

STÁUTW FIRST NATION

NEWSLETTER

www.tsawout.ca

NOVEMBER 2024



Tsawout distributed 350 Turkeys on October 10th and 11th.

STAUTW Wellness and helpers delivered and distributed 350 turkeys and hampers in-community and abroad in Duncan and Victoria. Thank you to our wonderful helpers who volunteered to help!

Inside this issue:

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2024 HOW PHARMACISTS CAN HELP YOU

- **Assess and prescribe for 21 minor ailments**
- **Prescribe contraceptives (birth control)**
- **Renew or change your prescriptions**
- **Give vaccines and other drugs by injection**

Most pharmacy services are free. All you need is your Personal Health Number (PHN). This number is on your BC Services Card or CareCard. There are 1,400 community pharmacies in B.C. Pharmacists are licensed professionals. They are bound by the same confidentiality rules as a family doctor or nurse practitioner. Your health information and conversations are private and confidential.

The cost of drugs and the fee for dispensing them can vary between pharmacies. You may want to compare prices and services before you fill a prescription. Register for Fair PharmaCare if you need help paying for medications.

Pharmacists cannot:

- Renew or change cancer chemotherapy prescriptions
- Renew prescriptions for narcotics and controlled drugs for longer than originally prescribed

Change your prescription

A pharmacist may be able to change your prescription dose, formulation, regimen, or substitute it for a similar drug. Pharmacists cannot change prescriptions for narcotics, or controlled or targeted substances.

Get an emergency supply

Prescriptions are valid for up to 2 years from the date they were written. If you have run out of medication and your prescription was written more than 2 years ago, your pharmacist may be able to provide an emergency supply until you can get a new prescription from a doctor or other prescriber.

Change a prescription or get an emergency supply

Pharmacists can assess and prescribe medications for urinary tract infections (UTIs), allergies, acne, cold sores, pink eye, sprains and strains, fungal infections, headaches, heartburn, hemorrhoids, hives and itching, impetigo, menstrual pain, nicotine dependence, pinworms, shingles, rashes and yeast infections.

I need help

If you have any questions about your health or services near you contact 8-1-1.

Call the Service BC call centre if you have questions about pharmacy services and PharmaCare coverage. Call centre agents cannot answer questions about specific medical conditions or treatment options.

Call: 1-833-882-0022 Monday to Friday, 8:00 am - 4:30 pm.


Translators are available.

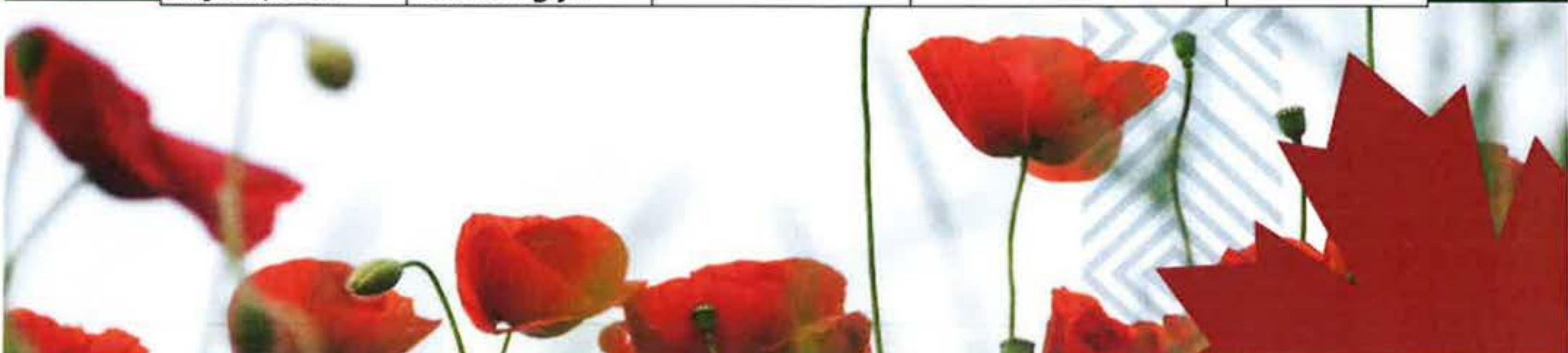
Telephone for the Deaf: Dial 7-1-1

Video Relay Services (VRS) sign language interpretation is free for people who are deaf, hard of hearing or speech impaired.

**NOVEMBER 2024 – TSAWOUT HEALTH
DEPARTMENT**

PRIMARY CARE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Patti, RN Rick, MHSU Robert, PT
4 Kelly Sharp, NP Jenifer Irvine, NP Patti, RN Mandy, RN Steffi, SW Alyssa, CHN	5 Katie Cox, NP Patti, RN Mandy, RN Dr. K. Stogryn Rick, MHSU Alyssa, CHN	6 Jenifer Irvine, NP Patti, RN Mandy, RN Steffi, SW Alyssa, CHN	7 Kelly & Cox, NP Patti & Mandy, RN Rick, MHSU Jacqui (Acupuncture)	8 Mandy, RN Rick, MHSU Dr. K. Stogryn
11 Veteran Day! Office Closed 	12 Katie Cox, NP Patti, RN Mandy, RN Rick, MHSU Alyssa, CHN Dr. K. Stogryn	13 Jenifer Irvine, NP Patti, RN Mandy, RN Steffi, SW Alyssa, CHN	14 Kelly & Cox, NP Patti & Mandy, RN Rick, MHSU Jacqui (Footcare) Robert, PT	15 Patti, RN Rick, MHSU Robert, PT Dr. K. Stogryn
18 Kelly Sharp, NP Jenifer Irvine, NP Patti, RN Mandy, RN Steffi, SW Alyssa, CHN	19 Katie Cox, NP Patti, RN Mandy, RN Dr. K. Stogryn Rick, MHSU Alyssa, CHN	20 Jenifer Irvine, NP Patti, RN Mandy, RN Steffi, SW Alyssa, CHN	21 Kelly & Cox, NP Patti & Mandy, RN Rick, MHSU Jacqui (Footcare)	22 Mandy, RN Rick, MHSU Dr. K. Stogryn
25 Kelly Sharp, NP Jenifer Irvine, NP Patti, RN Mandy, RN Steffi, SW Alyssa, CHN	26 Katie Cox, NP Patti, RN Mandy, RN Rick, MHSU Alyssa, CHN Dr. K. Stogryn	27 Jenifer Irvine, NP Patti, RN Mandy, RN Steffi, SW Alyssa, CHN	28 Kelly & Cox, NP Patti & Mandy, RN Rick, MHSU Jacqui (Footcare)	29 Rick, MHSU Robert, PT Patti, RN Dr. K. Stogryn



