

www.tsawout.ca

APRIL 2022



SCHOLARSHIP OPPORTUNITY!

Full scholarships are being offered for Indigenous people wanting to study and work in the forestry industry.

Read more about the opportunity on page 15.

TSAWOUT CUSTOM ELECTION LAW

Tsawout First Nation is excited to announce the launch of a new project with the goal of creating our own custom election law.

By breaking free from the Indian Act, we have an opportunity to empower the community through future elections and how we choose leadership at Tsawout.

Learn more on page 05 and at tsawout.com.

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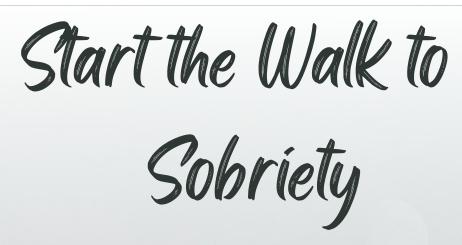
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Thinking of quitting?

Want to slow down?

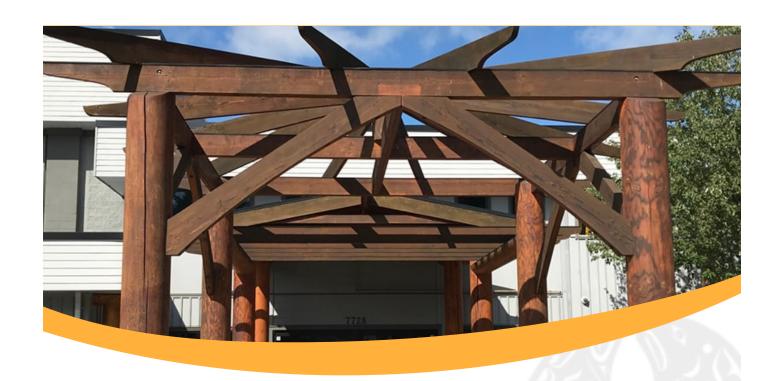
Sober and want support?

Join PITELÁNEW (Brad Sylvester Sr.), Elders and Talia (counsellor) for coffee, snacks and good words.

Every Thursday from 2-3pm multi-purpose room at Tsawout

Contact Talia Ingram on FB, at the Health Dept. or text 778-743-0470 for more information

STÁUTW FIRST NATION HEALTH DEPARTMENT



TSAWOUT FIRST NATION

COMMUNITY FEAST

LAUNCHING THE HEALTH EVALUATION AND HEALTH PLANNING PROJECT

TSAWOUT IS UNDERTAKING THE DEVELOPMENT OF A COMMUNITY WELLNESS PLAN AND WE WANT TO HEAR FROM YOU! COME LEARN ABOUT HOW YOU CAN GET INVOLVED:

WEDNESDAY APRIL 6, 2022 5PM-8PM

TSAWOUT GATHERING STRENGTH GYMNASIUM

FOOD & CHILD MINDING PROVIDED

FOR QUESTIONS, PLEASE CONTACT **DANNY HENRY**, TSAWOUT HEALTH MANAGER, AT

COMMUNITY NEWS - COMMUNITY FEAST

TSAWOUT HEALTH SERVICES EVALUATION AND HEALTH PLANNING PROJECT



PROJECT BACKGROUNDER

Tsawout First Nation is currently undertaking a 5-year Health Services Evaluation, leading into the development of a 5-year Community Wellness Plan. We look forward to this opportunity to learn from community members about their perspectives on wellness, the current delivery of health services in Tsawout, and their vision for the future related to health and wellness.

WHAT IS AN EVALUATION?

In general, evaluations involve the gathering of evidence to determine the reach, efficiency, and impact of programs/services, as well as identify strengths and gaps to guide future directions. This project specifically seeks to:

- Understand the health status of Tsawout members
- · Learn about the health priorities of Tsawout members, and
- Identify successes, challenges and service gaps in Tsawout Health

WHAT IS A COMMUNITY HEALTH & WELLNESS PLAN?

