



SXÁNEŁ MAY

2026 Newsletter
T'Sou-ke First Nation



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SUM-SHA-THUT-LELLUM Pre-K Registration forms

+ Regularly Scheduled Events!

Receive updates and monthly newsletters via email!

Please call the office or email communications@tsoukenation.com to be added to the email list.

T'Sou-ke Office Hours

Monday to Friday
8:30am to 4:30pm

Closed 12:00pm–1:00pm for lunch

Closed Saturday, Sunday,
and Statutory Holidays



Mailing Address: PO Box 307
Sooke, BC, V9Z 1G1



Physical Address: 1000 Soses Snanet Road
Sooke, BC, V9Z 0G7

Keep up-to-date by following the Nation's Facebook pages!



T'SOU-KE NATION MEMBERS COMMUNICATION & UPDATES

Stay informed on the Nation's activities, meetings, events, and more.



T'Sou-ke Nation Health Office

Book health appointments via Facebook, phone, or email.



T'SOU-KE NATION YOUTH & PARENTS

Updates on youth centre activities, programs, and events.



Ladybug Garden & Greenhouse (LBGG)

Featuring the wonders and work taking place in the garden.



T'Sou-ke Jobs Board

Showcasing internal and external job opportunities.

250-642-3957

tsoukenation.com

Administration

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Ladybug Garden

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Janitor, Kristina Jensen

Janitor, Skye Wormald

Sum-SHA-Thut Lellum

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ECE Assistant, Jie Deng
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Meetings & Events

May (SᖃÁNEᖃ) 2026

Please note: these services are intended for T'Sou-ke Nation members & their families unless otherwise stated.

SUNDAY XÁLSNÁT	MONDAY SĆELČŁNÁT	TUESDAY SFENᖃNÁT	WEDNESDAY SĚIᖃS	THURSDAY SᖃOS	FRIDAY SĚKÁĆES	SATURDAY KEMETENᖃ
					1	2
					Bin Disposal	Bin Disposal Red Cross Babysitters' Course (Registration req'd) 12-4pm @ SEAPARC
3	4	5	6	7	8	9
Last Day for Bin Disposal				Dr. Kluge's Clinic 10am-4pm Little Cousins Club (5-and-Under) 2:30-4pm Te'mexw Treaty Meeting 5:30pm		Red Cross Babysitters' Course (Registration req'd) 12-4pm @ SEAPARC
10	11	12	13	14	15	16
Mother's Day		SENĆOFEN Language Class 4-5:30pm CCHC or Zoom	Tribal Journeys Weekly Meeting & Gift Prep (non-TJ participants welcome!) 6:30-8:30	Dr. Kluge's Clinic 10am-4pm Diabetes Day 2-4pm	Pre-SCAT Shoreline Survey Training Day 9am-4pm @ CCHC	Pre-SCAT Shoreline Survey Day 2 6:00am-TBD Meet @ The Prestige (Visit French Beach & Gordon's Beach)
17	18	19	20	21	22	23
Pre-SCAT Shoreline Survey Day 3 8:00am-TBD Meet @ The Prestige (Visit Siaosun Beach, Billings Spit, Coopers Cove)	CLOSED (Victoria Day) Pre-SCAT Shoreline Survey Day 4 7:30am-TBD Meet @ The Prestige (Visit Iron Mine Bay, Pedder Bay)		Meal Bag Pickup 1:30-7:30pm Tribal Journeys Weekly Meeting & Gift Prep (non-TJ participants welcome!) 6:30-8:30	Dr. Kluge's Clinic 10am-4pm Little Cousins Club (5-and-Under) 2:30-4pm Dinner & Spring Open House 5:30-7:30pm		Wellness Day 10am-3pm
24	25	26	27	28	29	30
31	Chief & Council Meeting 6-8pm Via Zoom	SENĆOFEN Language Class 4-5:30pm CCHC or Zoom	Community Dinner 5:30pm Tribal Journeys Weekly Meeting & Gift Prep (all community members welcome!) 6:30-8:30	Dr. Kluge's Clinic 10am-4pm Soup Kitchen 11am-1pm CCP Chats & On- the-land activity Time TBD	Elders' Lunch 12-1:30pm	Christine's Spring Arts n' Crafts Sale 10am-4pm
PAL Course (Registration Req'd) 9:30am-5:30pm @ Old Band Hall Christine's Spring Arts n' Crafts Sale 10am-3pm						

Wellness Activities

SXÁNEL (May) 2026

Please note: these services are intended for T'Sou-ke Nation members & their families unless otherwise stated.

MONDAY SĆELŁŁNÁT	TUESDAY SƐŃJ,NÁT	WEDNESDAY SŁIWS	THURSDAY SNOS	FRIDAY SŁKÁĆES
				1 Rise & Shine Fitness 6-7am Yoga 12-1:00pm Boxing (Adult Fitness) 5-6pm
4	5	6	7	8
Rise & Shine Fitness 6-7am Boxing (Adult Fitness) 5-6pm Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm Boxing (Adult Fitness) 12-1pm Boxing (Advanced) 6-8pm	Rise & Shine Fitness 6-7am T'Sou-ke Walking Group 9:30-11:30am Boxing (Adult Fitness) 5-6pm Full Body Fitness 7:30-8:30pm	Boxing (Adult Fitness) 12-1pm Boxing (Advanced) 6-8pm	Rise & Shine Fitness 6-7am Yoga 12-1:00pm Boxing (Adult Fitness) 5-6pm
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18	19	20	21	22
CLOSED (Victoria Day)	Sea to Tree Counselling 12-7pm Boxing (Adult Fitness) 12-1pm Boxing (Advanced) 6-8pm	Rise & Shine Fitness 6-7am T'Sou-ke Walking Group 9:30-11:30am Boxing (Adult Fitness) 5-6pm Full Body Fitness 7:30-8:30pm	Boxing (Adult Fitness) 12-1pm Boxing (Advanced) 6-8pm	Rise & Shine Fitness 6-7am Yoga 12-1:00pm Boxing (Adult Fitness) 5-6pm
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PO Box 307, Sooke B.C., V9Z 1G1
Ph.: 250-642-3957 Fax: 250-642-7808

April 30, 2026

Notice of Chief and Council Meeting

T'Sou-ke Nation registered members are invited to join the Zoom livestream of the upcoming Chief and Council meeting:

Monday, May 25, 2026

6:00–8:00pm

Watch online via Zoom

Livestreams are for T'Sou-ke registered members only. If you wish to watch online, please email Natassia Davies via communications@tsoukenation.com to receive the Zoom link and passcode. Please note that upon requesting the Zoom link or joining the Zoom session, you may be asked to confirm your identity by providing your full name and/or member registration number. We appreciate your understanding and cooperation.

