



STÁUTW FIRST NATION

NEWSLETTER

www.tsawout.ca

December 2025



Tsawout Childcare Centre Groundbreaking Ceremony

On November 14th, we held a groundbreaking ceremony to mark the start of construction of the Tsawout Childcare Centre.

See more images and link to video on page 15.

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HOLIDAY HOURS

Tsawout Office Christmas break is
December 20th to January 5, 2026





Join Us For
**CHRISTMAS
DINNER**

**MONDAY
DECEMBER 15
4:30PM-8PM
IN THE GYM**

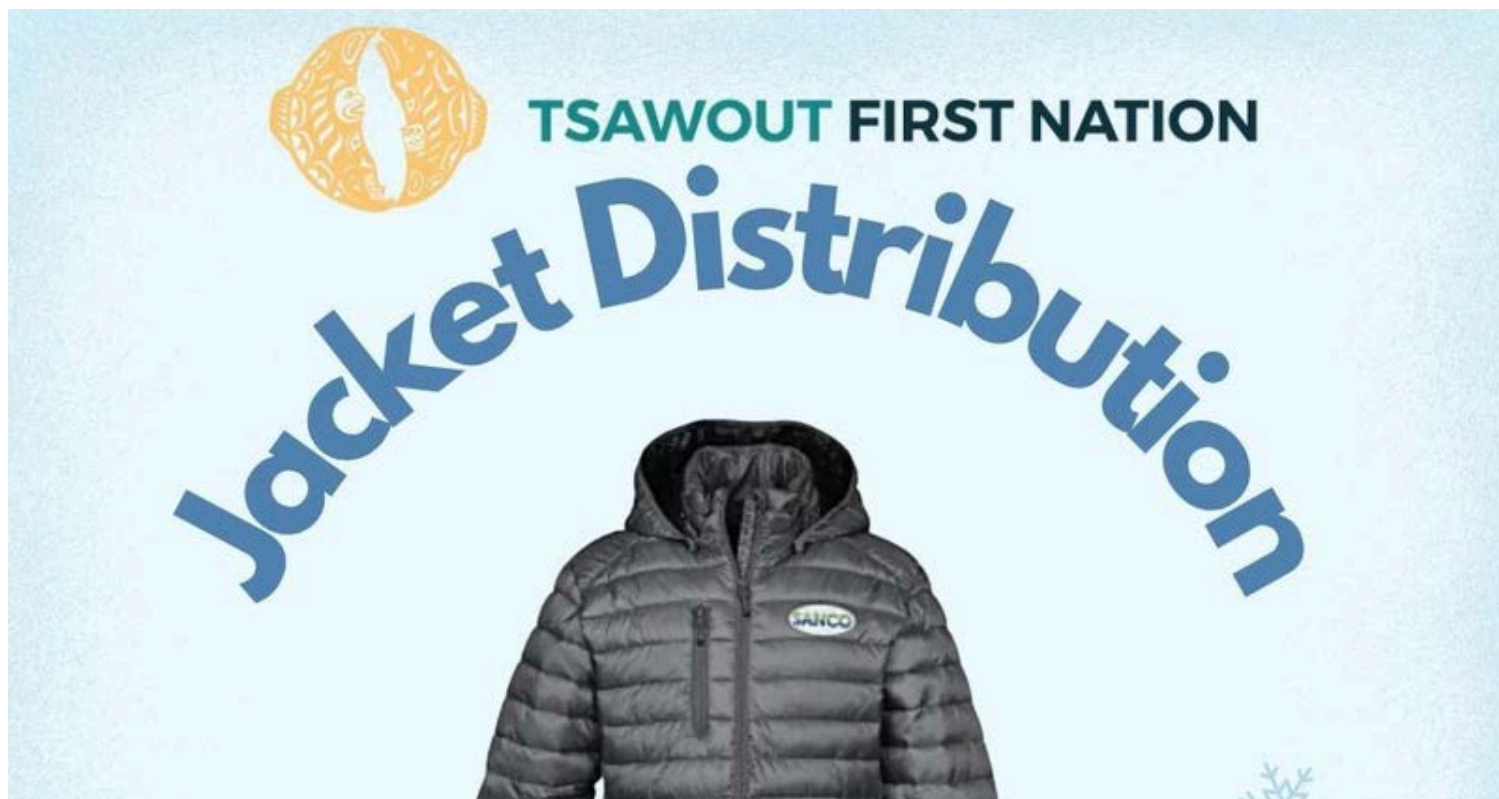


**ELDERS CHRISTMAS LUNCHEON
TSAWOUT GYMNASIUM**

**PLEASE JOIN US ALL STAUTW
ELDERS TO GATHER AND
SHARE A MEAL
WITH FRIENDS**

**DEC 18TH, 2025
11:30AM - 1PM**

Contact: Michelle Morris or Kendra Page if you have any questions



Jacket Distribution will be on December 15th in the Wellness Office.

