



FEBRUARY

2025 Newsletter
T'Sou-ke First Nation



📷 Photo by Milynda White

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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: 2154 Lazzar Road
Sooke, BC, V9Z 1G1

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



250-642-3957

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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Finance Manager, Sandra Sprinkling

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ext. 223

Finance Assistant, Tara Jensen

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ext. 222

Communications Coordinator, Natassia Davies

communications@tsoukenation.com

ext. 224

Health Department



250-642-3957

Admin Health Coordinator, Rose Dumont

rosedumont@tsoukenation.com

ext. 237

Community Nurse, Jennifer Routhier

nurse1@tsoukenation.com

ext. 238

Health Care Assistant, Lorissa Orser

healthcareassistant@tsoukenation.com

ext. 238

Community Health, Daphne Underwood

communityhealth@tsoukenation.com

ext. 235

Indigenous Wellness Worker, Sabena Thomas

indigwellness@tsoukenation.com

ext. 238

Maternal Child Health Worker, Brandy Daniels

mchworker@tsoukenation.com

Fisheries

📞 250-642-3957

Fisheries Stewardship Director, Edward Chutter
fisheriesdirector@tsoukenation.com
ext. 230

Fisheries Technician, Frank Sutherland
fisheries@tsoukenation.com
ext. 228

Guardian, Dave Planes
guardian1@tsoukenation.com

Marine Team

📞 778-352-0011

Com. Relations Coordinator, Eva Shaffer
marineliaison2@tsoukenation.com

Marine Field Tech, Joanne Routhier
jrouthier@snekecentre.ca

Marine Field Tech, Louis Sudlow
lsudlow@snekecentre.ca

Marine Field Tech, Milynda Planes
mplanes@snekecentre.ca

Lands, Forestry, Environment

📞 250-642-3957

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

Lands Governance Director, Bonnie Hill
landsmanager@tsoukenation.com
ext. 227

Lands Referrals Clerk, Amanda Mobley
landsandreferralsclerk@tsoukenation.com
ext. 227

Ladybug Garden

📞 250-642-3949

Garden Coordinator, Christine George
ladybuggarden@tsoukenation.com

Social Development

📞 250-642-3957

Social Development Worker, Debbie Ridley
socialdevelopment@tsoukenation.com
ext. 236

Youth Centre

📞 778-352-3957

Youth Worker, Brandy Daniels
youthcentre@tsoukenation.com

Children and Families

📞 778-352-3957

Child and Family Lead, Denise Chewka
childfamilylead@tsoukenation.com

Sum-SHA-Thut Lellum

📞 250-642-2263

ECE Teacher, Jennifer Dumont
ECE Assistant, Soleil Saxelby
sumsha@tsoukenation.com

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

Sooke RCMP

To report a disturbance or crime, please phone the non-emergency line of the Sooke RCMP or submit online via the [Online Crime Reporting tool](#).

📞 250-642-5241 🌐 ocre-sielc.rcmp-grc.gc.ca/

February 2025

Meetings, events, and health services available this month.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	SENĆOŦEN Language Class 6-7:30pm Sea to Tree Counselling 11am-7pm	Registration for Mt. Washington (ends 4:30pm Feb. 7)			Rise & Shine Fitness 6-7am NIĪ TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm
9	10	11	12	13	14	15
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 11am-7pm	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm		Mt. Washington Youth Day Trip Rise & Shine Fitness 6-7am NIĪ TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	
16	17	18	19	20	21	22
	FAMILY DAY (Offices closed)	SENĆOŦEN Language Class 6-7:30pm Sea to Tree Counselling 11am-7pm	Rise & Shine Fitness 6-7am Dr. Kluge's Clinic 10am-4pm Full Body Fitness 7:30-8:30pm	Book & Breakfast (Five & Under Playgroup) 8-9am @Health Centre	Rise & Shine Fitness 6-7am NIĪ TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	
23	24	25	26	27	28	
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Community Workshop: Long Term Strategic Planning 5:30-8:00pm Sea to Tree Counselling 11am-7pm	Community Dinner 5:30pm Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm		Rise & Shine Fitness 6-7am NIĪ TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	

2025 February

Youth Centre Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30 Drop-in 3:00-4:30 PM	31	01
02	03	04	05 Tutoring 3:30-5:30PM	06	07	08
09	10	11 Drop-in 3:00-4:30 PM	12 Tutoring 3:30-5:30PM	13 Drop-in 3:00-4:30 PM	14 Mt Washington Snowshoeing Tubing Day Trip	15
16	17 Closed for Family Day	18 Drop-in 3:00-4:30 PM	19 Tutoring 3:30-5:30PM	20 Drop-in 3:00-4:30 PMe	21	22
23	24	25 Drop-in 3:00-4:30 PM	26 Tutoring 3:30-5:30PM Community Dinner 5:30-7:00 PM	27 Drop-in 3:00-4:30 PM	28	01
02	03	Notes: Regrettably, no rides are available at the moment. Please make alternative arrangements for your transportation until further notice. Please note that the Youth Centre staff and T'Sou-ke Nation are not responsible for electronics or other personal items that may be damaged or lost while participating in youth activities. Watch our Facebook page for any additions or cancellations.				



Winter is here!

The air is crisp, and those of us in Sooke have been enjoying sunshine and stunning sunsets despite a few days of snow! Wherever you are, I hope your winter has been just as beautiful. As the days slowly grow longer, our team has been hard at work keeping the heart of our community strong and thriving—there's so much to share!

Our youth have been busy creating unforgettable experiences like visiting Galey Pumpkin Farm, dancing at the Monster Mash (complete with fireworks!), and getting creative during the Youth Mosaic Building Workshops with Shelley Davies. Their incredible mosaic masterpiece will soon be unveiled at the new Community Complex and Health Centre (CCHC). We can't wait to see it!

While we had hoped to celebrate the grand opening of the Community Complex and Health Centre by now, delays with BC Hydro and TELUS have pushed our timeline. We are now aiming for substantial completion by the end of February, with move-in shortly after. We appreciate your patience—this project will be worth the wait!

Community members have continued to come together to learn, celebrate, and connect. From the Wildfire Discussion & Movie Screening to The Magic of Christmas at Butchart Gardens; from Community Dinners to Elders' Lunches, the spirit of togetherness remains strong. We also hosted language classes to keep our language thriving and craft workshops where members created ribbon skirts, gingerbread houses, Christmas decorations, and beadwork. The Santa Parade & Breakfast with Santa was another highlight, bringing festive joy to all ages.

