



# FEBRUARY

2026 Newsletter  
T'Sou-ke First Nation

## In this edition

Chief & Council Community Notice  
From the Administrator's Desk  
SENĆOŦEN Classes (Feb 3, 17)  
Winter Open House (Feb 4)  
Firewood Pickup (Feb 7 & 8)  
IPCA Dinner & Bingo (Feb 11)  
Meal Bag Pickup (Feb 12)  
5-and-Under Playgroup (Feb 19)  
Chief & Council Meeting (Feb 23)  
WHMIS Certification (Feb 23)  
Community Dinner (Feb 25)  
Your Questions, Answered  
(Open House Q&A)  
26 Weeks to Emergency Preparedness  
FireSmart 101 Training  
Na'tsa'maht SD62 Family Dinner (Mar 5)  
First Nations Primary Care Initiative  
Team @ CCHC weekly  
Sookarama 2026 Application



📷 Jen carving a rattle during the NINENE New Year's Celebration

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

**Administrative Assistant, Jessica Kisby**  
[admin3@tsoukenation.com](mailto:admin3@tsoukenation.com)  
ext. 242

**Finance Manager, Sandra Sprinkling**  
[admin1@tsoukenation.com](mailto:admin1@tsoukenation.com)  
ext. 223

**Finance Assistant, Tara Jensen**  
[admin2@tsoukenation.com](mailto:admin2@tsoukenation.com)  
ext. 222

**Communications Coordinator, Natassia Davies**  
[communications@tsoukenation.com](mailto:communications@tsoukenation.com)  
ext. 224

**Income Asst. & Employment Svc., Yvonne St. Pierre**  
[socialdevelopment@tsoukenation.com](mailto:socialdevelopment@tsoukenation.com)  
ext. 249

**Maintenance Worker, John Warren**  
[maintenance@tsoukenation.com](mailto:maintenance@tsoukenation.com)  
ext. 239

## Children and Families

**Children & Family Manager, Denise Chewka**  
[childfamilylead@tsoukenation.com](mailto:childfamilylead@tsoukenation.com)  
ext. 241

**Band Designate, Alyssa Svoboda**  
[banddesignate@tsoukenation.com](mailto:banddesignate@tsoukenation.com)  
ext. 247

**Family Support Worker, Brandy Daniels**  
[familysupportservices@tsoukenation.com](mailto:familysupportservices@tsoukenation.com)  
ext. 240

## Fisheries

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

## Health Department

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

**Indigenous Wellness Provider, Kristin Benty**  
[indigwellness@tsoukenation.com](mailto:indigwellness@tsoukenation.com)  
ext. 232

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

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

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

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

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

## Lands, Forestry, Environment

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

**FireSmart & Emergency Preparedness, Emily Lock**  
[emily@tsoukenation.com](mailto:emily@tsoukenation.com)  
ext. 245

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

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

**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

**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)

# February 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   | 4   | 5  | 6   | 7  |
|  | <p>Rise &amp; Shine Fitness<br/>6-7am</p> <p>Full Body Fitness<br/>7:30-8:30pm</p>   | <p>Sea to Tree<br/>Counselling<br/>12-7pm</p> <p><b>SENĆOŦEN<br/>Language Class</b><br/>6-7:30pm<br/>@ CCHC</p> | <p>Walking Group<br/>9:30-11:30am<br/>Meet @ CCHC</p> <p><b>Winter<br/>Open House<br/>&amp; Dinner</b><br/>5:30-7:30pm<br/>@ CCHC</p>   | <p><b>Te'mexw Treaty<br/>Meeting</b><br/>5:30pm<br/>@ CCHC</p>   | <p>Rise &amp; Shine Fitness<br/>6-7am</p> <p>NIŁ TU,O Family<br/>Support Services<br/>8:30am-4:30pm</p> <p>Yoga<br/>12-1:00pm</p> | <p><b>Firewood Pickup</b><br/>7:30am-2:30pm<br/>@ Gravel Pit</p> <p>1 load per<br/>household</p> <p><i>** Some wood may<br/>be unseasoned **</i></p> |
| 8  | 9  | 10  | 11  | 12   | 13  | 14   |
| <p><b>Firewood Pickup</b><br/>7:30am-2:30pm<br/>@ Gravel Pit</p> <p>1 load per<br/>household</p> <p><i>** Some wood may<br/>be unseasoned **</i></p> | <p>Rise &amp; Shine Fitness<br/>6-7am</p> <p>Full Body Fitness<br/>7:30-8:30pm</p>   | <p>Sea to Tree<br/>Counselling<br/>12-7pm</p>   | <p>Walking Group<br/>9:30-11:30am<br/>Meet @ CCHC</p> <p><b>IPCA<br/>Dinner &amp; Bingo</b><br/>5:30pm<br/>@ CCHC</p> <p>Full Body Fitness<br/>7:30-8:30pm</p>  | <p><b>Meal Bags<br/>PICKUP ONLY</b><br/>1:30-7:30pm<br/>@ CCHC</p>   | <p>Rise &amp; Shine Fitness<br/>6-7am</p> <p>NIŁ TU,O Family<br/>Support Services<br/>8:30am-4:30pm</p> <p>Yoga<br/>12-1:00pm</p> |  |
| 15   | 16   | 17  | 18  | 19   | 20  | 21   |
|  | <p>Rise &amp; Shine Fitness<br/>6-7am</p> <p>Full Body Fitness<br/>7:30-8:30pm</p>   | <p><b>SENĆOŦEN<br/>Language Class</b><br/>6-7:30pm<br/>@ CCHC</p>   | <p>Rise &amp; Shine Fitness<br/>6-7am</p> <p>Walking Group<br/>9:30-11:30am<br/>Meet @ CCHC</p> <p>Full Body Fitness<br/>7:30-8:30pm</p> <p><b>Last day to register<br/>for WHMIS<br/>certification</b></p> | <p><b>Dr. Kluge's Clinic</b><br/>10am-4pm<br/>@ CCHC</p> <p><b>5-and-Under<br/>Playgroup</b><br/>2:30-4pm<br/>@ CCHC</p> | <p>Rise &amp; Shine Fitness<br/>6-7am</p> <p>NIŁ TU,O Family<br/>Support Services<br/>8:30am-4:30pm</p> <p>Yoga<br/>12-1:00pm</p> |  |
| 22   | 23   | 24  | 25  | 26   | 27  | 28   |
|  | <p><b>WHMIS<br/>Certification</b><br/>1-4pm<br/>@ CCHC<br/>Registration req'd</p> <p><b>Chief &amp; Council<br/>Meeting</b><br/>6-8pm<br/>Via Zoom</p> | <p>Sea to Tree<br/>Counselling<br/>12-7pm</p>   | <p>Rise &amp; Shine Fitness<br/>6-7am</p> <p>Walking Group<br/>9:30-11:30am<br/>Meet @ CCHC</p> <p><b>Community Dinner</b><br/>5:30pm<br/>@ CCHC</p> <p>Full Body Fitness<br/>7:30-8:30pm</p>               |  | <p>Rise &amp; Shine Fitness<br/>6-7am</p> <p>NIŁ TU,O Family<br/>Support Services<br/>8:30am-4:30pm</p> <p>Yoga<br/>12-1:00pm</p> |  |