Please see one of our MOAs as we will always do our best to have patients seen here at Tsawout Health Clinic.

If you need to renew your medications, please get in touch with the clinic **TWO WEEKS** before the expiry of your medications, so that the NP will have time to review your medications. Another option is to connect to your pharmacy directly to check if there are any refills left on file.

To book an appointment with the **Nurse Practitioners** and **nurses** please contact Karen, Jade and Valbert.

To book with **Dr. Stogryn**, mental health doctor, please get in touch with Karen, MOA.

To book with **Steffi**, social connection worker and **Rick**, MHSU, please get in touch with Jade, MOA.

To book for **physiotherapist**, please connect with Valbert, MOA.

To book for **acupuncture/foot care and reflexology**, please get in touch with the health reception directly.

We don't offer walk-ins until further notice.

Phone numbers and extension list:

Andresa, MOA; P: 250-652-1149 ext. 210; Email: moa@tsawout.ca

MOA Karen & Jade; Phone: 250-652-1149 ext. 204

Karen, MOA Email: moa2@tsawout.ca

Valbert, MOA Email: moa3@tsawout.ca

Jade, MOA Email: jade.rocha@islandhealth.ca

W'SANEC Nations:

Tsawout: 250-652-1149 ; Tsawout Wellness: 250-652-8353

Tsartlip: 250-652-4473

Pauquachin: 250-656-0191

Tseycum: 250-656-0858

Contact List for Alternative Health Access:

FNHA Doctor of the Day: 1-855-344-3800

Peninsula Health Unit: 250-544-2420

Telus Health: 1-855-577-8838

PHU after Hours: 1-833-688-8722 patient is to call right at 4:30 PM ext. 1 then 1

Esquimalt Primary Care Centre: 250-519-3880

Downtown Victoria Primary Care Centre: 1-833-688-8722 ext.1 then 2

Gorge Primary Care Centre: 1-833-688-8722 ext. 1 then 4

James Bay Primary Care Centre: 250-519-3770

North Quadra Primary Care Centre: 1-833-688-8722 ext. 1 then 6

Westshore Primary Care Centre: 1-833-688-8722 ext. 1 then 7

APPOINTMENTS AVAILABLE WITH REGISTERED NURSES

Registered nurse appointments can be booked for the following:

- Cervical Cancer Screening (paps)
- Suture removal
- Wound Care
- Wart Treatment
- Ear Syringing
- Routine blood pressure checks
- Vaccines such as tetanus, shingles and flu shots
- Uncomplicated Urinary Tract Infections (UTIs)
- Sexually Transmitted Infection (STI) care including prevention, vaccination, testing, treatment and support
- Pregnancy testing & supported decision-making for unexpected pregnancies
- Administration of prescribed injections including allergy shots, B12, testosterone
- Chronic disease & lifestyle management education
- Harm reduction supplied and education

OTHER RESOURCES

Appointments can also be booked in advance with our Social Workers and Mental Health and Substance Use Workers



LOOKING FOR A FAMILY DOCTOR OR NURSE PRACTITIONER?

GO TO:

HealthLinkBC.ca/health-connect-registry

And register yourself, your family or others under your care.

When a provider becomes available, you will be contacted.

Telephone assistance is available by calling 811 or for deaf and hard of hearing call 711

FIRST NATIONS VIRTUAL DOCTOR OF THE DAY

Call 1-855-344-3800 to book an appointment by video or phone toll free 7 days/week 8:30am-4:30pm



First Nations Health Authority



SOUTH ISLAND URGENT & PRIMARY CARE CENTRES

Downtown Victoria UPCC

1107 Pandora Avenue
1-833-688-8722
Please call at 8:30am to register for a same day appointment. Press option 1

Esquimalt UPCC

890 Esquimalt Road
250-519-3880
Please call at 8:00am to register for a same day appointment. Press option 1

Gorge UPCC

63 Gorge Road East
1-833-688-8722
Please call at 8:00am to register for a same day appointment. Press option 1

James Bay UPCC

8-547 Michigan Street
250-519-3770
Please call at 8:30am to register for a same day appointment. Press option 1

North Quadra UPCC

100-4420 Chatterton Way
1-833-688-8722
Please call at 8:00am to register for a same day appointment. Press option 1

West Shore UPCC

562 Goldstream Avenue
1-833-688-8722
Please call at 8:00am to register for a same day appointment. Press option 1

Peninsula After Hours Clinic

2170 Mt Newton Cross Rd
1-833-688-8722
Please call at 4:30pm Mon-Fri and 8:30am Sat to register for an appointment. Press option 1

VIRTUAL CARE OPTIONS

- **PHARMACY APPOINTMENT**
Book an appointment to see a pharmacist for minor ailments or contraception
bookapharmacist.gov.bc.ca
1-833-882-0022
- **TELUS HEALTH MYCARE APP**
telus.com/en/health/my-care
1-855-577-8838
- **DR. REFILL**
drrefill.ca
1-877-573-3455
- **ROCKET DOCTOR**
rocketdoctor.ca
- **TIA HEALTH**
tiahealth.ca
- **GET CHECKED ONLINE**
getcheckedonline.com



VANCOUVER ISLAND CRISIS LINE

If you are having a mental health crisis please call 1-888-494-3888 available 24hrs/7 days.

