



# MARCH

2025 Newsletter  
T'Sou-ke First Nation



📷 Credit: Sailor 3rd Class Mouhameth Cisse Drame and Sailor 3rd Class Owen Davis  
MARPAAC Imaging Services, Esquimalt, BC

## In this edition

MARPAC Protocol Signing

Youth Spring Break activities

Elders' Lunch & Planning Chat  
(Mar 13)

Youth 'Tourist in your Community'  
field trip (Mar 19)

Chief and Council Meeting  
Summary and Notice of Next  
Meeting (Mar 31)

SUM-SHA Pre-K Registration Form

CCHC substantial completion

Elders' Luncheon and Trip (Mar 17)

SENĆOŦEN Classes (Mar 4 & 18)

Bear Safety & Garbage Storage

No Dr. Kluge's Clinic in March

**Receive updates and monthly  
newsletters via email!**

Please call the office or email  
[communications@tsoukenation.com](mailto:communications@tsoukenation.com)  
to be added to the email list.

## T'Sou-ke Office Hours

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

Closed 12:00pm–1:00pm for lunch

Closed Saturday, Sunday,  
and Statutory Holidays



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



**Physical Address:** 2154 Lazzar Road  
Sooke, BC, V9Z 1G1

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



### **T'SOU-KE NATION MEMBERS COMMUNICATION & UPDATES**

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



### **T'Sou-ke Nation Health Office**

*Book health appointments via Facebook, phone, or email.*



### **T'SOU-KE NATION YOUTH & PARENTS**

*Updates on youth centre activities, programs, and events.*



### **Ladybug Garden & Greenhouse (LBGG)**

*Featuring the wonders and work taking place in the garden.*



### **T'Sou-ke Jobs Board**

*Showcasing internal and external job opportunities.*



**250-642-3957**



**tsoukenation.com**

## Administration



**250-642-3957**

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

**Administrator, Michelle Thut**  
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ext. 233

**Administrative Assistant, Jessica Kisby**  
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ext. 233

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**Finance Assistant, Tara Jensen**  
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[communications@tsoukenation.com](mailto:communications@tsoukenation.com)  
ext. 224

## Health Department



**250-642-3957**

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

**Community Nurse, Jennifer Routhier**  
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ext. 238

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

**Health Care Assistant, Debbie Ridley**  
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**Community Health, Daphne Underwood**  
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ext. 235

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

## Fisheries

📞 250-642-3957

**Fisheries Stewardship Director, Edward Chutter**  
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ext. 230

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

**Guardian, Dave Planes**  
guardian1@tsoukenation.com

## Marine Team

📞 778-352-0011

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

**Marine Field Tech, Louis Sudlow**  
lsudlow@snekecentre.ca

**Marine Field Tech, Milynda Planes**  
mplanes@snekecentre.ca

## Lands, Forestry, Environment

📞 250-642-3957

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

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

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

## Ladybug Garden

📞 250-642-3949

**Garden Coordinator, Christine George**  
ladybuggarden@tsoukenation.com

## Social Development

📞 250-642-3957

**Social Development Worker**  
socialdevelopment@tsoukenation.com  
ext. 236

## Youth Centre

📞 778-352-3957

**Youth Worker, Brandy Daniels**  
youthcentre@tsoukenation.com

## Children and Families

📞 778-352-3957

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

## Sum-SHA-Thut Lellum

📞 250-642-2263

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

## Chief and Council

**Chief Lawrence Underwood**  
chiefunderwood@tsoukenation.com

**Councillor Rose Dumont**  
dubzdu@gmail.com

**Councillor Bonnie Hill**  
bonniehill@tsoukenation.com

**Councillor Debra Lazzar, Khumchíshliá**  
debralazzar@tsoukenation.com

## Sooke RCMP

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

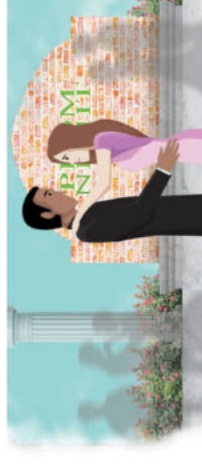
📞 250-642-5241    📄 [ocre-sielc.rcmp-grc.gc.ca/](https://ocre-sielc.rcmp-grc.gc.ca/)

