weekend before Easter for an Easter
family breakfast and easter egg hunt.

We hear the Easter Bunny might hop in to say hi!

Sunday, March 24
9:00am-11:00am
T'Sou-ke Nation Band Hall

*A friendly reminder these events are not open to the general public and
are intended only for our Members, spouses, and their families.*



Social Development, Employment, & Training

☎ 250-642-3957 ext. 236
Debbie Ridley, Social Development Worker
✉ socialdevelopment@tsoukenation.com

FOR THE MONTH OF	DECLARATIONS DUE BY	CHEQUE ISSUE DAY
March 2024	March 15, 2024	March 20, 2024
April 2024	April 12, 2024	April 17, 2024
May 2024	May 10, 2024	May 15, 2024
June 2024	June 14, 2024	June 19, 2024

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

March Meal Menu

Monday, March 4	Wednesday, March 6
Baked chicken, roasted yam and beets, green salad <i>Mousse</i> Milk/Juice	Meatloaf, potato, green salad <i>Berry crisp</i> Milk/Juice
Monday, March 11	Wednesday, March 13
Pork roast, rice, corn <i>Yogurt with berries</i> Milk/Juice	Seafood chowder, bannock, green salad <i>Berries with whipped cream</i> Milk/Juice
Monday, March 18	Wednesday, March 20
Baked macaroni & cheese, steamed broccoli, rutabaga & carrots <i>Pineapple surprise</i> Milk/Juice	Chili con carne, rice, green beans <i>Baked apple</i> Milk/Juice
Monday, March 25	Wednesday, March 27
Seafood chowder, green salad <i>Mousse</i> Milk/Juice	Roast beef, potatoes, carrots <i>Bread pudding</i> Milk/Juice

Meals are subject to change depending on availability of products.

Please ensure 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.

Youth & Culture

Please refer to the T'Sou-ke Nation Youth & Parents Facebook page or check the Youth Centre calendar for detailed information, as there may be special events happening in place of these regularly scheduled programs.

📞 778-352-3957

Brandy Daniels, Youth Worker

✉️ youthcentre@tsoukenation.com

📘 **T'SOU-KE NATION YOUTH & PARENTS**

STEM

Science, Technology, Engineering, Math



MONDAYS

3:30pm–4:45pm

Youth Seaparc Night



TUESDAYS

7:00pm–8:15pm

Tutoring



WEDNESDAYS

3:30pm–5:00pm

Arts & Crafts



THURSDAYS

3:30pm–5:00pm



2024 March



Youth Centre Activites

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	01	02
03	04 STEM 3:30-4:45PM	05 SeaParc 7-8:15PM	06 Tutoring 3:00-5:00PM	07 Arts & Crafts 3:00-5 PM	08	09
10	11 STEM 3:30-4:45PM	12 SeaParc 7-8:15PM	13 Tutoring 3:00-5:00PM	14 Arts & Crafts 3:00-5 PM	15	16
17 Spring Break Activities	18 Muir Creek Hike 9-3:00 PM	19 Coast Salish Painting Shelley Davies & Lunch Prep Rob Davies 11-3:00 PM	20 Shirley Loop Hike & Cook Dinner 9-4:30 PM	21 Cedar Headband Workshop 10:00 AM	22 Flying Squirrel 9-3:00 PM	23
24	25 Royal BC Museum 9-4:30 PM	26 Common Wealth Pool 1-4:00 PM	27 Canoe Paddling Time to be determined Community Dinner 5-7:00 PM	28 Wild Play 9-3:00 PM	29 Good Friday	30
31	01	Notes: Spring Break Activities - Connect with Brandy for activity times and transportation planning. This calendar will be reposted as new items are added				

Name: _____

Age: _____



Colouring Contest

Bring your coloured
page to our March 24th
Easter event to enter
it into the contest!!



Health Department

Book appointments
with us via phone,
email, or Facebook

☎ 250-642-3957

ext. 237 (Rose, Admin Health Coordinator)

ext. 238 (Jen, Community Nurse)

✉ rosedumont@tsoukenation.com

✉ nurse1@tsoukenation.com

📘 *T'Sou-Ke Nation Health Office*

NEW!