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

---

January 14, 2026

## **Message from Chief & Council to the Community**

### **Addressing Drug Dealing and Community Safety in T'Sou-ke**

T'Sou-ke is a caring and close-knit community. We look out for one another, we raise our children together, and we carry a responsibility to keep our home safe for our Elders, youth, and families.

In recent months, Chief and Council have been hearing more concerns about drug dealing, unsafe activity, and the harm this is causing in our community. We want to be clear: we take these concerns seriously. Drug dealing and the violence, exploitation, and addiction that come with it have no place in T'Sou-ke.

At the same time, we need to be honest about what Chief and Council can and cannot do on our own.

### **Why reporting matters**

Chief and Council do not have police powers. We cannot arrest people, search homes, or remove someone from the community without legal grounds. Even when we know something is happening, we are limited unless there is formal reporting and evidence.

This is why reporting to the police is so important.

When community members call the police, provide information, or submit tips, it helps build a case. One call may not be enough but multiple reports, from different people, over time, create the evidence needed for the police and Crown to act. This is how dealers are removed, charges are laid, and court orders are enforced.

If you see or know about drug dealing:

- Call the RCMP
- Use Crime Stoppers if you want to remain anonymous
- You can also let the Band Office know so we can document concerns and coordinate with police

Without reports, Chief and Council are tied in what we can do even when we share the same concerns you do.

## **Our current enforcement limits**

Right now, T'Sou-ke does not yet have the full legal tools needed to enforce community safety on our own lands. Our "Chief and Council" (bylaw and enforcement authority) has very limited powers under the Indian Act and existing bylaws. This makes it extremely difficult to deal with serious issues like drug trafficking, weapons, or organized crime.

That is why Chief and Council are actively working toward stronger tools, including:

- Community Quality Law
- Enforcement & Ticketing Law
- Clear authorities for investigations, tickets, removals, and compliance

These laws take time to develop properly, but they are a priority so that T'Sou-ke can better protect our people.

## **Support is available**

We also want to say this clearly and without judgment:

If you or someone in your family is struggling with addiction, mental health, or the impacts of trauma help is available.

Many of the supports offered by T'Sou-ke Nation are confidential. This means you may not see who is accessing services, but that does not mean nothing is happening. Our Health, Wellness, and support teams are working quietly and respectfully with members every day.

You can reach out to:

- Health Department
  - Rose Dumont, Health Manager – for guidance, wellness supports, and referrals
  - Jennifer Routhier, Community Nurse - for health-related support and connection to services
- Mental Health & Addictions supports
  - Sea to Tree Counsellors – for mental health and addictions counselling and supports
- Family and community programs – for wraparound supports and wellness programing
- Children & Families Department
  - Denise Chewka, Children and Families Manager – for family-focused supports and programing
  - Brandy Daniels, Family Support Worker – for direct family supports and referrals

For ongoing programs, activities, and available supports, community members are encouraged to follow the newsletters and T'Sou-ke Communications, Health and Parents social media pages.

Asking for help is not weakness it is strength, and it is part of healing.

## **We all have a role**

Keeping T'Sou-ke safe is not just the job of Chief and Council, or police, or staff. It is something we do together.

We also recognize that some unsafe activity continues when individuals who are not members of our community are being allowed onto reserve lands and into homes. We understand that addiction is powerful, and when someone is struggling, it can be difficult to think about the impact on surrounding families and neighbours.

However, allowing drug dealers or unsafe individuals into our community puts everyone at risk especially our children, Elders, and those trying to live safely and peacefully. We ask families to consider the broader impacts and to help protect T'Sou-ke by not allowing this activity to take place on their properties. This is not about blame, but about working together to keep our community safe.

That means:

- Speaking up when something isn't right
- Reporting what you see
- Supporting those who are struggling
- Protecting our children and Elders

Chief and Council will continue working with police, legal advisors, and community partners to push for stronger enforcement tools and safer streets. But we cannot do it alone and we cannot do it in silence.

If you have concerns, information, or need support, please reach out. Our community is strongest when we stand together.

T'Sou-ke Chief and Council,

Chief Lawrence Underwood

Councillor Rose Dumont

Councillor Bonnie Hill

Councillor Debra Lazzar (Khumchishlia)



## From the Administrator's Desk

As we move into the new year, I wanted to take a moment to pause and reflect on the work that has been happening across the Nation. While the holiday season often feels quieter from the outside, it was anything but slow behind the scenes. And how is it February already? I'm now living through what I was always told when I was younger that the older you get, the faster time flies.

