

TSAWOUT FIRST NATION

NEWSLETTER

www.tsawout.ca

JUNE 2024



POLLUTION OBSERVER TRAINING A SUCCESS!

This training, from the Fisheries Department, ended with an exciting exercise where the team applied their new skills from a helicopter!

See p.06 for more details.

New Garbage Pick-up Day

Garbage and compost will now be picked up every **MONDAY**.

See more details p.07.



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COMMUNITY NEWS

Highlights from the Earthquake Preparedness Tour

In May, Tsawout joined the BC Earthquake Alliance for Free Earthquake Preparedness Activities, including the quake cottage earthquake simulator.



AFTER SCHOOL PROGRAM LAST DAY

*Tsawout Learning House
After School Program*
LAST DAY!
June 20, 2024

June 21, 2024 is National Indigenous Peoples Day

Staff will be partaking in training to help prepare for summer programming

(June 24, to June 28, 2024)

SUMMER CAMP STARTS : July 3, 2024

STAUTW FIRST NATION



JULY 2- AUG 23

SUMMER CAMP

8:30 AM - 4:30 PM

7728 TETAYUT RD.

**AGE 4-11
YEARS**



ACTIVITIES

**MUSIC & DANCE
SPORTS & GAMES
ARTS & CRAFT
and more!**



SCAN THE QR CODE TO
REGISTER ON THE
TSAWOUT WEBSITE

<https://tsawout.ca/education/learning-house/>





Tsawout Oceans Week

BEACH CLEAN-UP

**Join Tsawout Fisheries to
preserve the natural
beauty of TIXEN**

**June 5th, 2024
Lunch will be provided
Door Prizes
Meet in front of the Tsawout
Band Office at 9:30am
Rides will be provided to and
from the beach**

To ensure your comfort and safety during the cleanup, please remember to bring closed-toed shoes, sun protection, and plenty of water. Plus, don't miss out on the chance to win exciting prizes! Whether you're a seasoned beachcomber or a first-time volunteer, your efforts will make a meaningful difference.

Come out to clean the beach and be a part of something bigger than yourself. Let's show our love for the ocean and make a positive impact on our environment.

If you have any questions feel free to direct them to fisheriescoordinator@tsawout.ca.



CAMOSUN SAEC INFO SESSION

Come join us!
TSAWOUT Auditorium
JUNE 6TH 2024
1:30-3:00

Come learn about programs offered at the Adult Centre!

Learn about Indigenous Community Wellness Program and more. Light snacks provided.

Any questions feel free to contact. Amber Cunningham 778-533-7986 email; Headstart@tsawout.ca

Jewelina: Headstartoutreach@tsawout.ca

MINI UNIVERSITY SUMMER CAMP



University
of Victoria

Indigenous Academic &
Community Engagement



MINI-UNIVERSITY SUMMER CAMP



Qwam Qwum tun Shqwalawun

Scan the QR
code to apply:



"Make your mind strong. Use the best of both worlds."

Application Package

July 8 - 12, 2024

Mini-U is a summer camp available to Indigenous youth (Grades 9-12). During the camp, students will attend academic and cultural workshops, and will be able to visit local communities to learn from Elders and community members on Lək̓ʷəŋən (Songhees and Esquimalt) and W̱SÁNEĆ territories. Students will be provided with meals and accommodation on UVic's campus.

If you have any questions, please contact mini-u@uvic.ca

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

FISHERIES NEWS - Rotary Screw Trap

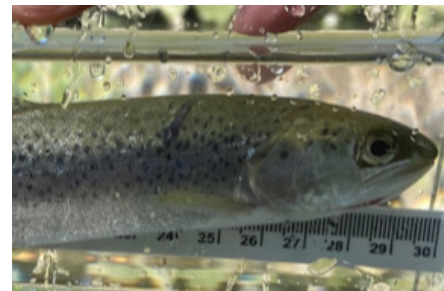
The Rotary screw trap was installed in April and started catching juvenile Coho immediately. This gives us hope that salmon are still using the creek to spawn. Other species caught included Cutthroat Trout, Sticklebacks and Sculpins. The fisheries department did an excellent job checking the trap and keeping it fishing. The trap will remain in the Tetayut creek for a few more weeks, until the outmigration of juvenile salmon is over. We plan to install the RST in the creek again next year and fish it for longer.



