



ĆENŦEKĪ JULY

2026 Newsletter
T'Sou-ke First Nation

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- Te'mexw: Drop-in Chats with TTA Legal Team
- + Regularly Scheduled Events!



📷 Indigenous Peoples Day Celebration at Siasun

Receive updates and monthly newsletters via email!

Please call the office or email communications@tsoukenation.com to be added to the email list.

T'Sou-ke Office Hours

Monday to Friday
8:30am to 4:30pm

Closed 12:00pm–1:00pm for lunch

Closed Saturday, Sunday,
and Statutory Holidays



Mailing Address: PO Box 307
Sooke, BC, V9Z 1G1



Physical Address: 1000 Soses Snanet Road
Sooke, BC, V9Z 0G7

Keep up-to-date by following the Nation's Facebook pages!



T'SOU-KE NATION MEMBERS COMMUNICATION & UPDATES

Stay informed on the Nation's activities, meetings, events, and more.



T'Sou-ke Nation Health Office

Book health appointments via Facebook, phone, or email.



T'SOU-KE NATION YOUTH & PARENTS

Updates on youth centre activities, programs, and events.



Ladybug Garden & Greenhouse (LBGG)

Featuring the wonders and work taking place in the garden.



T'Sou-ke Jobs Board

Showcasing internal and external job opportunities.

250-642-3957

tsoukenation.com

Administration

Secretary, Sarina Lazzar
secretary@tsoukenation.com
250-642-3957

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administrator@tsoukenation.com
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Children, Youth, & Family

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Marine Field Technician, Milynda Planes
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HCA, Maternal Child Health Worker, Debbie Ridley
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Community Health, Daphne Underwood
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Chief and Council

Chief Lawrence Underwood
chiefunderwood@tsoukenation.com

Councillor Rose Dumont
dubzdu@gmail.com

Councillor Bonnie Hill
bonniehill@tsoukenation.com

Councillor Debra Lazzar, Khumchíshliá
debralazzar@tsoukenation.com

Lands, Forestry, Environment

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

FireSmart & Emergency Preparedness, Emily Lock
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Terrestrial Guardian, Raven Planes
guardian2@tsoukenation.com

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

Ladybug Garden

☎ 250-642-3949

Garden Coordinator, Christine George
ladybuggarden@tsoukenation.com

Public Works

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

Maintenance Worker, Dustin Sutherland

Janitor, Kristina Jensen

Janitor, Skye Wormald

Sum-SHA-Thut Lellum

☎ 250-642-2263

Early Childhood Educator (ECE), Jennifer Dumont
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ECE Assistant, Jie Deng
jiedengsumsha@tsoukenation.com

Meetings & Events

July (ĆENŦEĶI) 2026

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

SUNDAY XÁLSNÁT	MONDAY SĆELŦLNÁT	TUESDAY SŦENŦNÁT	WEDNESDAY SĚIŦWS	THURSDAY SŦŦOS	FRIDAY SĚĶÁĆES	SATURDAY KEMETENŦ
			1	2	3	4
			Canada Day (Offices Closed)	Dr. Kluge's Clinic 1:30-4:00pm		
5	6	7	8	9	10	11
	Medication Return Drop-off 10am-3pm	SENĆŦEN Language Class 4-5:30pm CCHC or Zoom Chief & Council Meeting 6-8pm Via Zoom		Dr. Kluge's Clinic 9:30am-3:40pm Little Cousins Club (5-and-Under) 2:30-4pm	Parent Drop-in 10-11:30am Siaosun Beach	
12	13	14	15	16	17	18
	CCP Chats: Programs & Services + Cedar Weaving & Dinner 5:30-7:30	Meal Bags: Summer Snack Bag Pick Up 1:30-7:30pm (or until bags last) Te'mexw Treaty Meeting 5:30pm		Dr. Kluge's Clinic 9:30am-3:40pm Drumming Circle with Brother Rick 6-7pm		
19	20	21	22	23	24	25
	T'Sou-ke Hosts Tribal Journeys Canoe Families: Welcome + Dinner Time TBD Siaosun & Old Band Hall	SENĆŦEN Language Class 4-5:30pm CCHC or Zoom		Dr. Kluge's Clinic 9:30am-3:40pm WorkBC Open House 1-4pm (drop-in)	Parent Drop-in 10-11:30am Siaosun Beach	
26	27	28	29	30	31	
				Summer Kitchen 11am-1pm		

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

Wellness Activities

July (ĆENŦEKĪ) 2026

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

MONDAY SĆELŦLNÁT	TUESDAY SŦENŦNÁT	WEDNESDAY SĚIWŚ	THURSDAY SŦOS	FRIDAY SĚKÁĆES
		1	2	3
		Rise & Shine Fitness 6-7am T'Sou-ke Walking Group 9:30-11:30am Boxing (Adult Fitness) 5-6pm Full Body Fitness 7:30-8:30pm	Boxing (Adult Fitness) 12-1pm Boxing (Advanced) 6-8pm	Rise & Shine Fitness 6-7am Boxing (Adult Fitness) 5-6pm
6	7	8	9	10
Rise & Shine Fitness 6-7am Boxing (Adult Fitness) 5-6pm Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm Boxing (Adult Fitness) 12-1pm Boxing (Advanced) 6-8pm	Rise & Shine Fitness 6-7am T'Sou-ke Walking Group 9:30-11:30am Boxing (Adult Fitness) 5-6pm Full Body Fitness 7:30-8:30pm	Boxing (Adult Fitness) 12-1pm Boxing (Advanced) 6-8pm	Rise & Shine Fitness 6-7am Boxing (Adult Fitness) 5-6pm
13	14	15	16	17
Rise & Shine Fitness 6-7am Boxing (Adult Fitness) 5-6pm Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm Boxing (Adult Fitness) 12-1pm Boxing (Advanced) 6-8pm	Rise & Shine Fitness 6-7am T'Sou-ke Walking Group 9:30-11:30am Boxing (Adult Fitness) 5-6pm Full Body Fitness 7:30-8:30pm	Boxing (Adult Fitness) 12-1pm Boxing (Advanced) 6-8pm	Rise & Shine Fitness 6-7am Boxing (Adult Fitness) 5-6pm
20	21	22	23	24
Rise & Shine Fitness 6-7am Boxing (Adult Fitness) 5-6pm NO FULL BODY FITNESS (Hosting Tribal Journeys)	Sea to Tree Counselling 12-7pm Boxing (Adult Fitness) 12-1pm Boxing (Advanced) 6-8pm	Rise & Shine Fitness 6-7am T'Sou-ke Walking Group 9:30-11:30am Boxing (Adult Fitness) 5-6pm Full Body Fitness 7:30-8:30pm	Boxing (Adult Fitness) 12-1pm Boxing (Advanced) 6-8pm	Rise & Shine Fitness 6-7am Boxing (Adult Fitness) 5-6pm
27	28	29	30	31
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National Indigenous Peoples Day Celebration

A heartfelt thank you to everyone who came out to celebrate National Indigenous Peoples Day with us this year. Despite the chilly weather and strong winds once again making an appearance, our community showed up, stayed, and helped make the day a tremendous success.

