



STÁUTW FIRST NATION

NEWSLETTER

www.tsawout.ca

OCTOBER 2024



Head Start Department: Amber and Megan at Goldstream Visitor Center

The Head start Department has hosted numerous events for young moms this past month, one being a walk at Goldstream with the young ones.

Inside this issue:

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STÁUTW is now on:



"Tsawout First Nation"

Coming soon to:



Youth Program Update



STÁUTW YOUTH PROGRAM

is now on!
MONDAY-FRIDAY
3PM-6PM (2PM ON FRIDAYS)

located downstairs in the Youth Lounge @ 7728 Tetayut Rd

we support youth ages 12-18. our program runs after school during the school year. we want to cultivate a safe space for our youth to gather after school! join us to participate in different activities and opportunities throughout this school year. please register if you are interested! open to registered STÁUTW youth as well as youth in the community!



sign up online or email Emma at
youthcoordinator@tsawout.ca
for more information!

Head Start Update



Meet the YEYOSEN ÁUTW
(Headstart crew)



Meagan James-Sam



Introduction

My name is Meagan I'm excited to be the Headstart assistant and excited to plan some activities and programs for the families of Tsawout

All About me

I am a mother of two wonderful children Malcolm (1.5) and Liliana (3). I have my certificate for postpartum and birth doula. I have a passion to advocate and support parents children and their families

My goal in my position is to get the parents of the community out and about as I know how hard it is to feel normal during parenthood and I want to offer programs parents can and want to participate in

Contact Details

E-mail:

headstartassistant@tsawout

Play Café

Every Thursday
11:00 AM – 2:00PM
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

Jewelina Wilson:

+1 (250) 570-2823

Amber Cunningham:

+1 (778) 533-7986



Craft drop in

YEYŌSEN, ÁUTW

EVERY FRIDAY
11:00 AM – 2PM
IN THE GYMNASIUM



YEYOSEN, ÁUTW (headstart)

Wednesdays

Weekly walks @ goldstream

Rides available meet at the bus stop
behind the gym

Contact:


Amber Cunningham

+1 (778) 533-7986

Jewelina Wilson

+1 (250) 570-2823

Leave at 11:30 am
From the band office



Please Join YEYOSEN, AUTW For A
Gathering Of

THANKSGIVING CRAFTS

*To Celebrate
Thanksgiving Day*

Thursday october 2024
10th **10:30-1:30pm**

Primary classroom

Please reach out to

Amber Cunningham+1 (778) 533-7986

Jewelina Wilson +1 (250) 570-2823

FIELD TRIP YEYOSEN, ÁUTW

PUMPKIN PATCH Galey Farms

1450 BLENKINSOP RD

October 28th 10:30 am - 1pm

Rides available meet @the bus stop behind
the bandoffice @10:15

For more information contact
Amber Cunningham +1 (778) 533-7986
Jewelina Wilson +1 (250) 570-2823

Head Start - October Calendar

October 2024

| September-24 | | | | | | | November-24 | | | | | | |
|--------------|----|----|----|----|----|----|-------------|----|----|----|----|----|----|
| D | L | M | M | J | V | S | D | L | M | M | J | V | S |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | 1 | 2 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 29 | 30 | | | | | | 24 | 25 | 26 | 27 | 28 | 29 | 30 |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|-----------|---|--|----------|
| 29 | 30 | 1 | 2 | 3 Play café 10:30-1pm Primary classroom | 4 Psychic Café Auditorium 1PM - 3PM | 5 |
| 6 | 7 Walking group 10:30AM Meet infront of the Bandoffice | 8 | 9 | 10 Thanksgiving crafts 10:30-1PM Primary classroom | 11 Drop in crafts 11-2PM Multipurpose Room | 12 |
| 13 | 14 Walking group 10:30AM Meet infront of the Bandoffice | 15 | 16 | 17 Play cafe 10:30-1PM Auditorium | 18 Drop in crafts 11-2PM Multipurpose Room | 19 |
| 20 | 21 Walking group 10:30AM Meet infront of the Bandoffice | 22 | 23 | 24 Halloween crafts 10:30-1PM Auditorium | 25 Drop in crafts 11-2PM Multipurpose Room | 26 |
| 27 | 28 Galey farms 11-1PM Meet at band office (For rides 10:30am) | 29 | 30 | 31 Halloween party 10:30 - 2:30PM Auditorium | 1 | 2 |
| 3 | 4 | Notes Walking group Special Event Field trip Drop in crafts Playcafé Rides Available Please Contact Amber Cunningham 1-778-533-7986 Jewelina Wilson | | | | |

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. (farcana.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.”

