



# AUGUST

2025 Newsletter  
T'Sou-ke First Nation



 T'Sou-ke Canoe Family welcoming guests at Siasun Beach during Tribal Journeys

## In this edition

Strengthening our Relationship  
with CFB Esquimalt

SENĆOŦEN Classes (Aug 5, 19)

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**Receive updates and monthly  
newsletters via email!**

Please call the office or email  
[communications@tsoukenation.com](mailto: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.*

## We have moved!

*Find us at the Community Complex & Health Centre (1000 Soses Snanet Rd).*



250-642-3957



[tsoukenation.com](https://tsoukenation.com)

## Administration

### **Secretary, Sarina Lazzar**

[secretary@tsoukenation.com](mailto:secretary@tsoukenation.com)  
250-642-3957

### **Administrator, Michelle Thut**

[administrator@tsoukenation.com](mailto:administrator@tsoukenation.com)  
ext. 233

### **Administrative Assistant, Jessica Kisby**

[admin3@tsoukenation.com](mailto:admin3@tsoukenation.com)  
ext. 242

### **Finance Manager, Sandra Sprinkling**

[admin1@tsoukenation.com](mailto:admin1@tsoukenation.com)  
ext. 223

### **Finance Assistant, Tara Jensen**

[admin2@tsoukenation.com](mailto:admin2@tsoukenation.com)  
ext. 222

### **Communications Coordinator, Natassia Davies**

[communications@tsoukenation.com](mailto:communications@tsoukenation.com)  
ext. 224

### **Income Asst. & Employment Svc., Yvonne St. Pierre**

[socialdevelopment@tsoukenation.com](mailto:socialdevelopment@tsoukenation.com)  
ext. 249

### **Maintenance Worker, John Warren**

[maintenance@tsoukenation.com](mailto:maintenance@tsoukenation.com)  
ext. 239

## Children and Families

### **Child and Family Lead, Denise Chewka**

[childfamilylead@tsoukenation.com](mailto:childfamilylead@tsoukenation.com)  
ext. 241

### **Band Designate, Alyssa Svoboda**

[banddesignate@tsoukenation.com](mailto:banddesignate@tsoukenation.com)  
ext. 247

### **Family Support Worker, Brandy Daniels**

[familysupportservices@tsoukenation.com](mailto:familysupportservices@tsoukenation.com)  
ext. 240

## Fisheries

**Fisheries Stewardship Manager, Edward Chutter**  
[fisheriesdirector@tsoukenation.com](mailto:fisheriesdirector@tsoukenation.com)  
ext. 230

## Health Department

**Admin Health Coordinator, Rose Dumont**  
[rosedumont@tsoukenation.com](mailto:rosedumont@tsoukenation.com)  
ext. 237

**Community Nurse, Jennifer Routhier**  
[nurse1@tsoukenation.com](mailto:nurse1@tsoukenation.com)  
ext. 238

**Health Care Assistant, Lorissa Orser**  
[healthcareassistant@tsoukenation.com](mailto:healthcareassistant@tsoukenation.com)  
ext. 238

**Health Care Assistant, Debbie Ridley**  
[healthcareassistant@tsoukenation.com](mailto:healthcareassistant@tsoukenation.com)  
ext. 235

**Community Health, Daphne Underwood**  
[communityhealth@tsoukenation.com](mailto:communityhealth@tsoukenation.com)  
ext. 235

**Maternal Child Health Worker, Debbie Ridley**  
[mchworker@tsoukenation.com](mailto:mchworker@tsoukenation.com)

## Lands, Forestry, Environment

**Land Governance Manager, Bonnie Hill**  
[landsmanager@tsoukenation.com](mailto:landsmanager@tsoukenation.com)  
ext. 227

**Lands Referrals Clerk, Amanda Mobley**  
[landsandreferralsclerk@tsoukenation.com](mailto:landsandreferralsclerk@tsoukenation.com)  
ext. 243