A Community Health & Wellness Plan is a pathway, built by the community and grounded in community values and culture. The plan will guide the way forward to address community health and wellness priorities and identify activities to enhance health and wellness.

WHO IS INVOLVED?

To support this work, Tsawout has brought on the Firelight Group. Firelight is an Indigenous-owned consulting group that works with Indigenous communities and organizations in Canada and beyond to provide high quality research, policy, planning, mapping, and advisory services.

Firelight is working closely with Tsawout leadership and staff to facilitate information gathering. In addition, the project will be guided by an Advisory Group comprised of staff and Elders, to ensure the work meets Tsawout's needs and expectations, and reflects cultural values.

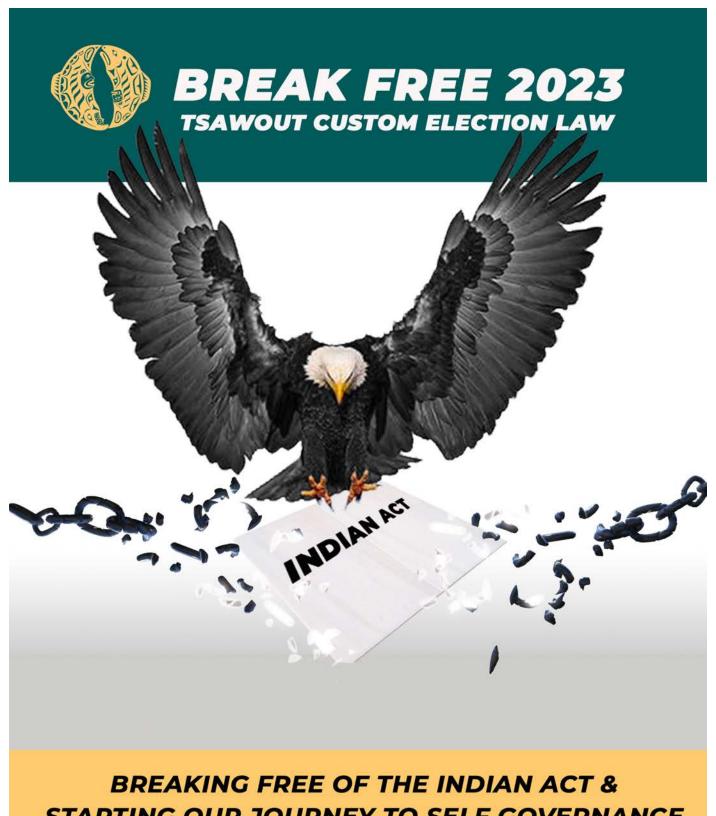
HOW ARE COMMUNITY MEMBERS INVOLVED?

It is <u>so</u> important that community members inform both the evaluation and health planning processes, to ensure that the needs, priorities and challenges of community members are addressed in this work. There will be many opportunities to get involved, including:

- Wed April 6, 2022 at 5PM @ Tsawout Gym: Community Feast Project Launch!
 - Come learn about the project, ask questions and enjoy a meal!
- April 6-30, 2022: Community Health Survey
 - o Complete an anonymous survey and be entered into a draw for a prize!
- May-July 2022: Community Engagements
 - Come share your experiences, thoughts and feedback on the health and wellness of Tsawout First Nation. More details to come.

If you have any questions, please contact **Danny Henry**, Tsawout Health Manager, by e-mail at healthmanager@tsawout.onmicrosoft.com, or by calling (250) 652-9101.

APRIL 26 COMMUNITY DINNER & INFO SESSION 6-8PM IN THE GYM



STARTING OUR JOURNEY TO SELF GOVERNANCE

LEARN MORE AT WWW.TSAWOUT.COM



YOU!

