

MONTHLY **NEWSLETTER** TSAWOUT FIRST NATION

March 2020

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VOLUNTEERS NEEDED

Tsawout Learning House is currently looking for volunteers on Monday, Wednesday and Friday. If you are available more frequently, and would like to be added to the Tsawout Learning House on-call/substitute list, please submit a resume and complete the Criminal Record Check at no cost. Please speak with Stephanie Adams for more information!

SPRING BREAK CAMP

Camp is from March 16th to 20th and March 23rd to March 27th from 9:00 am - 3:00 pm. It is available to all students already registered in the Tsawout Learning House After-School Program. There will be pre-care from 8:30 am – 9:00 am and post-care from 3:00 pm -4:00 pm for the working parents/guardians. **More info on p9**.

wwww.tsawout.ca



INDIGENOUS CAREER FAIR AND MOCK INTERVIEW CLINIC

Thursday, March 5, 2020 10:30 a.m. – 3 p.m. First Peoples House – Ceremonial Hall, University of Victoria

CAREER FAIR AND NETWORKING

10:30 a.m. – 1 p.m.

Curious about career options? Attend this event to:

- learn about career and co-op opportunities available to Indigenous students
- network with company representatives and ask questions

MOCK INTERVIEW CLINIC

1:30 – 3 p.m.

Practice your interview skills for a sample job in a realistic setting. Register for a 30-minute mock interview and employer feedback session.

To register, email indgcoop@uvic.ca or call 250-721-6326.

uvic.ca/coopandcareer/indigevent





INDIGENOUS CAREER FAIR Who's coming?

Thursday, March 5, 2020 (10:30 a.m. - 1 p.m.), FPH, Ceremonial Hall

- + BC Housing
- + BC Public Service Agency & Indigenous Youth Internship Program
- + Belfry Theatre
- + Deloitte
- + First Nations Health Authority
- + First Peoples Cultural Council
- + Gwaii Engineering
- + Intrepid Theatre
- + Legacy Art Gallery

- + M'akola Housing Society
- + Representative for Children and Youth
- + Science Venture
- + Surrounded by Cedar Child and Family Services
- + Trailmark Systems
- + Two Worlds Consulting
- + Victoria Native Friendship Centre
- + WSÁNÉC School Board

INDIGENOUS MOCK INTERVIEW CLINIC Participating employers

Thursday, March 5, 2020 (1:30 - 3 p.m.), FPH, Ceremonial Hall

- + BC Housing
- + BC Government: Public Service Agency & Indigenous Youth Internship Program
- + Belfry and Intreprid Theatres
- + Deloitte
- + First Peoples Cultural Council

- + Legacy Art Gallery
- + M'akola Housing Society
- + Representative for Children and Youth
- + Science Venture
- + Two Worlds Consulting
- + Victoria Native Friendship Centre

Learn more at uvic.ca/coopandcareer/indigevent.

SIWS HEALTHY RELATIONSHIPS PROGRAM



enous Justice Coordinator: Vanessa Ramsda Or Community Coordinator: Ian Gladstone Email: ijadmin@siws.ca Phone: 778-426-2997



YOUTH EMPLOYMENT TOUR OF INDUSTRY

it's not a myth

YOUTH EMPLOYMENT TOUR OF INDUSTRY

Explore a local industry via guided tour. Learn about great wages, fulfilling work and rewarding work-life culture - find your future!

> Multiple dates in Feb/March 2020 Free Registration: peninsulachamber.ca

Contact Kirsten Saanich Peninsula Chamber of Commerce; admin@peninsulachamber.ca or 250-656-3616 for details @yetiprogram - Instagram theyetiprogram - fb

Generously Supported by,





District of Central Saanich 1903 MOUNT NEWTON CROSS ROV SAANICHTON, BC V8M2A9





QOM QEM SLANI DATES

The next dates for QOM QEM SLANI (Women's Sexual Health Clinic) are:

March 11th 2020

April 1st 2020

Clinics are held in the Tsawout Health Building. 5pm - 8pm.

Weight Room and Gymnasium Hours



The youth have gym nights on Tuesday from 6:00 pm - 9:00 pm, and Thursday from 3:00 pm - 6:00 pm.

Follow us on the Youth Facebook Page for updates and more information. Call us anytime regarding use of the weight-room and gym outside of the above mentioned hours. Contact Youth Worker Aaron Froh for more information at youthworker@tsawout.ca, or phone 250-652-9101.