**Terrestrial Guardian, Dave Planes**  
[guardian1@tsoukenation.com](mailto:guardian1@tsoukenation.com)

**Environment/Forestry, Lawrence Underwood**  
[forestryandenvironment@tsoukenation.com](mailto:forestryandenvironment@tsoukenation.com)  
ext. 226

## Sooke RCMP

☎ 250-642-5241    🖱 [ocre-sielc.rcmp-grc.gc.ca/](https://ocre-sielc.rcmp-grc.gc.ca/)

## Ladybug Garden

☎ 250-642-3949

**Garden Coordinator, Christine George**  
[ladybuggarden@tsoukenation.com](mailto:ladybuggarden@tsoukenation.com)

## Marine Team

☎ 778-352-0011

**Com. Relations Coordinator, Eva Shaffer**  
[marineliaison2@tsoukenation.com](mailto:marineliaison2@tsoukenation.com)

**Marine Field Tech, Louis Sudlow**  
[lsudlow@snekecentre.ca](mailto:lsudlow@snekecentre.ca)

**Marine Field Tech, Milynda Planes**  
[mplanes@snekecentre.ca](mailto:mplanes@snekecentre.ca)

## Youth Centre

☎ 778-535-3957

**Youth Worker, Brittany Vince**  
[youthcentre@tsoukenation.com](mailto:youthcentre@tsoukenation.com)

## Sum-SHA-Thut Lellum

☎ 250-642-2263

**ECE Teacher, Jennifer Dumont**  
**ECE Assistant, Soleil Saxelby**  
[sumsha@tsoukenation.com](mailto:sumsha@tsoukenation.com)

## Chief and Council

**Chief Lawrence Underwood**  
[chiefunderwood@tsoukenation.com](mailto:chiefunderwood@tsoukenation.com)

**Councillor Rose Dumont**  
[dubzdu@gmail.com](mailto:dubzdu@gmail.com)

**Councillor Bonnie Hill**  
[bonniehill@tsoukenation.com](mailto:bonniehill@tsoukenation.com)

**Councillor Debra Lazzar, Khumchíshliá**  
[debralazzar@tsoukenation.com](mailto:debralazzar@tsoukenation.com)

# August 2025

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

SUDNAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Rise & Shine Fitness 6-7am  NİŁ TU,O Family Support Services 8:30am-4:30pm  Yoga 12-1:00pm	
3	4	5	6	7	8	9
	OFFICES CLOSED (BC Day)	Sea to Tree Counselling 12-7pm  <b>SENĆOŦEN</b> Language Class 6-7:30pm @ CCHC	Rise & Shine Fitness 6-7am  Full Body Fitness 7:30-8:30pm		Rise & Shine Fitness 6-7am  NİŁ TU,O Family Support Services 8:30am-4:30pm  Yoga 12-1:00pm	
10	11	12	13	14	15	16
	Rise & Shine Fitness 6-7am  Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm	Rise & Shine Fitness 6-7am  Full Body Fitness 7:30-8:30pm		Rise & Shine Fitness 6-7am  NİŁ TU,O Family Support Services 8:30am-4:30pm  Yoga 12-1:00pm	
17	18	19	20	21	22	23
	Rise & Shine Fitness 6-7am  Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm  <b>SENĆOŦEN</b> Language Class 6-7:30pm @ CCHC	Rise & Shine Fitness 6-7am  Full Body Fitness 7:30-8:30pm	<b>Dr. Kluge's Clinic</b> 10am-4pm @ CCHC	Rise & Shine Fitness 6-7am  NİŁ TU,O Family Support Services 8:30am-4:30pm  Yoga 12-1:00pm	
24	25	26	27	28	29	30
					Rise & Shine Fitness 6-7am  NİŁ TU,O Family Support Services 8:30am-4:30pm  Yoga 12-1:00pm	
31	Rise & Shine Fitness 6-7am  Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm	Rise & Shine Fitness 6-7am  Full Body Fitness 7:30-8:30pm			





## Strengthening our Partnership with CFB Esquimalt

Chief Underwood and Councillor Lazzar recently welcomed Base Commander Kevin Whiteside to the new Community Complex and Health Centre (CCHC) to continue building on the relationship established earlier this year through the signing of the Engagement Protocol Agreement.

