STAUTW FIRST NATION

NEWSLETTER

www.tsawout.ca

SEPTEMBER 2024





STÁUTW Youth Devon and Tyler advertising the Car wash on August 16.

Over the course of this summer, STÁUTW Youth Program hosted 2 Bottle drives and 1 Car wash to fund their summer.

Inside this issue:

P/02. After School Program Update

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P/26. Garbage, Compost + Recycling





After School Program Update



STÁUTW Youth Program Photos



MENTAL HEALTH UPDATE

Hello STÁUTW Community, I hope you are well today and receiving lots of love from your loved ones.

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.

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. (farcanada.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

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

Head Start Update

YEYOSEN, ÁUTW

Formally known as Head Start / Play Café is starting up in September full time here's a list of activities happening.

Starting off **September 6th** we will have welcome back party in the auditorium in the band office at 11am – 2PM with treats and other goodies.

Mondays starting **September 9th** at 10:30 am we will have a walking group and we will start our morning strolls from the front of the band office.

We will have a field trip to the Abkhazi tea gardens **September 11th** rides available meet at the bus stop behind the band office before 10:30 or contact amber and Jewelia (numbers attached on the bottom).

First regular Play Café will take place **Thursday September 11th** 10:30 – 1:30 in the primary classroom & second play café on September 18th same time and location.

We will be hosting a clothing swap in the back of the band office from 10AM – 5PM on **September 13th** And will be taking donations for this event please contact amber or Jewelia for more info or to donate.

We will be hosting drop in crafts **every Thursday** unless there is another activity scheduled for that day 10:30 – 1:30 PM in the multi purpose room starting Friday the 20th and the project will be ribbon skirts and will continue on the 27th.

On **Wednesday September 25th** at 10:30AM we will be going on a field trip to Goldstream rides available we will leave at 9:45 am from the bus stop behind the band office.

We will be doing car seat training on **September 26th** starting at 10AM in the Auditorium.

To reach Amber Cunningham call or text +1 (778) 533-7986 To reach Jewelia Wilson please call or text +1 (250) 570-2823

YEYOSEN, ÁUTW

CARSEAT TRAINING



THURSDAY SEPTEMBER 26TH STARTING AT 10AM

In the auditorium

FOR MORE INFO CONTACT AMBER OR JEWELIA +1 (778) 533-7986 OR +1 (250) 570-2823







Play Café

Every Thursday

10:30-1:30

For ages 0-6 years old

in the primary classroom

Connect with other parents and bring your little one for fun friends and

snacks.



CONTACT

Jewelia Wilson:

+1 (250) 570-2823

Amber Cunningham:

+1 (778) 533-7986

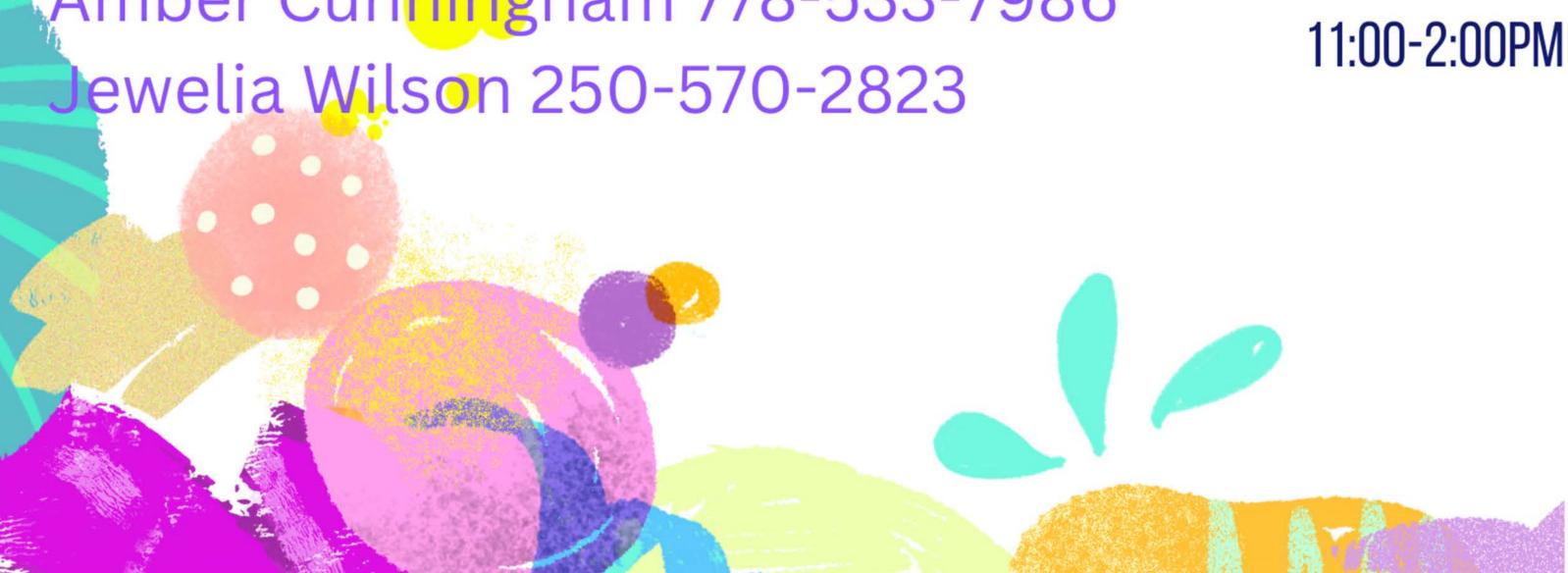


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COME MEET OTHER PARENTS SHARE SOME TREATS SHARE YOUR THOUGHTS WITH JEWELIA AMBER AND MEAGAN!

FRIDAY SEPTEMBER 6TH Any questions please contact IN THE AUDITORIUM Amber Cunningham 778-533-7986 ewelia Wilson 250-570-2823



Finance Update

The Finance Department would like to let the community know that the Financial Year 2023-2024 Approved Financial Statement is now available for all our community members to view.

You can find the audited financial statements at: https://tsawout.ca/governance/financials/

or by scanning the QR code below.



Wellness Event Update

I would like to send a huge thank you to the Health and Wellness staff and departments for pulling off such a great event. We were able to help 282 kids with backpacks, gift cards and wristbands.

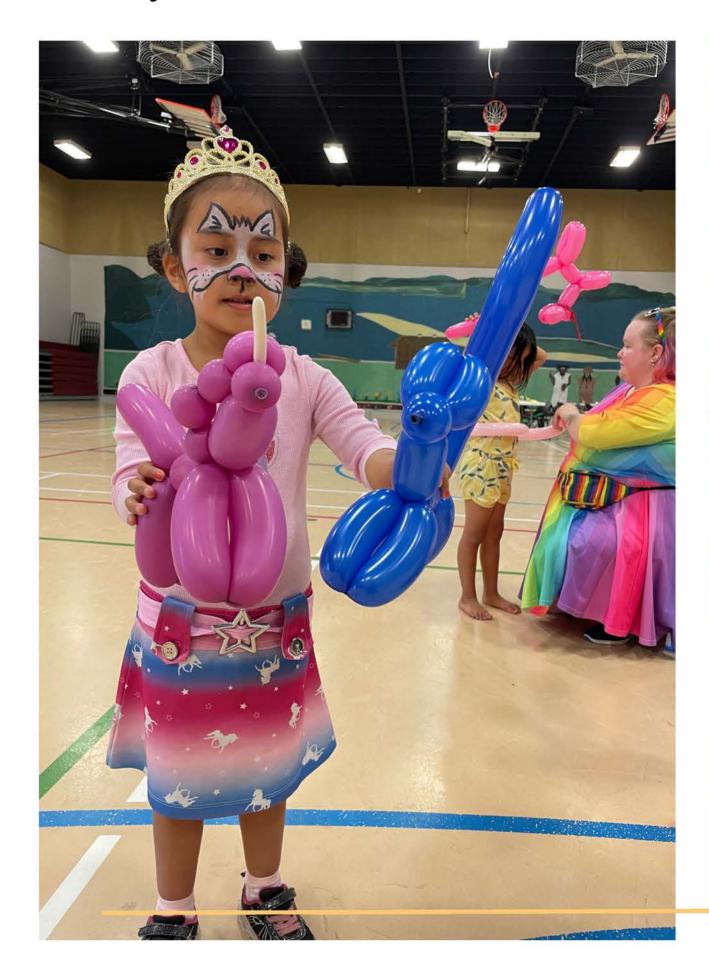
The event was attended very well, and it was nice to see our community members come through the doors and have such a positive experience.

Our membership list is growing, and the data we are collecting will allow us to have distributions of any kind go smoothly.

I would like to say huge thank you to all the Wellness / Health staff for working together to make it a good day.