To wrap up the year, we celebrated our dedicated staff with a holiday party filled with good food, games, and a fun gift exchange. A huge thank you to our incredible team—your dedication is the backbone of our work.

As we move forward, we are excited to build on our successes and launch key projects in 2025. Canoe Shed safety work will begin soon, thanks to secured funding for structural improvements. Our housing team has secured funding for nine home renovations. If your home needs repairs, you can reach out to housing@tsoukenation.com, with the next application period expected in late 2025 to early 2026. Planning is also underway for work to begin on our Woodlots, with preparations being made for harvesting over the next three years. The Lands Team and EMP Committee are actively working to support and implement this plan for a sustainable future. Community engagement opportunities with the Strategic Planning Taskforce are also coming up in the next few weeks, and there will be different dates and formats to suit your schedule. We currently have community planning workshops scheduled for Tuesday, February 25, Sunday, March 2, and Wednesday, March 5. You can find specific times and further information on the following pages.

As I reflect on 2024, I want to send a heartfelt thank you to each of you. Your energy, participation, and commitment make T'Sou-ke the incredible community it is. I look forward to all that's ahead for us in 2025!

Michelle Thut
Administrator

Community Planning Workshops

Do you have a vision, dream, or wish for T'Sou-ke Nation? Your input will help shape the Nation's roadmap for the next 25 years and beyond.

Join us for an upcoming workshop.
Your voice is vital to the process!



Community Planning Workshops

IN-PERSON + DINNER

Tuesday, February 25

5:30pm **Dinner**

6:00pm **Opening Remarks**

6:15pm **Foundation**

(Discuss the draft vision, mission, values, and principles)

7:00pm **Where We Are Headed**

(Explore what goals and objectives we want to achieve)

7:45pm **Closing Remarks & Door Prizes**

IN-PERSON + LIGHT SNACKS

Sunday, March 2

10:00am **Opening Remarks**

10:15am **Foundation**

(Discuss the draft vision, mission, values, and principles)

11:00am **Where We Are Headed**

(Explore what goals and objectives we want to achieve)

11:45am **Closing Remarks & Door Prizes**

ONLINE (ZOOM)

Wednesday, March 5

6:30pm **Opening Remarks**

6:45pm **Foundation**

(Discuss the draft vision, mission, values, and principles)

7:30pm **Where We Are Headed**

(Explore what goals and objectives we want to achieve)

8:15pm **Closing Remarks & Door Prizes**

Long-Term Community Planning

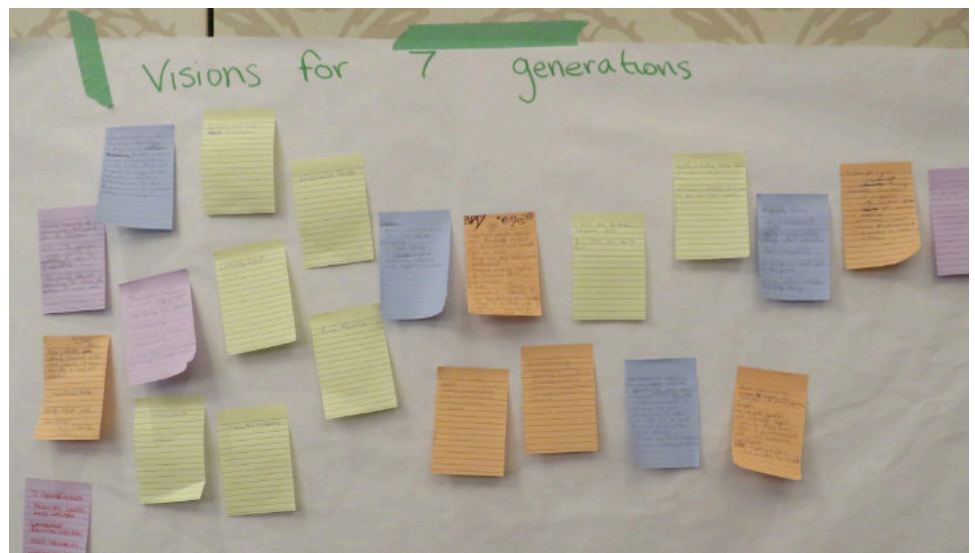
Last year marked the completion of the 2021–2024 Strategic Plan set forth by Chief and Council and brought the last 25-year Comprehensive Community Plan to a close. As we see the tangible results of these plans, we now set out to develop two new plans that will guide the work of Chief and Council and T'Sou-ke Nation staff in the coming years.

The Comprehensive Community Plan (CCP) maps out the next 25 years and guides the Nation's actions based on community values and priorities. The three-year Strategic Plan (SP) will be created based off key components of the CCP and will inform the actions of Chief and Council through their current elected term.

Building the Foundation

In November, staff gathered for an all-day workshop facilitated by planning consultant James Pratt and the Nation's Long-Term Planning Taskforce, comprised of both council and staff representation. Through constructive brainstorming and thoughtful discussion, participants shared their ideas and vision for the Nation for the next seven generations.

James and the taskforce have taken this guidance from staff to draft proposed new versions of T'Sou-ke Nation's vision, mission, values, and goals, and now look to collaborate with the community in the same manner.



Community Planning Workshops

IN-PERSON + DINNER

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ONLINE (ZOOM)

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6:30pm **Opening Remarks**

6:45pm **Foundation**

(Discuss the draft vision, mission, values, and principles)

7:30pm **Where We Are Headed**

(Explore what goals and objectives we want to achieve)

8:15pm **Closing Remarks & Door Prizes**

Where We Are Today

Above all else, a comprehensive community plan needs to reflect the collective goals and priorities of the community. To further develop the Nation's CCP, we would like to gather with T'Sou-ke community members and provide opportunities for members to participate, share wisdom, and brainstorm valuable ideas. This input will guide our actions and create opportunities for future generations.

Three sessions have been planned to accommodate various schedules in the hopes of maximizing community participation. You do not need to attend every workshop as they will all offer the same format, however if you feel strongly about participating in a second workshop, we kindly ask that you do so via the Zoom session. This ensures we have enough space for first-time participants during the in-person workshops.

Elder and Youth Champions

The Long-Term Planning Taskforce would greatly appreciate the support of Elder and Youth Champions to work alongside the team, acting as a leader and advocate for our elder and youth age groups.

If you feel passionately about instilling positive change and advocating for your fellow community members by bringing their voices to the table, please let us know! The taskforce would like to collaborate with you. Champions will receive honoraria for their time.

