



ĆENHENEN AUGUST

2026 Newsletter
T'Sou-ke First Nation



 T'Sou-ke drummers welcoming canoe families to T'Sou-ke during Tribal Journeys

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(Aug 18)

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Wildfire Season

Master of Disaster Youth Course

Fisheries & Marine Updates

Lands Department Updates

Poison Hemlock Detection

+ 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

Secretary, Sarina Lazzar

secretary@tsoukenation.com
250-642-3957

Administrator, Michelle Thut

administrator@tsoukenation.com
ext. 233

Administrative Assistant, Jessica Kisby

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ext. 242

Communications Coordinator, Natassia Davies

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ext. 224

Children, Youth, & Family

Children & Family Manager

childfamilylead@tsoukenation.com
ext. 241

Band Designate, Alyssa Svoboda

banddesignate@tsoukenation.com
ext. 247

Family Support Worker, Brandy Daniels

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Youth Worker, Brittany Vince

youthcentre@tsoukenation.com

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ext. 223

Finance Assistant, Tara Jensen

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ext. 222

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

socialdevelopment@tsoukenation.com
ext. 249

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Fisheries Stewardship Manager, Edward Chutter
fisheriesdirector@tsoukenation.com
ext. 228

Marine Guardian, Albany (Ali) Gallant
fisheries@tsoukenation.com
ext. 230

Marine Field Technician, Milynda Planes
marineliaison1@tsoukenation.com
ext. 248

Marine Field Technician, Louis Sudlow
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ext. 231

Health Department

Health Manager, Rose Dumont
rosedumont@tsoukenation.com
ext. 237

Indigenous Wellness Provider, Kristin Benty
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ext. 232

Community Nurse, Jennifer Routhier
nurse1@tsoukenation.com
ext. 238

Health Care Assistant (HCA), Lorissa Orser
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ext. 238

HCA, Maternal Child Health Worker, Debbie Ridley
mchworker@tsoukenation.com
ext. 235

Community Health, Daphne Underwood
communityhealth@tsoukenation.com
ext. 235

Chief and Council

Chief Lawrence Underwood
chiefunderwood@tsoukenation.com

Councillor Rose Dumont
dubzdu@gmail.com

Councillor Bonnie Hill
bonniehill@tsoukenation.com

Councillor Debra Lazzar, Khumchíshliá
debralazzar@tsoukenation.com

Lands, Forestry, Environment

Land Governance Manager, Eva Shaffer
landsmanager@tsoukenation.com
ext. 227

FireSmart & Emergency Preparedness, Emily Lock
emily@tsoukenation.com
ext. 245

Lands Referrals Clerk, Amanda Mobley
landsandreferralsclerk@tsoukenation.com
ext. 243

Terrestrial Guardian, Dave Planes
guardian1@tsoukenation.com

Terrestrial Guardian, Raven Planes
guardian2@tsoukenation.com

Environment/Forestry, Lawrence Underwood
forestryandenvironment@tsoukenation.com
ext. 226

Ladybug Garden

☎ 250-642-3949

Garden Coordinator, Christine George
ladybuggarden@tsoukenation.com

Public Works

Public Works Manager, John Warren
maintenance@tsoukenation.com
ext. 239

Maintenance Worker, Dustin Sutherland

Janitor, Kristina Jensen

Janitor, Skye Wormald

Sum-SHA-Thut Lellum

☎ 250-642-2263

Early Childhood Educator (ECE), Jennifer Dumont
sumsha@tsoukenation.com

ECE Assistant, Jie Deng
jiedengsumsha@tsoukenation.com

Meetings & Events

August (ĆENHENEN) 2026

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

SUNDAY XÁLSNÁT	MONDAY SĆELĈĚNÁT	TUESDAY STĚNĚNÁT	WEDNESDAY SĚIWS	THURSDAY SNOS	FRIDAY SĚKÁĆES	SATURDAY KEMETĚN
						1
2	3	4	5	6	7	8
	Medication Return Drop-off 10am–3pm	SENĆOŦEN Language Class 4–5:30pm CCHC or Zoom		Te’mexw Treaty Meeting 5:30pm	Parent Drop-in 10–11:30am Siaosun Beach	
9	10	11	12	13	14	15
		Crab Rake Harvest & Lunch, CCP Chats: Infrastructure & Housing @ Billings Spit & Old Band Hall 8:30am start		Drumming Circle with Brother Rick 6–7pm		
16	17	18	19	20	21	22
	Meal Bags: Summer Snack Bag Pick Up 1:30–7:30pm (or until bags last)	Jordan’s Principle Claims Form Assistance 9:30am–3:30pm SENĆOŦEN Language Class 4–5:30pm CCHC or Zoom		Summer Kitchen 11am–1pm	Parent Drop-in 10–11:30am Siaosun Beach	
23	24	25	26	27	28	29
	59-and-Under Trip (registration req’d)					
				Drumming Circle with Brother Rick 6–7pm		
30	31					
	Community Dinner & Connection: Honouring International Overdose Awareness Day 5–8pm					

All events take place at the Community Complex & Health Centre (CCHC) unless indicated otherwise.

