



# DECEMBER '25 + JANUARY '26

T'Sou-ke First Nation Newsletter

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📷 Kaddy, Teresa, & Family with their grand prize from the Open House!

**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.*

## Administration

**Secretary, Sarina Lazzar**  
[secretary@tsoukenation.com](mailto:secretary@tsoukenation.com)  
250-642-3957

**Administrator, Michelle Thut**  
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ext. 233

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## Children and Families

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**Band Designate, Alyssa Svoboda**  
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ext. 247

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

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## Health Department

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**Community Nurse, Jennifer Routhier**  
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**Health Care Assistant, Lorissa Orser**  
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ext. 238

**Health Care Assistant, Debbie Ridley**  
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ext. 235

**Community Health, Daphne Underwood**  
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ext. 235

**Maternal Child Health Worker, Debbie Ridley**  
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## Lands, Forestry, Environment

**Land Governance Manager**  
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**FireSmart & Emergency Preparedness, Emily Lock**  
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ext. 245

**Lands Referrals Clerk, Amanda Mobley**  
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ext. 243

**Terrestrial Guardian, Dave Planes**  
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**Marine Guardian, Raven Planes**  
[guardian2@tsoukenation.com](mailto:guardian2@tsoukenation.com)

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

## 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

**Early Childhood Educator (ECE), Jennifer Dumont**  
**ECE Assistant, Jie Deng**  
[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)

# December 2025

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Loonie Toonie Christmas Fundraising Raffle • ALL WEEK & WEEKEND @ CCHC! • Drop-in!					
	Rise & Shine Fitness 6-7am  Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm  <b>Craft Night</b> 5:30pm Dinner to start <i>*register w/ Rose</i> @ CCHC	Rise & Shine Fitness 6-7am  Walking Group 9:30-11:30am Meet @ CCHC  Full Body Fitness 7:30-8:30pm		NiL TU,O Family Support Services 8:30am-4:30pm  <b>Micro Wellness Day</b> 2-7pm @ CCHC  + Regular Fitness Classes	<b>Christine's Christmas Arts &amp; Crafts Sale</b> + <b>T'Sou-ke Loonie Toonie Raffle</b> 10am-4pm @ CCHC
7	8	9	10	11	12	13
	Prize Draw					
<b>Christine's Christmas Arts &amp; Crafts Sale</b> + <b>T'Sou-ke Loonie Toonie Raffle</b> 10am-3pm @ CCHC  <b>Sooke Santa Parade</b> 4-6pm	<b>Butchart Gardens 'Magic of Christmas' Group Trip</b> (registration full) 3:30-9pm  + Regular Fitness Classes	Sea to Tree Counselling 12-7pm  <b>SENĆOŦEN Language Class</b> 6-7:30pm @ CCHC	Rise & Shine Fitness 6-7am  Walking Group 9:30-11:30am Meet @ CCHC  Full Body Fitness 7:30-8:30pm		NiL TU,O Family Support Services 8:30am-4:30pm  <b>Computer Support Drop-in</b> 9am-3:45pm @ CCHC	
14	15	16	17	18	19	20
	Microsoft Training 9am-3:45pm @ CCHC <i>Registration required, see flyer</i>		Walking Group 9:30-11:30am Meet @ CCHC			
<b>Breakfast with Santa!</b> 9-11am @ CCHC	<b>Chief &amp; Council Meeting</b> 6-8pm Via Zoom  + Regular Fitness Classes	Sea to Tree Counselling 12-7pm	<b>Craft Night</b> 5:30pm Dinner to start <i>*register w/ Rose</i> @ CCHC  + Regular Fitness Classes	<b>5-and-Under Playgroup</b> 2-4pm @ CCHC	<b>Holiday Closure:</b> T'Sou-ke Offices Closed at 12pm	
21	22	23	24	25	26	27

← **HOLIDAY CLOSURE** →

28	29	30	31			
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← **T'Sou-ke Offices re-open January 5, 2026** →

# January 2026

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
<div>← HOLIDAY CLOSURE →</div>						
4	5	6	7	8	9	10
	Rise & Shine Fitness 6-7am  Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm  <b>SENĆOŦEN Language Class</b> 6-7:30pm @ CCHC	Rise & Shine Fitness 6-7am  Walking Group 9:30-11:30am Meet @ CCHC  Full Body Fitness 7:30-8:30pm		Rise & Shine Fitness 6-7am  NIŁ TU,O Family Support Services 8:30am-4:30pm  Yoga 12-1:00pm	
11	12	13	14	15	16	17
	Rise & Shine Fitness 6-7am  Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm	Walking Group 9:30-11:30am Meet @ CCHC  <b>IPCA Dinner &amp; Bingo</b> 5:30pm @ CCHC  + Regular Fitness Classes		Rise & Shine Fitness 6-7am  NIŁ TU,O Family Support Services 8:30am-4:30pm	
18	19	20	21	22	23	24
	Rise & Shine Fitness 6-7am  Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm  <b>SENĆOŦEN Language Class</b> 6-7:30pm @ CCHC	Walking Group 9:30-11:30am Meet @ CCHC  + Regular Fitness Classes		NIŁ TU,O Family Support Services 8:30am-4:30pm	
25	26	27	28	29	30	31
	<b>Chief &amp; Council Meeting</b> 6-8pm Via Zoom		Walking Group 9:30-11:30am Meet @ CCHC  <b>Community Dinner</b> 5:30pm @ CCHC  + Regular Fitness Classes			



# December 2025 Youth Schedule

[Youthcentre@tsoukenation.com](mailto:Youthcentre@tsoukenation.com)

778-535-3957 or 250-642-3957 and ask Sarina to transfer you to who you would like to speak with.

