

# STÁUTW FIRST NATION

## NEWSLETTER

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

October 2025



### Tsawout Launches Housing Association

For more information on the Multiplex housing including:

- How to Apply
- Frequently Asked Questions
- Types of Units
- Contact Information
- Branding Contests



Please scan the QR code.

### Halloween Party

Join us for a Halloween party on  
October 30th from 2:00 pm - 7:00 pm  
in the Tsawout Gym.



### Inside this issue:

- P/02. Community News
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- P/04. Multiplex Contest
- P/05. Men's Warriors Group
- P/06. More Community News!
- P/09. Fisheries News
- P/11. Wellness News
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- P/14. After School Program Registration
- P/15. Youth News
- P/18. Garbage, Compost + Recycling

## Community News

### Tax Notices Affected By Postal Strike

Our tax notices for park residents have not been mailed due to the strike at Canada Post.

The notices are available at the reception desk. Ask for Emmy, or another member of our team will be happy to assist you.

8:30-4:30 M-F. Closed for lunch from 12-1pm.

### ATTENTION PARK RESIDENTS

**DUE TO THE POSTAL STRIKE,  
PROPERTY TAX  
NOTICES ARE  
AVAILABLE AT  
TSAWOUT  
RECEPTION.  
SEE EMMY FOR  
DETAILS.**



## Employment and Training

### We Need Your Feedback

We are beginning the process of planning for winter season employment training opportunities here at Tsawout.

If you are seeking support towards your employment goals or have some suggestions for specific trainings you would like to see here at Tsawout please contact our Employment and Training Manager Sean Charbonneau via email:  
[employmentmanager@tsawout.ca](mailto:employmentmanager@tsawout.ca).



**SCAN THE CODE**



# TURKEY HAMPER DISTRIBUTION



Tsawout Members can pick up their turkey hampers from the Wellness Building.

**ON-RESERVE:**

**Oct 7<sup>th</sup>: Starting at 1:00 PM until 7:00PM**

**OFF-RESERVE:**

**Oct 8<sup>th</sup>: Duncan & Mayfair pick up  
11:00 AM - 5:00 PM both locations**

**ANY REMAINING PICK-UPS:**

**Oct 9<sup>th</sup>: 8:30 PM to 4:30 PM Tsawout Wellness**

# STÁUTW Multiplex **COMMUNITY CONTEST**

## **DEVELOPMENT LOGO CONTEST**

**PRIZE: \$500 FOR THE WINNING DESIGN**

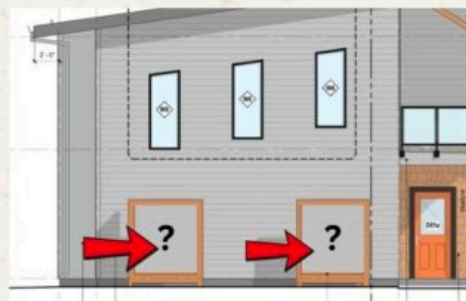


## **DEVELOPMENT NAME CONTEST**

**PRIZE: \$200 FOR THE SELECTED NAME**

## **METAL PRIVACY PANEL DESIGN CONTEST**

**PRIZE: \$2,500 PLUS ROYALTIES!!**



**DEADLINE: OCTOBER 20, 2025  
SUBMIT YOUR DESIGNS USING  
THE FORM BELOW!**





# MEN'S WARRIORS

Awakening the Warrior within

October 2- October 23, 2025



***Are you ready to examine your relationship with family violence?***

**The Awakening the Warrior Within program provides a safe space for Indigenous men to:**

- Explore the impacts of family violence on self, family, and community.
- Understand traditional roles that promote safety, security, and support for future generations.
- Commit to becoming peacemakers in their own relationships and communities
- Lunch and bus tickets provided

Program Details:

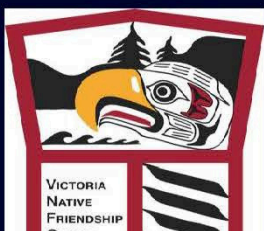
Age Requirement: 19+

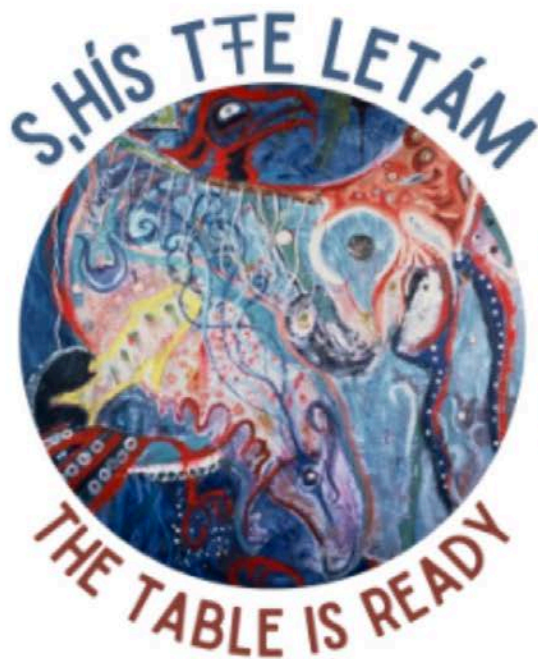
Location & Schedule: Tuesdays and Thursdays 12:30 -

3:00 PM at 231 Regina Ave.

Contact Information: (250) 384-3211 or  
glenn.p@vnfc.ca

Registration: Contact Glenn for intake!





**October 2**  
**October 3**

**Honoring our Roots**  
**Nourishing our People**  
**Protecting our Future**

Join us for two days of celebrating our traditions, foods and knowledge  
on the Traditional Territories of the STÁUTWY nation!

Guest Speakers, vendor tables, workshops, Feasting, entertainment,  
demonstrations and a Traditional Pit Cook!

Contact Shantelle: 250-883-3805

Or email: [indigenousfoods2025@gmail.com](mailto:indigenousfoods2025@gmail.com)

Website: [indigenousgathering2025.com](http://indigenousgathering2025.com)



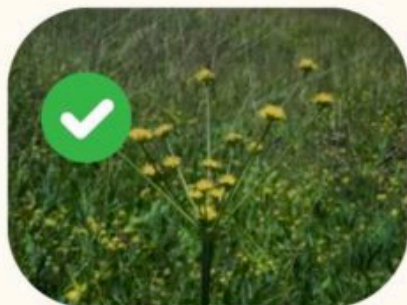


STÁUTW FISHERIES PRESENTS

## Invasive Plant Removal

Coastal Sands Restoration with CRD

October 16, 2025



KEXMIN - Native Plant Species

Also known as Indian Consumption Plant

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

Over the last year, we have removed well over 3,000+ pounds of biomass!!!

### Sign-up today! Free!

- Meet near Sewage Treatment Plant
- Parking Available!
- Tools and gloves will be provided!
- Dress for the weather in work clothes & Sturdy shoes
- Lots of yummy snacks and drinks provided!

### Agenda

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



A mature Scotch Broom plant can live up to 25 years and produce seeds that can survive in the soil for 30-100 years.



### For more information, Please Contact:

ĆASEMOT (Jennifer Claxton)  
STÁUTW Fisheries Reef Net  
Revitalization Project Coordinator  
250-652-9101, ext. 324





## First Nations-Led Primary Health Care Initiative

*WSÍ, KEM (Tseycum), STÁUTW (Tsawout), WJOLELP (Tsartlip), BOKEĆEN (Pauquachin)*

### REGISTERED DIETITIAN (RD)

#### JEN CODY



My name is Jen Cody. My Nłeʔkepmxc name is qwam qwam ethyl watch en smoot latch (woman with a beautiful heart). I am a settler of Dutch, English and Scottish heritage. I was born in Treaty 1 territory and raised on the unceded, traditional territories of the WSANEC peoples. I am the 4<sup>th</sup> generation of health care providers and educators in my family.

In my family life, I am farming, foraging traditional foods and medicines, canning, beekeeping, eating and laughing, and always sharing foods and food skills. I am grateful and honoured to be learning and bringing together the communities around foods.

#### WHAT DOES JEN DO?

Jen works directly with your health team. She also offers workshops and hands-on learning opportunities for community members about food, and connects folks with resources available in your community!

#### POTENTIAL WORKSHOPS

- Living well with diabetes
- Picky eating
- Boosting your iron
- Eating well for health
- Food is medicine
- Eating well on a small budget
- Grocery store tours
- Harvesting and preserving traditional foods. & More!

Upcoming workshops will be posted in the Health Buildings and sent out in the community newsletters. Everyone is welcome to attend.

If you have ideas for a workshop or would like to sign up for an upcoming workshop, please email [HUB4@fnha.ca](mailto:HUB4@fnha.ca)



Share your  
**THOUGHTS!**



### Green Crab Training

This month, the Fisheries team had the DFO European Green Crab Response team come out to provide more gear and training on European Green Crab removal.

We like to thank Pauquachin Marine and Parks Canada for coming to support us and learning alongside us. The Fisheries team is working to put together a community informational session for European Green Crab awareness, so keep an eye for a notice soon! Just a reminder, that if you see a European Green Crab, please take a picture and notify the Fisheries team where and when you found it.