Over the past couple of months, staff have continued to balance day-to-day operations with important planning and development work for the Nation. This included ongoing efforts toward implementing the Comprehensive Community Plan (CCP) and Strategic Planning priorities, continued work on lands and stewardship initiatives, and steady improvements to policies and administrative systems that support our programs and staff. Much of this work happens behind the scenes, but it is essential to keeping things moving forward.

Over the past few months, we have begun implementing some organizational changes within the Nation. These changes are focused on strengthening leadership within departments, improving communication and coordination, and building long-term capacity so services can continue to grow and improve. The goal is to create a stronger, more sustainable organization that better supports both staff and community.

Work has also continued on housing and development planning, including site visits and early design discussions for the IR#2 multi-family housing project. Alongside this, the lot distribution process within the subdivision has begun and will continue to move forward over the coming months as required steps are completed. Design concepts are being developed to support future conversations with the Housing Committee and Chief and Council as planning moves ahead.



Many of you may have already noticed the beautiful exhibition in the foyer at the Community Complex and Health Centre titled ÁUQ TFE: SELSÁLES TFE ØEN, TIW – Our Belongings: The Hands That Hold, curated by Jordanna George. The exhibit features photos of historical T'Sou-ke belongings from museums across the coast and offers an opportunity to celebrate and learn together. It has been a meaningful addition to the space and will remain on display long term. Make sure to stop by and have a look if you haven't already.



Community connection has also remained a priority. Over the past few months, we've continued to bring people together through gatherings such as the Santa Breakfast in December and the NINENE New Year (New Moon) celebration in January. These events help strengthen relationships, create space for sharing and learning, and support community-led initiatives such as the developing Moons Calendar and other programming moving into the year. Please stop by the Open House on February 4 to see the Moons Calendar and share your knowledge.

Beyond operations, we've been navigating some complex issues as a community including land use and development questions, community safety and enforcement challenges, and supporting members through health, housing, and social needs. These aren't simple issues, and they take time and coordination across many people and services. I appreciate the patience and engagement shown by members, and I encourage everyone to continue bringing concerns forward early and respectfully so we can work through them together.

We have also continued strengthening relationships and formal agreements with partners such as the Capital Regional District (CRD). This work is focused on creating clearer collaboration, communication, and shared priorities moving forward. These types of agreements and partnerships are especially important as we continue advancing our stewardship work and discussions around declaring a T'Sou-ke Indigenous Protected and Conserved Area (IPCA). Building strong relationships and clear frameworks helps support this long-term vision and the work needed to move it forward in a good way.

As we enter the new year, our focus shifts toward preparing for the upcoming fiscal year, aligning budgets with community priorities, and continuing longer-term planning so that decisions made today support our Nation well into the future. I also want to acknowledge the dedication of our staff, who continue to show up with professionalism, care, and commitment every day.

Thank you to everyone who has reached out, shared concerns, and participated in community events over the past few months. Your input matters and helps guide the work we do. Whether it's at an Open House, a community dinner, a meeting, or one of our many drop-in programs and activities from walking groups to fitness programs there are lots of opportunities to connect, and the T'Sou-ke staff and I look forward to seeing you out at one soon.





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

---

January 21, 2026

## **Notice of Chief and Council Meeting**

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

**Monday, February 23, 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.

## SENĆOTEN Language Class

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

**February 3  
February 17**

**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!

## Winter Open House & Dinner

Join us for dinner this month at our Winter Open House:

**Wednesday, February 4  
5:30–7:30pm**

Drop in and see what staff are working on! We'll be there to  
answer questions and share insight into some ongoing projects.

As usual, prizes are up for grabs!

## Te'mexw Treaty Meeting

**February 5  
5:30pm Dinner  
6:00pm Meeting  
@ CCHC or via Zoom**

## Firewood Pickup

**February 7 & 8  
7:30am–2:30pm  
@ Gravel Pit**  
One load per household.  
Wood may be unseasoned.

## IPCA Dinner & Bingo

**February 11  
5:30–7:30pm @ CCHC**

Join us on Wednesday,  
February 11<sup>th</sup> for our  
monthly dinner to discuss  
Indigenous Protected and  
Conserved Areas (IPCAs)  
and T'Sou-ke Nation's  
intention to establish an  
IPCA within our territory.

## Meal Bag Pickup

This month's meal bag contains everything you need for cozy,  
homemade breakfasts!

Meal bags are available to both on-reserve and off-reserve  
members and are distributed *per household*.

**This month's pickup day is:**

**Thursday, February 12  
1:30–7:30pm**

***Meal bags must be picked up by a member of your household.*** We  
are unable to release meal bags to individuals picking up on behalf  
of other family members. Bags will be distributed while supplies  
last. *Check the flyer in the Health section for more details.*

## 5-and-Under Playgroup

**February 19  
2:30–4pm @ CCHC**

Parents/caregivers and little  
ones ages 5 and under, join us  
for afternoon playtime!  
Register via  
[mchworker@tsoukenation.com](mailto:mchworker@tsoukenation.com)

## Chief & Council Meeting

**Monday, February 23  
6–8pm via Zoom**

## Community Dinner

**Wednesday, February 25  
5:30pm @ CCHC**

# 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)



# Your questions, answered.

We'd like to share the answers to questions we received in the Q&A box from the last Open House in November.

**Q: Why is Administration bringing in non-members for management positions?**

**A:** When hiring for any position within T'Sou-ke Nation, we hire based on qualifications, experience, and suitability for the role. If a T'Sou-ke member applies for a management position and meets the qualification requirements, they are fully considered.

At the same time, we must ensure each department has the leadership and technical capacity required to meet funding, policy, and service delivery obligations. Our goal is to balance community opportunity with organizational strength so that we can continue providing consistent, high-quality programs and services for members.

**Q: Are we hiring a new HR position? Will jobs be posted? Why not post all jobs and not just hire who you choose?**

**A:** T'Sou-ke Nation is creating a new Human Resources (HR) Coordinator role under the direction of Chief and Council. The directive to the Administrator is to hire a full-time HR Coordinator who is not a Band Member and not affiliated with the community.