TSAWOUT LEARNING HOUSE

HI,SWKE BYTE CAMP

HÍ,SWKE to the facilitators of Byte Camp for your dedication to teaching the grade 2 to grade 8 students of TLH and for giving them an opportunity to explore and expand on their knowledge of technology through Code Your Own Adventure and Claymation Movie Production.

TUTORING

Tsawout Learning House Tutoring is available to all students and is scheduled Monday - Friday.

Carolina Stratievsky- Language Arts support with Projects and Exam studies for English, Monday to Friday

Kirk Clarke-Math/Science support and Exam prep, Tuesday and Thursday.

GVPL

You are welcome to visit us on, Thursday, March 5th 4:00 pm - 5:00 pm, when Delia Filipescu, Public Services Librarian of the Greater Victoria Public Library visits TLH primary classroom. Delia reads and tells stories and plays games with the kindergarten to grade two students and brings in age appropriate story books from G.V.P.L. for all the students to choose from.

MESSAGE FROM TLH CULTURAL ELDER BEATRICE SAM

ÍY, SØÁĆEL HÁLE,

ESE **ØELIWELWET**, (Bea Sam)

January 29th we started a HUL QWU MINUM and SENĆOŦEN evening class that goes every Wednesday from 7:00 pm - 9:00pm at my home on 8706 Theh Lelum Lane.

Al Sam, Josephine Henry, and I are attending along with a few youngsters. It's a fun learning experience, no pressure.

You are invited and our next classes will be: March 4th, 11th, 18th, and 25th.

HÍ,SWKE

TSAWOUT LEARNING HOUSE

PINK SHIRT DAY

On February 26th TLH enjoyed a Pink Shirt Day Celebration Party with lots of healthy refreshments and a special cake, with the main focus being "KINDNESS." Our Guests included parents and relatives of the students, the G.A.L.S. group, the Tsawout Youth Group, and the Elder representatives Liz Underwood, Crystal Claxton, Peter Adams, Willard Pelkey, and Anna Walkus who made us delicious Fried Bread with Salmon Spread.



VOLUNTEERS NEEDED

Tsawout Learning House desperately needs volunteers on Monday, Wednesday and Friday. If you are available more frequently, and would like to be added to the Tsawout Learning House on-call/substitute list, please submit a resume and complete the Criminal Record Check at no cost. Pick up a letter from myself to bring to Sidney R.C.M.P. office to complete your application.

TSAWOUT LEARNING HOUSE

SPRING BREAK CAMP 2020

Camp is from March 16th to 20th and March 23rd to March 27th from 9:00 am - 3:00 pm. It iis available to all students already registered in the Tsawout Learning House after-school Program. There will be pre-care from 8:30 am – 9:00 am and post-care from 3:00 pm - 4:00 pm for the working parents/guardians.

The daily activities of Spring Break will include: ½ days Science Venture Camp with a variety of Cultural Awareness Activities. Thanks to the Head Start Program and C.O.H.I., Tickles the Clown and Family for a presentation, balloons and face-painting and the Funtime Inflatables will also be scheduled for Head Start children and parents to join the Spring Camp for a hot meal on these days: Tuesday, March 17th and Thursday, March 26th.

On the final day of camp, Panorama swim is scheduled from 1:30 pm - 3:30 pm, with the bus leaving Tsawout 12:30 pm and returning 4:00 pm. Parents are welcome to volunteer on this day to swim with the 5 and 6 years old children, as Panorama requires an adult 1:3 ratio for this age group.

SUMMER EMPLOYMENT REMINDER

I want to remind current Secondary and Post-Secondary students 15-30 years old, who will be returning to school in Fall 2020 to prepare your Cover Letters and Resumes and get a Criminal Record Check submitted to Sidney R.C.M.P. asap., so that you are ready to submit to Tsawout Summer Employment Postings mid-April. Please visit Tsawout First Nation Website for current job postings at TLH.

TEACHERS AWAY

A special mention that Miss Stephanie Henry-Voyageur will be away February 26th to April 7th, thank you to Anna Walkus for being available to substitute for the Intermediate Class and Meagan James-Sam will be away Monday to Thursday February 24th to March 20th, thank you to Miss Carolina Stratievsky and Beatrice Sam for filling this gap for the Primary Class. Also, I am excited to have Kelanda Hayes and Ethan Watkinson, join us as temporary Spring Break Camp Youth Workers. The children will be ecstatic to see you again!