BREAK FREE 2023 - OUR JOURNEY TO SELF GOVERNANCE

Are you interested in having more say regarding Chief & Council and the future of leadership in our community?

GOOD NEWS!

Tsawout is starting a project to develop our very own <u>Custom</u>
<u>Election Law</u>, which has the ability to break us free from the Indian Act, and will allow us to develop our own system, shaped by our community with our traditions & values using a COMMUNITY FIRST approach.

DO YOU HAVE IDEAS ABOUT:

- How STÁUTW leadership (i.e. Chief and Council) will be selected in the future
- What their duties and responsibilities will be, and
- How they will they will be accountable to the community.

We will be seeking calls for an "Expression of Interest" to form an advisory committee which is open to all Tsawout Members 18 years and older, both on and off reserve. This committe will help to guide the process of developing the <u>Custom Election Law. Information will be provided via registered mail</u>, our website and social media channels as well as <u>community meetings</u>.

FOR MORE DETAILS, PLEASE SEE WWW.TSAWOUT.CA

HÍSWKE HÁLE



BREAK FREE 2023 - OUR JOURNEY TO SELF GOVERNANCE

MAY 2022 - COMMUNITY SESSIONS

Community Session 1 – 2.5 hrs

Topics covered include:

- · Introduction to the Custom Election Law Project
- · Overview of the Project Plan
- · Review of Proposed Timeline
- Comparison of Indian Act to First Nations Election Act
- Opportunities to ask questions and provide feedback

Join a session that works best for you.

Session Name	Date	Format	Time
Session A	Thursday, May 5, 2022	Virtual	6:00pm - 8:30pm
Session B	Tuesday, May 10, 2022	In Person	6:00pm - 8:30pm
Session C	Saturday May 14, 2022	Virtual	9:00am - 11:30pm
Session D	Saturday May 14, 2022	In Person	12pm - 2:30pm

*Please note that the same information will be shared at each of these sessions.

Community Session 2 – 4 hrs

Topics Covered:

- Council Composition
- Term In Office
- Candidate Eligibility
- Nominations
- All Candidates Forums
- Voting Options
- Opportunities to ask questions and provide feedback

Join a session that works best for you.

Session Name	Date	Format	Time
Session A	Thursday, May 19, 2022	Virtual	5:00pm - 9:00pm
Session B	Tuesday, May 24, 2022	In Person	5:00pm - 9:00pm
Session C	Saturday May 28, 2022	Virtual	9:00am - 1:00pm
Session D	Saturday May 28, 2022	In Person	1:00pm - 5:00pm

*Please note that the same information will be shared at each of these sessions.

IN PERSON SESSIONS

In person sessions will be held in the multipurpose room at the band office:

7728 Tetayut Rd. 250-652-9101

Have Questions?
email: communications@tsawout.ca

VIRTUAL SESSIONS

Virtual sessions will be held online via computer or mobile devices:

Register online: www.tsawout.ca

Have Questions? email: communications@tsawout.ca

FOR MORE INFORMATION VISIT TSAWOUT.CA



BREAK FREE 2023 - OUR JOURNEY TO SELF GOVERNANCE

JUNE 2022 - COMMUNITY SESSIONS

Community Session 3 – 4 hrs

Topics covered include:

- · Council Remuneration
- · Insurance and Indemnities
- Election Appeals
- By-Elections
- Resignations and Amendments
- Opportunities to ask questions and provide feedback

Join a session that works best for you.

Session Name	Date	Format	Time
Session A	Thursday, June 2, 2022	Virtual	5:00pm - 9:00pm
Session B	Tuesday, June 7, 2022	In Person	5:00pm - 9:00pm
Session C	Saturday, June 11, 2022	Virtual	9:00am - 1:00pm
Session D	Saturday, June 11, 2022	In Person	1:00pm - 5:00pm

*Please note that the same information will be shared at each of these sessions.