We kindly ask all registered members in attendance to adhere by the *Open Meeting Rules and Guidelines* found at the bottom of the Chief and Council page on the T'Sou-ke website: <https://tsoukenation.com/chief-and-council/>.

If you have any questions, please contact Michelle via email at administrator@tsoukenation.com, or call 250-642-3957 ext. 233.

Te'mexw Treaty Meeting

May 7
5:30pm Dinner
6:00pm Meeting
@ CCHC or via Zoom

Little Cousins Club

May 7
May 21
2:30-4pm @ CCHC

Parents/caregivers and little ones ages 5 and under, join us for afternoon playtime! Register via mchworker@tsoukenation.com

Diabetes Day

Stop by for a visit with Nurse Jen, Community Wellness Worker Daphne, and our dietician Jen Cody.

Thursday, May 14
2:00-4:00pm

This is a great opportunity to ask about healthy dietary alternatives!

Download the Alertable App

Receive timely notifications about weather alerts, warnings, local advisories, driving conditions, and more.

The Alertable App is available in all App Stores.

SENĆOŦEN Language Class

ÍY,ŞÇÁCEL (Good Day) Families! Language classes are available on the following dates at the CCHC:

May 12
May 26

4:00-5:30pm ****Please note the new time!**

Please feel free to join in classes whenever you are able. **You don't need to register.** Ivy is a kind, patient teacher with much knowledge to share. We look forward to learning together!

A Zoom option is now available!

<https://us06web.zoom.us/j/88269809031?pwd=0dz1PtHeDYBH7UC6mp5A7xF8RZcugg.1>

Meeting ID: 882 6980 9031
Passcode: 271491

Meal Bag Pickup

Meal bags are provided based on need and are distributed *per household* while supplies last.

This month's pickup day is:

Wednesday, May 20
1:30-7:30pm

Meal bags must be picked up by a member of your household. We are unable to release meal bags to individuals picking up on behalf of other family members.

Blood Pressure Checks Available

If you need your blood pressure checked, our nurses are available:

Nurse Kurstin: Mondays & Thursdays
Nurse Jen: Monday to Friday

Chief & Council Meeting

Monday, May 25
6-8pm via Zoom

Community Dinner

Wednesday, May 27
5:30pm @ CCHC



Wellness Day

Join us at the CCHC for a wellness day with the T'Sou-ke Health staff!

**Saturday, May 23
10am-3pm**

Our wonderful service providers will be offering haircuts, reflexology, massages, tarot card reading, and more!

All members and their families are welcome to join. No registration required, just drop in!

PAL Course Registration

T'Sou-ke Nation is organizing a Possession and Acquisition License (PAL) course for members to acquire or renew licensing.

Sunday, May 31

9:30am-5:30pm

Old Band Hall (2154 Lazzar Rd)

The PAL Course has a maximum capacity of 12 participants.

Registration is first come, first served. If there is enough interest we will be taking a waitlist and will look to book another course.

To register, please contact Yvonne via socialdevelopment@tsoukenation.com, or by phone at 250-642-3957 ext. 249. If you would like to be on the waitlist or contacted last minute in the event of a no-show, please indicate this when registering.

Lunch and refreshments will be provided.

Please bring ID and/or your Status card.

WorkBC In Community

We're happy to share that WorkBC will be visiting the Community Complex and Health Centre on reserve once a month.

**Thursday, May 21
1:00-4:00pm**

Holding the meetings on reserve provides a culturally safe and familiar space for community members to connect and access employment supports.

During these sessions, WorkBC staff will:

- Share information about available employment and training services
- Support community members in registering for WorkBC
- Complete Client Needs Assessments and create personalized Action Plans

Everyone is welcome to attend. Please **bring photo ID** and your **SIN** if you would like to register for services. We look forward to welcoming WorkBC into our community and supporting members on their employment journeys.



Open House Tidbit

Drop by the Fisheries Department booth during the Open House on May 21 and tell us what the "Creature Feature" was in our May newsletter!

Correct entries will be entered into a draw to win a T'Sou-ke Nation ball hat.

Hint: This creature isn't an animal, but a vibrant green underwater flowering plant that provides a vital nursery for salmon and crab.



Do you want to participate in this year's Tribal Journey?

This year's journey is the Paddle to Nisqually. It will be a longer trip than usual, with hosting at T'Sou-ke on July 18, landing in Nisqually on July 31, and protocol taking place August 1-5.

Due to current border considerations in the United States, we will need to be very careful with travel requirements. Only those with a valid passport will be able to attend, and minors must be accompanied by a parent. At this time, we are not yet certain if we have a large enough crew to paddle. However, even if we don't, several of us will still participate as part of the ground crew.

If you are interested in paddling this year, have a valid passport, and can commit the time, please contact Bonnie Hill at bonniehill@tsoukenation.com or via Facebook Messenger to confirm your interest. This will help us build our list and determine as soon as possible whether we are able to bring a canoe. Please confirm by May 15.

Beginning Wednesday, May 13, we will hold weekly preparation meetings to get ready for the journey and create giveaways. The schedule is as follows:

May 13	6:30–8:30pm	June 24	5:30pm Community Dinner (optional) 6:30–8:30pm Meeting
May 20	6:30–8:30pm	July 1	NO MEETING, Canada Day
May 27	5:30pm Community Dinner (optional) 6:30–8:30pm Meeting	July 8	6:30–8:30pm
June 3	6:30–8:30pm	July 15	6:30–8:30pm Final Prep Meeting
June 10	6:30–8:30pm	July 18	T'Sou-ke hosts canoe families
June 17	6:30–8:30pm		

Feel free to bring any crafts you're working on, as well as a snack to share. Meetings will take place Wednesday evenings from 6:30 to 8:30pm at the T'Sou-ke SKÁPEŁ I, SOT Á, LEN, Community Complex & Health Centre/CCHC. All community members are welcome to help make gifts—you don't need to participate in Tribal Journeys to join these prep nights!

Celebrate Emergency Preparedness at our Open House!

Join us at the T'Sou-ke Nation FireSmart Open House in May as we celebrate emergency preparedness in our communities!

Take a ride in the Quake Cottage Earthquake Simulator, meet Ember the Firefox, and chat with our presenters about creating a FireSmart community.

Families can enjoy bouncy houses, face painting, food trucks, and can enter to win a great emergency preparedness prize basket!

Featuring:

Ice Cream Truck
Bannock Room Truck
Earthquake Simulator
Firetruck Tours
FireSmart Info
Giveaways & Prizes!

**Saturday, May 9
12-3pm**

T'Sou-ke SKÁ,PEŁ I,SOT Á,LEN

**T'Sou-ke Community Complex
& Health Centre**

*1000 Soses Snanet Road
(Next to EMCS & Petro-Can)*



Hike to High Ground Recap



On April 16, T'Sou-ke staff and community members participated in the annual Hike to High Ground as part of Tsunami Preparedness Week. High Ground Hikes are community events that educate coastal residents about B.C.'s tsunami risk and provide an opportunity to practice local evacuation routes to high ground.

