

# STÁUTW FIRST NATION\*

NEWSLETTER

[www.tsawout.ca](http://www.tsawout.ca)

DECEMBER 2024



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

STÁUTW Wellness hosted the Annual Island Elders Luncheon. This years theme was 60s/70s! Many Elders came from all up the Island, Mainland, and even Mexico! We look forward to hosting next year.

## Inside this issue:

- P/02. Community Closure + Contacts
- P/03. Community Christmas Dinner
- P/04. Christmas Hampers
- P/05. Health Update
- P/09. Wellness Resources + Update
- P/16. Education Update
- P/17. Headstart Calendar
- P/18. Fisheries Update
- P/24. Garbage, Compost + Recycling





**STÁUTW FIRST NATION**

**STÁUTW Band Office will be closed  
December 20th, 2024 and will re-open  
January 6th, 2025.**

**Have a Merry Christmas  
and a Happy New Year!**

**Community Emergency Contacts - Christmas Break 2024**

Public Works Services and Public Buildings	Micah Claxton	778-587-4059
Governance Admin.	Becky Wilson	250-216-4358
Wellness	Maryann Sam Shezell Sam	250-507-5185 236-668-8510
Health Director	Bonnie Seward	250-532-0725
Social Development	Angelina Garcia	778-350-8758
Housing	Joe Curly	250-508-3444



STÁUTW FIRST NATION

# Community Christmas Party

December 11, 2024

5 PM to 8 PM



IN STÁUTW GYMNASIUM



PICTURES WITH SANTA, PHOTO  
BOOTH, GIFTS, GOOD FOOD AND  
GOOD COMPANY!

*See you there!*





STÁUTW FIRST NATION

# CHRISTMAS TURKEY HAMPER DISTRIBUTION

December 12 and 13, 2024

At the Wellness Building

\*More info to be announced

If you have any questions, please contact  
Wellness at 250-652-8353



# Health Update

**2024**

**HOW PHARMACISTS CAN HELP YOU**

**2024**

- **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.

**STAUTW Health Dept.**

<b>Health Director - Bonnie Seward</b> <a href="mailto:HealthDirector@tsawout.ca">HealthDirector@tsawout.ca</a>	
	(250) 532-0725

**Home Care:**

Saanich First Nations Adult Care Society (SFACS)	(250)544-1627
Island Health Community Clinician Access Line	(250)388-2273 1-888-533-2273 Hours: 8:30am-10:30pm

**Pharmacy:**

Brentwood Bay Pharmasave	(250) 652-1235 Hours: 9am-8pm
Joe's Family Pharmacy	(778)426-2420 Hours: 8am-6pm
HealthLinkBC Pharmacist	8-1-1 Hours: 5pm-9pm Daily

**Public/Community Health: Immunizations, Communicable Disease, etc.**

Public Health	(250) 544-2400 Flu Hotline: (250)544-7676 ext. 27545
Community Health - Peninsula Health Unit	(250) 544-2500
Saanich Peninsula Primary Care	(250) 544-2420 Hours: 8:30am-4:00pm
After Hours Primary Care- Downtown Victoria Urgent and Primary Care Centre	1-833-688-8722 Hours: M-F 5pm-8:30pm, Saturday 9am-2pm, closed Sundays and Holidays *No walk-ins available*

**Nursing and Pharmacy Hotline:**

Nursing Questions & After-Hours Pharmacy Support	8-1-1 Nursing Hours: 24/7 Pharmacy: 5pm-9pm Daily
--	---

**PBC Benefit Access:**

First Nations Health Authority Pacific Blue Cross Benefits	1-855-550-5454
--	----------------

