

STÁUTW FIRST NATION

NEWSLETTER

www.tsawout.ca

AUGUST 2024



STÁUTW Youth Program & Cst. Cosgrove & Cst. Dan Steffes

STÁUTW's Youth Program kicked off in June and is still going strong. They have a total of 50 kids this year, so we have hired 1 coordinator and 4 youth workers to ensure the youth have a fun and safe summer.

Inside this issue:

- P/02. Youth Group Photos
- P/03. Grad Recognition Ceremony
- P/05. Mental Health Updates & Resources
- P/08. Health Update
- P/10. Wellness Update
- P/18. STÁUTW Elders
- P/22. NIŁ TU, O Event
- P/23. Training and Employment update
- P/25. Fisheries Update
- P/31. Office Closure
- P/32. Garbage, Compost + Recycling

STÁUTW is now on:

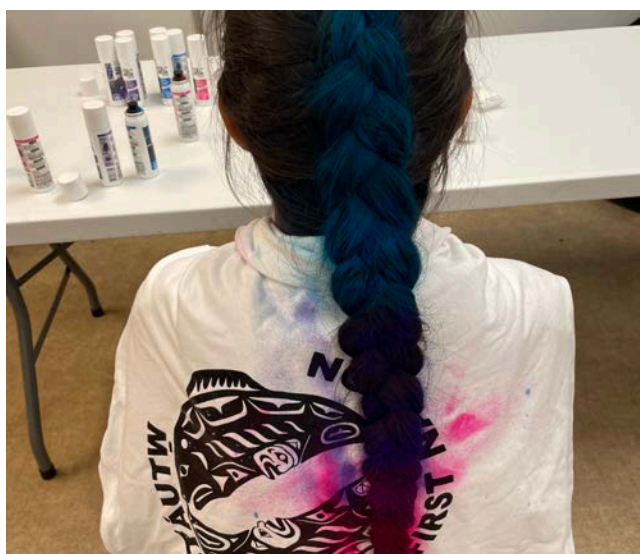
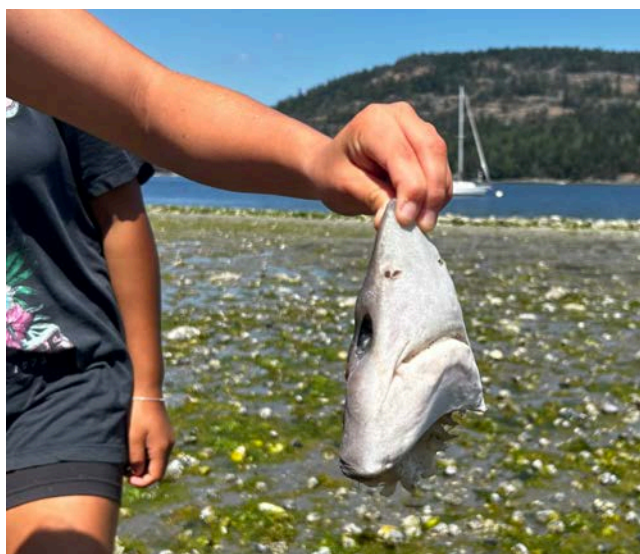


"Tsawout First Nation"

Coming soon to:



