

# STÁUTW FIRST NATION

NEWSLETTER

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

February 2025



STÁUTW Fisheries hosted Whiteswan Environmental and they shared a portable planetarium with our community. HÍSWKE Whiteswan Environmental!

## Inside this issue:

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STÁUTW FIRST NATION

# Coffee with a Cop

Ask questions about a policing career, parole, driving license, mental health resources, or just to have a coffee and chat!

**February 4, 2025**

**1 PM to 3 PM**

**Multipurpose**

**Room**





## Art Contest for W'SANEC Indigenous Youth Artists

### Contest Rules

1. Artist lives on the W'SANEC territory & is between the ages of 12-24 years
2. Artwork entries are due by March 7, 2025 (1 entry per person) & dropped off to Leslie Keenan at Shoreline's Sidney Clinic, 2379 Bevan Ave., Sidney. Please include your name, mailing address & phone number on the attached entry form & include it with your art
3. Winners will be contacted on March 14, 2025 & named on our website [www.shorelinemedical.ca](http://www.shorelinemedical.ca)
4. A prize of \$1,000 each will be awarded to 2 different artists
5. W'SANEC youth peers will judge the two winning entries
6. One sign is for the Brentwood Bay Clinic & one is for the Sidney Clinic
7. Finished art piece to be 16" x 20" to fit into a 20" x 24" frame
8. Artist chooses the type of art supplies they want to use
9. Wording on the art is to acknowledge the W'SANEC People & the land the clinic is built upon
10. In addition to the winning entries, a photo will be taken of each artist's work who entered the contest for display on the TV screens in the clinic waiting rooms.



Email [Lkeenan@shorelinemedical.ca](mailto:Lkeenan@shorelinemedical.ca) with any questions



**CONTEST**  
**\$1,000 Prize x2**

***Calling W'SANEC Indigenous  
Youth Artists!***

***TO CREATE LAND ACKNOWLEDGEMENT  
SIGNS FOR SHORELINE MEDICAL CLINICS***

***CONTEST CLOSES MARCH 7, 2025 4PM***



***2 Winners  
selected  
by your  
peer  
judges***

Contest rules & entry form attached  
Email [Lkeenan@shorelinemedical.ca](mailto:Lkeenan@shorelinemedical.ca)





**Art Contest for W'SANEC Indigenous Youth Artists – Entry Form**

Please complete this form and **include it with your art entry** when you drop it off for Leslie Keenan at Shoreline's Sidney Clinic, 2379 Bevan Ave., Sidney

Artist Name: (please print)

Artist Phone Number:

Artist Mailing Address:

Artist Email Address:

Provide a brief description of your art (in case the entry form becomes separated from the art piece)

**Reminder: Art entry deadline is March 7 2025**

Any youth interested in being a judge for the contest, please contact Leslie at the email below:

Email [Lkeenan@shorelinemedical.ca](mailto:Lkeenan@shorelinemedical.ca) with any questions

2-A 2379 Bevan Avenue, Sidney, BC V8L 4M9  
p. 250-656-4143 f. 250-656-9285  
[www.shorelinemedical.ca](http://www.shorelinemedical.ca)





STÁUTW FIRST NATION

# STÁUTW Community Craft Nights!

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**Feb 03 - March 31**

**Community crochet and knitting  
nights!**

**EVERY MONDAY!**

**5-8pm in the STÁUTW Wellness  
building**

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**EVERYONE IS WELCOME  
FROM BEGINNER TO PRO!**



# 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





# Blue Bus

*is now back!*

Tuesday's from 6:30pm - 8:00pm

Youth are invited to come to the Blue Bus for some games, full-on sports, God talks, yummy snacks, friendship, and even road trips!

**who?** Indigenous youth ages 12-18 from Tsawout, Tsartlip, Tseycum, Pauquachin, and Malahat are welcome!

**where?** the Tsawout Gym (7728 Tetayut Rd, Saanichton BC)

registration? all youth **MUST** register for 2025 before they can participate. scan the QR code to register online OR complete a printed form, you can get this form by checking with youth worker Emma or emailing Rick, contact information listed below.