If interested, please contact Natassia Davies via email at communications@tsoukenation.com or by calling 250-642-3957 ext. 224.



If you are unable to attend these workshops or wish to share your ideas and input in a format more comfortable to you, please feel welcome to email Jessica Kisby via admin3@tsoukenation.com.

Live-Stream Dates
& Meeting Guidelines

**Chief and
Council Meetings**





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

February 6, 2025

Chief and Council Meetings

Greetings, T'Sou-ke Community,

Included below are dates for Chief and Council meetings scheduled for 2025. Council meetings will take place on the last Monday of each month unless otherwise scheduled. Please note these dates may change on short notice due to logistics or unforeseen circumstances.

March 3, 2025	July 28, 2025
March 31, 2025	September 29, 2025
April 28, 2025	October 27, 2025
May 26, 2025	November 24, 2025
June 30, 2025	December 15, 2025

Please note these dates are subject to change.

Due to technical and spatial logistics, the first few council meetings will **be open to members via Zoom ONLY** until we move into the new Community Complex and Health Centre (CCHC).

Normally, Chief and Council will meet in council chambers and members will be able to watch via Zoom on the SmartBoard in the main hall. However, because of the proximity of council chambers to the main hall in the current building, it is difficult to have the volume of the SmartBoard up loud enough for members to hear proceedings without the sound interfering in council chambers.

We will transition to a different format when we move into the new building and have the technical capabilities to provide a space where everyone can hear and see what's happening. We thank you for your understanding and patience in the meantime.



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

February 6, 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, March 3, 2025

6:00–8:00pm

Online only (at this time)

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 on the following pages.

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

Open Meeting Rules and Guidelines

T'Sou-ke First Nation regular Chief and Council meetings shall be open to registered members of the band, with the exception of in-camera portions. Regular meetings of the council are open to all registered members of T'Sou-ke. No member of T'Sou-ke shall be excluded except for improper conduct.

Benefits to the community, Increased community awareness of Chief and Council decisions, Improved access to meetings and Enhanced transparency and accountability.

Open means

- At a place ordinarily considered a public place
- At a time, ordinarily considered a time to conduct public business.
- There is room/seating for the members.

The following guidelines shall be followed for meeting observers:

- Members who attend Council Meetings are allowed to do so only as silent observers and have no rights to speak at the Council Meeting.
- The Chair shall not permit any disturbance or willful interruption of Council meetings. Persistent disruption by an individual or group or any conduct or statements that threaten the safety of any person(s) at the meeting shall be grounds for the exclusion for improper conduct. In such instances, the Chair may issue one warning to the individual or group responsible for the disturbance or interruption. If the disruptive behavior persists following the warning, expulsion from the meeting may be warranted.
- If, in the opinion of the Chair, anyone that is out of order a Council meeting, the Chair may give that person a warning; and if that person continues to be out of order following the warning, he or she will be expelled from the meeting.
- No person shall be permitted to attend a Council meeting while under the influence of alcohol and/or drugs. Individuals found to be under the influence will be asked to leave the meeting.
- Council meeting dates shall be published by posting a notice in the Band Office, in a conspicuous location, at least on (1) week prior to the meeting, or when it is not possible to do so due to exceptional circumstances. Meetings will be announced through official communication channels.
- Cell phones should not be used during Council Meetings. All cell phones should be turned off or put on vibrate during Council Meetings. For urgent matters or emergencies we ask that you step outside to take these calls.
- The content of T'Sou-ke First Nation Chief and Council Meetings is intended for T'Sou-ke registered members only.
- Meeting recorder will ensure that only confirmed T'Sou-ke First Nation members and approved public guests will be permitted to enter the Chief and Council meeting.

Closed/ In-Camera means

Closed/in-Camera portions or meetings are closed to the public.

T'Sou-ke Chief and Council may close a meeting or part of a meeting by passing a motion that sets out the basis for closing the meeting to discuss any of the following:

- Issues related to employment (i.e. Labor/employee relations) at T'Sou-ke First Nation
- Issues of personal nature relating to any identifiable individuals of TFN
- Litigation or potential litigation impacting TFN.
- The receipt of legal advice
- Acquisition, disposition or expropriation of land or improvements if local government interests could be harmed by disclosure.
- Law enforcement, if the council considers that disclosure could reasonably be expected to harm the conduct of an investigation or enforcement of an enactment.
- Information that is prohibited, or information that if it were presented in a document would be prohibited, from disclosure under section 21 of the Freedom of Information and Protection of Privacy Act;

Live Streamed

- Regular Council Meetings will be live streamed via private links on platforms like Microsoft Teams or Zoom, accessible only with the provided link.
- Efforts will be made to ensure uninterrupted streaming, though technical difficulties may occur.
- In-camera sessions may be necessary on occasion, during which the live stream will cease. Confidential sessions will not be streamed or recorded.
- Attendees must keep cameras and microphones off.
- Access link distribution is prohibited, with consequences for violations outlined. Meeting content is intended for registered members only.
- Clerk will ensure that only confirmed T'Sou-ke registered members and approved public guests will be permitted to enter the live-streamed Chief and Council meeting. TFN members and public guests are prohibited from distributing the access link. Should the access link be distributed contrary to this policy, the following actions could take place:
 1. Occurrence 1: Written Warning outlining the offence under this policy and the progressive action steps for future occurrences.
 2. Occurrence 2: Ban from future Chief and Council meetings for a period of 3 months from the date of second occurrence.
 3. Occurrence 3: Ban from future Chief and Council meetings for a period of 1 year from the date of third occurrence. A written request to rejoin future Chief and Council meetings will be required.

Thank you for your cooperation in maintaining an open and civil environment during our meetings.

Following the Chief and Council meeting a Community Open Forum will be hosted. This Forum will allow any member to ask directly any member of Council questions related to any subject matter of the agenda. 10 minutes will be allotted and enforced via timer to respect the time of C&C, Staff and community.

X Lawrence Underwood

Lawrence Underwood
Chief

X Rose Dumont

Rose Dumont
Councillor

X Bonnie Hill

Bonnie Hill
Councillor

X Debra Lazzar

Debra Lazzar (Khumchishliá)
Councillor

T'Sou-ke Nation or RCMP: Who to Call?

A Guide for T'Sou-ke Community Members

Chief, Council, and Administration have been receiving concerns from members regarding community safety on reserve. We want to remind everyone that matters related to public safety fall under the jurisdiction of the RCMP.