Christmas Gift Card Distribution

Gift cards will be available for pick-up or email between Dec 15-19 from the Wellness Office.





Good Food Box Registration

Requirements:

- LOW INCOME, UNDER \$23,000 PER HOUSEHOLD
- YOU'RE AN ELDER LIVING ALONE
- YOU ARE NOT RECEIVING HOME SUPPORT OR ANY OTHER SERVICES
- UNDERGOING COMPLEX MEDICAL TREATMENTS
- PREGNANT OR HAVE CHILDREN UNDER THE AGE OF 3

REGISTRATION OPEN UNTIL DECEMBER 11TH 2025

CONTACT YOUR COMMUNITY HEALTH REP. GEORGIA MORRIS TO REGISTER 778-966-1669



STAUTW YOUTH PROGRAM

WEIGHTROOM DROP-IN!

JOIN NOW

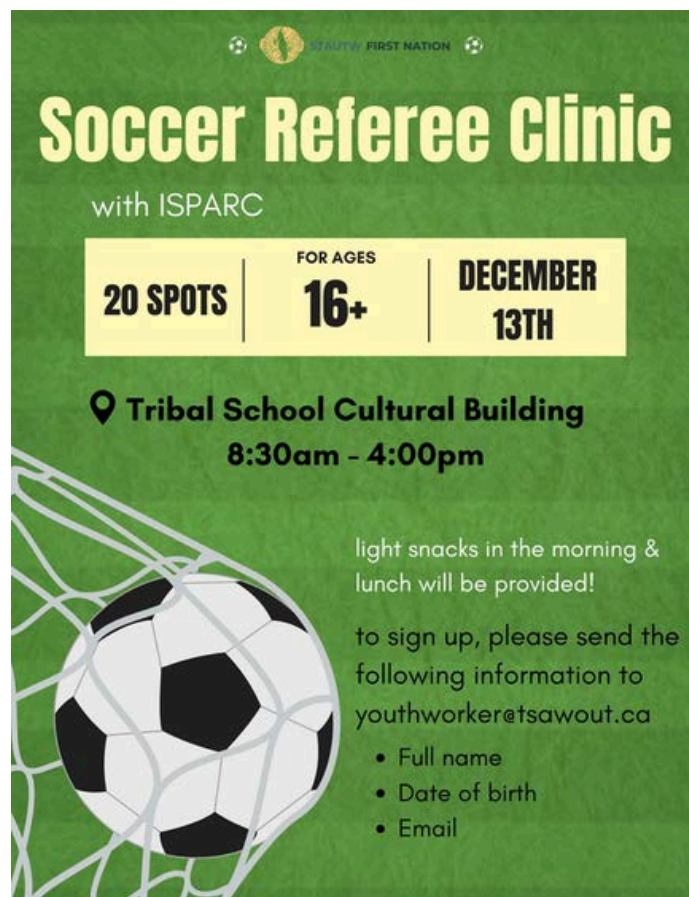
Monday's from 4:00pm-5:00pm

with Alan Boden, a registered Clinical Counsellor who is also qualified with the following:

- Bachelor of Human Kinetics (UBC)
- Exercise Specialist *specifically weight room
- 35 years of Endurance Sports (triathlon, bike racing, running (10k's, marathons) and more!

please note:
for participation, youth must have the weight room waiver filled out, you can see Emma in Wellness for this OR email youthcoordinator@tsawout.ca for a copy

Location:
Tsawout Weightroom (downstairs)
Ages: 12-18



Soccer Referee Clinic

with ISPARC

20 SPOTS	FOR AGES 16+	DECEMBER 13TH
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📍 Tribal School Cultural Building
8:30am - 4:00pm

light snacks in the morning & lunch will be provided!

to sign up, please send the following information to youthworker@tsawout.ca

- Full name
- Date of birth
- Email



**ELDER'S
FIREWOOD
AVAILABLE**

EMAIL PUBLIC WORKS

PUBLICWORKSMANGER@TSAWOUT.CA

We have firewood for Elders! We will deliver and stack. Please email publicworksmanger@tsawout.ca to request or talk to the Wellness Dept.