The event was filled with great food, laughter, conversations, and opportunities to connect with one another. It was wonderful to see community members, families, staff, and guests gathering together to celebrate our culture, traditions, and community spirit.

A huge thank you goes out to everyone who helped make the day possible. We would like to extend a special thank you to Gordon Planes for providing the spring salmon, and to Cooper's Cove for their generous donation of clams that helped make the seafood feast such a success.



One of the highlights of the day was the cultural sharing. It was wonderful to see our youth drummers joined by other community members, coming together to share songs and drumming. Seeing multiple generations gathered around the fire was a powerful reminder of the strength of our culture and the importance of carrying these traditions forward together.



We were also honoured to welcome the Lekwungen dancers, whose performances were enjoyed by all. Their youngest dancer, just two years old, was an absolute delight and certainly captured the hearts of many in attendance. The cultural sharing throughout the day was a wonderful reminder of the importance of gathering together, celebrating our traditions, and supporting one another.



We were especially grateful to see a couple of our eldest Elders, Auntie Germaine and Auntie Lee, join us for the celebration. Having our Elders present at community gatherings is always meaningful, and it was wonderful to be able to share the day together.

Thank you as well to all staff who helped organize, prepare, cook, serve, set up, clean up, and keep the day running smoothly. Events like these take many hands, and we are grateful for everyone who contributed their time and energy to create such a welcoming and enjoyable celebration for our community.

Most importantly, thank you to our community members for coming out, sharing a meal, reconnecting with one another, and helping create such a welcoming and enjoyable atmosphere. We hope you enjoyed the food, conversations, laughter, and celebration as much as we did.

We look forward to gathering together again next year!



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

June 1, 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:

Tuesday, July 7, 2026

6:00–8:00pm

Watch online via Zoom

Livestreams are for T'Sou-ke registered members only. If you wish to watch online, please email Natassia Davies via communications@tsoukenation.com to receive the Zoom link and passcode. Please note that upon requesting the Zoom link or joining the Zoom session, you may be asked to confirm your identity by providing your full name and/or member registration number. We appreciate your understanding and cooperation.

We kindly ask all registered members in attendance to adhere by the *Open Meeting Rules and Guidelines* found at the bottom of the Chief and Council page on the T'Sou-ke website: <https://tsoukenation.com/chief-and-council/>.

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



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

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, August 10, 2026

6:00–8:00pm

Watch online via Zoom

Livestreams are for T'Sou-ke registered members only. If you wish to watch online, please email Natassia Davies via communications@tsoukenation.com to receive the Zoom link and passcode. Please note that upon requesting the Zoom link or joining the Zoom session, you may be asked to confirm your identity by providing your full name and/or member registration number. We appreciate your understanding and cooperation.

We kindly ask all registered members in attendance to adhere by the *Open Meeting Rules and Guidelines* found at the bottom of the Chief and Council page on the T'Sou-ke website: <https://tsoukenation.com/chief-and-council/>.

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



NOTIFICATION OF APPLICATION FOR PESTICIDE USE FOR INVASIVE PLANT CONTROL

Application # 402-0694-25-28

Applicant: Ministry of Forests, 441 Columbia St, Kamloops, BC V2C 2T3

Agent: T'Sou-ke Nation, 1000 Soses Snanet Road, Sooke, BC, V9Z 0C1

Contact: admin3@tsoukenation.com

The T'Sou-ke Nation has applied to the Ministry of Environment and Parks for a pesticide use permit to allow for the operational use of herbicides RoundUp WeatherPRO, PCP # 33653, Active Ingredient: Glyphosate and Habitat Aqua, PCP #32374, Active Ingredient: Imazapyr, within the Pesticide Free Zone (PFZ) on noxious and invasive knotweed species. The treatment areas will include sites along the Charters and Sooke Rivers. The total area proposed for herbicide treatment will be an estimated maximum area 0.15 hectares.

The goal of the project is to prevent knotweed from expanding outside of its current areas on the Charters and Sooke Rivers.

Pesticide applications will be done by targeted foliar spray from backpack pump and stem injection. The addition of drift shielding with tarps may be used to prevent contact with surrounding non-target vegetation. The timing will be one or two treatments per year, when the plants have stems thick enough for stem injection, or the plant has enough foliage for the herbicide to be effective. Most treatment will occur during the first treatment, with any missed plants or new growth treated in the second pass.

The proposed duration of herbicide use under the Pesticide Use Permit: July 26, 2026, to July 26, 2029.

A draft copy of the permit application and maps of the proposed treatment sites can be viewed at tsoukenation.com or at the T'Sou-ke Nation Office, 1000 Soses Snanet Road, Sooke, BC, V9Z 0C1

A person wishing to contribute information about the treatment site for the evaluation of this permit application must send copies of the information to both the applicant at the address above and the administrator under the Integrated Pest Management Act, within 30 days of the publication of this notice, at BC Ministry of Environment and Parks, 200-10470 152nd St Surrey BC, V3R 0Y3 or IPMPBC@gov.bc.ca.

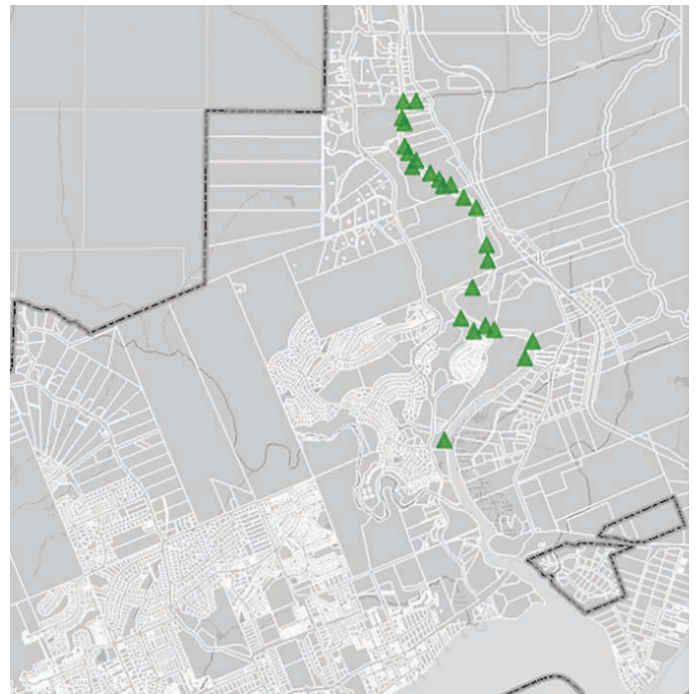
For more information or to view a copy of the permit and maps, contact:

T'Sou-ke Nation

1000 Soses Snanet Road, Sooke, BC, V9Z 0C1

Phone: 250-642-3957

Email: admin3@tsoukenation.com



**More information and FAQs about invasive knotweed treatment
can be found on the T'Sou-ke website:**

<https://tsoukenation.com/invasive-knotweed-control/>

FAQs: Learning About Invasive Knotweed Control

T'Sou-ke Nation is collaborating with the District of Sooke and the Capital Regional District to support the coordinated management and eradication of invasive knotweed species. Treatment is anticipated in July and August 2026, with subsequent treatments up to twice per year in the summer through summer 2029.

