

STÁUTW FIRST NATION

NEWSLETTER

www.tsawout.ca

March 2025



On Valentines Day, February 14th, STÁUTW Youth group cheered on the WSÁNEĆ Whalers Ball hockey game hosted at Eagle Ridge in Langford. We had 10 youth in attendance.

Inside this issue:

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- P/07. Wellness - Upcoming Events
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Upcoming events



Shoreline Medical Sidney
2A - 2379 Bevan Ave, Sidney BC V8L 4M9
P 250-656-4143 | F 250-656-9285 | shorelinemedical.ca

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
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 with any questions

CONTEST
\$1,000 Prize x 2

***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



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 with any questions

2-A 2379 Bevan Avenue, Sidney, BC V8L 4M9
p. 250-656-4143 f. 250-656-9285
www.shorelinemedical.ca

**Monday, March 3rd to
Wednesday, April 30th**



INCOME TAX SPRING CLINIC

**DROP OFF YOUR TAX
DOCUMENTS TO EITHER
LOCATION**

SHOAL CENTRE

10030 Resthaven Drive, Sidney
250-656-5537

Monday - Friday: 9:00 am - 4:00 pm
Saturday: 10:00 am - 2:00 pm

CENTRAL SAANICH RESOURCE OFFICE

1209 Clarke Road, Brentwood Bay
centralsaanich@beaconcs.ca
Monday - Wednesday - Friday
10:00 am - 2:00 pm

CLINIC GUIDELINES



**Low to
Moderate
Income***



**Simple Tax
Situation**

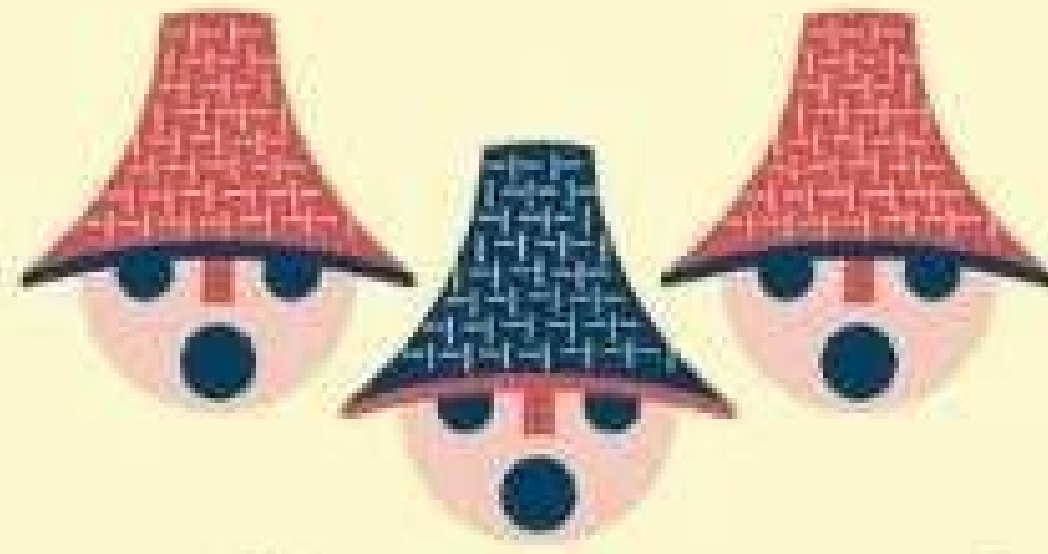


**All Ages
Welcome**



**Drop off only
No appts.**

Note: The CVITP tax clinic is run by volunteers and it is a drop off service only. No appointments. Taxes can take up to two weeks to complete. All volunteers are registered, screened and trained by the CRA.*Max of \$35,00 for singles and \$45,00 for couples



VNFC Joint Service Day

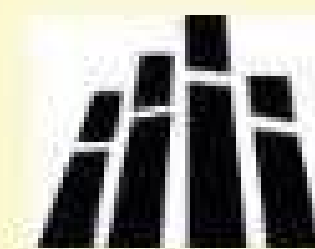
**March 5th, 2025 10am-4:30 pm in the
VNFC Gym**

Bringing a variety of external partners together for your convenience all in one place! Snacks, beverages, and hot lunch provided.