STÁUTW Youth Program Photos

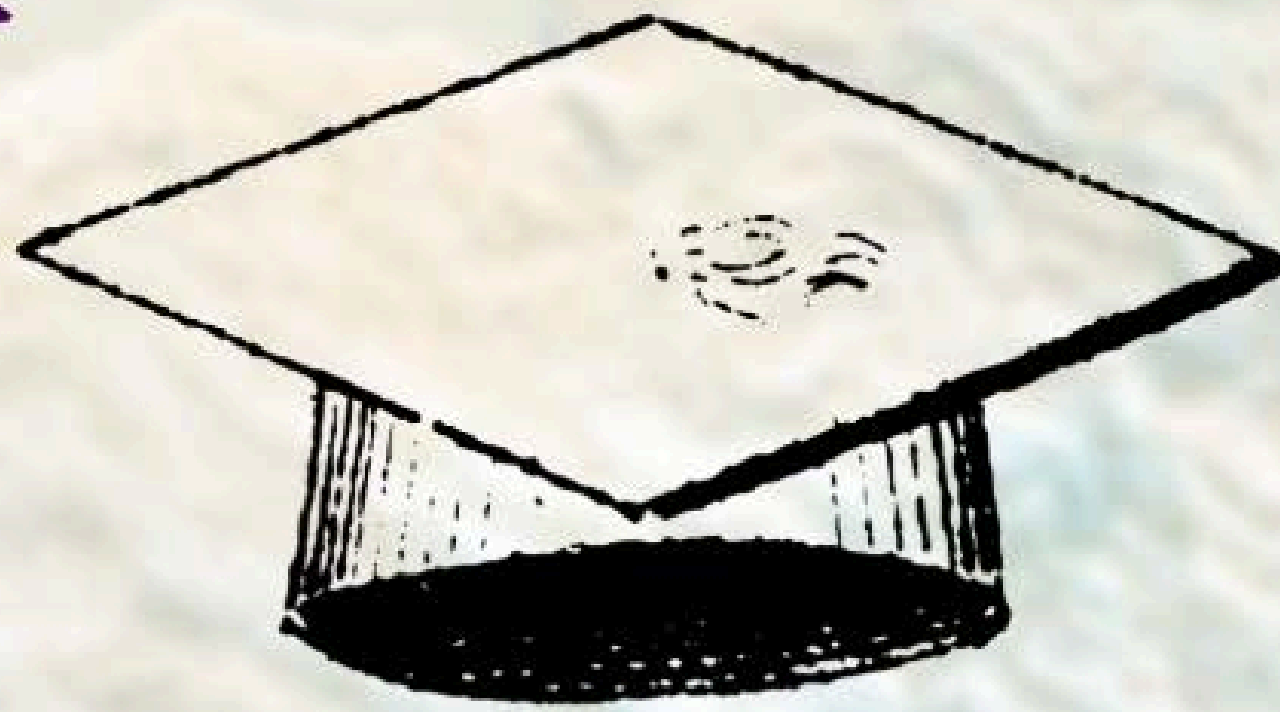


Grad recognition Ceremony



STÁUTW FIRST NATION

CONGRATULATIONS



STÁUTW GRADUATES!

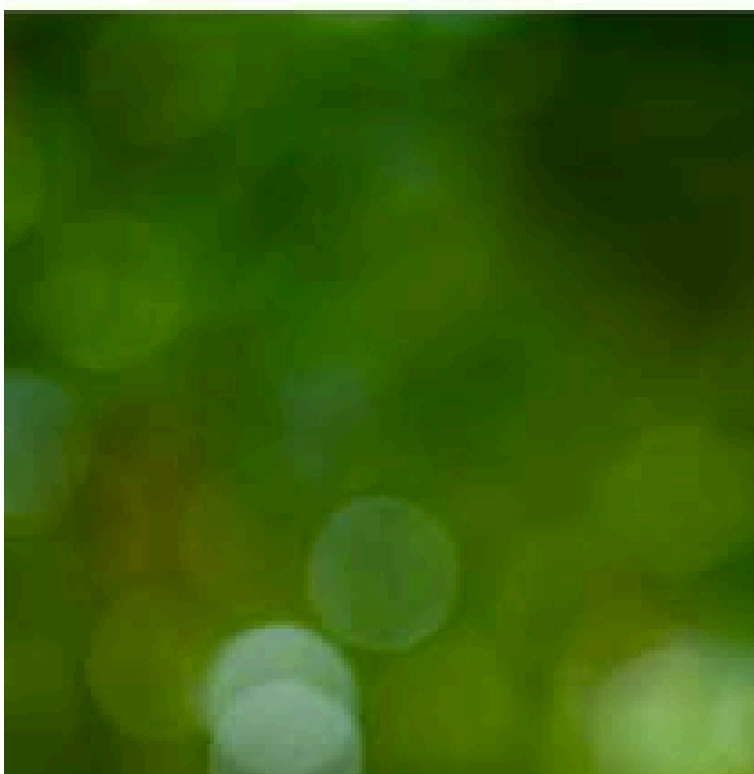
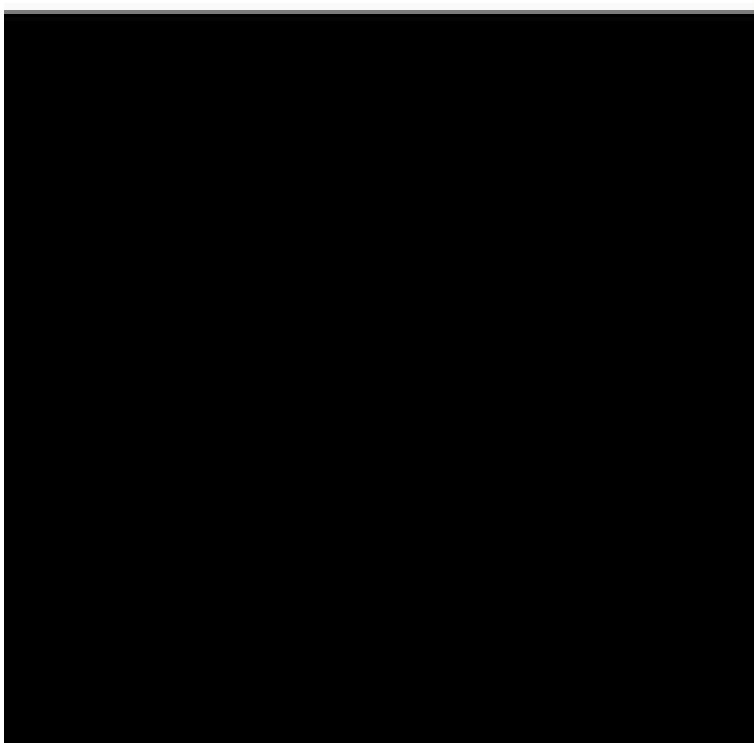
Thank you to Sam Charlie, Mattias Sam, Priscilla Williams, Luther Charlie, Cody Harry, Savanna Leon, Viola Joseph, and Bobbi Sylvester for attending the dinner and to the families who joined us in celebrating this special day.

