

TSAWOUT FIRST NATION

NEWSLETTER

www.tsawout.ca

DECEMBER 2023



HOLIDAY OFFICE CLOSURES

Please note that Tsawout First Nation Office will be closed from:

December 22, 2023 (last day of work) and back open on January 8, 2024.

See page 02. for Emergency Contacts.

Inside this Issue:

P/02. HOLIDAY OFFICE CLOSURES & CONTACTS

P/03. ELDERS CHRISTMAS LUNCH

P/04. CHRISTMAS WITH SANTA LUNCH

P/04. HOUSING NEWS

P/05. ELDERS LUNCHEON PICTURES

P/06. FISHERIES NEWS

P/07. WELLNESS DEPARTMENT NEWS

P/10. HEALTH NEWS

P/12. SOCIAL DEVELOPMENT NEWS

P/13. GARBAGE, RECYCLING & COMPOST

HOLIDAY OFFICE CLOSURES

HOLIDAY OFFICE CLOSURES

Tsawout First Nation Administration offices will be closed
December 22 through January 7, returning January 8, 2024.

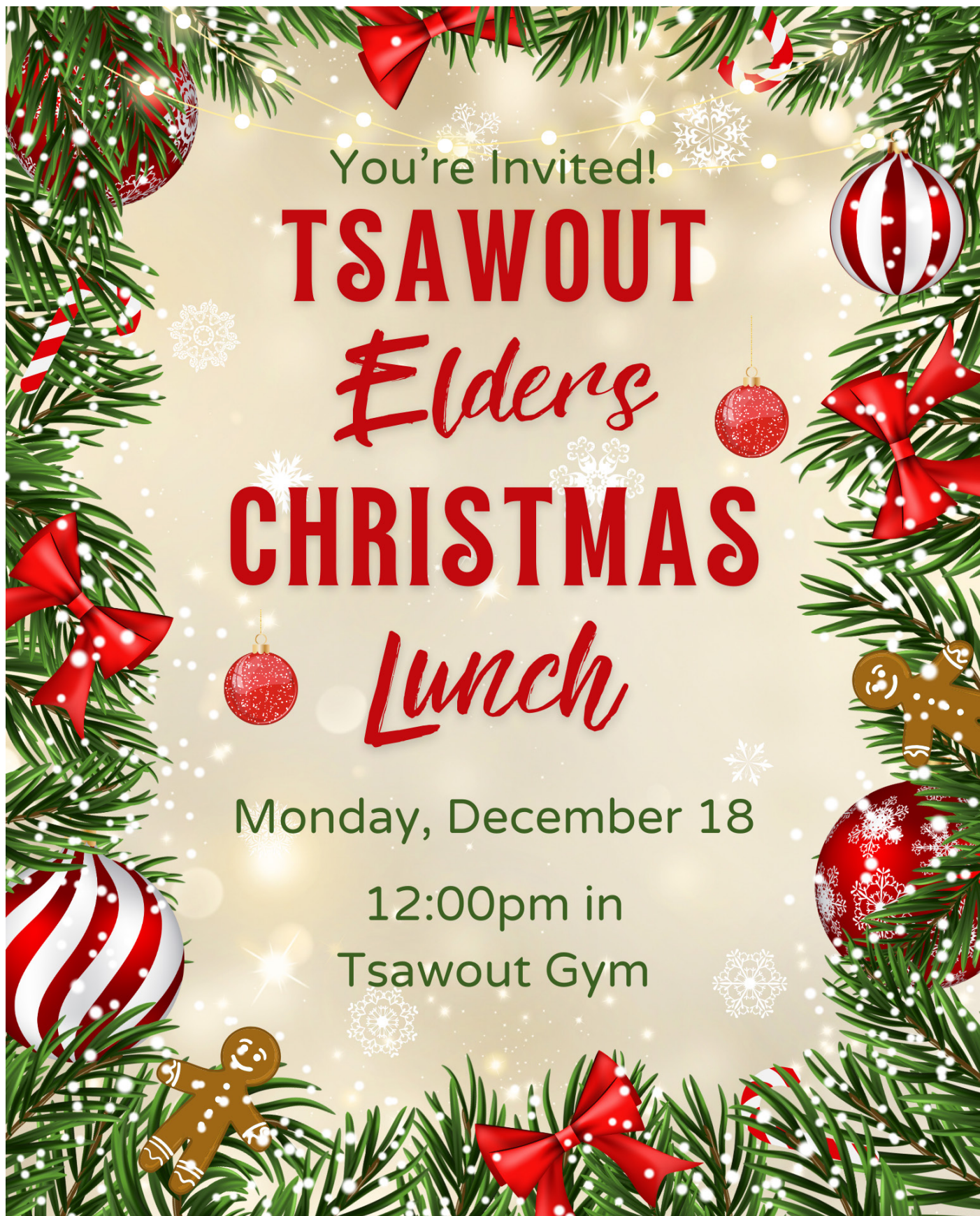
Please see the information below in case of emergency.