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.



Health Update

Diabetes Wellness Dinner Series: Honour Your Strength

We had a great first session to our series. With around 15 people, we got to share a meal together and discuss some of our hopes and learning goals in relation to diabetes. What a great time of connection!

This month, we have a movie titled “The Gift of Diabetes” to watch together, and then share our thoughts after as a group. The description of the movie is below:

“This feature-length documentary explores the diabetes epidemic within Indigenous communities in Canada. Ojibway filmmaker Brion Whitford lives with the pain of advanced diabetes, but shunned traditional Indigenous medicine and healing practices. But as his health deteriorated, he had a change of heart. Join Brion as he connects with his culture, comes to grips with his own mortality, and tries to re-establish balance in his life.”

Although the word “gift” is often not how people would refer to diabetes, we will have a time of reflection regarding the movie, and the language we use when speaking about diabetes. Come join us for food, prizes, produce, and some good discussions! The next session will be October 23rd, 5-7pm in the Auditorium.

Please note there will be child-minding in the classrooms across the hall, organized by Laurie Henry. J

Continued on next page...




HONOUR YOUR STRENGTH

Session 2

“THE GIFT OF DIABETES” MOVIE & DISCUSSION



A time to watch a movie &
discuss, share a meal, and a
chance to win prizes!



October 23
5 pm - 7 pm
7728 Tetayut Rd
Auditorium

Flu Clinics

Alyssa (Community Health Nurse) is still working with Public Health and FNHA in aims to provide a flu clinic for the community. Please watch the Tsawout Facebook page for more information.

Halloween and Oral Health

As Halloween and Thanksgiving are within the next few weeks, here is a reminder to take care of your oral health with all of the food to be enjoyed. Please see the attached posters for tips on proper tooth brushing (from the BC Dental Association), as well as the Canadian Food Guide to help provide a visual for balanced meals. Tooth health is more than just brushing after eating sweets, and is linked with our overall diet.

In recognizing creating balanced meals can be challenging due to a variety of reasons (financial, time constraints, etc.) we would like to remind community that the Tsawout Kitchen provides free fresh produce weekly from a local farm. This produce will also be available at our next Diabetes Wellness Dinner October 23rd (5-7pm in the Auditorium).



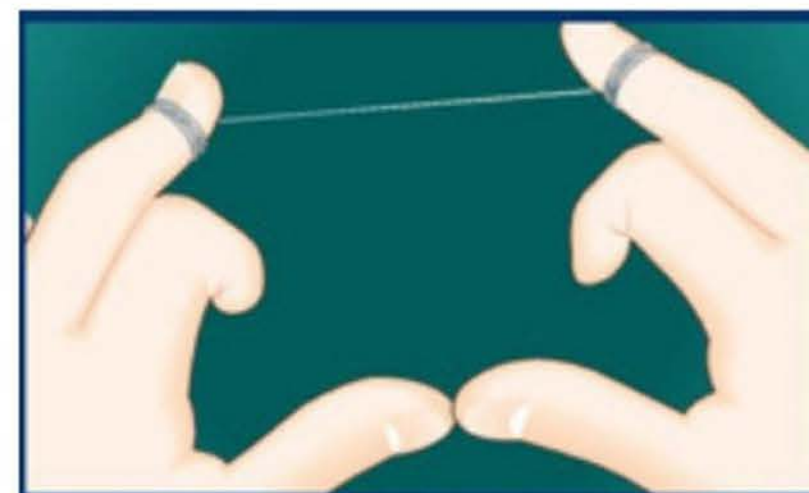
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Brushing and Flossing Tips

Brushing



1. Brush at least twice a day for at least two minutes.
2. Use a soft toothbrush and a small amount (pea-sized) of fluoride toothpaste.
3. Brush from your gums towards the chewing surface or in small circular motions.
4. Brush all surfaces and your tongue.
5. Don't share your toothbrush.
6. Replace your toothbrush when it is worn (about three months) or after illness.