## Messages for December

- For our Tutoring we will be doing a draw for a gift card in December to reward the hard work our youth have been putting in, then later in the year (June) we will be doing our draw for the Switch 2!
- Sign up is required for: the lost art club and other crafts, and Gingerbread houses and cookie making. Please contact Rose to sign up.
- Brittany will be away on the 17<sup>th</sup>, Brandy and Alyssa will be watching the youth, contact them for transportation.

MON		TUE	WED		THU	FRI	SAT	SUN
1	2	3	4	5	6	7		
	Lost art club crafts and other crafts 5:30pm (dinner is provided) @CCHC	Gift Making for Parents 5+ (Dinner is Provided) 4:00pm-6:30pm @ CCHC 5+	Tutoring with Kristi 3:30pm-5:30pm @ Lazzar Building			Santa Parade 7+ (Contact Brandy)		
8	9	10	11	12	13	14		
Butchart Gardens (Sign up with Rose required)			Tutoring with Kristi 3:30pm-5:30pm @ Lazzar Building			Santa Breakfast CCHC 9:00am-11:00am		
15	16	17	18	19	20	21		
		Gingerbread houses and cookie decorating with Rose 5:30pm (Dinner is provided) @ CCHC	Tutoring with Kristi 3:30pm-5:30pm (Draw for a gift card will be done this date for Youth who have attended) @ Lazzar Building	T'Sou-ke Nation is closed for Christmas Break starting at 12:00pm	CLOSED	CLOSED		
22	23	24	25	26	27	28		
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
29	30	31						
CLOSED	CLOSED	CLOSED						

## Holiday Closure + December & January Newsletters

Please be advised all T'Sou-ke departments and offices will be **closed for the holidays starting at 12:00pm on Friday, December 19.**

Offices will re-open on Monday, January 5, 2026 at 8:30am.

Due to the holiday break, this T'Sou-ke Newsletter covers both December 2025 and January 2026. **Please note this is not a complete overview of events for January.** Events and programming for the new year will continue to be announced on the three main Facebook pages (**Members' Only Communication**, **Health**, and **Youth & Parents**) as events fall into place over the coming weeks.

If you have any questions, please contact us at 250-642-3957 or reach out to Natassia via [communications@tsoukenation.com](mailto:communications@tsoukenation.com).

From all staff at the Nation, we wish our families near and far a very Merry Christmas, and hope your holiday season is filled with joy, laughter, and lasting memories.



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

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## T'Sou-ke Holiday Hamper Gift Card

### Available for Off-Reserve T'Sou-ke Members Only

Gifts cards are available for registered T'Sou-ke off-reserve members only. Off-reserve members can apply by completing the attached application and submitting it to [admin1@tsoukenation.com](mailto:admin1@tsoukenation.com), completing the [online form](#) or by giving our Finance Department a hard copy. **The deadline to apply for the gift card is 4:00pm December 5, 2025. Late applications will not be accepted.**

### Off-Reserve Members must meet the following Requirements:

- Must be a registered T'Sou-ke adult band member
- 18+ yrs. and head of household
- Provide your status number for membership verification
- Provide **CURRENT** proof of off-reserve address (e.g. hydro/utility bill or other documentation)  
**\*\*The card will be mailed to this address\*\***
- Only 1 gift card available per household

**There are no exceptions to the requirements.**

Pickup will be available on Wednesday December 17<sup>th</sup> and Thursday December 18<sup>th</sup> at the T'Sou-ke Community Complex & Health Centre (CCHC), 1000 Soses Snanet Rd., Sooke, BC V9Z 0G7, between 8:30am–4:30pm. You may also choose the option to have the gift card mailed out to you. (This option will be your own risk.)

The hamper gift cards are meant to assist adult off-reserve band members with providing family meals over the holidays.

Thank you,

T'Sou-ke First Nation Administration





# Off-Reserve Application for T'Sou-ke Hamper Gift Card 2025

**Application Deadline:** December 5, 2025 @ 4:00pm

**Gift cards mailed out:** December 15–18, 2025

Off-reserve members can apply for a hamper by completing the form below and emailing it to [admin1@tsoukenation.com](mailto:admin1@tsoukenation.com), completing the application [online](#), or by submitting a hard copy to the Finance Department.

**Please ensure you meet all the requirements noted on the previous page.**

## Applicant Information

<input type="text"/>	<input type="text"/>	<input type="text"/>
Legal First Name	Middle Name	Legal Last Name
<input type="text"/>		
Date of Birth (YYYY-MM-DD)		
<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="text"/>
Are you a T'Sou-ke Member?		Status Number
<input type="text"/>		
Street Address		
<input type="text"/>	<input type="text"/>	<input type="text"/>
City	Province	Postal Code
<input type="text"/>	<input type="text"/>	
Phone Number	Email	
Distribution Options:		
<input type="checkbox"/> I will pick up at the CCHC <input type="checkbox"/> Deliver to my address listed above		
<b>IMPORTANT:</b> Please attach a <b>CURRENT</b> bill to the email when submitting your application to confirm proof of off-reserve address (or provide a hard copy if submitting in person).		

