



PENÁWEN JUNE

2026 Newsletter
T'Sou-ke First Nation



📷 Noah playing at the Sum-Sha table at the Spring Open House

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Receive updates and monthly newsletters via email!

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

T'Sou-ke Office Hours

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

Closed 12:00pm–1:00pm for lunch

Closed Saturday, Sunday,
and Statutory Holidays



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



Physical Address: 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

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secretary@tsoukenation.com
250-642-3957

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Chief and Council

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chiefunderwood@tsoukenation.com

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dubzdu@gmail.com

Councillor Bonnie Hill
bonniehill@tsoukenation.com

Councillor Debra Lazzar, Khumchíshliá
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Terrestrial Guardian, Raven Planes
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Environment/Forestry, Lawrence Underwood
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Ladybug Garden

☎ 250-642-3949

Garden Coordinator, Christine George
ladybuggarden@tsoukenation.com

Public Works

Public Works Manager, John Warren
maintenance@tsoukenation.com
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Maintenance Worker, Dustin Sutherland

Janitor, Kristina Jensen

Janitor, Skye Wormald

Sum-SHA-Thut Lellum

☎ 250-642-2263

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

ECE Assistant, Jie Deng
jiedengsumsha@tsoukenation.com

Meetings & Events

June (PENÁWEN) 2026

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

SUNDAY XÁLSNÁT	MONDAY SCELŪLNÁT	TUESDAY SFEŅ,NÁT	WEDNESDAY SĪIWS	THURSDAY SŅOS	FRIDAY SĪKÁČES	SATURDAY KEMETEN
	1	2	3	4	5	6
			Parent Drop-in 10am–12pm Tribal Journeys Weekly Meeting & Gift Prep 6:30–8:30	Traditional Wellness Hike 10am–2pm Dr. Kluge's Clinic 1:30–4:00pm Te'mexw Treaty Meeting 5:30pm		Family Picnic, Paddle Pendant- Making, and CCP Chats 2:00–5:30pm @ Sum-SHA-Thut Lellum
7	8	9	10	11	12	13
	Dietician Day 1–2pm Drop-in 2–4pm	SENĆOŦEN Language Class 4–5:30pm CCHC or Zoom	Tribal Journeys Weekly Meeting & Gift Prep 6:30–8:30	Dr. Kluge's Clinic 9:30am–3:40pm Little Cousins Club (5-and-Under) 2:30–4pm		Firewood Pickup <i>One load per household</i> 7:30am–2:30pm @ Gravel Pit
14	15	16	17	18	19	20
Firewood Pickup <i>One load per household</i> 7:30am–2:30pm @ Gravel Pit	Meal Bag Pickup 1:30–7:30pm		Parent Drop-in 10am–12pm Tribal Journeys Weekly Meeting & Gift Prep 6:30–8:30	Dr. Kluge's Clinic 9:30am–3:40pm		
21	22	23	24	25	26	27
Indigenous Peoples Day Celebration 11am–3pm @ Siasun Gazebo Father's Day		SENĆOŦEN Language Class 4–5:30pm CCHC or Zoom	Community Dinner 5:30pm Tribal Journeys Weekly Meeting & Gift Prep 6:30–8:30	Dr. Kluge's Clinic 9:30am–3:40pm Summer Kitchen 11am–1pm Little Cousins Club (5-and-Under) 2:30–4pm	Elders' Lunch 11:30am–1:30pm @ Old Band Hall	
28	29	30	1	2	3	4
	Offices Closed	Offices Closed	Canada Day (Offices Closed)			