Services offered include:

- Status & ID Clinic - **email reception@vnfc.ca to register**
- CRA & Tax support
- Income Assistance Apps
- Summary Advice Clinic
- Housing Applications
- And more!!

email **cassidy.v@vnfc.ca** for more info





STÁUTW FIRST NATION

STÁUTW Community Craft Nights!

Feb 03 - March 31

**Community crochet and knitting
nights!**

EVERY MONDAY!

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

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

Choose the time that works best for you to
walk or run!

TC10K



TRAINING

WITH JOHN SAMPSON

We will meet outside of the Wellness building

every Monday @

12pm-1pm

and/or

4:30pm-5:30pm



Everyone
welcome!

NIL TU,O invites you to attend a

Caregiver Information Session

Tsawout First Nation

March 13th, 2025
4:30pm - 6:00pm

7725 Tetayut Road

Join us to learn how to become a NIL TU,O Caregiver and support children in our community. Refreshments will be provided!



What to Expect:

- Step-by-step guidance on how to become a caregiver
- Information about the roles and responsibilities of caregivers

RSVP to Sara Henry
shenry@niltuo.ca or call 778-679-5483



This event is open to Tsawout First Nations community members.



First Nations Child and Family Services and Jordan's Principle Settlement

The Claims Period for the Removed Child Class and their eligible Caregiving Parents or Caregiving Grandparents opens on March 10, 2025.

It's time to get ready.



Removed Child
Class



Removed Child
Family Class

Are you a First Nations individual who was removed from your home as a Child, on Reserve or in the Yukon, between April 1, 1991, and March 31, 2022, and placed into care funded by Indigenous Services Canada? Or are you the Caregiving Parents or Caregiving Grandparents of a Removed Child?

If so, you may be eligible for compensation under this Settlement.

Compensation is not yet available, but you can get ready to submit your Claim by ensuring you have:



valid
government-issued
identification



a mailing
address



a bank account
in your name for
compensation deposit

For more information about the Settlement and Claims Process, visit www.FNChildClaims.ca or contact the Administrator toll-free at **1-833-852-0755**.

Mental health counselling and crisis support is available to Class Members 24 hours a day, seven days a week, through the Hope for Wellness Helpline at **1-855-242-3310** or online at HopeForWellness.ca.

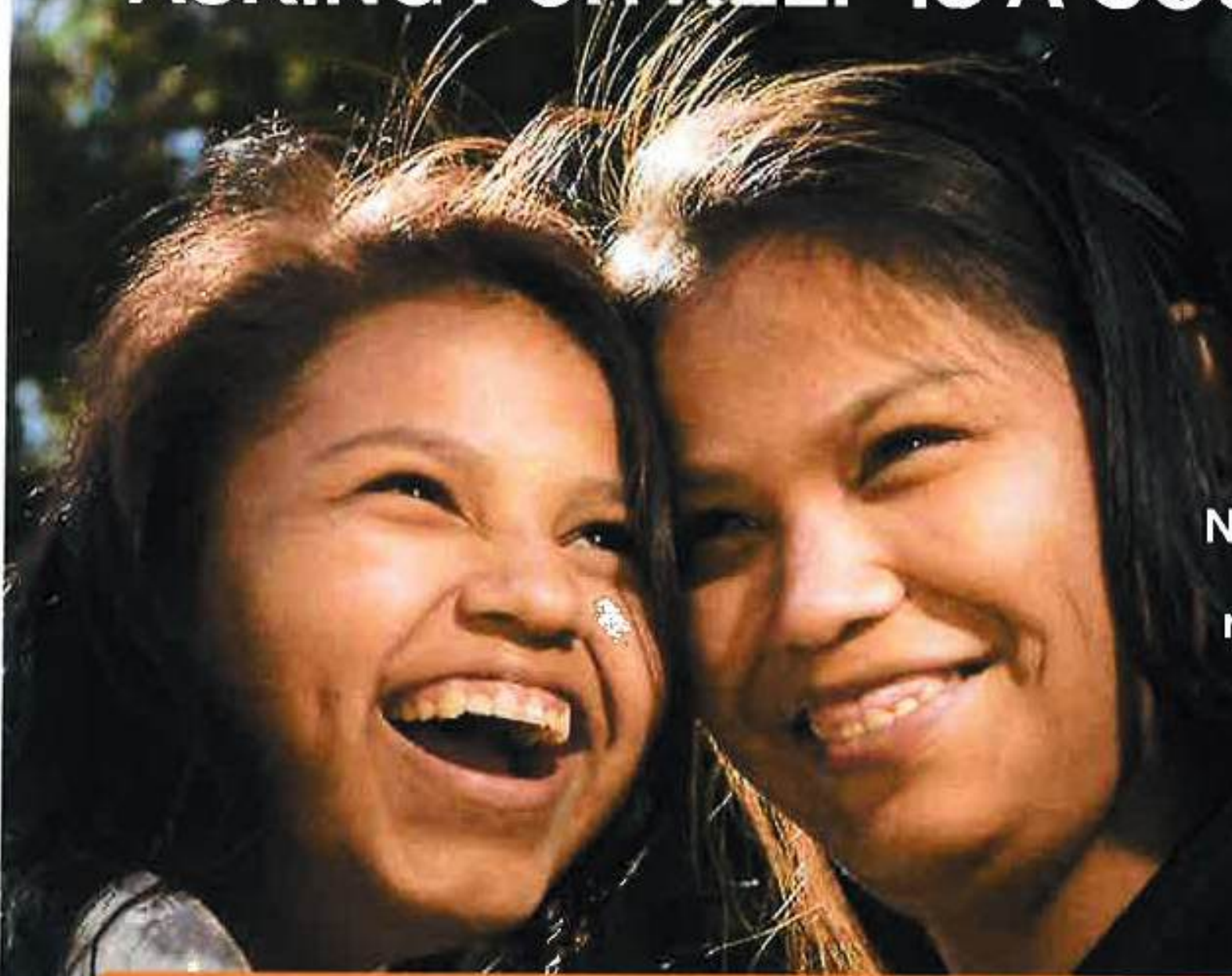
Wellness support is also available through Kids Help Phone: **1-800-668-6868** or text **FIRSTNATIONS** to **686868**.

