



MONTHLY NEWSLETTER TSAWOUT FIRST NATION

November 2019

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HANDS ON LEARNING WITH TLH PRACTICUM NURSES

The Tsawout Learning House practicum nurses of the University of Victoria are very creative with the wholesome refreshments they prepare for the students. They have also engaged the students in the lesson of handwashing, the study of vital organs in their body, and most recently structure of bones and joints by building with marshmallows and dry spaghetti. Check out more of the TLH programs on page 5.

TSAWOUT'S NEW WEBSITE

Tsawout is excited to announce that it has a new look to their website and newsletter. The new and improved site will allow the community and visitors to have easier access to news, documents, forms and information.

COMMUNITY NEWS

GOODBYE NORMA MAY EVANS



Norma May Evans (Pelkey) died **peacefully** in her home on **October 13, 2019** in **Seattle WA** at the age of **83**.

Norma is survived by her **daughter Rebecca Evans-Carter** (Gregory Carter) Grandchildren Dymond & Jazmin Carter of **Seattle, WA**. She is preceded in death by her **Husband Bobbie Ray Evans** of Seattle, WA and **Son Joel Pelkey Sr.** (Carol Thomas) Grandchildren Wendy, Joel Jr, Abraham, Adeline, Florence, and Joyce of Saanich British Columbia. As well as her **Siblings** Gabriel, Florence, Joyce, Ronnie and Floyd of Saanich BC.

Norma was born on **May 29th 1936** in **Saanichton, British Columbia** to **Marshal & Lena Pelkey**.

Norma moved to Seattle Washington at age 16, where she later met the love of her life and married Bobbie Evans in 1959. They created a life for themselves in South Seattle (Skyway area) where they raised their daughter as one of the only biracial couples on the block. Their relationship and family values touched so many lives with laughter, warmth and kindness. To help provide for her family she began her career working at Swedish Hospital for 40+ plus years in Environmental Services. After the passing of her husband in 2010, she continued to thrive on her love for watching wrestling, basketball games, staying connected to the Native American community of Seattle, and going on her weekly adventures to the casino and bingo halls. Her words of wisdom and love for everyone she came across will live on, she may be gone, but will never be forgotten.

The funeral is scheduled for **2:00 pm** at **Daybreak Star Cultural Center in Seattle, WA**, with a reception to follow. **Gregory Carter** will be the officiate of the ceremony. All are welcome to attend and celebrate **Norma's** life.

Schedule

- 2:00 - 2:30 pm** - Viewing
- 2:30 - 3:30 pm** - Service Lead by Greg
 - ❖ *The Lord is my Shepard's Prayer*
 - ❖ *Eulogy Read by Rebecca*
 - ❖ *Song - Hallelujah Sung by Sacheen Winston*
 - ❖ *Slide Show*
 - ❖ *Open mic for family and friends*
 - ❖ *Closing - Native American Prayer for the Grieving*
- 3:30 pm** - Food and Gathering

COMMUNITY NEWS

ANNUAL ISLAND ELDERS LUNCHEON



Please join us as Tsawout will host the Annual Island Elders Luncheon. Approximately 200 respected Elders as far away as Campbell River, Port Alberni, including the lower Vancouver Island Nations will be in attendance.

Wednesday November 6th 2019, visitors will be arriving around 10:00 am

Welcome and Prayer at 11:30 am

Lunch will be around 11:45 - 12:00

Volunteers will be required throughout the morning, leading into the afternoon. If you would like to volunteer in any of these areas,

- set up tables, chairs, linen
- hostess, hand out tickets for door prizes
- meal prep, drink service
- take down tables, clean up kitchen ☺

Please call me at the office ☺ Michelle Morris

A HUGE THANK YOU in advance to all the volunteers for this annual event! ☺

I RAISE MY HANDS TO YOU ALL!

EDUCATION NEWS

HEAD START PROGRAM EVENTS

COHI

The Children's Oral Health Initiative (C.O.H.I.) will be servicing children who have been referred for a dental therapist to come and visit in our neighboring community. A dental clinic will be set up on November 5th - 6th in the Cultural Building at the Tsartlip Tribal School. Aboriginal dental assistant Tabita Marks, will support children to their appointments to see the dental therapist for sealants or temporary fillings that will require no anesthetic.

If you have a child between the ages of 0 - 7 years old, you can register to be on the C.O.H.I. program for a dental hygienist to screen your child's teeth. An appointment can be made by Tabita Marks at (250) 652-9101 for more information to get started.

Your child can receive a toothbrush kit for each visit and a complimentary bag of fruit from the Good Food Box program once a month.



