



# MONTHLY NEWSLETTER TSAWOUT FIRST NATION

February 2020

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## LANGUAGE NEST

The Language Nest is now taking applications! Language Nest is a language program for children from birth to five years old where they are immersed in their First Nations language. A language nest provides a safe, home-like environment for young children to interact with fluent speakers of the language. See page 13 for more information.

### YETI

Youth Employment Tour of Industry is a guided tour of an industry in order to learn more about wages, type of work and your future! Dates are running in February and March - see page 4 for more info.

# COMMUNITY NEWS

Together, we can make  
WSÁNEC a better place!



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## WSÁNEĆ LEADERSHIP COUNCIL COMMUNITY ENGAGEMENT



**FEB. 5 2020 | 6 PM - 8 PM**  
**FEB. 25, 2020 | 5 PM - 8 PM**  
**TSAWOUT MULTIPURPOSE ROOM**

We want to hear from you! Come share a meal, win some door prizes. Contact Shauna at [shauna.johnson@wsanec.com](mailto:shauna.johnson@wsanec.com) or at 778-788-8545 for more info or if you have questions.

Childminding available. Contact Shauna to request spots.

# COMMUNITY NEWS

## SIWS HEALTHY RELATIONSHIPS PROGRAM

### **SOUTH ISLAND WELLNESS SOCIETY**

#### **HEALTHY RELATIONSHIPS PROGRAM**

This program will take participants through a learning journey of personal relationship discovery and healing.

It will empower Aboriginal communities to apply and share the teachings to restore the balance and harmony with their intimate relationships, family, friends, and community.

**LET'S PADDLE TOGETHER TOWARDS HEALTHY COMMUNITIES AND HEALTHY FAMILIES! MOST IMPORTANT A HEALTHY YOU!!!**

- Promotes positive friendship/relationship
- Strengthens communication skills
- Emotional health and wellbeing
- Values and boundaries discussion
- Benefits of a healthy friendship/relationship
- Elder's wisdom and encouragement

**Looking for individuals/ couples**

#### DATES (Tuesdays)

January 2020	14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup>
February 2020	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup>
March 2020	3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup>

#### TIME

2:00 PM      4:00 PM

**SIWS will provide Snacks**

#### Location

**TSARTLIP HEALTH BUILDING**

**IF INTERESTED CONTACT:**

***Indigenous Justice Coordinator: Vanessa Ramsdale***

***Or Community Coordinator: Ian Gladstone***

***Email: [ijadmin@siws.ca](mailto:ijadmin@siws.ca)***

***Phone: 778-426-2997***



# COMMUNITY NEWS

## YOUTH EMPLOYMENT TOUR OF INDUSTRY



# YOUTH EMPLOYMENT TOUR OF INDUSTRY

Explore a local industry via guided tour.  
Learn about great wages, fulfilling work and  
rewarding work-life culture - find your  
future!

Multiple dates in Feb/March 2020

Free Registration: [peninsulachamber.ca](http://peninsulachamber.ca)

Contact Kirsten Saanich Peninsula Chamber of Commerce;

[admin@peninsulachamber.ca](mailto:admin@peninsulachamber.ca) or

250- 656-3616 for details

@yetiprogram - Instagram

theyetiprogram - fb

Generously Supported by,



Saanich Peninsula  
Chamber of Commerce



# COMMUNITY NEWS

## NOVICE LICENSE TEST

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Tsawout Education and Employment Readiness

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### Tsawout Community Members Preparing for your Novice License Test?



**DRIVEWISE**  
Getting You and Yours Home Safely

Please prepare the following documentation and call to make an appointment to fill in the Participant Information Form to qualify for funding.

- 1) Complete the Participating Information Form (PIF)
- 2) Complete application for Funding Form
- 3) Letter from Employer confirming employment
- 4) Copy of Resume
- 5) Letter of Denial or partnership from your band
- 6) Copy of Native Status card
- 7) Employment Action Plan form
- 8) Letter from you to CSETS detailing your request; Identifying your financial assistance you are requesting
- 9) Proof of residency



Drive Wise Learning Academy Inc. has lesson plans that vary from:

- 3x90 minutes lesson
- 6x90 minutes lessons
- Road Test Package

We will connect with a Drive Wise advisor to support you achieve your goal of being a safe and confident driver.