# March 2025

Meetings, events, and health services available this month.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
Community Planning Workshop @ Band Hall 10am-Noon	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	SENĆOŦEN Language Class 6-7:30pm Sea to Tree Counselling 11am-7pm	Rise & Shine Fitness 6-7am Community Planning Workshop (Virtual / Zoom) 5:30-8:00pm	TTA Land Title Meeting 5:30pm	Rise & Shine Fitness 6-7am NIŁ TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	
9	10	11	12	13	14	15
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 11am-7pm	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Elders' Lunch & Planning Chat 12-2pm @ Happy Village Restaurant	Rise & Shine Fitness 6-7am NIŁ TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	
16	17	18	19	20	21	22
	Rise & Shine Fitness 6-7am Elders Lunch + Trip to Shaw Centre for the Salish Sea 10am-3pm Full Body Fitness 7:30-8:30pm	SENĆOŦEN Language Class 6-7:30pm Sea to Tree Counselling 11am-7pm	Rise & Shine Fitness 6-7am Youth 'Tourist in your Community' Day 10am-3pm See flyer for details Full Body Fitness 7:30-8:30pm	5-and-Under Book & Breakfast 8-9am @Health Centre	Rise & Shine Fitness 6-7am NIŁ TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	
23	24	25	26	27	28	29
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 11am-7pm	Community Dinner 5:30pm Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	5-and-Under Spring Fling for Little Sprouts 11am-1:30pm (Behind Health Office)	Rise & Shine Fitness 6-7am NIŁ TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	
30	31					
	Chief & Council Meeting (Virtual / Zoom) 6-8pm					

# 2025 March



## Youth Centre Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	01
02	03	04 Drop-in 3:00-4:30pm	05 Tutoring 3:00-5:00pm	06 Drop-in 3:00-4:30pm	07	08
09	10	11 Drop-in 3:00-4:30pm	12 Tutoring 3:00-5:00pm	13	14 Brandy Away	15
16	17	18	19	20	21	22
Spring Break Activities	Brandy Away		Youth "Tourist in your Community" field trip (Community Planning) 10:00am-3:00pm	Ages 5 and Under Book & Breakfast 8-9am	Seaparc (look for details on the Youth FB page)	
23	24	25	26	27	28	29
	WildPlay Drop-off/Pick-up at Youth Centre 8:30am-4:30pm	Drum-making Workshop 10am-2pm	Royal Museum 8:30am-4:30pm Community Dinner 5:30pm	Ages 5 and Under Spring Fling for Little Sprouts 11am-1:30pm		
30	31	Notes: <b>We will be taking public transit for Spring Break activities. Please drop off and pick up from Youth Centre. Lunches will be provided. Please bring a snack and water bottle if you wish.</b>				
		Regrettably, no rides are available at the moment. Please make alternative arrangements for your transportation until further notice. Please note that the Youth Centre staff and T'Sou-ke Nation are not responsible for electronics or other personal items that may be damaged or lost while participating in youth activities. Watch our Facebook page for any additions or cancellations.				





## **T'Sou-ke Nation signs first-of-its-kind Engagement Protocol Agreement with Maritime Forces Pacific**

On Thursday, February 13, 2025, T'Sou-ke Nation Chief and Council met with CFB Esquimalt Base Commander Kevin Whiteside to sign a first-of-its-kind Engagement Protocol Agreement, marking a significant step forward in recognizing T'Sou-ke's leadership and our shared interests in the use and protection of the Salish Sea.

This historic agreement between T'Sou-ke Nation and Maritime Forces Pacific ((MARPAAC) representing the Department of National Defence, the Canadian Armed Forces, and the Royal Canadian Navy) establishes a framework for meaningful discussions on key issues and fosters positive relations around on-water activities. The agreement strengthens a respectful and collaborative partnership by enhancing communication and notification processes, supports broader reconciliation efforts, and upholds our shared values. The parties will work together to identify key priorities and develop a workplan that will benefit our relationship and mutual interests.

We extend our gratitude to Kurt Salchert, Ryan Chamberland, and the T'Sou-ke Marine Team for their dedication and hard work in making this agreement possible. This partnership upholds our responsibility to protect and care for our waters and asserts our role as environmental leaders.



# Elders' Lunch & Planning Discussion

T'Sou-ke Elders are invited to an afternoon of lunch and casual conversation as we plan for the future.

We would greatly appreciate guidance from our Elders on the direction and priorities of T'Sou-ke Nation in the coming years. We would be honoured if you could join us on this important day!

**Thursday, March 13**  
**Happy Village Restaurant**  
**12:00pm–2:00pm**

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***Registration is required for food.***

Please RSVP to Jessica Kisby or Natassia Davies by March 11 at noon.