Health & Wellness

August (ĆENHENEN) 2026

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

MONDAY SĆELČŁNÁT	TUESDAY STENŲNÁT	WEDNESDAY SŁIWIS	THURSDAY SNOS	FRIDAY SŁKÁČES
3	4	5	6	7
CLOSED (BC 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	Dr. Kluge's Clinic 9:30am-3:40pm Boxing (Adult Fitness) 12-1pm Boxing (Advanced) 6-8pm	Rise & Shine Fitness 6-7am Boxing (Adult Fitness) 5-6pm
10	11	12	13	14
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17	18	19	20	21
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24	25	26	27	28
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31				
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August 2026

Contact/Sign-Up:
youthcentre@tsoukenation.com or
 778-535-3957

Highlights for August

- 11th-13th Cool Cooks Program. Registration required, register with Brittany Times to be confirmed closer to date
- 24th & 25th PNE registration, Register with Rose as per event poster.
- Please note all events require registration with the exception of Drumming with Rick. Transportation will be available for all events please contact Brittany ahead of time if required.

	MON	TUE	WED	THU	FRI	SAT	SUN
						1	2
3	4	5	6	7	8		9
STAT	Fired Up Ceramics 5+ 9:30am-3:00pm (Lunch Included)			Potholes Swimming 10:00am-3:00pm (Lunch Included)			
10	11	12	13	14	15		16
	Cool Cooks Program 5+ (Time TBD)	Cool Cooks Program 5+ (Time TBD)		Cool Cooks Program 5+ (Time TBD)			
				Drumming with Rick 6:00pm- 7:00pm			
17	18	19	20	21	22		23
		Siaosun Beach Day 5+ (Lunch included) 9:00am-3:00pm		Master of Disaster Course 9:00am- 3:00pm (Lunch Included)			
24	25	26	27	28	29		30
PNE Trip (Sign-Up with Rose)	PNE Trip (Sign-Up with Rose)			Drumming with Rick 6:00pm- 7:00pm			
31							



PO Box 307, Sooke B.C., V9Z 1G1
Ph.: 250-642-3957 Fax: 250-642-7808

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, September 14, 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.



PO Box 307, Sooke B.C., V9Z 1G1
Ph.: 250 642-3957 Fax: 250 642-7808

3 July 2026

Community Notice: Illegal Dumping on T'Sou-ke Nation Lands

The T'Sou-ke Nation Lands Department would like to remind all community members that dumping of garbage, household waste, construction materials, furniture, appliances, and other refuse on T'Sou-ke Nation Lands is strictly prohibited.

Recently, there has been an increasing amount of refuse and debris being illegally dumped at various locations on both IR#1 and IR#2. Illegal dumping negatively impacts our lands, creates environmental and health hazards, attracts wildlife, and detracts from the beauty and safety of our community.

We ask all members and residents to do their part in protecting our lands by disposing of waste through approved waste disposal and recycling facilities.

If you witness illegal dumping or have information regarding dumping activities, please contact the Lands Department. Keeping our lands clean is a shared responsibility. By working together, we can help preserve and protect T'Sou-ke Nation lands for current and future generations.

Thank you for your cooperation and commitment to caring for our community and lands. If you have any questions or need additional information, please contact Eva Shaffer at landsmanager@tsoukenation.com or 250-642-3957 ext. 227.

Sincerely,

A handwritten signature in cursive script that reads "Eva Shaffer".

Eva Shaffer
Lands Governance Director, T'Sou-ke First Nation
250-642-3957 ext.227
landsmanager@tsoukenation.com



PO Box 307, Sooke B.C., V9Z 1G1
Ph.: 250 642-3957 Fax: 250 642-7808

23 June 2026

Dear T'Sou-ke Residents on IR#1 and IR#2,

The Lands Department has completed a fire fuel assessment related to BC Hydro power infrastructure on IR#1 and IR#2. As part of this assessment, properties with potentially hazardous vegetation near power lines have been identified. As a result of the assessment findings, BC Hydro and the Lands Department will be conducting vegetation management and branch clearing work on IR#1 and IR#2 between now and September 18.

BC Hydro is responsible for vegetation concerns along the main power lines located within the roadside corridor. Vegetation concerns related to individual service connections (the power lines that connect homes to the main power line) are not included within BC Hydro's scope of work.

The Lands Department will be coordinating and managing the required work for individual service connections. Lands Department staff will contact members directly and arrange for qualified tree service professionals to address identified hazards related to individual home service connections. The cost of these professional services will be covered by the Lands Department.

For your safety and the safety of others, please do not attempt to remove hazards near power lines yourself. Work around energized power infrastructure is hazardous and should only be completed by qualified professionals. Improper handling can result in serious injury.

If you have any questions or need additional information, please contact Eva Shaffer at landsmanager@tsoukenation.com or 250-642-3957 ext. 227.

Thank you for your cooperation in helping to keep the community safe.

Sincerely,

Eva Shaffer
Lands Governance Director, T'Sou-ke First Nation
250-642-3957 ext.227
landsmanager@tsoukenation.com

Reminder to T'Sou-ke Community Members: Tax-Exempt Purchases at ÇEK SNÁNET

T'Sou-ke Nation would like to remind community members that a current, valid Certificate of Indian Status (Status Card) must be presented at the time of purchase in order to receive tax-exempt pricing on eligible fuel and tobacco products at ÇEK SNÁNET.

If a current, valid Status Card cannot be presented, the tax exemption cannot be applied.