BLOOD PRESSURE MONITORING CLINIC

Please drop in to the health office to meet with Jen and check your blood pressure!

We can discuss your results, go over strategies to lower blood pressure, and make a plan to continue monitoring if needed.

**March 11
1:00pm–4:00pm**

DROP-IN

REFLEXOLOGY

Reflexology is available twice monthly at the Health office.

BOOK APPOINTMENT



ACUPUNCTURE

Acupuncture is available once monthly at the Health office.

BOOK APPOINTMENT



DR. KLUGE'S CLINIC

Thursday, March 21, 10:00am–4:00pm

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

If you have to cancel your appointment, please let one of the Health office staff know as soon as you can. This will allow us time to connect with those that may be on the waiting list to see the doctor.

BOOK APPOINTMENT



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.

BOOK APPOINTMENT



DROP-IN 6:00am–7:00am

RISE & SHINE MORNING CLASS

BAND HALL

Greet the morning sun with this invigorating morning exercise routine

MONDAYS WEDNESDAYS FRIDAYS

DROP-IN 12:00pm–1:00pm

YOGA CLASSES

HEALTH OFFICE

Find a moment of peace during this relaxing afternoon yoga class

FRIDAYS

DROP-IN 7:30pm–8:30pm

FULL BODY STRENGTH TRAINING

BAND HALL

Plan an evening stretch-and-flex in this full body strength training program

MONDAYS WEDNESDAYS

Please keep an eye on the newsletter's monthly calendar as some fitness classes may be affected by community dinners or special events.

* ATTENTION * EXPIRED NALOXONE KITS

Some Naloxone kits previously distributed by the T'Sou-ke Nation Health office have expired.

Please check the expiry date of your kit.

If your kit has expired, please stop in at the Health office to receive either a new kit or to replace the Naloxone in your existing kit.

If you wish to receive training for the use of this kit, please contact Jen to set up an appointment.

SEAPARC PASSES

Seaparc passes are available at the Health office!

Each family is eligible for 4 passes per month.

View drop-in schedules on the Seaparc website.

COVID-19 RAPID ANTIGEN TESTS

Rapid testing kits are available at the Health office. You are welcome to pick them up as needed or if you are sick, please contact the Health office and we would be happy to drop off a kit to you.

If you currently have a testing kit at home, **please check the expiry date** as some kits are nearing expiration.

ROUTINE IMMUNIZATIONS

T'Sou-ke Nation is able to provide all routine immunizations. This includes all infant, school-age, and influenza (pending availability).

BOOK APPOINTMENT



☎ 778-352-3115

✉ info@seatotree.ca

Please book ahead if possible, but drop in if you need to!

If you have any questions about these services, please contact Rose in the Health office via phone or email.

Further information about Sea To Tree can be found on the following pages.



THE BOOK BIN

Books have been restocked!

Our books are yours to keep or you can return them. Come down and check them out!

The books are located in the main Health centre. Please let the Health office staff know if the door is locked and someone will let you in.

IN-HOUSE COUNSELLING SERVICES

The Health Department has partnered with **Sea To Tree Health & Wellness** to offer in-house counselling and wellness services **every Tuesday** for T'Sou-ke Nation members, their spouses, and their children.

Counselling & Wellness Services

HEALTH OFFICE

Sea To Tree works with children, youth/teens, adults, couples, parents, and families.

TUESDAYS

8:30am–4:30pm

Weekly Talking Support Circle

HEALTH OFFICE

A supportive space for those who are thinking of making a change or seeking resources.

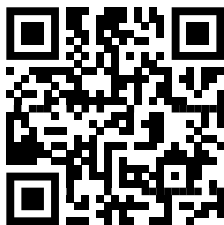
TUESDAYS

5:00pm–6:30pm

T'SOU-KE GROUP COUNSELLING SURVEY COORDINATED WITH SEA TO TREE HEALTH & WELLNESS

Please find a survey link below for our families to provide feedback regarding Group Counselling in our Nation. **Your thoughts and ideas will help us understand how we can provide a group that feels helpful and accessible.** We need your help to ensure we are able to offer something that is meaningful!