The crisis text line is available from 6-10pm daily
Text 250-800-3806

The crisis online chat services are available from 6-10pm at www.vicrisis.ca

PHARMACIST PRESCRIBING

As of June 1, 2023 pharmacists in B.C. can now assess and prescribe for contraception needs and other minor ailments including:

- Acne
- Allergies (allergic rhinitis)
- Cold sores
- Fungal infections
- Heartburn (acid reflux)
- Headaches
- Hemorrhoids
- Impetigo
- Indigestion (upset stomach)
- Itching (including bug bites)
- menstrual pain
- Nicotine dependence
- Oral fungal infections (thrush)
- Oral ulcers (canker sores)
- Pink eye (conjunctivitis)
- Shingles
- Sore joints / muscles
- Skin rash (dermatitis)
- Threadworms or pinworms
- Uncomplicated urinary tract infection
- Vaginal candidiasis (yeast infection)

*A pharmacist may only make a diagnosis or prescribe for one of these conditions if the patient's symptoms indicate that the condition:

- Presents as a low risk of masking an underlying disease, disorder or condition
- Can be readily diagnosed without the need for laboratory or imaging tests, and
- Can be reasonably expected to resolve with only short-term or episodic treatment

CHECK MEDIMAP

This website will show all local walk-in clinics with their availability and contact information online at www.medimap.ca

CALL 811

Speak with a health service navigator, who can connect you with a:

- Registered nurse 24/7 any day of the year
- Registered dietitian from 9am to 5pm, Monday to Friday
- Pharmacist from 5pm to 9am every day of the year

VISIT THE ER

If it is a medical emergency please go to your nearest hospital for care.

Royal Jubilee Hospital
1952 Bay St
250-370-8000

Victoria General Hospital
1 Hospital Way
250-727-4212

Saanich Peninsula Hospital
2166 Mt Newton X Road
250-544-7676



November is
DIABETES AWARENESS MONTH

Early Detection with Regular Check-Ups

A blood test can determine if you have diabetes.

Balanced Diet

Regular Exercise

Did you know?
Diabetes contributes to

- 30% of strokes
- Leading cause of blindness
- 40% of heart attacks
- 50% of kidney failure requiring dialysis
- 70% of all non-traumatic leg and foot amputations

LET'S END DIABETES TOGETHER

KUU-US

CRISIS RESPONSE SERVICES

1-800-KUU-US17 | 1-800-588-8717

CHILD/YOUTH: 250.723.2040 ADULT/ELDER: 250.723.4050

CULTURALLY SAFE HELP AVAILABLE

**24 HOURS A DAY
7 DAYS A WEEK**

**FIRST NATIONS AND ABORIGINAL PEOPLES
HELPING FIRST NATIONS
AND ABORIGINAL PEOPLES**

First Nations Health Authority
Health through wellness

KUU-US Crisis Line Society

GUIDING IN CIRCLES: Peer Support Online Drop In

Are you looking for support post treatment in your healing journey?
A place to share and connect with others?

This online drop in circle is for WSANEC Nation community members and is hosted by Nadia Salmaniw - S'ahn N'ahn Guu'as, Cultural Liaison at Homewood Ravensview.

This is a safe space to share experiences, find strength in community, and discover tools for recovery.

WHEN: Every Tuesday, 2:00-3:00pm (unless otherwise specified). Drop in virtually, we're online.

HOW: For more information or a meeting link:

- Email: nsalmaniw@homewoodhealth.com
- Speak with your wellness worker in any of the local Nations.

Together, we can foster hope and healing.
HISWKE

Hello, I'm

Manuel Valbert Adviento

Medical Office Assistant

Hi! I'm a passionate Medical Office Assistant for Tsawout First Nation Health Department. I'm also a proud father to my wonderful daughter.

I truly believe that empathy is essential in my work; it helps me connect with patients and understand their needs on a deeper level. I strive to uphold the integrity of every patient and client I serve. Balancing my professional and family roles keeps me motivated and grounded.

 moa3@tsawout.ca

 Victoria, British Columbia





Staff Introduction

**Steffi Gutensohn, BSW,
RSW**

**Community Connections
Worker**

Contact Information

Office Phone #250-656-0277

Email: steffi.gutensohn@islandhealth.com

Appointment times: Monday - Friday 9 am - 3:30 pm

Sessions can be in each of the W̱SÁNEĆ First Nations Communities



Who am I?

I am a partner, daughter, sister, auntie, cousin, and dog mum to my pup, Frankie. I grew up in Shawinigan Lake and have called Victoria home for the past eight years. I love to run, play soccer, read and bake. In the summer I enjoy swimming, road trips, and camping adventures with my partner and our dog!

My professional background is working with children, youth, and families in supportive roles. I have had the privilege of working in Nuu-chah-nulth communities and most recently, I came from working with women who have experienced trauma using strength and trauma informed approaches.

What do I do?

I can take referrals from doctors, nurse practitioners, and community health nurses regarding social determinants of health. These include non-medical issues that are impacting your health and well-being. I work from strength and trauma-informed approaches and meet folks wherever they are at. For appointments, I can meet folks at their community health centre, or in other available spaces or sometimes at their home.

How can I help?

- Filling in applications for supports/services/benefits
- Advocating for your rights as a parent, to parent, or for medical devices or to other service providers.
- Being a support for you when you need your concerns voiced or being your voice when you cannot or do not want to.
- Helping with life changes like becoming a new parent or when you get older and need support systems to help keep you healthy.
- I can be there if you just need to talk and want someone to listen to your concerns.

Appointments can be made by self-referral or through a health care professional. To arrange for an appointment please contact the booking office at 250-652-4473.



