

# TSAWOUT FIRST NATION

NEWSLETTER

www.tsawout.ca

MARCH 2024

## YOUTH BOAT CHARTERS

March 18-22, 2024

*Connecting our youth with the land, waters, culture, history and our elders. See p.05 for more details.*

### What's Coming Up at Tsawout?

- March 6-7: Chainsaw Training
- March 18-22: Youth Boat Charters
- Spring Break: Youth Movie Night
- March 31: CRD Housing Funding Expires
- April: SVOP, SDV-BS, ROC-M Training

### Inside this Issue:

- 
- P/02. CHAINSAW TRAINING
- 
- P/03. SEEKING ARTISTS - MURAL PROJECT
- 
- P/03. SVOP, SDV, ROC TRAINING
- 
- P/04. NEW HEALTH PLAN INFO
- 
- P/05. YOUTH BOAT CHARTERS
- 
- P/05. HEALTH NEWS
- 
- P/06. YOUTH MOVIE NIGHT
- 
- P/07. WELLNESS DEPARTMENT NEWS
- 
- P/09. HOUSING NEWS
- 
- P/10. FISHERIES DEPARTMENT NEWS
- 
- P/11. SOCIAL DEVELOPMENT NEWS
- 
- P/12. GARBAGE, RECYCLING & COMPOST
-

# CHAINSAW TRAINING OPPORTUNITY



**Join Parks Canada staff for a two-day training course to learn basic chainsaw safety, tree felling, and cutting skill.**

## Details:

- Location: SMONEĆTEN Campground
- Dates: Wed March 6<sup>th</sup> and Thurs March 7<sup>th</sup>, 8am-4pm
  - Participants must commit to both days
- 6 spots available for WSÁNEĆ community members ages 18+
- Honoraria of \$250 per day available
- No previous training required
- Steel-toe or similar footwear required. All other safety gear will be provided.

Participants will receive *Type 3 - Basic Chainsaw Operator* certification upon successful completion of both days.

To reserve a spot, or for more information, please contact Stephanie Coulson: (250) 661-5227, or [Stephanie.Coulson@pc.gc.ca](mailto:Stephanie.Coulson@pc.gc.ca).

## SVOP TRAINING OPPORTUNITY

The Fisheries Department is hosting another round of SVOP, SDV-BS, and ROC-M courses.

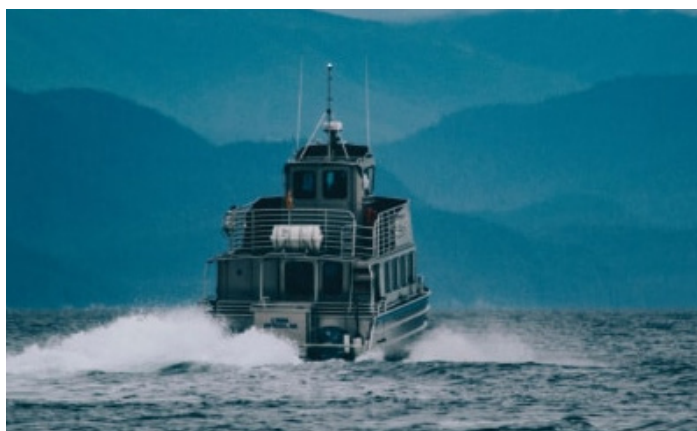
The courses are from 8:30 am - 4:30 pm in the Tsawout Auditorium and lunch is provided.

The dates are:

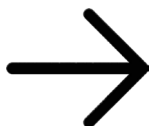
- SVOP from April 8th-11th
- SDV-BS on April 15th
- ROC-M on April 16th

These are three separate certificates, so you can sign up for one, two or all three courses.

Scan the code or visit Tsawout's website to register.



**SCAN  
ME!**



## SEEKING ARTISTS FOR MURAL PROJECT

We are currently looking for artists to complete a large-scale mural design for our gymnasium. All WSÁNEĆ artists are encouraged to apply. Applications should include:

- Approximate Cost (include all of your time and expenses)
- Timeframe (How long you expect your piece to take?)
- A description of your design idea
- Ideas for youth engagement (How can you get the community youth involved in this project?)
- Examples of your work (Please include some items from your portfolio.)



Scan the QR code to apply online or visit [www.tsawout.ca](http://www.tsawout.ca).