Emergency Contact List for Christmas Holidays December 22 – January 08, 2024

Area	Name	Phone
Indoor Maintenance (Band Office)	Darlene Horne	250-507-6084
Public Works (Roads, Sewer, Water)	John Hermsen	(778) 350-2241
Housing	Will Weiler	(250) 883-5464
Housing	Walter Charlie	(778) 678-7276
Emergency Management	Ellie Bartleman	(250) 858-3036
Health Dept.	Bonnie Seward	(250) 532-0725
On-Call Wellness Dept. Week 1 (December 25-29)	Kevin Henry	(236)-638-9757
On-Call Wellness Dept. Week 2 (January 2-5)	Mary Ann Sam	(236) 668-8698

**Wishing you all the best this
holiday season, and a happy
and healthy new year!**





You're Invited!

TSAWOUT

Elders

CHRISTMAS

Lunch

Monday, December 18

12:00pm in
Tsawout Gym



Tsawout Christmas with Santa & Christmas Dinner

Tuesday, December 19th
3:00 pm - 6:00 pm

In the Tsawout Gym

FREE ENERGY SAVINGS PRODUCTS

Get free energy saving products installed in your home with BC Hydro's Indigenous Communities Conservation Program

Keep your home warm, save energy, and lower your energy bills all while improving comfort.



Efficient LED light bulbs



Water saving fixtures

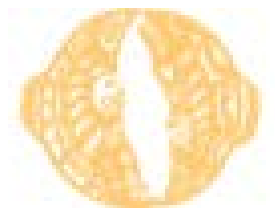


Air sealing walls, windows, doors and more

Plus have your home checked for additional energy saving opportunities.

Questions?

please contact:
MONIQUE HORNE | HOUSING OUTREACH,
250-652-9101 Ext. 302



CS-3228

ELDERS LUNCHEON 2023



Tsawout would like to raise our hands to all of the Elders who travelled to STÁUTW this week for the Island Elder's Luncheon. This was a huge success and it was nice to see all of the friends and family together in one place.

We would also like to extend our thanks to the many volunteers and staff who helped to make this event such a special day.



FISHERIES UPDATE

It is an exciting time now, as it is time to seed our seaweed farm! This year we will be planting all *saccharina latissimi*, also known as sugar kelp.

The process starts by collecting the kelp when it is in its reproductive state, it is brought back to the nursery and grown on string wrapped around PVC pipe in tanks. Once the seedlings are strong enough it is brought out to the farm in the ocean where the string is tied on and wrapped around the framing lines of the farm. They are held 6 feet under the water, with buoys attached every 30 meters to keep them in place. This gives the ideal mix of cool water temperatures and plenty of sunlight for the kelp to grow.



The ocean current mixes up the nutrients in the water and the kelp thrives in its location on the outside of James Island. In the springtime there is a boost of nutrients in the water and the kelp grows quickly, up to 10 centimetres in a day! After the seeding process is done, the farm is monitored every 2 weeks and tested for temperature, water quality, PH, and photos of size and density of the kelp until it is ready for harvest in the early spring.

WELCOME NEW STAFF



ĆASEMOT (JENNIFER CLAXTON)

ÍY, SĆÁĆEL SIÁM ĆASEMOT TĚ NE SNÁ, ĆELASEN ET WŚÁNEĆ, Sĳwĳwú7mesh, Mexico, Chili E France. Bernadette A. Calvo TĚ NE TÁN, Allan Claxton TĚ NE MÁN.

It is a good day today. My traditional name is ĆASEMOT (Chay-se-mot) and my English name is Jennifer Claxton. I am from the WŚÁNEĆ Nation; born and raised in beautiful SĳÁUTW.

I also have ties to Sĳwĳwú7mesh First Nation, as well as have Mexican, Chilean, and French ancestry. Bernadette is my mother and Allan is my father. I have worked in the WŚÁNEĆ territory in different capacities for the last 11 years or so. During this time, I have gained many valuable skills that will benefit my new role. It is an honor to work at SĳÁUTW First Nation in the Fisheries Department as the Reef Net Revitalization Project Coordinator To be in community, striving to ensure that our land, waters, and our unceded territory remains preserved and protected for future generations.