W̱SÁNEĆ Primary Care Team

Staff Introduction

Rick Geddes, MEd

Mental Health & Substance
Use Consultant Counsellor

Contact Information

Office Phone #: 250-652-4473

Email: richard.geddes@islandhealth.ca

By appointment only: Monday - Friday
9 am to 3:30 pm

Sessions can be in each of the W̱SÁNEĆ
First Nations Communities



Who am I?

I am a second-generation ward of the government (apprehended at birth), raised in Foster Care from 13 days old until I aged out at 19. I am a member of the Haida Nation. I have been committed to personal growth, wellness and recovery for the last 30 plus years.

My education in Mental Health and Substance Use began over thirty years ago when I made the ultimate decision to become clean and sober. This lived experience with addiction was the driving force behind my educational accomplishments. In the late 90s I attended a 10-month substance abuse counsellor-training program through Tillicum Haus in Nanaimo. Wanting more, I decided to upgrade and gradually went on to complete a Bachelor of Education from N.I.T.E.P at UBC. I worked as a teacher in a First Nations school in Port Alberni for five years before going back to school where I received my Masters of Education with a focus on counseling.

For the past few years, I have worked at an Indigenous Family Development Centre for a year which helps families with member(s) learn about addiction and how to overcome the affects. I worked in the Nanaimo School District as an Elementary school counsellor for 8 years. Before coming to Island Health I worked at Child and Youth Mental Health for 4 years.

What do I do?

I can support individuals move forward down the healing path. I can offer access to mental health assessments, single session therapy, brief solution-focused counselling, as well as psychological and emotional support. Together, we can help you in your healing journey by developing self-awareness as well as the skills needed to make healthy changes in your life. We will work together to examine your challenges you may be able to manage on your own and if not, I can refer you to other services that can deal with more long-term needs. In this role, I am limited to providing care to adults age 19 and older but I can refer youth to other services as needed.

How can I help?

Using a variety of counselling techniques I can help people become more aware of how they can better manage the challenges they are experiencing. I can provide referrals to agencies that can provide more prolonged support or to residential treatment and/or wellness programs.

Appointments can be made by self-referral or through a health care professional. To arrange for an appointment please contact the booking office at 250-652-4473.

Wellness 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

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.”

Vassilena Johns

Clients will gain support and tools in the following:

- To understand and integrate your past experiences
- Identify weights and struggles
- Anxiety and/or panic approaches
- Understand your sources of confidence/insecurity
- Find healing and tools to support you in crisis/trauma
- Grief and loss management
- Marriage and/or relationship issues
- Intimacy issues
- Professional burnout
- Life transitions
- Family relationships
- Self-Esteem issues



I have been in practice for 14 years. As a clinical Counsellor, I work with clients through a holistic approach using mental, spiritual, physical and emotional modalities.

Elders Thanksgiving Lunch - October 10, 2024



Continued on next page...

Upcoming Island Elders Luncheon



STÁUTW FIRST NATION

LET'S GET

GROOVY!



STÁUTW
ISLAND Elders Luncheon

November 13, 2024
10am-3pm
STÁUTW Gymnasium
7728 Tetayut Road



TIME TO BREAK OUT YOUR
BELLBOTTOMS, GO-GO
BOOTS AND TIE DYED
SHIRTS FOR OUR GROOVY
60'S/70'S THEME LUNCH!