Your feedback is greatly appreciated as we move forward to navigate the needs of our community.



SCAN ME! 

Use your phone's camera to scan this QR code and access the survey, or visit the link below.

<https://forms.gle/ktTFVFmTyL3vZ1PT9>

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 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.

HÍSWKE!

We look forward to seeing you there.

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.



How to prevent high BP



Exercise
(30-60 mins/day)



Maintain healthy
body weight
(BMI 18.5-24.9)



Reduce stress



Reduce daily salt
to 5g/day (less
than 1 tsp)



Reduce alcohol
(≤ 2 drinks/day)



Quit smoking

Recommended BP Cuffs

HYPERTENSION CANADA⁵

has a list of reliable devices. Their website is: <https://hypertension.ca/public> and is accessible by the QR code on the back of this brochure.

Look for these symbols when shopping:



Recommended by
Hypertension
Canada
Gold



Recommended by
Hypertension
Canada
Silver

DID YOU KNOW?

Some people experience higher BP readings when BP is taken in a medical setting due to anxiety. This is known as "white coat hypertension".



BP Tracker

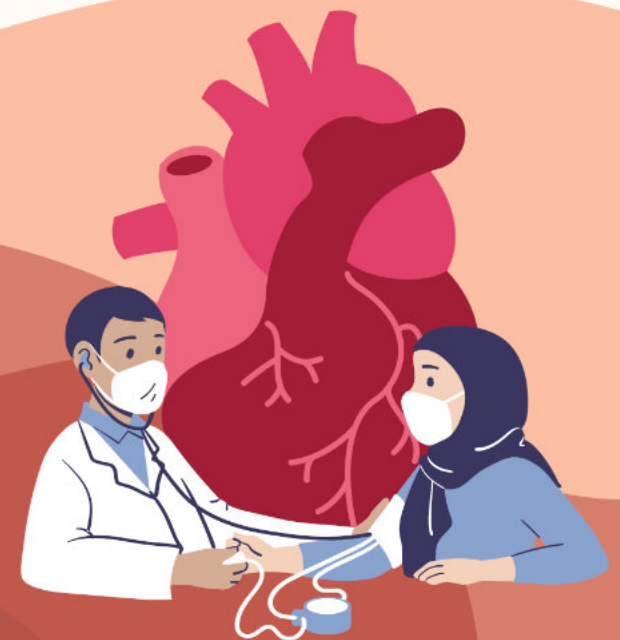
DATE	MORNING	EVENING
<i>example</i>	125/82	130/85
<i>average</i>	<u> </u> / <u> </u> average all top numbers average all bottom numbers	
See "How to take a proper BP" inside the brochure for instructions on how to take and record your BP readings.		

Understanding and Improving Your Blood Pressure

42% of people with high blood pressure are unaware they have it.¹

Learn about the risks, diagnosis, and management of high blood pressure.

Additional Resources



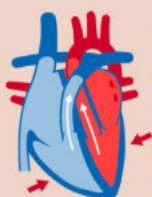
What is blood pressure?

Blood pressure (BP)

Is the force being applied to the walls of your blood vessels.²



SYS **120**
DIA **80**
mmHg



Systolic BP

The **top number** measures the pressure on blood vessel walls while the heart is pumping out blood.

Diastolic BP

The **bottom number** measures the pressure on blood vessel walls while the heart fills with blood.



How to take a proper BP³

(1) Sit in a comfortable position with your back supported and feet flat on the floor. **Rest for 5 minutes.**



(2) Position your BP cuff so that its lower edge is about **3 cm** above the elbow crease.

(3) Remain **still and silent** during the measurement process.



(4) Take two readings, spaced **1-2 minutes apart**, and calculate the average of those two to get your blood pressure reading.

(5a) Repeat the above steps: Take two readings each morning and evening for **7 days** (28 total).



(5b) Discard first day readings and average the last 6 days. Repeat this once every 3 months to monitor your BP.

What is high BP?