To the ones who couldn't make it...Patricia Black, Jack Horne, Annette Marks, Destiny Underwood, Molly Underwood, Miranda Adams, Marlayna Swan, and Ben Pelkey Jr.

Your spirit was with us in every cheer, every smile, and every proud moment shared. Your absence was felt, but your achievements were honored.

We celebrate you all!

Continued on next page...



*Wishing you all the best in
your future endeavors!*

MENTAL HEALTH UPDATE

Hello STÁUTW Community, I hope you are well today and receiving lots of love from your loved ones. For the month of June, I had 36 sessions with community members (mainstream average is 25). We have one member on their way to recovery at a treatment center and another has been out for couple of weeks busy with recovery and engaging in community events. Don't forget we have a peer support sobriety group to support you while trying to overcome substance use every Wednesday 5pm-7pm in the auditorium. You can contact John Sampson to get more info at 250 896 1566 or on Fb. Men's group Tuesdays 6pm-8pm in the auditorium. Culture night Thursdays 6pm-8pm. You can contact Pat at 250 686 3961 or on FB.

Mental Health & Addictions Clinical

Counsellor:

Naamat Dickie

Email: mhac@tsawout.ca - Wellness department number is 250-652-8353.

Located across from the admin building

**Note: Naamat will be away July 29 to August 2.*

UPDATES AND RESOURCES

Court & justice system resources:

-Victoria Indigenous Justice Centre

All Indigenous Peoples, regardless of whether they qualify for legal aid, can access free legal and outreach services if they are facing a criminal or child protection issue.

Address: 794 Yates St, Victoria, BC V8W 1L4

Hours: Open 8:30am · Closes 4:30 p.m.

Phone: (250) 419-9665

-Aboriginal Coalition to End Homelessness

Phone: 778-432-2234

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Community Relations, Protocol and Social Justice

-Addictions and support resources

In addition to my availability to support you, here are some online resources that may come handy:

Families for addiction recovery (Phone: 855-377-6677): This organization offers:

- parent-to-parent support for families struggling with addiction.
- A voice for families to influence government policy. (farcanda.org)

Together We Can: Alcohol and Drug Recovery & Education Society (Phone: 604-451-9854) offers:

- Men/Women Treatments
- Aftercare Program
- Sober Living Residences
- Medical Care
- Counselling
- Pharmacy
- Health and Fitness

They have a Frequently asked questions under the Recovery tab to answer of the questions you may have. (twcrecoverylife.org)

Here are other resources:

Parents Forever: Index (parentsforever.ca)

Service Directory across BC: Helpline Services - United Way British Columbia (uwbc.ca) - Phone: 250-591-8731

BC Centre for Substance Use: BCCSU – British Columbia Centre on Substance Use - Phone: (778) 945-7616

Please reach out, there is always someone there for you. Like our Elders share, “you don’t have to walk alone.”

HÍSWKE SIÁM

There are others who are on
a similar journey as you...



WALK WITH SOBRIETY

A group for community
members and peers to
support one another.



^ JOIN JOHN SAMPSON ^

Please reach out to John at
250-896-1566.

WEDNESDAY 5PM - 7PM

MEET IN THE AUDITORIUM
(FISHERIES ENTRANCE)

STARTS APRIL 17

LOREM IPSUM



If you are ready for treatment, please reach out to the Mental
Health and Addictions Counsellor at mhac@tsawout.ca



Health Update

Brief Intervention for Wildfire Smoke Preparedness

Early preparation prevents wildfire smoke-related illness and death. Use this tool to help patients prepare for smoke.

The following factors put people at higher risk of smoke-related illness (**bolded especially high risk factors**):

- **Chronic respiratory disease, especially including asthma, COPD, and fibrosis**
- Other chronic diseases, including heart disease, diabetes, and cancer
- Younger age (infants and <5 years)
- Current respiratory infection
- **Pregnancy**
- Older age (≥65 years old)
- Cigarette smoking
- Strenuous outdoor exercise
- Outdoor work
- Marginal housing