Scan here
for more
information:



HEALING TAKES TIME

ASKING FOR HELP IS A COURAGEOUS STEP



If you're struggling to stay grounded, want support or just need someone to chat with, there are many First Nations resources and people ready to provide support that is easy to access, free, safe and secure.



Indian Residential School Survivors Society (IRSSS)

IRSSS helps support youth throughout the province who are dealing with trauma and seeking support in their healing.

1-800-721-0066 | reception@irsss.ca



Foundry BC

Provides young people with health and wellness resources, services and supports across BC.

1-800-668-6868 | info@foundrybc.ca



Tsow-Tun Le Lum

Provides confidential outreach services, such as counselling and cultural support.

1-888-403-3123 | info@tsowtunlelum.org



First Nations Virtual Doctor of the Day

Enables First Nations people in BC with limited or no access to their own doctors to make virtual appointments.

1-855-344-3800



KUU-US Crisis Line Society

24/7 First Nations and Indigenous specific crisis line, toll-free from anywhere in BC, specifically for children and youth.

250-723-2040



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



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 or 250-216-8287

Emma Winter Pelkey

youthcoordinator@tsawout.ca or 250-883-9936



Employment and Training welcomes new Manager!



Sean Charbonneau

Hello Tsawout community!

My name is Sean Charbonneau, and I'm excited to have taken on the role of Employment and Training Manager. I arrive with a strong background in education, community building and program development and I am passionate about creating opportunities for individuals to grow and succeed. As a seasoned educator with experience teaching in diverse settings, including various First Nations communities throughout the Yukon and Northern British Columbia, I've developed a deep understanding of the importance of cultural sensitivity and community engagement. My recent experience as a Director of Human Resources and previous to that Director of Programs and Development for Yukon first Nations Wildfire, has also given me a unique perspective on the importance of effective employment, training and development programs.

I'm committed to using my skills and experience to support the development of innovative employment and training initiatives that meet the needs of Tsawout citizens and the community as a whole. I'm excited to work collaboratively with stakeholders to create opportunities for growth, development, and success within the region and to work closely with other departments to best serve our clientele. My office is located on the main floor of the Tsawout Band Office, if you are seeking assistance in securing employment, or training opportunities which will lead to employment please come and see me, give me a call or send me an email. I am available and here to help!