T'Sou-ke Nation maintains a continued partnership with the Sooke RCMP detachment and ensures every effort is made to peacefully and safely look out for the community. We understand calling the police is not always the desired choice, and sometimes it's hard to know when the situation is appropriate.

If you witness or experience issues such as domestic violence, drug trafficking, or traffic safety concerns, we strongly encourage you to report them directly to the police. The RCMP will maintain active records of incidents and take appropriate follow-up actions to support the safety and well-being of our community.

Your cooperation in reporting these concerns helps ensure a safer environment for all.

To help you determine if your matter requires the RCMP or T'Sou-ke Band Administration or Chief and Council, we have put together a general guide.

If you have any questions or would like to discuss this further, please contact Michelle Thut via administrator@tsoukenation.com or by calling 250-642-3957 ext. 233.



T'Sou-ke Nation or RCMP: Who to Call?

A Guide for T'Sou-ke Community Members

When to Contact T'Sou-ke Nation

(For governance, community programs, and environmental concerns, etc.)

Disputes Within Reserve

- Disagreements or concerns that may be resolved through T'Sou-ke laws, bylaws, and/or council leadership.

Lands, Resources, and Environment

- Oil spills, hazards, or improper use of land or resources
- Environmental concerns, including protection of sacred sites
- Discovery of midden or archaeological site

Community Services and Programs

- Health services, mental wellness support, or social programs
- Education, scholarships, and training programs

Governance, Laws, and Bylaws

- Local laws and bylaws enforcement
- Hunting, fishing, or trapping rights under Indigenous law

Band Housing and Infrastructure Issues

- Concerns about Band-managed housing, repairs, or maintenance
- Water, sewer, or road maintenance within the community

Emergency Preparedness and Disaster Response

- Wildfire, flood, or natural disaster coordination
- Emergency relief for affected community members

250-642-3957

When to Contact the RCMP

(For crime, personal and public safety, and emergency law enforcement)

Emergencies and Threats to Life (Call 911)

- Violence, assault, or domestic abuse situations
- Immediate threats to personal safety or security

Public Disturbances or Disputes

- Fights, trespassing, or other conflicts where safety is a concern
- Any situation that may escalate beyond community resolution

Criminal Activity

- Theft, break-ins, vandalism, or property damage
- Drug trafficking or illegal substances
- Suspicious persons or activities

Missing Persons

- If a family or community member is missing and needs to be located

Road Safety and Traffic Incidents

- Impaired driving, dangerous driving, or vehicle collisions
- Enforcement of driving laws

Firearms and Weapons Offenses

- Unlawful possession or discharge of firearms
- Gun violence or threats involving weapons

250-642-5241 or 911

For non-emergency police services, contact the Sooke RCMP detachment at 250-642-5241. In an emergency, call 911.

Community Planning Workshops

IN-PERSON + DINNER

Tuesday, February 25

5:30–8:00pm

@ Band Hall

IN-PERSON + LIGHT SNACKS

Sunday, March 2

10:00am–12:00pm

@ Band Hall

ONLINE (ZOOM)

Wednesday, March 5

6:30–8:30pm

Virtual Chief & Council Meeting

(For registered T'Sou-ke members)

Monday, March 3
6–8pm

To obtain the Zoom link, please register with Natassia Davies via communications@tsoukenation.com.

SENĆOŦEN LANGUAGE CLASS

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

Tuesday, February 4
Tuesday, February 18
6–7:30pm

To hear even simple words like 'thank you' said in the SENĆOŦEN dialect is wonderfully heartwarming. Ivy is a kind, patient teacher with much knowledge to share. **Please feel free to join in classes whenever you are able. You don't need to register. 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.

MEAL BAG DELIVERY

IR1 & IR2

Wednesday, February 12

COMMUNITY DINNER

BAND HALL

Wednesday, February 26



ELDERS FUNDRAISER RAFFLE!

\$10 per ticket

1st prize Cord of Wood

2nd prize \$200

3rd prize \$50 Gas Card

Tickets can be bought at the Health office.

All proceeds go to our Elders.



T'Sou-ke Nation Mt. Washington Youth Snowshoeing/Tubing Day Trip

Friday, February 14th, 2025

Registration for this trip will **begin on Wednesday, February 5, 2025 and closes on Friday, February 7, 2025 at 12:00 PM.**

Registration forms will be available for pick up at the front office or by contacting Brandy Daniels at youthcentre@tsoukenation.com or phone 778-352-3957.

Registration will not be available prior to this date and time.

Participation for this trip will be for T'Sou-ke Nation Youth (registered or child of a registered member), their parents and siblings/step siblings.

Please note that parents are not required to attend for youth aged 7-18 to participate.

We will be capping this event at the bus's capacity of 40 seats.

Leaving the Band Hall at 6:00 AM

Leaving Mt. Washington at 3:00 PM



PO Box 307, Sooke B.C., V9Z 1G1

Ph.: 642-3957 Fax: 642-7808

T'Sou-ke First Nation

Registration Form

Mt. Washington

Friday, February 14, 2025

Everyone MUST register for this event, indicating the ages of each participant. Participation for this trip will be for T'Sou-ke Nation Youth (registered or child of a registered member) & their parents and siblings/step siblings.

Please note that parents are not required to attend for youth aged 7-18 to participate. Thank you.

Forms must be in no later than Friday, February 7th at 4:30 PM

1. _____ Adult (18+) Shoe Size _____
2. _____ Adult (18+) Shoe Size _____
3. _____ age _____ Shoe Size _____
4. _____ age _____ Shoe Size _____
5. _____ age _____ Shoe Size _____
6. _____ age _____ Shoe Size _____
7. _____ age _____ Shoe Size _____
8. _____ age _____ Shoe Size _____

Liability Release

I, the undersigned, in consideration of participation in the Mt. Washington Trip offered by T'Sou-ke First Nation, agree to indemnify and release T'Sou-ke Nation and its officers staff agents or employees from any and all liabilities from any injuries which may be suffered by the above named adult/child, arising out of, or in any way connected with participation in activities offered throughout the day, except to the extent attributable to willful act or active negligence of the T'Sou-ke First Nation or its officers, staff agents or employees.

I, the undersigned, as the parent/guardian, acknowledge that the above-named child is being registered for the gathering and recreational components, and that the T'Sou-ke Nation is an exempt, NOT licensed childcare.

I ACKNOWLEDGE THAT I HAVE READ THE ABOVE AGREEMENT AND RELEASE, AND FULLY UNDERSTAND THAT I HAVE ASSUMED ALL THE RISKS FOR INJURY THAT MAY INVOLVE IN THE ACTIVITIES OFFERED BY THE T'Sou-Ke FIRST NATION.