Flossing

1. Floss reaches between your teeth where your toothbrush can't to clean all surfaces of your teeth.
2. Floss at least once a day between all teeth.
3. Talk to your dentist for tips on how to use floss.



MEMBER OF THE CANADIAN DENTAL ASSOCIATION

For more information talk to your dentist
or visit **yourdentalhealth.ca**.

Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty
of vegetables
and fruits

Eat protein
foods

Make water
your drink
of choice

Choose
whole grain
foods



Discover your food guide at

Canada.ca/FoodGuide

SṪÁUTW Education Department *Introducing Our team*

"We are very grateful to be invited into the SṪÁUTW Nation to provide speech therapy, occupational therapy, and music therapy to the community's children and youth. We look forward to building relationships and providing accessible and culturally sensitive services in your community. Here's a little bit about our services!



Amber Morgan - Speech-language pathologist (SLP)

SLPs help with:

- speech sounds/pronunciation
- language: vocabulary, grammar, story telling, expressing thoughts etc..
- literacy/reading and pre-literacy skills
- stutter
- social language



Melissa Matthews -Occupational Therapist (OT)

OTs help with:

- sensory differences
- fine motor skills (e.g. printing, opening buttons)
- gross motor skills (e.g. coordination, climbing, riding a bike)
- delays/challenges with activities of daily living: feeding, toileting, dressing, bathing.
- play skills
- executive functioning skills: e.g. planning, prioritizing, completing tasks etc..



Deven Miles - Music Therapist (MT)

MTs help with:

- singing
- playing instruments
- exploring movement and emotions via music
- emotional and sensory regulation

SXEDJELI (HUMMINGBIRD) CHILDCARE CENTRE



Jocelyn Wilson
Childcare Supervisor

Hello!

My name is Jocelyn Wilson, and I am the new Supervisor of the SXEDJELI Childcare Program! I have early childhood education, child and youth care, and psychology in my educational background. I have worked with children and families from many different backgrounds and with many different needs. Most recently, I was working with Surrounded By Cedar Child and Family Services. I am grateful to be able to work with STÁUTW and help the children and families of the community thrive!

As the Language Nest transitions into the SXEDJELI Childcare Program, I am happy to support staff in providing SENĆOTEN and cultural learning opportunities to the children! Our staff includes members of the community with language and cultural expertise as well as childcare experience. Haley, Helena, Maui, Aleka, and Natania are here every day to support the children as they learn and grow! Our 1-2 Years program is full with a waitlist, and our 3-5 Years program still has room, so I encourage anyone who is interested to fill out the registration application for our No-Fee childcare program at the link here: [Register Now!](#). The program is open from 8am-5pm Monday to Friday, and if you have any questions, you can reach me at childcaresupervisor@tsawout.ca or 778-533-8763. Stay tuned for information about our Open House at the end of October!

I,TOTELNEW, ÁUTW AFTERSCHOOL PROGRAM

We are excited to kick off a new year with some refreshing renovations that provide a vibrant and inviting space for our community's children and youth. Our program is dedicated to fostering a safe, engaging, and enriching environment where learning and creativity thrive.

As we grow, we are currently seeking a passionate Learning House Supervisor to join our team and help guide our students in their afterschool adventures. We invite you to reach out with any questions or concerns you may have. Please don't hesitate to contact our Education Manager, Ellie Bartleman, at educationmanager@tsawout.ca or 250-652-9101 Ext 388.

We look forward to an amazing year together!



Larralee Sam - Language Teacher

ÍY SŁÁCEL SIÁM NE SCÁLEĆE

STOŦFEMOT TŦE NE SNÁ ĆSE LÁ, E SEN ET BOKEĆEN

ĆAI SEN LÁ, E TŦE SŦÁUTW I, TOTELNEW, ÁUTW. WUCIST SEN TŦE SENCOTEN SKÁL ĆENTOL TŦE SŦELITKEŁ.

Hello, my english name is Larralee Sam, I come from Pauquachin First Nation.

I have been working in SŦÁUTW community for 7 years. This school year i will be working in the Learning House teaching Culture and Language.

I look forward to the year ahead with the children and community.