Coho Smolt Caught in the RST



RST fishing in Tetayut Creek



Cutthroat Trout caught in the RST

FISHERIES NEWS - Pollution Observer Training

Members of the Tsawout Fisheries staff attended Pollution Observer Training at the Victoria Coastguard base. The training concluded in an exciting practical exercise where the team applied their new skills from a helicopter during a response simulation.

If you are interested in joining Tsawout's Spill Response Team and participating in future training and exercises, please contact Shae at fisheriesliaison@tsawout.ca or call 250-652-9109 ext. 324.



FISHERIES NEWS - Barge Anchorages

Barge Anchorages Adjacent to **STÁUTW** First Nation Village

The **STÁUTW** Fisheries Department has been dealing with ongoing issues and concerns regarding the barge anchorages adjacent to the **STÁUTW** First Nation's Village. Many community members have expressed their dissatisfaction with the current situation.

I have been closely monitoring and documenting the increasing number of anchored barges and log booms in the area, sharing this evidence with the involved companies. Recently, I observed ten barges anchored in the vicinity, which is unacceptable.

We have been in discussions with Victoria Tug and Barge, the main proponent of these anchorages, on multiple occasions. This issue has persisted for many years, affecting numerous individuals. Consequently, we have decided to escalate this matter by engaging the government to address the expired permit issued by the Provincial Government over several years.

In light of these developments, we have instructed Victoria Tug and Barge to vacate the area immediately. **STÁUTW** First Nation has issued an eviction notice, and the company is planning to relocate to another location.

Thank you for your attention to this critical issue affecting our community.



NEW GARBAGE & COMPOST PICK UP DAY - MONDAYS

STÁUTW Public Works would like to let community members know that we will be switching garbage disposal providers to CCR.

New waste and compost pick up will be **every Monday** moving forward.



WELLNESS DEPARTMENT - Programs

- ✓ Men's Group Session – Wolfpack Tuesdays 6:00 – 8:00 (Auditorium)
- ✓ Sobriety WALK – Wednesdays 5:00 – 7:00 (Auditorium)
- ✓ Grief & Loss Sessions (dates TBD)
- ✓ 2024 Niltuo Ice Cream Meet & Greet (date TBD)
- ✓ Cedar weaving (date TBD)

The Wellness Department is also willing to support those who require transportation to the Food Bank, medical prescription pick up when the Tsawout Health Department is unavailable to call our office for transportation.

The team is offering this as it is within the Prevention guidelines to support families in any way possible.

Please call: 250-652-8353

MENTAL HEALTH & ADDICTIONS NEWS

Hello Tsawout community, families, relatives and neighbours. I hope this message finds you well. My heart is with you for the recent losses in the community. I am grateful to be here with you and I hope you feel your own blessings. I am including few resources for you and I hope you find them helpful, if you see them culturally appropriate to your teachings.

Supporting One Another After a Loss:

- Name names. Don't be afraid to mention your loved one(s).
- Try avoiding asking, "How are you?" The answer is obvious—"not good"—and because it's the same greeting you would offer anyone, it doesn't acknowledge that your loved one(s) has suffered a devastating loss.
- Offer hope and reach out.
- Help out as much as you can and where possible, even by listening to them talk about anything is enough sometimes.
- Assist with at home tasks.
- Listen well instead of advising and avoid judgments.

Encourage them to reach out to a counsellor (my email, mhac@tsawout.ca or the Wellness Department number is 250-652-8353).

Resources for Addiction and Support - In addition to my availability to support you, here are some online resources that may come handy

Families for Addiction Recovery

This website offers:

- Parent-to-parent support for families struggling with addiction.
- A voice for families to influence government policy.

Visit website: www.farcanda.org



Together We Can: Alcohol and Drug Recovery & Education Society offers:

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

Website: www.wcrecoverylife.org



Other Resources:

- Parents Forever: Index (parentsforever.ca)
- Service Directory across BC: Helpline Services - United Way British Columbia (uwbc.ca)
- BC Centre for Substance Use: BCCSU – British Columbia Centre on Substance Use

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

Naamat (Mental Health & Addictions Clinical Counsellor)
Email: mhac@tsawout.ca; Phone number: 250-652-8353.
Located across from the admin building.

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).**

JUNE 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						

Garbage pick-up (Every Monday) Garbage & Compost is managed by CCR and is picked up every Monday.

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.