Community Session 4 - 4 hrs

Topics covered include:

- · Council Accountability
- · Removal from Office
- · Opportunities to ask questions and provide feedback

Join a session that works best for you.

Session Name	Date	Format	Time
Session A	Thursday, June 16, 2022	Virtual	5:00pm - 9:00pm
Session B	Monday, June 20, 2022	In Person	5:00pm - 9:00pm
Session C	Saturday, June 25, 2022	Virtual	9:00am - 1:00pm
Session D	Saturday, June 25, 2022	In Person	1:00pm - 5:00pm

*Please note that the same information will be shared at each of these sessions.

IN PERSON SESSIONS

In person sessions will be held in the multipurpose room at the band office:

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Have Questions? email: communications@tsawout.ca

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Virtual sessions will be held online via computer or mobile devices:

Register online: www.tsawout.ca

Have Questions? email: communications@tsawout.ca

FOR MORE INFORMATION VISIT TSAWOUT.CA

Beacon Commun ty Services at SHOAL Centre

Need Help with Your Taxes?



Tax Clinics at Tsawout: March 22 & April 5 from 10 am - Noon

or

Pick Up a Tax Envelope at the Band Office
Drop off envelopes with signed forms & slips at the SHOAL Centre,
then a SHOAL Centre volunteer will call before filing with the CRA.
SHOAL Centre 10030 Resthaven Drive, Sidney
Any questions call: 250-656-5537

In order to qualify as a CVITP client your tax situation must be simple and your income must be modest (single person up to \$35,000 or a couple up to \$45,000). Your income source must be from employment, pension, benefits such as Canada Pension Plan, disability, employment insurance, social assistance, RRSP's, support payments, scholarships, fellowships, bursaries or grants, & interest (under \$1,000).

HEUIST TTE KELAK - HONOR THE BABIES CELEBRATION



HEÚIST TŦE KELAK

HONOUR THE BABIES VIRTUAL CELEBRATION

April 21, 2022 11:00 a.m. To Register Contact: AMorris@niltuo.ca



for registered participants



CELEBRATING BABIES BORN IN 2021

Has a new life joined your family in 2021, and is affiliated with the communities of Tsawout, Tseycum, Tsartlip, Pauquachin, Songhees, T'Sou-ke, or Beecher Bay?

Please join us in celebrating this new life
Registration required, please provide baby's birth certificate





HEUIST TFE KELAK - HONOR THE BABIES CELEBRATION



HEUIST TFE KELAK

Honour the Babies April 21, 2022

Registration Form

Has a **new life** joined your family in **2021**, and is **affiliated with the communities** of **Tsawout**, **Tseycum**, **Tsartlip**, **Pauquachin**, **Songhees**, **T'Sou-ke**, or **Beecher Bay**? Please join us in celebrating this new life!

To register, please complete this form and send by email to amorris@niltuo.ca. **Deadline** for registration is 4:30 p.m. **April 1**st, **2022**.

Baby's Name:			
Parent's Name:	Mother	Father	
Date of Birth:	For Babies born in 2021	Gender:	F Other •
Address		City:	Postal Code:
Telephone:		Registered Band Name:	
Email Address:	(A web link to the virtual event will be se join the event on a device that has came		ess you provide. Please
Guardian Consent Signature(s)			
Consent for Photo's	YES I understand that photos of myself or my baby may be used by NIL TU,O CFSS	no negative consec	if I say no, I will suffer quences and NIL TU,O s of baby or myself.

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

1-2475 Mt. Newton Cross Rd., Saanichton B.C. | Phone: 250-544-1400 | Fax: 250-544-1402

STÁUTW | WSIKEM | BOKEĆEN | WJOŁEŁP | SONGHEES | T'SOU-KE | SC'IANEW

LEARNING WTH HORSES AT HEART LAKE FARM

Registration for the next round of EAL programs is open. This will be a shorter 5-week program starting April 13th - May 11th. Sessions will be on Wednesdays from 1:00 pm - 2:15 pm and are open for adults 18+ years.