This is not a new requirement, but a reminder of the existing requirements under the applicable legislation and licensing requirements governing tax-exempt sales. Providing your Status Card at the time of purchase helps ensure transactions are processed consistently and supports staff in meeting their obligations.

If your Status Card has expired, please contact our Membership Clerk, Jessica Kisby, to obtain a new one.

We appreciate your understanding and cooperation.



Medication Return Drop-Off

Please join Nurse Jen and Nurse Kurstin for a medication return drop-off day, providing a safe, easy way to dispose of unused or expired medications properly.

**Monday, August 10
10:00am–3:00pm**

A pharmacist will also be on-site if you have any questions about your medications.

We are accepting:

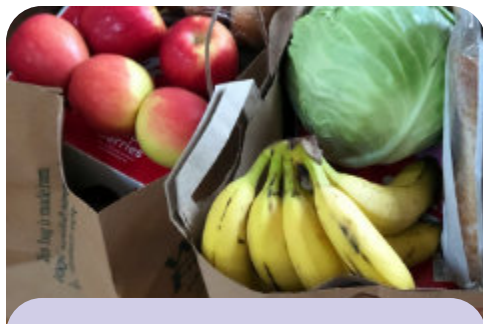
- **Prescription medications**
- **Over-the-counter medications**
- **Pills, capsules, liquids, and creams**
- **Inhalers**

Why this matters:

- **Prevents accidental poisonings and reduces youth access to medications**
- **Protects the environment—please do not flush or throw medications in the garbage**
- **Reduces the risk of misuse or theft**
- **Helps keep your home safe, clean, and organized**

Light snacks and refreshments will be provided. Everyone who brings in unused or expired medications will be entered into a door prize draw a winner announced at the end of the day!

We hope to see you there. Every medication returned makes a difference for our community.



Meal Bag Program

Drop by the CCHC this month for a meal bag!

This month's pickup day is:

Monday, August 17

**1:30–7:30pm
or while bags last**

Pickup only

Bags are available for on-reserve per member household and away-from-home per member households.

Bags may be picked up by the member or by a family member living within the same household on their behalf. We are unable to release bags to individuals outside of the household.

Accessibility support: If you live in the direct surrounding area and have a disability or health-related mobilities that may affect your ability to pick up, please contact our office. We are happy to discuss available support options.

For questions, please contact Rose or Daphne in the T'Sou-ke Nation Health Department.

NEW TIME

SENĆOŦEN Language Class

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

**August 18
4:00–5:30pm**

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 Zoom option is now available!

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

**Meeting ID: 882 6980 9031
Passcode: 271491**

Community Dinner & Connection: International Overdose Awareness Day

Join us for a candle lighting and community dinner as we come together to recognize International Overdose Awareness Day.

**Monday, August 31
5:00–8:00pm**

This gathering is an opportunity to share a meal, connect with one another, and foster compassion, understanding, and hope.

Together, we honour the lives of those affected by substance abuse, acknowledge the strength of survivors and loved ones, and reaffirm our commitment to ending the stigma and supporting healing in our community.

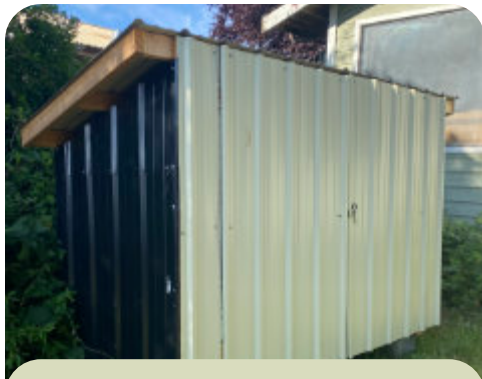
All community members are welcome. We invite you to join us in supporting our community through connection and care.



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.



FireSmart Firewood Sheds

Thank you to everyone who expressed interest in the FireSmart firewood shed program! All structures have been claimed this year, and Emily will be following up with everyone who expressed interest. If you are not receiving a shed this year, your name will remain on the list for next year's builds.

Te'mexw Treaty Meeting

September 3

5:30pm Dinner
6:00pm Meeting
@ CCHC or via Zoom
See flyer for details

Chief & Council Meeting

Monday, September 14
Monday, October 5
Monday, November 2
Monday, December 7

6–8pm via Zoom

Register via
communications@tsoukenation.com

SAVE THE DATE: Culture Camp

It's happening, Community! T'Sou-ke Nation will be hosting a Culture Camp at KWL-UCHUN, Spring Salmon Place Campground (the Potholes) in September!

September 25–27

Spend the weekend learning through hands-on cultural activities, enjoying time on the land, sharing meals around the fire, and connecting with one another through stories, drumming, singing, and traditional knowledge.

Activities may include opportunities such as cedar weaving, harvesting and preparing teas and medicines, drum or rattle making, and more, with each department hosting a unique knowledge-sharing experience. The things we learn, share, and talk about will help inform our Use and Occupancy Study (how we use and occupy our traditional territory).

More details, including location, registration, and what to bring, will be shared soon. We hope you can join us for this special weekend together.

Wills & Estates Info Session

Creating a will is one of the most important steps you can take to protect your loved ones and your legacy.

Did you know? Without a will, distribution of your Certificate of Possession (CP) lands and assets may be determined according to the provisions of the Indian Act, rather than your personal wishes.