Best,
Sean

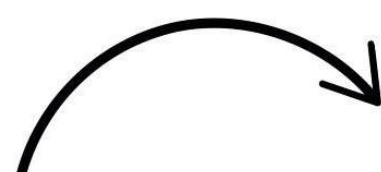
Phone: 250-652-9101
email: employmentmanager@tsawout.ca

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 to apply



Head Start Calendar

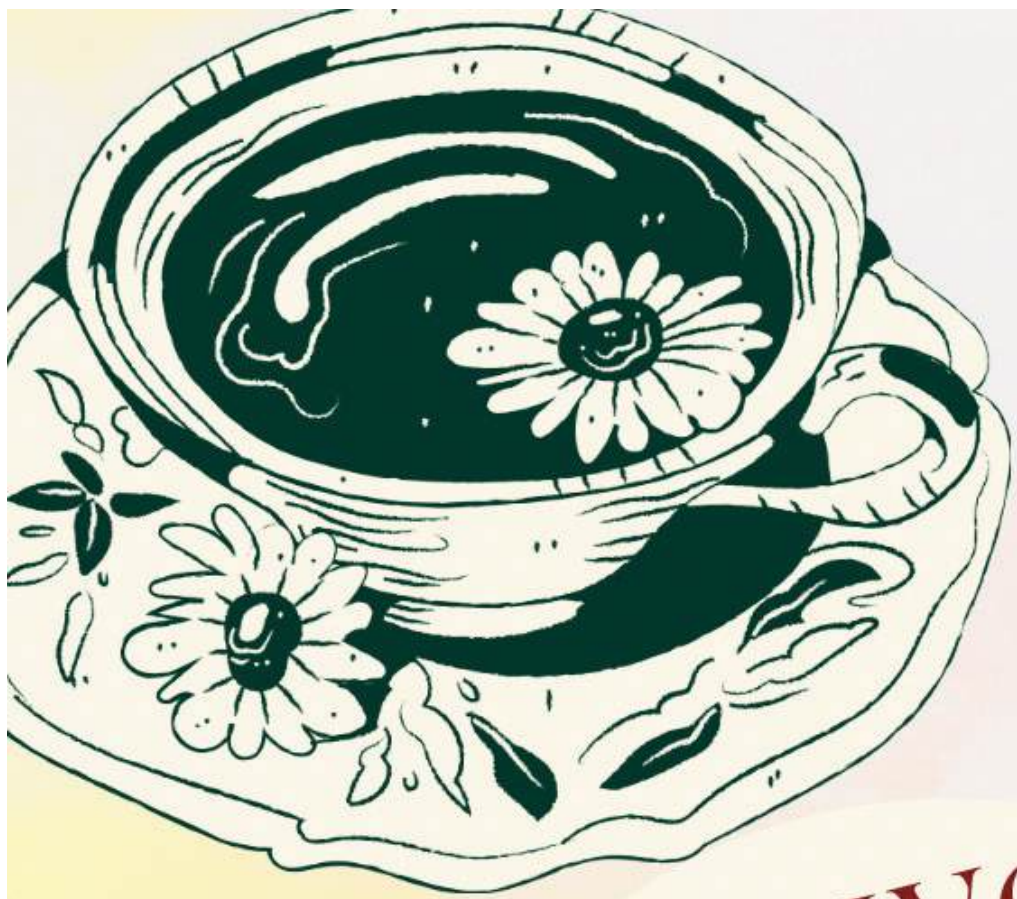
March 2025

PEXSISEN - Mid march - Mid April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	1
2	3	4	5 away for training	6 away for training	7 away for training	8
9	10	11	12 Care Giver & Me Language and Music 12:30 - 1:30 PM	13 Play Café Auditorium 11:30 - 2pm	14 Drop in crafts primary classroom 11am - 2pm	15
16	17 Pendray INN tea party 11:30 am	18	19 Care Giver & Me Language and Music 12:30 - 1:30 PM	20 Play Café Auditorium 11:30 - 2pm	21 Drop in crafts primary classroom 11am - 2pm	22
23	24	25	26 Care Giver & Me Language and Music 12:30 - 1:30 PM	27 Play Café Auditorium 11:30 - 2pm	28 Drop in crafts primary classroom 11am - 2pm	29
30	31	Notes This time of year, is traditionally known as PEXSISEN – The Moon of the Opening hands, the blossoming out Moon At this time of year, the trees open their hands leaves in welcome, just as the WSANEC People open their hands to show thanks.	staff training	musical thrapy	play café	drop in crafts