The walk from Siaosun Gazebo to the McMillan building took us 14 minutes at a leisurely pace. In the event of an actual emergency, we estimate you could reach safe ground within minutes from most areas of IR#1 and IR#2. At the McMillan Building, we learned about the Tsunami

Notification Zones (T'Sou-ke/Sooke is Zone D), how to 'Drop, Cover and Hold On' to build muscle memory, and what kinds of items should be included in your emergency grab-and-go bag.

If you haven't already, community members should download the Alertable app to stay informed during an emergency. You should also create a profile with Emergency Support Services (ESS) via ess.gov.bc.ca. If you have to evacuate your home and check in to an emergency operations centre, your name and information will already be in the system and you can receive help quicker.

You can access a breadth of information via PreparedBC.ca, and we will also have pamphlets and information available at our Open Houses on May 9 (FireSmart open house) and May 21 (quarterly/spring open house). We also have pamphlets available in the reception area of the Community Complex & Health Centre.



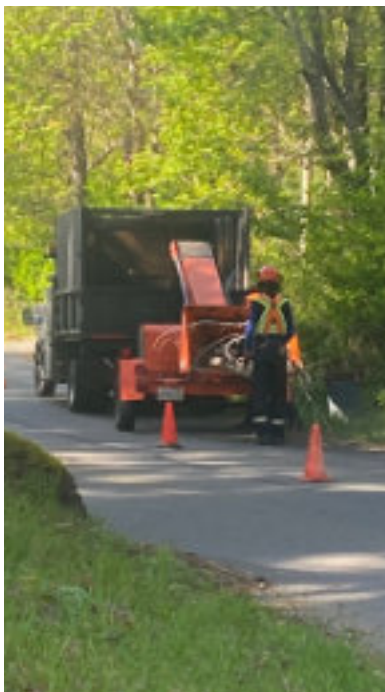


Earth Day Cleanup & Wood Chipper in Community

On April 22, T'Sou-ke staff honoured Earth Day with a community cleanup around IR#1 and IR#2. We collected some large items along with close to 20 bags of garbage from ditches, roadsides, Siasun beach, the McMillan field, and other community areas.

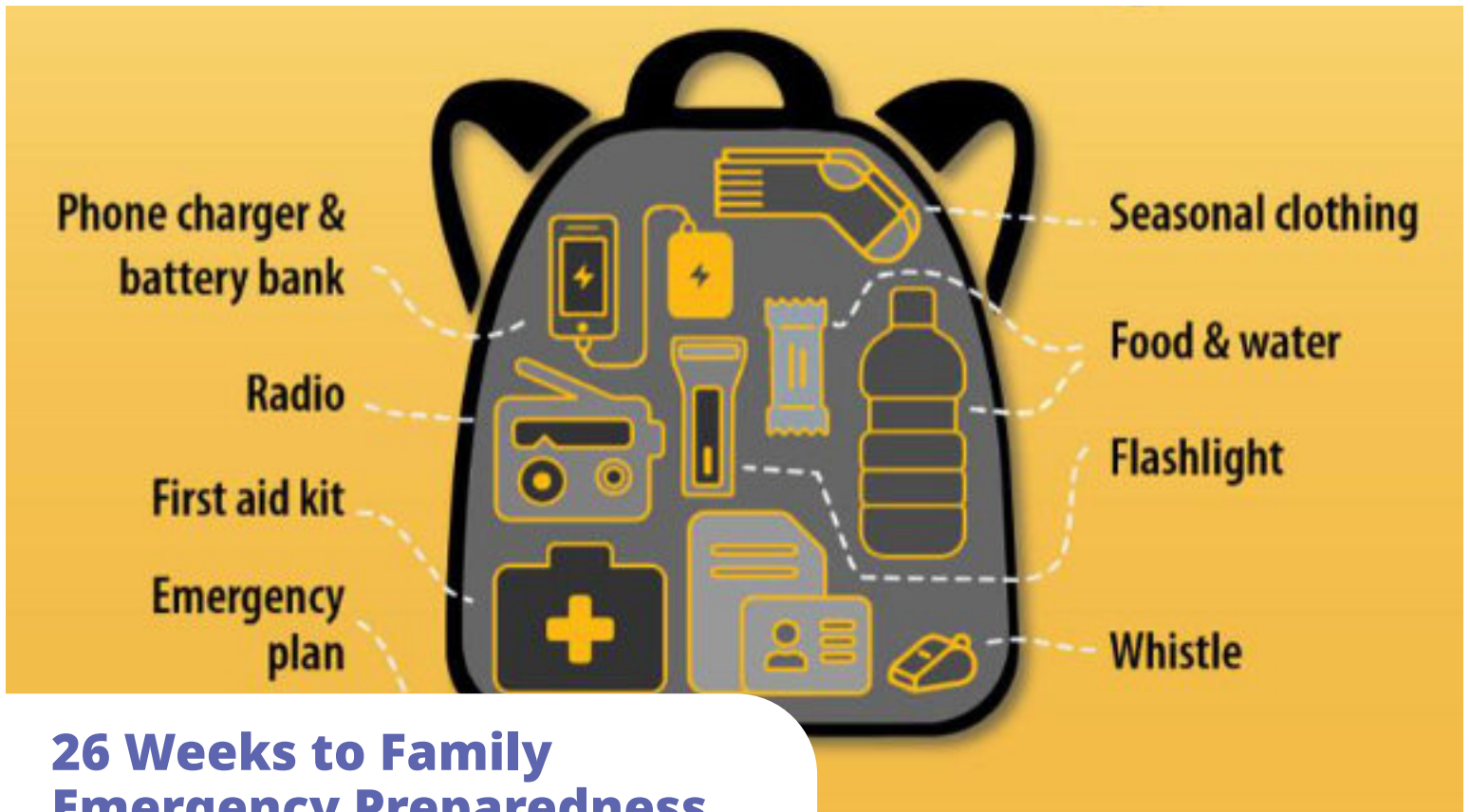
We noticed garbage continues to be an attractant for bears and would like to remind community members and Sooke residents around IR#1 and IR#2 to secure your garbage and attractants.

For all that this land has provided and continues to provide for our people, this is one small way we can give back and show our gratitude. HÍSWĪĶE, thank you to everyone who was able to participate!



During this time our FireSmart & Emergency Preparedness Coordinator, Emily, facilitated wood chipper days for community members to clear branches from their properties.

This resulted in 5000 pounds of wood chips from IR#1, and 4000 pounds of wood chips from IR#2. This is a big step in reducing fire sources on your property! Thank you to all the community members who participated in this FireSmart initiative.