That's why it's important to create a will that clearly outlines your wishes and provides peace of mind for you and your family.

To learn more about the importance of wills and estate planning, join us at a community information session hosted by the Lands and Health departments!

Tuesday, September 29
Time TBD

We will provide information about wills and estate planning, guidance on creating your own will, and an opportunity to register for one-on-one will preparation appointments.

Dinner will be provided and door prizes will be up for grabs!

If you have any questions, please reach out to Eva in the Lands department via landsmanager@tsoukenation.com.

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.

August Implementation Session Topic:

Goal 4: Develop and maintain sustainable infrastructure and housing.

Have a hankering for some crab? Join staff members from the Finance/Housing and Public Works departments for a crab raking harvest and lunch! See timing details above. You are welcome to attend one or both parts! **If you wish to partake in the harvest, please wear old footwear and clothing you are okay with getting dirty and wet.** Bring dry clothes if you'd to change after.

During lunch, we'll chat about infrastructure and housing. If you have **ideas for community spaces or infrastructure** you'd like to see, or have suggestions for how we can implement the infrastructure and housing goals outlined in the Comprehensive Community Plan, we invite you to attend this session on Tuesday, August 11.

Tuesday, August 11 Crab Harvest & Lunch

8:30am • Meet at Old Band Hall

8:45–11:30am • Billings Spit for crab raking

12:00pm • Crab lunch & chats at Old Band Hall

T'Sou-ke Nation

Annual 60+ Elders' Trip

Richmond, BC
River Rock Hotel

September 9–12

What's included:

Bus transportation to and from Richmond
Hotel accommodation at the River Rock Hotel
All meals provided throughout the trip
Cultural activity and a special evening of entertainment
A full support team on-hand to assist Elders throughout the trip, as per our usual process

Wednesday, September 9

Meet bus at 12:45pm
at the old Band Hall,
depart at 1:00pm

3:00pm ferry to
Tsawwassen

Check in to the River
Rock Hotel

Dinner provided

Evening on your own

Thursday, September 10

Breakfast provided

Cultural activity

Dinner provided

Evening on your own

Friday, September 11

Breakfast, lunch, and
dinner provided

Daytime events TBA

Tribute concert
'Queen: It's a Kinda
Magic'

Saturday, September 12

Check out between
9:30–11:00am (TBC)

Ferry home

Note: All times and activities are tentative and subject to change. Final details will be shared closer to the trip.

Elders choosing to travel independently (own vehicle, ferry, etc.) are welcome to join, but travel will be at the traveller's own expense. Accommodations and meals will still be provided if travelling independently.

To reserve your spot, please complete the registration form which can be found on the Facebook Health page, in the August newsletter, emailed to you, or picked up at the CCHC. If you need help filling out your form, one of our health staff can assist you.

Registration Deadline: August 14 at 12:00pm

T'Sou-ke Nation Annual 60+ Elders' Trip Registration Form

Richmond, BC • September 9–12, 2026 • River Rock Hotel



Registration Deadline: August 14th at 12:00pm

ELDER INFORMATION

Full Name:

Spouse Name:

Date of Birth (confirm 60+):

Phone Number:

Email:

Emergency Contact Name & Phone Number:

TRAVEL & ACTIVITIES

Will you be taking the bus to Richmond?

- ☐ **Yes** – I will take the bus (*bus and accommodation provided*)
- ☐ **No** – I will travel independently (*at my own expense; hotel accommodation will still be provided*)

If travelling independently, your expected arrival time/date (check-in times will be provided):

Note: Unfortunately, no pets can be accommodated for this trip. Pet-friendly rooms are not part of our bookings.

Would you like to attend the tribute concert, 'Queen: It's a Kinda Magic' on the final night, September 11?

- ☐ **Yes** – I would like to attend this tribute concert
- ☐ **No** – I would like to spend an evening on my own

ACCOMMODATION & HEALTH NEEDS

Will you require a hotel room? ☐ Yes ☐ No

Dietary restrictions or allergies:

Mobility, accessibility, needs:

ACKNOWLEDGEMENT

I understand that this itinerary and trip details may be adjusted as needed. I also understand that a full support team will be available to assist our Elders throughout the trip, as is our usual practice, and that updated information and final trip details will be provided closer to the departure date.

Signature

Date

**Please return this form to Rose Dumont at the Community Complex & Health Centre (CCHC)
or email it to rosedumont@tsoukenation.com**



Sooke Fall Fair: Calling All Artists, Crafters, and Community Members!

We are looking for community members who may be interested in participating in the Sooke Fall Fair on August 22 & 23 as part of a T'Sou-ke Nation community display.

This is a wonderful opportunity to showcase the creativity, culture, and talents of our Nation. We welcome expressions of interest from anyone who would like to contribute, including:

- Traditional arts and crafts
- Weaving, carving, beadwork, knitting, or sewing
- Cultural displays or demonstrations
- Community artwork
- Photography
- Historical displays or items that celebrate our community
- Other creative ideas that highlight T'Sou-ke Nation

Whether you have a completed piece to display or would like to help create our exhibit, we'd love to hear from you.

If you are interested in participating or would like more information, please contact Administration. We look forward to showcasing the incredible talent, culture, and stories of our community at this year's Sooke Fall Fair!