# **T'Sou-ke Loonie Toonie Holiday Raffle**

**December 1-5      8:30am-4:30pm**

**December 6      10am-4pm**

**December 7      10am-3pm**



**Drop in at the Community Complex  
& Health Centre to buy your tickets!**

**All proceeds from the raffle support T'Sou-ke  
families in need during the holiday season.**



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

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November 25, 2025

## **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, December 15, 2025**

**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](mailto: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](mailto:administrator@tsoukenation.com), or by calling 250-642-3957 ext. 233.



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

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November 25, 2025

## **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, January 26, 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](mailto: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](mailto:administrator@tsoukenation.com), or by calling 250-642-3957 ext. 233.



## First Nations Leaders' Gathering

Councillors Rose Dumont and Debra Lazzar, along with youth delegate Shanyce Costain, attended the 10<sup>th</sup> annual B.C. Cabinet and First Nations Leaders' Gathering that took place Tuesday, November 4 and Wednesday, November 5, 2025, on the territories of the X<sup>w</sup>məθk<sup>w</sup>əyəm (Musqueam), S<sup>k</sup>wx'wú7mesh (Squamish) and səliłwətał (Tsleil-Waututh) First Nations in Vancouver.

The gathering is a partnership between the First Nations Leadership Council (comprised of the BC Assembly of First Nations, the First Nations Summit and the Union of BC Indian Chiefs) and the Government of British Columbia. As one of the largest meetings of provincial and First Nations leaders in the country, the gathering is designed to recognize, respect and honour relationships, and foster joint dialogue and collaboration. The two-day event facilitated meaningful engagement between T'Sou-ke council and provincial leadership, and strengthened relationships that support ongoing Nation priorities.

T'Sou-ke Nation's youth delegate, Shanyce, had the opportunity to attend the Youth Caucus during the event and shares her experience of the Leaders' Gathering below:

*"I recently had the opportunity to attend the BC Cabinet and First Nations Leaders Gathering alongside Council Members Rose and Debra. Throughout the event, I was able to sit in on meetings with various ministries and hear firsthand about the work being done to support our Nation both now and for the generations to come. I also attended the Youth Caucus, where I listened to and shared perspectives on important topics affecting Indigenous youth across the province. It was inspiring to hear so many strong voices, and it reminded me of the power our youth have in shaping the future. Overall, I'm grateful I was able to take part in such meaningful conversations on behalf of our community."*



## Micro Wellness Day

The Health team has organized a micro wellness day for T'Sou-ke families in the lead up to Christmas!

**Friday, December 5**  
**2:00–7:00pm @ CCHC**

**Drop in and enjoy hair cuts and waxing with Barb and head massages with Zoe, and reiki with Amanda.** Treat yourself and indulge in some self-care before the busy holiday season! We look forward to spending some time 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

@ CCHC

*No monthly meetings in Dec or Jan*

**Virtual Q&A on Douglas Treaties:**  
**Mon, December 8 @ 5pm**

*See flyer near end of Newsletter for details*

## Craft Nights

5:30pm @ CCHC  
Dinner to start  
Register w/ Rose

**Tuesday, December 2**  
**Wednesday, December 17**

## SENĆOŦEN Language Class

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

**Tuesday, December 9**  
**Tuesday, January 6**  
**Tuesday, January 20**  
**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.*

## IPCA Dinner & Bingo!

**Wednesday, January 14**

**Doors @ 5:00pm**

**Dinner @ 5:30pm**

**IPCA Discussion & Bingo @ 6:00pm**

Join us on Wednesday, January 14<sup>th</sup> for our monthly dinner to discuss Indigenous Protected and Conserved Areas (IPCAs) and discuss T'Sou-ke Nation's intention to establish an IPCA within our territory.

## 60+ Elders' Lunch

**Friday, December 12**  
**11:30am–1:30pm**  
**@ Mom's Café**

RSVP to Daphne, Rose, or Kristin if you would like to attend.

## Community Dinner

**Wednesday, January 28**

**5:30pm @ CCHC**

## 5-and-Under Playgroup

Join us at the Community Complex & Health Centre for a 5-and-under baby/toddler playgroup. **To register or for questions, please contact Debbie** via 250-642-3957 ext. 235 or via [mchworker@tsoukenation.com](mailto:mchworker@tsoukenation.com).

**Thursday, December 18**  
**2–4pm**

**CCHC (Community Room)**

# IPCA Dinner & Bingo

## Join us:

T'Sou-ke Nation is establishing an Indigenous Protected and Conserved Area (IPCA), where we will take the lead in protecting and caring for the lands, waters, and culture for future generations.

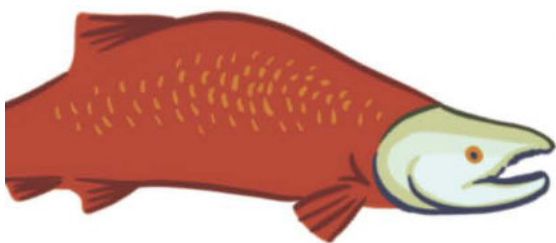
Thank you to everyone who participated in the Community Feedback Activity last month!

We'll be reconvening in January to continue the conversation and discuss areas for the T'Sou-ke IPCA. Come share a meal and contribute to this important work! Your knowledge and perspectives are vital for guiding the next steps.

