

STÁUTW FIRST NATION

NEWSLETTER

www.tsawout.ca

January 2025



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

Inside this issue:

- P/02. Elders Christmas Lunch Pictures
- P/05. Community Christmas Dinner
- P/06. AFOA Award
- P/08. Wellness Resources
- P/11. Education Update
- P/12. Headstart Calendar
- P/13. Fisheries Update
- P/20. Garbage, Compost + Recycling

STÁUTW Wellness welcomed our Elders for a Christmas Lunch on December 12th. They feasted, and were able to see Santa, as well as the Grinch and Buddy the Elf!

HAPPY
New Year

Elders Christmas Lunch - December 12, 2024







Community Christmas Dinner - December 11, 2024



AFOA - Band Administrator Award

Presented to

Dr. Christine Bird, Ph.D.

at

STÁUTW First Nation

Dr. Christine Bird came to Tsawout First Nation first as the Education Manager. Tsawout had exceptional volatility in the senior management position and was guided by an interim band manager. Dr. Bird applied for the CEO (Band Administrator), and she was the successful candidate out of 5 other applicants. Dr. Bird worked with Chief & Council to clarify their desired direction then set about developing a renewed strategic plan, update governance policies and hiring experienced and qualified staff in all positions in such a way that contributed to staff retention by removing the fear of being let go as soon as a new council is elected.

A systematic review of all departments followed which included an inventory of staffing, equipment and programming. This review also determined factors that were barriers to successful completion of departmental goals and brainstorming on how to remove these barriers. These reviews also highlighted educational gaps for managers and generous budgets and allowances were set up to encourage (and direct) staff training in all areas of need.

Continued on next page...

By showing the department managers that they had the support and confidence from their CEO, the department managers started to show more initiative by learning to understand their budgets, their sources of revenue and started to apply for more grants and funding agreements. More policies and procedures were implemented to organize and control job functions, while keeping sight of the need to make timely decisions and not get bogged down in red tape.

Dr. Christine Bird has come to Tsawout at a very critical time. Her heart and passion for the nation is very appreciated, she has created stability and the foundation for STÁUTWY to embark on a forward motion into many great opportunities.

Dr. Bird has supported the band through many successful initiatives!



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.”

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
- **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
- **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) – 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

Updated March 2019



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

Head Start Calendar - January

January 2025

NINENE - MOON of THE CHILD



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6 first day back	7	8	9 Play café 12pm - 2:30 auditorium	10 drop in crafts 12pm- 3pm multi purpose room	11
12	13 skating @ panorama 12:30-3:30pm rides available	14	15	16 Play café 12pm - 2:30 auditorium	17 drop in crafts 12pm- 3pm multi purpose room	18
19	20	21	22	23 Play café 12pm - 2:30 auditorium	24 drop in crafts 12pm- 3pm multi purpose room	25
26	27	28	29	30 Play café 12pm - 2:30 auditorium	31 drop in crafts 12pm- 3pm multi purpose room	1
2	3	first day	play café	drop in crafts	field trip	
<p>The face of the young man represents youth, a new beginning, the rebirth of the animal world, and the new edible shoots. This is the Saanich New Year. The moon's yellow hair is the returning light to the world.</p>						

Fisheries Update

Reconnect, Reflect, and Harvest: Tsawout Fisheries' Clam Digging Expeditions

Happy New Year, everyone! Tsawout Fisheries hopes you had a joyful holiday season filled with warmth and connection. As we step into the new year, we're excited to announce an upcoming opportunity to come together and celebrate the values that strengthen our community.

In the spirit of unity and tradition, Tsawout Fisheries will be hosting clam digging expeditions exclusively for Nation members. These outings are about more than just harvesting clams—they're about rekindling the bonds of family and friendship, fostering a sense of sharing and respect, and honoring our Elders by gathering and providing for them.

Details:

Date: Mid to late January (exact dates to be confirmed based on tides)

Location: Salt Spring Island, accessible via boat

Schedule: Departing from James Island Wharf around 8 PM and returning between 10–11 PM. The evening tides will provide the best conditions for digging.

These expeditions will focus on food harvesting to support our community's food security, not for sales purposes. It's a chance to reconnect with each other and with the natural resources that sustain us, while embracing the spirit of community and respect.

Sign-Up:

If you're interested in participating, please sign up by emailing **fisheriescoordinator@tsawout.ca** so we can best prepare for the expedition. Equipment will be provided, but if you have a favorite clam fork or tool, feel free to bring it along.