Rick Wismer

[rickeyfcvictoria.com](http://rickeyfcvictoria.com) or 250-216-8287

Emma Winter Pelkey

[youthcoordinator@tsawout.ca](mailto:youthcoordinator@tsawout.ca) or 250-883-9936





# Education Update



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



First Nations  
Technology Council



# Head Start Calendar & Events

## February 2025

WEXES - moon of The frog (mid feb- march)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5 Staff training	6 Play Café 12pm- 2pm auditorium	7 Drop IN Crafts 12pm - 3:00pm Multipurpose room	8
9	10 IMAX: Arctic: Our Frozen Planet 11:15 am leave Movie @ 12pm	11	12	13 Play Café 12pm- 2pm auditorium	14 Valentines Day Party Auditorium	15
16	17	18	19	20 Play Café 12pm- 2pm auditorium	21 Drop IN Crafts 12pm - 3:00pm Multipurpose room	22
23	24 Training NC Consulting Solutions	25 training	26 training	27 training	28 training	1
		special event	play café	drop in crafts	STAFF TRAINING	Field Trip
2	3	Notes The frog on the face of the moon represents DOLUANW – the Keeper of the Sacred Season. It is time to gather foods and medicine. The Saanich People place cedar boughs in the water close to the shore, so that the herring will lay roe on them.				





# Valentine's PARTY

FEBRUARY 14

12PM - 2:30 PM

LOCATED IN THE TSAWOUT AUDITORIUM

hosted by tsawout headstart

FOR MORE  
INFORMATION PLEASE  
CONTACT  
JEWELIA 250-570-2823





**STAUTW first nation headstart**

# **IMAX DAY**

**[Arctic: Our frozen planet]**



**675 Belleville St, Victoria**

**Rides Available**

**Contact**

**Jewelia (250) 570-2823**

**Meagan (250) 936-4006**

**Leaving from behind  
the band office @ 11:00**



# Fisheries Update & Events

## The Saanich New Year Feb '25 Newsletter

### **Tetayut Creek Water Samples**

In January, the Fisheries Department continued its monthly water sampling efforts of the Tetayut Creek. Monitoring water quality throughout the year is crucial for understanding seasonal changes and creating an effective salmon restoration plan. These insights help us understand the fluctuations of water quality over the year, as well as when and where pollutants are entering the watershed. This deeper understanding of the water quality in the Tetayut will help up plan restoration efforts to provide healthy habitat for restoring salmon populations in the future.

### **IPCA Crab Surveys**

The Fisheries team conducted monthly surveys of Dungeness Crab within Tsawout's Marine IPCA (Indigenous Protected and Conserved Area). These surveys are part of an ongoing effort to monitor crab populations and assess the health of marine ecosystems within Tsawout territory. This critical data informs sustainable management practices and supports the protection of culturally and ecologically significant marine species.



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## Clam Digging Expedition

On January 24th, Fisheries Staff, and Tsawout Community Members travelled to Salt Spring Island for a clam digging expedition. Participants enjoyed the experience harvesting clams and connecting with the traditional practices of marine stewardship. The process of digging and turning over the beaches during harvesting loosens up the clam beds, promoting increased growth and abundance of clams—a traditional practice carried out by Tsawout peoples for many millennia. This expedition highlighted the importance of preserving marine resources while fostering community involvement in sustainable harvesting. Fisheries will be hosting and organizing more clam digs in the near future, stay tuned for upcoming announcements.

Planetarium



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## January 7-10, 2025

EMMA, STÁUTW YOUTH COORDINATOR AND SHYQUINTIN, STÁUTW YOUTH WORKER, ALONGSIDE A GROUP OF YOUTH FROM WHATCOM INTERGENERATIONAL HIGH SCHOOL (LOCATED IN BELLINGHAM, WA.) AND FOUNDERS/CO-FOUNDERS AND STAFF FROM WHITESWAN ENVIRONMENTAL, PARTICIPATED IN 4-DAYS OF INTERVIEW TRAINING WITH KWUSEN RESEARCH AND MEDIA LTD. THIS TRAINING WILL ENSURE THAT WE CAN BUILD CAPACITY AND HAVE OUR OWN STAFF AND COMMUNITY CONDUCTING INTERVIEWS IN COMMUNITY TO ENSURE OUR TEACHINGS ARE PASSED DOWN TO FUTURE GENERATIONS.