The program is fully funded and provided to participants at no additional cost.



LEARNING WITH HORSES AT HEART LAKE FARM
APRIL 13 - MAY 11 | WED 1PM - 2:15PM

5-WEEK PROGRAM

Build leadership and teamwork skills with confidence in this weekly free program where horses are the teachers.

REGISTRATION: HEARTLAKEFARM.EVENTBRITE.CA
INFO: EVA@HEARTLAKEFARM.CA
OR FACEBOOK.COM/HEARTLAKEFARM







WWW.HEARTLAKEFARM.CA

FISHERIES DEPARTMENT - FISH TALK

March was a productive month in Fisheries. You may have noticed how clean the beach looks. The Dead Boat Society came with their equipment and cleaned up many derelict boats. A great fresh start for the upcoming spring community clean-up in April!

We also teamed up with maintenance and successfully completed our forklift training!





Seaweed Harvest

We had our first seaweed harvest from the James Island farm. It took 7 boats and 5 full days to harvest the beautiful alaria and sugar kelp. A full crew from Tsawout participated, and fun was had with the Western Gambler's crew and Cascadia's crew. The kelp will be soon processed.







HEALTH DEPARTMENT - APRIL CALENDAR

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D E M			9	Community Feast- 5pm- 8pm Gym COHI- 10am-3pm CALL TO CONFIRM AVAILABILITY	13	COHI- 10am-3pm CALL TO CONFIRM AVAILABILITY	20	COHI- 10am-3pm CALL TO CONFIRM AVAILABILITY	72	COHI- 10am-3pm CALL TO CONFIRM AVAILABILITY
E L			S	* Elders Aqua fit at Panorama Rec 8am-9am *Men's Group 5pm to 7:30pm (Auditorium)	12	*Reiki Treatment's (Sunny) Health book an appointment at office 10am-4pm *Men's Group 6pm- 7:30pm	19	* Elders Aqua fit at Panorama Rec 8am-9am *Men's Group 5pm to 7:30pm (Auditorium)	26	*Reiki Treatment's (Sunny) Health book an appointment at office 10am-4pm *Men's Group 6pm- 7:30pm
N O W			4	*Elders Light Aqua fit at Panorama Rec 12pm-1pm	11		18	*Elders Light Aquafit at Panorama Rec 12pm- 1pm	25	

To book an appointment, please call 250-652-1149

EDUCATION NEWS - SCHOLARSHIP OPPORTUNITY!

Are you interested in starting a career in one of the forestry related career paths? There are full scholarships for Indigenous peoples anywhere in BC!

Contact educationmanager@tsawout.ca for more information.



LIMITED SEATS APPLY NOW

Request an application at workforce@forestrycouncil.ca







Indigenous Forestry Scholarship Program (IFSP) for Indigenous students attending full-time studies in a designated post-secondary program:

- Forestry Technician
- Natural Resources
- Environmental Technology
- Business Management
- Business Administration
- Geographic Information Systems
- **■** Forestry Trades:
 - · Construction Millwrights and Industrial Mechanics
 - · Logging Machine Operator
 - Skidder Operator
 - · Heavy-duty Mechanics

Full scholarships include tuition, living expenses, paid internship placement & mentorship.

School term 2022/23 | Work placement May-August, 2023 provided by one of our many forestry partners.

TO APPLY, CONTACT:

- **6** 604.971.3448 (ext. 4632)

BC FIRST NATIONS FORESTRY COUNCIL 669 Centre Street Nanaimo, BC V9R 4Z5

forestrycouncil.ca

Request an application from either your local ISETP office or at workforce@forestrycouncil.ca.