**WHAT: Community Dinner & Bingo!**

**WHERE: Community Complex & Health Centre**

**WHEN: Wednesday, January 14, 5:00-7:00PM**



Haven't been able to attend the dinners?

Get up to speed on the highlights here:



# Indigenous Protected and Conserved Areas (IPCAs)

**"IPCAs are lands and waters where Indigenous governments have the primary role in protecting and conserving ecosystems through Indigenous laws, governance, and knowledge systems. Culture and language are at the heart and soul of an IPCA."**

**-Indigenous Circle of Experts, 2018**

## Elements of an IPCA:

### Indigenous-led



### Represent a long-term commitment to conservation



### Uplift Indigenous Rights & Responsibilities



Over 80 IPCAs have been established in the Canadian context.

IPCAs are a modern application of Indigenous laws and knowledge systems. Indigenous Governments, Nations and Peoples create IPCAs to assert their nationhood and sovereignty on the lands and waters they have been stewarding for millennia.

Indigenous Governments hold the inherent right to establish and care for IPCAs in their territories. IPCAs can be declared anywhere within the territory of an Indigenous Nation, Government or community, including reserve lands, cities/towns, rural areas and watersheds.

## Further Resources:

- The IPCA Knowledge Basket is a website dedicated to resources about IPCAs: [www.ipcaknowledgebasket.ca](http://www.ipcaknowledgebasket.ca)
- A network of IPCA Innovation Centres is being developed to coordinate and build capacity for IPCAs: [www.ipcainnovation.ca](http://www.ipcainnovation.ca)





# Dinner & Open House



Join us for dinner at our Winter Open House!

Connect with T'Sou-ke Nation staff to learn about the projects currently underway, as well as some exciting initiatives taking shape for 2026.

Prizes will be up for grabs! We hope you can join us.