Please note:

- Spaces will be limited and the CSETS requires that all information is collected above before funding can be approved.
- This must be the first time you have used CSETS funding.

If you have any questions please contact: Lillian Underwood at 250-652-9101 (308)

# CHIEF & COUNCIL NEWS

## TSAWOUT UPDATE (OCTOBER 2019 - NOVEMBER 2019)

Submitted by:

SDEMOXELWET-Mary Ann Sam, Tsawout Councilor

I want to provide an update of my participation in meetings that I was requested to attend on behalf of Tsawout Chief &/or council regarding Portfolio responsibility.

As you will see, these meetings are very informative for the Council (Leadership) and/or community as a whole.

Thank you to Chief Nick for allowing me to participate and represent Tsawout at these meetings. I am not certain whether an update is an accountability concern but I want to provide my small notes taken throughout my involvement. I feel more at ease knowing that this information is shared with each of our Leadership at the table. I have discussed my findings with Finance (Rob) as I contacted him for advice and questions regarding finance (Rob I thank you for that). I also asked Eva for a little bit of information.

I do have a lot of information to share with the community and departments of Tsawout to get more involvement of the community. I need to be open with what is learned and what is required of the community.

I want to be very open to any communication for everyone and this has always been an important sharing tool that I want. Too much information is not to be held - it is to share and give community a better understanding of what I feel is important for them.

The participation in these meetings is my reason for not attending the regular Chief and Council meetings.

On another note, you may know that my participation for Health Meetings is a shared cost with my husband and has saved money with this travel. Not all meetings are with him, but on occasion it has saved.

These are the meetings I have participated in:

### **Sept 11, 2019 - Emergency Management BC - Program Act Modernization - Musqueam**

Round table discussion with Province officials and Federal Government to discuss working with the Nations when an Emergency occurs. What needs to be discussed - topics included, culturally sensitive, privacy of residents within communities, public knowledge, what needs to happen prior to assisting communities; funding. Non-native practices were compared to FN Communities; next meeting will be regional meetings as different needs for coastal communities versus interior and different beliefs - different seasonal activities within each community. Various risks were discussed.

Will continue to have Webinar sessions between EMBC & ISC (Indigenous Services Canada)

Very informative, documents received for EM Assistance program - including how to receive various emergency kits, different funding agencies. What should be included within the packages - what type

# CHIEF & COUNCIL NEWS

of hazards we all have in our homes, offices, who it covers and why ..... More info available. Want to ask how much should be sent to community members.

**October 24, 2019 - United Nations Declaration on the Rights of Indigenous People** at the BC Legislature (Parliament Building) for the announcement of the new law, Indigenous peoples will be part of the decisions that affect them, their families and their territories," said Horgan. "Together with Indigenous peoples, we're going to build a better future with good jobs and opportunities for people, strong environmental protections and healthy communities that include everyone."

When this law is Passed the Declaration on the Rights of Indigenous Peoples Act will make British Columbia the first province to bring the internationally recognized standards of the United Nations Declaration on the Rights of Indigenous Peoples (UN Declaration) into provincial law.

This is about recognizing human rights applied to Indigenous Peoples and it's something that governments of all stripes have not done before, despite the fact it's in the Constitution of Canada," Scott Fraser, the province's minister of Indigenous relations and reconciliation, said Wednesday.

(Excerpt from Times Colonist) Victoria – British Columbia has become the first province in Canada to introduce legislation to implement the United Nations Declaration on the Rights of Indigenous Peoples, mandating the government to bring its laws and policies into harmony with the principles of the declaration.

The legislation does not set a timeline for achieving its goals, but the minister of Indigenous relations and reconciliation said the bill "is about ending discrimination and conflict in our province, and instead ensuring more economic justice and fairness".

## **BC EMBC - Emergency Management Board**

Meeting with Vancouver Island First Nation communities who are preparing an emergency management plan. The involvement in this area is quite a large part for community involvement. I am working on getting information in various areas that may involve meetings with community members. Will get direction as to which departments will be involved within this. Update to follow.