During the visit, Commander Whiteside was presented with two powerful and symbolic gifts on behalf of T'Sou-ke Nation. The first was a commissioned painting by T'Sou-ke artist Shelley Davies, created specifically to honour the marine agreement and the Commander's contributions. The artwork included his gold military bars to reflect his rank as Captain, alongside imagery from the Salish Sea: the eagle (strength and connection to Creator), the heron (guardian of the sea), the orca and calf (future generations), and the salmon (our identity as salmon people).

He was also gifted a hand-beaded eagle feather by T'Sou-ke artist Christine George—another meaningful gesture recognizing respect, leadership, and the growing bond between our Nation and the base.

The Base Commander was deeply moved by the presentations and shared his appreciation for the friendship he has built with Chief Underwood and Councillor Lazzar—a relationship he hopes will continue beyond his current post in Esquimalt.

Moments like this reinforce the importance of relationship-building rooted in mutual respect and shared stewardship of the Salish Sea. While leadership helps set the direction, it's the collaboration between staff on both sides that truly brings this work to life. We are grateful for the commitment, communication, and day-to-day efforts of those behind the scenes. We look forward to continued collaboration with CFB Esquimalt as we uphold our responsibilities to the land, waters, and future generations.



## SENĆOTEN Language Class

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

**Tuesday, August 5**  
**Tuesday, August 19**  
**6–7:30pm**

**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 friendly reminder these are not open to the general public and are intended only for our members and their families.*

## Te'mexw Treaty Meeting

Community Complex  
& Health Centre

**Thursday, September 4**  
*(No August Meeting)*

## Wellness Day

**Saturday, September 13**  
**10:00am–3:00pm**  
*Doors open promptly at 10am*

Please join us for a day of rest and relaxation with our families. If you just need a haircut and want to see Barb, feel free to stop by!

Please note offices are closed to the public this day.

*A friendly reminder these are not open to the general public and are intended only for our members and their families.*

## 60+ Elders Retreat

**September 22–25**  
**Tigh-Na-Mara Seaside Spa Resort, Parksville, BC**

We are excited to invite you to a special 3-Day Elders Retreat at Tigh-Na-Mara in Parksville!

Please join us our Health Team for three days of rest, laughter, storytelling, and togetherness—a time to bond, share memories of the past, and create new ones.

Transportation will be provided by our trusted bus driver, Bren, so you can sit back, relax, and enjoy the journey with fellow Elders.

If you choose to travel on your own, please note that transportation costs will be your responsibility.

A more formal itinerary will be shared closer to our departure date, outlining the full schedule of this three-day adventure.

***Please find the registration form on the following page.***

We look forward to spending this special time with you!

## Community Dinner

Community Complex  
& Health Centre

**Wednesday, September 24**

## Virtual Chief & Council Meeting

**These meetings are for registered T'Sou-ke members.** To obtain the Zoom link, please register with Natassia Davies via [communications@tsoukenation.com](mailto:communications@tsoukenation.com).

**Monday, September 22**  
**6–8pm**  
**Zoom** *(register for link)*

# Calling all T'Sou-ke Artisans!

## Sooke Fall Fair Vending Opportunity

**Sunday, August 24**  
**Fred Milne Park**  
**9:00am–5:00pm**

**Free table, no vendor fees**

(If you want a table for Saturday as well, there is a \$60 fee.  
Sunday remains free of charge.)

If interested, please **contact Natassia Davies by Monday, August 18 to confirm your table.** You can reach her via email at [communications@tsoukenation.com](mailto:communications@tsoukenation.com), or by calling 250-642-3957 ext. 224.