Head Start Events



Tsawout Head Start

TEA PARTY
@ Pendray INN

Tea House

11:00 a.m. - 1:30 pm

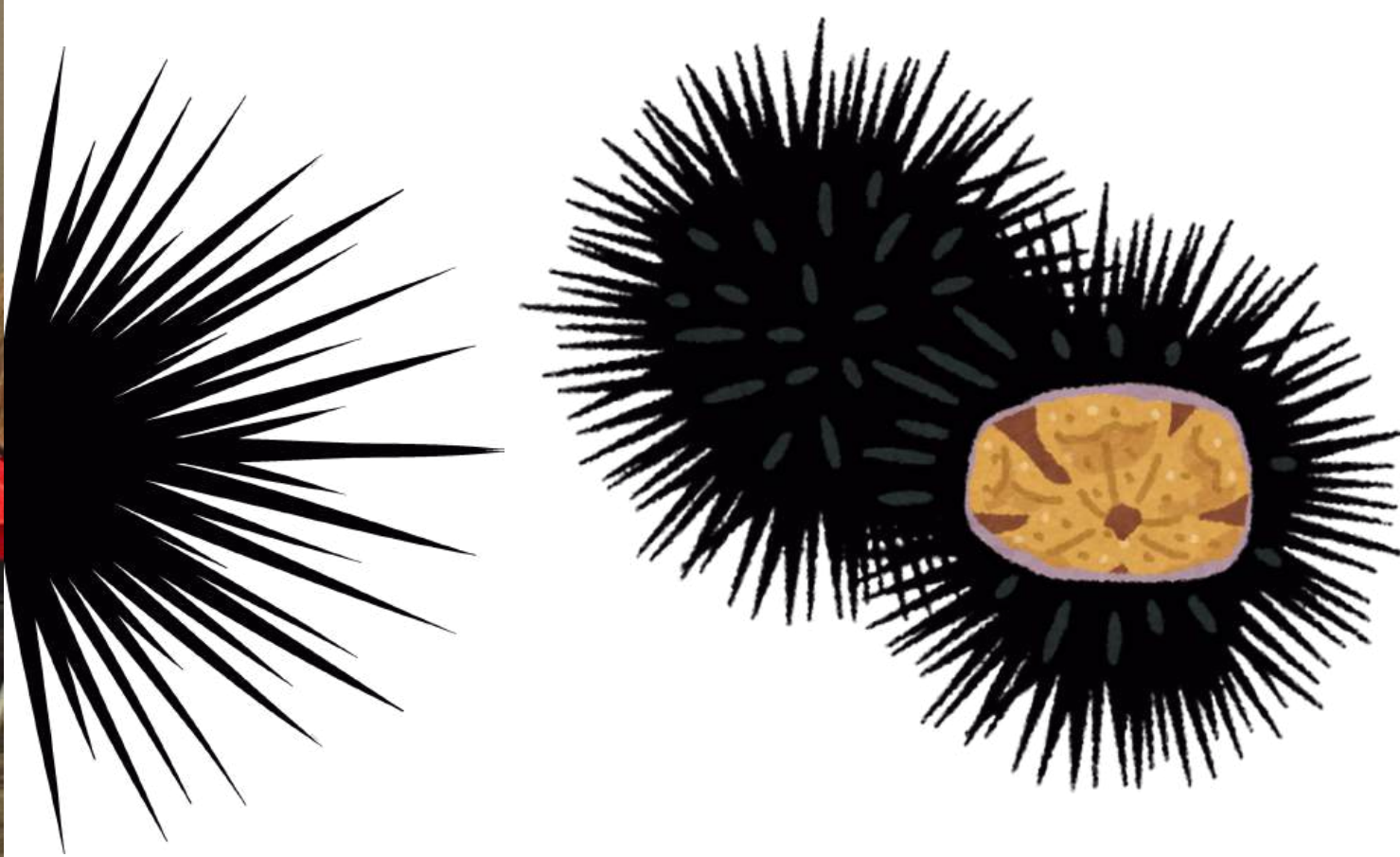
Monday March 17th

309 Belleville ST. Victoria



What Headstart has been up to...