Also, thank you to our amazing Kitchen staff they are always on the ball with our events and cook such amazing, good food to feed our people.

-Becky Wilson









Health Update

This month, we are hosting the first of 8 sessions of a Diabetes focused group: "Honoring Your Strength: A Diabetes Wellness Journey." The first session will focus on establishing a group, an overview of the sessions 1-4, and an opportunity to share personal experiences living with Diabetes. This will be an excellent opportunity to learn from each other's experiences, and build a safe space to learn more about Diabetes. This is a holistic focused group and we invite all who are interested in learning more about living with Diabetes, even if you have not been diagnosed personally.

We are hoping to have one session per month.

5-7pm, Wednesday September 18th for our Diabetes Dinner!

New staff Bio:

Hello Tsawout Community,

My name is Alyssa Greenway, and I'm honored to be taking over Devon's role as Tsawout's Community Health Nurse (CHN). My ancestry is mixed Metis, First Nations (from Penelakut), English, Scottish, and Portuguese. I recognize I am a settler on Tsawout lands, and am grateful to be working with you as a community. The CHN role aims to support community health programs, offer immunizations, and assist Home Care Clients with getting the supports they need. Although I am still completing orientation, I am available by appointment Monday-Friday through the office. Thank you for your patience as I settle into this new role, it is truly an honor to be working with you.

Alyssa

HealthLink BC

The 2024-2025 school year is almost upon us! This means it is almost flu season again. We have attached some information from HealthLinkBC as a reminder, see the HealthLinkBC website for more info.

What is influenza (flu)?

Influenza (flu) is a viral infection. People often use the term "flu" to describe any kind of mild illness, such as a cold or a stomach virus, that has symptoms like the flu. But the real flu is different. Flu symptoms are usually worse than a cold and last longer. The flu usually does not cause vomiting or diarrhea in adults. Most flu outbreaks happen in late fall and winter. Because symptoms may not start for a couple of days, you may pass influenza to someone before you know you have it. What causes the flu? The flu is usually caused by influenza viruses A and B. There are different strains of the flu virus every year.

What are the symptoms?

The flu causes a fever, body aches, a headache, a dry cough, and a sore or dry throat. You will probably feel tired and less hungry than usual. The symptoms usually are the worst for the first 3 or 4 days. But it can take 1 to 2 weeks to get completely better. It usually takes 1 to 4 days to get symptoms of the flu after you have been around someone who has the virus. Most people get better without problems. But sometimes the flu can lead to a bacterial infection, such as an ear infection, a sinus infection, or bronchitis. Less often, the flu may cause a more serious problem, such as pneumonia

Certain people are at higher risk of problems from the flu. They include young children, pregnant women, older adults, and people with long-term illnesses or with impaired immune systems that make it hard to fight infection.

How is the flu diagnosed?

Your doctor will ask you about your symptoms and examine you. This usually gives the doctor enough information to find out if you have the flu, especially if many cases of a similar illness have occurred in the area and the local health unit reports a flu outbreak. In some cases, the doctor may do a blood test or take a sample of fluid from your nose or throat to find out what type of flu virus you have.

How is it treated?

Most people can treat flu symptoms at home. Home treatment includes resting, drinking plenty of fluids, and taking medicine to lower your fever. But some people need to go to the hospital for treatment. They may have severe symptoms or get pneumonia. Or the flu infection may make an existing health problem worse. If you think you have the flu, your doctor may be able to give you medicine that can make the symptoms milder. It's best to start taking it within 2 days of your first symptoms.

How can you prevent from getting or sharing the flu?

You can help prevent influenza by getting immunized with an influenza vaccine each year as soon as it's available.

There are different ways to get a flu vaccine. Ask your Doctor/Nurse Practitioner what is right for you.

Even if a flu vaccine does not prevent the flu, it can reduce the severity of flu symptoms and decrease the risk of complications. Studies have found that the flu vaccine results in fewer days missed from work and fewer visits to a doctor for respiratory infections, and it reduces the number of people who develop complications from the flu, such as pneumonia. And the flu vaccine can help protect the babies of women who got the vaccine while they were pregnant. In spite of these results, many people choose not to get a flu vaccine. Some do not get the vaccine because of myths they believe about the flu or the vaccines. These include beliefs that the flu is a minor illness or that the vaccine causes the flu. The vaccine may cause side effects, such as soreness or fever, but they are usually minor and do not last long.