Let's come together, dig deep—both in the sand and in our hearts—and make these expeditions a meaningful way to start the new year.

If you have any questions, feel free to reach out to our Fisheries Coordinator – fisheriescoordinator@tsawout.ca

We look forward to seeing you there!

Continued on next page...



Tetayut Creek Survey Update

In December, the Fisheries team conducted a survey of Tetayut Creek. Staff explored the creek from its mouth upstream to Keating Cross Road, including some of its tributaries. The survey revealed promising habitat as well as areas in need of restoration. By building a deeper understanding of the Tetayut watershed, the Fisheries Department aims to support the revitalization of salmon populations in the creek.

Mixed Meat Distribution

In December, the Fisheries Department coordinated a mixed meat distribution to support Tsawout community members. A variety of meats were made available, ensuring families had access to nutritious options for the season. We appreciate everyone who helped make the distribution run smoothly and are pleased to see it benefit the community.

Continued on next page...

Tsawout Selected for Oceans Protection Plan Regulatory Roundtable

Tsawout First Nation has been honored with a seat at the Oceans Protection Plan Regulatory

Roundtable. This Indigenous-led

initiative aims to provide early and meaningful advice to shape Transport Canada's marine safety and environmental protection regulations.

The roundtable will leverage Indigenous knowledge and stewardship of the oceans, identifying gaps in the marine safety and environmental protection systems beyond those already recognized by Transport Canada.

It also seeks to strengthen relationships between Canada and Indigenous Peoples, fostering collaboration to protect Canada's oceans, the St. Lawrence Seaway, and the Great Lakes. Additionally, this process supports the Government of Canada's commitment to Truth and Reconciliation as outlined in the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) and the United Nations Declaration on the Rights of Indigenous Peoples Act (UNDA). Regional meetings will occur quarterly, while national meetings will be held bi-annually for a minimum of two days, with flexibility to extend as needed.

Marine Guardian Program Sign-Up – Repeat the same from the past 2 newsletters

Shellfish Aquaculture Project Sign-Up - Repeat the same from the past 2 newsletters

Assessing Marine Shipping Impacts in Tsawout Waters

Tsawout First Nation, alongside other South Coast First Nations, continues to collaborate with Transport Canada to assess the cumulative impacts of marine shipping within our territories. This partnership has been instrumental in building understanding and addressing the challenges posed by increasing vessel traffic and its implications for the health of marine ecosystems, cultural practices, and community well-being.

Continued on next page...

Currently, Tsawout is preparing to conduct a detailed assessment of these impacts within the QEN,T Marine Protected Area, with the findings anticipated to be finalized by March 2025. This assessment will play a critical role in shaping the development of a management plan for the area, ensuring that it reflects the priorities, values, and concerns voiced by the Tsawout community. Key issues include impacts on water quality, marine species, habitat degradation, and cultural resources, all of which are vital to the stewardship of Tsawout's traditional waters. Community input is essential to this process, and Tsawout invites members to share their thoughts and perspectives. If you are interested in participating, you can contribute through an in-person interview in early 2025. Your insights will help ensure that the management plan addresses the community's concerns and strengthens our ability to protect and manage our marine environment. Please contact **LaisChaves**, Fisheries Assistant Manager and Marine Use Planner at marineuseplanner@tsawout.ca, to express your interest or for more information on how you can contribute to this important initiative. Together, we can ensure a future where marine conservation and sustainable use align with Tsawout values and priorities.



Continued on next page...



Immersive Week!

STÁUTW First Nation Gym

COME AND JOIN US!

**Thursday:
January 9th, 2025:
6 PM - 8:30 PM**

Bannock & Tea Served

EXPERIENCE OUR PORTABLE PLANETARIUM!

JOIN US FOR FRIENDSHIP, FUN, AND SPIRIT OF THE SXWO'LE INDIGENOUS GUARDIANSHIP RECRUITMENT ACTIVITIES!



NINENE - MOON OF THE CHILD

Immersive Indigenous Learning through Planetarium Experiences with augmented lessons around the 13 Moons: Knowing Who I Am and Where I Come From curriculum.

WWW.WHITESWANENVIRONMENTAL.ORG

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). Let's work together to ensure a sustainable future for our community and our waters!



Continued on next page...



STAWOUT 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!



January 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.