## January 9th, 2025

PLANETARIUM AT STÁUTW FIRST NATION - GYMNASIUM

HÍSŪKĒ SIÁM TO WHITESWAN ENVIRONMENTAL FOR SHARING THEIR PORTABLE PLANETARIUM WITH OUR COMMUNITY THROUGH THIS AMAZING IMMERSIVE TOOL THAT WE CAN UTILIZE TO SHARE OUR LANGUAGE, CULTURE AND TEACHINGS.

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On January 17th , Tsawout fisheries and the W̱SÁNEĆ Leadership Secondary School (WLSS)'s food sovereignty class headed out into the QEN,T Indigenous Protected and Conserved Area to do some collective learning and fishing together. Although we caught no fish on this windy day, we shared many stories and teachings about Tsawout's waters and marine relatives with one another that fed our minds and spirits. HÍSW̱KE WLSS for embracing this opportunity to collaborate, we were very encouraged meeting these young W̱SÁNEĆ leaders! We also hope that any and all W̱SÁNEĆ youth will consider applying for Tsawout fisheries' youth summer internship to continue their learning out on our waters (positions anticipated to be posted in ~May. Keep an eye out at <https://tsawoutfirstnation.talentnest.com/en>)



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## Learning & Reflections: Peyton Siah

During the internship with Tsawout Fisheries we have learned a lot of things, whether that is at the clam gardens of WENA, NEC, on the water or just here at the office we learn from some great knowledge holders, our coworkers. They have all taught us many things of what they all do within the department and it is really an awesome experience to be apart of. i never really grew up around being on the water or crabbing or anything like that occasionally fishing with my uncle when I was seven but getting to do work with the fisheries has been truly great getting to learn certain things around crab traps or doing plankton tows. with the coworkers I got to learn something new every day

Looking back on the internship as I am close to finishing up I truly am honoured to have had this opportunity that the fisheries department has given me it has been truly great, making memories with coworkers, connecting with new people because of the internship or as Logan would say "making our elder stories"



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# Learning & Reflections



## Logan Huber

Over the last couple of months, I have gained a lot of different skills, and every day working here at fisheries has been a fun learning experience. Some of my favourite parts of the summer have been learning how to take water samples and identify if there are any toxic algae through the microscope. Being out on the water has by far been the highlight of the summer and one of the reasons I was so drawn to the job. I had some experience on the water prior to the summer, but the fisheries team has taught me so much more and provided me with many opportunities, such as getting my Small Vessel Operator Proficiency course.



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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!**





STÁUTW FISHERIES PRESENTS

# Invasive Plant Removal Event

## February 12, 2025

Part 3 - 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!

The last two events we removed over 2,000 pounds of biomass!!!

**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!

### Agenda

- 1:00pm-1:15pm - Meet & Greet
- 1:15pm-1:30pm - Elder Cultural Protocol & Blessing
- 1:30pm-1:45pm - Transition to Removal Site
- 1:45pm-3:30pm - Invasive Removal
- 3:30pm-4pm - Biomass Removal
- 4:00pm - Closing



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













**For more information, Please Contact:**  
 Jennifer,  
 STÁUTW Fisheries Reef Net  
 Revitalization Project Coordinator  
 250-652-9101, ext. 324





# February Garbage, Compost & Recycling



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3  	4	5	6	7	8
9	10  	11 	12	13	14	15
16	17  	18	19	20	21	22
23	24  	25 	26	27	28	

**Garbage Pickup:** Garbage and compost is managed by CCR and picked up every Monday

**Recycling (Bi-weekly):** If your recycling is missed or not picked up, call Emterra at 250-385-4399. Call by 11:00 AM the next day and they'll most likely be able to do a pick-up. If later, it would have to wait until the next pick-up date.

*Reminder that the Heavy Garbage Program has ended. Please do not leave heavy garbage on the side of the road. We continue to clean up the dumpsite on Longhouse Road from the previous years programs. Please discard your heavy garbage at local metal recycle or Hartland Landfill.*