Although antiviral medicines sometimes prevent the flu, they do not work in the same way as a yearly immunization and should not replace a flu vaccine. The person who gives the vaccine may tell your child or you not to get it if your child or you:

- Have a severe allergy to any part of the vaccine.
- Have had a serious reaction to a previous dose of flu vaccine.
- Have had Guillain-Barré syndrome.
- Have a serious acute illness.

People with egg allergies can get a flu vaccine that is recommended for their age. If their egg allergy is mild, they can get the vaccine anywhere it is offered. But people with severe allergies to eggs should be vaccinated at a clinic with health care providers trained to manage severe allergic reactions.

Other ways to reduce your risk for the flu or flu complications

Increase your chance of staying healthy by:

- Washing your hands often, especially during winter months when the flu is most common.
- Keeping your hands away from your nose, eyes, and mouth. Viruses are most likely to enter your body through these areas.
- Eating a healthy and balanced diet.
- Getting regular exercise.
- Not smoking. Smoking irritates the lining of your nose, sinuses, and lungs, which may make you susceptible to complications of the flu.

More information about flu clinics to follow, see the Tsawout website for updates throughout September.



Training and Employment Update

YOUTH EMPLOYMENT PROGRAM-PARTNERS INFO SESSION

WHEN

September 25th 3:30pm-6:00pm

WHERE

Tsawout Auditorium

7728 Tetayut road, Saanichton, BC

WHO SHOULD COME
15-25 YEAR OLDS WHO ARE
LOOKING TO INCREASE HEALTH AND
WELLNESS IN A SUPPORTIVE
ENVIROMENT BY CONECTING WITH
AN EMPLOYMENT TEAM THAT
WORKS FOR YOU AND YOUR
EMPLOYMENT GOALS.

LIGHT REFRESHMENTS AVAILIBLE

CONTACT TO SIGN UP

Laurie Henry
employment@tsawout.ca
Call or text 778-533-6452

WHO IS Coming

Employment councilors
CEER-VNFC
Job journey
VICA
CNIB
QWORKS
RISE UP YOUTH
CAN ASSIST
TRAINING PARTNERS
AND MORE

RESOURCES

Job placement teams
Training programs
DEVELOPMENT PROGRAMS
Job search Support
2SLGBTQIA+ job support
Industry Advocacy
Disability & mental
health employment
teams,
Interview skills
And more

Fisheries Department Updates

Fisheries Department: Recent Activities and Achievements

1. Clam Survey in Saanichton Bay

We are excited to announce that the Tsawout Fisheries Department recently conducted our first clam survey within Saanichton Bay. This survey marks the beginning of an ongoing project aimed at better understanding the clam population in our bay. The data collected will guide future efforts in shellfish management and conservation. Plans are underway to analyze and test clam tissue in upcoming surveys, which will provide valuable insights into the health and sustainability of this important resource.

2. Monitoring for European Green Crab

As part of our commitment to protecting Tsawout's marine ecosystems, our team has been actively monitoring for the invasive European Green Crab. We're pleased to report that no European Green Crabs were detected during our recent surveys. Instead, we observed healthy populations of native crabs, including a significant number of juvenile Dungeness crabs. This is a positive sign for the future of our local crab populations and reflects the health of our marine environment.

3. Participation in the Pacific Northwest Indigenous Aquaculture Summit

Our team, including Jennifer, Orion, and Councillor John Etzle, had the privilege of attending the Pacific Northwest Indigenous Aquaculture Summit in Washington from August 26-28, 2024. The summit brought together Indigenous communities from across the region to share knowledge and experiences related to aquaculture. We gathered valuable insights into sustainable shellfish cultivation practices, which will be instrumental in developing future aquaculture projects for the Tsawout community. The knowledge exchanged at this summit will help us enhance our efforts in shellfish cultivation, ensuring that our community benefits from sustainable and culturally significant aquaculture practices.

4. Fisheries Salmon Distribution

We are pleased to announce that the Fisheries Department recently distributed over 1,500 pounds of fresh Spring Salmon to the Tsawout community. This significant distribution reflects our ongoing commitment to ensuring that our community has access to high-quality, locally sourced seafood. The arrival of Pink Salmon has also been a highlight of the season, and we are currently in the process of distributing this catch. We would like to extend our gratitude to everyone involved in the harvest and distribution process, including the fisheries staff, and community members who helped make this possible.