Wellness Activities

SXÁNEL (May) 2026

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

MONDAY SĆELŁŁNÁT	TUESDAY SƐŃŃNÁT	WEDNESDAY SŁIWS	THURSDAY SNOS	FRIDAY SŁKÁĆES
1	2	3	4	5
<p>Rise & Shine Fitness 6-7am</p> <p>Boxing (Adult Fitness) 5-6pm</p> <p>Full Body Fitness 7:30-8:30pm</p>	<p>Sea to Tree Counselling 12-7pm</p> <p>Boxing (Adult Fitness) 12-1pm</p> <p>Boxing (Advanced) 6-8pm</p>	<p>Rise & Shine Fitness 6-7am</p> <p>T'Sou-ke Walking Group 9:30-11:30am</p> <p>Boxing (Adult Fitness) 5-6pm</p> <p>Full Body Fitness 7:30-8:30pm</p>	<p>Boxing (Adult Fitness) 12-1pm</p> <p>Boxing (Advanced) 6-8pm</p>	<p>Rise & Shine Fitness 6-7am</p> <p>Yoga 12-1:00pm</p> <p>Boxing (Adult Fitness) 5-6pm</p>
8	9	10	11	12
<p>Rise & Shine Fitness 6-7am</p> <p>Boxing (Adult Fitness) 5-6pm</p> <p>Full Body Fitness 7:30-8:30pm</p>	<p>Sea to Tree Counselling 12-7pm</p> <p>Boxing (Adult Fitness) 12-1pm</p> <p>Boxing (Advanced) 6-8pm</p>	<p>Rise & Shine Fitness 6-7am</p> <p>T'Sou-ke Walking Group 9:30-11:30am</p> <p>Boxing (Adult Fitness) 5-6pm</p> <p>Full Body Fitness 7:30-8:30pm</p>	<p>Boxing (Adult Fitness) 12-1pm</p> <p>Boxing (Advanced) 6-8pm</p>	<p>Rise & Shine Fitness 6-7am</p> <p>Yoga 12-1:00pm</p> <p>Boxing (Adult Fitness) 5-6pm</p>
15	16	17	18	19
<p>Rise & Shine Fitness 6-7am</p> <p>Boxing (Adult Fitness) 5-6pm</p> <p>Full Body Fitness 7:30-8:30pm</p>	<p>Sea to Tree Counselling 12-7pm</p> <p>Boxing (Adult Fitness) 12-1pm</p> <p>Boxing (Advanced) 6-8pm</p>	<p>Rise & Shine Fitness 6-7am</p> <p>T'Sou-ke Walking Group 9:30-11:30am</p> <p>Boxing (Adult Fitness) 5-6pm</p> <p>Full Body Fitness 7:30-8:30pm</p>	<p>Boxing (Adult Fitness) 12-1pm</p> <p>Boxing (Advanced) 6-8pm</p>	<p>Rise & Shine Fitness 6-7am</p> <p>Boxing (Adult Fitness) 5-6pm</p>
22	23	24	25	26
<p>Rise & Shine Fitness 6-7am</p> <p>Boxing (Adult Fitness) 5-6pm</p> <p>Full Body Fitness 7:30-8:30pm</p>	<p>Sea to Tree Counselling 12-7pm</p> <p>Boxing (Adult Fitness) 12-1pm</p> <p>Boxing (Advanced) 6-8pm</p>	<p>Rise & Shine Fitness 6-7am</p> <p>T'Sou-ke Walking Group 9:30-11:30am</p> <p>Boxing (Adult Fitness) 5-6pm</p> <p>Full Body Fitness 7:30-8:30pm</p>	<p>Boxing (Adult Fitness) 12-1pm</p> <p>Boxing (Advanced) 6-8pm</p>	<p>Rise & Shine Fitness 6-7am</p> <p>Boxing (Adult Fitness) 5-6pm</p>
29	30	1	2	3
<p>Offices Closed</p>	<p>Offices Closed</p>	<p>Offices Closed (Canada Day)</p>	<p>Boxing (Adult Fitness) 12-1pm</p> <p>Boxing (Advanced) 6-8pm</p>	<p>Rise & Shine Fitness 6-7am</p> <p>Boxing (Adult Fitness) 5-6pm</p>



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.

NEW TIME

Te'mexw Treaty Meeting

June 4
5:30pm Dinner
6:00pm Meeting
@ CCHC or via Zoom

SENĆOŦEN Language Class

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

June 9
June 23
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

Dietician Day

Stop by for a visit with Nurse Jen, Community Wellness Worker Daphne, and our dietician Jen Cody.