Please meet at the restaurant.

**If you require transportation,** please contact Jessica via [admin3@tsoukenation.com](mailto:admin3@tsoukenation.com) or call 250-642-3957 ext. 233.



## Youth of ALL AGES!

Join us for 'Tourist in Your Own Community' Day!

**Wednesday, March 19**  
**10:00am–3:00pm**

**Pick up on #1 @ 9:45am**  
*(Band Hall)*

**Pick up on #2 @ 10:15am**  
*(Mailboxes on Walse-A)*

**KFC Lunch**  
**will be provided!**

Youth 29 and under are invited to participate in a day of fun and exploration as we tour our territory and plan for the future!

Youth will be given disposable cameras to photograph their favourite things in the community, places they feel represent T'Sou-ke and our people, and anything else that inspires or motivates them.

We'll tour our communities on IR#1 and IR#2, visit Siasun beach, the Potholes, we'll meet some of the crew from the TXIT Oyster Farm to learn about their operations in the Sooke Basin, and more!



Live-Stream Dates,  
Meeting Rules and Guidelines,  
and Meeting Summaries

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**Chief and  
Council Meetings**



# Summary of Chief and Council Meeting

March 3, 2025

Chief and Council discussed the T'Sou-ke Arts Group's (TAG) request to house a welcome figure carving and will seek guidance from the community's Elders. A meeting date will be set in the coming weeks.

They approved the Community Wildfire Resiliency Plan, which is intended to identify and prioritize activities that will lead to increased wildfire resilience and reduce the risk and hazards to catastrophic wildfires that could negatively impact T'Sou-ke Nation. The overall goals of this plan are to protect people and properties, preserve wildlife and wildlife habitat, increase FireSmart knowledge to reduce wildfire hazards and risk, and to maintain access to lands for traditional practices and promote regrowth of vegetation.

Council addressed board reporting, establishing a structure for accountability among themselves and to the community to summarize activities of the boards they sit on.

The significance of Fish Boat Bay to T'Sou-ke members was highlighted, with a commitment to maintaining the breakwater.

Additionally, administration was directed to explore funding for updates to the family tree and historical data. More information will be shared as this develops.



Welcome Figure carving process, July 2022



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

February 6, 2025

## Chief and Council Meetings

Greetings, T'Sou-ke Community,

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

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

**Please note these dates are subject to change.**

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

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

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



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

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February 6, 2025

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

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

**Monday, March 31, 2025**

**6:00–8:00pm**

Online only (at this time)

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

We kindly ask all registered members in attendance to adhere by the Open Meeting Rules and Guidelines, found on the following pages.

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



## **Open Meeting Rules and Guidelines**

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

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

### **Open means**

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

The following guidelines shall be followed for meeting observers:

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

### **Closed/ In-Camera means**



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

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

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

### **Live Streamed**

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

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

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

X Lawrence Underwood

Lawrence Underwood  
Chief

X Rose Dumont

Rose Dumont  
Councillor

X Bonnie Hill

Bonnie Hill  
Councillor

X Debra Lazzar

Debra Lazzar (Khumchishliá)  
Councillor



# SUM-SHA-THUT-LELLUM

## PRE<sup>K</sup> PROGRAM

### 2025/2026 REGISTRATION



#### PLEASE NOTE:

**All CHILDREN REGISTERING MUST TURN 3 by December 31, 2025**

- Registration begins March 3, 2025 at 8:30am for **T'SOU-KE NATION**
- Registration begins March 14, 2025 at 8:30am for **STATUS FIRST NATIONS CHILDREN** (children must have their own Status or Métis Card) **AND CURRENTLY REGISTERED CHILDREN.**
- Registration begins April 2, 2025 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 2, 2025**

**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 <sup>ST</sup> VISIT @ 2 MO.	2 <sup>ND</sup> VISIT 2 MO. AFTER 1 <sup>ST</sup>	3 <sup>RD</sup> VISIT 2 MO. AFTER 2 <sup>ND</sup>	4 <sup>TH</sup> VISIT 12 MO. OF AGE	5 <sup>TH</sup> VISIT 12 MO. AFTER 3 <sup>RD</sup>	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 \_\_\_\_\_



# Completion of the Community Complex and Health Centre

The Community Complex and Health Centre is nearly finished! We are looking at substantial completion by the end of this week with occupancy review set to be complete by March 18, 2025. Furniture delivery is set to arrive the week of March 18<sup>th</sup> as well, which means we should be ready to move into the new building come early April.