The poster features a dark blue background with two stylized red and yellow flames on either side of the title. Below the title is a large pile of cut firewood. A red banner with white text and a dark blue banner with white text are positioned over the woodpile. The bottom section has a dark blue background with white text.



**TSAWOUT
COHI Screening &
Varnish Day
Wed, Dec 3, 2025**

Location: Tsawout Health
Appointment Times: 10-2pm
(closed 12-1 for lunch)

Message COHI TFN on Facebook
or email
Denise.Baillet@IslandHealth.ca
to book

The poster has a purple and green background. A large light blue circle contains the event details. At the bottom right, there is a cartoon illustration of two smiling teeth.

Our commitment –
Relationships you
can count on.



BMO is proud to offer a program with preferred discounts on financial products and services for Indigenous customers on and off reserve.

Enjoy banking
with no
monthly plan
fee for a year!¹

Unlimited
Interac
e-Transfer[®]
transactions²

Preferred
rates on a
range of
BMO
products



Bank Accounts

- No monthly plan fee for 12 months with the Performance Plan¹
- Unlimited *Interac* e-Transfer[®] transactions²
- OnGuard[®] Identity Theft Protection Service at no charge^{3,4}
- Access to CreditView[®] – the free, instant way to get your credit score
- Family Bundle: Add additional chequing accounts for your family members at no additional fee⁵



Accessibility and Convenience

- 24/7 banking with BMO Online Banking and the BMO Mobile App
- Get text or email notifications about what's going on with your bank accounts with BMO Alerts
- Pay bills stress free with BMO QuickPayTM
- Access to a full range of financial services with nearly 900 branches across Canada
- Call an Associate at 1-877-225-5266 24 hours a day, 7 days a week



BMO Mortgages

- Preferred Rates on a wide range of mortgage options⁶
- 130-day mortgage rate guarantee – the longest of any major bank in Canada⁷
- Accelerated mortgage payment options to help you pay your mortgage faster
- With the Family Care[®] Option* skip up to 4 mortgage payments once per year if you or your partner must leave a job for a new baby or sick family member⁸



Credit Cards

- BMO CashBack[®] MasterCard[®] with no annual fee⁹
- Get 3% cash back on grocery purchases^{10a,10b}
- Get a 1.99% introductory interest rate on Balance Transfers for 9 months, 1% fee applies to balance amounts transferred^{11a,1}
- Visit bmo.com/cashback to find out about our welcome offers



We Need Your Feedback

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

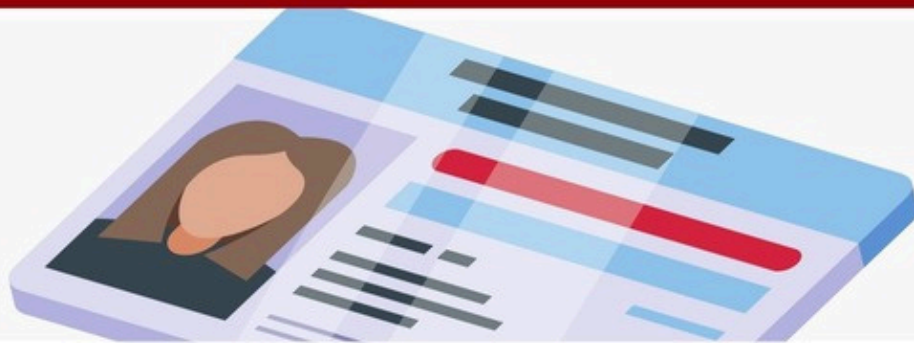
If you are seeking support towards your employment goals or have some suggestions for specific trainings you would like to see here at Tsawout please contact our Employment and Training Manager Sean Charbonneau via email: employmentmanager@tsawout.ca.



SCAN THE CODE


ID CLINIC DATES FOR 2026:

- * January 14th
- * April 8th
- * July 8th
- * October 14th



Please let any clients, colleagues or community members in your circle who may be looking to access the services these dates. Exact timing for each date's 4-hour slot will be updated as we come closer to each delivery date respectively.