ASK about preparedness	<ul style="list-style-type: none"> • <i>Are they prepared for wildfire smoke this year?</i>
ADVISE about effects of smoke	<ul style="list-style-type: none"> • Inform that they are at higher risk of experiencing health effects from wildfire smoke. • Inform that even small amounts of wildfire smoke can be harmful over time and encourage them to make ongoing efforts to keep the air they breathe clean during wildfire season.
ASSESS & ASSIST with preparedness	<p>Share and review the multi-lingual BCCDC Wildfire Smoke page (click to email: )</p> <p>Highlight How to prepare for the wildfire smoke season on this page</p> <p>1) Is their home prepared for wildfire smoke? Do they have a working air cleaner or ventilation system? Purchase a portable air cleaner that uses HEPA filtration to remove smoke from indoor air.</p> <ul style="list-style-type: none"> • If a portable air cleaner is not an option, make a box fan air filter. If forced air heating, suggest reviewing filters/settings for smoky conditions with service provider. • Review tax rebates available for purchasing air cleaners. <p>2) Do they know where to find information about local air quality conditions?</p> <ul style="list-style-type: none"> • Review Air Quality Health Index and guidance for "At Risk Population". • Introduce AQmap.ca as the best source of information during smoky conditions. • Click to email above items  <p>3) How much of their medications do they have on hand/at home?</p> <ul style="list-style-type: none"> • Review supply of rescue bronchodilators and advise to always carry during wildfire season. <p>4) Do they know when they should seek urgent medical attention during wildfire smoke events?</p> <ul style="list-style-type: none"> • Seek medical attention if shortness of breath, palpitations, chest pain, severe cough, dizziness. <p>5) Do they know what to do on smoky days to protect their health?</p> <ul style="list-style-type: none"> • Stay inside with an air cleaner running as much as possible. • Keep smoke out by closing windows, doors and air intakes from furnaces, fireplaces and stoves. • Monitor air quality, stay hydrated and avoid exertion. • Reduce indoor air pollution (eg cooking with oil, tobacco or cannabis smoking, or using incense). • When driving, keep the windows up, AC on, and use the recirculate setting. • When outdoors, use a well-fitted respirator if comfortable wearing one (see details below) • If they are working outdoors, refer them to resources from WorkSafe BC:

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	<p>If they can't keep their surrounding air clean and cool:</p> <ul style="list-style-type: none"> • Identify friends or family they can stay with who have cleaner and cooler air. • Identify community locations (libraries, malls, community centers) with cooler, filtered air. <p><u>Recommendations for days with extreme heat and wildfire smoke:</u></p> <ul style="list-style-type: none"> • Patients may be susceptible to both smoke and heat and they may have a synergistic effect. Extreme heat is usually a more immediate risk than smoke. • Prioritize staying cool if they cannot access both cooler and cleaner air at the same time. • Refer to BCCDC wildfire smoke during extreme heat events factsheet. <p>6) Are they thinking about using a mask outdoors?</p> <ul style="list-style-type: none"> • If they plan to use a mask, a <i>well-fitted</i> respirator (e.g. N95) is most effective. • Remove while sleeping or if causing discomfort, difficulty breathing, or overheating. • Refer to BCCDC wildfire smoke and mask factsheet.
ARRANGE for follow up	<ul style="list-style-type: none"> • Arrange for further follow-up regarding wildfire smoke preparedness, if needed.

Additional patient resources

[Health effects of wildfire smoke](#)

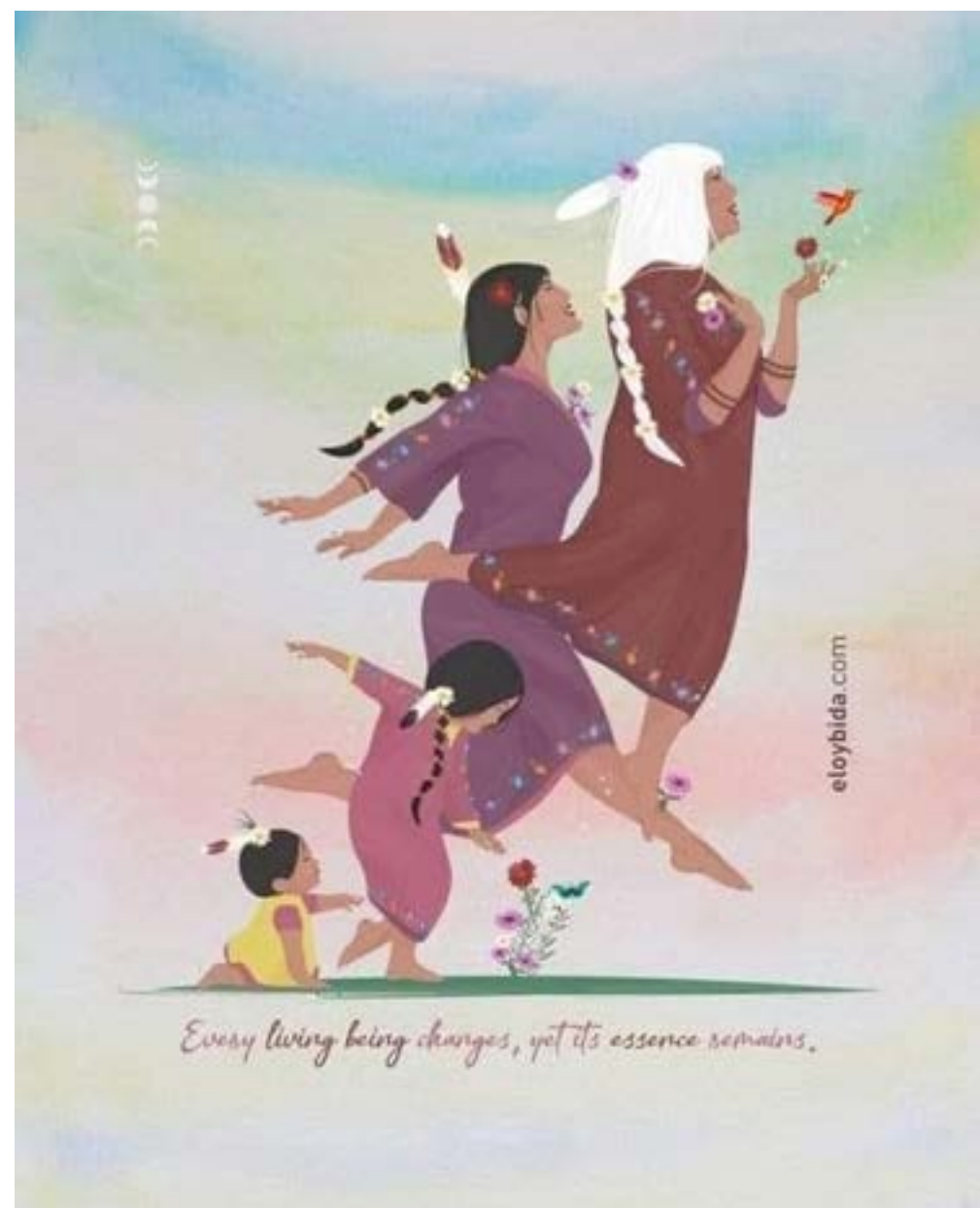
[Choosing a portable air cleaner](#)