Stephanie H. Adams STÁUTW I,TOTELNEW,ÁUTW - Tsawout Learning House Coordinator (250) 652-9101 Ext. 332 sadams@tsawout.ca

TSAWOUT HEAD START PROGRAM

SPRING BREAK BRUNCH

The Tsawout Head Start will be planning a Spring Break Brunch on Tuesday, March 17th during the Spring Break Camp for families to attend. The brunch will be served in gym at 12:00 noon for families. We invite families with small children to please join us! Entertainment will be set up in gym for children to jump in the bouncy castles.

TRINITY TIME SPRING BREAK DINNER

The Anglican Holy Trinity Church volunteers are inviting families from Tsawout to a Spring Break dinner March 26, at 4:00 pm. There will be craft table set up to pot plants for the window, fruit kabob table and time to play outside in playground. Transportation will be provided by Head Start and the Trinity church van.

C.O.H.I. Dental Program

The Children's Oral Health Initiative has been supported by our Aboriginal Dental Assistant, Tabita Marks and Dental Hygienist, Joanne Sedgwick. It is our goal to see as many infants and children 0-7 years. There will be a table set up to screen and provide fluoride varnish to children's teeth in the gym on Tuesday, March 17th from 10:00 am – 3:00 pm. A Thrifty Foods gift card will be offered for having your child screened. If you are a parent that needs a recommendation for a dentist for your child, you can be supported by our dental hygienist for a referral.

On Thursday, March 26th there will be a C.O.H.I. table set up in Wellness Room from 10:00 am – 3:00 pm downstairs next to the Auditorium. This will give more opportunity for parents to update their child's file to be screened and provide fluoride varnish to their teeth. Families can join the entertainment in auditorium with "Tickles the Clown Show" from 1:00 pm – 3:00 pm.

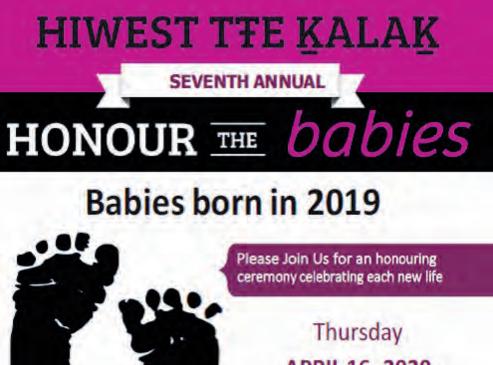
STÁUTW SENĆOTEN ÁUTW

The Language Nest needs an on call Language Teacher and a Responsible Adult/Cook, please apply by submitting resume to Coreen Child Education Supervisor.

Please note that we are taking applications for 3 - 5 room (children must be potty trained). Applications are also being taken for 0 - 2 1/2 room (a parent or guardian must stay with the child).

Hours are Monday to Thursday 8:30 am - 3:00 pm. If you have any questions please email Haley at hsylvester@tsawout.ca or call (250) 652-1149 ext.214

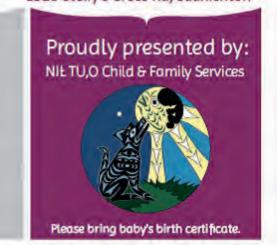
TSAWOUT HEADSTART PROGRAM



Registration is required! To register call:

250-544-1400

Registration deadline April 1st, 2020! Thursday APRIL 16, 2020 11:00 AM - 3:00 PM SAANICH FAIRGROUNDS 1528 Stelly's Cross Rd, Saanichton



DOOR PRIZES + TRANSPORTATION + LUNCH PROVIDED

Saanich Fairgrounds - 1528 Stelly's X Rd.

TSAWOUT HEADSTART PROGRAM



HIWEST TTE KALAK Honour the Babies April 16, 2020

Registration Form

Far bables who were born January - December 2019 from any of the seven communities listed below and serviced by NIE TU,O CFSS. To register, please complete this form and drop it off to NIE TU,O CFSS office. Tou can also send your registration by fax: 250-544-1402 or by Email to receptor milituo ca. The deadline for registration is 4:30 p.m. April 1⁴¹, 2020.

Baby's Name:		-	
Parent's Name:	mother	father	
Date of Birth: for Dates form 2019		Gender: M E	Other
Address		City:	Postal Code:
Telephone:		Alternate number:	
Band to be Registered:		1	
Guardian Consent Signature(s)	4		
Consent for Photo's	YES	NO	
	Lunderstand that photos of myself or my boby may be used by NiL TD,G CPSS	I understand that no negative conse will not use photo	#1 say rot 1 with suffici querces and Mil. TH,O s of baby or myself.