26 Weeks to Family Emergency Preparedness

It's always important to have a stash of basic supplies and necessities to last you a minimum of 72 hours in the event of a power outage or emergency. Over the next several newsletters, we'll outline a few steps you can take each month to build an essential family emergency kit.

Last month, it was recommended that you **give every family member specific safety tasks** to do in an emergency such as turning off the electricity or collecting the emergency kit. It was also recommended to **identify safe places** in your home and property, and know where your community emergency operations centre is located. You should have also **identified a family meeting place** away from home but close to your regular spots.

In May, here are steps you can take to prepare:

-
- WEEK 12** Add a **flashlight and extra batteries**, along with **candles and waterproof matches** to your kit.
-
- WEEK 13** Add some **dried soups and other food items** such as peanut butter to your kit.
-
- WEEK 14** **Check your insurance policies** and make records of your possessions (in case you need to make a claim) and add the list to your emergency kit.
-

Dinner & Open House



Join us for dinner at our Spring Open House!

Connect with T'Sou-ke Nation staff to learn about the projects currently underway, as well as some exciting initiatives taking shape this year. We'll have information and resources for you to take home, and there will be prizes up for grabs! We hope you can join us.



📅 **Thursday, May 21**

🕒 **5:30pm** Dinner

🕒 **6:00–7:30pm** Open House

📍 T'sou-ke SKÁ, PEL I, SOT Á, LEN (CCHC)

DREAM BIG: Implementing the Comprehensive Community Plan

The Comprehensive Community Plan (CCP) is complete and now it's time to set the wheels in motion!

Over the next several months we will be hosting community sessions for each of the seven goals in the CCP. These sessions will ask community members to DREAM BIG and share ideas and actions for HOW we can implement each goal.

This is your opportunity to voice your desires for long-held wishes or things you've been wanting to see in community!

Maybe you want a sports field, or a Nation app to stay on top of news, or a large smokehouse to preserve fish. Perhaps you dream of a yearly community camping trip in territory, or canning classes, or hunting trips.

Whatever it is, no dream is too big or too small during this phase of planning. Check out the goals in the CCP to see where your ideas can align, and then attend that session.

May Implementation Session Topic:

Goal 1: Steward our lands, waters to maximize environmental health

SAVE THE DATE
Thursday, May 28
Time & Location TBD

Save the date! On May 28, staff from the Lands and Fisheries & Marine departments will be holding an on-the-land session to talk about how we can steward our lands and waters to maximize environmental health.

If you have ideas for how we can implement the programming goals outlined for Goal 1 in the Comprehensive Community Plan, we invite you to attend this session on Thursday, May 28. Time and details to follow—keep an eye on the Member Communications Facebook page!

These sessions are intended to be low-key and conversational to provide a comfortable setting where all voices are welcome. We'd love for you to attend!



UPCOMING SOUP KITCHEN:

Thursday, May 28th

Pick up 11:00am-
1:00pm

CCHC Building

Come pick up a fresh
bowl of chili!

Limited quantities,
first come first serve.

HOME ALONE PROGRAM PREPARING YOUTH

WHEN

May 31st
1:30pm – 4:30pm

WHERE

Seaparc

After school time and the occasional short outings for parents are easily dealt with when children are prepared. The focus of the workshop is home and personal safety tips for dealing with emergency situations.



**AGES: 9-12
YEARS OLD**

PRE- REGISTRATION REQUIRED

Please be sure to register ahead of time as there are only so many spots.

TRANSPORTATION

Transportation will be available to and from the event.

Please let Brittany know if youth require transportation

CONTACT US

youthcentre@tsoukenation.com, or text or call 778-535-3957

OTHER NOTES

Please pack snacks and drinks as they won't be provided



CALL FOR SUBMISSIONS

Artist & Illustrators



NIL TU,O is seeking artists from Pauquachin, SĆIANEW, Songhees, Tsartlip, Tsawout, Tseycum, and T'Sou-ke to work with us and provide illustrations for online and printed projects.

▶▶▶ This is a paid opportunity for selected artists. If you are an artist affiliated with one of the seven communities we serve and want to work with us, submit your application today!

➔➔➔ **Deadline to submit: May 30, 2026** ➔➔➔



To submit, email support@niltuo.ca and include your name, the community you are from, and a sample of your art.



Important information for illustrators: Submitting an application does not guarantee selection, hours, or paid contracts. Artists will be contacted for individual opportunities. Artist release forms and contracts will be created for each project.



Scan the QR code to learn more!



This call is open to everyone from the seven communities we serve.

Social Development, Employment, & Training

Yvonne St. Pierre

📞 250-642-3957 ext. 249

✉ socialdevelopment@tsoukenation.com

📘 T'Sou-ke Jobs Board

Office Hours: Mon–Fri, 8:30am–4:30pm
(Closed daily for lunch from 12–1pm)

Important Notice for all Clients:

Declarations and Job Search Forms must be picked up **from me directly**.

This allows me to ensure that **all required documents**—including your budget and decision forms—are properly **signed before the next cheque issue date**.

MONTH	*DECLARATION DUE DATE	CHEQUE ISSUE DATE
June 2026	May 22	May 27
July 2026	June 19	June 24
August 2026	July 24	July 29
September 2026	August 21	August 26
October 2026	September 18	September 23
November 2026	October 16	October 21
December 2026	November 13	November 18

*** Your Declaration and Job Search Form (if applicable) are due the Friday before each cheque issue date.**

Friendly Reminders:

- If you're working, submit **income verification slips with your monthly declarations**.
- Provide **monthly utility bills** to ensure timely payment.
- **Print your name clearly** on your declaration and **don't forget to sign it!**



Fisheries & Marine

Q: Why don't crab share?

With spring upon us, the Fisheries Department is having a strong start to the field season. One of the ongoing projects right now is Juvenile Dungeness Crab Monitoring. Dungeness Larval monitoring is done in collaboration with the Hakai Institute. This sampling is done April 15 through September 1, with the occasional early start and extension to ensure an accurate snapshot is taken from the T'Sou-ke territory. Custom made traps are used to attract pelagic organisms using light, when the ocean is dark. This trapping method allows us to count Dungeness Megalopae, Dungeness Instars, as well as juvenile Pacific Sand Lance, Chinook Salmon, Pink Salmon, and Chum Salmon.

Community Invited to Participate in the Shoreline Survey

The Fisheries Department is inviting you to the Pre-SCAT Shoreline Survey Training Day – Emergency Science and Technology Section, ECCC, at the Community Complex & Health Centre from **9:00am to 4:00pm on Friday, May 15**. A draft agenda is below, outlining the plan for the training day.