This ensures staff have access to a neutral, confidential, and unbiased professional for workplace issues, conflict resolution, and policy support. Having an independent HR representative strengthens trust, fairness, and transparency for all staff.

All permanent positions are posted publicly and/or internally as appropriate. When positions are specialized or created under a specific Council directive (such as this one), the Nation may proceed by direct recruitment to ensure the right skill set is secured promptly. Our focus remains on transparency, fairness, and creating a safe and professional workplace for everyone.

**Q: What does the Fisheries Department do? Does anyone use the boats or the jet boat? Why not take members fishing?**

**A:** The T'Sou-ke Fisheries Department is responsible for the effective administration and coordination of the Nation's fisheries programs and marine stewardship initiatives. On a day-to-day basis, the department manages the operational, regulatory, and administrative aspects of T'Sou-ke's aquatic resource management.

Key administrative functions include managing communal, commercial, and aquaculture licences; ensuring compliance with DFO regulations; fulfilling the terms of contribution agreements; preparing technical and financial reports; maintaining harvest records; and documenting monitoring results for regulatory and funding partners. The department also oversees annual work plans and budgets, liaises regularly with DFO and other First Nations, supports collaborative marine planning initiatives, and ensures vessels and equipment remain insured, maintained, and fully compliant with federal safety standards. Keeping leadership and the community updated on food fish distribution, project activities, and training or employment opportunities is another core part of the work.

While the department recognizes the importance of providing community access to fishing and harvest opportunities, there are practical limitations. Coordinating safe, well-supervised member trips requires trained and certified vessel operators, fuel, insurance coverage, and adequate staffing, all of which must be balanced with existing program obligations, regulatory requirements, and reporting deadlines.

That said, the department has used the vessels in the past to take members out fishing and will continue to look for opportunities to offer safe, organized community outings. Boats are used regularly for monitoring, training, and harvesting activities under the communal licence, and opportunities for members including youth training, family harvests, and community events are offered when resources, safety considerations, and conservation limits allow.

The department continues to seek additional funding and partnerships to increase capacity. These efforts are aimed at creating more consistent community fishing days, expanding youth training opportunities, and supporting cultural harvesting activities in a sustainable and responsible way moving forward.

The quarterly open houses are also a great opportunity to connect directly with the department staff, ask questions, and see firsthand the work they have been doing.

**Q: Why do we have a charter fisherman involved so heavily with our fisheries and monies?**

**A:** T'Sou-ke employs a variety of staff and contractors to support our fisheries and marine stewardship programs. Some of the individuals who work with us also have other sources of income or operate independent businesses that are not connected to T'Sou-ke — this is common across many specialized fields.

For our fisheries work, having access to a certified vessel operator who also has their own vessel has been an asset. It allows the Nation to meet federal safety and licensing requirements, ensures we always have qualified operators available when needed, and supports the continuation of our monitoring, harvest, and marine stewardship activities without interruption. *[continued]*



All fisheries-related contracts and spending are administered through the Administrator and Finance Department, with oversight from Chief and Council. This ensures full transparency, accountability, and alignment with funding agreements and regulatory obligations.

As the department continues to build internal capacity, the goal remains to bring more of this work fully in-house. In the meantime, using qualified staff and contractors helps T'Sou-ke continue exercising its fishing rights safely, responsibly, and effectively.

## **Q: Why are there so many non-members working for our Nation?**

**A:** All positions within the Nation are open for members to apply.

T'Sou-ke Nation employs both members and non-members to ensure we have the full range of skills, certifications, and experience needed to operate programs, meet legal and funding obligations, and deliver services to the community. While some positions require specialized training or professional designations, the majority of our workforce *is* made up of T'Sou-ke members—**62.5% of our current employees are Nation members.**

Non-member staff help fill technical or hard-to-recruit roles, and many bring expertise that supports our long-term goals while mentoring and training T'Sou-ke members who are building their careers in these fields. This allows the Nation to maintain strong, reliable programs today while supporting internal growth for tomorrow.

Once our HR Coordinator is in place, one of their key responsibilities will be staff career development. They will work closely with employees to build individualized development plans including training, mentorship, courses, and opportunities to take on more responsibility to help prepare members for higher-level roles in the future.

Our long-term vision is to continue increasing member participation and leadership across all departments. With dedicated HR support and clear pathways for training and advancement, we expect even more positions to be filled by T'Sou-ke members over time.

## **Q: Why don't we pay a livable wage for non-management jobs? Why not train our people and pay them well to keep them?**

**A:** Wages are based on a combination of experience, job requirements, and available budgets. Some departments have reached the ceiling within their program funding limits. However, T'Sou-ke regularly reviews pay scales to ensure they are competitive with other First Nations and local organizations, and we continue to advocate for increased funding to improve compensation where possible.

We invest in training and professional development across departments from certifications to leadership and safety training and are proud of our low staff turnover and ongoing internal growth. We remain committed to creating long-term, sustainable employment that supports both staff and community well-being.

# 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. 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 (or on Zoom)**

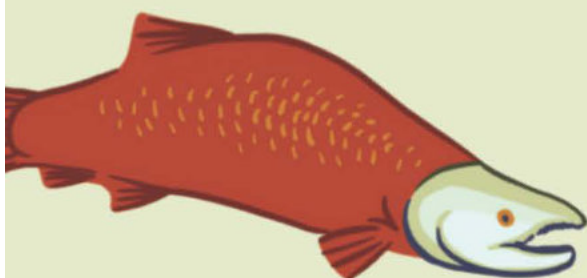
**WHEN: Wednesday, February 11, 5:30-7:30PM**

**Can't attend in-person?** The IPCA Community Dinners are hybrid. Join via Zoom by clicking the link below or contact [abby@iisaakolam.ca](mailto:abby@iisaakolam.ca) to receive a calendar invitation