Hypertension

High blood pressure (BP), also known as **hypertension**, is when the pressure in your blood vessels is **consistently high** and your heart has to work harder than normal to pump blood throughout your body.⁴

Complications of high BP

Heart Attack
Sudden Death
Stroke
Heart Failure
Coronary Artery Disease
Kidney Failure

Blood Pressure Targets



SYSTOLIC	DIASTOLIC	DESCRIPTION
Less than 140 mmHg	Less than 90 mmHg	This is the target blood pressure for most people (see below for exceptions).
Less than 130 mmHg	Less than 90 mmHg	Special target for those with diabetes.
Less than 120 mmHg	—	In some people who are at high risk for heart disease (those over age 75 years or with heart or kidney disease or multiple risk factors).



First Nations Health Authority
Health through wellness

Cancer Screening Programs in BC



Why is cancer screening important?

Cancer screening can help find cancer in your body before you have any symptoms. Finding cancer early through screening can increase the chances of successful treatment.

BC Cancer offers free screening programs for breast, cervical, colon and lung cancer. See below to find out if you are eligible for these screening tests and how to access these services.

Honour yourself, your family, your community and your ancestors and make cancer screening a part of your wellness.

Breast Cancer Screening

What is the screening test?	Who is eligible?	How often?	Where is the test completed?	How do I book a test?
Mammogram (an X-ray of your breasts)	Women, two-spirit, transgender or gender diverse individuals, age 40 years and older.	No family history of breast cancer: every two years. Immediate family history of breast cancer: yearly.	Hospital, health care clinic or mammography van.	Call 1-800-663-9203 to book a mammogram.

Note: if you have previously had a mammogram, BC Cancer will send you a reminder letter to book your next appointment. You can book your appointment on BC Cancer's website using the code included in the reminder letter.

Cervical Cancer Screening

What is the screening test?	Who is eligible?	How often?	Where is the test completed?	How do I book a test?
Cervix self-screening (a self-swab of your vagina)	People with a cervix ages 25-69.	Every five years if negative for HPV.	Wherever you are most comfortable (e.g., at home, health care clinic).	Call 1-877-702-6566, visit screeningbc.ca/cervix , or connect with a health care provider.
Pap test (a swab of your cervix)	People with a cervix ages 25-69.	Every three years.	Health care clinic.	Call 1-800-739-7367, visit screeningbc.ca/cervix or contact your health care provider.

Note: previously, the Pap test has been the main way for people to screen for cervical cancer. The cervix self-screening test is a new alternative that you can complete on your own, with a test that detects HPV, the virus that causes the abnormal cells.

Colon Cancer Screening

What is the screening test?	Who is eligible?	How often?	Where is the test completed?	How do I book a test?
Fecal Immunochemical test (FIT) (a test of your stool)	People ages 50-74.	Every two years for most eligible individuals.	At home and the test is returned to the lab.	Individuals can connect with a health care provider for a FIT form or call 1-877-70-COLON if they need assistance connecting with a lab in their community.

Note: Individuals with a history of adenomas or a family history of colon cancer may also need a colonoscopy every three to five years.

Lung Cancer Screening

What is the screening test?	Who is eligible?	How often?	Where is the test completed?	How do I book a test?
Low-dose CT lung scan (a picture of your lungs)	People ages 55-74 with a smoking history of 20 years or more.	Every one or two years.	Hospital.	Call 1-877-717-5864 to talk to a lung screening team member to assess their overall health.

How can I prepare for my cancer screening appointment?

- Talk to a trusted health care provider to ask them any questions you may have.
- Prepare for the appointment by using cultural or traditional health practices, like smudging, brushing or participating in ceremony.
- Connect with a trusted Elder or cultural wellness provider.
- Bring a friend or family member to your appointment.
- Practice relaxation or breathing exercises.
- Ask a second staff member to be in the room with you.
- Plan a celebration for, and after, your appointment.

Supports for you

Talk with your health care provider about cancer screening. You may need to be screened earlier, more often or with a different test if you have a family history of cancer or have known risk factors. Your health care provider can let you know what kind of screening you need and how often you should be screened.



If you do not have a trusted health care provider, consider calling the [First Nations Virtual Doctor of the Day](#) program or 811.