The Fisheries department is also inviting you to three additional field activity days on **Saturday, May 16, Sunday, May 17, and Monday, May 18**. Interested community members will be responsible for their own transportation to and from sites. Please dress appropriately for all weather and wear sturdy footwear, as we will be hiking along forested paths and beaches. Please bring a snack and water as you see fit.

If you are interested in joining one or more days or would like more information, please reach out to Louis Sudlow via marineliaison4@tsoukenation.com.

Agenda for Shoreline Survey Days

DAY 1: Friday, May 15 (at Community Complex & Health Centre)

9:00–9:15	Welcome and Introductions
9:15–9:30	Land Acknowledgment and Welcome
9:30–10:00	Shoreline Contamination and SCAT
10:00–10:45	Pre-SCAT: process, data, and field activities
10:45–11:00	BREAK
11:00–11:30	Community spill preparedness discussion
11:30–12:00	Provincial role in spill response and recovery
12:00–1:00	LUNCH
1:00–1:30	The National Environmental Emergencies Centre (NEEC)
1:30–2:00	WCMRC's Shoreline Treatment Strategies and Tactics
2:00–2:45	Aerial Surveillance during Environmental Emergencies
2:45–3:00	BREAK
3:00–4:00	Practical Application of Pre-Scat
4:00	Closing Comments

DAY 2: Saturday, May 16

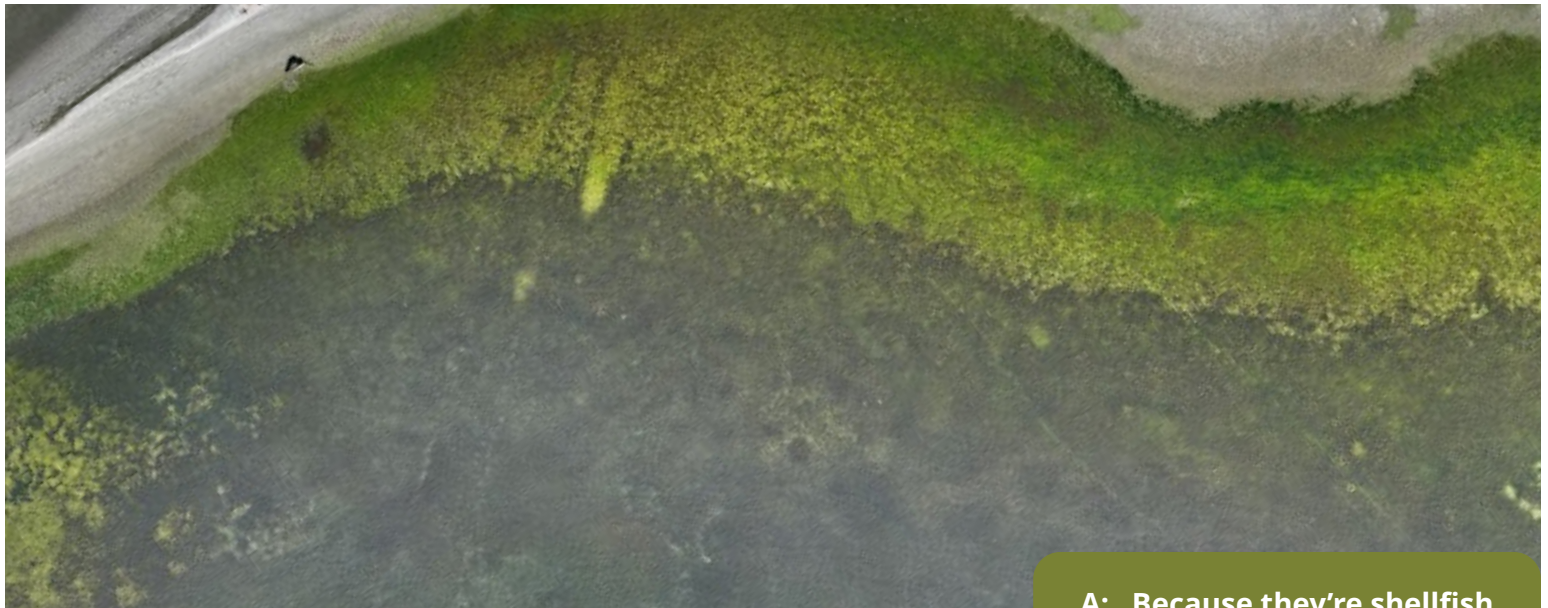
6:00am	Meet at the Prestige
6:00–6:20	Travel to French Beach
TBD	Travel to Gordon's Beach
TBD	Adjourn Day 2

DAY 3: Sunday, May 17

8:00am	Meet at the Prestige
8:00–8:05	Travel to Siaosun beach
TBD	Travel to Billings Spit
TBD	Travel to Coopers Cove
TBD	Adjourn Day 3

DAY 4: Monday, May 18

7:30am	Meet at the Prestige
7:30–8:00	Travel to Iron Mine Bay
8:00–8:45	Hike to Beach
TBD	Commute to Pedder Bay
TBD	Adjourn Day 4



A: Because they're shellfish

Creature Feature

Eelgrass

Eelgrass (*Zostera*) is a marine flowering plant; Eelgrass is a subtidal terrestrial plant that is more closely related to common grass than seaweed. A terrestrial/vascular plant has roots, stems, leaves, and flowers. Eelgrass plays a very important ecological function, providing a critical habitat of dense underwater meadows. It acts as a foraging area and provides shelter and nursery habitats for fish, shellfish, forage fish, crabs, and other marine organisms, and acts as a spawning habitat for species, such as the Pacific herring. Eelgrass does a lot of background work in water quality as well, by trapping sediment and stabilizing the sediment bottom. It can also help reduce erosion as the eelgrass beds reduce the wave energy, acting as natural erosion control. It also cleans the water by filtering polluted runoff, absorbing excess nutrients, and stores greenhouse gases like carbon dioxide.

Eelgrass faces many anthropogenic threats, mainly habitat loss, climate change, and invasive species. Coastal Development is one of the biggest contributors towards habitat loss, followed closely by Boat Mooring Scars and Nutrient Loading. Both Coastal Development and Boat Mooring Scars disrupt established eelgrass bed populations and negatively affect their ability to regenerate. Nutrient Loading is when there is an excess of nutrients found in an environment, caused by agricultural runoff, sewage, and stormwater. It harms eelgrass by smothering the plant and reducing the amount of light available to the plant. Climate change is a stressor on eelgrass beds. Eelgrass is sensitive to changes in water temperature and salinity; it can affect its growth, reproduction, and overall health. With climate change comes more frequent and intense storms. With the eelgrass acting as a natural erosion control measure for these storms, eelgrass beds can start to become damaged and can regenerate in time for the next storm. Eelgrass is also impacted by invasive species, such as European Green Crabs. European Green Crabs (*Carcinus maenas*) can devastate entire eelgrass beds by tearing and digging up individual plants while searching for their prey. Top food sources for European Green Crab include crustaceans, polychaetas, green algae, and mollusks, while juveniles target mussels and take advantage of eelgrass beds for nursery habitat. Sediment disruption is caused by European Green Crab digging for their meal of choice, changing the surface sediment by uprooting and exposing the roots and rhizomes of eelgrass plants. Other effects by European green crabs are damage caused to eelgrass sheath bundles. Although these invasive predators do not consume eelgrass, their foraging habits are enough to cause chaos to whole ecosystems.