PARENTING WORKSHOP

NILTU,O facilitator, Michelle Anderson and the Head Start Coordinator will meet with parents on Monday, November 18th in the Tsawout Kitchen at 3:30 pm to prepare a meal for families attending the workshop. Dinner will be served at 5:00 pm in the Multi-purpose Room. The workshop will include a project to allow parents to work on a Vision/Dream Board. Childminding will be provided from 6:00 pm - 7:30 pm.

EDUCATION NEWS

TSAWOUT LEARNING HOUSE



DID YOU KNOW?

Pumpkins are actually fruits, not vegetables!

Pumpkins, squash, gourds, melons and cucumbers belong to the Cucurbitaceae family. Similar to tomatoes, pumpkins taste more savory than sweet, so we often think of them as vegetables. However, because members of this plant family develop from the parts of a flower around an ovary, a pumpkin is a fruit with pulp surrounding seeds!

On Monday and Wednesday, the nurses have also engaged the students in the lesson of handwashing, the study of vital organs in their body, and most recently - structure of bones and joints by building with marshmallows and dry spaghetti.

"We got first place for the strongest marshmallow and spaghetti tower. It's small but was the strongest. We got chocolate cupcakes!" Miss Ashley, Miss Kalika, Miss Kaylee.



Our Tsawout Learning House practicum nurses of the University of Victoria are very creative with the wholesome refreshments they prepare for the students on Monday and Wednesday. This fall a monetary donation of \$100.00 per month (September, October, November, December) was generously donated from our neighbourhood Country Grocer at Royal Oak.

EDUCATION NEWS

TSAWOUT LEARNING HOUSE

Tsawout Learning House continues to be bustling with fun activities and lots of laughing voices during the Seaquarium Touch Tank visit and Halloween/Thanksgiving activities.



SCHOOL CLOSURES

The next non-instructional day for WSB and SD #63 students is Friday, November 22nd and the TLH will be open from 9:00 am - 3:00 pm for all students. Science Venture will be here and breakfast, lunch and snacks are provided. We are closed on Remembrance Day, November 11th.

VOLUNTEER & SUBSTITUTES

The TLH is still in need of volunteers and paid substitutes/on-call persons. Thank you to Alicia Pelkey for volunteering 3 times in the week, and to Jessica Underwood and Jolene Underwood for being on our substitute list. If you would like to volunteer or substitute please see me for a letter for the Sidney RCMP Criminal Record Check. We currently need support on Tuesday, Thursday and Friday and continuing over the school year.

EDUCATION NEWS

TSAWOUT LEARNING HOUSE

SPECIAL PARTNERSHIPS

MUSTARD SEED - Once or twice a month my husband Peter and I also pick up food donations from the Mustard Seed, Give Food Get Food Program. This program was developed by The Mustard Seed Street Church in an effort to connect local non-profit agencies to food donated by Food Banks Canada (learn more at www.foodsharenetwork.com). I have been in this partnership since 2014 and the donations have helped tremendously to supplement the Tsawout Learning House after-school Program, breakfasts, snacks and lunches throughout the school year and camps.

CULTURAL YOUTH WORKER - Beatrice Sam, our Cultural Youth Worker has been enthusiastically teaching students the SENĆOŦEN Language with the introduction of greetings and key words and instructions. It's great to see the participation of the students and hear them repeat the words. This is only the beginning of being able to bring SENĆOŦEN more fluently into the after-school Program.

Thanks to Liz Underwood and Michelle McDormand for inviting the students to the Tuesday and Thursday Crafting/Art with an elder. I hear the students are very enthusiastic about participating.

EDUCATION & TRAINING

INDIGENOUS HEALTH CARE ASSISTANT

We held an information session with Camosun on Tuesday October 22 for the Indigenous Health Care Assistant course, which starts in January 2020. Please contact Lillian Underwood for more information.



Indigenous Health Care Assistant

Certificate

9.5 months, full-time

"I learned so much about my culture that I didn't know before."

The IHCA program was the best thing I could have done to better my future."

Diana David
Exemplary Student

APPLY FOR
January 2020

Are you Indigenous?

Develop the knowledge, skills and values necessary to provide care to families and individuals in First Nations and Indigenous communities.

Health Care Assistants (HCA) are frontline care providers in any level of continuing care, including adult daycare, personal care, assisted living, home support, complex care, group homes and special care units. HCAs are an integral part of our health care system. You will work collaboratively as part of a health care team, functioning under the direction and supervision of an appropriate health care professional.