# Elders Retreat Registration Form

T'Sou-ke Nation 60+ Elders Retreat @ The Tigh-Na-Mara

In Parksville, BC

September 22-25, 2025

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Emergency Contact Name & Phone:

\_\_\_\_\_

Do you require a room? Yes ☐ No ☐

Do you require two queen beds in your room? ☐ Yes ☐ No

Do you have any mobility or dietary needs we should know about?

\_\_\_\_\_

\_\_\_\_\_

Preferred method of transportation:

☐ Riding the bus

☐ Making my own travel arrangements (Note: If you choose to travel on your own, transportation costs will be your responsibility.)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

You can register by calling/emailing Rose or Daphne, or by picking up and dropping off forms from Sarina at the front desk of the Community Complex and Health Centre.

**Registration closes August 8.**

**Daphne:** 250-642-3957 ext. 235 email: [communityhealth@tsoukenation.com](mailto:communityhealth@tsoukenation.com)

**Rose:** 250-642-3957 ext. 237 email: [RoseDumont@tsoukenation.com](mailto:RoseDumont@tsoukenation.com)





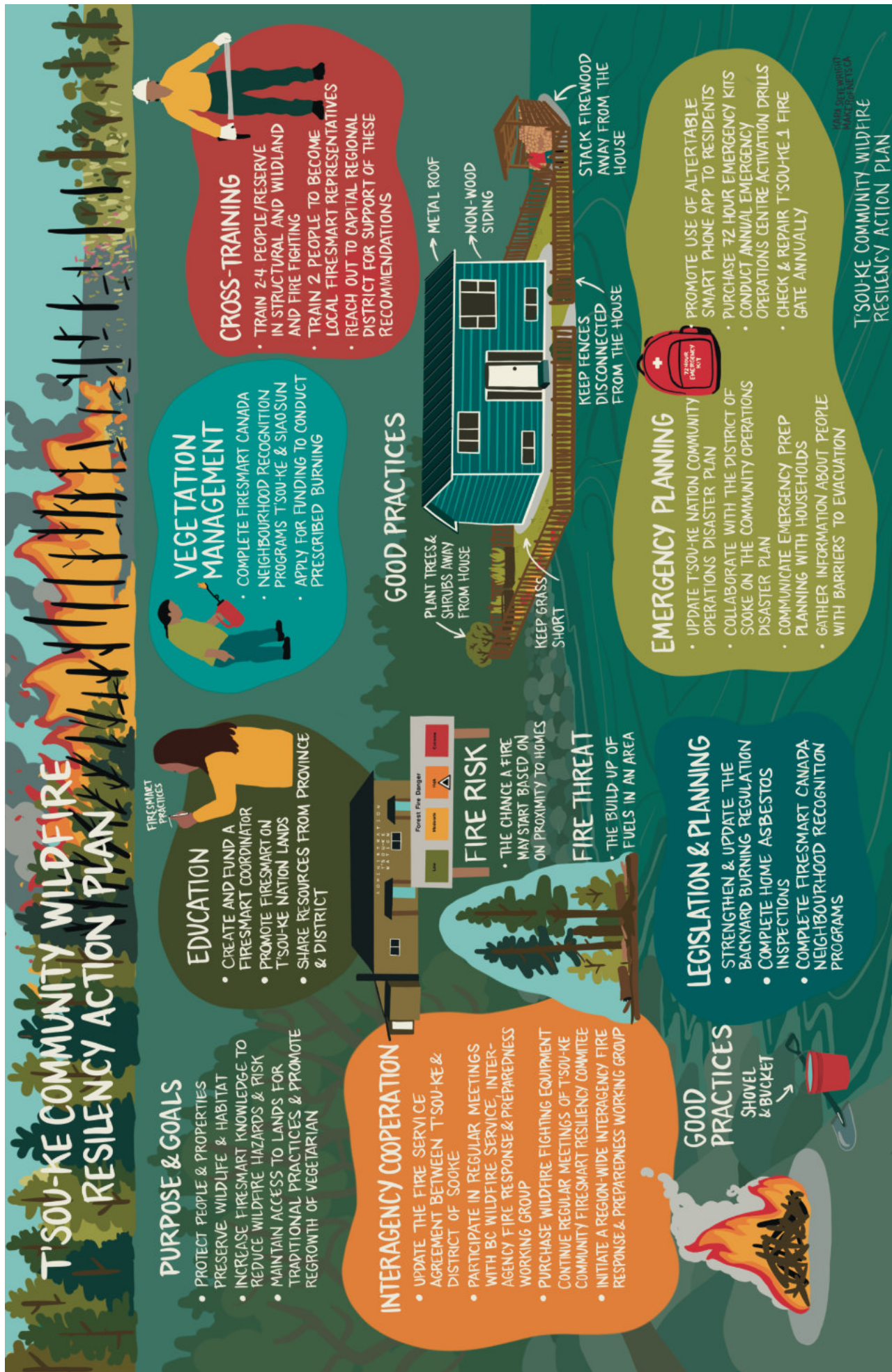
**SAVE THE DATE**

**SEPTEMBER 15**  
**GRAND OPENING!**

**Community Complex  
& Health Centre**

**4:00pm–7:00pm**  
**Ceremony & Dinner**





## Preparing for Wildfire Season

The graphics on the following pages describe some work that can be done to reduce impacts if a wildfire were to impact T'Sou-ke Nation. This work may provide the opportunity to increase the amount of time we have to leave homes or to reduce the direct impacts on homes.

# Home Ignition Zone (HIZ)



## Immediate Zone

0m to 1.5m

A minimum 1.5 metre (5 ft) non-combustible surface should extend around the entire home and any attachments, such as decks.

## Intermediate Zone

1.5m to 10m

This should be a fire-resistant area, free of all materials that could easily ignite from a wildland fire.

## Extended Zone

10m to 30m

Thin and prune coniferous and deciduous trees to reduce hazards in this zone. Regularly remove fallen branches, dry leaves, and pine needles to eliminate potential surface fuels.

Establish a fire break by creating space between trees and vegetation. Thinning and pruning are effective, as these actions will reduce the intensity of a wildland fire.