What is knotweed?

Knotweed is considered one of the world's worst invasive plants. Knotweed species are extremely aggressive invasive plants with a very large and deep rhizome system that can be up to 3 m deep and 20 m across.



How does knotweed spread?

Knotweed typically spreads via stem and root fragments, and in the case of bohemian and giant knotweed, by seed.

Rapid spread of knotweed is due to its ability to sprout new plants from fragments as small as half a centimetre in length.

Local dispersal occurs mainly in water currents. Long distance dispersal is mainly through human dumping of garden waste or movement of knotweed infested soil.

Knotweed regrows vigorously following cutting, mowing, and digging. Such treatments stimulate the production of new shoots from the root system.

Why is knotweed a problem?

Knotweed readily establishes on stream banks, lakeshores, gravel bars, and other open areas. Negative impacts of this include displacing native vegetation, degrading water quality and fish habitat by eroding stream banks, and reducing access to water for wildlife and recreation. Knotweed can compromise the integrity of above and below ground infrastructure (e.g. bridges, retaining walls, septic system). **Knotweed has numerous impacts on riparian and aquatic ecosystems such as:**

- Reducing nutrient cycling by locking nutrients in its root system;
- Increasing sedimentation into streams and rivers via bank erosion;
- Altering drainage patterns and increasing the risk of flood by damaging infrastructure or obstructing flows; and
- Outcompeting riparian vegetation reducing plant diversity and altering the input of detritus (which is food for fish and invertebrates) into water systems.

Sporadic occurrences of knotweed have already infested a 2.3 km stretch in and adjacent to the Sooke River. In the absence of treatment, knotweed has the potential to dominate gravel bars and riverbanks along the Sooke River and its estuary, with devastating impact to salmon and other cultural and ecological values.

Why is herbicide the preferred treatment option?

The Province of BC and the T'Sou-ke Nation cooperatively assessed the efficacy and suitability of all available treatment options for controlling knotweed on the Sooke River. It was determined that the targeted application of site suitable herbicides would be the most effective means of eliminating knotweed from the river system with the least impact to the environment of any of the treatment options, **including the option to not treat the knotweed**. Mechanical treatment is not a viable option to eradicate invasive knotweed on the Sooke River due to the size of infestations, the bouldery substrate the knotweed is growing in, and risk of spread. Mechanical treatment can break up plants, leaving fragments to escape downriver and regrow, as well as increasing sedimentation in the river.

Herbicide has been demonstrated to provide the most effective control of knotweed infestations. A number of herbicides including imazapyr, glyphosate, triclopyr, and aminopyralid have proven efficacy in treating knotweed. However, glyphosate is the only herbicide active ingredient (a.i.) allowed for stem injection in BC. Plant-specific treatments can be applied through a variety of application methods such as foliar spray, stem injection, and wipe-on application. Herbicide is absorbed through foliage (leaves) or the stem where it is translocated (moved) throughout the plant, specifically to the roots. By working on the root system of knotweed, herbicides can target the growth centre for the plant to provide effective long-term control.

What is the cost of doing nothing?

Invasive knotweed displaces natural vegetation, reduces water access and forage for wildlife species, limits nutrient cycling in aquatic ecosystems, degrades fish habitat, contributes to increased erosion, disrupts drainage patterns, and can lead to infrastructure damage for roads and bridges. These impacts also affect recreational activities through reduced environmental quality and access to and within the river.

If left unchecked, invasive knotweed will continue to spread along the Sooke River as fragments are moved by erosion and flooding to overtake new banks and gravel bars.

When will treatment occur?

Treatment will begin at the end of July/beginning of August 2026. Treatments are scheduled to occur up to twice per year in summer, during seasonal low water levels and active growth and plant photosynthesis. This provides the most effective treatment, best access to sites, and reduces the risk of contact with water as water levels are below site treatments areas, as well as occurring outside of spring hatching and fall spawning of fish.

Have other knotweed management plans in rivers been effective?

2026 marks the ninth year of the Nimpkish River knotweed management project on north Vancouver Island, which has demonstrated excellent success since its inception in 2018. Since the first year of full season management and peak knotweed abundance in 2019, the total impacted area and knotweed extent has declined by approximately 90% from 1.65 ha in 2019 to 0.1704 ha in 2024.

MORE INFO

To read the knotweed FAQs in full or to contact someone about the project, please visit the T'Sou-ke Nation website:

<https://tsoukenation.com/invasive-knotweed-control/>





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

23 June 2026

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

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

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

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

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

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

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

Sincerely,

A handwritten signature in black ink that reads "Eva Shaffer". The signature is written in a cursive, flowing style.

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



From the Administrator's Desk

Happy Summer!

How did we get here already? It feels like we were just welcoming spring, and now school is wrapping up, community events are filling the calendar, and hopefully the sunshine is here to stay! Summer is one of my favourite times of the year because it brings so many opportunities to connect as a community. Whether it's attending community events, spending time on the water, playing or watching ball, or simply enjoying time with family and friends, I hope everyone has a chance to enjoy the months ahead.

This spring has been a busy one, with much of our focus centred on planning for the future. Administration and Finance have worked closely with departments to finalize the 2026/27 budget, ensuring resources are aligned with community priorities while positioning the Nation for another successful year. At the same time, departments have continued advancing important initiatives in housing, infrastructure, emergency preparedness, environmental stewardship, and community programming. Much of this work happens behind the scenes, but it lays the foundation for the services, projects, and opportunities that benefit our community.

Regional collaboration has also remained a significant focus. Alongside Chief and Council, staff have continued participating in meetings with neighbouring Nations, regional organizations, provincial ministries, and education and health partners to ensure T'Sou-ke's voice is represented on issues that impact our community today and into the future. These relationships are essential as we continue advocating for our rights, interests, and long-term priorities.