HEALTH NEWS

FAREWELL TO CHRIS DE BOER

Dear Staff, Chief and Council and Community Members:

The time has come for me to retire after 45 years of being a counsellor in a variety of settings.

Having worked at Tsawout for over eight years has been a particularly satisfying and enriching experience for me both professionally and personally working in the Holistic Wellness/ Health Department. I will miss you all and especially the community members of Tsawout whom I've had the privilege of getting to know over the years.

I look forward to spending more time with my family, and more recently my first grandchild. I will also have more time for other pursuits that I have been wanting to get to such as painting, photography as well as researching and detailing my family history so as to leave a record for my children and grandchildren. An appreciation of the importance of knowing one's family, traditions and history is one of the gifts that Tsawout has bestowed upon me.

I feel confident that Tsawout Community members will be in good hands with our very knowledgeable, talented and very caring counselling staff, Sarah Kinsley and Keava Mooney and of course Talia Ingram who is currently on maternity leave.

Thank you all and in my mother tongue: "tot Ziens", until we see each other again!

Respectfully,

Chris de Boer MSW,RCC
Clinical Supervisor and Counsellor
Tsawout Health Department

WELCOME TO KEAVA MOONEY

I am very honoured to have been offered the position of Wellness and Addiction Counsellor with the Tsawout First Nation. It is my first time on the island and I am eager to get to know the community and support you to the best of my abilities.

I have been working as a counsellor for several years now and love the work I do. I also care very much for the people I work with. I am here to help, to listen and to understand what is not working for you or what you are struggling with so that together we can figure out how to change things for the better.

I am available Monday through Friday from 8:30 am till 4:30 pm. You can reach me by calling the Health Center or by reaching out on Facebook at Keva Tsawout.

HÍSW E SIEM



HEALTH NEWS

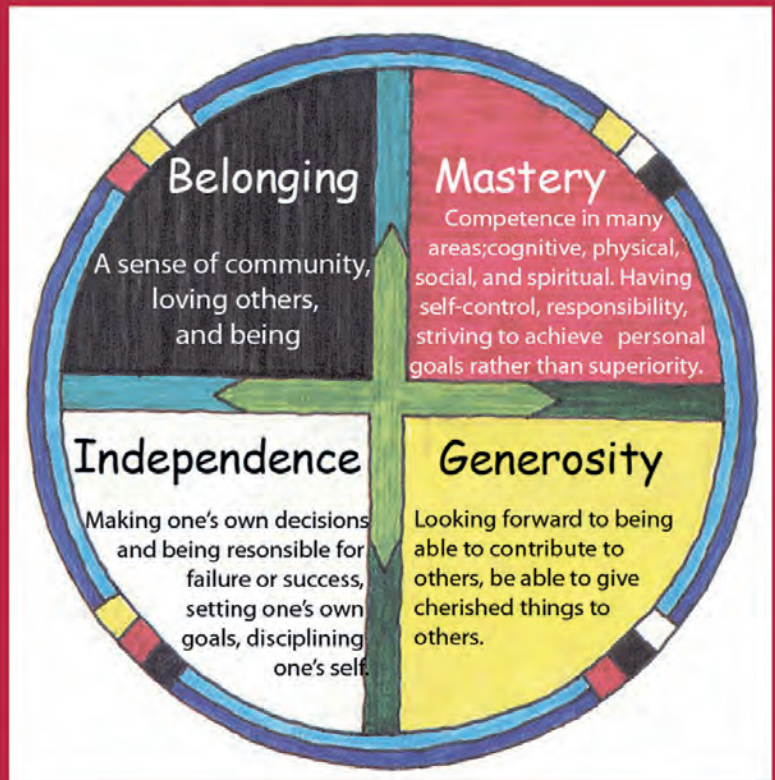
TSAWOUT MEN'S TALKING CIRCLE

WHEN: Tuesdays - 5:30pm

WHERE: Elder's Room in the basement of the Health Office beside the elevator.

Entry can be made through the back door into the basement.

Respectfully submitted by Norm Underwood, Charles Harry and Chris de Boer.



EMPLOYMENT NEWS



TSAWOUT FIRST NATION EMPLOYMENT OPPORTUNITY

POSITION:	LANDS OFFICER (SAANICHTON, BC)
HOURS OF WORK:	PERMANENT, FULL-TIME
REPORTS TO:	DIRECTOR OF LANDS & SPECIAL PROJECTS

POSITION SUMMARY:

WSÁNEĆ Territory. The Lands Officer is responsible for matters related to Tsawout Nation lands, natural resources and environment within all of the Nation's reserve lands in accordance with the Nation's custom policies, procedures, Land Code and associated land development policies.