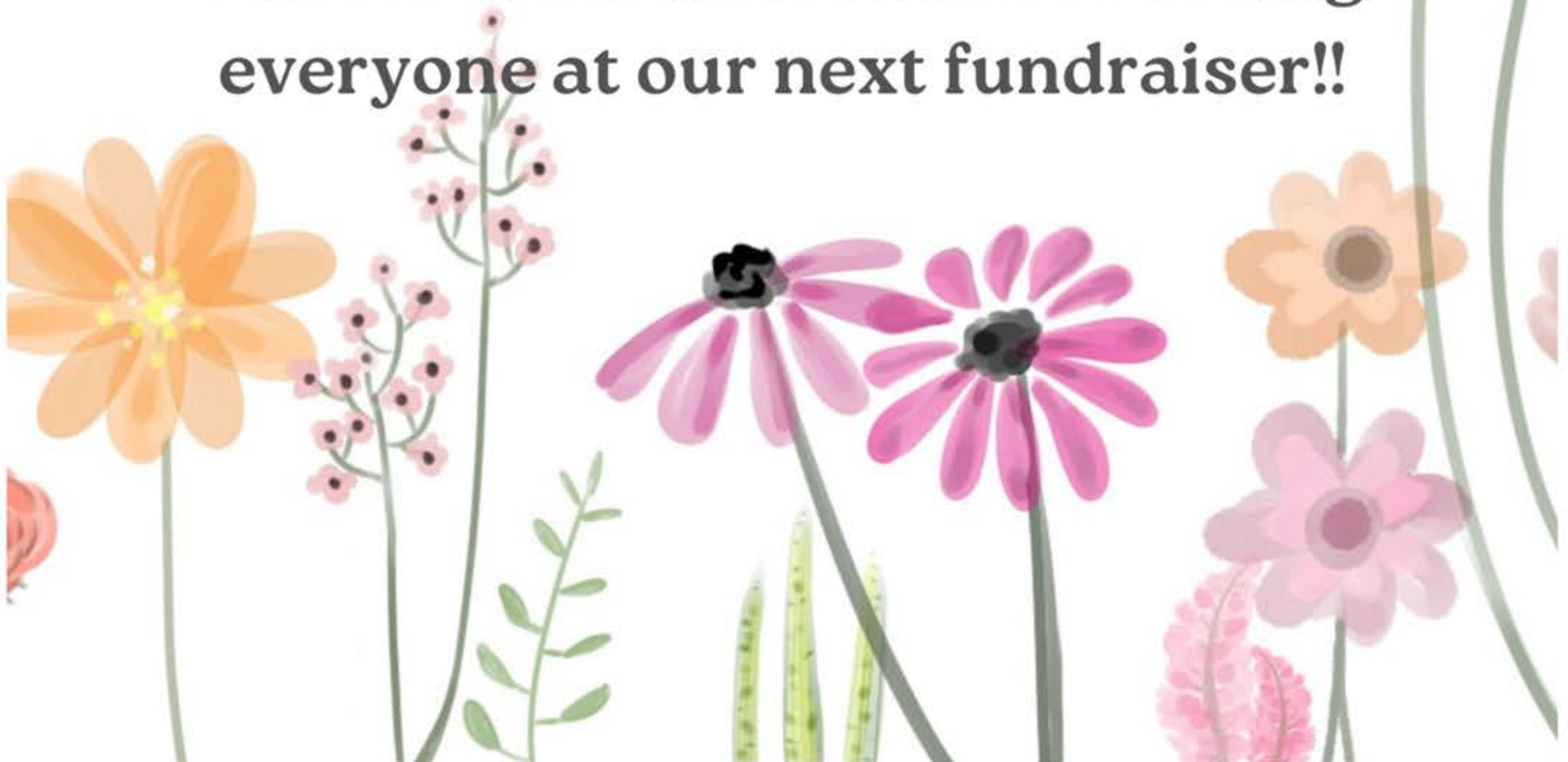
MUSIC BINGO
PHOTO BOOTH

PEACE
LOVE &
GOOD FOOD!



Thank You!

On behalf of our **STAUTW** elders we would like to raise our hands to everyone who supported our elders loonie toonie on October 23rd! \$2091 was raised and will be used for travelling to elders luncheons in the states!! We look forward to seeing everyone at our next fundraiser!!





HEALTH & REC GRANT CHEQUES



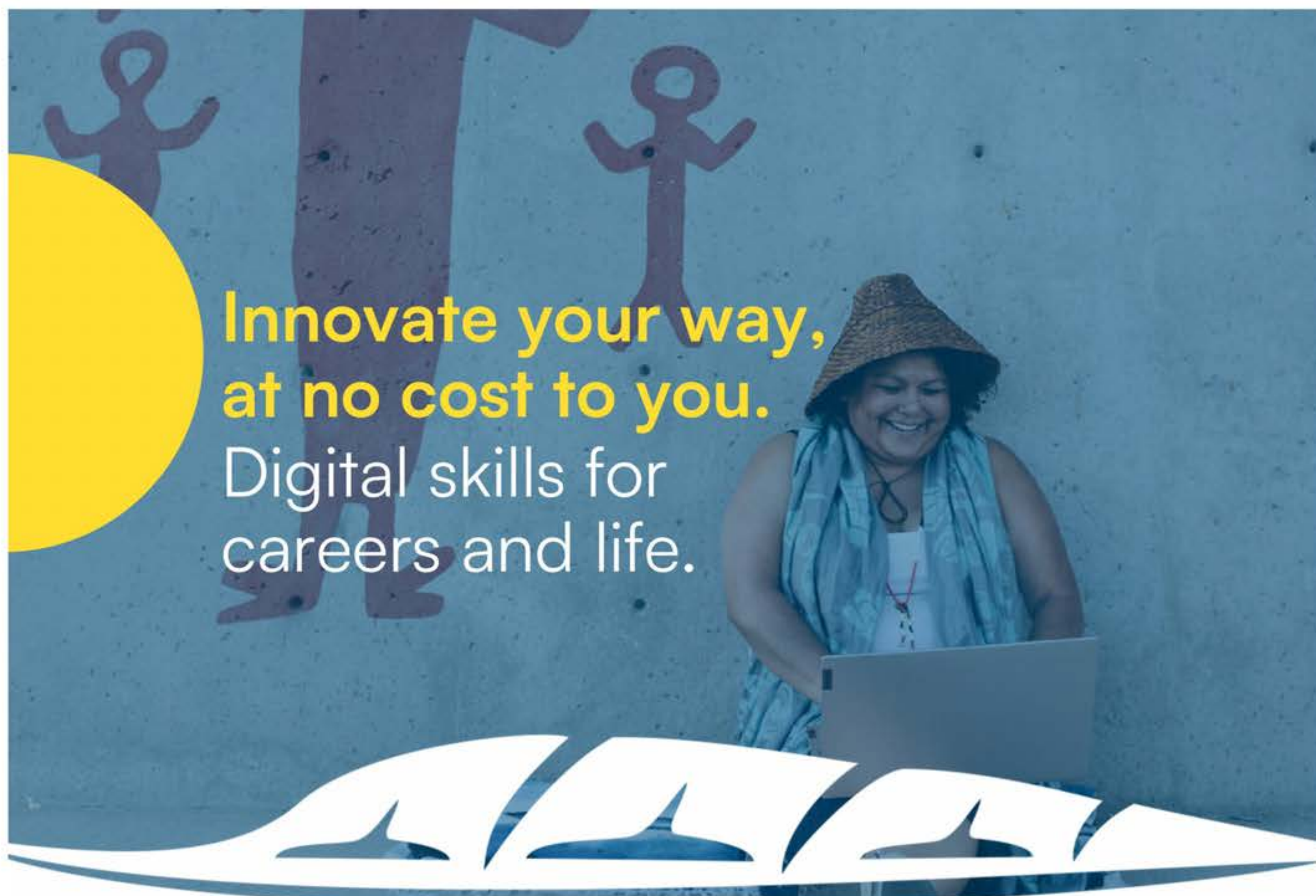
PICK-UP

←
November 29th, 2024
9 AM TO 4 PM
Administration Lobby

*Any cheques not picked up will be put in Canada Post mail.