One of the things I've enjoyed seeing this spring is the collaboration taking place across the Nation. From staff coming together for the Community Clean-Up Day to departments supporting one another on projects and events, it's been a great reminder that stewardship and community are everyone's responsibility. Thank you to everyone who rolled up their sleeves to help keep our community looking its best.

It's also hard to believe that it has already been one year since we moved into SKÁPEŁ I, SOT ÁLEN – T'Sou-ke Community Complex and Health Centre (CCHC). Where



does the time go? It's wonderful to see the CCHC being used every day for meetings, programs, community dinners, celebrations, and so much more. Seeing the building filled with activity and members connecting is exactly what we hoped it would become.

We have also continued advancing projects that will have lasting benefits for the Nation, including the Knotweed Management Project, emergency preparedness planning, and ongoing work related to fisheries, lands, education, and housing. Many of these initiatives take time sometimes months or even years but each conversation, partnership, and milestone moves us one step closer to achieving our long-term goals.



Community engagement continues to be a priority. Over the past year, Administration, together with Chief and Council, has hosted quarterly Open Houses to provide updates, answer questions, and hear directly from community members. After reviewing attendance, scheduling demands, and departmental capacity, we will be transitioning to a bi-annual Open House schedule beginning this fall. We believe this will allow us to provide more meaningful updates while making the best use of staff time and resources. I hope to see you there. Keep those questions coming, and we'll keep the answers flowing.

As always, I want to thank our Chief and Council for their leadership, our staff for their continued dedication, our volunteers for always lending a hand, and our community members for staying engaged and involved. Your ideas, feedback, and participation help shape the work we do, and together we continue building a strong and vibrant future for T'Sou-ke.

Hoping you and your families have a safe, relaxing, and enjoyable summer. I look forward to seeing many of you at the community events and gatherings over the coming months as we continue building connections and celebrating all that makes T'Sou-ke such a special place.

Michelle Thut
Administrator

Housing Renovation Program Update

Thank you to everyone who has expressed interest in the Housing Renovation Program and for your continued patience.

We are currently completing the final reporting requirements for our previous round of renovation projects. While this process has taken a little longer than anticipated, we are now in the final stages and anticipate reaching out to homeowners on the renovations waiting list over the coming month with information about the next steps.

If you would like to be added to the renovations waiting list for future funding opportunities, please contact the Housing Team at housing@tsoukenation.com

We appreciate your patience and look forward to moving into the next phase of the program.

- Housing Team



One Year at the Community Complex & Health Centre

It's hard to believe that we have now been in our new SKÁ,PEŁ I,SOT Á,LEN – T'Sou-ke Community Complex and Health Centre (CCHC) for one full year—wow, where does the time go?

Over the past year, the building has truly become the heart of our community. It has been filled with meetings, training sessions, programs, cultural activities, celebrations, community dinners, and countless opportunities for people to come together. Having a space that is comfortable, welcoming, and designed to meet the needs of our community has made a tremendous difference.

The additional space has allowed departments to expand programs and services, host larger gatherings, and create more opportunities for community members, staff, and visitors to connect. It has also strengthened collaboration between departments and community partners, helping us better serve our members.

As we celebrate this milestone, we also recognize that the building has quickly become a place where memories are being made. From celebrating our graduates and hosting cultural events, to welcoming families, Elders, youth, and community members through our doors every day, the CCHC has become much more than a building it has become a gathering place for our Nation.

We are incredibly grateful to everyone who helped bring this project to life and to those who continue to care for and make use of this beautiful space. We look forward to many more years of gathering, learning, celebrating, and growing together at the CCHC.



Medication Return Drop-Off

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

Monday, July 6
10:00am–3:00pm

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

We are accepting:

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

Why this matters:

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

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

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

Chief & Council Meeting

Tuesday, July 7
6–8pm via Zoom

Little Cousins Club

July 9
2:30–4pm @ CCHC

Parents/caregivers and little ones ages 5 and under, join us for afternoon playtime **and a discussion about picky eating!** Register via mchworker@tsoukenation.com

NEW TIME

SENĆOŦEN Language Class

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

July 7
July 21
4:00–5:30pm

Please feel free to join in classes whenever you are able. **You don't need to register.** Ivy is a kind, patient teacher with much knowledge to share. We look forward to learning together!

A Zoom option is now available!

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

Meeting ID: 882 6980 9031
Passcode: 271491

Meal Bag Program: Summer Snack Bag

In place of the regular meal bag, This month's theme will be a Summer Snack Bag featuring a variety of summertime snacks for the whole family to enjoy.

This month's pickup day is:

Tuesday, July 14
1:30–7:30pm or while bags last
Pickup only

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

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

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

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

Te'mexw Treaty Meeting

July 14
August 6

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

Download the Alertable App

Receive timely notifications about weather alerts, warnings, local advisories, driving conditions, and more.

The Alertable App is available in all App Stores.

Wills & Estates Info Sessions

Members are encouraged to watch for upcoming information sessions on Wills and Estates.

There will be two drop-in sessions held prior to scheduled one-on-one appointments for those interested in creating an official will.

The Nation will support up to 10 individual appointments, which will require registration and will be offered on a first-come, first-served basis.

Additional details will be shared soon.

Employment Supports: WorkBC Open House

Looking for a new job, considering training opportunities, or exploring career options? Join us for a WorkBC Open House and learn about the free employment services available in our community.

Thursday, July 23
1:00pm

WorkBC staff will provide information on:

- Resume and cover letter support
- Career exploration and planning
- Skills training opportunities
- Job search assistance
- Employment programs and resources

This event is open to anyone in the community who would like to learn more about the programs and services offered through WorkBC.

Coffee and snacks will be provided. Everyone is welcome!



T'Sou-ke Hosts Tribal Journeys Canoe Families on July 20

This year's Tribal Journey is gearing up and while we may not have a canoe going this year, the Nation is preparing to host other canoe families on their way to Nisqually later this month.

With the paddle schedule finalized, **our host night has changed to Monday, July 20.**

Arriving canoe families will be greeted and welcomed down at Siasun beach before heading to the Band Hall on Lazzar, IR#1, for dinner and protocol.

T'Sou-ke families are invited to come down to Siasun to help welcome the paddlers and share in the community spirit. Arrival times of the canoes will be dependent on various factors but we anticipate they will arrive mid to late afternoon on July 20. After the welcome, we will all head back to the Band Hall and share in a meal and protocol.

We hope you can join us on what is always a powerful, energetic, and culturally significant day! Please feel free to bring your drum and wear your regalia if you have it. We look forward to sharing this time together with our neighbours and guests.