This role will involve community engagement, working with our Elders, youth, and all community members, to ensure that this knowledge is passed down to each generation, practicing our title and rights as WŚÁNEĆ people.

HÍSWĳE SIÁM NE SĆÁĆE, E ŚWOLEKE,

Thank you, all my friends and family, respected ones

Jennifer Claxton
rnrpcoordinator@tsawout.ca

WELLNESS DEPARTMENT

Introduction

The purpose for Tsawout's Wellness Department is to develop and implement culturally appropriate Wellness programs, activities, and initiatives to promote Mental, Emotional and Physical Health within the **STÁUTW** community members. We will continue to identify the community needs and develop the appropriate programming that reflects our unique cultural context by collaborating with elders, community members, and knowledge keepers (leaders). After collaboration, we will provide programming directly to Tsawout members, individually and groups.

Thank you for your patience during our development stages; as we have just moved to the old band office, at 7725 Tetayut Road. We will have a main phone number set up soon and provide an update once it has been successfully set up.

Personal Memo

"As a member of the Tsawout Community I have witnessed grief, sadness, youth neglect, elder abuse, and the lack of resources. But with these programs we can help the community to feel comfortable. We will not take away all that is bothersome, but it is a start to a Happy Place to Be TSAWOUT. The healthier we are, the healthier our children and earth will be, our ceremonies are the pathway to achieving this.

Like our Ancestors say, there are rough waters, but when we work together, we can sail smoothly: one paddle, one stroke at a time, we keep in stroke we will arrive sooner. HISWKE SIAM".

- Mary Ann Sam, Wellness Director

Wellness Department's Support & Services for Community Members

Our current available services include:



Clinical counselling with our Wellness Counsellor, and our Mental Health & Addictions Counsellor.



Family Advocates are providing collaborative approaches for the wellness and development of families.



Life Coach provides prevention, assessment, referral, counselling, and career guidance.

WELLNESS DEPARTMENT

EMPLOYEE INTRODUCTIONS

SHAUNA UNDERWOOD, Family Advocate
familyadvocate@tsawout.ca

Job Description: To achieve successful outcomes for Tsawout children and families through collaborative approach between Ministry of Children and Family Development, NILTUO, Jordans Principle, and other organizations and resources for children and families.

Staff Introduction: I am Shauna Underwood and I am one of the family advocates for the community. My role is to assist community members who are looking for supports with working through child and family difficulties. My goal is to have successful outcomes for Tsawout children and families through collaborative approaches between Ministry of Child and Family Development, NILTUO, Jordan's Principal, and other organizations and resources for children and families. Thank you all for your patience while I am adjusting to a brand new position that will help children and families attain their goals.

KEVIN HENRY, Family Advocate
familyadvocate2@tsawout.ca

Staff Introduction: Hello, my name is Kevin Henry, I was hired on to be a Family Advocate for Tsawout First nation Wellness Department "To achieve successful outcomes for Tsawout Children and Families through collaborative approaches between Ministry of Children and Family Development, NILTUO, Jordans Principle, and other organizations.

I reach out to other resources for children and families. I am excited to join the wellness department. I look forward to working with and for the tribe members. Stop by the wellness office or send an email if you would like me to assist you and your family.

VASSILLNA JOHNS, Wellness Counsellor

Our wellness counsellor has 13 years of experience with working with clients through a holistic approach using mental, spiritual, physical, and emotional modalities.

BETSIE BENNETT, Life Coach

Provides prevention, assessment, referral, counselling, career guidance, and follow up services to support community, individuals, families, and groups effected by mental health and substance use issues.

WELLNESS DEPARTMENT

EMPLOYEE INTRODUCTIONS

NAAMAT DICKIE, Mental Health & Addictions Counsellor

Assists individuals and groups to identify, understand and overcome personal problems and achieve personal goals and objectives. Clinical Counselling is about using active listening skills, reflection, compassion, and clear communication with clients to create productive and trusting relationships.

In addition, referrals to treatment centers are also provided. After care is provided through monitoring clients' progress through regular meetings after their treatment. Designing treatment plans according to each client's needs. Helping clients identify professional, personal, or social goals and work toward them. If at any point the counsellor and client are not a match, counsellor would make referral to other mental health or health professionals.

SHEZELL SAM, Team Lead

Responsible for overseeing the Wellness employees, by providing professional support and supervision; while overseeing the delivery of counselling and outreach programs and the family advocate program, as well as other initiatives to meet the unique needs of our community members. I look forward to providing guidance and support to our team and the community.