Signature: _____

Do you give permission to T'Sou-ke Nation to take pictures and/or video of you/your child that may or may not be used in future advertising and/or pasted in the band hall, etc?

___ Yes ___ No Please initial here _____

Do you give permission for the staff T'Sou-ke first Nation to drive the above-named child/yourself to and from the band hall during our activities?

___ Yes ___ No Please initial here _____

We ask that everyone be at the band hall by 5:45 AM. The bus will be leaving at 6:00 AM sharp.

Lunch will be provided. **Please ensure you have appropriate winter clothing.**

Bear Safety and Garbage Storage: Protecting Our Community

To our community members,

As many of you know, bears getting into garbage has become a serious issue, especially on IR#2. The Lands Department is working on securing funding to help the community build bear-proof garbage enclosures for every household. In the meantime, it's important for everyone to do their part to keep both our community and the bears safe. When garbage isn't stored properly, it creates dangerous situations for both community members and the bears.

During our recent land inspections, we found a lot of garbage is being taken by the bears and left in and around members' lots. If a bear drags your garbage into someone else's yard, it means other community members are having to clean up your garbage. The Lands Department receives many complaints about this. Please be mindful and help keep our community clean and safe by properly managing your garbage. Let's work together to prevent this issue from getting worse.

Please take the following steps to reduce bear attractants:

Use Bear-Resistant Containers:

- Secure garbage in bear-resistant garbage cans or containers that are designed to prevent bears from accessing the contents.
- Ensure lids are tightly closed and locked.

Store Garbage in Safe Locations:

- Keep garbage inside a secure building (like a garage or shed) until garbage day.
- Don't leave garbage outside overnight because it will inevitably be taken by the bears and dragged to other community members' yards

Reduce Odors:

- Rinse food containers before placing them in the garbage.
- Double-bag particularly odorous items, such as food scraps or meat packaging.

Compost Responsibly:

- Avoid composting meat, fish, or strong-smelling food waste outdoors.
- Use bear-proof compost bins if available.

Keep Areas Clean:

- Remove fallen fruit, bird feeders, and pet food from outdoor areas.
- Clean grills and outdoor cooking equipment thoroughly after use.

Why Proper Garbage Storage Matters

- **Safety:** Bears drawn to garbage can become bold and enter areas where people live, work, and play, increasing the risk of encounters.
- **Wildlife Protection:** Bears that rely on human food sources can lose their natural foraging habits, putting their survival and health at risk. In some cases, these bears may need to be relocated or destroyed.
- **Community Responsibility:** Respecting the land and its creatures is part of our shared responsibility. Proper garbage storage reflects our commitment to protecting the environment and our way of life.

Thank you for doing your part to keep our community and the bears safe.



We Have Some Exciting News to Share!

T'Sou-ke Nation is embarking on a journey towards establishing an **Indigenous Protected and Conserved Area (IPCA)** within our territory.

Join us for the first of our **monthly community dinners** - a time to come together, share a meal, celebrate our culture, and learn about the exciting work underway in our territory.

WHAT: Community Dinner

WHEN: TBA, stay tuned!

WHERE: T'Sou-ke Nation Band Hall



Together, we'll discuss how this initiative will protect our lands and waters, honor our traditional knowledge, and sustain our cultural and ecological heritage.

Whether you're there to listen, share, or simply connect, **your presence is deeply valued**. Let's unite as a community to shape a collective vision for this project rooted in our cultural values.

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
- A network of IPCA Innovation Centres is being developed to coordinate and build capacity for IPCAs: www.ipcainnovation.ca



Te'mexw Land Title Survey

Over the last few weeks, you may have been visited by Kyra Lazzar, TTA's Field Worker and a member of the T'Sou-ke Land Title Committee. Kyra has been going door-to-door to distribute Land Title booklets and a survey package regarding Treaty Land ownership. If you are an off-reserve member on TTA's mailing list, you will receive your package in the mail.

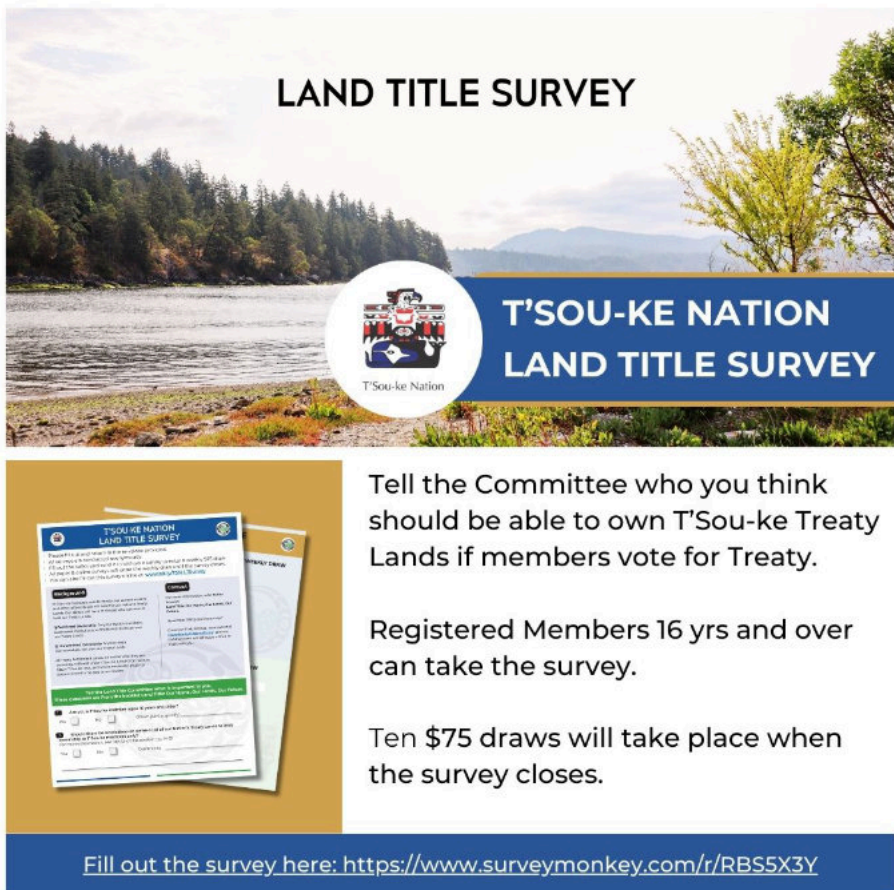
The survey is intended to gather feedback from T'Sou-ke members about your thoughts on who should be able to own T'Sou-ke Treaty Lands if members vote for Treaty. Your answers will help the Land Title Committee develop a recommendation to Chief and Council regarding Treaty Land ownership.