59 and Under Trip: Tsawwassen Mills, Waterpark, PNE, Playland

We are excited to announce our annual 59 and Under trip. **This year we will be heading to Vancouver for a two-day trip on August 20 & 21!** The first day is a Twilight at the Water park or Tsawwassen Mills and our second day is at PNE/Playland.

Participation for this trip will be for our registered members 59 and under, their spouse and children (18 and under) born to them and their spouse. Transportation and meals will be provided. If you would like to travel on own or anything above will be at the member's expense with exception of the PNE passes and the meals costs.

Registration starts on July 6 at 9:00am and ends on July 27 at 12:00pm. Please refer to the poster and registration form on the following pages.

Forms can also be picked up at the front desk from Sarina or found on our Facebook Health page.

Completed forms can be emailed RoseDumont@tsoukenation.com, banddesignate@tsoukenation.com or dropped off to Sarina at the front desk in the CCHC.

PNE/PLAYLAND & WATERPARK TRIP!

T'SOU-KE NATION MEMBERS - 59 & UNDER

Registered members, their spouse & children 18 and under

DAY 1 - THURSDAY, AUGUST 20



Tsawwassen Waterpark

— or —

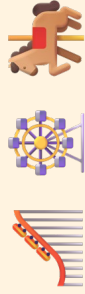
Tsawwassen Mills Mall

Overnight Hotel Stay

Transportation & meals provided



DAY 2 - FRIDAY, AUGUST 21



The PNE/PLAYLAND

Rides · Games · Entertainment
Food & Fun for the whole family!

Bus departs 5:00 PM

7:00 PM *ferry home*

Register the following ways

Emailing form to RoseDumont@tsoukenation.com · or Alyssa - bandesignate@tsoukenation.com · forms can also be picked up and dropped off at Front desk with Sarina

Registration Opens JULY 6TH @ 9:00 AM · Deadline: July 27th at NOON



REGISTRATION FORM

T'SOU-KE NATION MEMBERS | VANCOUVER/WATERPARK - PNE/PLAYLAND
59 AND UNDER TRIP
AUGUST 20 – 21, 2026

REGISTRATION DEADLINE: JULY 27TH BY NOON PM
(REGISTRATIONS PAST DEADLINE WILL GO TO A CANCELLATION LIST)

PLEASE COMPLETE THE FORM BELOW

Registered Member: _____ Age: _____

Spouse: _____ Age: _____

Child: _____ Age: _____ Height: _____

Child: _____ Age: _____ Height: _____

Child: _____ Age: _____ Height: _____

Bed Size : Queen: _____ King: _____

2 Queen: _____

E-mail: _____ Telephone: _____

ELIGIBILITY

Open to registered members 59 and under, their spouse, and dependent children (18 and under) born to the member and spouse. Transportation, meals and all passes provided. If you choose to travel on own, your travel will be at the participant's expense.

ITINERARY

DAY	TIME	DETAILS
Thurs Aug 21	11:00 AM	Meet bus at Band Hall
	11:15 PM	Depart Sooke (en route to 1:00 PM ferry)
	1:00 PM	Tsawwassen Waterpark or Tsawwassen Mills Mall
	7:00 PM	Arrive at hotel / overnight stay
Fri Aug 22	10:00 AM	Depart hotel — en route to PNE/PLAYLAND
	5:00 PM	Meet bus for return departure
	7:00 PM	Ferry departure — return to Sooke

Please be on time at all departure points — the bus will depart as scheduled.

HOW TO REGISTER

Email: RoseDumont@tsoukenation.com or banddesignate@tsoukenation.com | Forms can be picked up and dropped off to the front desk

Please note: All underage children must be accompanied by an adult. Each parent is responsible for the supervision of their child or children.

DREAM BIG: Implementing the Comprehensive Community Plan

The Comprehensive Community Plan (CCP) is complete and now it's time to set the wheels in motion!

Over the next several months we will be hosting community sessions for each of the seven goals in the CCP. These sessions will ask community members to DREAM BIG and share ideas and actions for HOW we can implement each goal.

This is your opportunity to voice your desires for long-held wishes or things you've been wanting to see in community!

Maybe you want a sports field, or a Nation app to stay on top of news, or a large smokehouse to preserve fish. Perhaps you dream of a yearly community camping trip in territory, or canning classes, or hunting trips.

Whatever it is, no dream is too big or too small during this phase of planning. Check out the goals in the CCP to see where your ideas can align, and then attend that session.

July Implementation Session Topic:

Goal 5: Provide relevant, effective, and equitable programs and services for our members.

Monday, July 13
5:30–7:30pm
@ CCHC

Come work with cedar! Join staff members from the Health & Children & Family departments for our second CCP Implementation session. **We'll be having a relaxed conversation while we work with cedar and enjoy Daphne's seafood chowder.** Childcare will be available.

If you have been wanting to see specific services in community or have ideas for how we can implement the programming goals outlined in the Comprehensive Community Plan, we invite you to attend this session on Monday, July 13.

These sessions are intended to be low-key and conversational to provide a comfortable setting where all voices are welcome. We'd love for you to attend!



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

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

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

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

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

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

Children, Youth, & Family

☎ 250-642-3957

📘 T'Sou-ke Nation Youth & Parents



Summer Kitchen

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

Thursday, July 30

Pickup from 11:00am-1:00pm

Limited quantities available, first come first served.

JULY MENU

Egg salad sandwiches and a snack!

NEW PROGRAM

Parent Drop-In

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

Friday, July 10

Friday, July 24

10am-11:30am

@Siaosun Beach

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

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



Drumming Circle with Brother Rick

July 16

6:00-7:00pm

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

Brother Rick will also be joining us for two sessions in August.



FREE! FireSmart Firewood Storage Structures Available to On-Reserve Members

As part of our ongoing work to create a FireSmart community, we are able to provide a limited number of fire-resistant wood storage sheds to on-reserve T'Sou-ke members.

Did you know? 90% of homes and properties ignite due to embers/sparks flying through the air, and embers can travel up to 2km. These structures, when placed away from your home, allows you to store your firewood in a FireSmart shed and lessens the fire fuel sources around your home.

Details

17 Sheds available (free for on-reserve members)

8'L x 4'W x 4'H (Holds about a cord of wood)

Made to order

Colours available: black, grey, green, beige, and more (Emily can provide you with a full list of colour options to best match your home)

Delivery dates subject to amount of sheds requested

How to Order

To request a firewood shed, please contact Emily via email at emily@tsoukenation.com or call 250-642-3957 ext. 245 (every Tuesday-Thursday) to be added to the list.

Priority will go to elders, anyone with mobility limitations, and high-risk properties. After that, we will work down the request list.

If you are on the list and we're unable to provide you with a shed this year, your name will remain on the list for next year's rollout.



SUMMER CONTEST!