Carol Ann Pelkey

Education Assistant - Primary Class

Carol Ann started working in the SŦÁUTW I,TOTELNEW, ÁUTW as a one to one support worker. She has been working as an Education Assistant in the primary classroom for a year.

Unfortunately, she couldn't be here to write her introduction. From what we can see, she loves working with the kids, and is committed to supporting a happy, healthy learning environment.



Chelsea Joe-Thompson

Education Assistant - Primary Class

Hello, my name is Chelse Joe-Thompson. I am from Tla-o-qui-aht and Huu-ay-aht First Nations. I started working with SŦÁUTW First Nation in the middle of January 2024 as an education assistant. I enjoy getting to know the kids and families.



Asheya Underwood
Education Assistant
Intermediate Class

Hello! My name is Asheya Underwood. I am First Nation, from the W̱SÁNEĆ Territory as well as Southern Tutchone from the Yukon. I'm super excited to be an Education Assistant at SᑭÁUTW First Nation! I love supporting students on their learning journeys and creating an inclusive space for everyone!



Leslie Arrance
Education Assistant
Intermediate Class

Hi, my name is Leslie Arrance, and I have been working with SᑭÁUTW as an Education Assistant for about a year. I love working with the kids and getting to know the parents in the community.



Jamie Dowdles
Education Assistant
Intermediate Class

Hello, my name is Jamie Dowdles, and I recently started working with SᑭÁUTW First Nation as an Education Assistant. I am excited about the opportunity to work with and get to know the kids in the community.



Heather Lagis
Education Executive Assistant

Hello, my name is Heather Lagis. I am from Ahousaht, Hesquiaht and Muchalaht First Nation. I have been working with SᑭÁUTW First Nation as an Executive Assistant in the Education Department since the end of February 2024. It has been great to be a part of the community and to get to know all the kids.

Fisheries Department Updates



“Kurt Grinnell Aquaculture Scholarship Foundation (KGASF) scholarship application period is now open. Each year we award a number of scholarships that have ranged from \$1,000 to \$8,000 (U.S. Dollars) each. These scholarship awards are unrestricted, meaning that recipients can use the funds for any purpose to advance their studies -- tuition, books, rent, groceries, transportation, etc.

To qualify, students or prospective students must be an enrolled Member of a Tribe or First Nation, Metis, Inuit or Alaskan Native group and be enrolled to study aquaculture or a closely related field at a university, community college or a technical or trade institution. Applicants must follow the instructions on the KGASF website where more information is available: <https://kurtgrinnellscholarship.org/scholarship-application-2/> -

Over the past three years, the KGASF has awarded over \$50,000 in scholarships. Students receiving these scholarships have been Members of the Yakama Nation in Washington State, the Keweenaw Bay Indian Community in Upper Michigan, the Wahnapiitae First Nation in Ontario, Canada, the Yurok and Karok Tribes in Northern California and the Chugach Alaska Corporation and Native Village of Eyak, Alaska.

Please help spread the word -- if you know of any qualified and deserving students, please make them aware of our scholarship program. Likewise if you know of educators, administrators or natural resource managers who may, in turn, know of qualified students, please let them know about this scholarship opportunity.”

STÁUTW FISHERIES PRESENTS

Invasive Plant Removal Event

October 16, 2024

Part 2 - Coastal Sands Restoration with CRD



KEXMIN - Native Plant Species

Also known as Indian Consumption Plant

Native plant seeds can live in the ground for up to 200 years!

Agenda

- 9:00am-9:15am - Meet & Greet
- 9:15am-9:45am - Elder Cultural Protocol & Blessing
- 9:45am-10am - Transition to Removal Site
- 10am-11:30am - Invasive Removal
- 11:30am-12pm - Biomass Removal
- 12:00pm - Closing



A mature Scotch Broom plant can live up to 25 years and produce seeds that can survive in the soil for 30 years.

Sign-up today! Free!

- Meet near Sewage Treatment Plant
- Parking Available!
- Tools, gloves, coffee & snacks provided!
- Bring a water bottle, water station available!
- Dress for the weather in work clothes!