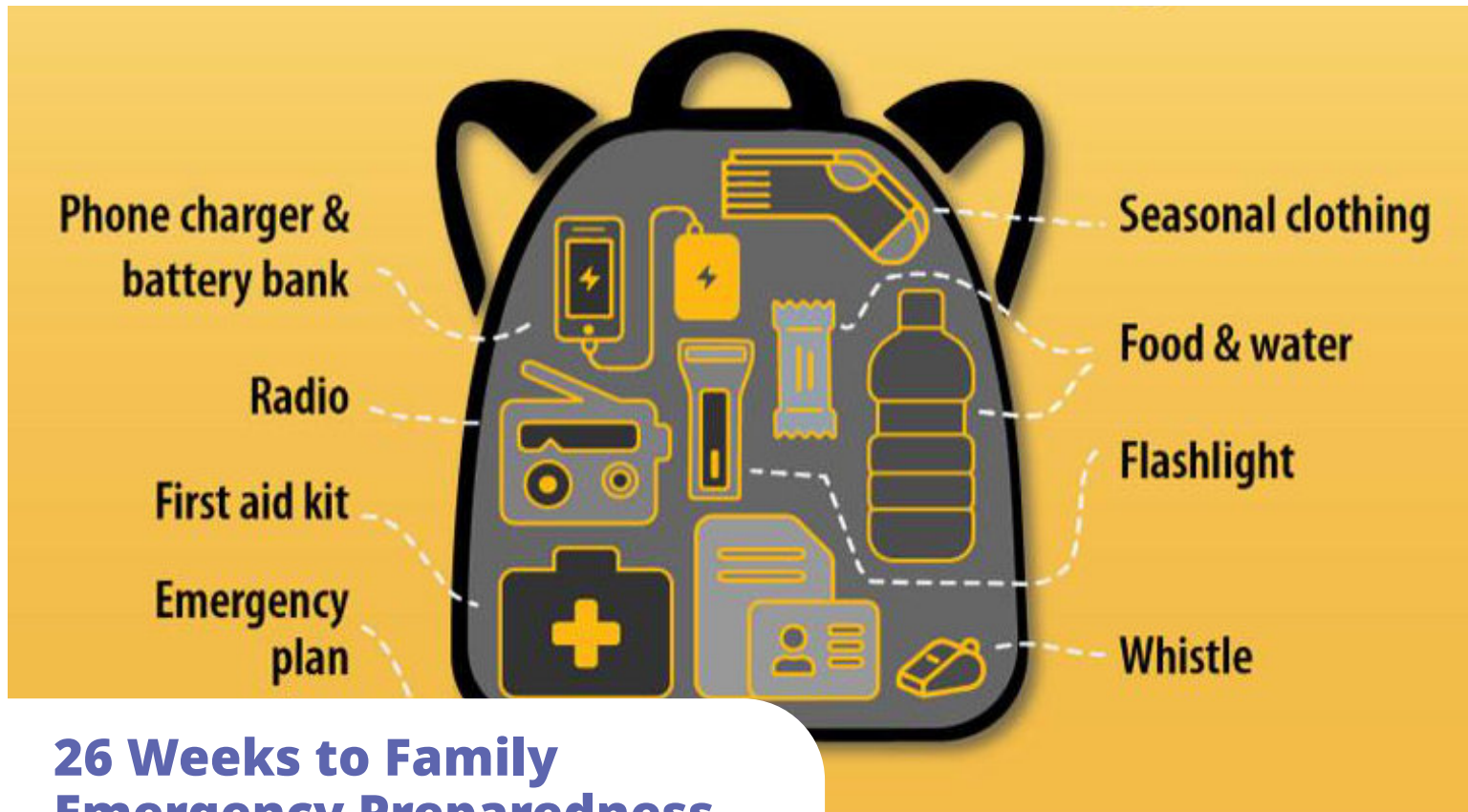


📅 **Wednesday, February 4**

🕒 **5:30pm** Dinner

🕒 **6:00–7:30pm** Open House

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



## 26 Weeks to Family Emergency Preparedness

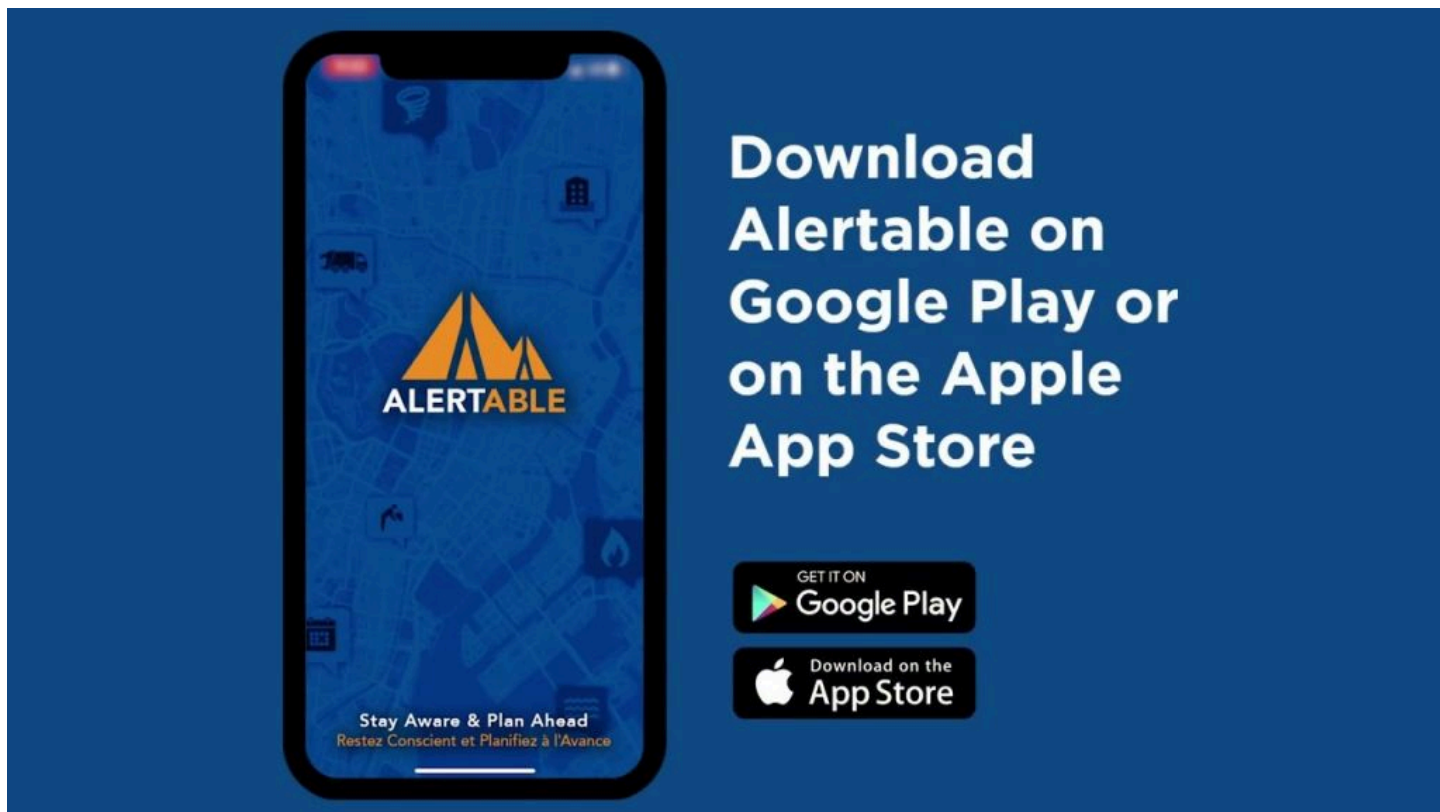
We have entered storm season here on Vancouver Island, which means it's extra important to have a stash of basic supplies and necessities to last you a minimum of 72 hours in the event of a power outage or emergency. Over the next several newsletters, we'll outline a few steps you can take each month to build an essential family emergency kit.

You may have some of the items already, such as food, water and a battery operated or wind-up flashlight. Make sure your kit is easy to carry and everyone in the household knows where it is. Keep it in a backpack, duffle bag or suitcase with wheels, in an easy-to-reach, accessible place, such as your front-hall closet.

**In December and January, here's what you can add to your kit:**

- 
- WEEK 1** Get a large **portable container or bin** with a lid to use as an emergency kit, preferably with wheels so you can easily move it. Choose an accessible location for the container near an exit and label the container. Make sure all family members know what it will be used for and where it is.
- 
- WEEK 2** Stock your kit with *at least* a **seven day supply of water** for every family member and your pets. It is best to plan for four litres of water per person, per day—two for drinking and two for food preparation and hygiene. You might also want to consider the addition of **water purification tablets**.
- 
- WEEK 3** Stock your kit with several varieties of **packaged foods, canned meats, dried fruit, nuts, and a manual can opener**. If needed, include **infant supplies** like disposable diapers, disposable bottles, and formula. Plan for at least a seven day supply of food for each family member.
-





## Download the Alertable app for up-to-date information on weather and traffic advisories, emergencies, and more

Alertable is a free public safety and emergency notification app that provides timely alerts about emergencies and advisories for your specific locations. It can deliver critical alerts for events like natural disasters or public health emergencies, as well as advisory alerts for less severe events.