**Indigenous Liaison Nurses/Indigenous Patient Navigators:**

<p>Saanich Peninsula</p>	<ul style="list-style-type: none"> <li>• Main Office Phone: <a href="tel:250-652-7590">250-652-7590</a> <ul style="list-style-type: none"> <li>◦ Jane Fox, RN - Indigenous Liaison Nurse (ILN) Monday to Friday, 8:30 a.m. – 4:30 p.m. Cell: <a href="tel:778-677-0774">778-677-0774</a> <a href="mailto:jane.fox@islandhealth.ca">jane.fox@islandhealth.ca</a></li> <li>◦ Lucia Bartleman - Indigenous Patient Navigator (IPN) Monday to Friday, 8:30 a.m. – 4:30 p.m. Cell: <a href="tel:250-217-6407">250-217-6407</a> <a href="mailto:lucia.bartleman@islandhealth.ca">lucia.bartleman@islandhealth.ca</a></li> </ul> </li> </ul>
<p>Victoria General</p>	<ul style="list-style-type: none"> <li>• Main Office Phone: <a href="tel:250-727-4543">250-727-4543</a> <ul style="list-style-type: none"> <li>◦ Cody Kirkpatrick, RN - Indigenous Liaison Nurse (ILN) Saturday to Monday, 8 a.m. – 4 p.m. Cell: <a href="tel:250-217-0934">250-217-0934</a> <a href="mailto:cody.kirkpatrick@islandhealth.ca">cody.kirkpatrick@islandhealth.ca</a></li> <li>◦ Cathy Condy, RN - Indigenous Liaison Nurse (ILN) Tuesday to Friday, 10 a.m. – 6 p.m. Cell: <a href="tel:250-580-3920">250-580-3920</a> <a href="mailto:catherine.condy@islandhealth.ca">catherine.condy@islandhealth.ca</a></li> <li>◦ Simi Ono, RN - Indigenous Liaison Nurse (ILN) Variable schedule Cell: <a href="tel:250-588-0348">250-588-0348</a> <a href="mailto:simi.ono@islandhealth.ca">simi.ono@islandhealth.ca</a></li> </ul> </li> </ul>
<p>Royal Jubilee</p>	<ul style="list-style-type: none"> <li>• Main Office Phone: <a href="tel:250-370-8847">250-370-8847</a> <ul style="list-style-type: none"> <li>◦ Jane Estey, RN, MN NP - Indigenous Liaison Nurse (ILN) Monday to Friday Cell: <a href="tel:250-516-9394">250-516-9394</a> <a href="mailto:jane.estey@islandhealth.ca">jane.estey@islandhealth.ca</a></li> <li>◦ Alex Copley, RN - Indigenous Liaison Nurse (ILN) Casual coverage Cell: <a href="tel:250-812-1464">250-812-1464</a></li> <li>◦ Amber Louie, RN, MN - Indigenous Liaison Nurse (ILN) Monday to Friday, 8:30 a.m. – 4:30 p.m. Multi-site Coverage Cell: <a href="tel:250-480-8333">250-480-8333</a> <a href="mailto:amber.louie@islandhealth.ca">amber.louie@islandhealth.ca</a></li> <li>◦ April Hautaluoma, RN - Indigenous Liaison Nurse (ILN) Casual Coverage Cell: <a href="tel:250-812-1464">250-812-1464</a> <a href="mailto:april.hautaluoma@islandhealth.ca">april.hautaluoma@islandhealth.ca</a></li> </ul> </li> </ul>



TSAWOUT HEALTH & SAANICH  
PENINSULA PUBLIC HEALTH

# FLU & COVID CLINIC

---



Thursday December 5th

11:30-4:00

7728 Tetayut Rd

Multipurpose Room

Come on out for an influenza  
and/or Covid vaccination to  
protect our community through  
the 2024/2025 season!



# 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](http://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](http://twcrecoverylife.org))

### **Here are other resources:**

Parents Forever: Index ([parentsforever.ca](http://parentsforever.ca))

Service Directory across BC: Helpline Services - United Way British Columbia ([uwbc.ca](http://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.”

## Victoria Counselling Supports Resource Information

### Low Cost or Free Counselling Services

**Community Counselling:** These agencies generally provide counselling on a sliding-scale basis, and some offer free services.