A grand opening for community will be planned in the Spring, so please stay tuned for details!



*creek water feature + native plants along entrance*



*kitchen (looking out to gas station/Tim Hortons)*



*entrance, reception, and common area seating*



*main hall + canoe feature wall*



*community room with a passthrough kitchen window*



*flex space for staff, meetings, community, etc.*

## Community Planning Session

Wednesday, March 5  
6:30–8:30pm

*Virtual / Zoom*

Meeting ID: 854 8162 9374  
Passcode: 302829

## Elders' Lunch & Planning Session

Thursday, March 13  
Noon–2pm

*Happy Village Restaurant*

Rides available!  
See flyer for details.

## Youth 'Tourist in Your Community'

Wednesday, March 19  
10am–3pm

*Bus/Walking Tours*

KFC lunch will be served!  
See flyer for details.

## Elders' Luncheon & Trip to Shaw Centre for the Salish Sea

Spend a wonderful day exploring the Shaw Centre for the Salish Sea in Sidney, followed by lunch at a local restaurant! The group will depart the Band Hall at 10am. *See flyer for details.*

Monday, March 17  
10am–3pm  
Registration required

## SENĆŦEN Language Class

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

**Tuesday, March 4**  
**Tuesday, March 18**  
**6–7:30pm**

To hear even simple words like 'thank you' said in the SENĆŦEN dialect is wonderfully heartwarming. Ivy is a kind, patient teacher with much knowledge to share.

**Please feel free to join in classes whenever you are able. You don't need to register. We look forward to learning together!**

*A friendly reminder these are not open to the general public and are intended only for our members and their families.*

## Meal Bag Delivery

IR1 & IR2

Wednesday, March 12

## Community Dinner

BAND HALL

Wednesday, March 26

## Virtual Chief & Council Meeting

These meetings are for registered T'Sou-ke members. To obtain the Zoom link, please register with Natassia Davies via [communications@tsoukenation.com](mailto:communications@tsoukenation.com).

Monday, March 31  
6–8pm  
Zoom (*register for link*)





**T'SOU-KE NATION ELDERS 60+  
LUNCHEON &  
SHAW CENTRE FOR THE SALISH SEA BUS TRIP**

***Date: Monday, March 17, 2024***

***Departure: 10:00 AM T'Sou-ke Nation Hall***

***Return: around 3:00 PM to Sooke***

***Join us for a wonderful day exploring the Shaw  
Centre for the Salish Sea in Sidney! After our  
visit, we'll enjoy a delicious lunch at a  
local restaurant.***

***Registration is required for food.***

***Please RSVP to Rose Dumont, Jen Routhier,  
Daphne***

***Underwood or Debbie Ridley at 250-642-3957***

***We look forward to sharing this special day***

# Bear Safety and Garbage Storage: Protecting Our Community

To our community members,

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

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

## Please take the following steps to reduce bear attractants:

### Use Bear-Resistant Containers:

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

### Store Garbage in Safe Locations:

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

### Reduce Odors:

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

### Compost Responsibly:

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

### Keep Areas Clean:

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

## Why Proper Garbage Storage Matters

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

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



**TE'MEXW**  
TREATY ASSOCIATION



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

Scan me



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



250-360-2202



# Social Development, Employment, & Training

☎ 250-642-3957 ext. 233

Michelle Thut (*interim*)

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

**NOTICE:** Please note Debbie has transitioned to a new position within T'Sou-ke Nation and we are in the process of hiring a new Social Development worker. In the meantime, please contact Michelle Thut ([administrator@tsoukenation.com](mailto:administrator@tsoukenation.com) or 250-642-3957 ext. 233) for questions or assistance.

FOR THE MONTH OF	DECLARATIONS DUE BY	CHEQUE ISSUE DAY
March 2025	March 21, 2025	March 26, 2025
April 2025	April 18, 2025	April 23, 2025
May 2025	May 16, 2025	May 21, 2025
June 2025	June 20, 2025	June 25, 2025

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

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

Friendly reminder:  
**Please print your name clearly on your declaration slip and sign it!**

— 2025 —

# Sooke Job Fair

**March 20th | 1:00 - 5:00 pm**

Edward Milne Community School | 6218 Sooke Rd

Reserve a booth early  
to participate in the  
largest job fair in Sooke!

**NO FEES**  
for booth or  
registration

**REGISTER TODAY**

[bit.ly/employer-sooke-job-fair-2025](https://bit.ly/employer-sooke-job-fair-2025)



Learn more about WorkBC  
Employment Services

[workbccentre-langford.ca](https://workbccentre-langford.ca)

Canada



This program is funded by the Government of Canada  
and the Province of British Columbia.