Children, Youth, & Family

📞 250-642-3957

📘 T'Sou-ke Nation Youth & Parents



Summer Kitchen

Our monthly Soup Kitchen program is transitioning into a Summer Kitchen for the warmer months, featuring fresh sandwiches and/or salads!

Thursday, August 20

Pickup from 11:00am–1:00pm

Limited quantities available, first come first served.

JULY MENU

Egg salad sandwiches and a snack!

NEW PROGRAM

Parent Drop-In

Our Family Support Worker, Brandy, will be hosting get-togethers for parents and caregivers.

Friday, August 7
Friday, August 21

10am–11:30am
@Siaosun Beach

Join Brandy at Siaosun beach/gazebo for tea, coffee, muffins, and an opportunity to connect with other parents in the community.

This is a great opportunity to chat with one another about parenting tips, struggles, successes, and more!



Drumming Circle with Brother Rick

Thursday, August 13
Thursday, August 27

6:00–7:00pm

Join us for an evening of drumming with Brother Rick at the CCHC. All members and their families welcome! Please bring a drum if you have one.



**First Nations Child
and Family Services
and Jordan's Principle
Settlement**

Claim Form Support

Claims Helpers are available to help you complete your Claim for compensation.

Join Claims Helpers for a free information session to learn about the Settlement, eligibility and how to submit a Claim for compensation.

Date: August 18th 2026

Time: 9:30 AM to 3:30 PM

**Location: Community Complex Health Centre
1000 Soses Snanet Road
Sooke, BC**

The Claims Helpers will also be available to provide free private support with completing Claim Forms.

**Details: Please bring valid Government Issued ID
such as Driver's license, Passport, Status
card, Birth Certificate Etc.**

To learn more about the Settlement, visit www.FNChildClaims.ca.

Contact the Administrator at **1-833-852-0755** for
information or to be connected with a Claims Helper.

SUMMER CONTEST!

Prepare Your Home for Wildfire Season

How to Enter the Contest

Take 'before' and 'after' pictures of any mitigation practice you do (*mow the lawn, clean gutters, etc.*)

Email the pictures to
emily@tsoukenation.com

Include your name and
home address

What to Know

Each before-and-after entry will earn you one (1) point

You can repeat mitigation practices for more entries (*i.e. Mowing your lawn multiple times = multiple entries*)

At the end of the summer, the home with the most points wins!

There will be prizes for first, second, and third place.

Winners announced August 31.

CONTEST RUNS JUNE THROUGH AUGUST

This summer our FireSmart & Emergency Preparedness Coordinator, Emily, is holding a contest for community members to implement FireSmart initiatives around the home—some of the action items are things you're probably already doing, which means easy entries for you!

FireSmart Mitigation practices you can do around your property for contest entries:

Clean and maintain gutters

Clean and maintain roofs of debris

Keep grass cut below 10 centimetres

Keep weeds cut below 10 centimetres

Relocate propane tanks to 10 to 30 metres away from structures

Relocate firewood and lumber piles to 10 to 30 metres away from structures

Prune trees to create a two-meter clearance from the ground to the lowest branches

Clean under your deck to remove any combustible materials

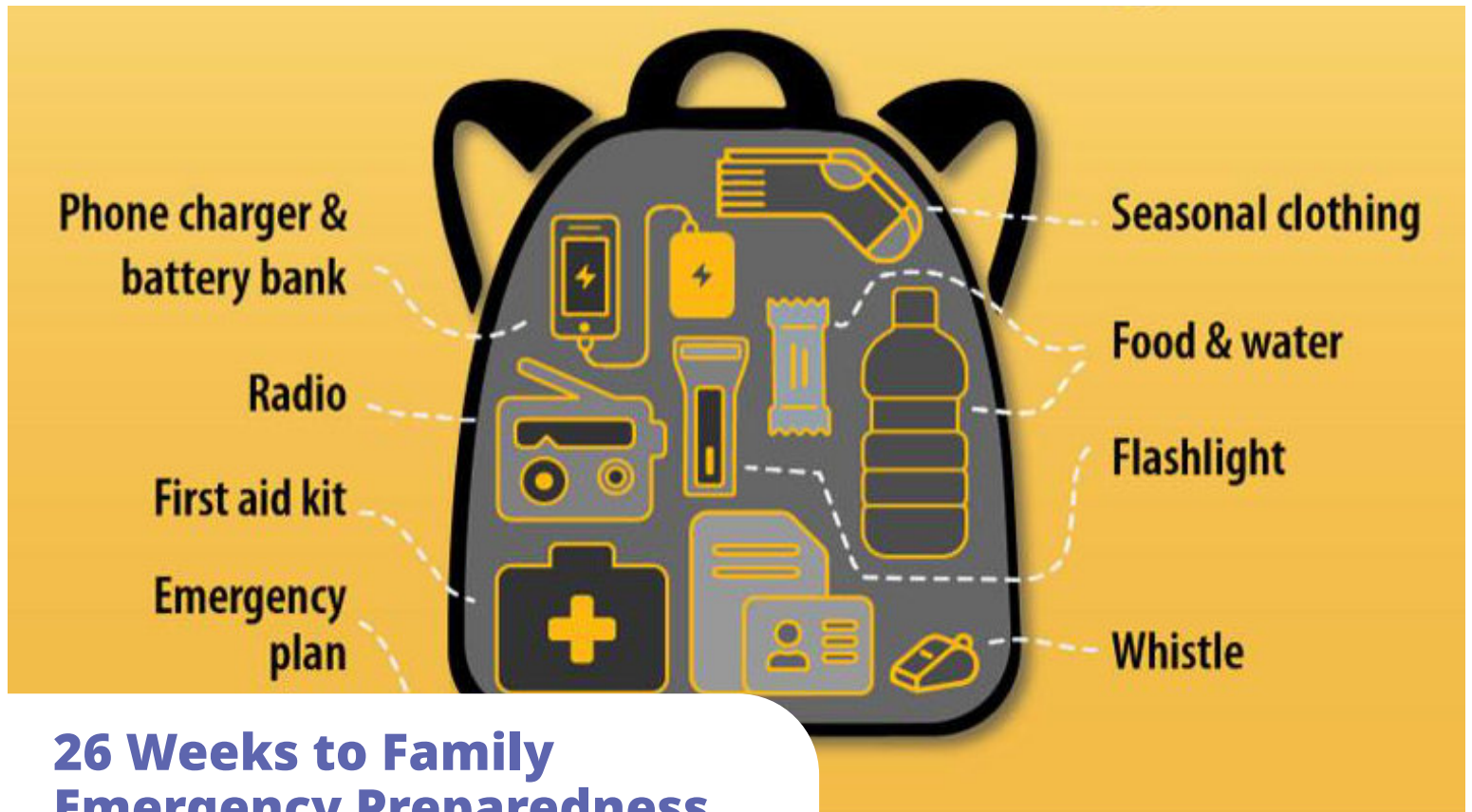
Establish a 1.5 metre non-combustible zone around the perimeter of your home and deck area