- Citizens Counselling Centre - individual counselling and couples counselling - 941 Kings Rd – (250)-384-9934
  - Esquimalt Neighbourhood House – 511 Constance Rd - (250)-360-0644
  - Beacon Community Services (serving the Saanich Peninsula) – (250)-656-0134
  - South Island Centre for Counselling – 3821A Cedar Hill Cross Road - (250)-472-2851
  - Sooke Family Resource Centre (for Sooke Residents) – (250)-642-5152
  - Pacific Centre Family Services (serving the Westshore) – 345 Wale Rd – (250)-478-8357
  - Cascadia Counselling (1:1 and groups including anger management) – #300–755 Queens Ave - (250)-590-7050 (no longer offering sliding scale as of April 2023)
  - Victoria Sexual Assault Centre - trauma counselling, crisis support, group counselling for women and trans people. #200-754 Broughton St - (250)-383-3232
  - Men’s Therapy Centre [ former Men’s Trauma Center] – Individual trauma counselling, men’s groups – #102-1022 Pandora Ave - (250)-381-6367
  - 1Up Single Parent Resource Centre – range of supports for single parents, including free counselling, groups, practical supports. 2001 Douglas St - (250)-385-1114
  - Victoria Native Friendship Centre –Indigenous focused counselling, groups, support. 231 Regina Ave – (250) - 384-3211
  - Victoria Hospice – (250)-370-8868, groups and 1:1 counselling, BC Bereavement Line – 1-877-779-2223
  - Her Way Home - Health care and social support for pregnant and parenting women who are affected by substance use, mental health issues, and/or violence (250)-519-3681
  - The Foundry – ages 12-24 – confidential medical services, counselling, psychiatry – 919 Douglas St – (250)-383-3552
  - Esquimalt Military Family Resource Centre – programs and services for military members and their families - (250)–363-2460
- **Employee and Family Assistance Program/Extended Health Benefits:** If you have access to counselling through an EFAP, we encourage you to access this benefit while waiting for your intake appointment. There is usually a toll-free number for you to call to arrange an appointment. Services are confidential – your employer would receive no record of your counselling sessions.
  - **Student Services :** If you are a student at UVic or Camosun, you have access to counselling through campus Counselling Services. UVic also has psychiatry services for students through the campus Health Services. Health and Counselling services can also assist with any academic accommodations that you may need.
  - **Eating Disorders Program:** The Eating Disorders Program accepts self-referrals. They can be reached at (250)-387-0000
  - **Mental Health Recovery Partners:** Services, peer and family support, information – Regardless of diagnoses – (250) 384-4255
  - **Together Against Poverty Society (TAPS)** - #302-895 Fort Street - (250) 361-3521

### Support for Substance Use:

- **Addictions Outpatient Treatment and Withdrawal Management Services:** Counselling, groups, psychiatry. Drop in Substance Use Intake at 1119 Pembroke Street daily 1pm, first come first served; booked appointments also available. Sobering and Assessment Centre at 1125 Pembroke Street, which is open 24 hours a day, 7 days a week. For more information please call (250)-213-4444.
- **Substance Use Services for West Shore residents** is self-referral via **Pacific Centre:** (250)-478-8357
- **Connections Group:** Welcoming, safe, accessible group for people who are considering reducing or stopping substance use and have questions about services. Family members, friends welcome. Please call Umbrella Society at (250)-380-0595 for information – or look at their website under groups. Service is now via Zoom.
- **Umbrella Society:** Provides support, education, and advocacy for people affected by addiction and mental health issues. (250) 380-0595, Web: <http://www.umbrellasociety.ca> There are many groups including SMART Recovery, delivered via Zoom.
- **Alcoholics Anonymous:** (250)-383-7744
- **LifeRing:** (250)-920-2095
- **Al-Anon:** Support for friends and family of problem drinkers - (250)-383-4020

### Private Counselling Services

- **BC Association of Clinical Counsellors:** Online search agents help to connect you with a Registered Clinical Counsellor (RCC) in your area. May be covered by extended health benefits – Web: <http://bc-counsellors.org/>
- **BC Psychological Association:** Online search agents help to connect you with a Registered Psychologist in your area. Services may be covered by extended health benefits – Web: <https://www.psychologists.bc.ca/>