[Air quality text/email alerts](#) (note different links for Metro Vancouver and rest of British Columbia).

For air quality AND heat notifications, [download the WeatherCAN app](#)



Grand Opening of Wellness Building, July 16 2024





Hello Everyone,

I would like to say "THANK YOU" to those who attended the Official Opening of the Wellness Department.

I appreciate the willingness of the Drummers who had blessed the Unveiling of the STAUTW WELLNESS SIGN. Created by: Thomas Jones.

Thank you to the wellness staff for the snacks, a special thanks to STAUTW Fisheries for loaning the SLUSH MACHINE. Also to those who contributed their time in the preparation of the day, the installation of the sign. The contributions of gifts to the building from Willie Thomas for the Drum, the Provincial Emergency Office staff.

Continued on next page...

It was a great success; we have great pictures to share of the event. Please accept this as an invitation to come into the office and see the various programs for the future. We have planned great events.

Thank you to Willie Thomas for being our speaker for the day to reflect our cultural way of protocols. Special thank you to Patti Underwood for the prayer and blessing of the building, and Staff.

encourage everyone to come see the building and experience what is available to OUR Community.

Congratulations to our Door prize winners.

Main draw: COOLER – Mattias Sam and AIRPODS – Tyler Underwood.

The door prizes were donated by Staff and we appreciate the support that was shown.

Look forward to seeing everyone.



Continued on next page...



WELLNESS FEEDBACK

"You guys are doing great. God Bless you"

"Thank you for being so welcoming"

"Loved the fried bread!"

"Start a sports scholarship, have monthly community dinners and summer events?"

Inspirational quotes

Practice Patience

Be humble

Offer help

Take care of yourself

TREAT PEOPLE THE WAY YOU WANT TO BE TREATED

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Wellness Staff Introduction



Dear Tsawout Community,

My name is Reid, and I am delighted to have recently joined the wellness team as the administrative assistant. I was raised in Sidney and acknowledge that I am a settler to these lands, and I am very thankful for being welcomed into the community.

For the past three years I have been studying political science, and business at UVIC, and I am thrilled to be the first point of contact for wellness. My professional journey includes working as a sales rep, and a book-keeping assistant. I have also interned as a marketing strategist and a social media coordinator. Outside of my career, I enjoy volunteering for various outdoor activities such as beach cleanups and the occasional charity run. I look forward to meeting more community members in the coming months.

Best Regards,
Reid

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Vassilena Johns - RPC Wellness Counsellor

Hello, I'm Vassilena

The following are examples of the mental health benefits and range that my Counselling approach provides. Clients will gain support and tools in the following:

To understand and integrate your past experiences

Identify weights and struggles

Anxiety and/or panic approaches

Understand your sources of confidence / insecurity

Find healing and tools to support you in crisis/trauma

Grief and loss management

Marriage and/or relationship issues

Intimacy issues

Professional burnout

Life transitions

Family relationships

Self-Esteem issues

I have been in practice for 14 years now as a clinical Counsellor and I am able to work with clients through a holistic approach using mental, spiritual, physical, and emotional modalities.

Thank you



Backpack & Wristband Pickup

For Registered
Tsawout Children

REGISTER
NOW

SCAN CODE!



Date: Wed August 28

Time: 11:00 – 3:00 PM

Where: Tsawout Gym

& Back of Admin Building

Lunch will be provided, fun activities, children & youth can pick up their backpack & fair bracelet.