**Join Zoom Meeting:**

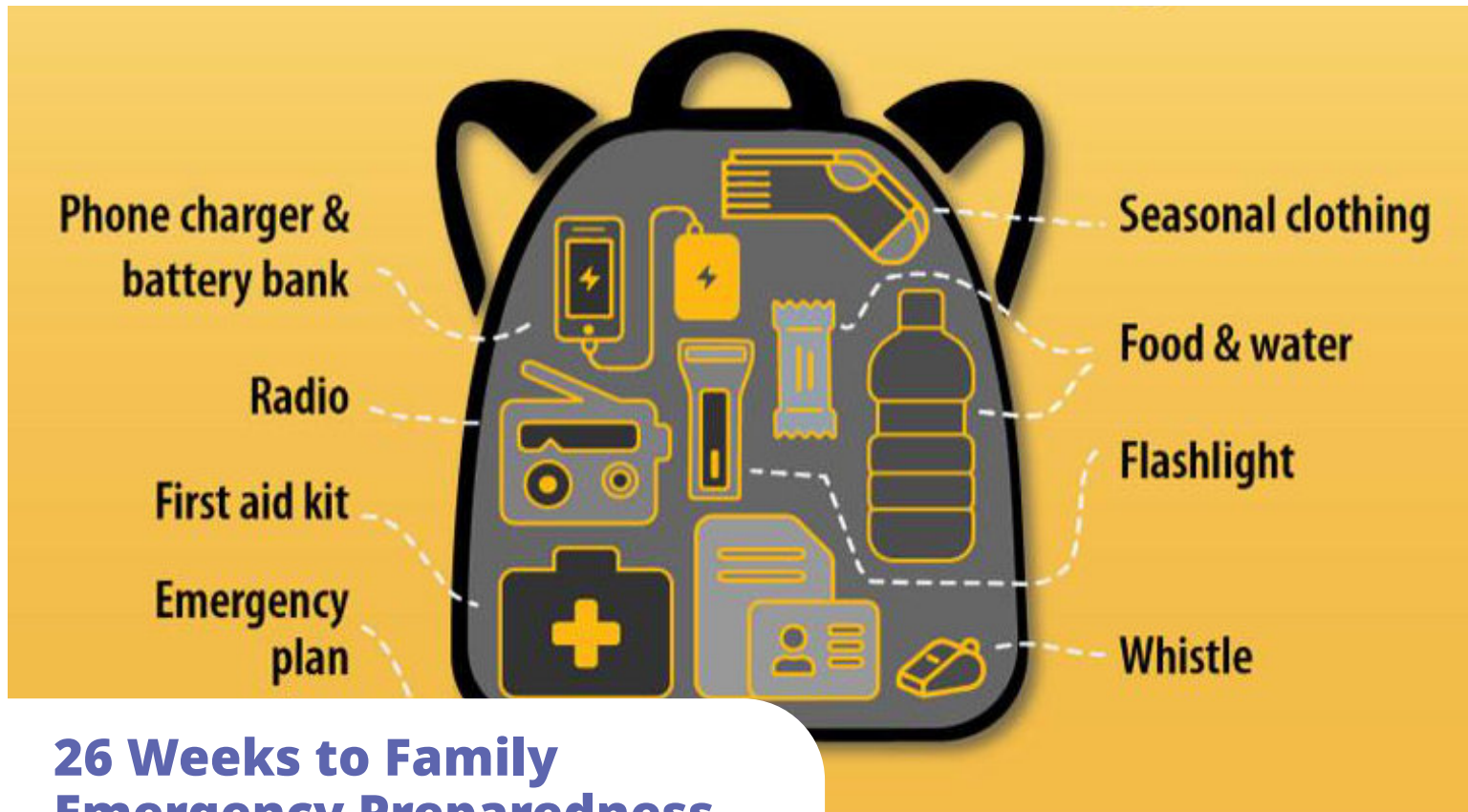
<https://us06web.zoom.us/j/89205734296?pwd=N4V3m7UTflqyfwa0d7msSSPEpddu8f.1&jst=2>



Haven't been able to attend the dinners?

Get up to speed on the highlights here:





## 26 Weeks to Family Emergency Preparedness

It's 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.

Last month began by **finding a container with wheels or a bag** to store your emergency supplies. To start building out your kit, you added a **seven day supply of water** for each family member, as well as **packaged and canned foods, dried fruit, and a manual can opener**. If needed, you also added **infant supplies** such as formula and diapers.

**In February, here are steps you can take to prepare:**

- 
- WEEK 4** Arrange an **out-of-area phone contact** person in case you are separated from your family so they can relay messages until you are reunited. Keep this and other emergency phone numbers near each telephone and in your grab-and-go bags. Teach family members to memorize these phone numbers.
- 
- WEEK 5** If you have pets, **add food items and pet supplies** such as food/water dishes and a familiar blanket or toy.
- 
- WEEK 6** Get a **portable radio and extra batteries** for your emergency kit. Consider purchasing two-way radios or walkie-talkies in the event there is no cell service.
-



## FireSmart 101

Emily is hosting FireSmart training sessions for the T'Sou-ke community to help community members understand wildfire risks and teach proactive measures you can take on your property to reduce the chances of a wildfire.

Two timeslots are available.

**Thursday, March 18**  
**1-3pm or 5-7pm**  
**@ CCHC**

Emily will be showing the FireSmart 101 40-minute information video and will have light refreshments and prizes for anyone who attends.

**If interested, please register with Emily via [emily@tsoukenation.com](mailto:emily@tsoukenation.com)**

You can also watch the FireSmart 101 video at home—send Emily an email to let her know you've watched it!



**High Ground Hikes** are community events held during Tsunami Preparedness Week (the second full week of April each year). In 2026, Tsunami Preparedness Week will run from April 12 to 18. The goal is to raise awareness about B.C.'s tsunami risk and give people along the coast an opportunity to practice reaching a tsunami-safe location.