## **October 21 & 22, 2019 - Inherent Right to Indigenous Self Governance Meeting**

Hosted by NILTUO - at the Ocean Point In Vic West

Discussion of FROM SETTLEMENT, CONFEDERATION TO BILL C-92. The presentation involved discussion of the act respecting First Nations Inuit and Métis children youth and families.

## **October 30, 2019 - Journey Home Video Premiere - Mary Winspear, Sidney BC**

## **November 5 - 6, 2019 - BC Cabinet & First Nations Leaders' Gathering**

First Nations across BC, Canada and the world are watching the introduction of this historic legislation. We are showing how the maturity and wisdom of our current leadership in this province, both Indigenous and non-Indigenous, can be a beacon for hope during these uncertain times," said Regional Chief Terry Teegee, BC Assembly of First Nations. "I applaud Premier Horgan and his cabinet for their bravery and perseverance in moving this forward. Implementing the UN Declaration is a non-partisan

# CHIEF & COUNCIL NEWS

move, and we have been waiting 12 long years for this.”

“The provincial government has a long history of denying the very existence and rights of Indigenous peoples,” said Cheryl Casimer, First Nations Summit political executive. “We are pleased that this changes today, and the Province of British Columbia is working with us in turning the page in our collective history and embarking on a new era and path for building a respectful and modern government-to-government relationship – a relationship built on recognition, respect, co-operation and partnership with a goal to improve the lives of our citizens and bring reconciliation to the forefront of society.”

Over time as laws are modified or built, they will be aligned with the UN Declaration.

## **BC Cabinet & First Nations Leaders’ Gathering - Vancouver Convention Centre**

The meeting was full of updates on what the Provincial agencies have available to our First Nations people. There was very positive information of what the province has provided. I will be providing an overview of what may benefit membership as there are areas of Health, Education, Family Support. I am very excited to see what areas we can approach as a whole. The funding that is available is exciting.

## **November 12-14, 2019 - Emergency Management BC (TinWis, Tofino, BC)**

First Nations Emergency Management Roundtable.

Federal & Provincial Governments to discuss Coastal Communities Emergency Plans.

Discuss training & Funds available. First Nation Emergency Social Services provided annual report & success stories of working community involvement. Handed Tsawout a Laptop to start an Emergency Management Plan. Willing to offer training and updates for Community members. Report indicates that Tsawout not involved in any services they offer. As we work together with the other local nations, we are now considering putting a plan in place for Emergency Management Co-ordination collaboratively.

## **NOVEMBER 18, 2019 (9:00 - 12:00 ) - WSANEC School Board Of Directors meeting**

2019-2020 Budget presentation

Update of Policies Professional Development AMENDMENTS - R CLIFFORD

- Medical & REC Marijuana Policy
- Social Media Use Policy
- Unpaid Leave of Absence Policy

SLELEMW Child Dev Centre Report - G Underwood

SENCOTEN Immersion Language Coordinator DRAFT Job Description discussed

High School Principal Report - N Essie

Administrator’s Report - C Olsen

Adult Education Director Report - K Underwood

STA,SEN Report - T Swallow



# CHIEF & COUNCIL NEWS

## **November 19, 2019 @ Tsartlip Health - FIRST NATIONS HEALTH AUTHORITY**

Coast Salish Regional Caucus Update

Community Updates - all Island Nations

FNHA Directors Association Update

Executive Director Report - Brennan MacDonald

Vancouver Island Regional Health Forum Report - Eunice Joe

VI Partnership Accord Evaluation - Ian Knipe

Vancouver Island Regional Caucus Meeting, December 2-6, 2019

## **November 21, 2019 - WILNEW Committee Meeting (Esquimalt Nation)**

Coast Salish Employment & Training Society Executive Report provided.

Update of business for WILNEW - updates of Summer student files updates.

Quarterly reports reviewed - Tsawout in good standing

Very pleased with Corrine Child

**Future Meetings / Updates** - My next update will include information sharing at the Gathering Wisdom X Conference in Vancouver (Jan. 13-16, 2020)

I have asked Chief & Council for this information to be shared with Community in the community news or allow me to post this information on the website with the assistance of D Watson.