WorkBC Centre Sooke  
(250) 642-3685

WorkBC Centre Westshore  
(250) 478-9525

<b>Monday, March 3</b>	<b>Wednesday, March 5</b>
Beef & cabbage stew, green salad, buns <i>Mousse</i> Milk/Juice	Delicious ham & potato soup, green salad <i>Berries w/ whipped cream</i> Milk/Juice
<b>Monday, March 10</b>	<b>Wednesday, March 12</b>
Shrimp linguine, caesar salad <i>Berry trifle</i> Milk/Juice	Chicken cacciatore, rice, corn <i>Oatmeal cookies</i> Milk/Juice
<b>Monday, March 17</b>	<b>Wednesday, March 19</b>
Broccoli cheese soup, green salad, buns <i>Cinnamon apples</i> Milk/Juice	Meatloaf, potatoes, carrots <i>Yogurt w/ berries</i> Milk/Juice
<b>Monday, March 24</b>	<b>Wednesday, March 26</b>
Pork roast & gravy, rice, corn, buns <i>Mousse</i> Milk/Juice	Italian sausage soup, green salad, buns <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.



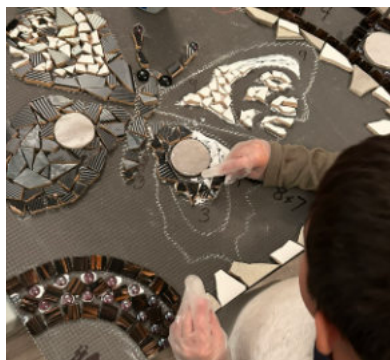
# Youth & Culture

☎ 778-352-3957

Brandy Daniels, Youth Worker

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

📘 T'SOU-KE NATION YOUTH & PARENTS



## Youth Drop-in



TUESDAYS  
& THURSDAYS

3:00pm–4:15pm

## Tutoring

Online (Zoom) or Drop-in



WEDNESDAYS

3:00pm–5:00pm

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

## A New Youth Van is on its Way!

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

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

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

*Mt. Washington Youth Trip, February 2025*





## 🌸 Spring Fling for Little Sprouts! 🌿 🎈 5 & Under Playgroup – T'Sou-ke Nation Families

☀️ Spring is here, and it's time for some **fun in the sun!** Bring your little ones (5 & under) for a special **Spring Fling** filled with laughter, play, and community connections.

📅 **Date:** March 27, 2025

🕒 **Time:** 11:00 AM – 1:30 PM

📍 **Location:** Behind the T'Sou-ke Health Office (*Alternate location may be offered*)

### 🌟 What's in store?

🎈 Play & social time

🫧 Bubbles and bouncy castle

🎨 Face painting

🎵 Music & fun activities

🍎 **Yummy lunch & drinks provided**

📁 **Each of our 5 and under children/babies will take home a special spring gift!**

👪 **Parents, guardians, and caregivers—this is a great time to connect while the kids play!**

📌 **Registration required!** This event is for **T'Sou-ke members, and their children born to them.** Please comment or message with:

👤 Your child(ren)'s ages

👥 Number of adults attending

We can't wait to celebrate spring with you all! 🌸 🌟

**To register, please call or email Brandy Daniels at**  
[mchworker@tsoukenation.com](mailto:mchworker@tsoukenation.com) **or 250-642-3957 ext 235**

**IMPORTANT REGISTRATION IS REQUIRED BY MARCH 14<sup>TH</sup>, 2025**

NIL TU,O PROUDLY PRESENTS ELEVENTH ANNUAL



# HEUIST TTE KELAK

DOOR  
PRIZES!

## HONOUR THE BABIES

April 16, 2025 | 11 am - 2 pm

Saanich Fairgrounds

### WE'RE CELEBRATING BABIES BORN IN 2024

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

Lunch will be provided.

Please send filled in registration form and a copy of  
baby's ID to [reception@niltuo.ca](mailto:reception@niltuo.ca) to confirm attendance.