STÁUTW Elders



Michelle Morris
Community Support Liason

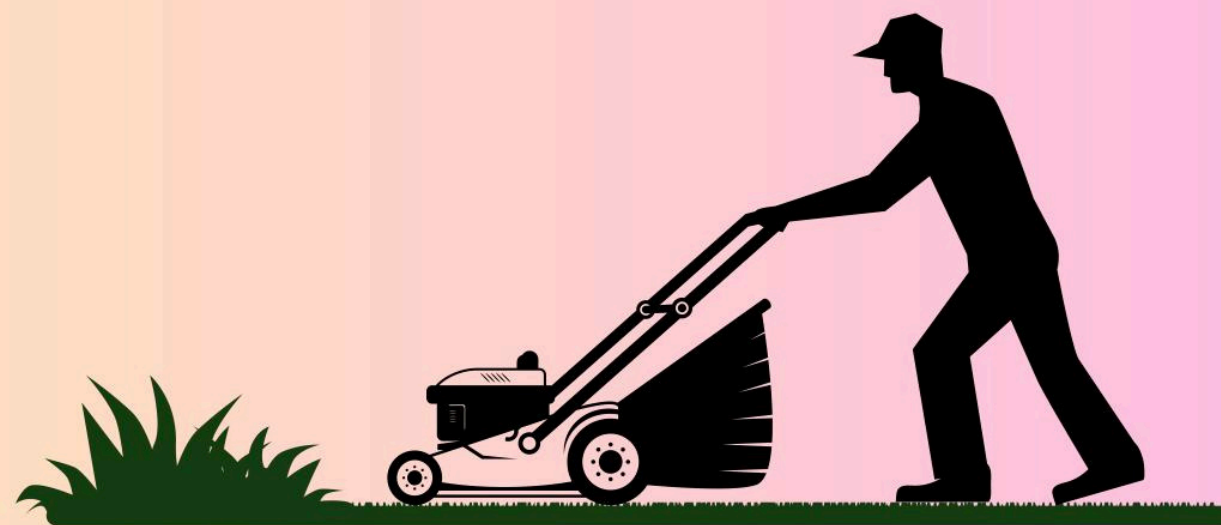


Kristal Underwood
Community Development Coordinator

We work together in supporting the STÁUTW S,ELELWĀAN – Tsawout Elders. Together we organize monthly meetings with our Tsawout Elders Committee to receive guidance on current and upcoming programs and services offered in the Wellness Department. We are often seen in community checking in with elders to make sure they are well and to support their needs. We also organize and support elders fundraisers for travelling to elders luncheons on Vancouver Island and in the States. We are working hard to provide more consistent activities for our elders! We also have and will continue to support our team with programs and workshops!

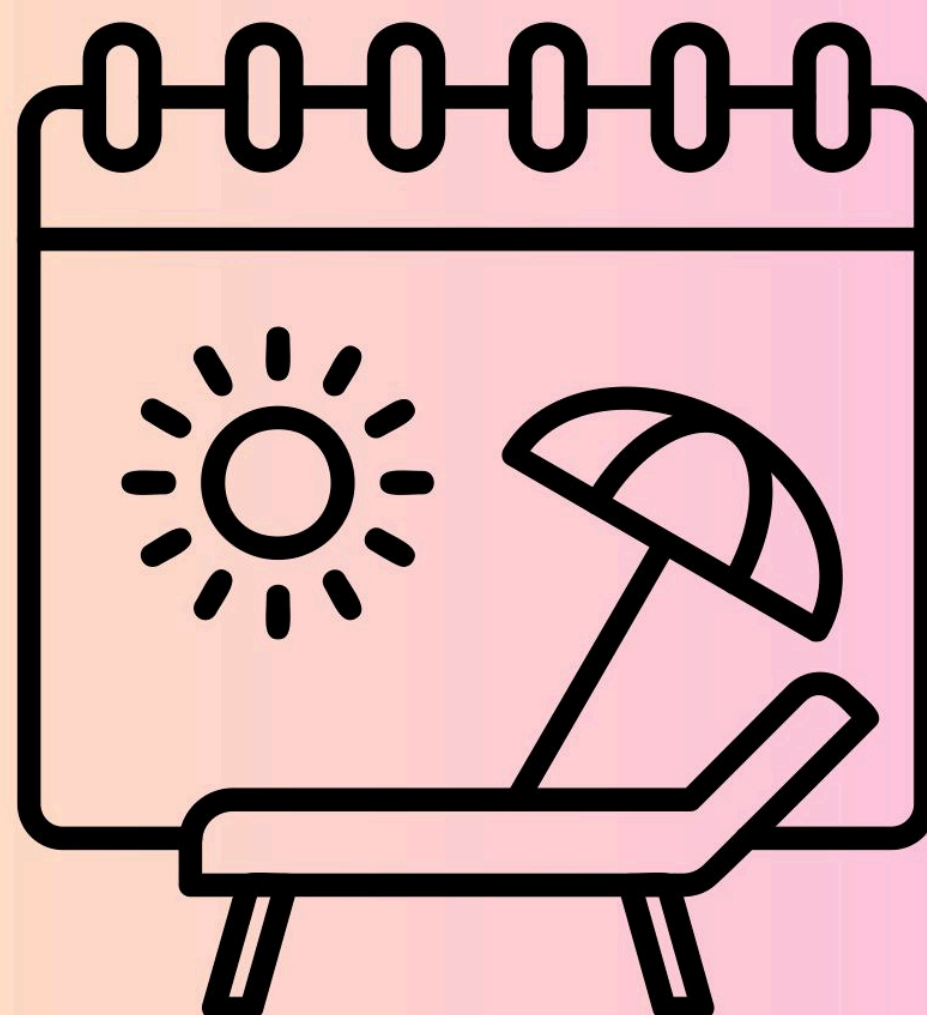
Michelle works in collaboration with other STÁUTW departments in supporting the needs of the community.