Reduce the flammability of your landscaping and plant wildfire-resistant vegetation

Clear leaves and debris from decks and balconies

Make an evacuation plan

Build a grab and go bag



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 add additional **canned or freeze-dried food** like stews, tuna fish, baked beans, and vegetables to your kit, and to enroll a family member in a **first aid course**. Additionally it was recommended to **assemble and make copies of important documents** like wills, insurance papers, medical records, credit card numbers, inventory of possessions, identification, etc., and **store originals in a fireproof/waterproof container** that will be accessible if your home is damaged.

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

-
- WEEK 20** Add **personal items** such as toilet paper, wet-wipes, soap, detergent, toothbrush, toothpaste, comb, sanitary supplies, etc., to your emergency kit.
-
- WEEK 21** Add **evaporated, canned, or powdered milk** to your kit.
-
- WEEK 22** **Get a large bucket** with a tight-fitting lid to use as a toilet and put it with your emergency kit. Use the bucket to store other emergency tools such as an axe, folding shovel, rope, tarps, and more.
-

Master of Disaster

With T'Sou-ke's FireSmart & Emergency Preparedness Coordinator, Emily Lock!

An Emergency Preparedness Course for Youth Ages 5+



Master of Disaster is organized into three lessons coinciding with the steps to getting emergency prepared:

LESSON 1

Know your hazards, so you know what to prepare for

LESSON 2

Gather your supplies, to help your household stay safe and comfortable during an emergency

LESSON 3

Make a plan, to know what to do, where to go and who to contact in an emergency

Thursday, August 20
9:00am–3:00pm
CCHC Community Hall

Lunch, snacks, and drinks provided.

PARENTS & GUARDIANS: there is a parent/guardian form that will need to be filled out before youth attend the course. Please contact Brittany to register and receive the form.

Each youth enrolled in the course will receive a Student Kit

A door prize will be drawn at the end of the session!

If transportation is needed, please contact Brittany.

For Course Questions:

Emily Lock, FireSmart & Emergency Preparedness Coordinator
emily@tsoukenation.com
250-642-3957 ext. 245

To Register and/or request a ride:

Brittany Vince, Youth Worker
youthcentre@tsoukenation.com
Call/Text: 778-535-3957



Fisheries & Marine

Q: What do you call a bird that's feeling down?

April marks the beginning of the field season for the Fisheries and Marine Department, which brings many days out on the territory, rain or shine. Highlights for the last four months include field work, workshops, training, and community engagement events.

This spring the department supported the Sooke Salmon Enhancement Society through occasional fry feeding, and juvenile salmon releases for chinook salmon on the Sooke River, and coho salmon in Young Lake for the DeMamiel Creek system. The second year of the Coastal Cutthroat Trout (CCT) Acoustic Monitoring project is underway in partnership with Peninsula Streams Society (PSS). Multiple field days were spent tagging CCT on Billings Spit and recording data from various acoustic receivers throughout the harbour and basin. A beach seining project on Billings Spit with PSS has begun this year to help support the CCT project. To date, we have caught and sampled many fish species including herring, shiner perch, three-spined stickleback, and various salmonid species. The light trap season with Hakai's Sentinels of Change program began in mid-April, with this season breaking records for the Sooke site. Thus far we have caught 247 dungeness larvae in 2026, where in past seasons we have caught 21 (2023), 122 (2024), and 44 (2025). Through invasive European Green Crab removal efforts, over 80 EGC have been removed from Billings Spit in 2026. In May, monthly water quality analysis samples began at the TXIT oyster farm to monitor water conditions in the area.