## Tree-to-Tree Spacing

Once fire moves into treetops, it can easily move into neighbouring trees and increase the intensity of the fire. Space trees at least 3 m (10 ft) apart to reduce the risk of this happening. Clumps of appropriately separated trees are adequate in the extended zone.

## Coniferous Tree Spacing

Since coniferous trees are highly flammable, it's important to measure the distance between the outermost branches of these trees. They should be at least 3 m (10 ft) apart.

## Tree Pruning

A surface fire can quickly climb trees. Removing all branches within 2 m (6.5 ft) of the ground will help stop surface fires from moving into the treetops.

This pruning height may need to be increased if the trees are growing on a slope.

Pruning all trees within 30 m (100 ft) of your home is recommended. If possible, prune all trees within 100 m (330 ft) of your home.

Dead branches can be pruned at any time of year, but it's best to prune coniferous trees in late winter when they are dormant.

## Maintenance

- 🔥 Include debris clean-up as part of your yard maintenance.
- 🔥 Dry leaves and branches are flammable and should be removed from your yard and gutters.
- 🔥 Older deciduous trees can be more susceptible to wildland fire. An arborist or forester can help assess the condition of mature trees.
- 🔥 Remove combustible shrubs from the drip line of trees.

## Roadways and Driveways

In an emergency, you and your family may need to leave your neighbourhood while responders enter. For this to happen safely and efficiently, consider the following:

- Clearly mark your address.
- Clear vegetation from access routes to and from your home.
- If your property is large, make sure your driveway has a spot to turn around and, when possible, provide two access routes to your home.

## Landscaping Within 10 Metres (30 feet)

A FireSmart yard includes making smart choices for your plants, shrubs, grass, and mulch. Choosing fire-resistant options can increase the likelihood of your home surviving a wildland fire.

Plant low-density, fire-resistant plants and shrubs. Avoid using wood products such as mulch, as it provides a potential place for fires to start. Maintain a 1.5 m (5 ft) non-combustible zone around your home and any attachments.