Monday, June 8
1:00–4:00pm

This is a great opportunity to ask about healthy dietary alternatives!

Meal Bag Pickup

Meal bags are provided based on need and are distributed *per household* while supplies last.

This month's pickup day is:

Monday, June 15
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.

Little Cousins Club

June 11
June 25
2:30–4pm @ CCHC

Parents/caregivers and little ones ages 5 and under, join us for afternoon playtime!

Register via
mchworker@tsoukenation.com

Blood Pressure Checks Available

If you need your blood pressure checked, our nurses are available:

Nurse Kurstin: Mondays & Thursdays
Nurse Jen: Monday to Friday

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.

Community Dinner

Wednesday, June 24
5:30pm @ CCHC

Chief & Council Meeting

Tuesday, July 7
6–8pm via Zoom

Comprehensive Community Plan Implementation

Topic: Revitalize, learn, practice, and share our culture and language
(Goal 2 in the CCP)

Family Picnic, Paddle Pendants, and CCP Chats

Saturday, June 6 @ Sum-SHA-Thut Lellum Preschool

2:00–5:30pm Family Picnic, bouncy castle, drumming, and paddle pendant-making!

Join us at Sum-SHA-Thut Lellum Preschool for an afternoon picnic, drumming, paddle pendant-making, and some bouncy castle fun! Lunch is provided.

We'll also be making time to chat about language and culture, and how we can implement the goals identified in the Comprehensive Community Plan.



Tribal Journeys Weekly Craft Nights

This year's journey is the Paddle to Nisqually. It will be a longer trip than usual, with hosting at T'Sou-ke on July 18, landing in Nisqually on July 31, and protocol taking place August 1–5.

Up until the week of hosting, we will hold weekly preparation meetings to get ready for the journey and create giveaways. All T'Sou-ke community members are welcome! The schedule is as follows:

June 3 6:30–8:30pm

June 10 6:30–8:30pm

June 17 6:30–8:30pm

June 24 5:30pm Community Dinner (optional)
6:30–8:30pm Meeting

July 1 NO MEETING, Canada Day

July 8 6:30–8:30pm

July 15 6:30–8:30pm Final Prep Meeting

July 18 T'Sou-ke hosts canoe families

Feel free to bring any crafts you're working on, as well as a snack to share. Meetings will take place Wednesday evenings from 6:30 to 8:30pm at the T'Sou-ke SKÁ,PEŁ I,SOT Á,LEN, Community Complex & Health Centre/CCHC. Drop in when you can—you don't need to participate in Tribal Journeys to join these prep nights!



June 21

Siaosun Beach
& Gazebo

11am-3pm



T'Sou-ke Indigenous Peoples Day Celebration

Join us at the Siaosun Beach gazebo for a seafood lunch, cultural performances, and a beach scavenger hunt!



Shuttle or carpool options may be available for those who need rides to and from Siaosun. Please contact us by June 19 if you require transportation.

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!



FireSmart Open House Recap

Our FireSmart Open House last month was a great success! Thank you to all T'Sou-ke community members and Sooke residents that attended, and to our industry partners for supporting this inaugural event. Participants learned about FireSmart initiatives and emergency preparedness from various tables and representatives, learned new things through a scavenger hunt bingo, toured fire trucks, and enjoyed bouncy castles, delicious food, and good company. A highlight of the event was the Shake Zone earthquake simulator which emulated a magnitude 8.0 earthquake and put into perspective just how tricky (and important!) the practice of 'Drop, Cover, and Hold On' is during an earthquake.



SUMMER CONTEST!

Prepare Your Home for Wildfire Season

Preparedness starts before an emergency occurs. As wildfire season approaches, small proactive steps around homes and community spaces can help reduce wildfire risk and support overall safety. Taking action early helps strengthen resilience and builds safer FireSmart communities.