Send any information along to [ccgcoordinator@tsawout.ca](mailto:ccgcoordinator@tsawout.ca) or (250)-652-9101 ext. 324.





# Fisheries Update

## QENET SKÁ PEŁ TFE STÁUTW (QEN,T Stewardship Gathering)

From September 23-25th, Tsawout hosted the QEN,T Stewardship Gathering to bring together Indigenous leaders, knowledge holders, and technical staff to advance Indigenous-led marine stewardship programs and governance along the West Coast.

We had speakers from all along the West Coast tell stories and ideas for promoting Indigenous values and management strategies. We had over 150 attendees with 35 Nations represented at the event.

The Fisheries team would like to extend a thank you to everyone who helped make the event such a success including Public Works, Maintenance and the Kitchen!





# Wellness Update

At STÁUTW, we believe wellness support should feel welcoming, safe, and tailored to you and your family. Every conversation is confidential, voluntary, and designed around your needs.

If you'd like to connect, you can fill out a confidential intake online at the Tsawout website or stop by in person, we're here for you. You can call us at 250 652 8353 for questions.



## August Snapshot

- Family Advocates supported: 17 STÁUTW Families
- Wellness Counsellors connected with: 45 Community Members

That's 62 moments of support where families and individuals had someone to walk beside them this month. 🙌



## Family Advocates – Walking With Families

Our Family Advocates are here to:

- Offer guidance, mediation, and advocacy for families.
- Help navigate supports with MCFD, NLTUO, and external agencies.
- Connect you to social services, education, and resources.

Think of us as your bridge to the services that help families thrive. 🌈



## Crisis Support – You're Never Alone

If you or someone you know needs help right away, here are 24/7 crisis supports:

☎️ KUU-US Crisis Line: 1-800-588-8717

☎️ Vancouver Island Crisis Line: 1-888-494-3888

📱 Text Line: 250-800-3806 (6–10 PM PT)

☎️ Mental Health Support Line: 310-6789

🚑 Medical Emergency: 911.

# Wellness Update



## **Wellness Counsellors – Meet the Team**

Available in-person or virtually—so support is always within reach.



### **Alan Boden, MA, RCC**

Joined us in May 2025 and brings 26 years of counselling experience. Alan offers caring, practical strategies to help with:

- Anxiety, depression & low self-esteem
- Grief & loss
- Life transitions (career, family, relationships)
- Recovery from trauma & addictions
- Parenting and family support



### **Vassilena Johns, RPC**

With us for over a year, Vassilena has been building strong community relationships. She focuses on holistic, culturally grounded wellness, offering support with:

- Stress, anxiety & burnout
- Grief, loss & trauma healing
- Emotional well-being & lifestyle choices
- Building confidence & resilience

Her goal? To support your spiritual, physical, mental, and emotional health in a respectful, inclusive way.



## **Closing Note**

Thank you to everyone who reached out this month—you remind us that community wellness is built together. If you're thinking about connecting, consider this your gentle nudge. We'd love to hear from you.

**Weekly**  
**AA Meetings**  
**Every Tuesday**

**OPEN MEETINGS. EVERY TUESDAY.**  
**ANYONE, AND EVERYONE WELCOME.**

Time: **TUESDAYS 7:30PM** Location: **STAUTW WELLNESS BUILDING**

Hosted by:  
**RICK GEDDES. WSANEC INDIGENOUS HEALTH PRIMARY CARE TEAM**





## REGISTER YOUR CHILD FOR CHILDCARE IN TSAWOUT!

### We have room in our 3-5 Classroom!

If your child is between the ages of 3 to 5 years, please register so they have a spot for the 2025/2026 School Year!

### Get on the Waitlist for our 1-2 Classroom!

Right now our classroom for children ages 1-2 years is full, but make sure to get on the waitlist as things can change fast!

SXEDJELI (Hummingbird) Childcare  
Centre Registration; 2025/2026  
School Year



### Questions? Concerns? Thoughts?

Please feel free to reach out to the Childcare Supervisor at [childcaresupervisor@tsawout.ca](mailto:childcaresupervisor@tsawout.ca) for more info!



# After School Program Registration

Registration is now open for the new school year at STÁUTW I,TOTELNEW ÁUTW (The Learning House).

Parents and guardians are reminded that children must be registered each year in order to attend. Annual registration ensures that student information and records remain accurate and up to date, helping us provide the best learning environment and support for every child.

Scan the QR code to access the registration form.