MARY ANN SAM, Director

Provides leadership to the Wellness department. Monitors and evaluates program effectiveness in consultation with community members and makes recommendations for improvements that are responsive to our community needs. She ensures that our service providers act as culturally respectful and be that liaison between the external providers, as well as manages budgets, funding, and all grant applications.

JANE, Outreach Worker **outreach@tsawout.ca**

As your Outreach Worker, I am committed to fostering connections and making a positive impact. My mission is to reach out to understand and empower individuals and communities with a focus on building meaningful relationships. I am here to support you in your needs and support you through life and any personal challenges. I hope to see you soon. Together we can build a stronger community.

POSITION LISTED BELOW WILL BE FILLED IN THE FUTURE:

Nation Native Alcohol & Drug Abuse Program Worked (NNADAP):

Involves working closely with individuals, families, and the community to promote wellness, healing, and recovery, developing and implementing a community-based addiction prevention, intervention, and education program.

UPDATE FROM MENTAL HEALTH & ADDICTION COUNSELLOR

On the week of November 6, we had organized ASISST training and suicide awareness week long workshop to help members, families, and staff to become suicide signs aware, what to do and where to go if anyone shares they are in distress. We had 7 members/relatives attend including 3 elders, and 5 staff members.

We hope to see more people on our next suicide awareness and training event. We will inform of the date as soon as we set it up.

Please reach out if you have any questions, the office is now located at the new Wellness building (old FNHA building)

HÍSWKE – Naamat

HEALTH NEWS

IMMUNIZATIONS

Call to book immunizations with Devon. Childhood and adult available upon request.

DIABETES MEETING

Are you interested in learning more about diabetes? Come join us for lunch and learn!

December 20th from 11:30 am - 1:30 pm in the Multi-purpose Room.



NURSE PRACTITIONER DATES

Walk-in available for Kelly Sharp, NP

- December 1 & 8 from 1:30 - 5:00
- December 15 from 10:00 - 2:00
- December 22 from 1:30 - 5:00



COMMUNITY VIRTUAL CARE

Community Virtual Care is a free three-month program offered by Island Health that aims to support and educate clients in managing a range of health conditions from the comfort of their homes. We provide assistance to clients with conditions such as diabetes, high blood pressure, kidney disease, COPD, COVID-19, CKD, influenza, and more.

Our program works collaboratively with clients and their healthcare teams to facilitate self-monitoring of health measurements. Clients are provided with free equipment that enable them to monitor their blood pressure, oxygen saturation, and pulse rate. Their results are then shared with our program's nurses who conduct weekly calls to check on their well-being and provide guidance on symptom management. Consultations with our clinicians can be conducted over the phone or through virtual visits.

Did you know that you can have access to a nurse to help you manage your health concerns, right from the comfort of your home?

Have you recently needed medical care for your diabetes, high blood pressure, kidney disease, COPD or heart failure? Phone support from an Island Health nurse may help you to learn ways to better manage your health concerns, right from home.

Island Health's Community Virtual Care (CVC) program can work with you and your health team to support you to take your own measurements (such as blood pressure, oxygen saturation and pulse rate) using the devices provided by the program. Your measurement results will be sent to the nurse and they will call you every week to find out how you are feeling and support you to learn how best to manage your symptoms.

The program usually lasts about three months but can be paused when you need to be away from home. You are welcome to enroll again if you would like more support.

The program is free and the devices are loaned to you at no cost. You don't need to have a doctor or nurse practitioner to sign up. You can refer yourself (or have family or friends sign you up) or talk to your home care nurse, nurse practitioner or doctor about signing up for Community Virtual Care.

To register or for more information on this program, please call the Community Access office near you:

North Island Community Access Phone: 1-866-928-4988

(Port Alberni, West Coast, Comox Valley, Campbell River, Mt Waddington)

Central Island Community Access Phone: 1-877-734-4101

(Cowichan, Nanaimo, Oceanside)

South Island Community Access Phone: 1-888-533-2273

(Greater Victoria, Westshore, Sooke, Peninsula, Gulf Islands)



NOTICE TO ALL CLIENTS ON INCOME ASSISTANCE

Please ensure that declarations and all supporting documents are in by the 15th of every month. All declarations require applicant signature and, if applicable, it must include spouse signature, job search form, hydro and phone bill (if eligible), most recent paystubs and bank statements, if required.

**** NO DECLARATION (paystubs, job search) = NO CHEQUE ****

Cheque issue is the last Wednesday of every month. Cheques are available for pick up between 9 am to noon and 1 pm to 4 pm. No calls are taken on cheque day and no one can pick up someone else's S/A cheque unless that person is seriously ill, has mobility barriers or other extenuating circumstances.