### How Alertable works:

**Emergency alerts:** Provides timely information during emergencies like fires, floods, severe weather, or other threats to life safety.

**Safety instructions:** Includes clear instructions on what to do during an emergency, such as during an evacuation alert or order.

**Community and public advisories:** Sends community-specific notifications, such as water advisories or highway closures.

**Personalized notifications:** Allows you to customize alerts for multiple locations, such as your home, work, or school.

**Multiple channels:** You can receive alerts through the app, or via free email, SMS, and phone calls.

### How to get started:

**Download the app:** Find the Alertable app on the Apple App Store or Google Play Store.

**Sign up:** Create a free account within the app or on the Alertable website.

**Add locations:** Enter the addresses for the places you want to receive alerts for, and choose your notification preferences.

**Set up other channels:** Sign up for alerts via email, text, or phone call on your local municipality's website if you prefer those methods.



## Sign up for FireSmart 101

Emily will be hosting a free information session called FireSmart 101 at the CCHC, tentatively set for March 18, 2026, with an afternoon session and an evening session. Watch for more information in the February newsletter about signing up and times, or send Emily an email to pre-register.

### About FireSmart 101

The onset of winter means much less of the hot, dry weather that leads to wildfires, but hazardous conditions will be back in a few months and it's never too early to start thinking about your property's defences.

The best way to prepare for any threat is to a) find out how it works, and b) learn how to stop it. To get started on both, we strongly recommend that you take FireSmart 101, a free one-hour online course developed by FireSmart Canada. Easy to access and absorb, the course's teachings are designed for beginners but also work as an effective refresher for those with previous FireSmart experience. FireSmart 101 focuses on the basics, including:

- How and why wildfires are so dangerous to life and property
- Where and when wildfires are most likely to occur
- Simple steps to reduce the danger to your home and/or business
- How protecting individual properties can safeguard a whole community

Wherever you are in your FireSmart journey, FireSmart 101 is designed not just to educate, but also to inspire and empower.

For first-timers, the course outlines FireSmart's founding principles and imparts lessons that could be life-altering: some of these insights fall under common (even if commonly overlooked) sense, while others are the product of hard-won experience. All are tried and trusted tools in managing/mitigating the risks associated with wildfires.

For veterans, it never hurts to be reminded of what (you think) you already know: maybe a review will remind you of a small but crucial detail you had forgotten, hone your powers of observation, or help you make a connection that leads to new applications of FireSmart ideas or techniques.

You can take the course—again, at no charge—any time you want, right here. See you in FireSmart 101.

## WorkBC in Community

We're happy to share that WorkBC will be visiting the Community Complex and Health Centre on reserve once a month, returning in January 2026.

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.

## 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
January 2026	December 12	December 17
February 2026	January 16	January 21

**\* 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!**

# IT Support Open House



Naut'sa mawt Tribal Council is excited to bring an IT Support Open House to T'Sou-ke First Nation. Community members are invited to drop in with their personal laptops, devices, and questions for one-on-one support and guidance.



Friday, December 12  
9:00 AM - 3:45 PM



1000 Soses Snanet Rd  
Sooke, BC, V9Z 0G7

## What's Included:

- Help troubleshooting personal laptops and devices
- Support with software issues, updates, and general tech questions
- A relaxed, drop-in format — come anytime during the session



Naut'sa mawt  
TRIBAL COUNCIL



# Microsoft Training



Naut'sa mawt Tribal Council is proud to bring Microsoft Training to T'Sou-ke First Nation. We welcome all community members including Elders, students, youth & job seekers to join.



December 15 & 16  
9:00 AM - 3:45 PM



1000 Soses Snanet Rd  
Sooke, BC, V9Z 0G7

## What's Included:

- 2-day hands-on Microsoft Training Course.
- Programs covered: Word, Excel, PowerPoint, Outlook.
- Lunch provided for participants.
- All experience levels welcome!
- Bring your own laptop or use the provided ones.

## How to RSVP:

12 spots available. Register by contacting Ethan at [ethanw@nautsamawt.com](mailto:ethanw@nautsamawt.com) or (250) 210-1202.







**TE'MEXW**  
TREATY ASSOCIATION



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

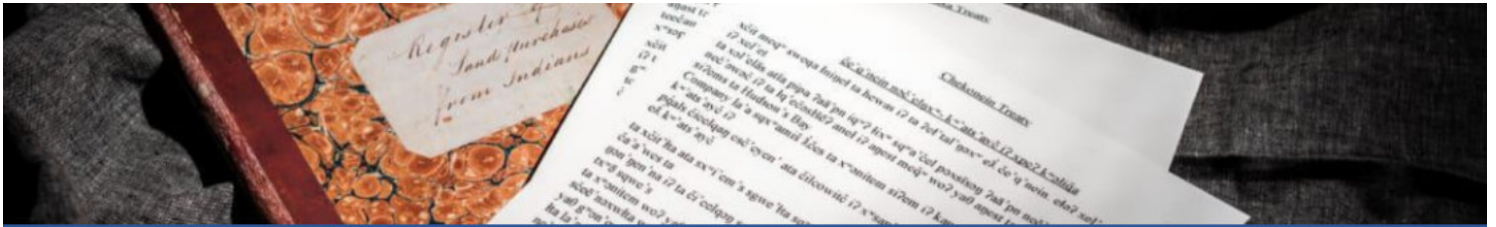
Scan me



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



250-360-2202



# DOUGLAS TREATIES VIRTUAL INFORMATION AND Q&A SESSIONS

We are inviting members from all five Te'mexw Nations to join **Erin Thompson-Leach** from JFK Law LLP for an **information session about the Douglas Treaties**, followed by a Q&A period.