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:

To enter the summer contest, simply **take a before and after picture** of any of the following FireSmart mitigation practices and **email them to emily@tsoukenation.com**:

- 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

All entries need to include NAME and ADDRESS

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

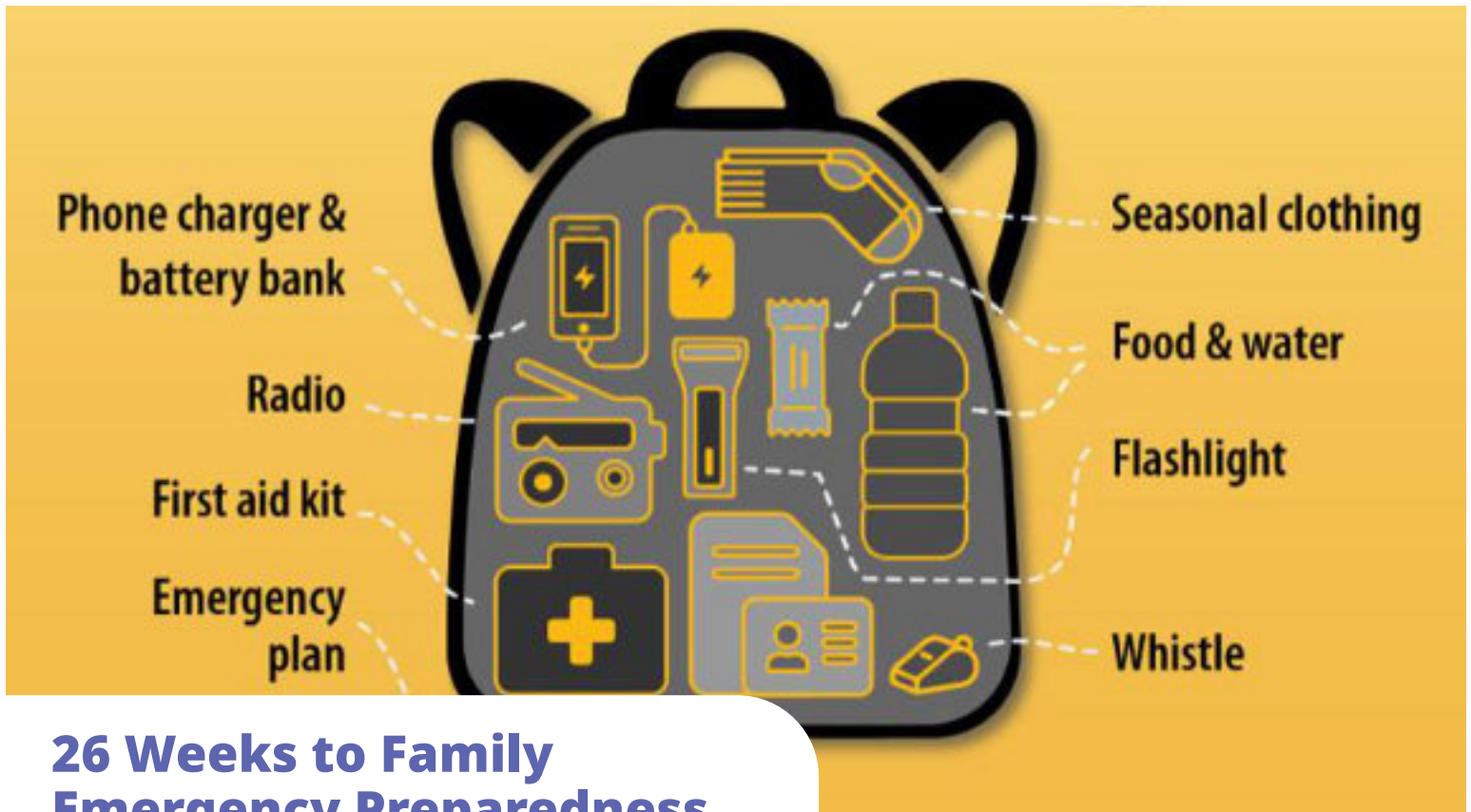
Already cleaned your gutters? Send me a picture! And YES, **each time** you mow your lawn this summer to below 10cm, send me a before and after picture for an entry.