First Nations Health Authority  
Health through wellness

## YOUR NEW HEALTH BENEFITS PLAN IS HERE

Dental, Vision Care, and Medical Supplies & Equipment



The First Nations Health Authority has partnered with Pacific Blue Cross to administer your Dental, Vision and Medical Supplies & Equipment (MS&E) benefits right here in BC.

The new system is faster, easier to use, and you don't need as many pre-approvals to access services. Based on Community feedback, the FNHA has also expanded coverage for many preventive health services and special needs.



### DENTAL

- More coverage for preventive services
- 2 exams and 2 cleanings per year
- Night guards eligible
- White fillings eligible
- New set of dentures every 5 years
- Higher coverage for crowns
- Bridges, veneers, inlays, and onlays eligible
- Separate coverage for dental accidents



### VISION CARE

- No pre-approvals needed for eye exams and standard eyewear
- For clients 19 and older:*
- \$100 every two calendar years for eye exams
  - \$275 every two calendar years for standard eyewear
  - \$415 for high-index lenses
- Children and youth under 19 receive annual coverage
- There is also a process to support clients with complex needs



### MEDICAL SUPPLIES & EQUIPMENT

- Fewer pre-approvals required
- Streamlined process for pre-approvals
- Faster claims processing
- Faster reimbursement if you pay out of pocket



LEARN MORE AT: [WWW.FNHA.CA/BENEFITS](http://WWW.FNHA.CA/BENEFITS) OR CALL 1.855.550.5454



Download the app at [pac.bluecross.ca/mobile](http://pac.bluecross.ca/mobile)



Claim online at [pac.bluecross.ca/member](http://pac.bluecross.ca/member)

## YOUTH BOAT CHARTERS

CONNECTING OUR YOUTH WITH THE LAND,  
WATERS, CULTURE, HISTORY AND OUR ELDERS

# STÁUTW Youth Boat Charters

We will spend the day out on the water, exploring Reef Net Fishing sites, sharing the history of WSÁNEĆ territory in and around our STÁUTW Village Site. Lunch will be provided.

March 18-22, 2024

LIMITED SPACE IS AVAILABLE - 28 SPOTS

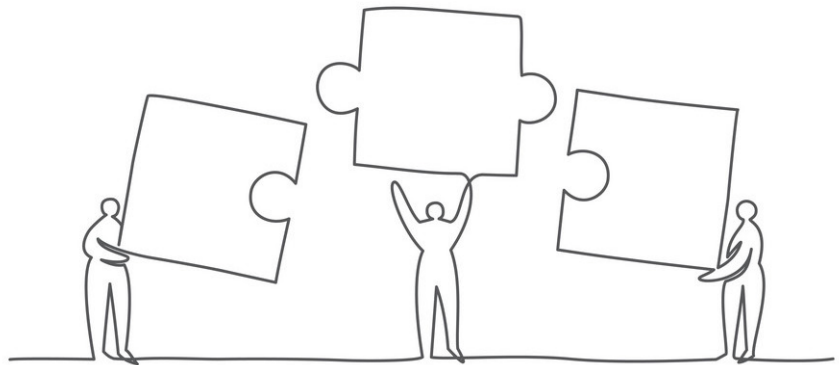
Sign up available for all STÁUTW Youth Ages 12-18

Please R.S.V.P Jennifer Claxton at  
250-652-9101, Fisheries or email:  
[rnrpcordinator@tsawout.ca](mailto:rnrpcordinator@tsawout.ca)

## HEALTH NEWS

### DIABETES WITH DEVON - COMMUNITY HEALTH NURSE

- ✓ Screening
- ✓ Information
- ✓ Connection
- ✓ Collaboration
- ✓ Prevention



If you are interested in any of these items please contact Devon, our Community Health Nurse at 250-652-1149, Ext 208 or come to the Health Office.

# YOUTH MOVIE NIGHT

★ STÁUTW FIRST NATION  
PRESENTS

# Youth Movie *Night*



**Date: TBD**

2ND WEEK OF SPRING BREAK

**STÁUTW Gym**

7728 TETAYUT ROAD,  
SAANICHTON, BC V8M 2E4

STÁUTW Fisheries will have a short film and slideshow to present to showcase the work happening in our department. Lots of door prizes!