DECEMBER 2025 - ELDERS CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
26	1	2 Elders Second Hand Shopping	3	4	5	6
7	8 Elders Story Telling 3-5pm	9 Elders and Youth SENCOTEN class 3-5pm	10	11	12	13
14	15	16	17	18 -Elders self care day - 10am-3pm -Elders Christmas lunch 11:30-1pm	19	20
21	22 WINTER CLOSURE	23	24	25 MERRY CHRISTMAS	26	27
28	29 WINTER CLOSURE	30	31	1	2	3
4	5	6	7	8	9	10
 STAUTW FIRST NATION						



Centre for
Indigenous
Fisheries



LEARN, GIVE FEEDBACK, GET INVOLVED

2nd Information Session:

DUNGENESS CRAB

Initiatives in Tsawout's QEN,T Marine Protected Area

December 1, 2025 - 9am to 11am, snacks provided

Tsawout Band Office (Auditorium)



We warmly invite you to this gathering to keep up to date with the actions Tsawout Fisheries & project partners are taking to address concerns voiced by community about ÁĆEX (Dungeness crab).

We will be discussing preliminary interpretations of DFO and Tsawout crab survey data.

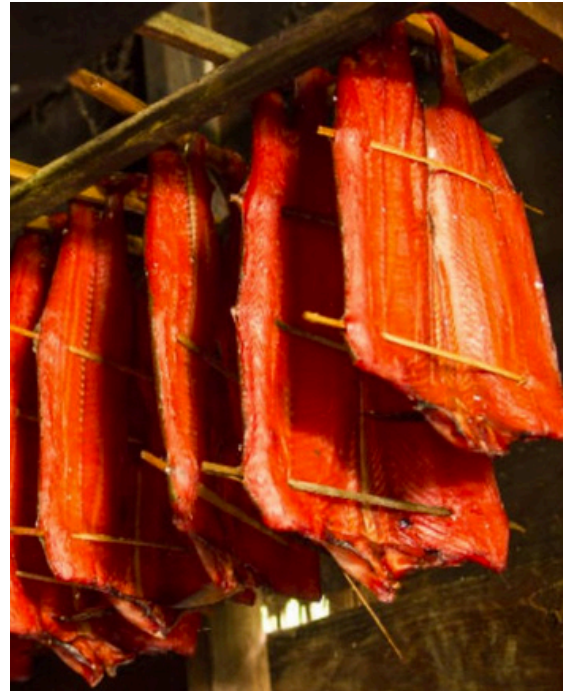
Fisheries Update

Looking for Interest in Building Smokehouses in the Community

Fisheries is looking for input from people who are interested in having a personal fish smokehouse built for your house.

To protect our traditions of food preservation and food security, this initiative will aid in preventing those traditions from being lost. Also, with everyone getting back into the practice of smoking Chum, this will support our efforts in stopping the commercial Chum fishery in Todd Inlet to protect the Chum Salmon for our own food security for the next 7 generations to come.

If you are interested in helping build smokehouses in the community and would like to be added to the volunteer list or have a large family with room for a smokehouse at your home, please contact Dion Joseph at fisheriestech02@tsawout.ca.



STAUTW FISHERIES

Clam Dig

JOIN US FOR EXCLUSIVE CLAM DIGGING EXPEDITIONS

✨ FOR NATION MEMBERS ONLY ✨

THESE SPECIAL OUTINGS ARE ABOUT MORE THAN HARVESTING CLAMS:

- ✨ REKINDLE FAMILY AND FRIENDSHIP BONDS
- ✨ FOSTER SHARING, RESPECT, AND CONNECTION
- ✨ HONOR OUR ELDERS BY GATHERING & PROVIDING FOR THEM

STAUTW FISHERIES – BUILDING COMMUNITY THROUGH TRADITION

Clam Digging Expedition Interest List

Tsawout Fisheries will be taking community members clam digging throughout the winter season.

If you would like to be placed on the list of interested individuals, please email either:

- Evan Plett:
ccgcoordinator@tsawout.ca
- Dion Joseph:
fisheriestech02@tsawout.ca
or text (250)-514-7972.

We will contact you when a trip is being planned.





STAUTW FIRST NATION



STAUTW Youth Program:

HOMework CLUB THURSDAY'S!

every Thursday after school!
4:00pm-6:00pm

Get homework help in a supportive, group setting! Come to work alongside peers or to have a quiet space to get work done.

location:

Tsawout Youth Lounge
(downstairs Band Office)

age group:

12-18

& light snacks provided!



If you'd like to register, this can be done by scanning the QR code or visiting www.tsawout.ca/wellness



questions? contact:

Emma at youthcoordinator@tsawout.ca

Housing News

Tsawout Multiplex Housing Application

Welcome to the Tsawout Housing Association. We're building moderate-income homes that prioritize Tsawout First Nation members, with additional availability for Indigenous people in our community.