Prepare Your Home for Wildfire Season

CONTEST RUNS JUNE THROUGH AUGUST

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

How to Enter the Contest

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

Email the pictures to emily@tsoukenation.com

Include your name and home address

What to Know

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

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

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

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

Winners announced August 31.

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

Clean and maintain gutters

Clean and maintain roofs of debris

Keep grass cut below 10 centimetres

Keep weeds cut below 10 centimetres

Relocate propane tanks to 10 to 30 metres away from structures

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

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

Clean under your deck to remove any combustible materials

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

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

Clear leaves and debris from decks and balconies

Make an evacuation plan

Build a grab and go bag



26 Weeks to Family Emergency Preparedness

It's always important to have a stash of basic supplies and necessities to last you a minimum of 72 hours in the event of a power outage or emergency. Over the next several newsletters, we'll outline a few steps you can take each month to build an essential family emergency kit.

Last month, it was recommended that you **stock your kit with both large and medium-sized plastic garbage bags** as they can be used for ponchos, ground covers, or blankets. Yellow or orange bags also make good visible signals. It was also suggested to add **plastic or paper dishes, cups, and utensils**, as well as a **change of clothing for each family member** to your kit. Be sure to include warm clothing, heavy work gloves, and sturdy shoes.

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

WEEK 17 Add additional **canned or freeze-dried food** like stews, tuna fish, baked beans, and vegetables to your kit.

WEEK 18 Enroll a family member in a **first aid course**. Pack **HELP/OK** signs in your kit.

WEEK 19 **Assemble important documents** like wills, insurance papers, medical records, credit card numbers, inventory of possessions, identification, etc. Make copies and **store originals in a fireproof/waterproof container** that will be accessible if your home is damaged.



Celebrating Little Graduates at Sum-Sha-Thut-Lellum

Sum-Sha-Thut-Lellum celebrated its graduating class of K4 students on Wednesday, June 24. Elder Shirley, Elder Jackie, and Elder Jannie honoured the children with a blanketing ceremony to celebrate their accomplishments and all they've learned this year, and Brittany and James drummed for the students. Congratulations to our K4 graduates—your journey is just beginning, and we are so proud of you!





Sum-SHA-thut-Lellum Pre-*K* Summer Camp

Join Us for a Summer of Fun and Adventure!



Drop-In- M-F: 9:00am to 4:00pm
July 6 - August 29, 2026

For ***T'Sou-ke Nation*** children **3 - 6 yrs**
(Must turn 3 by December 31, 2026)
(Must be fully potty trained no pull-ups or similar allowed)
Pre-registration for drop-in is required

For more information please contact Jen Dumont
Email: sumsha@tsoukenation.com Phone: 250-642-2263

Sum-SHA-thut-Lellum Summer Camp 2026



Start Date: July, 6, 2026
Last Day: August 28, 2026

SEX: M___ F___ **DATE OF BIRTH:** ___ / ___ / ___

NAME OF CHILD:

(Surname) (Given Names) (Also known as)
Name the child responds to: _____
Address: _____
Postal Code: _____ Phone: _____
Person(s) with whom the child lives (adults and children): _____
Child's first language: _____ Other Languages: _____

T'SOU-KE NATION MEMBER

PARENT(S) / GUARDIAN(S):

Name: _____ Home Phone: _____ Cell Phone: _____
Work Phone: _____ Days/hours of work: _____ E-mail: _____
Name: _____ Home Phone: _____ Cell Phone: _____
Work Phone: _____ Days/hours of work: _____ E-mail: _____

MEDICAL INFORMATION

Child's Doctor _____ Phone: _____
Child's Dentist _____ Phone: _____
Child's Personal Health Number: _____

ALTERNATE PERSON TO CALL/PICK-UP CHILD IN CASE OF EMERGENCY:

Name: _____ Relationship to Child: _____
Home Phone: _____ Work Phone: _____ Cell Phone: _____
Name: _____ Relationship to Child: _____
Home Phone: _____ Work Phone: _____ Cell Phone: _____

PERSONS (OTHER THAN PARENT/GUARDIAN AND EMERGENCY CONTACTS) AUTHORIZED TO PICK UP CHILD FROM FACILITY:

Name: _____ Relationship to Child: _____
Home Phone: _____ Work Phone: _____ Cell Phone: _____
Name: _____ Relationship to Child: _____
Home Phone: _____ Work Phone: _____ Cell Phone: _____
Name: _____ Relationship to Child: _____
Home Phone: _____ Work Phone: _____ Cell Phone: _____

PERSONS NOT PERMITTED TO ACCESS TO CHILD:

Name: _____ Phone: _____
Name: _____ Phone: _____

Are there Custody orders? YES NO If answered yes please provide a copy to facility.

HAS THE CHILD PREVIOUSLY ATTENDED DAYCARE/PRESCHOOL?

YES NO Comments: _____

COMMENTS/INSTRUCTIONS TO HELP US CARE FOR YOUR CHILD (PLEASE FEEL FREE TO ADD ADDITIONAL PAGES)

Toileting (special words): _____
Rest Time (special comfort-toy/blanket): _____
Eating/Mealtime (include food likes/dislikes): _____
Fears: _____

PLEASE TELL US ANYTHING ELSE YOU THINK WILL HELP US PROVIDE AN ENRICHING EXPERIENCE FOR YOUR CHILD:

DOES YOUR CHILD HAVE:

A medical condition/concern? YES NO If yes, please provide further information: _____

Allergies? YES NO If yes, please provide further information: _____

Asthma? YES NO If yes, please provide further information: _____

Has your child had a seizure in the past year? YES NO If yes, please provide further information: _____

Does your child require a special diet related to a medical condition? YES NO If yes, please provide further information: _____

Food sensitivities? YES NO If yes, please provide further information: _____

**BASIC SCHEDULE AND RECORD OF IMMUNIZATIONS AS SUBMITTED BY PARENT/GUARDIAN
(ATTACH IMMUNIZATION RECORD - OR RECORD THE DATES)**

	1 ST VISIT @ 2 MO.	2 ND VISIT 2 MO. AFTER 1 ST	3 RD VISIT 2 MO. AFTER 2 ND	4 TH VISIT 12 MO. OF AGE	5 TH VISIT 12 MO. AFTER 3 RD	5-6 YRS.	GRADE 6	GRADE 9
INDICATE DATES IMMUNIZATION RECEIVED								
DIPHTHERIA	*	*	*		*	*		*
PERTUSSIS	*	*	*		*	*		
TETANUS	*	*	*		*	*		*
POLIOMYELITIS	*	*	*		*	*		
HIB1	*	*	*		*			
MEASLES				*	*			
MUMPS				*	*			
RUBELLA				*				
HEPATITIS B	*2	*2	*2				*3	

BY MY SIGNATURE BELOW I ACKNOWLEDGE THE FOLLOWING:

I HEREBY GIVE MY CONSENT FOR A STAFF MEMBER TO CALL A MEDICAL PRACTITIONER OR AMBULANCE FOR MY CHILD IN THE CASE OF ILLNESS, IF I CANNOT IMMEDIATELY BE REACHED.