If you live in an area that requires travel to access screening services or a lab, transportation and accommodation coverage may be available to you with documentation of appointment or a health care provider's referral. Check with your benefits provider or call First Nations Health Benefits at 1-855-550-5454.

Remember that you can share any concerns or **report a health care harm** about unsafe care to FNHA's Quality Care & Safety Office (see contact information below).

Resources

- First Nations Virtual Doctor of the Day: 1-855-344-3800 (if you don't have access to a doctor)
- FNHA's Quality Care & Safety Office: 1-844-935-1044 or email quality@fnha.ca
- BC Cancer Screening: bccancer.bc.ca/screening
- FNHA Cancer Information and Resources: fnha.ca/cancer





SUM-SHA-THUT-LELLUM



PRE *K* PROGRAM

2024/2025 REGISTRATION

PLEASE NOTE:

All CHILDREN REGISTERING MUST TURN 3 by December 31, 2024

- Registration begins March 1, 2024 at 8:30am for **T'SOU-KE NATION**
- Registration begins March 15, 2024 at 8:30am for **STATUS FIRST NATIONS CHILDREN** (children must have their own Status or Métis Card) **AND CURRENTLY REGISTERED CHILDREN.**
- Registration begins April 2, 2023 at 8:30am for **GENERAL PUBLIC**.

All registrations are to be dropped off at the T'Sou-ke Administration office. Staff must date and sign all registration forms as they come in. Spots are given on a First -Come - First Serve-basis

All Registration Forms must be COMPLETELY filled out and include items listed below or WILL NOT BE ACCEPTED.



Please ensure your child's form includes:

- Start Date
- Child's Personal Health Number
- Please attach 2 photos of child
- Copy of child's immunization records

PREK PROGRAM START DATE: September 3, 2024

DUE AT TIME OF REGISTRATION: All registrant's **accepted** into PreK program are required to pay a deposit of \$300 due at time of registration.
(Members Exempt)

ALL DEPOSITS ARE NON-REFUNDABLE





Sum-SHA-thut-Lellum's Registration Form

(Include a photo of child)

CHILD'S STARTING DATE: ____ / ____ / ____ SEX: M ____ F ____ DATE OF BIRTH: ____ / ____ / ____

NAME OF CHILD:

(Surname) (Given Names) (Also known as)

Name the child responds to: _____

Address: _____

Postal Code: _____ Phone: _____

Person(s) with whom the child lives (adults and children): _____

Child's first language: _____ Other Languages: _____

T'SOU-KE NATION MEMBER ☐

STATUS ABORIGINAL ☐

NON-ABORIGINAL ☐

PARENT(S) / GUARDIAN(S):

Name: _____ Home Phone: _____ Cell Phone: _____

Work Phone: _____ Days/hours of work: _____ E-mail: _____

Name: _____ Home Phone: _____ Cell Phone: _____

Work Phone: _____ Days/hours of work: _____ E-mail: _____

MEDICAL INFORMATION

Child's Doctor _____ Phone: _____

Child's Dentist _____ Phone: _____

Child's Personal Health Number: _____

ALTERNATE PERSON TO CALL/PICK-UP CHILD IN CASE OF EMERGENCY:

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

PERSONS (OTHER THAN PARENT/GUARDIAN AND EMERGENCY CONTACTS) AUTHORIZED TO PICK UP CHILD FROM FACILITY:

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

PERSONS NOT PERMITTED TO ACCESS TO CHILD:

Name: _____ Phone: _____

Name: _____ Phone: _____

Are there Custody orders? YES ☐ NO ☐ If answered yes please provide a copy to facility.

HAS THE CHILD PREVIOUSLY ATTENDED DAYCARE/PRESCHOOL?