### Characteristics of Fire-Resistant Plants

- Moist, supple leaves
- Minimal dead vegetation
- Water-like sap with little odour
- Low amount of sap or resin

### Characteristics of Highly Flammable Plants

- Aromatic leaves or needles
- Accumulates fine, dry, dead material
- Contains resin or oils
- Loose, papery, or flaky bark

### Plants to Avoid

- Cedar
- Juniper
- Pine
- Tall grass
- Spruce

### Grass

A mowed lawn is a fire-resistant lawn. Grasses shorter than 10 cm (4 inches) tall are less likely to burn intensely.

### Bark Mulch & Pine Needles

Don't use bark or pine needle mulches within 10 m (30 ft) of your home as they're highly combustible. Gravel and crushed rock mulch significantly reduce the risk of wildland fire.

### Firewood Piles

Wood piled against a house is a major fire hazard. Move all firewood piles at least 10 m (30 ft) away from your home or into a FireSmart building.





PO Box 307, Sooke B.C., V9Z 1G1  
Ph.: 642-3957 Fax: 642-7808

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July 9, 2025

Dear T'Sou-ke Members,

We are writing to provide an update on the **T'Sou-ke Lot Transfer Process**.

The T'Sou-ke Lot Transfer Committee (LTC) is actively working through the lot list to allocate lots fairly and responsibly. We know many members are wondering, "Where am I on the list?" and "When will I get a lot?" These are important questions, and we want to provide as much clarity as possible.

### **How the Lot List Works**

The lot list is based on the date members submitted their lot request to the Lands Department. If you would like to know your place on the list, please contact the T'Sou-ke Lands Department through phone (250-642-3957 ext.227) or email ([landsmanager@tsoukenation.com](mailto:landsmanager@tsoukenation.com)).

### **Available Lots – IR#2**

Currently, the only lots available for transfer are located on IR#2. Eight (8) lots will be allocated in the 2025–26 fiscal year, and an additional eight (8) are expected to be available in 2026–27. These lots are ready for transfer to members who meet the eligibility criteria and can confirm their readiness to build with the required financial and construction documentation.

### **Eligibility Criteria**

To be considered for a lot transfer, members must:

- **Have submitted a lot request and be on the lot list,**
- **Be a registered T'Sou-ke Band Member (19 years or older),**
- **Be applying to build a primary residence (not for rental or investment purposes), and**
- **Demonstrate readiness to build within 12 months** of the lot transfer.

If a member is at the top of the list but not ready to build within the required timeframe, they will retain their position on the lot list and will be contacted again during the next round of lot allocations.

## What to Expect

Members at the top of the list who have confirmed their readiness to build will be invited to meet with the Lot Transfer Committee for an interview. This interview will review:

- Lot options and home size options,
- Construction requirements and timelines,
- Financing, planning, and building expectations, and
- Required documentation.

## Staying Connected

We are committed to communicating regularly as we move through the list. An update will be sent to everyone on the lot list once all 8 of the lots are allocated for 2025-26. The lot transfer process for 2026-27 will begin in the spring of 2026. If you have any questions, please reach out to the Lands Department directly through phone (250-642-3957 ext.227) or email ([landsmanager@tsoukenation.com](mailto:landsmanager@tsoukenation.com)).

We sincerely thank all members for your patience, commitment, and continued interest in building our community and returning home.

Sincerely,



Michelle Thut  
Administrator  
T'Sou-ke Nation

**Please note** this notice has been emailed to those on the housing lot list in mid-July. If you did not receive your letter, please check your spam folder and/or ensure your email account has enough storage space to receive new emails, otherwise mail will not get through if your inbox is full. Try deleting emails you don't need, and be sure to permanently delete them from your 'Deleted' folder as well. If you have any questions, please reach out to the Lands Department via 250-642-3957 ext. 227 or email [landsmanager@tsoukenation.com](mailto:landsmanager@tsoukenation.com).