Clients who submit their documents AFTER the deadline date can pick up their cheque on the following Friday.

Clients who need to update their file or apply for S/A need to book an appointment between Tues. to Thurs.

NOTICE TO ALL EMPLOYABLE CLIENTS

It is **MANDATORY** that all employable people seek employment. According to Social Development Policy 2.2: Termination of Benefits – Refusal or abandonment of employment opportunities, refusal to participate in an appropriate training or education opportunity or rehabilitation program will result in Social Development closing your file.

Failure to show any effort in seeking employment or education opportunities such as job searching, employment workshops or upgrading - will result with your SA file being closed. Whenever a decision is made to terminate client benefits, the client has a right to appeal the decision to Aboriginal Affairs and Northern Development Canada by picking up an administrative review form from Social Development. Thank you.

Tsawout Social Development (SD) – Income Assistance Application Process

STEP 1 – OBTAIN APPLICATION FROM TSAWOUT RECEPTION TO MAKE AN APPOINTMENT.

NO APPOINTMENTS WILL BE MADE A WEEK PRIOR TO OR DURING THE WEEK OF CHEQUE ISSUE.

- Complete Social Assistance Application Package
- Identification – Adults – 2 each (1 must be a photo)
- Identification – Children - 1 each
- Verification of Income – 60 day bank statements, pay stubs, 2 most recent pay stubs, EI Income and Spousal Support
- Utility Bills – BC Hydro, phone bill, gas or oil bill
- Tenancy Agreement – Tsawout Social Housing, CMHC documents or mortgage documents
- Privately Owned Homes – proof of ownership documentation
- Tax Forms – Canada Child Benefit, Notice of Assessment
- Other Supporting Documents

STEP 2 – INTAKE APPOINTMENT

- Bring all supporting documents to your appointment
- If you have a spouse, he/she needs to be present to sign all documentation
- Employable clients are required to discuss a plan to obtain employment or have an education plan to attain further skills that will help you gain employment.
- If you are unable to seek employment, the worker will need a medical note that will temporarily excuse you from seeking employment or until you are eligible to apply for PPMB (Person with Persistent Multiple Barriers) or PWD (Person with Disability) designation.

STEP 3 – PROCESSING











- Allow up to 5-7 business days for application approval.
- Worker will notify you of your eligibility for Income Assistance.
- We understand that you are in need of help and your matters are important to us. We are doing due diligence to ensure that the process is completed in a timely manner. We appreciate your patience.

STEP 4 – YOU HAVE BEEN CONTACTED TO INFORM YOU OF YOUR ELIBILITY STATUS

- **Approved Applicants** – Will now have the responsibility to assure that all documentation (Declaration, utility bills, pay stubs, job search or any other required documents) is submitted by the 15th of each month to ensure they receive their entitlement on time. ALL clients have a responsibility.
- **Ineligible Applicants** – Varies on the situation.
- Will have an opportunity to gather missing or additional supporting documents.
- If you are eligible for EI or in receipt of EI, you will not be eligible for Income Assistance.
- You have earned income that is more than what you are eligible to receive, then you have to wait 30 days to reapply.
- If applicant does not agree with the decision, the applicant can appeal the decision – Inquire about this process with the Social Development Worker.

**** Thank you for reviewing this information. It helps the review and assessment process. Social Development can be contacted at 250-652-9101 (ext. 306).**

DECEMBER GARBAGE, COMPOST & RECYCLING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
			 			
10	11	12	13	14	15	16
			 			
17	18	19	20	21	22	23
			 			
24	25	26	27	28	29	30
			 			
31						

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Garbage pick-up (once/week) If your garbage is missed or not picked up, call BFI directly at 250-652-4414.
Compost (once/week) If your compost is missed or not picked up, call Refuse at 250-381-6007. If called the same day or early the next day, it is possible to have it picked up the same week if they are in the area and they will ask you to have it at the end of the driveway by 7 am on whichever date they advise. If not, it will have to wait until the next regular pick-up date.
Recycle (Bi-weekly) If your recycle is missed or not picked up, call Emterra at 250-385-4399. Call by 11:00 am the next day and they can probably do a pick-up. If any later, it would have to wait until the next pick-up date.

Reminder that the Heavy Garbage Program has ended. Please do not leave heavy garbage on the side of the road. We continue to clean up the dumpsite on Longhouse Road from the previous years programs. Please discard your heavy garbage at local metal recycle or Hartland landfill.