PARENT'S SIGNATURE: _____

DATE: / /

THIS BOX FOR OFFICE USE ONLY	
DATE RECEIVED _____	SIGNATURE _____

T'Sou-ke Family Tree Working Group Update

A Family Tree Working Group has been established to help update and strengthen our Nation's family tree. The working group consists of community volunteers who have come together to support this project by gathering and organizing family information.

This work is important for preserving our family connections, honouring our ancestors, and ensuring future generations have access to accurate family information and our shared history.

In the coming weeks, family information forms will be available for pickup. We encourage every member and family to participate by completing the form and sharing the information they have. The success of this project depends on the knowledge and contributions of our community members. No one knows our families better than we do, and every contribution helps create a more complete and accurate family tree.

If you have family members who are not online, please help spread the word and encourage them to take part.

If you need assistance completing the forms or have questions about the project, please contact TFNfamilytree@gmail.com.

Forms (when ready) can be picked up and returned at any of the following locations:

- Treaty Office (Lazzar Road)
- Main Desk at the Community Complex & Health Centre (CCHC)
- Health Office (in CCHC)
- Social Development Office (in CCHC)

Thank you for supporting this important work and for helping preserve our family connections, stories, and shared history for future generations.



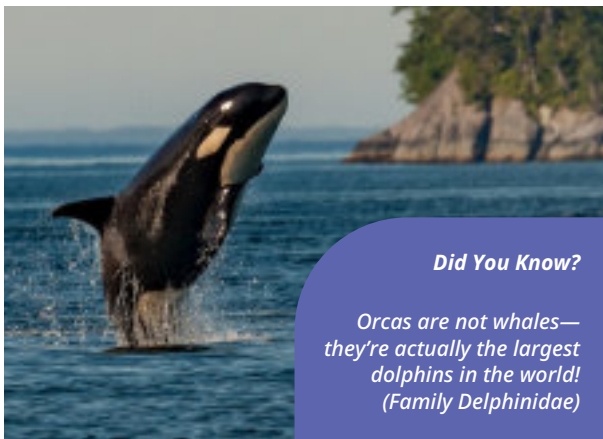
Fisheries & Marine

Q: What do you call a group of killer whales carrying musical instruments?

The Fisheries department would like to thank all community members who came out for National Indigenous Peoples Day on June 21. We really enjoyed gathering to share a meal together.

June was a busy and exciting month for the Fisheries Department. The team was conducting European Green Crab Surveys, collecting eDNA samples, water quality monitoring, deploying Coastal Cutthroat Trout Receivers, participating in Kelp Monitoring Training, as well as a 2-day Eelgrass mapping workshop. The end of June was spent with the Guardians of our Salish Estuaries (GooSE) team, learning how to harvest the invasive Canadian Geese around the territory.

The department is looking forward to upcoming events in July. The team will be planning more European Green Crab surveys, Dungeness Crab Larval Monitoring, Beach Seining, and some freshwater sampling training with Biologica Environmental Services.



Did You Know?

*Orcas are not whales—
they're actually the largest
dolphins in the world!
(Family Delphinidae)*

CREATURE FEATURE:

Killer Whale (*Orcinus orca*)

Killer Whales (*Orcinus orca*), often referred to as Orca, is a large marine mammal that belongs to the dolphin family. Orcas are the most widely distributed cetacean, as they can be found in every ocean across the world. The common Orca lifespan ranges from 30 – 90 years, with this species growing up to 11 tons in weight and 32 feet in length. This population is split into many different ecotypes. Although Killer Whales are protected under the Marine Mammal Protection Law, there are two distinct

population that have extra protection measures; the Southern Resident Killer Whales are the only endangered population, and the AT1 transient stock is classified as depleted.

Female Orca's become sexually mature between the ages of 10 and 13, giving birth to a single calf after a gestational period of 15 to 18 months. Orca calves nurse exclusively for one year after birth and stick close to their mother for the first two years. Although Killer Whale birth rate is not well understood, it is estimated that the average adult female killer whale has a calf every 5 years for 25 years.

Killer whales are highly social able creatures; they live in groups referred to as pods. Pods are made up of mostly related individuals but can also consist of not related individuals from social interactions, mating, and seasonal hunting. Killer whales rely on underwater sound for many different aspects of life. A variety of clicks, whistles, and pulsed calls are used for hunting, communication, and navigation. These unique sets of sounds serve as family identifiers and are culturally passed down through generations.

Social Development, Employment, & Training

Yvonne St. Pierre

📞 250-642-3957 ext. 249

✉ socialdevelopment@tsoukenation.com

📘 T'Sou-ke Jobs Board

Office Hours: Mon–Fri, 8:30am–4:30pm
(Closed daily for lunch from 12–1pm)

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
August 2026	July 24	July 29
September 2026	August 21	August 26
October 2026	September 18	September 23
November 2026	October 16	October 21
December 2026	November 13	November 18
January 2027	December 11	December 16

*** Your Declaration and Job Search Form (if applicable) are due the Friday before each cheque issue date.**

Friendly Reminders:

- If you're working, submit **income verification slips with your monthly declarations**.
- Provide **monthly utility bills** to ensure timely payment.
- **Print your name clearly** on your declaration and **don't forget to sign it!**

Wednesday, July 1	Friday, July 3
CLOSED (Canada Day) – No Delivery	No Delivery
Wednesday, July 8	Friday, July 10
Pork roast, rice, green salad <i>Mousse</i> Milk/Juice	Salmon & potato dish, coleslaw, buns <i>Berries w/ whipped cream</i> Milk/Juice
Wednesday, July 15	Friday, July 17
Crab pasta salad, green salad, buns <i>Yogurt w/ berries</i> Milk/Juice	Classic macaroni salad, green salad <i>Cinnamon apples</i> Milk/Juice
Wednesday, July 22	Friday, July 24
Baked chicken, roasted yams & beets, green salad <i>Mousse</i> Milk/Juice	Michelle's salad, buns <i>Oatmeal cookies</i> Milk/Juice
Wednesday, July 29	Friday, July 31
Hamburger noodle dish, green salad <i>Berry crisp</i> Milk/Juice	Nuts & bolts stir fry, rice <i>Peach cobbler</i> Milk/Juice

Meals are subject to change depending on availability of products.