For more information, Please Contact:

Adrian,
Tsawout Fisheries Coordinator
250-652-9101, ext. 324





FORAGE FISH SURVEY TECHNIQUES



830 – 530pm

Vancouver

Oct 23, 2024

Stanley Park

\$320

Nanaimo

Oct 30, 2024

Vancouver Island University

\$300

The Coastal Forage Fish Network is hosting two one-day workshops to introduce development considerations and survey methods for projects that may impact beach spawning forage fish.

Topics covered will include ecology, habitat needs & assessments, presence surveys, results interpretation, resources, and a mini-field trip to apply and practice the skills discussed.

Register at

<https://projectwatershed.ca/>



Jacqueline Huard
Project Watershed
MSc, R.P. Bio

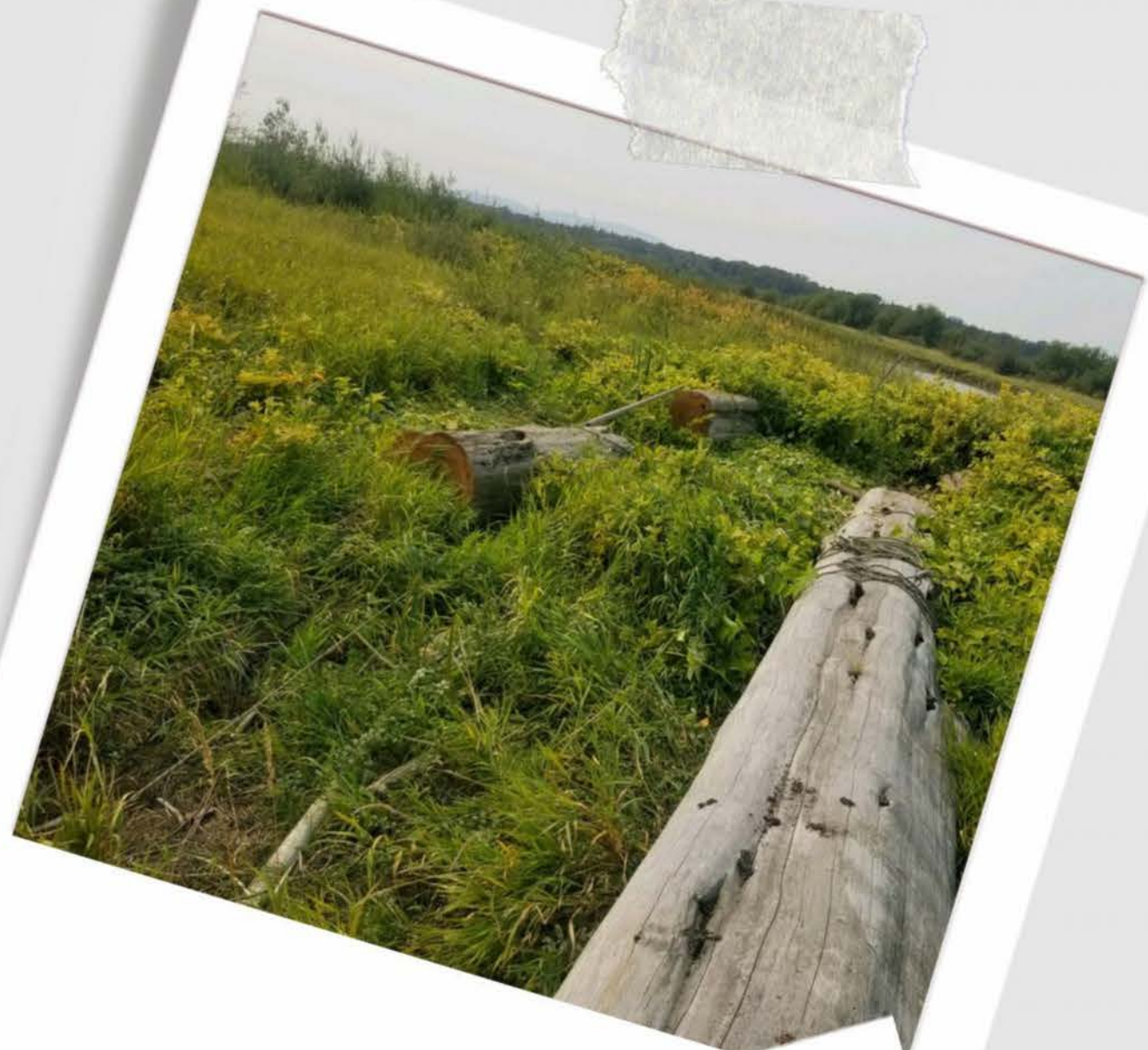
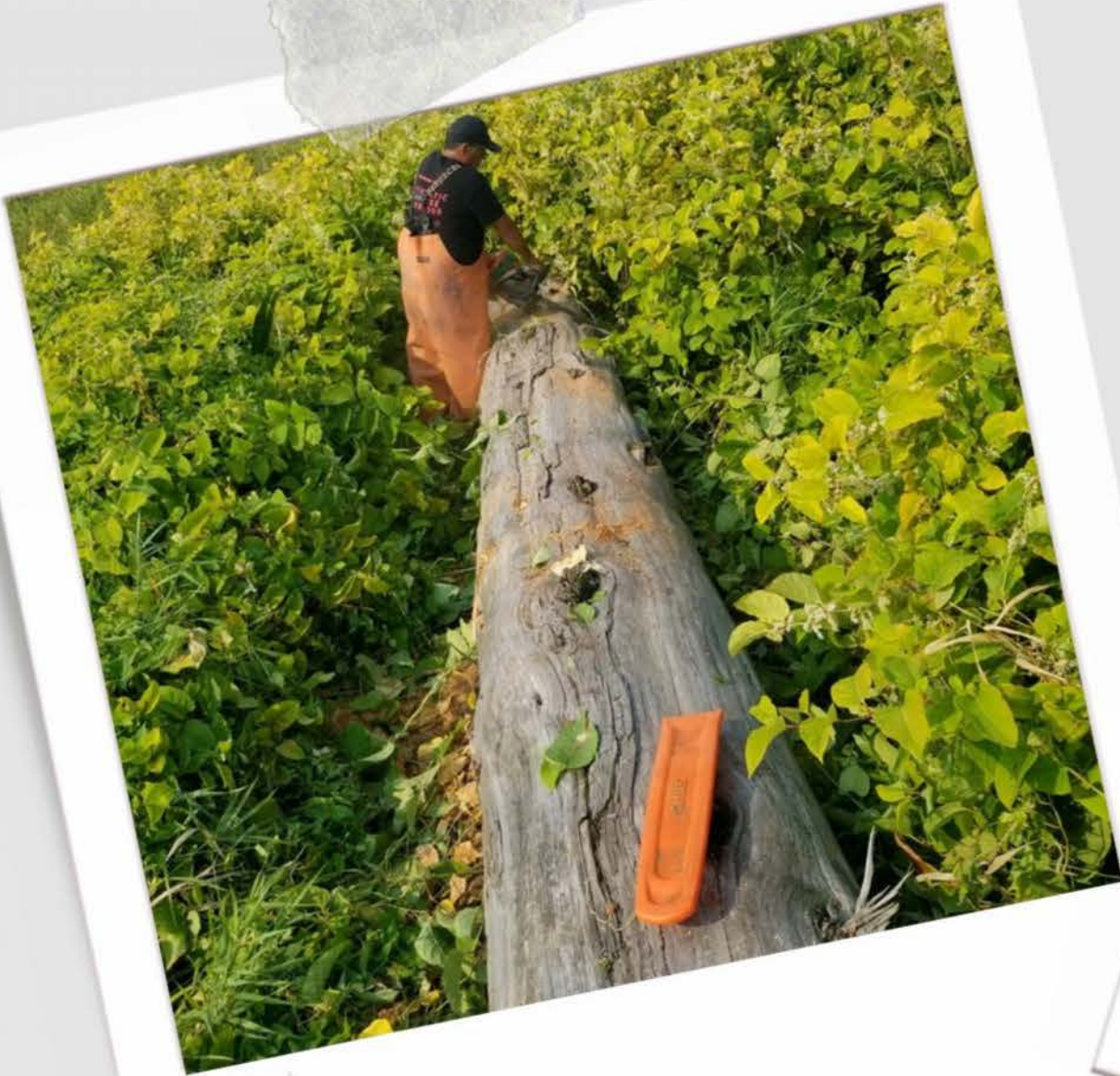