EFT Payments Notice

Please be advised that Income Assistance payments are now issued via Electronic Funds Transfer (EFT). While the exact time the funds will appear in your account may vary, payments will be deposited **by the end of day** on the scheduled Income Assistance payment dates.

If the payment does not appear in your account on the scheduled date, **please wait until the next business day before contacting the office.**

Thank you for your understanding and cooperation.

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
September 2025	August 22	August 27
October 2025	September 19	September 24
November 2025	October 17	October 22
December 2025	November 14	November 19

**\* 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!**

Monday, August 4	Wednesday, August 6
CLOSED (BC Day)	Chili, rice, coleslaw <i>Mousse</i> Milk/Juice
Monday, August 11	Wednesday, August 13
Hearty hamburger soup, green salad, bannock <i>Berries w/ whipped cream</i> Milk/Juice	Nuts & Bolts stir fry, rice <i>Berry cobbler</i> Milk/Juice
Monday, August 18	Wednesday, August 20
Shrimp linguine, caesar salad <i>Mousse</i> Milk/Juice	Classic macaroni salad, green salad <i>Berry crisp</i> Milk/Juice
Monday, August 25	Wednesday, August 27
Hot chicken salad, buns <i>Cinnamon apples</i> Milk/Juice	Meat loaf, potatoes, carrots <i>Yogurt w/ berries</i> Milk/Juice

**Meals are subject to change depending on availability of products.**

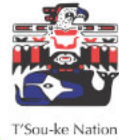
Please ensure there is a cooler outside your door, clearly marked for your Meals on Wheels to go into if you are not home. This keeps your meals safe from animals. Thank you.

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.





**TE'MEXW**  
TREATY ASSOCIATION



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

Scan me



[info@temexw.org](mailto:info@temexw.org)



250-360-2202

# SEPTEMBER

 New location



## T'SOU-KE COMMUNITY MEETING

September 4, 2025

Dinner: 5:30 p.m. PT

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



Join the negotiations team for a discussion on the Constitution.



- 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 us at [info@temexw.org](mailto:info@temexw.org) or contact Denise at [dpurcell@temexw.org](mailto:dpurcell@temexw.org)

# Health Department

Book appointments with us via phone, email, or Facebook

- 📞 250-642-3957  
ext. 237 (Rose, Admin Health Coordinator)  
ext. 238 (Jen, Community Nurse)
- ✉️ [rosedumont@tsoukenation.com](mailto:rosedumont@tsoukenation.com)
- ✉️ [nurse1@tsoukenation.com](mailto:nurse1@tsoukenation.com)
- 📍 T'Sou-Ke Nation Health Office

