

TSAWOUT FIRST NATION

NEWSLETTER

www.tsawout.ca

NOVEMBER 2020



LONGHOUSE GROUND BREAKING

A very exciting day for Tsawout First Nation as we celebrated breaking ground on the construction of our new Longhouse. HÍSWKE to all who attended, and thanks for the many encouraging words that were shared today. A special thanks to our Elders, Chief & Council, and the team responsible for the design and building of our new Longhouse! See more photos on page 02.

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LONGHOUSE GROUND BREAKING



**See more pictures on Tsawout
First Nation's Facebook Page.**



MESSAGE FROM THE BAND MANAGER

On May 2, 2021 I will have lived on the Tsawout Nation (as a visitor) for a full decade. In those ten years I have come to care very much about this community, its people and its well-being; also I have made many friends (I have the Loonie Toonie prizes to prove it). I also made a donation to the Longhouse in 2012.

So, it was a great honour that the Leadership has put their trust in me in asking me to step into the role as your Band Manager. I am trying my very best not to disappoint them and you as members. I have learned many things from many of you in the community - especially in the last three months.

I am not new to First Nation challenges and issues, coming from Sandy Bay First Nation in Manitoba. My mother was a residential school survivor - the consequences of which I have lived with every day of my life as have many of you. I have worked at helping people all my life. Starting as a child welfare social worker in the North end of Winnipeg and ending up through the many years in senior positions helping to create many Indigenous organizations. The Mamawiwichitata Center, Neeginan, The Aboriginal Health and Wellness Center and the Center for Aboriginal Human Resources are current examples of that success. During this time I served 3 terms as the President of the National Association of Friendship Centres NAFC (1993-99) and as President of the Aboriginal Council of Winnipeg (2000-2003). Mostly however now; my wife and I are proud Grandparents to 4 wonderful grandchildren (ages 6-10) - a role (as a "first born") I have been advised by my Elders is my most important responsibility I will ever have. My grandchildren think I will be a good Band Manager while I am here - so I must be!

As we move forward with the rebuilding of the Longhouse, the settling of the Cordova Spit, the reclaiming of James Island, the installation of a Lacrosse box and other opportunities I will be there with you in body and spirit in some way. As your temporary Band Manager (for only 3 months) I have already seen the great vision, leadership, conviction and commitment to community progress among you that will drive this success. I wish my community back home was as fortunate.

Miigwich!

Wayne Helgason, Transition/Band Manager



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I have come to care very much about this community, its people and its well-being.

ELDERS NOVEMBER CALENDAR

1 SUN	2 MON	3 TUES	4 WED	5 THURS	6 FRI	7 SAT
		Clinic day By appt only please call the health office 9-4	Meals today Prawns, rice & veg Elders mobility Work out 10am-12	Clinic day By appt only Call the health office 9-4 Acupuncture By appt only call the health Office	Meals today Pork Chops, Mashed potatoes, gravy	
8	9 Meals today Chicken soup	10 Clinic day by appt only call the health office 9-4 FLU SHOTS<- Call the health nurse 12-6pm	11 Closed for Remem- brance Day	12 Clinic day by appt only call the health office 9-4	13 Meals today Meat loaf ELDERS FUNDRAISER Pasta & salad	14
15	16 Meals today Clam chowder	17 Clinic day by appt only please call the health office 9-4	18 Meals today Salisbury steak Elders mobility Work out 10am-12	19 Clinic day by appt only call the health office 9-4	20 Meals today Shepherd's pie ELDERS FUNDRAISER Indian Tacos	21
22	23 Meals today Hamburger soup	24 Clinic day by appt only call the health office 9-4	25 Meals today Beef barley Elders mobility Work out 10am-12	26 Elders second Handing day ->Foot care call the health office For an Apt-- ->Clinic day by appt only call the health office	27 Meals today Pasta & salad ELDERS FUNDRAISER Curry chicken	28
29	30 Meals today Squash soup					

NOTE: If you have any questions, please call me at the Band office 250-652-9101 ext. 334. Thank you Michelle Morris ☺



First Nations Health Authority
Health through wellness

FEWER FACES, WIDE-OPEN SPACES

A GUIDE TO GATHERINGS AND EVENTS DURING COVID-19

The FNHA acknowledges the significance of sweat lodges, potlatches and other cultural and spiritual gatherings to our health and wellness, as well as the trauma caused by past banning of these activities.

Even so, now is not the time to hold or participate in group activities. Following are some risks associated with sweat lodges and potlatches, as well as some alternatives.

RISKS



Going into a sweat lodge during COVID-19 would mean being in too-close physical contact and possibly breathing in the droplets in each other's breath.



Even gatherings of fewer than 50 people require an assessment of risk – especially if the event will entail travel and people sharing accommodations.

ALTERNATIVES



Getting outside and spending time on the land and water (think “fewer faces, wide-open spaces”) is one of the most powerful ways to nurture health and wellness.



Connect to the Creator through prayer and focusing on your hopes for our future generations.