At the end of the summer the homes with the most points wins! There will be prizes for first, second, and third place. Contest runs June, July, and August with **winners announced August 31**.

Each participant will also receive a free Home Ignition Zone Assessment to help support them with mitigation suggestions and tips.

For entries and any questions please email Emily Lock at emily@tsoukenation.com.

Visit firesmartbc.ca for more FireSmart information, tips, and resources.



26 Weeks to Family Emergency Preparedness

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

Last month, it was recommended that you **add a flashlight and extra batteries, along with candles and waterproof matches** to your kit. It was also recommended to add more **food such as dried soup, peanut butter, and other long-lasting items**. Lastly, make sure to **check your insurance policies** and make records of your possessions in case you need to make a claim, and add the list to your emergency kit.

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

WEEK 15 Stock your kit with both **large and medium-sized plastic garbage bags** (orange or yellow make good visible signals). Large bags can also be used as ponchos, ground covers, or blankets.

Add **plastic or paper dishes, cups, and utensils** as well.

WEEK 16 Add a **change of clothing for each family member** to your kit. Be sure to include warm clothing, heavy work gloves, and sturdy shoes.



You Could Win a Switch 2 for Attending Tutoring Sessions!

Kristi provides tutoring for **elementary students** on Mondays from 3:30pm–4:30pm, and for **middle and high school students** on Thursdays from 3:30pm–5:30pm. Tutoring takes place at the Lazzar Building.

Each youth who attends a tutoring session will be entered into a prize draw for a Switch 2! Youth will receive one entry for each tutoring session they attend. We will be doing the draw at the end of the school year.

NEW PROGRAM

Parent Drop-In

Our Family Support Worker, Brandy, will be hosting parent drop-ins in the community room for parents and caregivers.

Wednesday, June 3
Wednesday, June 17
10am–Noon

Stop by for tea, coffee, muffins, and an opportunity to connect with other parents in the community.

This is a great opportunity to share resources, chat with one another about parenting, celebrate the successes, and support one another through setbacks.

Summer Kitchen

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

Thursday, June 25
11:00am–1:00pm

Limited quantities available, first come first served.

JUNE MENU

Salmon sandwich with a side green salad

Jordan's Principle Settlement

June 18 at 6:00pm
Virtual (See poster)

Please see the poster on the following page for information on the Jordan's Principle Settlement on June 18 at 6:00pm. **Please note this is an online info session.** Information on how to join is included on the poster.



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

Information Session

Claims Helpers are available to help you complete your Claim for compensation in the First Nations Child and Family Services and Jordan's Principle Settlement.

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

Date: June 18th, 2026

Time: 6pm PST

Location: Join <https://teams.microsoft.com/meet/272416961461876?p=SylBkMDQldNULQRWkV>
Meeting ID: 272 416 961 461 876
Passcode: Kx2pY63a

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

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



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: _____ CellPhone: _____
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: Where do fish keep their money?

The Fisheries department would like to thank all community members who came out to the pre-SCAT training in May and helped make a great event possible.

The Fisheries Department has a lot to look forward to coming up in June. Canada is celebrating Ocean Week from June 1 to June 8. For more information please visit <https://oceanweekcan.ca/about/>.

This month, key field work events include a kelp monitoring training workshop, beach seining, and an eelgrass mapping workshop. Dungeness crab larvae monitoring will continue through the Sentinels of Change project with Hakai. This has been a very exciting season so far, as 92 Dungeness Crab larvae were caught, measured, and released last month. This is a huge success for our site as the highest overall season catch in the past four seasons was 119 Dungeness juveniles in 2024.

European green crab (EGC) foot trapping has just begun for the season and will continue throughout the summer. In May, one trapping session removed 26 EGC. Plus, an additional 33 were removed through another initiative, totaling 59 EGCs removed in May alone.



CREATURE FEATURE:

Right-Sided Flounder (Halibut)

Right-sided flounders are a part of the Pleuronectidae family, otherwise known as flatfish. These species are commonly referred to as Halibut and can be divided into three categories: Atlantic, Greenland, and Pacific.