Respectfully,

SDEMOXELWET - Mary Ann Sam  
STAUTW Councillor

# EDUCATION NEWS

## TSAWOUT LEARNING HOUSE

HÍ,SWKE

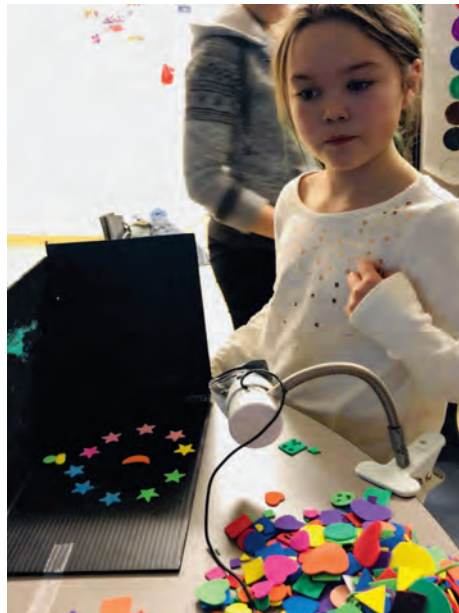
HÍ,SWKE to all our neighborhood churches and friends who blessed our Saanich First Nation families with Christmas Hampers in December, over the two week winter break. The thoughtfulness of St. Mary's Anglican Church, Holy Trinity Church, Jarmo Construction, Give Food Get Food and some anonymous donators made it possible for Tabita Marks, Headstart Coordinator and Stephanie Adams, Learning House Coordinator to deliver to 56 families. We are also very grateful for the amazing supports that Robin Dupree, ELSET Elementary School, First Nation Indigenous Teacher provides all year and for her dedication towards this December initiative.

## BYTE CAMP

Byte Camp- Tsawout Learning House has had a partnership with Byte Camp Education Society since 2012 and this year the grade 2 to grade 8 students are enjoying these Byte Camp Sessions. These sessions will continue through January and February and are funded by FNIYES Skills Link, Science and Technology grant 2019-2020.

**Code Your Own Adventure** - Thursdays at  
3:30 pm - 5:00 pm

**Claymation Movie Production** - Tuesdays at  
3:30pm - 5:00 pm (Jan 7 - Mar 10)



# EDUCATION NEWS

## TSAWOUT LEARNING HOUSE

### TURTLE TALK

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On Tuesdays from 3:30 pm - 4:30 pm, the Kindergarten to grade 2 students are participating in Turtle Talk, facilitated by Beth Masselink and Tabita Marks and with support of Michelle McDormand. The students also enjoy songs and lessons in drumming and singing with Romaine Underwood and Beatrice Sam.

### SEAQUARIUM

Maia Carolsfeld, Education Coordinator of the World Fisheries Trust - Seaquaria Ocean Education will be visiting TLH for a Care Orientation with the staff and students on February 12th from 3:45 pm - 5:00 pm. Please feel free to join us, as there will be an opportunity for the "Touch Tank." "The World Fisheries Trust acknowledges and respects the Lekwungen-speaking Peoples on whose traditional and unceded territories we work and the Songhees, Esquimalt, T'Sou-ke, WSANEC and other First Nations peoples whose historical relationships with the land continue to this day."

### GVPL

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The first Thursday of the month from 4:00 pm - 5:00 pm, the Primary students welcome Delia Filipescu, Public Services Librarian of the Greater Victoria Public Library. Delia selects up to 40 age appropriate story books from GVPL and brings them for all the students to choose from. She reads and tells stories and plays games with the kindergarten to grade two students during her visit.

### TUTORING

Tsawout Learning House Tutoring is available to all students and is scheduled Monday - Friday, for Language Arts/Literacy and Math and Science. If you need to meet with a Tutor please contact Mrs. Adams for the Tutor contacts:

Carolina Stratievsky- Language Arts support with Projects and Exam studies for English, Monday to Friday

Kirk Clarke-Math/Science support and Exam prep, Tuesday and Thursday.