### Group Supports:

- **Bounce Back:** Program includes self-help activities and telephone coaching to help clients work on mild/moderate depression and/or anxiety symptoms. Ages 15+ Speak to your family doctor for a referral - Web: <http://www.cmha.bc.ca/programs-services/bounce-back/>
- **CBT Skills Group:** Eight-week Cognitive Behavioural Therapy (CBT) Skills Group for patients who are suffering with mild-moderate or remitted depression and anxiety. Speak to your family doctor for a referral – (778)–746-1705 Web: <https://www.divisionsbc.ca/victoria/CBTskillsgroup>
- **BCalm Group – The Art of Living Mindfully:** Eight week course provides participants (21+ y/o) with a firm grounding in mindfulness based strategies useful in navigating stress and in recognizing patterns of thought, speech and behavior that may be contributing to stress and suffering. Speak to your family doctor for a referral. Web: <http://www.bcalm.ca/>
- **Anxiety Management Support Group:** meets at Island Community Mental Health, 125 Skinner Street, Bridge Room – (250) 389-1211. Led by registered Psychologist. Free, drop in - no referral needed. Every Thursday from 6:30 pm – 8:00 pm. Web: <http://group.breezi.com>
- **Mood Disorders Support Group:** meets at Island Community Mental Health, 125 Skinner Street, Bridge Room – (250) 389-1211. Led by registered clinical counsellor. Free, drop in – no referral needed. Every second Tuesday from 7:15 pm – 9:30 pm.
- **Borderline Personality Disorder Support Group:** meets at 125 Skinner Street, GROW Room – 250-383-5144. Led by individuals in recovery from BPD and family members of those with BPD. By donation. Every Wednesday from 7-9pm.
- **Women’s Adult Support Group:** A peer support group delivered by the Stigma-Free Society. The group is unique in that it consists of a small number of female participants 25+ who live with a mental health condition such as bipolar disorder, schizophrenia, anxiety and/or depression. You do not need an official diagnosis to attend; any mental health concerns are welcome. Meets at the Fernwood Community Centre @ 1240 Gladstone Avenue, Tuesdays 7-8:30pm. For more details and to contact about attending, please visit <http://stigmafreezone.com/programs/womens-adult-support-group/>
- **Strengthening Families Together** – through MHRP/formerly BCSS. 10 session course to help families gain information, develop strategies, and build contacts to better help their loved one or friend with a serious mental illness such as schizophrenia, bipolar disorder, major depression with/without addiction. Twice per year. Fall & Spring. [www.mhrp.ca](http://www.mhrp.ca)
- **Mental Health Recovery Partners** (formerly BCSS) – offers several free groups for individuals and families of those with mental illness with/without addiction. Call or visit their website for more information - 250-384-4225. [www.mhrp.ca](http://www.mhrp.ca)
- **Citizens Counselling Centre** – Groups such as Self-Esteem, Anger Management, Stress, Anxiety, Depression, Art Therapy, etc. are offered three times each year. TO REGISTER: Call 250-384-9934 10am-4pm weekdays. Fees are on a sliding scale based on family income.

### Online Resources:

- MoodGYM (<https://moodgym.anu.edu.au>) is a free self-help program to teach cognitive behavior therapy skills for coping with depression and anxiety.
- Anxiety BC (<https://www.anxietybc.com/>) – self-help strategies, information, videos, Mind-Shift app downloads.
- Canadian Mental Health Association ([www.cmha.ca](http://www.cmha.ca)) – education, resources, support.

### Crisis:

- **Vancouver Island Crisis Line:** 1-888-494-3888. Online Crisis Chat for all ages is offered from 6:00 pm to 10:00pm Pacific Time, 7 days a week. Web: <http://www.viccrisis.ca/>
- **Kuu-us Crisis Line:** 24 hour crisis line for First Nations - 1800-588-8717

# Island Elders Luncheon - November 13, 2024



Continued on next page...



Continued on next page...