If you have any questions, please call our office at 250-544-1400 or you can email reception@plituo.ca

1-34/5 Jim. Rencon Crists Rd., Sean cristen B.C. | Phone: 250-544-1400 | Website: www.inites.co stillartw | Wilkem| BORECEN| WIDAENP | SONGHEES | T'SOU-KE | SCIANE/W

HEALTH MANAGER UPDATE

Hello Everyone. How are you? I am happy and busy working most of the time. My family keeps me going as well since my younger two were at home sick with a cold.

I would like to welcome Cathy Webster on board as our new Health Receptionist. Thank you to Renee Robinson for all the work she has done. We had a surprise luncheon for Renee with cake, flowers and a thank you card.

I attended my first Primary Care Circle meeting on January 29, 2020. We reviewed the health care that we have with our Nurse Practitioners, Doctors and partnerships with the Ministry and Practices with the South Island 1A and 1B. This working group was formed five years ago as a sub working committee. We discussed having Cultural Safety training and a proper complaints process.

I had my first Health funding update on January 30, 2020, which we reviewed all of the programs in health.

• We posted a position for an Accreditation Coordinator so the proper documents can be uploaded into our system by March 13, 2020.

• I have asked for our elders to have Fall Protection training as a preventative measure before they fall and get injured. We would like to prevent broken bones, such as, hip replacements and other injuries. I'd like to say thank you to Iris Webster as she was able to set up an upcoming training.

• Meals on wheels program – we would like to incorporate the healthy foods and cooking portion of the Diabetes program as a preventative measure and healthy standards. I would have liked to send community members and staff to the Penticton Diabetes Conference. We are unable to with the short notice so I am researching other options that are available on Vancouver Island. We will be able to send Katherine Sabastiano and Simi Ono to the conference from March 16-19, 2020.

• We would like to hold a health fair in April 2020 or later to address the concerns that community members have about not knowing what services are available and who are the current staff within the Health Department. We can also have a booth describing the process of our Accreditation and what are the benefits.

• We finalized the process of checking the references of Cheryl McLoughlin St. Amour whom was hired as the Trauma-Addictions Counsellor.

I met with our Community Health Nurse Simi Ono, Nurse Practitioner Kelly Sharp and Medical Office Assistant Andresa Liwagon in regards to our inventory and Medication standards at the Health Clinic. We reviewed the process of having access to Mustimuhw and also looking at other systems, such as Med Access. This is primarily for the Doctors, Nurse Practitioners, Community Health Nurse and Medical Office Assistant to have access to clients files to provide better services. Some files cannot be accessed through Mustimuhw. We also talked about the Emergency Preparedness, Tsunami, Diabetic Programs, Staff safety, and Home visits.

We have had two staff meetings, which we update each other on the different events and the schedule of each staff member every two weeks.

HEALTH MANAGER UPDATE CONTINUED

I held my first healing circle downstairs and thank you to Tabita Marks for organizing the circle. I have had training on holding healing circles and it felt great to go through the process and healing relationships. We had great recommendations come forward for myself and Tabita to add to the healing circle structure.

We will be adding E-Health to our Health Department, which is providing health services through internet and technology. We can have a meeting with a doctor from another city through a 30 inch screen that is mounted on the wall. And, we can also do training with online courses through the University of British Columbia for example.

Staff safety concerns: We had an incident where a client came in intoxicated and verbally abused a staff member. I called our Band Manager to ask what the procedures are before I contacted the local RCMP Constable Ravie. We talked about the processes we can utilize and we can address incidents through a community justice circle. I have had training as a community justice portfolio holder when I was on Council in my community. And, I have had training to be able to hold a Restorative Justice circle and Peacemaking circles. In order to address this issue, I asked for another sign to be made for the Health Department as well.

Tsawout First Nation is dedicated to helping educate our community in a peaceful and respectful environment. Foul or abusive language and physical or other threats WILL NOT BE TOLERATED. Persons doing so towards patrons or staff will be required to leave the premises immediately, and may be reported to the R.C.M.P. and/or banned from the premises.

Thank you for reading.

Sincerely, Lois Williams

MEN'S GROUP

Hi,

I am Mathew Davydiuk. I am Scottish, Irish, British, and Ukrainian. My family are primarily displaced settlers in Canada. I have lived in Anishinaabe territories, tsuut'ina and currently live in Esquimalt / Songhees territories.

I work for the Men's Therapy Centre in Victoria and we have partnered with Tsawout to encourage a men's group that will connect men through friendship/eldership, food, cultural practices, and having a safe place to navigate life's challenges.