This July, a training session for freshwater invertebrate sampling occurred with Biologica Environmental Services Ltd. on the Sooke River. In the past quarter, various training events have taken place including Pre-SCAT, invasive Canadian goose management training, eelgrass monitoring, and kelp survey training. Following the kelp survey training and in partnership with the Ministry of Water, Land and Resource Stewardship, two kelp surveys were completed on both Siasoon and Muir Creek. These surveys involved a quadrat analysis completed by kayaking, as well as a visual survey completed through an overhead drone flight.

Other exciting events for the Fisheries Department were the wrap up of the Kelp Encrusting Bryozoans project in partnership with UVic. Team members also participated in the Earth Day cleanup which is a highlight of the year for our department as we get out with others to help clean mother earth. Other occasional cleanup activities occur periodically, such as beach clean ups and ghost gear removals, which included the removal of a large unused sock boom that had appeared on Siasoon.

As we approach August and the field season starts to slowly come to an end, data analysis and reporting begin to increase, and will continue into the fall and winter as individual projects wrap up for the season. Dungeness crab monitoring will continue into August, as well as environmental DNA samples with a focus on European Green Crab larvae. With incredibly low tides and very warm ocean conditions, this light trap season has seen record numbers in both Dungeness larvae and Polychaeta worms. There is hope that throughout August the Dungeness numbers will continue to break records, and the Polychaeta numbers will begin to drop.



Did You Know?

The Great Blue Heron (SNEKE) can fly at nearly 30 miles or roughly 48 kilometers per hour.

CREATURE FEATURE:

Pacific Great Blue Heron (*Ardea herodias fannini*)

There are two sub species of Heron found in Canada; *A. herodias herodias*, the Great Blue Heron, found east of the Rockies extending from southern Canada south to the western continental U.S., and south to Central America. Along the coast of BC, you'll find the subspecies *Ardea herodias fannini*, the Pacific Great Blue Heron. The distribution of the Pacific Great Blue Heron is along the Pacific Coast from Prince William Sound, Alaska, south to Puget Sound, Washington. The Pacific Great Blue Heron is a non-migratory bird, isolated in part by high mountain ranges to the east, and they have a slightly earlier breeding season compared to the Great Blue Heron. They have darker plumage, are smaller in size and have a smaller clutch size than the Great Blue Heron.

The Pacific Great Blue Heron forages along the coast, in fresh and saltwater marshes, along rivers, and in grass; herons primarily nest in woodlands near large eelgrass (*Zostera marina*) meadows, along rivers, and in estuarine and freshwater marshes. In the spring, Pacific Great Blue Herons will gather into colonies to court, nest, and raise their young. On average, 4 eggs are laid, and fewer than 2 chicks reach the fledging stage and become juveniles. In the Fall, the juvenile Herons will start using grasslands on the Fraser River delta and on southern Vancouver Island, and adults will occupy estuaries, marshes, riverine marshes, and grasslands.

The biggest threat to the Pacific Blue Heron is the development of their habitat. Declines in foraging habitat are due to most of the population growth, urbanization, and industrial use. For instance, the Fraser River delta has extensive mudflats and eelgrass beds that provide abundant foraging locations, but that habitat is being destroyed for housing development or agricultural use. The same goes for suitable tall trees nesting habitat near foraging areas, which have declined in some parts of British Columbia over the past century due to the same reasons.



Lands Department

The T'Sou-ke Nation Lands Department has continued to advance important initiatives that support the stewardship, protection, and management of our lands while strengthening services for our community.

Repatriation Site for Ancestral Remains

Work has continued toward establishing a dedicated repatriation site for ancestral remains. This important initiative reflects our commitment to honouring our ancestors with dignity and respect while ensuring that culturally appropriate spaces are available for the care and reburial of ancestral remains that are returned to our nation. The project represents an important step in supporting cultural healing and preserving our heritage for future generations.

Referrals Coordination Returned In-House

We have brought referrals response and coordination entirely in-house. This work is now being managed by our Lands and Referrals Clerk, creating a more streamlined and responsive process for reviewing development and land use referrals within our Traditional Territory. Managing referrals internally strengthens our ability to ensure that T'Sou-ke Nation's interests, rights, and values are considered in projects that may impact our traditional territory.

Invasive Knotweed Control on the Sooke River

Forestry and Environmental has led a collaborative initiative to manage invasive knotweed along the Sooke River system in partnership with the District of Sooke, the Capital Regional District, and the Province of British Columbia. Knotweed is one of the world's most aggressive invasive plant species and poses a significant threat to salmon habitat, native vegetation, riverbank stability, and important cultural and ecological values. Current infestations are limited to a total area of 0.15 hectares along a 2.3-kilometre stretch of the Sooke River system, providing an important opportunity to prevent further spread. Treatment has been completed for this year and with continued targeted treatment methods, the project aims to protect the long-term health of the Sooke River for future generations.

Green Shores Training

Raven and Amanda participated in a Green Shores training program to build knowledge and capacity in sustainable shoreline management practices. This training provides valuable tools for protecting coastal ecosystems, improving shoreline resilience, and incorporating nature-based approaches into future planning and restoration projects. The knowledge gained will help guide future stewardship initiatives within our Territory.