Moving forward Kristal will be supporting Mary Ann – Wellness Director – with the financial side of the wellness department.



Elders Yard Clean up –

We are working on elders yard cleanup, however due to the dry season we have been advised not to for fire safety. We hope to restart this program as soon as it is safe!



Please note that both of us will be taking time off August 16th-23rd, we will be back in office August 26th! If you need any support during this time please contact the Wellness Department at (250)652-8353



STÁUTW Elders

Craft Day

**Make beautiful crafts and
help us plan our upcoming
STÁUTW elders luncheon!**

August 14th, 2024

1PM - 3 PM

In the elders room

Refreshments provided.

**Please contact Michelle or Kristal for
more information!**

STÁUTW
ELDERS
LOONIE
TOONIE

August 26th, 2024

11am-6pm

In Elders room

Please contact Kristal or Michelle for donations!

Hosted by
NĪĒ TU,O with
support from
Tsawout

For Tsawout
community
members of
all ages

ICE CREAM MEET & GREET



Aug 1st, 2024 | 2:30 - 4:30pm

7728 Tetayut Road

Meet NĪĒ TU,O family support workers and learn how they support families like yours, find out about being a caregiver for your community's youth, enjoy games and activities, and have some free ice cream and popsicles.

FREE ICE CREAM,

POPSICLES, AND MORE



www.niltuo.ca

You could win:



A Portable Air
Conditioner!

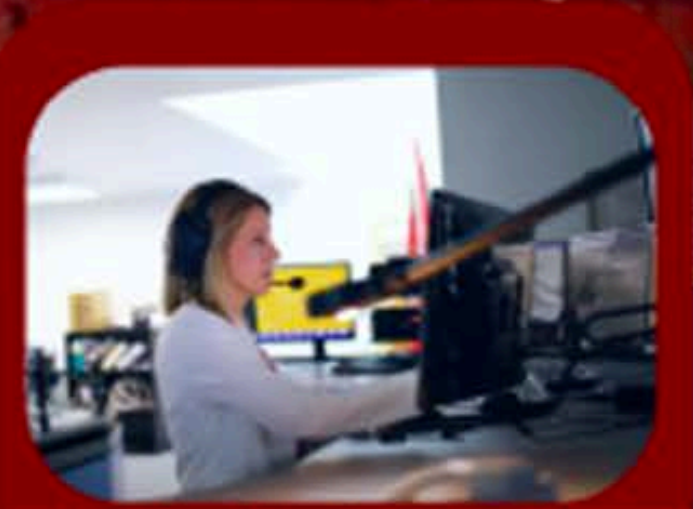
A \$250 Grocery
Gift Card!

Plus kids' prizes!



Call 250-544-1400 for more information

Training and Employment Update



COAST GUARD TOUR

Tuesday, August 13th 2024 | 9:00 AM - 11:30 AM

*Join us for a private guided tour of
CCG Victoria Base, including a tour onboard
the CCGS ship John P Tully and other areas!*

email: employment@tsawout.ca
Phone: 250-652-9101



SHARE YOUR VOICE

JOB JOURNEY, AT CANASSIST

WE NEED YOUR HELP!

1 BE AN ADVISOR

As a Learning Disability Advisor, you will discuss, share ideas, and consult on the development of this new Career Employment program.

2 WHO IS JOB JOURNEY?

Job Journey at CanAssist is an employment program that works with people who self identify as having a disability or mental health challenge, find PAID and meaningful work.

3 WHATS THE GOAL?

We are creating a Learning Disability Career Development Program. We need people with Learning Disabilities to help us design and create a useful and meaningful employment program.



4 THE DETAILS OF THE ADVISORY COMMITTEE

We need: 8 to 10 adults who self identifies as having a learning disability. This could be, struggling with reading, difficulty with writing, challenges with math or learning new things.

We will pay you to meet with us online in a group, for 2 hours once a week for 3 months.

5 IT'S MEANINGFUL

Thanks to your voice, and the voices of others, we will have created a meaningful employment program for adults with learning disabilities

6 SIGN UP

To sign up, complete our registration form, attend a meet and greet, and then officially join the advisory committee



NEED HELP GETTING CONNECTED?

Email: employment@tsawout.ca

Or call 250-652-9101

Fisheries Update

Tsawout Community Fisheries Dinner: A Night of Celebration and Gratitude

We recently hosted the Tsawout Community Fisheries Dinner, a wonderful event where we came together to celebrate our achievements from the past year. It was an evening filled with joy as we showcased our ongoing projects and enjoyed a delicious dinner together.

One of the highlights of the evening was welcoming and blanketing our new Fisheries Interns - Peyton Siah and Logan Huber. We are thrilled to have them join our team and look forward to the contributions they will make.

The event was well attended, and the atmosphere was filled with high spirits. A heartfelt thank you to everyone who came out to support us.