# Upcoming Elders Christmas Lunch

---



## Wellness Supports Wsanec Whalers

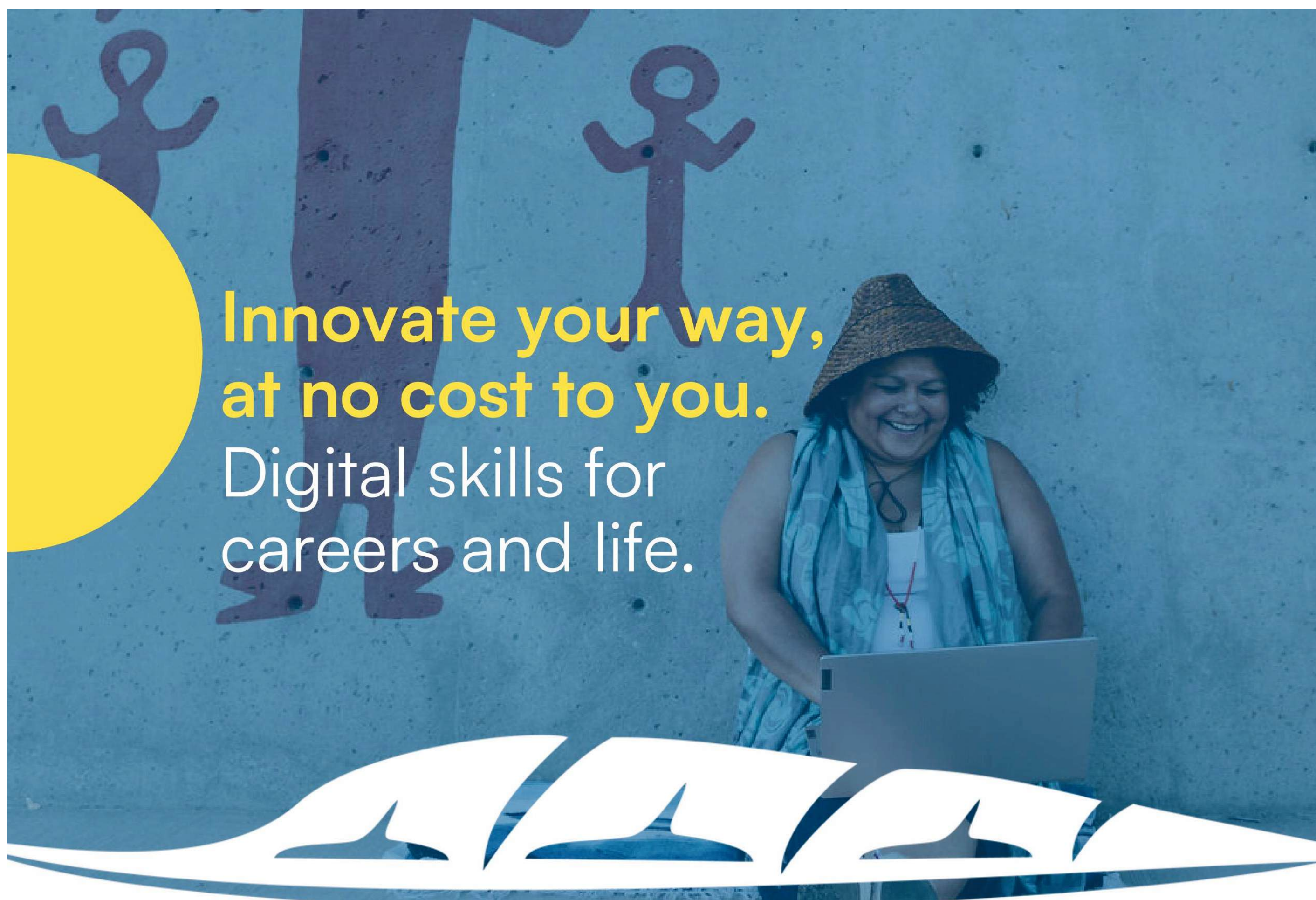
---



STÁUTW Wellness supported the local WSÁNEĆ Whalers Ball-Hockey league by providing and designing shirts with the Whalers logo, players numbers, and STÁUTW logo. The guys were able to show their new shirts off at their Tournament in Port Alberni on November 15 to the 16th.

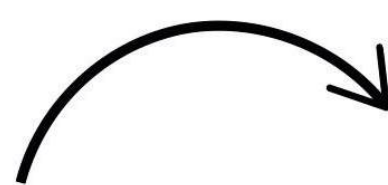


Just a reminder, there is a drop-in Hockey League on Sundays and Thursdays at STÁUTW Gymnasium in the evenings!



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](http://technologycouncil.ca) to apply



First Nations  
 Technology Council



# Head Start Calendar - December

## December 2024

YEYOSEŃ, ÁUTW



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 stars in strollers 1:15 - 3:30 star cinema Moana	6 Headstart Christmas Dinner 4-6pm in the auditorium	7
8	9 drop in crafts multi purpose room 11-2:00 PM	10	11 Community Dinner 3-8PM Gymnasium	12 Christmas play café crafts and movie 11:00am - 2:30pm	13	14
15	16 Head start fieldtrip butchart gardens 3:00PM - 6:00PM	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	Special activities	field trips		drop in crafts	
all activities are in the auditorium unless otherwise noted						

### IPCA Crab Surveys

The Tsawout Fisheries Department is still conducting monthly Dungeness crab surveys as part of the Indigenous Protected and Conserved Areas (IPCA) initiative. These surveys are critical for gathering data on crab populations within Tsawout's traditional territory. By monitoring population trends, size distributions, and habitat conditions, the Fisheries Department ensures informed management decisions that promote sustainable harvesting practices. This data not only supports the conservation of Dungeness crabs but also helps protect a key resource that has supported Tsawout for generations. Your continued support helps preserve this vital species and its role in our marine ecosystem.