Our initial 16-unit development will provide safe, modern, and culturally grounded housing close to home. Explore our site to learn more and stay updated on applications and timelines.



Scan the QR code to apply for housing opportunities at the new Multiplex!



Tsawout Housing Survey

The Tsawout First Nation Housing Department is conducting a survey to gather essential information about homes within the reserve, including both Band-Owned (BO) and Certificate of Possession (CP) housing.

This data will help us update our housing inventory, understand community needs, and support funding applications to outside organizations.

Your participation ensures we can plan for better housing programs and services for our community.



Housing News

Window & Door Replacement Funding for Tsawout Members

ÍY, SÇÁĆEL, JÁN ÍY, ÇENs TÁĆEL HÁLE. ÍY, ÇNES QENONE HÁLE.

The Tsawout Housing Team is inviting on-reserve members to apply for ENERGY STAR window and door replacements. Applications will be submitted through both PIEER and ISC funding streams to minimize out-of-pocket costs for Tsawout member residents. PIEER covers \$950 per window or door (maximum \$9,500 per home), and ISC may cover any remaining balance, subject to approval. Please note that both funding streams are subject to approval by the funders, and we are applying in batches. The process can take up to a year, so please apply early!

How to apply: Scan the QR code and enter the following information, including a photo of your hydro meter:

- Full Name
- On-Reserve Address
- Phone Number
- BC Hydro Account #
- Number of Windows to Replace (if applicable)
- Number of Exterior Doors to Replace (if applicable)
- Photo of Hydro Meter



SCAN QR CODE
TO APPLY

Electric Heat Pump Program Reminder

The Tsawout electric heat pump installation program is still ongoing! Over 100 homes have already received heat pumps—reach out to the Housing Team if you haven't yet applied or want more info.

Contact Information:

Jun Baek, Maintenance Coordinator maintenancecoordinator@tsawout.ca
250-652-9101 ext. 308

ENÁ EMET SIÁM – You are welcome to visit us in person at SŦÁUTW First Nation Housing



SCAN QR CODE
TO APPLY

Daycare News

Recent Daycare Activities!

Our daycare learners have been busy exploring and creating! We learned about canoes and paddles, pretending to doctors, having fun with Halloween celebration with costumes, as well as visiting the ocean.

It's been a fun and creative time at the daycare!



Daycare News

Tsawout Childcare Centre Groundbreaking Ceremony

We are proud to share a special video from the Tsawout Childcare Centre's groundbreaking ceremony. This marked the start of construction for the Tsawout Childcare Centre. This meaningful event brought together Chief & Council, educators, building partners, children, and community members to celebrate this important milestone for Tsawout families.

Thank you to everyone who joined us.



Scan the QR code to enjoy the video.



Kelly Sharp, NP Away Nov 20 - Dec 08

While she is away, coverage will be available.

For the WSÁNEĆ community members at Tsawout, you may wish to connect prior to Nov. 10 to address any concerns you may have before her return in December.



Community Health Updates - Flu and Covid Immunization Clinics

**** Please note:** You must book an appointment through the Tsawout Health MOAs**

Alyssa is the only CHN immunizing at this time, so an appointment is needed. We hope to offer walk-ins shortly, please watch the Facebook page for updates, including January dates.

To book an appointment please call: **250-652-1149**.

Flu/Covid clinic dates for December:

- Dec. 4 from 3pm-6:30pm, Tsawout Health (Alyssa's office)
- Dec. 11 from 3pm-6:30pm, Tsawout Health (Alyssa's office)
- Dec. 15 from 9am-4pm, Multipurpose room

For more information on the Flu and Covid Vaccines, scan the QR codes:



Flu
Vaccine



Covid
Vaccine

Weekly AA Meetings Every Tuesday

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

Time:

TUESDAYS 7:30PM

Location:

STAUTY WELLNESS BUILDING

Hosted by:

RICK GEDDES, WSANEC INDIGENOUS HEALTH PRIMARY CARE TEAM



Support Worker Transportation Requests

**We respectfully request that Band and Community Members
provide advance notice when requesting transportation
from Support Workers.**

This allows us to plan and allocate resources appropriately.

Thank you!



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.



Nov Snapshot

- Family Advocates supported: 15 STÁUTW Families
- Wellness Counsellors connected with: 48 Community Members

That's 63 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.

December Garbage, Compost & Recycling

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  	2 	3	4	5	6
7	8  	9	10	11	12	13
14	15  	16 	17	18	19	20
21	22  	23	24	25	26	27
28	29  	30 	31			

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

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

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