You are welcome to complete the survey online, or you can fill out the paper copy and mail it back via the paid postage envelope included in the package you received. You may also email Kyra (heberleinkyra@gmail.com) and ask her to pick up your completed survey.

All T'Sou-ke members 16 and older are encouraged to fill out the survey, so please share this with your eligible family members! At the end of the surveying period, completed surveys will be entered into ten draws for \$75. If you fill out the paper survey, please include the ballots provided if you wish to be entered in the draw. Online surveys will automatically be entered.

This survey is anonymous and confidential. Answers will be pooled and analyzed by TTA staff.

If you have any questions, need assistance with the survey, or would like more copies of the survey for your family, please contact Kyra via email at heberleinkyra@gmail.com.



LAND TITLE SURVEY

**T'SOU-KE NATION
LAND TITLE SURVEY**

Tell the Committee who you think should be able to own T'Sou-ke Treaty Lands if members vote for Treaty.

Registered Members 16 yrs and over can take the survey.

Ten \$75 draws will take place when the survey closes.

Fill out the survey here: <https://www.surveymonkey.com/r/RBS5X3Y>



SCAN ME! 

Use your phone's camera to scan this QR code and access the survey, or visit the link below.

<https://www.surveymonkey.com/r/RBS5X3Y>

Social Development, Employment, & Training

📞 250-642-3957 ext. 236

Debbie Ridley, Social Development Worker

✉ socialdevelopment@tsoukenation.com

Appointments Required: If you need to speak with Debbie, please call or email to schedule an appointment—drop-ins can no longer be accommodated. Appointments are available Monday through Thursday from 1:00–4:30pm. Thank you!

FOR THE MONTH OF	DECLARATIONS DUE BY	CHEQUE ISSUE DAY
February 2025	February 14, 2025	February 19, 2025
March 2025	March 21, 2025	March 26, 2025
April 2025	April 18, 2025	April 23, 2025
May 2025	May 16, 2025	May 21, 2025

Declarations must be given to Debbie by the due date to avoid any delay in processing cheques. There will be a delay in receiving your cheque if declarations are not received by Debbie on the due date, no exceptions.

A friendly reminder: Provide your income verification slips monthly if you are working. Monthly utility bills need to be provided to be paid in a timely manner.

Friendly reminder to all my clients:
Please print your name clearly on your declaration slip and sign it.

APPLY NOW



Project Management for Indigenous Women 2025

Trans Mountain is offering a Project Management for Indigenous Women Program starting in April 2025.

This unique Mount Royal University program will be open to a limited number of successful applicants.

- Starts April 14, 2025
- 100% online
- Seven courses
- 15-20 hours per week includes homework
- 12-month program
- No cost to participate
- Program completed as one group
- Coaching support



APPLY BY February 14, 2025 to:

Stephanie_Felker@transmountain.com



Current job opportunities with the Te'mexw Treaty Association



We're hiring.

Treaty Assistant - T'Sou-ke Nation



APPLY NOW

Send your resume to info@temexw.org

View full job description:

<https://temexw.org/wp-content/uploads/2025/01/Treaty-Assistant-TSou-ke-Nation.pdf>



We're hiring.

Constitution and Communications Support Worker (CCSW)



APPLY NOW

Send your cover letter and resume to info@temexw.org

View full job description:

<https://temexw.org/wp-content/uploads/2024/10/CCSW-Upload.pdf>



We're hiring.

Eligibility and Enrolment (E&E) Coordinator - T'Sou-ke Nation



APPLY NOW

Send your cover letter and resume to info@temexw.org

View full job description:

<https://temexw.org/wp-content/uploads/2024/10/EEC-TSou-ke-Upload.pdf>



Songhees Job Posting

Position: Employment Coordinator	Status: full time, 30 hrs a week for 52 weeks
Reports to: Director of Employment & Social Development	Salary: 29.25 an hr
Department: Employment & Social Development	Application Deadline: Open until filled

The Employment Coordinator is responsible for assisting members with the Paddling Together project as well as initiating creative and engaging activities for employment & social development clients.

The Songhees Nation, whose 600 members we serve are Ləkʷəŋən People identified as Coast Salish, delivers holistic services including employment & training, education, health, child and family support, counseling, housing, and cultural connections. Our vision is a healthy, self-reliant, progressive community that honors tradition and culture and invests in future generations. If you'd like to join a committed team doing meaningful work in an Indigenous community, we want to hear from you!

Who you are

You're a caring professional who wants to make a difference. You have excellent interpersonal skills, and you easily establish a mutual rapport and respect with the individuals you work with. You naturally take a leadership position, serving as a role model, and having a positive impact on others. You have excellent judgment skills, allowing you to effectively assess situations and provide appropriate resources or referrals to meet your members' needs, all while maintaining their confidentiality. You're a strong communicator who collaborates well with others and enjoys contributing to a team.

What you'll be doing

Reporting to the Director of Employment & Social Development, the Employment Coordinator will support Songhees community member with assessing training needs and provide them with holistic encouragement in a social, emotional, academic, and cultural approach in a personalized process.

Duties include, but aren't limited to:

- Meet with Songhees members and discuss their training needs (in regards to Trades)
- Assist with entrance requirements to trades or upgrading programs
- Coordinates the delivery of project objectives,
- Builds and maintains partnerships with potential and existing stakeholders
- Works with students, and sometimes with training institute staff



Songhees Job Posting

- Supports each member's development including cultural, physical, intellectual, emotional and social needs;
- Incorporates culturally appropriate activities into the program;
- Maintains strict confidentiality and exercises sound judgment and discretion when dealing with sensitive issues;
- Promotes a safe work place; ensures that all established safety procedures are followed;

Qualifications

- Grade 12 graduation; post secondary diploma or trades certification,
- Experience working with youth in First Nations' communities an asset;
- Vulnerable Sector Criminal Record Check is required as a condition of employment

Job Status: Full time at 30 hours a week for 52 weeks.

Compensation: \$29.25

Benefits

The successful applicant will get vacation, personal and sick time, as per Songhees Personal Policies

Recruitment Process

Candidates will be required to complete a phone pre-screen, in person interview, reference checks, and a criminal record check

How to Apply

Please send resume & cover letter to Eva George, Employment & Social Development Department
Program Assistant: **Email: eva.george@songheesnation.com**
Only shortlisted applicants will get a reply.