Consider holding smaller events for now, with the larger event at a later date (when it's safer to gather again).



If you are holding a smaller event, consider having bag lunches rather than shared meals, ensuring there are opportunities to wash and/or sanitize hands, and to practise physical distancing.



Modify any ceremonies and cultural practices with public health recommendations, or conduct them just with the family you live with/your “bubble.” Your bubble should always be the same five or six people – those in your household for example – and they should not be in other bubbles with other people!

For more information, visit www.fnha.ca/coronavirus



FNHA Collaborates With Youth to Create COVID-19 Wellness Campaign

The First Nations Health Authority is launching a youth campaign today that is inspired by and co-created with Indigenous youth. This strengths-based campaign features Indigenous youth reaching out to their peers with messages, advice, personal videos, and youth resources. The campaign aims to inspire and support young people to stay mentally and emotionally well during the COVID-19 pandemic.

The 12-week campaign features digital ads and videos on Instagram, Tiktok, and Snapchat, as well as a Snapchat filter that youth can use and

share with their friends. #FNHAWellnessWithin is the campaign hashtag.

A new youth web section is part of the youth campaign. The web section hosts videos produced by Indigenous youth, as well as many other resources. It is a one-stop shop where young people can watch short videos to find out what other Indigenous youth in BC are doing to feel connected and keep well during COVID-19.

Visit: www.fnha.ca/youth for more information about the youth campaign and to watch the youth videos.

Have Questions Related to COVID-19?



For health related questions about COVID-19, visit the First Nations Health Authority at: www.fnha.ca



Looking for resources, supports and news? Visit the First Nations Leadership Council at: www.fnlc.ca



Please listen to and heed our hardworking health professionals' and authorities' advice for good health practices.

Mussi Cho!

- Regional Chief Terry Teegee.

TSAWOUT'S COVID-19 SAFETY PLAN

Tsawout has been working hard to create a COVID-19 safety plan. You can view the Safety Plan at: www.tsawout.ca/covid-19-safety-plan.

This document outlines plans and precautions for keeping staff and community members safe from the spread of COVID-19 and covers the following:

- Risk Assessment
- Office Protocols
- Protocols to reduce person-person transmission
- Policy development
- Communications plan
- Monitoring



LANGUAGE NEST NEWS

The Language Nest is taking registration for the 3-5 room. You can get a form from administration or come by and see Haley Sylvester.

We are still in COVID restrictions and are at the moment taking registration forms only if and when restrictions are lifted. We will contact parents that register their child/children.

The hours for Language Nest are 8:30 am - 3:00 pm, Monday to Thursday with Fridays being sanitizing days, weekly meetings with staff and the education supervisor.

Language Nest is not a daycare, we are a language nest that teach our children and parents our SENĆOŦEN Language. If you have any questions, please contact Haley Sylvester at 250-652-1149 ext. 214, or stop by and see her in the basement of the Band Office.

HISWKE Haley Sylvester,
Language Nest Supervisor



MESSAGE FROM MARY ANN SAM

I TRULY HOPE EVERYONE IS STAYING SAFE DURING THIS COVID-19 PANDEMIC.

I just want to share the concerns that have been brought to my attention regarding your well-being. I do take your concerns to heart and try my best to get the answers. The concerns are brought to the various departments and if no change is made or reviewed, please do not hesitate to discuss it with me further.

It is very exciting for the community to get the Longhouse construction started. We will provide regular updates.

Within these last few months, I have participated in regular Virtual Health meetings and we are working on a safety plan for the community and working towards the Mental Health concerns, as Health is a portfolio that I hold.

I also participated in the Land Advisory Board Annual General Meeting as a Proxy to the Chief. It was very informa-



tive and we will provide information to the Lands Committee. There are various meetings in the upcoming months as well.

In the middle of October, I was honored to participate in the Blanket Ceremony for Dr. Bonnie Henry. Because of the racism she has endured, the FNHC had a Matriarch Ceremony – it was very touching to see the presence of members by Region. I was a representative from the Coast Salish area. I had the honour of being the spokesperson as the event took place on Coast Salish Territory.

The above photos are from the ceremony and courtesy of Brennan McDonald, FNHC.

If you have any questions and/or concerns, please contact me.



DRIVEWISE

GOOD DRIVERS AREN'T BORN. THEY'RE BUILT.



**Do you need your
N licence for work?
Funding available for
Driving Lessons**

UP TO 9 LESSONS | 1 ROAD TEST

WHAT YOU'LL NEED TO GET STARTED:

- * FIRST NATIONS (STATUS OR NON STATUS), INUIT, OR METIS
- * LETTER FROM EMPLOYER OR POTENTIAL EMPLOYER
- * HAVE LEARNERS (L) DRIVERS LICENCE
- * NOT ATTENDING HIGH SCHOOL



WE LOOK FORWARD TO CONNECTING WITH YOU!

SAMANTHA DESAUTELS, 250-384-3211 EXT 6133

SOPHIA GU, 250-384-3211 EXT 2301

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).**

NOVEMBER - 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 					

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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 (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 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.