## CAN-US-PAC

Tsawout First Nation Fisheries joined other First Nations and the Makah Tribe from Washington State to observe an international training exercise focused on responding to oil spills and environmental emergencies. Over three days, they worked with key agencies like the Canadian Coast Guard, U.S. Coast Guard, and environmental departments to learn how to handle oil spills—from reporting the incident to planning the cleanup and containing the damage using advanced tools like computer models.

This training showed how important it is for countries and communities to work together during disasters. It also gave participants a chance to see firsthand how oil spill response equipment is used and learn from experts.

For Tsawout First Nation, this training is a big deal. It helps protect the marine environment they depend on, prepares the community to respond quickly in emergencies, and opens doors for youth to pursue careers as marine guardians and environmental responders. This builds local expertise while ensuring future generations can safeguard their waters and lands.



Continued on next page...

## **WESELÁNEW**

ĆNIĒS İYAKS TFE SĆÁCEL ĆĒS ENÁ, ĆESĆOU TFE ĆEK SPWELO ĆNIĒ EN ŠW HOÍ ĆENS HÁQEW ĆNIĒ ENS LÁSET ĆENS SJELĆASEN.

ĆNIĒS PIWENS TFE STOĪLES TFE SKALÁNEW WSITEN ET WESELÁNEW SQÁ, ĆENS HÁUE İÁ, U TW OMET ŠW OL ĆENS KEPT TFEN SIĒEN STÁSEE E TFEN ÁLEN.

NI TFE YÁ, TÍYEL EMNIEN E TFE KEYIEĆ EĆ TUOS ĆESĆOU TFE NÁKE YÁ, TELSENETEN NĪ ĆS İYS TOLEN EWE ĆS KELELS SĪİKS TFE KEYIEĆ.

ĆNIĒS ĆERUSEŠ TFEN QEE WILNEW ĆNIĒ ENS LÁSET ĆENS MIĒE.

23



This information was gathered from the book TFE SĆELÁNEN ET WSÁNEĆ- “The Saanich Year” with the 13 moons of the WSÁNEĆ (Saanich) people. SĆELÁNEN stands for our year and ĆELÁNEN stands for our ancestors and our birtright as WSÁNEĆ people. ĆELÁNEN is our history, traditions, heritage and the knowledge that has been handed down for generations. Our ĆELÁNEN belongs to us as WSÁNEĆ people. There were two New Moons in November 2024. The first New Moon was PEKELÁNEW - The Moons That Turns the Leaves White and arrived on November 1st, 2024, and our next New Moon WESELÁNEW arrives on November 30th, 2024.

### **WESELÁNEW – MOON OF THE SHAKER LEAVES (November)**

The leaves are ready to fall. The wind comes. Turbulence is felt in the waters and the skies.  
The earth is cooling down.

### **CONNECTIONS AND BACKGROUND INFORMATION**

November derives its name from the Latin word ‘Novem’ meaning nine and was the ninth moon in the Roman year. This marked the beginning of Winter. Traditionally, the Anglo Saxons did their slaughtering now (letting blood) because the cold weather was conducive to preserving the meat of the animal/bird. In the WESELÁNEW moon, fishing was undertaken mostly in the safety of local waters. This was the time when big winds come and changed the season to Winter.

### **WEATHER**

The days became cooler and travelling in food gathering territory was limited. The winds that came with this moon were a signal to move to the winter village as the open sea became dangerous

Continued on next page...

## ECONOMIC ACTIVITIES

Most foods were now in storage for the Winter and fishing was done only close to the village sites. The Saanich Peoples formed hunting parties and moved West into the mountains to hunt elk. Elk were only hunted after the first snowfall as it was easier to track an elk if it was wounded. This way no meat would be wasted.