Meals on Wheels

May Meal Menu

Please note the Meals on Wheels schedule has changed to Wednesday and Friday delivery dates.

Wednesday, May 6	Friday, May 8
Pasta w/ sausage & peppers, green salad <i>Berries w/ whipped cream</i> Milk/Juice	Ham and potato soup, buns, green salad <i>Peach cobbler</i> Milk/Juice
Wednesday, May 13	Friday, May 15
Shrimp linguine, caesar salad <i>Yogurt w/ berries</i> Milk/Juice	Classic macaroni salad, green salad <i>Oatmeal cookies</i> Milk/Juice
Wednesday, May 20	Friday, May 22
Meatloaf, potatoes, carrots <i>Mousse</i> Milk/Juice	Chili, rice, green salad <i>Berries w/ whipped cream</i> Milk/Juice
Wednesday, May 27	Friday, May 29
Nuts & bolts stir fry, rice <i>Peach cobbler</i> Milk/Juice	Tuna casserole, green salad <i>Pineapple surprise</i> Milk/Juice

Meals are subject to change depending on availability of products.

Please ensure there is a cooler outside your door, clearly marked for your Meals on Wheels to go into if you are not home. This keeps your meals safe from animals. Thank you.

This is a needs-based program. If at any time an Elder or member requires this service due to medical reasons and/or needs some extra help, this service is offered. To receive this service, one of our nurses will set up appointments for assessments.

Picky Eating? Let's Talk About it! Webinar



Tuesday May 13 | 3pm - 5pm

Online Webinar

Join us for a friendly, Parents webinar about Picky Eating for families wanting to learn about food, fun, and picky eaters.

With Jen Cody, dietitian



VANCOUVER ISLAND REGION
First Nations Health Authority

Contact person phone number
Or Jen Cody: jennifer.cody@fnha.ca



T'Sou-ke Nation Primary Care Update: Dr. Kluge's Clinic

We are excited to share that we are moving to weekly physician clinics here at the T'Sou-ke T'Sou-ke SKÁ,PEŁ I,SOT Á,LEN, Community Complex & Health Centre/CCHC! As we prepare for this transition, we are gathering information from our members and families to help us plan effectively.

We would love to hear from you:

Do you currently have a family physician?

If not, would you be interested in becoming a patient with Dr. Kluge here at the Nation?

If you have a doctor elsewhere, would you consider transferring your care to receive services closer to home?

For those living away from home within the broader region, would you be willing to travel to access care here in community?

Bringing care home allows us to strengthen wrap-around supports, coordinate services with our nursing and wellness teams, and continue building culturally grounded care for our people.

Dr. Kluge will be accepting new patients as we prepare to move to weekly clinics. These will include our members, their spouses and their families.

If you are interested in becoming a patient or would like more information, please contact our Health Manager, Rose, via rosedumont@tsoukenation.com or by calling 250-642-3957 ext. 237.

We look forward to continuing to grow our primary care services together.

Monthly doctor clinics are posted in the newsletter and on the T'Sou-ke Health Facebook page. New clients are always welcome from our members, their families and their spouses.

Health Department

Book appointments with us via phone, email, or Facebook

📞 250-642-3957

📘 T'Sou-Ke Nation Health Office

THURSDAYS

9:00am–3:00pm

Diabetes Care

COMMUNITY COMPLEX & HEALTH CENTRE

Brenda from our primary care team is in-house every Thursday to support patients in managing Type 1, Type 2, and gestational diabetes, and can provide education and guidance around diabetic care.

Book via Health Department 250-642-3957

MONDAYS

THURSDAYS

9:00am–3:00pm

In-House Mental Health & Wellness Support

COMMUNITY COMPLEX & HEALTH CENTRE

Angela offers trauma-informed, culturally humble mental health and substance use counselling, along with family support and grief and loss care.

Book via Health Department 250-642-3957

TUESDAYS

12:00–7:00pm

Counselling & Wellness Services

HEALTH OFFICE (LAZZAR IR#1)

Sea To Tree works with children, youth/teens, adults, couples, parents, and families to support mental and emotional well-being.

The Health Department has partnered with Sea To Tree Health & Wellness to offer in-house services every Tuesday for T'Sou-ke Nation members, their spouses, and their children.



Please book ahead if possible, but drop in if you need to!

Book via Health Dept. or call 778-352-3115

Indigenous Wellness Provider

In partnership with the South Island Primary Care Network, T'Sou-ke Nation's Indigenous Wellness Provider, Kristin, works closely with clients, families, and our care team to support access to health services and care planning, provide advocacy, and accompany clients to medical appointments where possible.

To connect or to receive an intake form, contact Kristin:

iwpreferrals@tsoukenation.com
778-584-2452

Please note: these services are intended for T'Sou-ke Nation members & their families unless otherwise stated.

5:00–6:00pm

Sooke Boxing Club (Adult Fitness)

LAZZAR BUILDING

MON

WED

FRI

12:00–1:00pm

Sooke Boxing Club (Adult Fitness)

LAZZAR BUILDING

TUE

THU

6:00–8:00pm

Sooke Boxing Club (Advanced)

LAZZAR BUILDING

TUE

THU



9:30–11:30am

Walking Together in Wellness

This walking group is geared toward T'Sou-ke adults and senior community members who are looking for light exercise in a casual setting.

The group typically alternates weekly between swimming at SEAPARC and walks around local parks and trails.

- Includes warm-up and cool-down stretches
- Walking aids and rest seats available
- Companions welcome
- Limited rides available based on need

Contact Debbie to join!

250-642-3957 ext. 235 or email mchworker@tsoukenation.com

WEDNESDAYS

Seaparc Passes

Seaparc passes are available at the Health office! Families are eligible for 4 passes per month.