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

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

Health Department

Book appointments with us via phone, email, or Facebook

📞 250-642-3957

📘 T'Sou-Ke Nation Health Office

THURSDAYS

9:00am–3:00pm

Diabetes Care

COMMUNITY COMPLEX & HEALTH CENTRE

Brenda from our primary care team is in-house every Thursday to support patients in managing Type 1, Type 2, and gestational diabetes, and can provide education and guidance around diabetic care.

Book via Health Department 250-642-3957

MONDAYS

THURSDAYS

9:00am–3:00pm

In-House Mental Health & Wellness Support

COMMUNITY COMPLEX & HEALTH CENTRE

Angela offers trauma-informed, culturally humble mental health and substance use counselling, along with family support and grief and loss care.

Book via Health Department 250-642-3957

TUESDAYS

12:00–7:00pm

Counselling & Wellness Services

HEALTH OFFICE (LAZZAR IR#1)

Sea To Tree works with children, youth/teens, adults, couples, parents, and families to support mental and emotional well-being.

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



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

Book via Health Dept. or call 778-352-3115

Indigenous Wellness Provider

In partnership with the South Island Primary Care Network, T'Sou-ke Nation's Indigenous Wellness Provider, Kristin, works closely with clients, families, and our care team to support access to health services and care planning, provide advocacy, and accompany clients to medical appointments where possible.

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

iwpreferrals@tsoukenation.com
778-584-2452

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

5:00–6:00pm

Sooke Boxing Club (Adult Fitness)

LAZZAR BUILDING

MON

WED

FRI

12:00–1:00pm

Sooke Boxing Club (Adult Fitness)

LAZZAR BUILDING

TUE

THU

6:00–8:00pm

Sooke Boxing Club (Advanced)

LAZZAR BUILDING

TUE

THU



9:30–11:30am

Walking Together in Wellness

This walking group is geared toward T'Sou-ke adults and senior community members who are looking for light exercise in a casual setting.

The group typically alternates weekly between swimming at SEAPARC and walks around local parks and trails.

- Includes warm-up and cool-down stretches
- Walking aids and rest seats available
- Companions welcome
- Limited rides available based on need

Contact Debbie to join!

250-642-3957 ext. 235 or email mchworker@tsoukenation.com

WEDNESDAYS

Seaparc Passes

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



6:00–7:00am

Rise & Shine

BAND HALL (LAZZAR IR#1)

Greet the morning sun with this invigorating morning exercise routine

MON

WED

FRI

7:30–8:30pm

Full Body Strength

BAND HALL (LAZZAR IR#1)

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

MON

WED

12:00–1:00pm

Yoga

HEALTH OFFICE (LAZZAR IR#1)

Yoga will no longer be offered after Friday, June 12.

FRI



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

We are excited to share that weekly physician clinics are now underway here at the T'Sou-ke T'Sou-ke SKÁ,PEŁ I,SOT Á,LEN, Community Complex & Health Centre/CCHC! As we prepare for this transition, we are gathering information from our members and families to help us plan effectively.

We would love to hear from you:

Do you currently have a family physician?

If not, would you be interested in becoming a patient with Dr. Kluge here at the Nation?

If you have a doctor elsewhere, would you consider transferring your care to receive services closer to home?

For those living away from home within the broader region, would you be willing to travel to access care here in community?

Bringing care home allows us to strengthen wrap-around supports, coordinate services with our nursing and wellness teams, and continue building culturally grounded care for our people.

Dr. Kluge will be accepting new patients as we move to weekly clinics. These will include our members, their spouses and their families.

If you are interested in becoming a patient or would like more information, please contact our Health Manager, Rose, via rosedumont@tsoukenation.com or by calling 250-642-3957 ext. 237.

We look forward to continuing to grow our primary care services together.

Monthly doctor clinics are posted in the newsletter and on the T'Sou-ke Health Facebook page. New clients are always welcome from our members, their families and their spouses.

To inquire about these health services or book an appointment, contact the Health Department or watch for monthly bookings shared on the T'Sou-ke Nation Health Office Facebook page.

☎ 250-642-3957

Dr. Kluge's Clinic

What is this service?

A weekly clinic to access physician services. You may access this service regardless of whether or not you have a family doctor.

Who is this for?

Families on and off reserve requiring access to a physician

Clinics are changing to weekly on Thursdays at the CCHC!

Reflexology (monthly)

What is this service?

Reflexology provides relaxation, eases stress and tension, and helps with general well-being.

It can also reduce pain and improve circulation and muscle tone.

Who is this for?

Families and spouses living on and off reserve

Acupuncture (monthly)

What is this service?

Holistic treatment for a variety of health-related needs which can be discussed with Dr.

Donna Ogden

Who is this for?

Families and spouses living on and off reserve

Blood Pressure Readings

What is this service?

A drop-in service to have your blood pressure taken and read by our community nurse.

Who is this for?

Families and spouses living on and off reserve

Homemaking Services *

What is the service?

Weekly house cleaning

Who is this for?

Families living on reserve who have health or mobility challenges that impact their daily lives on a short-term or long-term basis

Home Care Support *

What is this service?

Weekly sessions for those who need assistance with personal care such as bathing safely, getting to appointments, companionship, light housekeeping, grocery shopping, and other day-to-day activities.

Who is this for?

Families living on reserve who have health or mobility challenges that impact their daily lives on a short-term or long-term basis

Meals on Wheels *

What is this service?

Nutritious lunches delivered twice a week (except on holidays)

Who is this for?

Families living on reserve who have health or mobility challenges that impact their daily lives on a short-term or long-term basis

In-Home Mobility *

What is this service?

Assessing and addressing current mobility challenges to strengthen and increase mobility with Dr. Donna Ogden. These are done on a weekly or bi-weekly basis.

Who is this for?

Families living on reserve

Foot Care *

What is this service?

Toenail clipping and foot health education relating to diabetes

Who is this for?

Families and their spouses living on or off reserve who have diabetes or other health/physical limitations

*** Some services will require assessment to access**



TE'MEXW
TREATY ASSOCIATION



Malahat



Songhees



T'Sou-ke Nation

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

Scan me



info@temexw.org



250-360-2202

JULY

T'SOU-KE COMMUNITY MEETING

July 14, 2026

Dinner: 5:30 p.m. PT

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



Join the negotiations team for a discussion on the Constitution.



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

Unable to join us in person?

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



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

For more details, kindly contact Julia Hale at jhale@temexw.org or email info@temexw.org



TE'MEXW
TREATY ASSOCIATION

JULY

Open Office Hours

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



July 14, 2026
12 PM – 3:30 PM



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



Zoom appointments can be arranged during office hours if you reach out before July 12, 2026.
Contact: jhale@temexw.org / (250) 642-4320



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