Additional Information:

Songhees Nation is committed to increasing the number of members working for the Nation. Hiring preference will be given to qualified candidates who are Songhees Nation members, or those with Indigenous ancestry.

If you require an accommodation as part of the recruitment process, please email felicity.peters@songheesnation.com

Monday, February 3	Wednesday, February 5
Clam chowder, bannock, green salad <i>Cottage cheese fruit cup</i> Milk/Juice	Hot Chicken Salad w/ buns <i>Cinnamon apples</i> Milk/Juice
Monday, February 10	Wednesday, February 12
Chili w/ bun, rice, green salad <i>Yogurt with berries</i> Milk/Juice	Hearty hamburger soup, green salad, bannock <i>Mousse</i> Milk/Juice
Monday, February 17	Wednesday, February 19
Closed, no delivery (Family Day)	Salmon & potato dish, coleslaw <i>Berry crisp</i> Milk/Juice
Monday, February 24	Wednesday, February 26
Seafood chowder, salad, bannock <i>Oatmeal cookies</i> Milk/Juice	Baked macaroni & cheese, broccoli, rutabaga, carrots <i>Pineapple surprise</i> Milk/Juice

Meals are subject to change depending on availability of products.

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

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

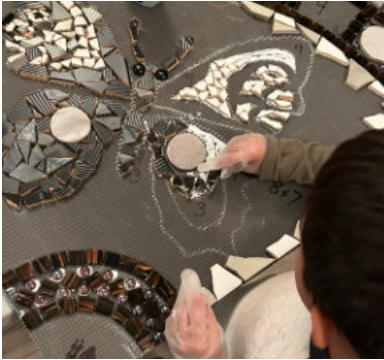
Youth & Culture

📞 778-352-3957

Brandy Daniels, Youth Worker

✉️ youthcentre@tsoukenation.com

📘 T'SOU-KE NATION YOUTH & PARENTS



Youth Drop-in



TUESDAYS
& THURSDAYS

3:00pm–4:15pm

Tutoring

Online (Zoom) or Drop-in



WEDNESDAYS

3:00pm–5:00pm

Please refer to the T'Sou-ke Nation Youth & Parents Facebook page or check the Youth Centre calendar for detailed information, as there may be special events happening in place of these regularly scheduled programs.

A New Youth Van is on its Way!

We are excited to share that T'Sou-ke Nation is purchasing a new youth van with grant funding from the Victoria Foundation's Indigenous Priorities Fund.

The van is on order and should arrive in the summer.

We are excited to be able to offer rides to youth once again later this year. In the meantime, please continue to arrange your own transportation unless otherwise mentioned.

Mt. Washington Youth Snowshoeing & Tubing Day Trip

SNOW DAY! Youth (ages 7–18) are invited on a day trip to Mt. Washington for snowshoeing and tubing on February 14!

Registration for the Youth Snowshoeing/Tubing Day Trip is now open and will end on Friday at 4:30pm. The registration form is available at the front office or by contacting Brandy Daniels via youthcentre@tsoukenation.com or phoning 778-352-3957. You can also print the PDF found here and submit via email or in person.

This event will be capped at 40 participants to accommodate bus capacity. Participation for this trip is open to T'Sou-ke Nation youth (registered or child of registered member), their parents, and siblings/step-siblings. Please note that parents are not required to attend for youth aged 7–18 to participate.

We will leave the Band Hall at 6:00am sharp (please arrive by 5:45am). The bus will depart Mt. Washington at 3pm.

NIL TU,O PROUDLY PRESENTS ELEVENTH ANNUAL



HEUIST TTE KELAK

DOOR
PRIZES!

HONOUR THE BABIES

April 16, 2025 | 11 am - 2 pm

Saanich Fairgrounds

WE'RE CELEBRATING BABIES BORN IN 2024

Has a new life joined your family in 2024, and is affiliated with one of the seven Nations NIL TU,O works with? Please join us in celebrating this new life.

Lunch will be provided.

Please send filled in registration form and a copy of
baby's ID to reception@niltuo.ca to confirm attendance.

Deadline to Register
March 15

Website: niltuo.ca

Phone: 250-544-1400

This event is open to children and families of Beecher Bay, Pauquachin, Tsartlip, Songhees, Tsawout, Tseycum and T'Sou-ke First Nations.



Scan to register
online

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

✉ nurse1@tsoukenation.com

📘 *T'Sou-Ke Nation Health Office*

DR. KLUGE'S CLINIC

Wednesday, February 19, 10:00am–4:00pm

Dr. Kluge's clinics are for our members and their families.

If you have to cancel your appointment, please let one of the Health office staff know as soon as you can. This will allow us time to connect with those that may be on the waiting list to see the doctor.

BOOK APPOINTMENT



REFLEXOLOGY

Reflexology is available twice monthly at the Health office.

BOOK APPOINTMENT



ACUPUNCTURE

Acupuncture is available once monthly at the Health office.

BOOK APPOINTMENT



BOOK AND BREAKFAST FIVE AND UNDER PLAYGROUP

T'Sou-ke Nation Mommies, Daddies and/or Caregivers, please join us on **February 20 from 8:00am to 9:00am** for a Toddler Book and Breakfast for our February Playgroup.

**Please register with Brandy at
mchworker@tsoukenation.com**

This will allow us to know how much breakfast and books to have for our lil' ones

Please connect with the Health Office if you are a new or expectant mother. We have a prenatal/postnatal voucher program for those living on reserve.

CHILD IMMUNIZATIONS

Is your child up to date with all their vaccinations? Please see the insert of the immunization schedule for children.

BOOK APPOINTMENT



FOOT CARE SERVICES & ROUTINE FOOT CARE

Monthly appointments are available for our Elders (age 60+) and those members and their families who are diabetic.

All services are provided by an RN and are not a substitute for Podiatry Medicine. All instruments are sterilized to BC Best Practice Standards.

[BOOK APPOINTMENT](#)



DROP-IN

6:00am–7:00am

RISE & SHINE MORNING CLASS

BAND HALL

Greet the morning sun with this invigorating morning exercise routine

MONDAYS

WEDNESDAYS

FRIDAYS

DROP-IN

12:00pm–1:00pm

YOGA CLASSES

HEALTH OFFICE

Find a moment of peace during this relaxing afternoon yoga class

FRIDAYS

DROP-IN

7:30pm–8:30pm

FULL BODY STRENGTH TRAINING

BAND HALL

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

MONDAYS

WEDNESDAYS

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

EXPIRED NALOXONE KITS

Please remember to check the expiry date of your naloxone kit, as some previously distributed kits are reaching their expiration date.