YES ☐ NO ☐ Comments: _____

COMMENTS/INSTRUCTIONS TO HELP US CARE FOR YOUR CHILD (PLEASE FEEL FREE TO ADD ADDITIONAL PAGES)

Toileting (special words): _____

Rest Time (special comfort-toy/blanket): _____

Eating/Mealtime (include food likes/dislikes): _____

Fears: _____

PLEASE TELL US ANYTHING ELSE YOU THINK WILL HELP US PROVIDE AN ENRICHING EXPERIENCE FOR YOUR CHILD:

DOES YOUR CHILD HAVE:

A medical condition/concern? YES ☐ NO ☐ If yes, please provide further information: _____

Allergies? YES ☐ NO ☐ If yes, please provide further information: _____

Asthma? YES ☐ NO ☐ If yes, please provide further information: _____

Has your child had a seizure in the past year? YES ☐ NO ☐ If yes, please provide further information: _____

Does your child require a special diet related to a medical condition? YES ☐ NO ☐ If yes, please provide further information: _____

Food sensitivities? YES ☐ NO ☐ If yes, please provide further information: _____

**BASIC SCHEDULE AND RECORD OF IMMUNIZATIONS AS SUBMITTED BY PARENT/GUARDIAN
(ATTACH IMMUNIZATION RECORD - OR RECORD THE DATES)**

	1 ST VISIT @ 2 MO.	2 ND VISIT 2 MO. AFTER 1 ST	3 RD VISIT 2 MO. AFTER 2 ND	4 TH VISIT 12 MO. OF AGE	5 TH VISIT 12 MO. AFTER 3 RD	5-6 YRS.	GRADE 6	GRADE 9
INDICATE DATES IMMUNIZATION RECEIVED								
DIPHTHERIA	*	*	*		*	*		*
PERTUSSIS	*	*	*		*	*		
TETANUS	*	*	*		*	*		*
POLIOMYELITIS	*	*	*		*	*		
HIB1	*	*	*		*			
MEASLES				*	*			
MUMPS				*	*			
RUBELLA				*				
HEPATITIS B	*2	*2	*2				*3	

BY MY SIGNATURE BELOW I ACKNOWLEDGE THE FOLLOWING:

I HEREBY GIVE MY CONSENT FOR A STAFF MEMBER TO CALL A MEDICAL PRACTITIONER OR AMBULANCE FOR MY CHILD IN THE CASE OF ILLNESS, IF I CANNOT IMMEDIATELY BE REACHED.

PARENT'S SIGNATURE:

DATE: / /

THIS BOX FOR OFFICE USE ONLY

DATE RECEIVED _____ **SIGNATURE** _____

NIŁ TU,O Child and Family Services Society and
T'Sou-ke First Nation are pleased to announce

Family Support Worker Meet & Greet

Meet NIŁ TU,O Family Support
Workers in T'Sou-ke from 4 - 6pm
on Friday, March 22nd, 2024

T'Sou-ke Health Centre,
2154 Lazzar Road, Sooke

NIŁ TU,O works with children, youth,
parents and all families.

Come meet Family Support Workers Fraser and Jonathan who
will be working in T'Sou-ke every Friday from 8:30am - 4:30pm,
and learn about how they can support you and your family.

Enjoy snacks, take home a Swag Bag (for the first 20 people) and
enter to win a mini deep freeze!



NIŁ TU,O Family Support Worker is available for
children, parents and families of T'Sou-ke



NIŁ TU,O Child and Family Services Society and
T'Sou-ke First Nation are pleased to announce

Family Support Workers in T'Sou-ke

A NIŁ TU,O Family Support Worker
will be available from 8:30am - 4:30pm
every Friday, starting March 8th, 2024

T'Sou-ke Health Centre,
2154 Lazzar Road, Sooke

NIŁ TU,O works with children, youth,
parents and all families.

Come to NIŁ TU,O 's mobile office - the silver RV in the parking lot.
Look for our logo and the sign out front!

Meet Family Support Workers Fraser or Jonathan for support, to find
out what programs, workshops and supports are available for you and
your family, and discover how NIŁ TU,O can work with you!



Walk-ins Welcome
Appointments Available

NIŁ TU,O Family Support Worker is available for
children, parents and families of T'Sou-ke



NVIT Immediate Entry Bursary

2024 Application



Purpose:

In response to BC's Bill 41 – 2019: Declaration on the Rights of Indigenous Peoples Act and the education focused Direct Calls to Action of the Truth and Reconciliation Commission of Canada (TRC) and Direct Articles of the United Nations Declaration for the Rights of Indigenous Peoples (UNDRIP), NVIT invites graduates from School District 58, School District 74, Logan Lake Secondary, Similkameen Elementary Secondary, Hope Secondary and eligible BC Indigenous Grade 12 graduates to join us at either the Merritt or Burnaby campus for an educational experience immersed in Indigenous ways of knowing supported by a bursary equivalent to tuition for 30 credits of full-time studies.