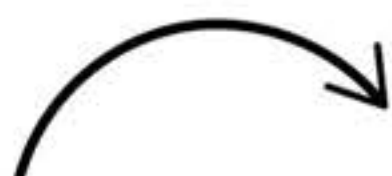
www.tsawout.ca





Course	Program	Dates
GIS/GPS Mapping	Foundations	Nov 4-15, 2024
Data Analytics	Foundations	Nov 4 - Dec 13, 2024
Drone Stewardship	Futures	Nov 18-29, 2024
Intro to Web Development	Foundations	Nov 18-29, 2024
Web Development	Focus	Jan 13 - Feb 7, 2025
Exploratory	Foundations	Jan 13 - Apr 4, 2025
GIS/GPS Mapping	Futures	Jan 20 - Mar 14, 2025
Network Technician	Focus	Feb 24 - Mar 28, 2025
Digital Transformation	Foundations	Feb 24 - Mar 7, 2025
Digital Transformation	Focus	Mar 17 - Apr 11, 2025

Scan this or visit
technologycouncil.ca to apply



First Nations
 Technology Council



**STÁÚTW
YEYOSEN, ÁÚTW**

**BEADED
POPPY WORKSHOP**

Friday November 1st & 8th

11:00 - 2pm

Please contact
Amber Cunningham 1-778-533-7986
or Jewelia 1-250-570-2823



YEYOSEN, ÁÚTW

**PKOLS
WALK**

12:30 - 3pm
November 6th

Rides available from
band office bus stop
@ 12pm

CONTACT
Amber Cunningham
1-778-533-7986
Jewelia Wilson 1-250-570-2823

Continued on next page...

Play Café

Every Thursday
11:00 AM - 2:00 PM
For ages 0-6 years old

in the primary classroom

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



LÁUWELNEW Hike

12:30 - 3pm

November 13th

Rides available leave at 12pm meet at the bus stop
behind the band office

Please contact
Amber Cunningham 1-778-533-7986
Jewelina Wilson 1-250-570-2823

Continued on next page...



SNIDÇEŁ
(tod inlet)
12:30 - 3pm
November 20th

Rides available from the bus stop behind the band office
@12pm



HOSTED BY YEYOSEN, ÁUTW

CLOTHING SWAP

1-5pm November 21st
In the Tsawout gymnasium



6440 W Saanich Rd Saanichton B.C.

YEYOSEN, ÁUTW

COUNTRY BEE FARM

12:00 PM - 2PM

November 26th

Head Start Calendar - November

November 2024

YEYOSEN, AUTW



Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 BEADED POPPY WORKSHOP 11-2PM IN THE MULTI-PURPOSE ROOM	2
3	4	5	6 PKOLs 12:30 - 3PM (rides available leave from bus stop at 12)	7 Play Café 11-2PM Primary classroom	8 BEADED POPPY WORKSHOP 11-2PM IN THE MULTI-PURPOSE ROOM	9
10	11	12	13 LAUWELNEW 12:30 - 3PM (rides available leave from the bus stop at 12)	14 Play Café 11-2PM Primary classroom	15 BEADED ORNAMENTS 11-2PM AUDITORIUM	16
17	18	19	20 Tod Inlet 12:30 - 3PM (rides available leave from the bus stop at 12)	21 Clothing Swap 1-5PM gymnasium	22 BEADED ORNAMENTS 11-2PM AUDITORIUM	23
24	25	26 Country Bee Farm 12 - 2:30 PM (rides available leave the bust stop @ 11:30)	27 Headstart training	28 Headstart training	29 Headstart training	30
1	2	Drop in crafts walking day	training for staff	special event	play café	field trip

SXEDJELI Childcare Centre is looking for

Traditional Cooking

Do you know traditional recipes? Are you interested in cooking? Are you looking for a fulfilling part time activity?

SXEDJELI Childcare Centre is looking for a part time cook or volunteer cooks to come prepare traditional foods for our children!

IF YOU ARE INTERESTED, PLEASE CONTACT
JOCELYN WILSON AT:
CHILDCARESUPERVISOR@TSAWOUT.CA
778-533-8763



EARLY CHILDHOOD EDUCATORS

COME WORK AT
S_XEDJLI CHILDCARE
CENTRE!

OPEN 8AM-5PM

BENEFITS:

- Medical Insurance
- Dental Insurance
- Vision Insurance
- Long Term Disability
- Life Insurance

\$25-\$30
PER HOUR

1-2 YEARS
CLASSROOM
AND 3-5
CLASSROOM



Interested? Contact
Jocelyn Wilson at

CHILDCARESUPERVISOR@TSAWOUT.CA

Learning House photos



Fisheries: Invasive Plant Removal - October 16, 2024

Continuing the Removal of Invasive Plants: Tackling Scotch Broom and Dalmatian Toadflax

The Tsawout Fisheries Department partnered once again with the Capital Regional District (CRD), focusing on the removal of invasive Scotch Broom from our coastal ecosystems. Building on the momentum from our previous efforts, this event brought together community members, volunteers, and CRD representatives to continue the important work of restoring the natural balance of our coastal sand ecosystems.

The turnout was fantastic, with a diverse group of volunteers who rolled up their sleeves and made a tangible impact on the land. Participants worked side by side, learning about the ecological challenges posed by invasive species like Scotch Broom and the crucial role native plant communities play in maintaining the health of our coastal environment.

The efforts of the Tsawout Fisheries Department and CRD, along with the dedication of community members, have significantly reduced the presence of Scotch Broom in targeted areas, giving native plants a better chance to thrive and support local wildlife. Events like this demonstrate the power of community collaboration and the shared commitment to preserving our natural spaces for future generations.

A big thank you to everyone who came out to help make this event a success! Stay tuned for more opportunities to get involved and make a difference in our community.







Fisheries Update

Prawn Test Fishing Survey: Teaming Up for Conservation in the Saanich Inlet

The Tsawout Fisheries Department recently joined forces with the Department of Fisheries and Oceans (DFO) for a Prawn Test Fishing Survey in the Saanich Inlet. This survey focused on assessing the Spawner Index of Spot Prawns (*Pandalus platyceros*), providing important data on their population and reproductive health.