Summary:

The Lands Officer is responsible for matters related to Tsawout First Nation Land Code and all associated land development policies. This includes coordinating all referrals, land development applications, as well as providing technical and administrative support on issues concerning reserve land registration, land use planning, additions to reserve, land-use policy development, and enforcement. The Lands Officer will also be responsible for maintaining a Lands Department GIS system to ensure all parcel information, and associated layers on reserve are current and accurate. Direction is provided by Director of Lands and Special Projects in collaboration with the Tsawout Nation Land Management Committee. Coordination with adjacent local and regional government lands personnel may be required.

Key Deliverables:

- Ensure the timely assessment and processing of all land development applications;
- Coordinate with other departments to ensure the accurate and timely preparation, facilitation and maintenance of all land transaction documents and systems (reports, lands registrations and transfers parcel history/abstract reports, lease documents);
- Maintain the structure and organization of the Land Department's Geographic Information Systems (GIS) and associated databases;
- Coordinate the review, implementation and monitoring of Tsawout Land Code policies and related regulations;
- Coordinate the review and public engagement process for updating the Comprehensive Community Plan including the Environmental Management Plan;
- Provide guidance, advice and support on land management legislation regulations, leasing matters, policies and practices to Council, Tsawout Nation staff, Tsawout Nation members and others involved in land transactions on the Nation's reserve land to ensure both policy and legislative compliance;
- Maintain confidentiality on Land Management issues;
- Liaise and consult with staff in other departments, community members, and government and professional agencies (including appraisers, professional biologists, surveyors, lawyers, etc.); and,
- Assist the team and leader with other deliverables as required

Key Qualifications and Attributes:

- Certificate, diploma or degree in one or more of the following areas: Land Management, Natural or Renewable Resource Management, Environmental Studies, Human Geography, First Nations Studies and/or Aboriginal Law;
- Strong interpersonal skills – must have the ability to work effectively with Tsawout Nation citizens to implement land registrations;
- Excellent verbal and written communication skills including a strong ability in report writing and proposal writing;

We thank all interested applicants, however, only those short-listed will be contacted for an interview.

EMPLOYMENT NEWS

- Excellent organizational skills and attention to detail;
- Ability to work independently with minimal supervision as well as be a cooperative and contributing member in a team environment;
- ARC GIS 1: Introduction certification (minimum);
- Knowledge of and experience using Microsoft Office (Word, Outlook, Access & Excel) and proficient data management skills.
- Must be capable of working flexible hours inclusive of evenings when required;
- A valid BC Driver's License is an asset; previous experience working for First Nation's an asset; and,
- Knowledge and understanding of the Tsawout Nation's culture, history, reserve lands and traditional territory an asset.

DEADLINE: FRI., NOVEMBER. 8, 2019 (4:00 pm)

Submit cover letter, resume to:

Cathy Webster
Tsawout First Nation
7728 Tetayut Rd., Saanichton, BC V8M 2E4
cwebster@tsawout.ca

Pursuant to Section 41 of the BC Human Rights Code,
preference may be given to applicants of Aboriginal Ancestry.

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We thank all interested applicants, however, only those short-listed will be contacted for an interview.

SOCIAL DEVELOPMENT

NOTICE TO ALL CLIENTS ON INCOME ASSISTANCE

Please ensure that declarations and all supporting documents are in by the 15th of every month. All declarations require applicant signature and, if applicable, it must include spouse signature, job search form, hydro and phone bill (if eligible), most recent paystubs and bank statements, if required.

**** NO DECLARATION (paystubs, job search) = NO CHEQUE ****

Cheque issue is the last Wednesday of every month. Cheques are available for pick up between 9 am to noon and 1 pm to 4 pm. No calls are taken on cheque day and no one can pick up someone else's S/A cheque unless that person is seriously ill, has mobility barriers or other extenuating circumstances.

Clients who submit their documents AFTER the deadline date can pick up their cheque on the following Friday.

Clients who need to update their file or apply for S/A need to book an appointment between Tues. to Thurs.

NOTICE TO ALL EMPLOYABLE CLIENTS

It is **MANDATORY** that all employable people seek employment. According to Social Development Policy 2.2: Termination of Benefits – Refusal or abandonment of employment opportunities, refusal to participate in an appropriate training or education opportunity or rehabilitation program will result in Social Development closing your file.