Special thanks go to Gary and the entire kitchen staff for the amazing dinner, and to Chrissy for her incredible hard work in putting together such a great Fisheries Team.

Thank you all for making this evening a memorable one!





This summer, Tsawout youth have had many opportunities to be out on their homelands and waters, learning from elders and ocean relatives who also call these places home. They will continue to have more opportunities like this as the Tsawout Fisheries Department has started a youth summer challenge, where youth can collect stamps for prizes as they participate in activities that teach them to uphold their responsibilities as caretakers of their home-waters. So far...

On July 12th Tsawout's youth and fisheries departments worked together to have Tsawout youth help with a plankton tow, monitoring for toxic algae that cause red tide and other cool creatures: The morning started with a quick lesson about the different types of plankton, then everyone walked down to the James Island dock to collect plankton. We returned to the band office to look at all the creatures in our samples under a microscope and spent time drawing them together!





On Monday July 21st to 23rd Tsawout's youth, learning house, and fisheries departments, alongside Parks Canada, organized visits to the WENA,NEC clam garden for the Tsawout youth and children: The two summer youth interns for the fisheries department of Tsawout, myself and Logan, travelled to Fulford harbor, Saltspring Island or WENA,NEC to learn about the 4500 year old clam garden and what it means to turn a beach for the clam garden with knowledge keepers Mark and Rob Sampson, Carl Olsen, Phil, Thomas, and a few of the Parks Canada people that help make the clam digging program possible with the elders. On Monday we met the youth from the summer camp at WENA,NEC from ages 12 to 17 roughly, the youth received teachings and the history of the rock wall that lies in WENA,NEC from Carl Olsen and Thomas and also knowledge on the actual clam digging itself from Mark and Rob Sampson. Tuesday and Wednesday we had the smaller ones come to WENA,NEC ages eight to eleven, from Carl and Thomas they were taught about the animals that may live on or along the rock wall and got to see things like crab and sea cucumbers. They were given pitch forks and trowels to dig clam dig alongside Mark and Rob.
 (Reflection written by Peyton Siah)

Dear Tsawout Community Members,

We would like to inform you of a recent environmental concern affecting our waters. Over the course of this summer, Tsawout Fisheries Staff has detected increasing numbers of Red Tide algae species, particularly the harmful *Alexandrium* species.

These algae are known to produce high levels of biotoxins, which can accumulate in shellfish and pose significant health risks if consumed.

At this time, we strongly advise all community members to avoid eating shellfish harvested from the Tsawout Territory.

Your health and safety are our top priorities, and it is crucial to heed this warning to prevent any potential health issues. It is important to note that Red Tide is not always visible in the water to the naked eye, so visual observations are not valid means of assessing whether Red Tide is present or not.

If you have any questions or concerns regarding this advisory, please do not hesitate to reach out to our Fisheries Coordinator at fisheriescoordinator@tsawout.ca. We appreciate your understanding and cooperation during this time.

-Fisheries Team

Figure 1 – Microscope for analyzing algae species present in water samples



Figure 2- Close up image of 2 cells of Red Tide algae (*Alexandrium* sp.) – known for producing biotoxin that causes Paralytic Shellfish Poisoning





Presents...

**THURSDAY SEPTEMBER 5TH, 2024
10AM TO 1PM**



LAND RESTORATION & PRESERVATION

BUS TRANSPORTATION

- Shuttle Provided from Tsawout-band office at 9:30AM roundtrip after lunch
- Parking at Sewage Plant meet at Island View fence access



INVASIVE SPECIES REMOVAL

We need to help the Earth Breathe Again






WHAT IS REQUIRED:

- Tools, gloves and snacks provided.
- Please bring water bottle
- Dress for the weather in work clothes



Scotch broom (English broom) is an escaped garden plant introduced from Europe that easily invades. Scotch broom can increase the intensity of wildfires, obstruct sightlines along roads, and crowd out native plants that animals depend on. A mature plant can live up to 25 years and produce seeds that can survive in the soil for 30 years. Scotch broom is designated as a Regional Containment/Control species by the BC Provincial Priority Invasive Species List.

LUNCH WILL BE SERVED POSTRESTORATION

-  7728 Tetayut Road
-  250-652-9101, ext. 324
-  fisheriesreferrals@tsawout.ca

For more information, contact: Adrian at Tsawout Fisheries (Referrals Coordinator)

SVOP COURSES

STÁUTW will be hosting SVOP as well as
SDV-BS & ROC Courses.

Open to all WSÁNEĆ members!

Course dates:

SVOP: August 26-29 2024

SDV-BS & ROC M: September 3-4 2024

In the Auditorium
8:30 AM to 4:30 PM

Scan QR Code to Sign up!



Band Office Closure









CLOSED

STATUTORY HOLIDAY: BC DAY

AUGUST 5 2024

HÍSWŪĶĒ

August 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	24	24
25	26 	27 	28	29	30	31

Garbage Pickup: Garbage and compost is managed by CCR and picked up every Monday

Recycling (Bi-weekly): If your recycling is missed or not picked up, call Emterra at 250-385-4399. Call by 11:00 AM the next day and they'll most likely be able to do a pick-up. If 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.