

TSAWOUT FIRST NATION

NEWSLETTER

www.tsawout.ca

FEBRUARY 2024

Tsawout is looking for artists to complete a large mural for our gymnasium.

All WSÁNEĆ artists are encouraged to apply!

See p.02 for more details.



STEPHANIE'S RETIREMENT

Please come celebrate Stephanie Adams on February 1st at 4:30 pm in the Tsawout Gym

POSTPONED

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STEPHANIE'S RETIREMENT DINNER



ALOHA!
IT'S STEPHANIE'S RETIREMENT
DINNER @ TSAWOUT GYM!

Join us for:
Speeches

POSTPONED

February 1st
4:30-6:30 PM

The graphic features a yellow background with pink hibiscus flowers, orange ukuleles, and pineapples wearing sunglasses. A white banner with the word 'POSTPONED' in red is slanted across the center.

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.



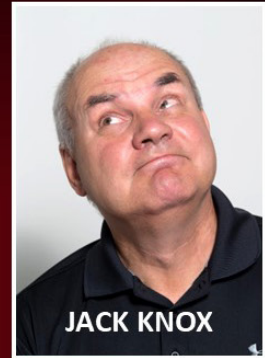
SHORT FILMS - FEATURING MAVIS UNDERWOOD

A legacy of special stories and memories presented live and on screen

WHAT'S YOUR STORY?

STAR CINEMA, 9840 Third St., Sidney
Sunday, February 4th
1:00 p.m. & 3:30 p.m.

With JACK KNOX live! (*celebrated humorist,
columnist and author*)



JACK KNOX

PLUS three new short films featuring Saanich Peninsula seniors/elders



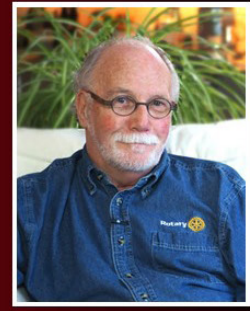
MAVIS UNDERWOOD
*Beloved Tsawout
First Nation Elder*



KENNY PODMORE
*Sidney's official
Town Crier*



KAREN MORGAN
*Former Director, Saanich
Peninsula Hospital
Foundation*



TIM MALONEY
*President, Saanich
Peninsula Community
Foundation*

TICKETS: just \$15 in advance at Star Cinema and on Eventbrite:
<https://star-cinema-whats-your-story.eventbrite.ca>
\$20 at the door

Questions? Call 250-889-0871 or 250-882-4339

Proudly presented by REACH! (*West Coast Reach Association*) in partnership
with Karen Elgersma Media, Star Cinema (Sidney) and Seaside Magazine
With funding from Government of Canada's Community Services Recovery Fund

FOODSAFE

LEVEL 1

TSAWOUT MULTIPURPOSE ROOM

Tuesday February 13th | 9:00am-4:30pm



The FoodSafe Level 1 Course is ideal for anyone wanting to work in the food industry.

There is no cost, but space is limited & fills up fast.

To sign up please Email:

kitchenmanager@tsawout.ca

Or call 250-652-9101 ext-312

WHMIS CERTIFICATION OPPORTUNITY

- ✓ February 23, 2024
- ✓ 9:00 am - 11:30 am
- ✓ Multipurpose Room

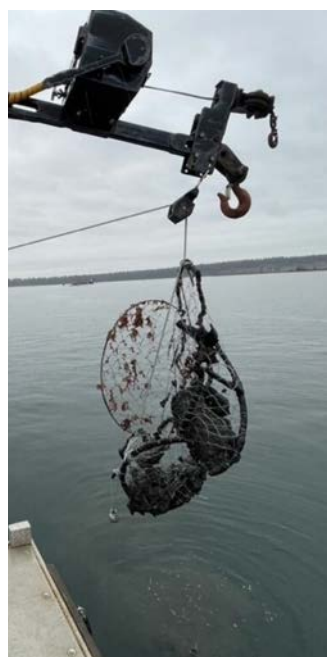


The Workplace Hazardous Materials Information System (WHMIS) is mandatory in Canada. Employers are required by law to provide workers with information and training on hazardous materials in the workplace and comply with the WHMIS legislation requirements. Register early to get certified.

To sign up please email or call our Kitchen Manager kitchenmanager@tsawout.ca or 250-652-9101 ext. 312

SEAFLOOR MARINE DEBRIS CLEANUP

In December, the SeaChange RESS team and the Tsawout First Nation Fisheries Department were able to remove a substantial amount of marine debris from the Saanichton Bay. Among the items fished out of the water were fishing line, crab traps, anchors, and a tire!





Financial Literacy Courses For Indigenous Communities

IndigenousTech.ai
Canadian Government (PSIB) Certified Indigenous Controlled Company



"Our future relies on our youth embracing technology and bringing together diverse ideas that drive transformation in every industry."

-- Chief Clarence Louie, Osoyoos Indian Band (BC)

Certificates Available For:



Included in Courses:

Learn Technology & Professional Skills

Budgeting | Bookkeeping | Credit Analysis | CyberSecurity | Financial Literacy

Videos from Inspirational Leaders

Chiefs | Indigenous Leaders | Indigenous Executives

Online & No Cost



For more information, please contact:

Brandon Guilmette
brandon@indigenoustech.ai

<https://lms.indigenoustech.ai/m/>

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STOLEN SISTERS MEMORIAL MARCH



HEALTH NEWS

HEALTH SCREENING APPOINTMENTS

Health screening appointments are available for blood pressure, blood sugar and more.

Fridays 10am to 12pm. Please call the Health Department at 250-652-1149 to book a spot with Devon.

NALOXONE TRAINING

Are you interested in learning how to administer Naloxone?

Registration is now being taken for any community members interested in learning more about this important intervention. Please call the Health Dept. to register at 250-652-1149.

WELLNESS DEPARTMENT

Note from Mental Health & Addictions Counsellor:

Hello community, I hope you are doing well. This note is a message of hope and continued encouragement to keep you trying even when it feels so difficult at times.

Some Updates:

We have 2 community members that have come back from treatment and between the two of them, they have been sober for over 200 days!!! How amazing is that!?! The family has celebrated them and their continued hard work with a gathering and dinner. Some of the things but not all that could be going on for your loved ones now that they are back home after being away is feeling overwhelmed by the encouragement they receive from all of you and the uncertainty of where to start to pick up their life back together.

Some of the ways you can support your family members during recovery is to know that they are not cured but rather on recovery from the substance. Connect with them on a weekly basis. It doesn't have to be a discussion about recovery it could be about the day or their dreams and future plans. Invite them over for a visit or go over for a visit. Try not to put your fears on them that every time they leave the house they are going to use again. Try to consider that if a relapse happens, it does not mean they failed, it means they tripped on their journey and they need your support to get back up. If that happens ask them, how can you be of support to them.

This journey to recovery will feel lonely and isolating, try to keep in mind that they are constantly trying to fight the substance urge. If you can, let them know that you are available to give them a ride to their group recovery if they ever need it.

Finally, addiction does not go into remission, nor does it disappear over time. Helping your loved one after rehab means providing continual, lifelong support and love. While you cannot do the work of recovery for your loved one, you can encourage them on their journey and help them avoid substance triggers by not offering them the substance, use in front of them or take them to places where they can be triggered. If you are ready to start your recovery journey, ask them where you start.

Be well, thank you for your patience while we are renovating at the Wellness building.

Please reach out if you are ready to be supported at mhac@tsawout.ca

-Naamat

HOUSING DEPARTMENT

CRD REACHING HOME FUNDING

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.

HOUSING SETUP

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

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

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).**

FEBRUARY 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		

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.