Fisheries Department Updates

5. Summer Interns Wrapping Up Their Contracts

As the summer season comes to an end, we would like to take a moment to recognize the hard work and dedication of our summer interns, Peyton and Logan. Over the past few months, they have been invaluable members of the Fisheries Department, contributing to various projects and bringing fresh perspectives to our work. From assisting with field surveys to helping with community outreach, Peyton and Logan have shown great enthusiasm and commitment. Their contributions have not only supported our department's goals but have also enriched the experiences of those around them. It was a pleasure to have them on the team, and we wish them all the best in their future endeavors. Their time with us may be coming to an end, but the impact of their work will continue to be felt.

6. We Come From That Reef Net Salmon Ceremony

One of the most significant events our Fisheries team participated in recently was the "We Come From That Reef Net Salmon Ceremony" held on San Juan Island, Washington. This powerful ceremony brought together members of the Lummi Nation and Tsawout First Nation in a shared commitment to honoring and revitalizing the ancient Reef Net Fishing practices that have been central to our cultures for generations. For many of our community members, this was their first time traveling to San Juan Island, and the experience was both moving and educational.

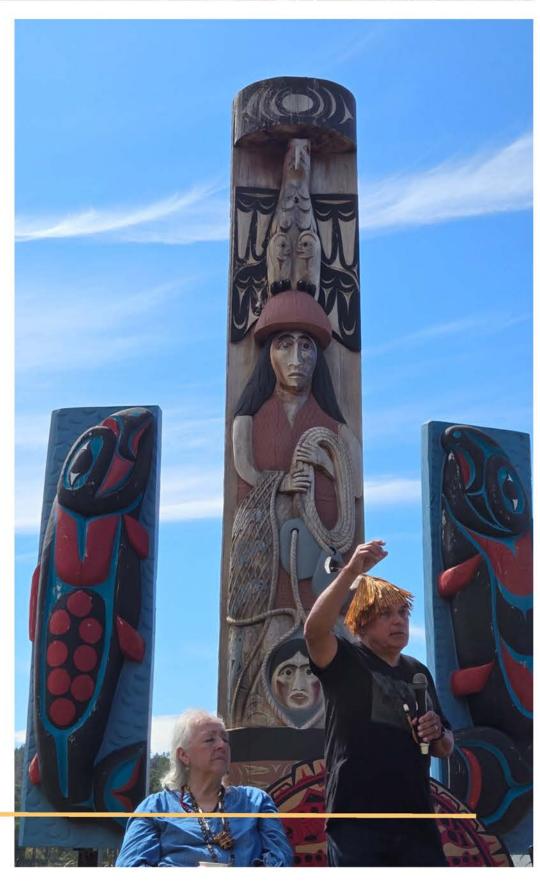
The ceremony holds deep significance as it represents a step towards dissolving the hard border that was imposed across our waters, separating nations and families. This gathering was not only a celebration of our shared heritage but also a powerful statement of unity and resilience. By participating in this event, we are actively working to restore the traditional Reef Net Fishing practices that were outlawed for many generations. The reconnection of our peoples and the revitalization of these practices is a testament to our strength and our dedication to preserving our cultural heritage for future generations.













Presents...

THURSDAY SEPTEMBER 5TH, 2024

LAND RESTORATION & PRESERVATION



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

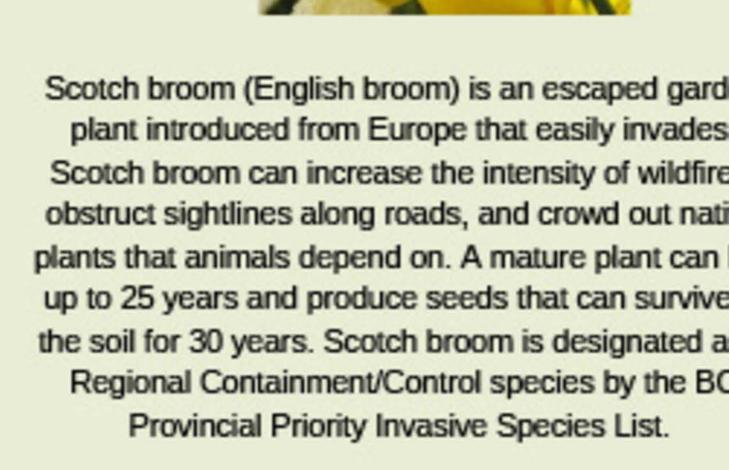


We need to help the Earth Breathe Again

WHAT IS REQUIRED:

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

SERVED POSTRESTORATION





250-652-9101, ext. 324

fisheriesreferrals@tsawout.ca

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



September 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

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.