# EDUCATION NEWS

## TSAWOUT LEARNING HOUSE

### VOLUNTEERS NEEDED

Tsawout Learning House desperately needs volunteers on Monday, Wednesday and Friday. If you are available more frequently, and would like to be added to the Tsawout Learning House on-call/substitute list, please submit a resume and complete the Criminal Record Check at no cost. Pick up a letter from myself to bring to Sidney R.C.M.P. office to complete your application.

### GOOD-BYE

Good-bye Carolina Stratievsky is our Tsawout Learning House Primary Classroom Education Assistant, and her last day in this position is January 31st.

"I would like to immensely thank you for the support and the opportunities that you and all the staff have provided me during the last four months. I have truly enjoyed my tenure with Tsawout Learning House, and I am more than grateful for the

encouragement you have given me in pursuing my professional and personal growth objectives. I have learned so much during this period; lessons I will carry for life." - **Carolina Stratievsky**.

We thank you Carolina for your extraordinary support in overseeing the Kindergarten to Grade 2 students as an Education Assistant. The TLH staff and parents will miss you and we hope for only the very best for you, your daughter and husband. Yes, please do return to visit the students and staff.

Please visit Tsawout First Nation Website for current job postings at TLH.

## KINDERGARTEN REGISTRATION

Saanich School District will be having the annual kindergarten registration information night on Wednesday, January 22, 2020 at Keating Elementary School, 6843 Central Saanich Rd. from 7:00 pm - 8:30 pm. This will be followed by one week of registration, at each of the elementary schools from Monday, January 27th to Friday, January 31, 2020. If you do not register your child at the school, you will need to register at the Saanich School District Office at 2125 Keating Cross Road, (250) 652-7322.



# EDUCATION NEWS

## TSAWOUT LEARNING HOUSE



The month of February will be Friendship Month at Tsawout Learning House with the climax being on “February 26, 2020, we encourage everyone to practice kindness and wear pink to symbolize that you do not tolerate bullying.” Pink Shirt Day began 2007 and is now a movement celebrated across the globe, inspired by an act of kindness in small town in Nova Scotia. In 2019, Japan, New Zealand, China, Panama and numerous people in almost 180 countries shared their support of Pink Shirt Day through social media posts and donations.

### CLOSURES

NID is on Friday, February 14th from 9:00 am - 3:00 pm. Breakfast, snacks and lunch is provided and on Monday, February 17th TLH is closed for statutory holiday Family Day.

Stephanie H. Adams  
S ÁUTW I,TOTEL EW,ÁUTW -  
Tsawout Learning House  
Coordinator  
(250) 652-9101 ext. 332  
sadams@tsawout.ca

## S ÁUTW SEN O EN ÁUTW

### LANGUAGE NEST

The Language Nest is taking applications for the 3-5 room. The 0-2 ½ have applications available, but please note this program requires that a parent/guardian must stay with the child at all times. This gives the parent/guardian a chance to learn our SEN O EN language with their child. Hours of operation are 8:30 am - 3:00 pm, Monday-Thursday. Please remember that it is strictly SEN O EN (no English).

If you have any questions please call Haley Sylvester at (250) 652-1149 (ext. 214) or by email: [hsylvester@tsawout.ca](mailto:hsylvester@tsawout.ca).



# EDUCATION NEWS

## TSAWOUT HEAD START PROGRAM



### Healthy Dinner included Triple P Parenting Program

#### What is Triple P?

Triple P works by giving parents the skills to raise confident, healthy children and teenagers, and to build stronger family relationships. It also helps parents manage misbehaviour and prevent problems occurring in the first place. But it doesn't tell people how to parent. Rather, it gives them simple and practical strategies they can adapt to suit their own values, beliefs and needs.

#### Raising Resilient Children

One of the most important tasks of parenthood is helping children learn to deal with their emotions. All children experience periods of stress in their lives and need the emotional skills to deal with it. Children's ability to cope with their feelings is important to their long-term happiness. Come hear about the six keys skills to help children build emotional resilience.