Eligibility:

Awarded to Grade 12 graduates who graduate and transition directly from high school (**BC Adult Graduation Diploma not eligible**) to NVIT. Students must have [applied](#) and been accepted by June 30, 2024 and be registered in a minimum 60% course load of first year Post-Secondary courses, each semester, for the upcoming academic year.

Students must be a 2024 Grade 12 graduate (Indigenous or non-Indigenous) from:

- School District #58 (Merritt Secondary, Princeton Secondary, SCIDES);
- School District #74 (Desert Sands Community School, Kumsheen Shch-Ema-meet, Lillooet Secondary, David Stoddart Secondary);
- Logan Lake Secondary;
- Similkameen Elementary Secondary;
- Hope Secondary;
- A BC First Nations School that is registered with the BC First Nations Schools Association; or
- High School Graduate from across BC who self-identifies as Indigenous.

Criteria:

In order to understand the financial contribution required for the program of choice, all prospective Immediate Entry Bursary learners must meet with an [Academic and Financial Planner](#) prior to registration.

Amount:

NVIT will award up to **\$2,896** towards tuition for first year of study (books, supplies and/or student fees are the responsibility of the student). The bursary is non-transferable (cannot be transferred to anyone else), non-deferrable (program of study must start before March 31, 2025), and unused amounts cannot be transferred to another year of study. The bursary amount is based on a 100% course load for first year of study in the Associate of Arts degree program. This is typically ten 3-credit courses for a total of 30 credits. **Some programs have more courses/credits while others are based on credit-hours. Please discuss program tuition/fees total with an Academic and Financial Planner.**

Deadline:

Applications, interim transcripts, and any other required program prerequisite documents are required no later than 4:30pm, **June 30, 2024**. Final official transcripts must be received by 4:30pm, August 15, 2024 to remain eligible for bursary.

Immediate Entry Bursary
c/o Registration Office
Nicola Valley Institute of Technology
4155 Belshaw Street Merritt, BC V1K 1R1
advising@nvit.ca



Please keep this front page for important information and deadlines.
Student Requirements and FAQs are available [here](#).

NVIT Immediate Entry Bursary 2024 Application



PERSONAL INFORMATION:

Name:

Last First Middle Initial

Permanent Mailing Address

() - / /

Telephone NVIT Student ID Date of Birth (MM/DD/YYYY)

- -

S.I.N. Email Address

***S.I.N. numbers are required to issue T4A forms for tax purposes.

EDUCATIONAL INFORMATION:

Graduation Program: BC High School Diploma (Dogwood) ☐ BC Adult Graduation Diploma* ☐

Where did you attend your last two years of high school? City/Prov:

Name of High School:

Graduation Year: Did you submit your official high school transcripts? ☐ Yes ☐ No

If not, when can we expect to receive them?

**Please note, official transcripts must be sent to NVIT directly from the school or Ministry of Education website.

What campus will you be attending? ☐ Merritt ☐ Burnaby

What NVIT program did you apply to?

***Only BC High School Diploma/Dogwood Graduates are eligible for this Bursary. Please see an Academic and Financial Planner to find out about other Financial Aid options if you are a BC Adult Graduation Diploma graduate.**

****To receive this award, you must register into a minimum 60% course load at NVIT.**

STUDENT DECLARATION:

To qualify for the Immediate Entry Bursary, all applicants must complete the following by June 30, 2024:

- [Apply](#) to an NVIT program;
- Submit official secondary school [interim transcripts](#) and any other applicable program prerequisites;
- Meet with an [Academic and Financial Planner](#);
- [Register](#) into courses.

I hereby declare, all the above information is true and correct and I understand the requirements of this bursary (see FAQs and Requirements document). I authorize the Registrar's Office to verify any or all of the above statements.

Date: Signature:

(mm/dd/yyyy)