Alanna Vivani
MABRRI



Kyle Armstrong
Peninsula Streams Society
CERP, M.Sc

Reef Net Revitalization Project **UPDATE**



WE HAVE NOW PROCURED A LOG TO BEGIN THE BUILD OF OUR FIRST CANOE FOR THIS PROJECT. A DESIGN CONCEPT IS ALSO UNDERWAY, AS WE WORK ALONGSIDE AN ARCHITECT/ENGINEER TO ENSURE OUR CANOE STORAGE STRUCTURE IS BUILT TO LAST FOR MANY GENERATIONS TO COME! IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT: JENNIFER CLAXTON, REEF NET REVITALIZATION PROJECT COORDINATOR AT RNRPCOORDINATOR@TSAWOUT.CA



Tsawout Fisheries
Site-Visit to
S₁ELEKTEŁ Estuary
Goldstream River
to survey last month.
This beautiful place is
abundant in Native
plants, spiders, several
salmon species and we
even saw a beaver dam!!!



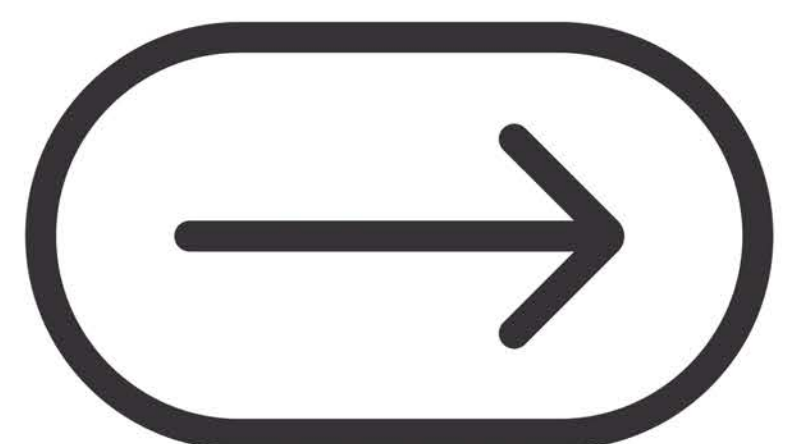
Lands Update

STÁUTW First Nation is conducting a Cumulative Effects Study, and seeking information from its members about how cumulative effects have impacted STÁUTW land and marine use on the mainland. We want to understand how past, present, and future development projects and human activities alter the ability of STÁUTW First Nation members to exercise their rights. Your participation in this survey will help us identify STÁUTW knowledge and use of the mouth of the Fraser River, Point Roberts, the Nicomekl River, the Salmon River, the Serpentine River, and other important places on the mainland, as well as how people travelled to and from the mainland from STÁUTW.

Your information will be kept confidential and held by STÁUTW First Nation. Your information may be used to inform memo(s) and/or report(s) for the Study, associated maps, and other reports to preserve the STÁUTW First Nation's cultural heritage, history and rights. Survey results will be anonymized if shared with the community or other parties. We are grateful for your knowledge and are committed to treating it with respect.

If you have any questions about this survey, please contact [Bridget Irving at fisheriesreferrals@tsawout.ca](mailto:Bridget.Irving@fisheriesreferrals@tsawout.ca). If you would like support in filling out this survey please contact Bridget Irving at fisheriesreferrals@tsawout.ca or 250-652-9101 extension 322. STÁUTW administrative staff will coordinate having someone come to your home to assist you in filling out the survey.

QR Code and Link on next page! Enter for a chance to win a \$100 gift card to Save on Foods!










HÍSWKE for taking the time to fill out this survey! SṪÁUTW First Nation members that complete this survey will be entered to win a \$100 gift card to Save-on Foods. The survey takes an average of 15-20 minutes to complete, and the deadline for submission is October 22nd, 2024.



<https://www.surveymonkey.com/r/TsawoutFirstNationIndigenousLandandMarineUseSurvey>

October Garbage, Compost & Recycling

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|--|-----------|----------|--------|----------|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 <div> <div>   </div> </div> | 8 <div> <div>  </div> </div> | 9 | 10 | 11 | 12 |
| 13 | 14 <div> <div>   </div> </div> | 15 | 16 | 17 | 18 | 19 |
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| 27 | 28 <div> <div>   </div> </div> | 29 | 30 | 31 | | |

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.