Open to all WSÁNEĆ Youth between the ages of 12-18.

More information to come!!!

For More Information, contact Kristal Underwood or Jennifer Claxton, at 250-652-9101

# WELLNESS DEPARTMENT

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Happy to be Tsawout

by SDEMOXELWET – Mary Ann Sam, Wellness Department Director

We have many programs planned in the works, so please keep an eye out for new opportunities. I welcome any comments or suggestions for the future of our Tsawout Wellness Department.

My role as the Tsawout Wellness Director is to work to promote Wellness and improve the lives of Children, Youth and Families within the Tsawout Community. As my experience working within the WSÁNEĆ communities I do have a deep understanding of Our cultural traditions, protocols and values as an WSÁNEĆ WOMAN (aboriginal INDIVIDUAL).

I truly appreciate your patience and understanding working with this transition is not an easy task.

My responsibility is to do to the best of my ability, which includes:

- ✓ Develop and implement culturally appropriate Wellness programs, activities and initiatives to promote Mental, Emotional and Physical Health within the **STÁUTW** Community members.
- ✓ Continue to identify the community needs and develop the appropriate programming that reflects our unique Cultural context by collaborating with Elders, Community members, Knowledge keepers (leaders).
- ✓ Provide leadership to the Front-line team that offer Individual and Group counselling and to support all services that are grounded in our ways of understanding, as well knowing and traditional healing.
- ✓ Ensuring that standards are kept with ensuring compliance with accurate records and reports of the funding resources, while maintaining accurate records and to ensure being respectful of our Indigenous protocols and privacy practices.
- ✓ Monitor and evaluate program effectiveness in consultation with community members and make recommendations for improvements that are responsive to our community needs.
- ✓ Ensure that our service providers are culturally respectful and be that liaison between the external providers.
- ✓ I always have followed this statement of an elder of the WSÁNEĆ community.
- ✓ We have lived and built our societies around what is now called Southern Vancouver Island. We have a strong bond with the sea, shaping our way of living Our presence is stretched across the San Juan Islands and the Coasts of the Saanich Peninsula. The Saanich Peninsula was our headquarters where we established permanent winter dwellings and stayed in larger villages.
- ✓ ***“The healthier we are, the healthier our children and earth will be, our ceremonies are the pathway to achieving this.”***

# WELLNESS DEPARTMENT

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## Mental Health

The mental wellness of First Nations is a high priority; one that encompasses areas which work to address our colonial traumas. Foundational to this work is the First Nations Mental Wellness which will provide a tool to help guide our approach to wellness. It will also guide work and discussion on life promotion and suicide prevention by instilling a sense of hope, belonging, meaning, and purpose.

In addition, we want to focus work on substance mis/use by using the *Honouring Our Strengths* as a roadmap to address all substances that impact our own. I always say that Culture is a general foundation for wellness. Then the Language component is another. We can work together to make **STÁUTW** strong once again. Collaboratively working with external agencies as well. We want to gain that trust with those we work with and provide that respect that is earned.

There are many resources available – please check the website for regular updates from Wellness Department.

### Staff Introduction

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**Shauna Sam (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 Sam (Underwood) and I am one of the family advocates for the community. My role within the Wellness Department 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 new position that will help children and families attain their goals.

Please feel free to stop in for a visit to learn more about my role.

Shauna Sam  
236-638-9669  
familyadvocate@tsawout.ca



# HOUSING DEPARTMENT

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## CRD REACHING HOME FUNDING - Funding Expires March 31, 2024

Tsawout has received a grant through CRD Reaching Home to assist with the arrear's repayment for Tsawout community members.

Are you in arrears and would like to start a repayment plan? Tsawout housing can provide up to **\$3500** towards your arrear's repayment. This is open to all community members in arrears who are willing to complete an arrears repayment agreement.



Contact Monique for further information at: 250-652-9101 ext. 302 or [housingoutreach@tsawout.ca](mailto:housingoutreach@tsawout.ca)

### HOUSING SETUP- Funding expires March 31, 2024

Have you recently moved into housing either on or off reserve? Tsawout has received funding through the CRD Reaching Home program to cover the cost of Damage Deposit, basic kitchen items and furniture.

### BC HYDRO

Get free energy saving products installed in your home. These items include air sealing for windows and doors, LED light bulbs, and water saving fixtures.