The class learning how to open a sea urchin, from teacher KANTENOT



The class enjoying music time with our Music Therapist Deven.



The class going on a field trip to the Royal BC Museum



Fisheries Update & Events

On February 12th, STÁUTW Fisheries co-hosted a Coastal Sands Restoration Invasive Species Removal with the CRD. We had over 30+ staff, community and volunteers participate and managed to fill an entire bin with Scottish broom. HÍSWĶE SIÁM to our Elder Mavis Underwood for providing us with beautiful words and a blessing before we started our work and for all of the amazing volunteers from HAT-Habitat Acquisition Trust, Parks Canada, Peninsula Streams, UVIC, the staff at CRD, STÁUTW Fisheries/Lands and to those individuals living in community.





NEXT Coastal Sands Restoration invasive species removal with the CRD scheduled during Spring Break with the children and youth at SṪÁUTW First Nation. We will be hosting children from TLH on Tuesday March 18th and our Youth Group on Wednesday.

March 26th

Future Restoration Dates-

April 22nd - 1-4PM - OPEN TO EVERYONE

May 22nd - 10AM-1PM- OPEN TO EVERYONE

June 20th – Time TBD- Restoration PLUS Indigenous People's Day & First Salmon Ceremony Celebration - OPEN TO EVERYONE



WEXES – MOON OF THE FROG (Mid February to Mid March)

As of February 27th, 2025, we have now gone into a New Moon. We are now in the Moon of WEXES.

The frog on the face of the moon represents DOLUANW – the Keeper of the Sacred Season. It is time to gather food & medicine. The W̱SÁNEĆ People place cedar boughs at the shore so herring will lay roe on them.

CONNECTIONS AND BACKGROUND INFORMATION

The W̱SÁNEĆ People designated this month to sacredness and purification. For the W̱SÁNEĆ Peoples, this moon, in particular, is significant because the frog acts as a witness and a messenger. The frog announced the Sacred Season of Plenty. Because the frog was honoured as the Keeper of the Sacred Season, it was often presented on totem poles and in artwork to show that an important event had occurred. During this moon, the wonder of nature repeats an amazing process: Mother Earth warms up and the hibernating frog wakes from its winter sleep, announcing the coming of spring.

WEATHER

As the Northern Hemisphere moves closer to the Sun, the more the Earth warms. Rains diminish and more sunshine is evident.

ECONOMIC ACTIVITIES

This moon was especially welcomed because it signaled that the ocean had become safer to travel on and it was time to put the canoes back into the water. Herring and herring roe, a source of food, were collected by placing cedar branches along the shore for the herring to lay their eggs upon. Herring was also dried into a delicacy called QELEJ and stored for future use. The earliest runs of herring were in Fulford Harbour on Saltspring Island.

CULTURAL ACTIVITIES

The appearance of the frog was a sign to end the activities of Winter ceremonial dances and move outdoors to prepare for the season when the Salmon people would return.

From The Saanich Year, Author: Earl Claxton and Author / Illustrator: John Elliott

Rotary Screw Trap Installation

Building on last year's success, Tsawout's Fisheries department will be installing the Rotary Screw Trap (RST) again in the Tetayut Creek in March. The trap will catch outmigrating salmon fry and smolts. Salmon smolts and fry will be identified, counted, and fork lengths measured then released back into the creek. Other species such as Cutthroat trout, Rainbow Trout, Sticklebacks, and Sculpin are also expected to be seen in the trap. This will give the Fisheries Department a better understanding of the numbers of fish in Tetayut Creek.

The trap was fishing from April until June last year and started catching juvenile Coho immediately. This gave us hope that salmon are still using the creek to spawn. The trap will remain in the creek until mid-June this year. Fisheries Staff will be checking the trap daily (including weekends) to ensure the trap is operating correctly and see if there have been any fish caught.

If you have any questions or concerns, please contact the Fisheries Department: 250-652-9101 Ext. 324 or fisheriesbiologist@tsawout.ca



Figure 1 Coho Smolt Caught in the RST



Figure 2 RST fishing in Tetayut Creek



Figure 3 Cutthroat Trout caught in the RST



STÁUTW 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!



March 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.