We invite community members to attend this year's High Ground Hike:

**Thursday, April 16**  
**Time TBD**  
**@ Siaosun Gazebo**

We will meet at the gazebo near Siaosun Beach on IR#2, which is located in a Tsunami Hazard Zone, and hike to high ground, ending at the McMillan building where we will chat about tsunamis and how to be better prepared.

Rides can be provided from the gazebo to the McMillan building for anyone who needs it.

This event should only be 1-1.5 hours in length. Start time to be announced closer to the date, please watch for updates.

## Truck & Wood Chipper Coming for FireSmart Community Cleanup Days

**IR#1 - April 22**  
**IR#2 - April 23**

We have a truck and chipper booked for April 22 for IR#1 and April 23 for IR#2.

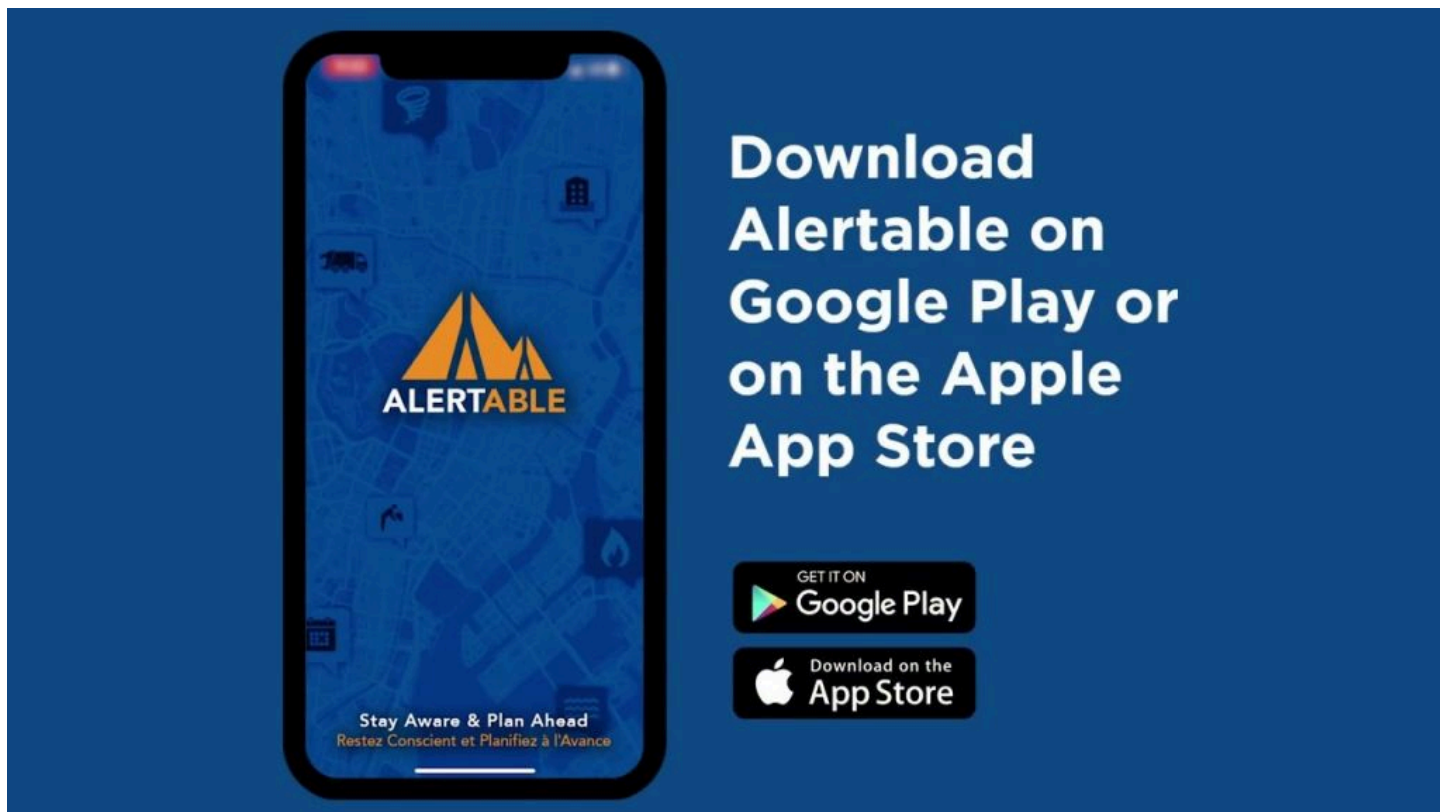
Community Members are invited to have your yard debris piles ready and accessible to be disposed of this day.

The truck can take fallen branches from your property to chip and dispose of, increasing our community's wildfire resiliency.

## Save the Date: FireSmart Open House

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

Celebrate emergency preparedness at our FireSmart Open House with the Quake Cottage earthquake simulator, face painting, bouncy castles, prizes, and more!



## 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.





**Sooke School District acknowledges the traditional territories of the Coast Salish: T'Sou-ke Nation and SCIANEW Nation and Nuu-chah-nulth: Paa?čiid?ath Nation.**

## WHMIS Certification

The Nation is hosting a WHMIS certification course for T’Sou-ke members interested in or needing to renew WHMIS training.

**Monday, February 23**

**1:00–4:00pm**

**@ CCHC (Community Room)**

If interested, please **register with Yvonne by Wednesday, February 18**. You can contact her via [socialdevelopment@tsoukenation.com](mailto:socialdevelopment@tsoukenation.com) or by calling 250-642-3957 ext. 249.

Canadian law requires that any person exposed to hazardous materials in the workplace must be trained in Workplace Hazardous Materials Information System (WHMIS). This course provides information on hazardous products, as defined and described in the federal *Hazardous Products Act* and Hazardous Products Regulations, so workers can protect themselves.