Our goal at the Learning House is to provide a safe environment, which promotes responsible behaviour, respect for others and a positive attitude for all students and staff. Students focus on homework, reading, writing, math, and group activities. The after school staff are dedicated to helping successfully motivate the children by teaching them teamwork, instilling values, and inspiring students to become “role models” by demonstrating the attributes of respectfulness, responsibility, independence, cooperation, helpfulness, and honesty.

The program is working hard to incorporate cultural teachings in the SENĆOŦEN language, land-based activities, working alongside our STÁUTW Elders, learning about the history of reconciliation, and instilling the sense of pride as First Nation W̱SÁNEĆ People.

The afterschool program serves children ages 4 – 11 years old.

## Hours of Operation:

Monday – Friday, 3:00 pm – 5:00 pm

Non-Instructional Days, 8:30 am – 4:30 pm

Early Dismissal Days, 2:00 – 5:00 pm





**Youth Phone Line:**  
**236-638-9732**

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Call in anonymously to get support.  
Call, Text, Chat

**TSAWOUT COUNSELLING  
SUPPORT FOR YOUTH**

PHONE IN • EVERY MONDAY & FRIDAY (EXCLUDING HOLIDAYS &  
STATUTORY HOLIDAYS) • **FROM 3:30PM TO 4:30PM**

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# Youth Program Registration



**S7AUTW FIRST NATION**

**located @ the Band Office,  
downstairs in the Youth Lounge  
AGES 12-18**

## **YOUTH AFTER SCHOOL PROGRAM**

**sign up online @ <https://tsawout.ca/youth-program-registration/>**

Welcome to the S7AUTW Youth Program!

We support youth aged 12-18 from our community, with about 40 participants each year.

Our program runs after school during the school year and offers summer and spring break camps.

Youth interact with Elders, and work with different departments like Fisheries, Lands and Wellness departments. We enjoy day trips, fundraisers, and other engaging activities. Join us to celebrate our heritage and empower our young people.

Please register if you are interested in participating. Open to registered S7AUTW youth and youth in the community.

**AFTER SCHOOL  
ACTIVITIES**

**IN-SCHOOL  
SUPPORTS**

**CULTURE &  
LANGUAGE**

**HOMEWORK CLUB**

**YOUTH FUNDRAISERS  
& TRIPS**



**questions? reach out to Emma at [youthcoordinator@tsawout.ca](mailto:youthcoordinator@tsawout.ca)**



# Youth Calendar

## OCTOBER 2025 YOUTH CALENDAR













have questions? please contact Emma at [youthcoordinator@tsawout.ca](mailto:youthcoordinator@tsawout.ca)

SUN	MON	TUE	WED	THU	FRI	SAT
28 Wellness is looking for Youth Volunteers for our Turkey Hamper Distribution & Elders Thanksgiving Lunch, this can go towards work experience hours and is also important for program participation! HÍSWŪŪE	29 youth drop-in 3-5:00pm YOUTH PHONE LINE 3:30-4:30pm	30 youth drop-in 3-5:00pm	1 youth drop-in 3-5:00pm	2 youth drop-in + Homework Club 3-5:00pm	3 youth drop-in 2pm-4:30pm YOUTH PHONE LINE 3:30-4:30pm	4
5	6 youth drop-in 3-5:00pm YOUTH PHONE LINE 3:30-4:30pm	7 youth drop-in 3-5:00pm	8 Youth Volunteers to assist w/ Turkey Distribution	9 Elders Thanksgiving Lunch!	10 youth drop-in 2pm-4:30pm YOUTH PHONE LINE 3:30-4:30pm	11
12	13 OFFICE CLOSED -STAT-	14 Blue Bus @ 6pm	15 youth drop-in 3-5:00pm	16 youth drop-in + Homework Club 3-5:00pm	17 youth drop-in 2pm-4:30pm YOUTH PHONE LINE 3:30-4:30pm	18
19	20 gym drop-in! 4pm-5pm YOUTH PHONE LINE 3:30-4:30pm	21 Youth Swim Night @ Panorama Rec	22 youth drop-in 3-5:00pm	23 youth drop-in + Homework Club 3-5:00pm	24 Pro-D day Galey Farms & Pumpkin Carving	25
26	27 gym drop-in! 4pm-5pm YOUTH PHONE LINE 3:30-4:30pm	28 Elders and Youth SENCOTEN class 3-5pm	29 Uncles & Aunties Night 4pm-6pm	30 Community Halloween Party + Haunted House	31 Happy Halloween!	1
2	3	4	5	6	7	8



STAUTW FIRST NATION

# October 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.*