#### Raising Confident, Competent Children

Transportation available

No Cost

Come join us for all 6 sessions or just one or two 😊

**When:** Mondays, January 13 - February 24, 2020

**Time:** 4:30 - 8pm

If you want to help cook dinner arrive earlier

**Place:** Tsawout Kitchen and Multipurpose Room

For more information or to register, please call:

Michelle Anderson  
Family Support Worker  
NILTU,O Child and Family Services  
250-544-1400

OR

Tabita Marks  
Head Start Coordinator  
Tsayout Nation  
250-652-1149



## Triple PPP – The Power of Positive Parenting

The Tsawout Head Start Program would like to invite parents or grandparents to attend this excellent workshop. Michelle Anderson will be facilitating and offering 6 sessions starting on Monday, January 20th - March 2nd. It will start off with a dinner at 4:30 pm in the multi-purpose room. Parents can help prepare the meal by meeting in the Tsawout kitchen at 3:30 pm. Childminding will be available 6:00 pm - 8:00 pm during the workshop. There will be a Thrifty Foods gift card offered for parents who attend.

# EDUCATION NEWS

## TSAWOUT HEADSTART PROGRAM

### VALENTINES DINNER

Our Tsawout Head Start families have been invited to the Anglican Holy Trinity church hall for a Valentine's dinner at 4:30 pm on Thursday, January 13th. There will be transportation available at 3:30 pm with support from the Trinity Van and Head Start coordinator, Tabita Marks.

<b>February 2020 Head Start Program</b>						
<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1
2	<b>3 – Healing Circle.</b> Wellness Room 12:00-1:00 pm <b>Triple PPP – Parent</b> Multi-purpose Room 4:30 – 8:00	<b>4 Turtle Talk</b> Learning House 3:00-5:00	<b>5 Good Food Bag</b>  <b>Girls Group</b> Wellness Room 3:30 – 6:00	<b>6 Play Group</b> Auditorium 9:30-12:00	7	8
9	<b>10 Healing Circle</b> Wellness Room 12:00-1:00 p.m. <b>Triple PPP – Parent</b> Multi-purpose Room 4:30 – 8:00	<b>11 Turtle Talk</b> Learning House 3:30-5:00	<b>12 Fruit Bag –COHI</b>  <b>Gals Group</b> Wellness Room 3:30 – 6:00	<b>13 Play Group</b> Auditorium 9:30-12:00 <b>Valentine's Dinner</b> <b>Trinity Church Hall</b> <b>4p.m. -6p.m.</b>	<b>14 Grief &amp; Loss Support Group</b> <b>Trinity Church</b> <b>12:00-2:00 (every second Friday)</b>	15
16	<b>17 Family Day</b> <b>Office Closed</b>	<b>18 Turtle Talk</b> Learning House 3:30-5:00	<b>19 Gals Group</b> Wellness Room 3:30 – 6:00	<b>20 Play Group</b> Auditorium 9:30-12:00	21	22
23	<b>24 Healing Circle</b> Wellness Room 12:00-1:00 p.m. <b>Triple PPP – Parent</b> Multi-purpose Room 4:30-8:00	<b>25 Turtle Talk</b> Learning House 3:30-5:00	<b>26 Gals Group</b> Wellness Room 3:30 – 6:00	<b>27 Play Group</b> Auditorium 9:30-12:00	28	29

# HEALTH NEWS

## INTRODUCTION FROM LOIS WILLIAMS - NEW TSAWOUT HEALTH MANAGER

Hi everyone,

How are you? I am doing well. I am from Xeni Gwet'in First Nations Government (Nemiah Valley, B.C.), which is one of the six communities of the Tsilhqot'in (Chilcotin) Nation. My community is located three hours from the West of Williams Lake, which is one hour by pavement and another two hours on a gravel road once you turn left at Hanceville.

I lived in Sidney with my family for nearly four years and I have four children with my husband Darren Willis. I am the last of eight children to my mother Maria William. My late father Francis William passed on 8 years ago. I grew up on a ranch and I learned how to take care of cattle, horses and chickens. We got up early everyday and went to bed when the sun went down. My family is very traditional and we love to live on the land. My mother Maria mostly speaks Tsilhqot'in (Chilcotin), so I am fluent in my language and she also taught me the culture. I will share current photo's of the last cultural camp I coordinated in October 2019 at Onion Lake with my mom Maria William and my sister Rita Combs. My community lives off grid with no BC Hydro to this day and we use renewable energy. We have solar panels and wind turbines with a battery and diesel generator back-up system.