## FIRE EXTINGUISHERS

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Tsawout housing has fire extinguishers and smoke detectors for Tsawout homes. Contact Monique to request these items.

Support can be provided for the installation of smoke detectors if necessary.



Contact Monique for assistance with applications, assistance or any further questions.

**Tel:** 250-652-9101 ext. 302

**Email:** [housingoutreach@tsawout.ca](mailto:housingoutreach@tsawout.ca)

# FISHERIES DEPARTMENT

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## STAFF INTRODUCTION

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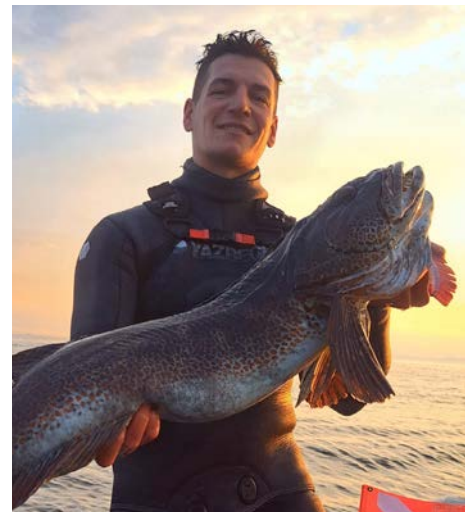
### **Adrian Boskovic, FISHERIES COORDINATOR**

My name is Adrian Boskovic, and I am a white settler of Serbian descent. Born and raised in Tkaronto (Toronto), I developed a profound connection to aquatic ecosystems while studying marine and freshwater biology at the University of Guelph. Growing up and studying in the ancestral lands and waterways of the Huron Peoples instilled in me a deep appreciation for the natural world.

Throughout my career, I have been involved in various freshwater fish sampling projects and DNA barcoding labs, allowing me to combine my academic knowledge with hands-on experience. My lifelong passion for the outdoors, spearfishing, agriculture, and subsistence living has further fuelled my commitment to environmental stewardship.

Living on the ancestral lands and working on waters of the Lekwungen and Tsawout peoples, I feel privileged to explore and guide marine wildlife tours in the Salish Sea, sharing my knowledge and enthusiasm for our rich coastal ecosystems.

Joining the Tsawout First Nation community as the new Fisheries Coordinator is both a privilege and an honor. I am deeply committed to contributing to the preservation of marine and freshwater ecosystems for future generations.



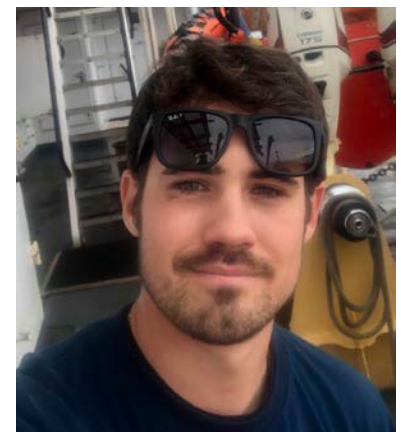
## STAFF INTRODUCTION

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### **Orion Giles, FISHERIES CAPTAIN**

Hello Tsawout Community! I am Orion Giles, the new Fisheries Captain.

Before beginning this position in November 2023, I was the head captain for Sidney Whale Watching for the past 2 seasons. I have been working as a marine captain for almost eight years, up and down the Pacific Northwest, from Ucluelet, Knight Inlet, Victoria and the surrounding Salish Sea. With previous experience in marine construction and the Canadian coast guard.



Having lived and traveled on boats all my life, from the Pacific Northwest throughout the South Pacific Ocean. Spending the first decade of my life mostly in the remote island communities of Fiji, Hawaii, Tonga, New Zealand and Australia.

Moving back to the Saanich Peninsula at the turn of the century, I have called this region my home for over 20 years. Having been around the local nations since befriending many members from a young age through school and lacrosse. I am honoured to be working closely with familiar faces.

I am very excited to be a new asset for the Fisheries Department to utilize and I look forward meeting and getting to know all the members of Tsawout First Nation.

## **NOTICE TO ALL CLIENTS ON INCOME ASSISTANCE**

**Please ensure that declarations and all supporting documents are in by the 15<sup>th</sup> 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 15<sup>th</sup> 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).**

# MARCH 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						

**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.*