6:00–7:00am

Rise & Shine

BAND HALL (LAZZAR IR#1)

Greet the morning sun with this invigorating morning exercise routine

MON

WED

FRI

7:30–8:30pm

Full Body Strength

BAND HALL (LAZZAR IR#1)

Plan an evening stretch-and-flex in this full body strength training program

MON

WED

12:00–1:00pm

Yoga

HEALTH OFFICE (LAZZAR IR#1)

Find a moment of peace during this relaxing afternoon yoga class

FRI

First Nation Primary Care Initiative Team at the Community Complex & Health Centre

Mondays and Thursdays 9:00am–3:00pm

We are pleased to share information with the T'Sou-ke Nation members about the First Nations-led Primary Health Care Initiative (FNPCI). The FNPCI is an initiative designed, governed, and led by First Nations to strengthen access to culturally safe, community-based primary health care across British Columbia.

The FNPCI supports the development of Primary Care teams that bring care closer to home, grounded in First Nations values, relationships, and community priorities.



Kurstin Pfeifer
Registered Nurse



Lisa George
Medical Office Assistant



Angela Hammell
Mental Health Clinician

As part of this initiative, new primary care staff will be coming into community to offer a range of services, including:

- Primary health care
- Mental wellness and counseling supports (Mondays & Thursdays, 9am–3pm)
- Nursing services RN
- Administrative and care coordination support

These services are intended to improve access to care while ensuring it is respectful, culturally safe, and responsive to community needs.

To learn more about the FNPCI, visit the FNHA website here:

<https://www.fnha.ca/what-we-do/health-system/first-nations-led-primary-health-care-initiative>

More information will be shared soon about service dates and how to access supports in community. For more information, please contact Rose Dumont, Health Manager at 250-642-3957 ext. 237 or RoseDumont@tsoukenation.com

To inquire about these health services or book an appointment, contact the Health Department or watch for monthly bookings shared on the T'Sou-ke Nation Health Office Facebook page.

☎ 250-642-3957

Dr. Kluge's Clinic

What is this service?

A weekly clinic to access physician services. You may access this service regardless of whether or not you have a family doctor.

Who is this for?

Families on and off reserve requiring access to a physician

Clinics are changing to weekly on Thursdays at the CCHC!

Reflexology (monthly)

What is this service?

Reflexology provides relaxation, eases stress and tension, and helps with general well-being. It can also reduce pain and improve circulation and muscle tone.

Who is this for?

Families and spouses living on and off reserve

Acupuncture (monthly)

What is this service?

Holistic treatment for a variety of health-related needs which can be discussed with Dr. Donna Ogden

Who is this for?

Families and spouses living on and off reserve

Blood Pressure Readings

What is this service?

A drop-in service to have your blood pressure taken and read by our community nurse.

Who is this for?

Families and spouses living on and off reserve

Homemaking Services *

What is the service?

Weekly house cleaning

Who is this for?

Families living on reserve who have health or mobility challenges that impact their daily lives on a short-term or long-term basis

Home Care Support *

What is this service?

Weekly sessions for those who need assistance with personal care such as bathing safely, getting to appointments, companionship, light housekeeping, grocery shopping, and other day-to-day activities.

Who is this for?

Families living on reserve who have health or mobility challenges that impact their daily lives on a short-term or long-term basis

Meals on Wheels *

What is this service?

Nutritious lunches delivered twice a week (except on holidays)

Who is this for?

Families living on reserve who have health or mobility challenges that impact their daily lives on a short-term or long-term basis

In-Home Mobility *

What is this service?

Assessing and addressing current mobility challenges to strengthen and increase mobility with Dr. Donna Ogden. These are done on a weekly or bi-weekly basis.

Who is this for?

Families living on reserve

Foot Care *

What is this service?

Toenail clipping and foot health education relating to diabetes

Who is this for?

Families and their spouses living on or off reserve who have diabetes or other health/physical limitations

*** Some services will require assessment to access**

The poster features a vibrant green background adorned with various colorful flowers in shades of yellow, pink, orange, and white. A yellow butterfly is shown in flight, leaving a dotted trail. Small white stars and leaves are scattered throughout the design. The text is centered and uses a mix of bold, sans-serif fonts in yellow and dark green.

Spring Arts n' Crafts Sale

Saturday, May 30 (10am–4pm)
Sunday, May 31 (10am–3pm)

T'Sou-ke Community Complex & Health Centre
1000 Soses Snanet Road (by EMCS)

**Featuring First Nation beadwork, crochet
teddys, Ladybug Garden plants, seeds, baskets,
and much more!**

Vendors: Tables \$25/ea per day
Contact Christine at crisscrosstherd61@outlook.com

Housing Policy Appendix "A"

T'Sou-ke Nation Rental Housing Application

(For T'Sou-ke Members)

Your Rental Housing application must be updated by March 31 of each fiscal year if you wish to remain on the rental housing list. Please note the Rental Housing list is separate from the Housing Lot list.

Background Information

1. Name _____
2. Phone _____
3. Mailing Address _____
4. Email Address _____
5. Are you a registered member of the T'Sou-ke Nation? _____
6. Birth date _____
7. Did you apply for housing before? When? _____
8. How long have you been on the Housing Waiting List (if applicable)? _____
9. How many applications have you made to the Housing Department before this application (including yearly renewals)? _____
10. Have you been convicted of any violent crime or of a crime against a child? _____

Household Composition

11. Family Members (name and age) – who would live in the rental home

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

12. Are any of your children who are over 18 years old dependent¹? _____

13. Are you a single parent? _____

14. Does anyone require disabled access or other special modifications? _____

15. How many household members are T'Sou-ke members? _____

16. Family Pets (list all) – who would live in the rental home _____

Present Living Arrangement & Conditions

17. What is your present living arrangement (privately owned home, rent-to-own home, rental unit, or no home)?

18. Are there health or safety risks in your current dwelling? (If yes please describe and provide any supporting documentation) _____

19. Is your current housing situation temporary (i.e., not available for much longer)? _____

20. Is your current home overcrowded? (If yes please describe the situation) _____

21. Are there any serious health or safety concerns you have with your current dwelling or housing situation?

(e.g., homelessness, fleeing domestic relationship, living in severely inadequate housing)

If yes please describe and provide any supporting documentation) _____

¹ "dependent" means a single child, stepchild, adopted child or legal ward who is mainly supported by you, who is under the age of 25 and registered in full-time school; or a person who of any age is dependent on you due to mental or physical disability.

Household Income

22. What is your monthly household income (all sources)? _____

23. What is your credit rating? _____

24. If you receive social assistance, do you have confirmation from the Income Assistance for Shelter component?

25. What is the main source of your income (e.g., full or part time employment, EI, social assistance)?

References

26. References from current or previous landlords are not obligatory but a positive reference will help your application. T'Sou-ke Housing Department will review its files on any applicants who were previously T'Sou-ke tenants.

A reference should be in writing and include the name and contact information of the landlord, the dates of your tenancy, and it should confirm that you maintained the accommodations in good condition and that you paid rent on time.