TUESDAYS

12:00–7:00pm

## Counselling & Wellness Services

HEALTH OFFICE

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

DROP-IN

6:00–7:00am

### Rise & Shine

BAND HALL

Greet the morning sun with this invigorating morning exercise routine

MON

WED

FRI

DROP-IN

7:30–8:30pm

### Full Body Strength

BAND HALL

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

MON

WED

DROP-IN

12:00–1:00pm

### Yoga

HEALTH OFFICE OR OUTSIDE

Find a moment of peace during this relaxing afternoon yoga class

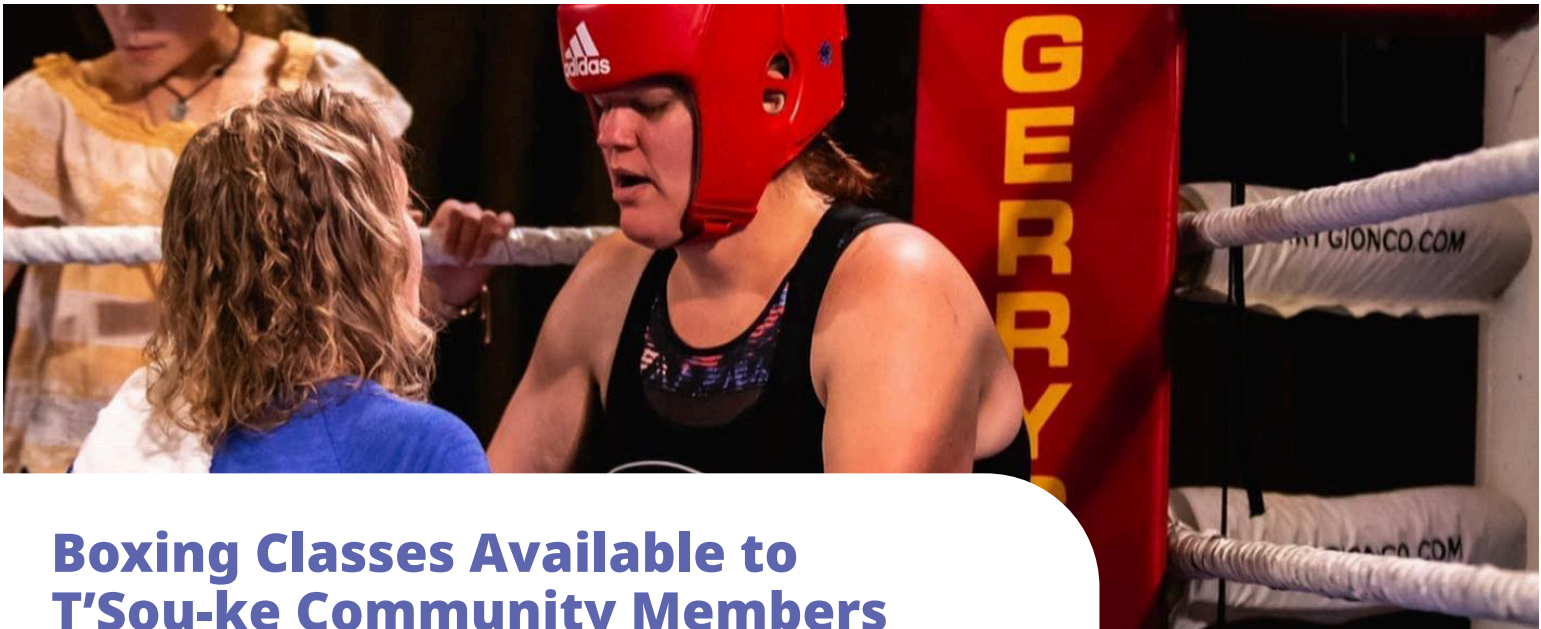
FRI

Please keep an eye on the newsletter's monthly calendar as some fitness classes may be affected by community dinners or special events.

### Seaparc Passes

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





## Boxing Classes Available to T'Sou-ke Community Members

Thanks to our wonderful partnership with the Sooke Boxing Club, T'Sou-ke community members can access boxing classes free of charge—the only expense is your own wrist wraps, which are under \$20. Check out the schedule below. All classes take place at the Lazzar building at the entrance to IR#1.

# BOXING SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:00 - 12:00					
12:00 - 01:00		Adult Fitness		Adult Fitness	
01:00 - 02:00					
02:00 - 03:00					
03:00 - 04:00					
04:00 - 05:00					
05:00 - 06:00	Adult Fitness		Adult Fitness		Adult Fitness
06:00 - 08:00		Advanced		Advanced	



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 one-day monthly 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

**THIS MONTH'S CLINIC:**  
Thursday, August 21

### 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**

# JOIN THE MOVEMENT FOR MENTAL WELLNESS IN SOOKE

SEA TO TREE FOUNDATION IS RECRUITING!



- Board Director
- Voting Member
- Committee Member

Your voice and leadership can help shape the future of mental health in our region.

*“The Sea to Tree Foundation contributes to wellness in the Sooke Region by providing access to low-barrier mental health services.”*



**Sea to Tree**  
FOUNDATION



**GET INVOLVED TODAY:**  
[seatotreefoundation.ca](https://seatotreefoundation.ca)

Contact Hermione Jefferis  
@ [hermione@seatotree.ca](mailto:hermione@seatotree.ca)