How Spot Prawns Grow

Spot Prawns have a unique life cycle—they start life as males and, after a few years, transition to females, a process called protandric hermaphroditism. They spawn as females in their later years, carrying eggs in late fall and winter until they hatch in the spring.

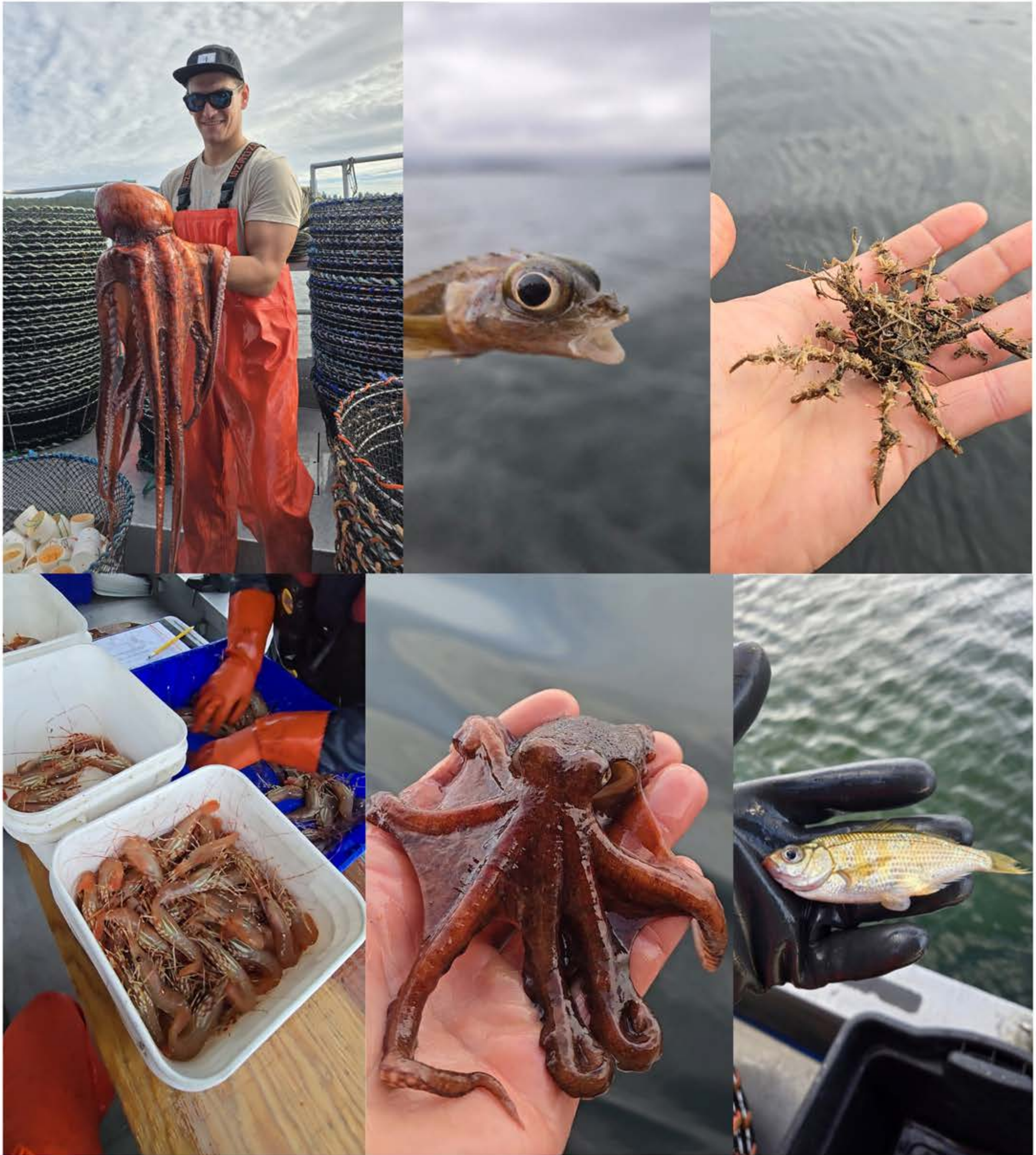
Why the Spawner Index Matters

The Spawner Index helps us track the number of egg-carrying females, which is key for understanding how healthy the prawn population is. This information guides sustainable fishing practices, ensuring there are enough prawns for future generations.

Check Out the Photos Below!

Take a look at the photos to see some of the unique and mysterious creatures we found during the survey. These discoveries are a great reminder of the incredible diversity beneath our local waters.





Exciting Opportunity: Tsawout Shellfish Aquaculture Project Launching in 2025!

We are thrilled to announce that Tsawout First Nation is launching a Shellfish Aquaculture Project in 2025, aiming to revitalize our traditional shellfish harvesting practices and create sustainable opportunities for our community. This project will focus on cultivating a variety of shellfish species, such as scallops and clams, in our traditional waters, ensuring long-term food security and economic benefits for Tsawout members.

Shellfish aquaculture plays a critical role in our ecosystem, improving water quality and providing habitat for a range of marine life. By reintroducing and cultivating shellfish, we are taking important steps toward restoring the health of our coastal environment and maintaining our connection to the ocean.

Interested in joining this initiative?

We are looking for community members who want to get involved, learn new skills, and be part of a project that benefits both Tsawout and our marine ecosystem. Whether you have experience or are simply eager to learn, we encourage you to sign up and join us in this exciting new venture.

To learn more and express your interest, please contact the Fisheries Coordinator (fisheriescoordinator@tsawout.ca). Let's work together to ensure a sustainable future for our community and our waters!





STAUTW FIRST NATION

MARINE GUARDIAN PROGRAM

BECOME A STEWARD OF THE SEA!