Pacific halibut (*Hippoglossus stenolepis*), is the largest flatfish in the world and the only halibut species found around Vancouver Island. The Pacific Halibut life span can be up to an impressive 55 years, although the average lifespan for a wild Halibut is between 25 and 30 years. An adult halibut can grow over 8 feet long and up to 500 pounds. Sexual maturity is reached at eight years old for males and twelve years for females. Spawning occurs over winter months along the continental slope in deep waters. Size pending, female pacific halibut can produce anywhere from 500,000 to 4 million eggs over the span of multiple days throughout the spawning season. These eggs will hatch 12 to 20 days later based on water temperatures. Larval halibut feed on planktonic species while juvenile halibut prey on crustaceans and other bottom dwelling organisms. Adult halibut are aggressive hunters targeting crabs, clams, herring, sand lance, sculpins, groundfish, and sometimes smaller halibut.

Pacific halibut is a unique species as they do not face severe overfishing like some other commonly targeted species. However, Pacific halibut does encounter challenges such as parasites, mercury accumulation, and a degenerative muscle condition, known as Mushy Halibut Syndrome which causes flaccid, jelly-like flesh. This condition is thought to come from nutritional deficiencies, such as a lack of selenium and vitamin E.

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
July 2026	June 19	June 24
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

*** 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!**

Meals on Wheels

June Meal Menu

Please note the Meals on Wheels schedule has changed to Wednesday and Friday delivery dates.

Wednesday, June 3	Friday, June 5
Crab pasta salad, green salad <i>Mousse</i> Milk/Juice	Hot chicken salad, buns <i>Yogurt with berries</i> Milk/Juice
Wednesday, June 10	Friday, June 12
Michelle's salad, buns <i>Berries with whipped cream</i> Milk/Juice	Broccoli cheddar soup, bannock, green salad <i>Mousse</i> Milk/Juice
Wednesday, June 17	Friday, June 19
Meatloaf, potatoes, carrots <i>Peach cobbler</i> Milk/Juice	Tuna macaroni casserole, green salad <i>Berries with whipped cream</i> Milk/Juice
Wednesday, June 24	Friday, June 26
Chili, rice, green salad, buns <i>Berries</i> Milk/Juice	Bowtie pasta with sausage and sweet peppers, green salad <i>Cinnamon apples</i> Milk/Juice

Meals are subject to change depending on availability of products.

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

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



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

We are excited to share that we are moving to weekly physician clinics 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.

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

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 (Mondays & Thursdays, 9am–3pm)
- 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

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



SUM-SHA-THUT-LELLUM

PRE *K* PROGRAM

2026/2027 REGISTRATION



PLEASE NOTE:

All CHILDREN REGISTERING MUST TURN 3 by December 31, 2026

- Registration begins April 1, 2026 at 8:30am for **T'SOU-KE NATION**
- Registration begins April 17, 2026 at 8:30am for **STATUS FIRST NATIONS CHILDREN** (children must have their own Status or Métis Card) **AND CURRENTLY REGISTERED CHILDREN.**
- Registration begins May 1, 2026 at 8:30am for **GENERAL PUBLIC .**

All registrations are to be dropped off at the T'Sou-ke Administration office. Staff must date and sign all registration forms as they come in. Spots are given on a First -Come - First Serve-basis

All Registration Forms must be COMPLETELY filled out and include items listed below or WILL NOT BE ACCEPTED.

Please ensure your child's form includes:

- Start Date
- Child's Personal Health Number
- Please attach 2 photos of child
- Copy of child's immunization records



PREK PROGRAM START DATE: September 8, 2026

DUE AT TIME OF REGISTRATION: All registrant's **accepted** into PreK program are required to pay a deposit of \$300 due at time of registration.
(Members Exempt)

ALL DEPOSITS ARE NON-REFUNDABLE



Sum-SHA-thut-Lellum's Registration Form
(Include a photo of child)



CHILD'S STARTING DATE: / / **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 **STATUS ABORIGINAL** **NON-ABORIGINAL**

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: _____ CellPhone: _____

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 _____