Controlled burns in the territory

Some members of the Lands Department attended a recent CRD controlled burn within T'Sou-ke territory, and initiative that highlights the value of partnership, relationship building, and Indigenous land stewardship. Cultural burning has been practiced by T'Sou-ke people for generations to maintain healthy ecosystems, support biodiversity, reduce wildfire risk, and encourage the growth of culturally significant plants and medicines. Through collaboration and knowledge sharing, T'Sou-ke Nation and the CRD are helping restore and revitalize traditional land management practices while strengthening our shared commitment to caring for the land for future generations.

Looking Ahead (Wills and Estates)

In the coming months, we plan to host a community engagement session on wills and estate management to support succession planning and ensure families are informed, protected, and empowered to safeguard their interests for future generations. Please keep an eye on the newsletter and facebook page for more information.

Poison Hemlock

Detection & Safe Removal and Disposal



DETECTION

There are a few plants that look like Poison Hemlock, such as Queen Anne's Lace and Yarrow.

STEM: The stem is waxy green and hairless. There are red or purple speckles along the hollow stem. When mature it grows up to 6 to 10ft!



FLOWERS: June through July. Flowers are white, and shift to a light yellow colour as they mature into its seeding phase.

LEAVES: Triangular, fern-like, glossy, hairless.



Safe Poison Hemlock Removal & Disposal

Poison hemlock has been found on T'Sou-ke 1 and T'Sou-ke 2.



Safe Removal & Disposal

- ✓ **Wear PPE:** Long-sleeved shirt and pants, gloves, eye protection and a mask.
- ✓ **Bag the plant:** Place a garbage bag over larger plants before removal to reduce accidental contact and prevent seed dispersal.
- ✓ **Remove the entire root:** While the soil is moist it should pull out easily. If impossible, cut the root 3cm underground, or remove the head before it flowers.
- ✓ **Dispose Properly:** Double-bag and securely seal, and label. Dispose at landfill that accepts noxious weeds (Hartland Landfill).
- ✓ **Thoroughly clean** tools & PPE.



All parts of Poison Hemlock are toxic and poisonous. Poison Hemlock can also be toxic to inhale, as well as absorbed through skin contact.

DO NOT:

- ✗ **Burn:** Poison hemlock can create toxic fumes when burnt.
- ✗ **Compost:** The seeds will remain viable in your compost.
- ✗ **Mow:** Can kick up toxic sap and spread the seeds.
- ✗ **Place in household garbage:** Poison Hemlock must be disposed of an approved facility that accepts noxious invasive plants (Hartland Landfill).

The T'Sou-ke Nation Land Guardians are out on the land identifying and removing Poison Hemlock.

If you're looking for support identifying or removing Poison Hemlock from your property or community spaces, you can reach out to Eva at landsmanager@tsoukenation.com and we can come support you.

CRA Notice of Assessment

If you have not already done so, please submit a copy of your 2025 Notice of Assessment to the Income Assistance office.

The Canada Revenue Agency generally issues Notices of Assessment in July to individuals who have filed their tax returns. If you have filed your taxes, you have likely already received your Notice of Assessment.

Please send us a copy at your earliest convenience so we can keep your file up to date.

WorkBC Sessions

Our next session with WorkBC is planned for October.

Watch for upcoming details, including the date, time, and presentation topic. We look forward to sharing more information soon and hope you'll be able to join us!

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 2026	August 21	August 26
October 2026	September 18	September 23
November 2026	October 16	October 21
December 2026	November 13	November 18
January 2027	December 11	December 16

* 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!**

Wednesday, August 5	Friday, August 7
No Delivery	Italian sausage soup, green salad, buns <i>Yogurt w/ berries</i> Milk/Juice
Wednesday, August 12	Friday, August 14
Tuna casserole, green salad <i>Berry crisp</i> Milk/Juice	Clam chowder, salad, buns <i>Mousse</i> Milk/Juice
Wednesday, August 19	Friday, August 21
Crab salad, green salad <i>Berries</i> Milk/Juice	Macaroni & cheese, broccoli, rutabaga, carrots <i>Cinnamon apples</i> Milk/Juice
Wednesday, August 26	Friday, August 28
Hot chicken salad, buns <i>Baked apples</i> Milk/Juice	Chili, rice, salad <i>Baked apples</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.

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

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

Seaparc Passes

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





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

We are excited to share that weekly physician clinics are now underway 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 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.

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**



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

AUGUST

T'SOU-KE COMMUNITY MEETING

August 6, 2026

Dinner: 5:30 p.m. PT

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



Join the negotiations team for a discussion on the New Treaty Chapter.



- 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



TE'MEXW
TREATY ASSOCIATION

AUGUST

TALK TO THE LEGAL TEAM BEFORE THE COMMUNITY MEETING

Bring your questions about the Treaty or Constitution to the **legal team**



T'Sou-ke Nation



Aug 6, 2026
3:00 PM - 5:30 PM



T'Sou-ke Community
Complex & Health
Centre at **1000 Soses
Snanet Rd.**



Zoom appointments are also available. Please contact us 2-3 business days in advance of the date above to arrange one.

Contact: jhale@temexw.org / (250) 642-4320



- ✓ Drop in anytime during the mentioned hours
- ✓ Come by to meet with the legal team from JFK Law
- ✓ Ask questions one-on-one about the Treaty or Constitution
- ✓ Ask questions about legal language used in the Treaty draft