The same session will be held twice, so you can attend whichever best fits your schedule. Prize draws at each session.



Saturday, November 29, 2025  
11:00 a.m. PST



Monday, December 8, 2025  
5:00 p.m. PST



To **register**, scan the **QR code** using a phone camera or **reach out** to your Nation's Treaty Office for the Zoom link.



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

WE ARE THE TE'MEXW  
TREATY ASSOCIATION



TE'MEXW  
TREATY ASSOCIATION



250-360-2202

# NO T'SOU-KE COMMUNITY MEETINGS DECEMBER 2025.



~~December 5, 2025~~

T'SOU-KE  
SKA'PEL I'SOT ALEN  
COMMUNITY COMPLEX  
& HEALTH CENTRE

Dear T'Sou-ke community members,

Kindly be advised that there will be no community meeting on the December date marked on the 2025 magnet calendar.

Thank you to everyone in the community for your understanding and continued support.

If you have any questions, please reach out to Denise Purcell at [dpurcell@temexw.org](mailto:dpurcell@temexw.org) or [info@temexw.org](mailto:info@temexw.org).



<b>Monday, December 1</b>	<b>Wednesday, December 3</b>
Beef cabbage stew, buns <i>Yogurt w/ berries</i> Milk/Juice	Hearty hamburger soup, carrots, bannock <i>Mousse</i> Milk/Juice
<b>Monday, December 8</b>	<b>Wednesday, December 10</b>
Nuts & bolts stir fry, rice <i>Peach cobbler</i> Milk/Juice	Seafood chowder, buns, green salad <i>Mousse</i> Milk/Juice
<b>Monday, December 15</b>	<b>Wednesday, December 17</b>
Roast beef, potatoes, carrots <i>Yogurt w/ berries</i> Milk/Juice	Chicken cacciatore, rice, corn <i>Oatmeal cookies</i> Milk/Juice
<b>No meal delivery between December 20–January 4</b>	

**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.

# Meals on Wheels

## January 2026 Meal Menu

Monday, January 5	Wednesday, January 7
Chili, rice, green salad <i>Mousse</i> Milk/Juice	Beef & barley soup, carrot sticks, buns <i>Yogurt w/ berries</i> Milk/Juice
Monday, January 12	Wednesday, January 14
Nuts & bolts stir fry, rice <i>Peach cobbler</i> Milk/Juice	Italian sausage soup, green salad, buns <i>Peach cobbler</i> Milk/Juice
Monday, January 19	Wednesday, January 21
Clam chowder, green salad, bannock <i>Mousse</i> Milk/Juice	Baked macaroni & cheese, broccoli, rutabaga & carrots <i>Pineapple surprise</i> Milk/Juice
Monday, January 26	Wednesday, January 28
Baked chicken, roasted yams & beets <i>Mousse</i> Milk/Juice	Hamburger noodle dish, green salad <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.



# 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.

## **Meet T'Sou-ke's new Indigenous Wellness Worker, Kristin Benty!**

We want to introduce Kristin as our new Indigenous Wellness Provider, launching our new program in partnership with T'Sou-ke Nation and the South Island Primary Care Network.

Kristin grew up in Port Renfrew and has called Sooke home for the past 10 years. With a background in Child, Youth, and Family and Human Services, and experience supporting Indigenous communities across B.C. she brings a deep commitment to community wellness and holistic care.

**As the Indigenous Wellness Provider, Kristin will work closely with clients, families, and our care team to:**

- Support access to health services and care planning
- Provide advocacy and accompaniment to medical appointments where possible, including accompanying clients into appointments as needed
- Organize community wellness and cultural events
- Works with community agencies to promote their services for community members and their families

Kristin will be based at the T'Sou-ke Community Complex and Health Centre, and will also work with the S'cianew (Beecher Bay) and Pacheedaht (Port Renfrew) Nations.

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

**Email:** [IWPreferrals@tsoukenation.com](mailto:IWPreferrals@tsoukenation.com)

**Call:** 778-584-2452

## Indigenous Wellness Provider

### Goal

Improve health outcomes for Nation members and their families located within the South Island Primary Care Network (Western Communities) and T'Sou-ke First Nation (T'Sou-ke, Sc'ianew and Pacheedaht Nations).

### Role

The Primary Care Network (PCN) and T'Sou-ke First Nation's Indigenous Wellness Provider provides direct support, access, education and health care planning to Indigenous people, while honouring traditional healing practices. They work in collaboration with the PCN Care Team and other care providers to provide a seamless, holistic and culturally safe approach to health and wellness.