Failure to show any effort in seeking employment or education opportunities such as job searching, employment workshops or upgrading - will result with your SA file being closed. Whenever a decision is made to terminate client benefits, the client has a right to appeal the decision to Aboriginal Affairs and Northern Development Canada by picking up an administrative review form from Social Development. Thank you.

Tsawout Social Development (SD) – Income Assistance Application Process

STEP 1 – OBTAIN APPLICATION FROM TSAWOUT RECEPTION TO MAKE AN APPOINTMENT.

NO APPOINTMENTS WILL BE MADE A WEEK PRIOR TO OR DURING THE WEEK OF CHEQUE ISSUE.

- Complete Social Assistance Application Package
- Identification – Adults – 2 each (1 must be a photo)
- Identification – Children - 1 each
- Verification of Income – 60 day bank statements, pay stubs, 2 most recent pay stubs, EI Income and Spousal Support
- Utility Bills – BC Hydro, phone bill, gas or oil bill
- Tenancy Agreement – Tsawout Social Housing, CMHC documents or mortgage documents
- Privately Owned Homes – proof of ownership documentation
- Tax Forms – Canada Child Benefit, Notice of Assessment
- Other Supporting Documents

STEP 2 – INTAKE APPOINTMENT

- Bring all supporting documents to your appointment
- If you have a spouse, he/she needs to be present to sign all documentation
- Employable clients are required to discuss a plan to obtain employment or have an education plan to attain further skills that will help you gain employment.
- If you are unable to seek employment, the worker will need a medical note that will temporarily excuse you from seeking employment or until you are eligible to apply for PPMB (Person with Persistent Multiple Barriers) or PWD (Person with Disability) designation.

STEP 3 – PROCESSING

- Allow up to 5-7 business days for application approval.
- Worker will notify you of your eligibility for Income Assistance.
- We understand that you are in need of help and your matters are important to us. We are doing due diligence to ensure that the process is completed in a timely manner. We appreciate your patience.









STEP 4 – YOU HAVE BEEN CONTACTED TO INFORM YOU OF YOUR ELIBILITY STATUS

- **Approved Applicants** – Will now have the responsibility to assure that all documentation (Declaration, utility bills, pay stubs, job search or any other required documents) is submitted by the 15th of each month to ensure they receive their entitlement on time. ALL clients have a responsibility.
- **Ineligible Applicants** – Varies on the situation.
- Will have an opportunity to gather missing or additional supporting documents.
- If you are eligible for EI or in receipt of EI, you will not be eligible for Income Assistance.
- You have earned income that is more than what you are eligible to receive, then you have to wait 30 days to reapply.
- If applicant does not agree with the decision, the applicant can appeal the decision – Inquire about this process with the Social Development Worker.

**** Thank you for reviewing this information. It helps the review and assessment process. Social Development can be contacted at 250-652-9101 (ext. 306).**

GARBAGE, COMPOST & RECYCLING

2019 NOVEMBER

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

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= Garbage



= Compost



= Recycling

IMPORTANT NOTES

GARBAGE PICK-UP (ONCE A WEEK). If your garbage is missed or not picked up, call BFI directly at 250-652-4414

COMPOST (BI-WEEKLY). If your compost is missed or not picked up, call Refuse at 250-381-6007. If called the same day or early the next day, it is possible to have it picked up the same week if they are in the area and they will ask you to have it at the end of the driveway by 7:00 am on whichever date they advise. If not, it will have to wait until the next regular pick-up date.

RECYCLE (BI-WEEKLY). If your recycle is missed or not picked up, call Emterra at 250-385-4399. Call by 11:00 the next day and they can probably do a pick-up. If any 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.

FACILITY RENTALS

Are you planning a party or a special event? Tsawout's Community Facility has some great spaces to hold your special gathering! Our facilities are available to both Tsawout members and the general public. Daily and hourly rates are available.

HOURLY RATES	<i>MEMBERS</i>	<i>GENERAL PUBLIC</i>
Gymnasium	\$20/HR	\$40/HR
Multi-purpose Room	\$11/HR	\$22/HR
Auditorium	\$16/HR	\$32/HR

DAILY RATES	<i>MEMBERS</i>	<i>GENERAL PUBLIC</i>
Gymnasium	\$175/DAY	\$375/DAY
Multi-purpose Room	\$105/DAY	\$210/DAY
Auditorium	\$155/DAY	\$320/DAY

ADDITIONAL INFORMATION

Catering is available upon request at an additional cost.

Projectors and projector screens are also available.

Projector: \$50

Screen: \$20

Table Cloths \$2 per table

Setup and host included in rental

For more information, contact Reception at (250) 652-9101 or reception@tsawout.ca.