If your kit has expired, please stop in at the Health office to receive a new naloxone kit or replace your previous kit.

If you wish to receive training for the use of this kit, please contact Jen to set up an appointment.

SEAPARC PASSES

Seaparc passes are available at the Health office!

Each family is eligible for 4 passes per month.

View drop-in schedules on the Seaparc website.

☎ 778-352-3115

✉ info@seatotree.ca

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

Sea to Tree will host our **next Open House** at the T'Sou-ke Nation Health Centre on **Tuesday February 25, from 3–6pm.**

Come hang out, eat some food, do some art, and get to know us!

FREE PARENT WORKSHOPS

Sea to Tree Health & Wellness is partnering with the EMCS Society to offer parents FREE workshops to support and navigate the challenges of parenting teens. The sessions will alternate between a course topic and a support circle.

**Wednesdays
6:15–7:30PM
Starting February 5**

For more information or to register: <https://www.emcsprograms.ca/parentworkshops>

IN-HOUSE COUNSELLING SERVICES

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

Counselling & Wellness Services

HEALTH OFFICE

Sea To Tree works with children, youth/teens, adults, couples, parents, and families.

TUESDAYS

11:00am–7:00pm

WHAT KIND OF COUNSELLING SERVICES WOULD SUPPORT YOU BEST?

SHARE YOUR FEEDBACK WITH SEA TO TREE

It's a new year, so we are looking for some feedback on how we can provide counselling & support services and groups that feel helpful and accessible. Please help us ensure that what we are offering in community is meaningful to you. Thank you!



SCAN ME!



Use your phone's camera to scan this QR code and access the survey, or visit the link below.

<https://forms.gle/Xw6J4C4ffoFDmHg66>

PARENT WORKSHOPS & SUPPORT CIRCLE



WEDNESDAYS
6:15-7:30 PM

FREE!

EMCS
6218 Sooke Rd.
Library

250-642-6371
EMCSPROGRAMS@SD62.BC.CA

SCHEDULE

FEB 5

SUPPORT CIRCLE

Talking circles will provide a supportive and structured space for parents and caregivers of teens to share their experiences and insights

FEB 12

UNDERSTANDING THE TEEN BRAIN

FEB 19

SUPPORT CIRCLE

FEB 26

MENTAL HEALTH & SELF CARE FOR PARENTS AND CAREGIVERS

MARCH 5

SUPPORT CIRCLE

MARCH 12

TEEN MENTAL HEALTH

APRIL 2

SUPPORT CIRCLE

APRIL 9

IMPROVE COMMUNICATION, REDUCE CONFLICT

APRIL 16

SUPPORT CIRCLE

APRIL 23

SPECIAL FOCUS TOPIC



HEALING TAKES TIME

ASKING FOR HELP IS A COURAGEOUS STEP

If you're struggling to stay grounded, want support or just need someone to chat with, there are many First Nations resources and people ready to provide support that is easy to access, free, safe and secure.



Indian Residential School Survivors Society (IRSSS)

IRSSS helps support youth throughout the province who are dealing with trauma and seeking support in their healing.

1-800-721-0066 | reception@irsss.ca



Foundry BC

Provides young people with health and wellness resources, services and supports across BC.

1-800-668-6868 | info@foundrybc.ca



Tsow-Tun Le Lum

Provides confidential outreach services, such as counselling and cultural support.

1-888-403-3123 | info@ttlls.org



First Nations Virtual Doctor of the Day

Enables First Nations people in BC with limited or no access to their own doctors to make virtual appointments.

1-855-344-3800



KUU-US Crisis Line Society

24/7 First Nations and Indigenous specific crisis line, toll-free from anywhere in BC, specifically for children and youth.

250-723-2040



Island Health

Mental Health & Substance Use Service Link provides information on local services for mental health, substance use, treatment and support programs.

1-888-885-8824 | info@islandhealth.ca



Guide the Development of a First Nation Accessibility Assessor Program

On behalf of the federal government, Innovation 7 has been hired to conduct research into the potential for developing a First Nations Accessibility Assessor Training Program.

Innovation 7 is organizing discussion circles with perspective holders from across Canada to discuss the potential of developing such a program and what key areas of focus should be included. The voices and stories of those with lived experience are important to understand the accessibility barriers and opportunities to improve the inclusion of First Nations people in their communities.

YOU ARE INVITED TO HELP GUIDE THE DEVELOPMENT OF A FIRST NATION ACCESSIBILITY ASSESSOR PROGRAM



*We honor Indigenous peoples with disabilities
and their unique journeys.
Their voices and stories are important to
understand the accessibility and inclusion of
First Nations people in all communities.*



PLEASE REGISTER FOR A VIRTUAL DISCUSSION CIRCLE

WHEN:
The Sessions will be Scheduled
Last Week of February 2025

TO REGISTER:
Scan the QR Code or visit
innovation7.ca/discussioncircle



Contact:
cherman@innovation7.ca
for assistance.

Participants will be provided with a \$150 honorarium.

Participants must be:

- 18 years and older.
- Live within a First Nations communities and have accessibility challenges OR support someone in the community who faces accessibility challenge AND/OR a community member who would like to live in the community but cannot due to accessibility barriers.
- A community leader or employee working to address accessibility barriers in a First Nations community.

Proposed areas of discussion include:

- Opportunities and challenges faced in communities by members with restricted accessibility.
- Need for First Nations-led accessibility assessments to help identify accessibility barriers in First Nation communities.
- Key areas that should be included in a First Nations accessibility assessment program.
- Prioritizing First Nations adult learning principles that should guide the design and delivery of the program.

Please see the poster for more info.



Are you having legal issues?

Such as issues about:

- Roommates
- Loans or debts
- Strata property
- Sharing intimate images

Do you have a dispute with ICBC?

About:

- Accident benefits
- Responsibility for an accident

The Civil Resolution Tribunal can resolve many types of disputes.

- Make a claim using paper or online forms
- Ask for a fee waiver if you have low income
- You don't have to have a lawyer
- A CRT Navigator is available to help you through the process by phone or email

Call **1-844-322-2292**

or visit **civilresolutionbc.ca**

CRT: 1-844-322-2292
civilresolutionbc.ca

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civilresolutionbc.ca

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