I started working as a Health Manager with Tsawout on January 13, 2020 and we had our first staff meeting yesterday. I have been listening and actively listening to everyone on any issues they may have with health and what needs to be covered. Please come and see me at the office as my door is open most of the time.

I worked as a Health Director in Yunesit'in, which is one hour and a half from my own community of Xeni Gwet'in. I have family connections in Yunesit'in as well so the transition went well. I have three years of experience as a Health Director and five years experience being a Council member with Xeni Gwet'in. My focus was education, social, culture and language and community by-laws while I was on Council. Administration has always been my strength and my compassion for community members. I speak my language fluently and also know my culture.

Currently, I am researching our Accreditation process and I will be focusing on it over the next two weeks. I have also been meeting all of the staff here and reviewing the programs that we have available to the community. I will be in contact with the other Health Directors and Managers in the Nation in February. My membership to the First Nations Health Authority will be processed in March. I attended my first planning meeting for the upcoming Indigenous Food Conference recently. More information will be posted up once we find a host community. I am grateful to be here in a community setting once again and I look forward to be a part of the Tsawout community at work and volunteering at events after hours.

Thank you for those beautiful people who have already come by my office to welcome me into the community. I look forward to meeting more community members.

Sincerely,  
Lois Williams





# HEALTH NEWS

## WELCOME SIMI ONO, COMMUNITY HEALTH NURSE

I would like to begin by acknowledging that I am a settler to these lands. My family first arrived to the Fraser Valley in the 1950s. My grandfather taught me, at an early age, that we are visitors to these lands. Our family survived because of the knowledge and generosity shared by the Matsqui people. I grew up in Saanich and continue to live there with a family of my own.

In my previous career as a Respiratory Therapist I worked in all areas of the hospital with patients of all ages. I was also involved with teaching people how to manage living with breathing conditions such as Asthma and COPD.

For the past two years, I have been working in Home and Community Care as a Registered Nurse. I have been helping people transition from hospital to home, manage their disease at home and providing palliative/end of life care. I am delighted to join the health team at Tsawout. Thank you to all the community members who have given me a warm welcome. Please feel free to stop by or call. I look forward to meeting you and learning how to best serve your nursing care needs.

## 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.



# HEALTH NEWS



First Nations Health Authority  
Health through wellness

Help is only a phone call away!  
**KUU-US CRISIS LINE**  
A place where you can trust, talk, and feel safe!  
**24 HOURS — 7 DAYS PER WEEK**

## Indigenous Crisis Line

**BULLYING**

**SUICIDE**

*Ideations, Attempts, Survivors of...*

**PEER PRESSURE**

**EDUCATION**

*Poor grades, Failing...*

**RELATIONSHIPS**

*Friendships, Family, Work...*

**MENTAL HEALTH**

*Stress, Depression, Anxiety, Anger...*



**ADDICTIONS**

*Drugs, Alcohol, Gaming...*

**VICTIMS OF CRIME**

*Impacted by Social Media, Sexually Assaulted...*

**ABUSE**

*Neglect, Child Welfare, Physical, Sexual...*

**FINANCIAL**

*Poverty, Homelessness...*

**GRIEF / LOSS**

*Death, Separation, Divorce...*

**SELF HARM**

*Self Medicating, Cutting...*

Toll Free:  
1-800-KUU-US 17  
(588-8717)

Facebook Page:  
KUU-US Crisis Service  
[www.kuu-uscrisisline.ca](http://www.kuu-uscrisisline.ca)

# SOCIAL DEVELOPMENT

## **NOTICE TO ALL CLIENTS ON INCOME ASSISTANCE**

**Please ensure that declarations and all supporting documents are in by the 15<sup>th</sup> 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 15<sup>th</sup> 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

## FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	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



= 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.

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

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

## 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](mailto:reception@tsawout.ca).**