Please note that all Tenants must be willing to meet the basic maintenance and general upkeep obligations for the T'Sou-ke Rental Home as set out in the T'Sou-ke Housing Policy and Rental Agreement, except to the extent that they have physical limitations that make them unable to do so.

This application must be updated each year by March 31 to remain eligible for rental housing.

Applicant's signature _____

Date of receipt of Application _____ (date to be filled in by Housing Department)



TE'MEXW
TREATY ASSOCIATION



Malahat



Songhees



T'Sou-ke Nation

**SCAN THE QR CODE
TO SIGN UP FOR TREATY UPDATES**

Scan me



info@temexw.org



250-360-2202

MAY

T'SOU-KE COMMUNITY MEETING

May 7, 2026

Dinner: 5:30 p.m. PT

Meeting/Livestream: 6:00 p.m. PT



Join the negotiations team to continue discussing chapters from the Treaty Made Clear document.



- Venue: T'Sou-ke Community Complex & Health Centre
- Located near Tim Hortons and Petro Canada on IR 1, just off of Highway 14
- Dinner will be provided at 5:30 p.m. PT for in-person attendees
- Members attending the full meeting will receive a \$35 handshake

Unable to join us in person?

Simply scan the QR code below using a phone camera or reach out to your Treaty Support Clerk for the Zoom link to register.



The Livestream is slated to start at 6:00 p.m. PT

For more details, kindly contact Julia Hale at jhale@temexw.org or email info@temexw.org



SUM-SHA-THUT-LELLUM

PRE *K* PROGRAM

2026/2027 REGISTRATION



PLEASE NOTE:

All CHILDREN REGISTERING MUST TURN 3 by December 31, 2026

- Registration begins April 1, 2026 at 8:30am for **T'SOU-KE NATION**
- Registration begins April 17, 2026 at 8:30am for **STATUS FIRST NATIONS CHILDREN** (children must have their own Status or Métis Card) **AND CURRENTLY REGISTERED CHILDREN.**
- Registration begins May 1, 2026 at 8:30am for **GENERAL PUBLIC .**

All registrations are to be dropped off at the T'Sou-ke Administration office. Staff must date and sign all registration forms as they come in. Spots are given on a First -Come - First Serve-basis

All Registration Forms must be COMPLETELY filled out and include items listed below or WILL NOT BE ACCEPTED.

Please ensure your child's form includes:

- Start Date
- Child's Personal Health Number
- Please attach 2 photos of child
- Copy of child's immunization records



PREK PROGRAM START DATE: September 8, 2026

DUE AT TIME OF REGISTRATION: All registrant's **accepted** into PreK program are required to pay a deposit of \$300 due at time of registration.
(Members Exempt)

ALL DEPOSITS ARE NON-REFUNDABLE



Sum-SHA-thut-Lellum's Registration Form
(Include a photo of child)



CHILD'S STARTING DATE: / / **SEX:** M___ F___ **DATE OF BIRTH:** / /

NAME OF CHILD:

_____ (Surname) (Given Names) (Also known as)

Name the child responds to: _____

Address: _____

Postal Code: _____ Phone: _____

Person(s) with whom the child lives (adults and children): _____

Child's first language: _____ Other Languages: _____

T'SOU-KE NATION MEMBER **STATUS ABORIGINAL** **NON-ABORIGINAL**

PARENT(S) / GUARDIAN(S):

Name: _____ Home Phone: _____ Cell Phone: _____

Work Phone: _____ Days/hours of work: _____ E-mail: _____

Name: _____ Home Phone: _____ Cell Phone: _____

Work Phone: _____ Days/hours of work: _____ E-mail: _____

MEDICAL INFORMATION

Child's Doctor _____ Phone: _____

Child's Dentist _____ Phone: _____

Child's Personal Health Number: _____

ALTERNATE PERSON TO CALL/PICK-UP CHILD IN CASE OF EMERGENCY:

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____ CellPhone: _____

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

PERSONS (OTHER THAN PARENT/GUARDIAN AND EMERGENCY CONTACTS) AUTHORIZED TO PICK UP CHILD FROM FACILITY:

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

PERSONS NOT PERMITTED TO ACCESS TO CHILD:

Name: _____ Phone: _____

Name: _____ Phone: _____

Are there Custody orders? YES NO If answered yes please provide a copy to facility.

HAS THE CHILD PREVIOUSLY ATTENDED DAYCARE/PRESCHOOL?

YES NO Comments: _____

COMMENTS/INSTRUCTIONS TO HELP US CARE FOR YOUR CHILD (PLEASE FEEL FREE TO ADD ADDITIONAL PAGES)

Toileting (special words): _____

Rest Time (special comfort-toy/blanket): _____

Eating/Mealtime (include food likes/dislikes): _____

Fears: _____

PLEASE TELL US ANYTHING ELSE YOU THINK WILL HELP US PROVIDE AN ENRICHING EXPERIENCE FOR YOUR CHILD:

DOES YOUR CHILD HAVE:

A medical condition/concern? YES NO If yes, please provide further information: _____

Allergies? YES NO If yes, please provide further information: _____

Asthma? YES NO If yes, please provide further information: _____

Has your child had a seizure in the past year? YES NO If yes, please provide further information: _____

Does your child require a special diet related to a medical condition? YES NO If yes, please provide further information: _____

Food sensitivities? YES NO If yes, please provide further information: _____

BASIC SCHEDULE AND RECORD OF IMMUNIZATIONS AS SUBMITTED BY PARENT/GUARDIAN (ATTACH IMMUNIZATION RECORD - OR RECORD THE DATES)

	1 ST VISIT @ 2 MO.	2 ND VISIT 2 MO. AFTER 1 ST	3 RD VISIT 2 MO. AFTER 2 ND	4 TH VISIT 12 MO. OF AGE	5 TH VISIT 12 MO. AFTER 3 RD	5-6 YRS.	GRADE 6	GRADE 9
INDICATE DATES IMMUNIZATION RECEIVED								
DIPHTHERIA	*	*	*		*	*		*
PERTUSSIS	*	*	*		*	*		
TETANUS	*	*	*		*	*		*
POLIOMYELITIS	*	*	*		*	*		
HIB1	*	*	*		*			
MEASLES				*	*			
MUMPS				*	*			
RUBELLA				*				
HEPATITIS B	*2	*2	*2				*3	

BY MY SIGNATURE BELOW I ACKNOWLEDGE THE FOLLOWING:

I HEREBY GIVE MY CONSENT FOR A STAFF MEMBER TO CALL A MEDICAL PRACTITIONER OR AMBULANCE FOR MY CHILD IN THE CASE OF ILLNESS, IF I CANNOT IMMEDIATELY BE REACHED.

PARENT'S SIGNATURE: _____

DATE: / /

THIS BOX FOR OFFICE USE ONLY	
DATE RECEIVED _____	SIGNATURE _____