Deadline to Register  
March 15

Website: [niltuo.ca](http://niltuo.ca)

Phone: 250-544-1400

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



Scan to register  
online

# Health Department

Book appointments  
with us via phone,  
email, or Facebook

☎ 250-642-3957  
ext. 237 (Rose, Admin Health Coordinator)  
ext. 238 (Jen, Community Nurse)

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

✉ [nurse1@tsoukenation.com](mailto:nurse1@tsoukenation.com)

📘 *T'Sou-Ke Nation Health Office*

## DR. KLUGE'S CLINIC

**Please note there is no clinic day in March due  
to scheduling conflicts.**

**We apologize for the inconvenience.**

BOOK APPOINTMENT



## REFLEXOLOGY

Reflexology is  
available twice  
monthly at the  
Health office.

BOOK APPOINTMENT



## ACUPUNCTURE

Acupuncture is  
available once  
monthly at the  
Health office.

BOOK APPOINTMENT



## BOOK AND BREAKFAST FIVE AND UNDER PLAYGROUP

T'Sou-ke Nation Mommies, Daddies and/or Caregivers,  
please join us this month for a Toddler Book and  
Breakfast and a fun-filled spring event!

### Book and Breakfast

March 20, 8–9am, Health Office

### Spring Fling for Little Sprouts

March 27, 11–1:30, Behind Health Office

**Please register with Brandy at  
[mchworker@tsoukenation.com](mailto:mchworker@tsoukenation.com)**

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

## CHILD IMMUNIZATIONS

Is your child up to date  
with all their vaccinations?  
The Health department  
offers routine  
immunizations

BOOK APPOINTMENT



## FOOT CARE SERVICES & ROUTINE FOOT CARE

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

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

[BOOK APPOINTMENT](#)



DROP-IN

6:00am–7:00am

### RISE & SHINE MORNING CLASS

BAND HALL

Greet the morning sun with this invigorating morning exercise routine

MONDAYS

WEDNESDAYS

FRIDAYS

DROP-IN

12:00pm–1:00pm

### YOGA CLASSES

HEALTH OFFICE

Find a moment of peace during this relaxing afternoon yoga class

FRIDAYS

DROP-IN

7:30pm–8:30pm

### FULL BODY STRENGTH TRAINING

BAND HALL

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

MONDAYS

WEDNESDAYS

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

## EXPIRED NALOXONE KITS

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

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

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

## SEAPARC PASSES

Seaparc passes are available at the Health office!

Each family is eligible for 4 passes per month.

*View drop-in schedules on the Seaparc website.*



☎ 778-352-3115

✉ [info@seatotree.ca](mailto:info@seatotree.ca)

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



## IN-HOUSE COUNSELLING SERVICES

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

### Counselling & Wellness Services

HEALTH OFFICE

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

TUESDAYS

11:00am–7:00pm

## FREE PARENT WORKSHOPS

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

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

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

## WHAT KIND OF COUNSELLING SERVICES WOULD SUPPORT YOU BEST?

### SHARE YOUR FEEDBACK WITH SEA TO TREE

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



SCAN ME!



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

<https://forms.gle/Xw6J4C4ffoFDmHg66>

# PARENT WORKSHOPS & SUPPORT CIRCLE



WEDNESDAYS  
6:15-7:30 PM

FREE!

EMCS  
6218 Sooke Rd.  
Library

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

## SCHEDULE

FEB 5

### SUPPORT CIRCLE

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

FEB 12

### UNDERSTANDING THE TEEN BRAIN

FEB 19

### SUPPORT CIRCLE

FEB 26

### MENTAL HEALTH & SELF CARE FOR PARENTS AND CAREGIVERS

MARCH 5

### SUPPORT CIRCLE

MARCH 12

### TEEN MENTAL HEALTH

APRIL 2

### SUPPORT CIRCLE

APRIL 9

### IMPROVE COMMUNICATION, REDUCE CONFLICT

APRIL 16

### SUPPORT CIRCLE

APRIL 23

### SPECIAL FOCUS TOPIC



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

### A Guide for T'Sou-ke Community Members

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

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

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

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

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

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



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

## A Guide for T'Sou-ke Community Members

### When to Contact T'Sou-ke Nation

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

#### Disputes Within Reserve

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

#### Lands, Resources, and Environment

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

#### Community Services and Programs

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

#### Governance, Laws, and Bylaws

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

#### Band Housing and Infrastructure Issues

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

#### Emergency Preparedness and Disaster Response

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

**250-642-3957**

### When to Contact the RCMP

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

#### Emergencies and Threats to Life (Call 911)

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

#### Public Disturbances or Disputes

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

#### Criminal Activity

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

#### Missing Persons

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

#### Road Safety and Traffic Incidents

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

#### Firearms and Weapons Offenses

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

**250-642-5241 or 911**

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