The Tsawout Fisheries Department is excited to launch the Marine Guardian Program, inviting community members to help protect our marine environment.

Marine Guardians play a crucial role in keeping our oceans healthy. They monitor activities on the water; like fishing, whale watching, and boating — to ensure they are done safely and sustainably. They are also trained to respond quickly to environmental issues, such as oil spills, to protect marine life. Guardians help maintain the balance of the Salish Sea, ensuring it stays vibrant for future generations.



MARINE SAFETY



BOAT OPERATOR CERTIFICATIONS



MARINE MAMMAL OBSERVER TRAINING

SCAN QR CODE TO SIGN UP!





Ship Repair Entry Level Training Program (SRELT)

Your gateway into the marine industry!

With the support of ClearSeas and Pacific Economic Development Canada, Professional Studies & Industry Training (ProSIT) at Camosun College is delivering the Ship Repair Entry Level Training Program (SRELT) at the Camosun Coastal Centre (CCC) located on Songhees Nation Territory.

Register today!

CoastalCentre@camosun.ca
250-370-4225

ProSIT is looking for 18 Indigenous students to join the fully-funded SRELT Program and transition directly into employment.

Program Overview Join us from **Nov 4 to Dec 13, 2024!**

The SRELT Program is the industry standard entry-level program providing a gateway for students to enter into careers into the marine industry. Through this training, individuals will develop the skills and gain the certification necessary to be hired by an employer in the industry. This program is highly hands-on and focuses on teaching students through engaging, practical experiences.



Proudly supported by:

Students Receive

- Tuition
- Course materials & supplies
- Personal Protective Equipment
- Industry Certification: Fall Protection, Confined Space, TDG, WHMIS, Fire Watch, First Aid, Respect in the Workplace

Learning Opportunities

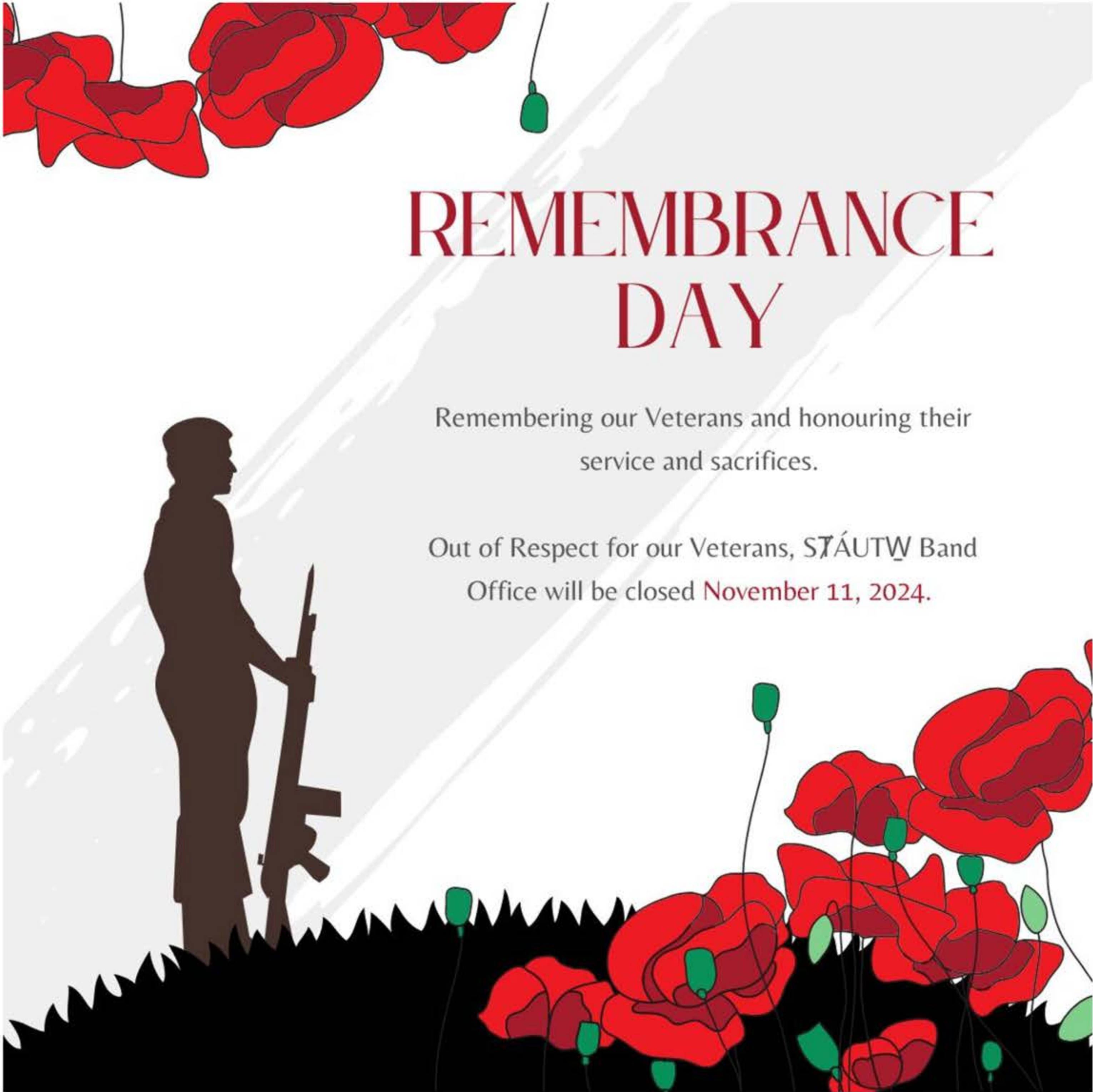
- Industry safety training
- Employability skills
- Environmental awareness
- Wellness strategies
- Resume building
- Industry tours & networking



Pacific Economic Development Canada











Développement économique Canada pour le Pacifique





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

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.