## 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 |
|------------|-----------------------|-------------------|
| March 2026 | February 20           | February 25       |
| April 2026 | March 20              | March 25          |
| May 2026   | April 17              | April 22          |

**\* 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!**



**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



# MARCH

## T'SOU-KE COMMUNITY MEETING

March 5, 2026

Dinner: 5:30 p.m. PT

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



T'SOU-KE  
SKA'PEL I'SOT ALEN  
COMMUNITY COMPLEX  
& HEALTH CENTRE  
1000 SOSES SHANET RD

Join the negotiations team for a second discussion on Treaty Made Clear: Treaty in Plain Language document.



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

### Unable to join us in person?

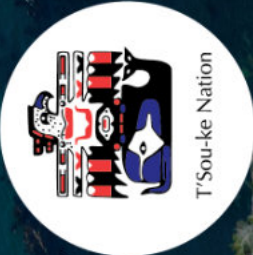
Simply scan the QR code below using a phone camera or reach out to your Treaty Support Clerk for the Zoom link to register.



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

For more details, kindly contact your Nation's Treaty Clerk, Denise Purcell or email [info@temexw.org](mailto:info@temexw.org).





T'Sou-ke Nation

# T'SOU-KE NATION COMMUNITY MEETING CALENDAR 2026

Don't miss a community meeting,  
mark upcoming events below!

○ Community Meetings

## JANUARY

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  |    |    |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

## FEBRUARY

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |

## MARCH

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |

## APRIL

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  |    |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 |    |    |

## MAY

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    | 1  | 2  |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|    |    |    |    |    |    | 31 |

## JUNE

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 |    |    |    |

## JULY

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  |    |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

## AUGUST

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |    |    |    |    |    |

## SEPTEMBER

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 |    |    |    |

## OCTOBER

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

## NOVEMBER

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 |    |    |    |

## DECEMBER

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |



Use your phone's camera to point at the QR code on the left. This will make a link pop up on the screen. Please click the link to see confirmed meeting dates and more details about the upcoming meetings. **Confirm your attendance with your Nation's Treaty Clerk at [info@temexw.org](mailto:info@temexw.org).**



**TE'MEXW**  
TREATY ASSOCIATION

(250) 360-2202  
[info@temexw.org](mailto:info@temexw.org)  
[temexw.org](http://temexw.org)

| Monday, February 2   | Wednesday, February 4   |
|--|---|
| Pork roast, rice, corn<br><i>Peach Cobbler</i><br>Milk/Juice   | Seafood chowder, green salad<br><i>Berry crisp</i><br>Milk/Juice                                |
| Monday, February 9   | Wednesday, February 11  |
| Baked chicken, roasted yams<br>& beets, green salad<br><i>Berries w/ whipped cream</i><br>Milk/Juice | Meatloaf, potatoes, carrots<br><i>Mousse</i><br>Milk/Juice                                      |
| Monday, February 16  | Wednesday, February 18  |
| <b>CLOSED</b><br>(Family Day)  | Beef cabbage stew, buns<br><i>Yogurt w/ berries</i><br>Milk/Juice                               |
| Monday, February 23  | Wednesday, February 25  |
| Nuts & bolts stir fry, rice<br><i>Peach cobbler</i><br>Milk/Juice                                    | Baked macaroni & cheese, broccoli,<br>rutabaga, & carrots<br><i>Peach cobbler</i><br>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.





## February Meal Bag Program

### Breakfast Box Edition!

The T'Sou-ke Nation Health Department is happy to share that our February Meal Bag Program is here, and this month we're featuring a Breakfast Box filled with everything you need for cozy, homemade breakfasts!

#### This month's Meal Bag includes:

- Breakfast staples for pancakes, eggs, bacon, and more
- A variety of recipes included to help you make the most of your box

#### Pick-up only

Thursday, February 12  
1:30 PM – 7:30 PM  
@ CCHC

Meal bags are available for on-reserve per households and away-from-home per member households. To ensure fairness and accountability, **meal bags must be picked up by a member of the household.** Unfortunately, we are unable to release meal bags to individuals picking up on behalf of other family members. As our pick up program is new we are trying to gain proper account for amounts we will need moving forward for budgetary and supplies as this program gains momentum.

Bags will be distributed while supplies last.

#### Accessibility Support

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

#### Questions?

Please contact Rose ([rosedumont@tsoukenation.com](mailto:rosedumont@tsoukenation.com)) or Daphne ([communityhealth@tsoukenation.com](mailto:communityhealth@tsoukenation.com)) in the Health department at the Community Complex & Health Centre.

We look forward to seeing you and sharing a little breakfast comfort this February. Thank you for your understanding and continued support of this program.

# 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

## Walking Together in Wellness

A weekly group walking program for T'Sou-ke seniors and adult members.

Wednesdays  
9:30–11:30am

**Contact Debbie to join!**  
250-642-3957 ext. 235  
[mchworker@tsoukenation.com](mailto:mchworker@tsoukenation.com)

## Seaparc Passes

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



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

**Mondays and Thursdays 9:00am–3:00pm**

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

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



**Kurstin Pfeifer**  
Registered Nurse



**Lisa George**  
Medical Office Assistant



**Angela Hammell**  
Mental Health Clinician

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

- Primary health care
- Mental wellness and counseling supports
- Nursing services RN
- Administrative and care coordination support