### Services

- Works with clients and the PCN Care Team to develop and implement client-centred, holistic and culturally safe health care plans.
- Practices cultural safety and humility, harm reduction and trauma-informed care while honouring traditional healing practices.
- Supports mobility and/or advocacy needs; provides transportation to medical appointments where possible, including accompanying clients into appointments as needed.
- Works with clients and families, providing education, support, and assistance to access health interventions.
- Works with community agencies to promote their services for community members and their families.

### Suitable Referrals

Community members and their families from T'Sou-ke, Sc'ianew and Pacheedaht First Nations.

### Connect with us!

**E:** [IWPreferrals@tsoukenation.com](mailto:IWPreferrals@tsoukenation.com) | **P:** 778-584-2452



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, December 18

### 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**



# T'SOU-KE WALKING TOGETHER IN WELLNESS

**Wednesdays | 9:30-11:30 AM**

A wellness walking program for  
T'Sou-ke seniors and adult members

**📍 Locations:**

Galloping Goose • Whiffin Spit  
Sea Walk • Roche Cove

☂ Indoor walking at CCHC Hall when it rains!

**★ What's included:**

- ✓ Warm-up and cool-down stretches
- ✓ Walking aids & rest seats available
- ✓ Companions welcome
- ✓ Limited rides based on need

**Contact Debbie Ridley to attend:**

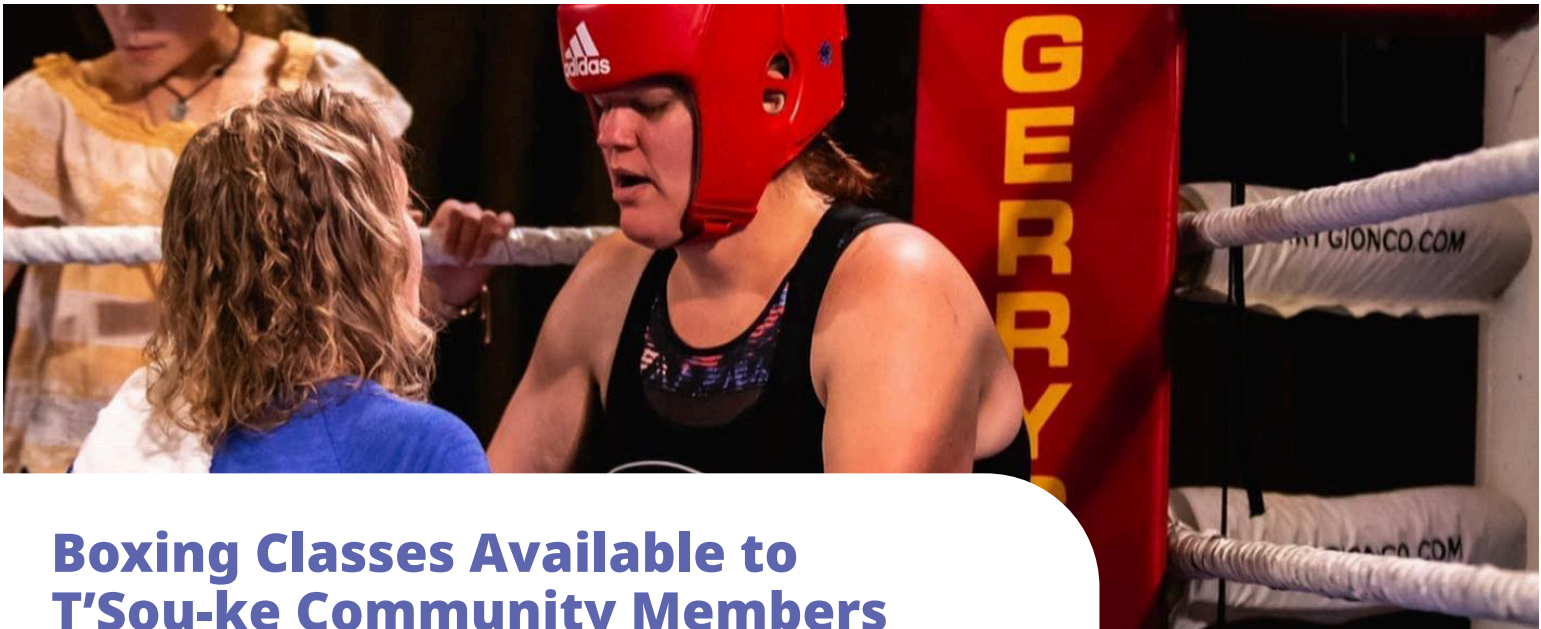
☎ 250-642-3957 ext. 235

✉ [mchwoker@tsoukenation.com](mailto:mchwoker@tsoukenation.com)

## WALKING TOGETHER IN WELLNESS

Waiver required to be signed





# 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	



# **CHRISTMAS ARTS & CRAFTS SALE**

**Saturday December 6<sup>th</sup> 2025 - 10am-4pm**

**Sunday December 7<sup>th</sup> 10am-3pm**

**1000 S, OSES SNANET RD**

**(behind Tim Hortons by EMCS)**

**Come join us in our new TFN building for our first Christmas Craft sale. There will be many artisans including First Nation Artists, knitting and crocheting, jams and jellies and pickles, baked goods and much much more and our TFN Staff will have their famous Loonie/Toonie Raffle.**

**If you would like to be a vender (tables \$25 each per day) please contact Christine at [crisscrosstherd61@outlook.com](mailto:crisscrosstherd61@outlook.com) for more information.**