## CULTURAL ACTIVITIES

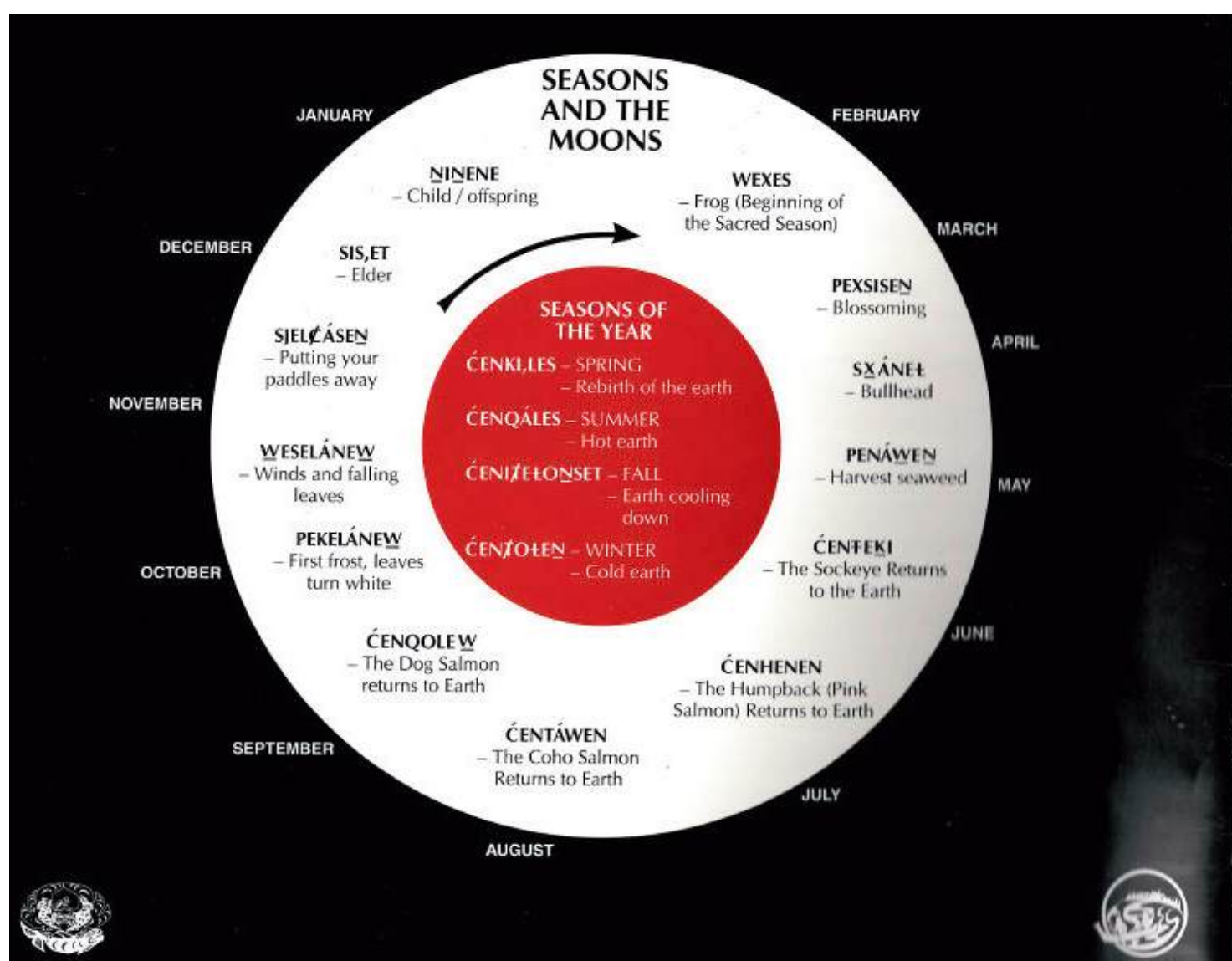
Winter fires were lit and this was the beginning of Winter gatherings.

## THINGS TO THINK ABOUT

- What seasonal changes occur where you live?
- How does the direction of the wind affect climate?
- What are the effects of pollution and global warming on fish and wildlife?

There are many exciting project items coming this new year with the Reef Net Project, including the canoes that are being built, Canoe Storage Structure, rekindling our Transboundary relationship with Lummi Tribal, following our 13 Moons because they tell us what is Culturally and Economically important during that time of the year, and much more! If you ever have any questions or ideas, please reach out to me.

HÍSWŪKE SIÁM HÁLE  
ĆASEMOT - Jennifer Claxton  
Reef Net Revitalization Project Coordinator,  
STÁUTW First Nations Fisheries  
nrpcoordinator@tsawout.ca  
250-652-9101, EXT. 334



Continued on next page...

## **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](mailto:fisheriescoordinator@tsawout.ca)). Let's work together to ensure a sustainable future for our community and our waters!



Continued on next page...



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!**



# December 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  	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.*