Ellie Bartleman

Education Manager

My name is Eleanor Bartleman. I am First Nation Cree from White Fish Lake Treaty 8 territory. I have lived in the Tsawout Community for over fifteen years with my husband Joe and our Son Ethan. My Education background includes a Degree in Psychology and an Honors Diploma in Health Care. I have many certificates in Early Childhood Intervention courses and training and recently have attained by First Responder Certificate.

I have worked in Early Childhood Intervention for over seven years as an FASD Keyworker and parent support, also as an Aboriginal Infant Development Consultant and Supported Child Development.



I have also been a foster parent. Within the last two years I have become a Manager for the Aboriginal Early Intervention team at the Victoria Native Friendship and now taken on the role of Education Manager for Tsawout First Nation.

It has always been my goal to work for the community I live in. My passion is to continue to work with children and families and see them thrive and grow for many years to come. I continue to learn from my mentors and Elders here in WSÁNEĆ communities and have grown many connections and friends as a visitor to this beautiful island.

I hope to meet more community members of Tsawout and will do my best to encourage your Education endeavours and celebrations.

HÍSWKE

WSÁNEĆ COLLABORATIVE AFTERSCHOOL PROGRAMMING

The WSÁNEĆ School Board is working closely with our WSÁNEĆ Nations and School District #63 to align our learning supports to address the potential learning loss created by COVID.

The WSÁNEĆ Afterschool Collaboration program has hired teaching staff, alongside a team of education assistants (EAs), to rotate through the four communities each week on specific days to support the well-established afterschool programs, and create a strong link to our WSB schools. This new teaching team will support each community's afterschool facilitator with requested learning resources and a communication pathway to classroom teachers.

Please reach out to your community's afterschool program to register your child/ren. Contact information can be found below. For more information on the overall program, please get in touch with Kendra Underwood (Program Partner) kendra@saec.ca, (778) 426-7101 or Jessica Onespot-Whitney (Program Lead Instructor) jessica@wsanec-online.com, (778) 426-1812.

Our collaborative team approach will be in each of the communities on the following days:

Tsartlip First Nation

Bayside Middle School Monday – 3:00 pm - 5:00 pm

Contact: Mua Va'a: muavae@tsartlip.com; (250) 652-3988

*Tsartlip's afterschool program runs Monday 3:00 pm - 5:00 pm at Bayside Middle School, Tuesday 3:00 pm - 5:00 pm at WSÁNEĆ Leadership Secondary School AND Stelly's Secondary, and Thursday 3:00 pm - 5:00 pm at Stelly's Secondary.

WSÁNEĆ Leadership Secondary School (open to all students)

Tuesday – 3:00 pm - 5:00 pm

Contact: Jessica One-Spot Whitney: jessica@wsanec-online.com; (778) 426-1812

Tseycum First Nation

Wednesday – 3:00 pm - 5:00 pm

Contact: Christina Ruby: christinamruby@gmail.com

*Tseycum's afterschool program runs Monday - Thursday 3:00 pm - 5:00 pm

Tsawout First Nation

Thursday – 3:00 pm - 5:00 pm

Contact: Stephanie Adams: sadams@tsawout.ca

*Tsawout's afterschool program runs Monday - Thursday from 3:00 pm - 5:00 pm

Pauquachin First Nation

Friday – 3:00 pm -5:00 pm

Contact: Lydia Drzymala: lydia@pauquachin.com; (250) 507-9194

The WSÁNEĆ Collaborative Afterschool Program will provide tutoring support to assist with homework (grades K-12). Teachers and education assistants on-site.

Snacks and drinks will be provided. Fun games, activities & prizes!

NOTICE TO ALL CLIENTS ON INCOME ASSISTANCE

<u>Please ensure that declarations and all supporting documents are in by the 15th of every month.</u> All declarations require applicant signature and, if applicable, it <u>must</u> 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 **

<u>Cheque issue is the last Wednesday of every month.</u> 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 <u>MANDATORY</u> 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

<u>STEP 1</u> – 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 El or in receipt of El, 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).

APRIL - 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

Carbage 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.