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

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

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

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

# 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

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

## WALKING TOGETHER IN WELLNESS

Waiver required to be signed

## **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, February 19

### 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 \*

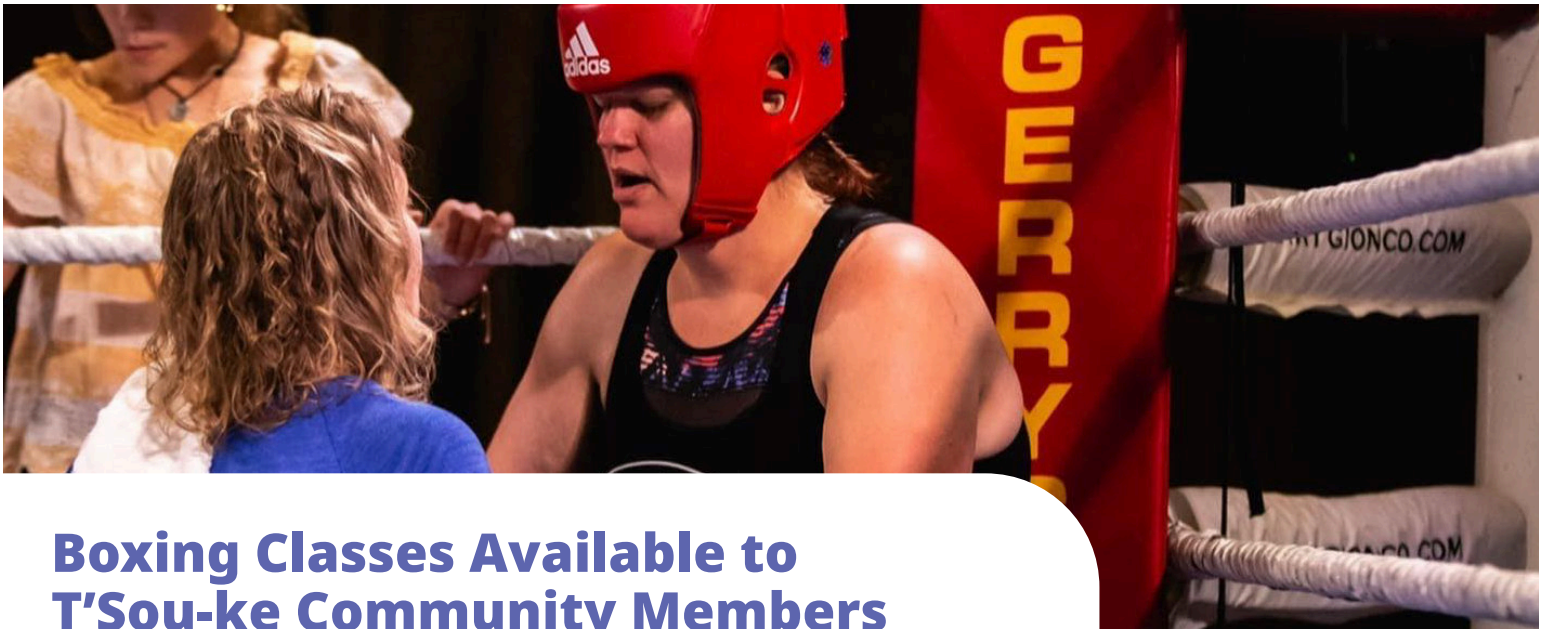
#### What is this service?

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**



# 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      |               |



**SOOKE LIONS CLUB  
and the  
DISTRICT OF SOOKE  
present  
SOOKARAMA 2026**



January 2026

The Sooke Lions Club, co-ordinating with the District of Sooke, are planning to host the 2026 Sookarama on April 18. **This is a business trade fair designed for promoting businesses in the Sooke area to both new residents as well as those of us that have been here awhile, and to publicize what goods and services are available locally.** Our previous Sookarama Events have been very popular and successful events.

This event will be held Saturday, April 18, 2025, from 10am to 3pm at the Seaparc Arena,  
2169 Phillips Rd, Sooke, B.C.

Booths are approximately 10 feet x 10 feet bare space. Vendors are responsible for their booth to be attractive to customers. Booths should not have backs exceed 6 feet high, sides cannot exceed 4 feet high, unless approved by our committee. The number of booths available per vendor is at the discretion of the Sookarama committee. The placement of the booths will be to enhance the overall show.

Entry Cost is \$120.00 per booth, or \$ 95.00 for early registration if paid before February 28, 2026.

Payment may be made by cheque, made out to the Sooke Lions, or by E-transfer to [sookelionsmd19@gmail.com](mailto:sookelionsmd19@gmail.com), or by credit card for which you should phone us at **778-535-2326** to complete.

A limited number of booths will have power available for them. There will be music & entertainment playing throughout the day for family & kids to enjoy. This is a great opportunity to sell your products & services & promote your business with posters, photos, videos, etc. & personally talking with the public about what you do. **You will also be supporting the Sooke Lions Club for all our community-based events.**

**To apply, download & fill out the attached editable application form and send it back to us. Applications are also available on our website, [www.sookelions.com](http://www.sookelions.com)**

Vendors are encouraged to have free draws at their booth to attract customers. Start planning now for this opportunity to expand the awareness of your business.

Thank you for supporting Sooke Lions

Sookarama Co-Chairs

President Ross McIntyre

Treasurer Bob Halliday





# **Sooke Lions Club & District of Sooke**

## **Sookarama Business & Trade Show 2026**



### **APPLICATION**

**Event – Sookarama is a Business & Trade Show designed to publicize Businesses in the Sooke area, and to show what goods and services are available locally.**

**Location & Date – Saturday April 18, 2026 from 10am to 3pm at the SeaParc Arena**

Booths are approximately 10 ft x 10 ft bare space. Vendors are responsible for putting together & decorating their own booth. Backs can't exceed 6 ft high, sides can't exceed 4 ft high. Although vendors may request a specific location, the placement of booths will be to enhance the overall show.

**Cost - \$120 per booth, but If Paid on or before February 28 - \$95**

**Payment – Cheque** mailed to Sooke Lions, Box 248 Sooke BC V9Z 0S9, or by

**E-Transfer to sookelionsmd19@gmail.com**

**Or for Visa & Mastercard Credit Cards call 778-535-2326 to make payment.**

**Contact Name –**

**Business Name -**

**Address -**

**Email -**

**Phone –**

**Product Line &/or Description -**

**Electrical** – there are a few electrical outlets available around the perimeter; if you require electricity, and we can provide you a booth, you will need to bring a longish extension cord.

**If you need electrical service, type Yes \_\_\_\_\_**

**Tables & Chairs – are NOT supplied, bring your own!**

**For Special Requests please email me.**

|  |
|--|
|  |
|--|