In 2017 I completed the Indigenous Studies program at Camosun College. This program really changed my life and much of my learning was on the WSÁNEĆ

Territory, specifically in Tsawout. Over the years I have shared some good relations out here, and helped out at the Powwow and come for various functions. I feel really grateful to be able to continue nourishing my relationships out here and deepening my learning as a social work student, friend, and as a settler/visitor.

For a sneak peak at some of the options we are exploring for the Men's Group, go to this link https://ca.movember.com/story/view/id/11267/the-dudes-club-a-brotherhood-for-men-s-health

What direction would you like to see the Men's Group go?

Request for input; survey at health office front desk or click on this Google link! https://forms.gle/Yf1RGjwQ5LoTKvtK6

Thank you. Mati

TSAWOUT MEN'S GROUP

Men's Group runs Thursdays from 2:00 pm - 4:00 pm (please ask for location details at front desk in Health Office)

We are in the office from 1:00 pm - 2:00 pm and 4:00 pm - 5:00 pm.

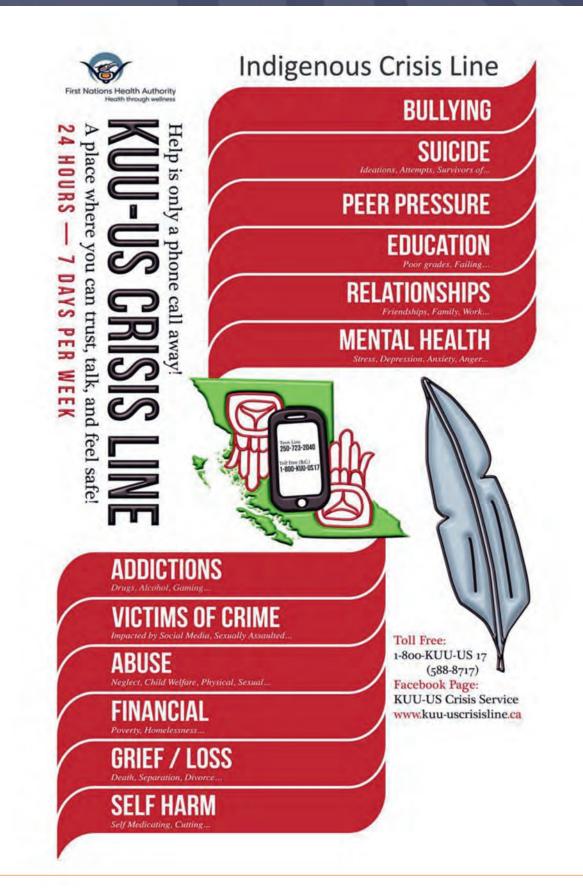
You can contact us at: outreachmtcmati@gmail.com or (250) 634-3478 - Text or call.

Tsawout Men's Group

HEALING IS A PROCESS. YOU JUST HAVE TO START.

FOOD, FRIENDSHIP, RELATIONSHIP SKILLS, AND CULTURE.

CONTACT: MATHEW DAVYDIUK OUTREACH@MENSTRAUMA.COM 2506343478 In partnership with the Mens Therapy Centre



SOCIAL DEVELOPMENT

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, El 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 wil 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 mannter. 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 ٠ 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).

GARBAGE, COMPOST & RECYCLING

MARCH 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		🚯 🚯				
8	9	10	11	12	13	14
	0					
15	16	17	18	19	20	21
	0	🗊 🕄				
22	23	24	25	26	27	28
	0					
29	30	31	1	2	3	4
	0	1 🕄				

IMPORTANT NOTES

= Garbage

GARBAGE PICK-UP (ONCE A WEEK). If your garbage is missed or not picked up, call BFI directly at 250-652-4414

= Recycling

= Compost

COMPOST (BI-WEEKLY). 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 7:00 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 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.

FACILITY RENTALS

Are you planning a party or a special event? Tsawout's Community Facility has some great spaces to hold your special gathering! Our facilities are available to both Tsawout members and the general public. Daily and hourly rates are available.

HOURLY RATES	MEMBERS	GENERAL PUBLIC
Gymnasium	\$20/HR	\$40/HR
Multi-purpose Room	\$11/HR	\$22/HR
Auditorium	\$16/HR	\$32/HR
DAILY RATES	MEMBERS	GENERAL PUBLIC
	MEMBERS \$175/DAY	GENERAL PUBLIC
DAILY RATES		

ADDITIONAL INFORMATION

Catering is available upon request at an additional cost.

Projectors and projector screens are also avalable.

Projector: \$50 Screen: \$20 Table Cloths \$2 per table Setup and host included in rental

For more information, contact Reception at (250) 652-9101 or reception@tsawout.ca.