



MAY

2025 Newsletter
T'Sou-ke First Nation



📷 John Ryce working on a paddle for the Community Complex & Health Centre

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

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

T'Sou-ke Office Hours

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

Closed 12:00pm–1:00pm for lunch

Closed Saturday, Sunday,
and Statutory Holidays



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



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

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



T'SOU-KE NATION MEMBERS COMMUNICATION & UPDATES

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



T'Sou-ke Nation Health Office

Book health appointments via Facebook, phone, or email.



T'SOU-KE NATION YOUTH & PARENTS

Updates on youth centre activities, programs, and events.



Ladybug Garden & Greenhouse (LBGG)

Featuring the wonders and work taking place in the garden.



T'Sou-ke Jobs Board

Showcasing internal and external job opportunities.

250-642-3957

tsoukenation.com

Administration

250-642-3957

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

Administrator, Michelle Thut
administrator@tsoukenation.com
ext. 233

Administrative Assistant, Jessica Kisby
admin3@tsoukenation.com
ext. 233

Finance Manager, Sandra Sprinkling
admin1@tsoukenation.com
ext. 223

Finance Assistant, Tara Jensen
admin2@tsoukenation.com
ext. 222

Communications Coordinator, Natassia Davies
communications@tsoukenation.com
ext. 224

Health Department

250-642-3957

Admin Health Coordinator, Rose Dumont
rosedumont@tsoukenation.com
ext. 237

Community Nurse, Jennifer Routhier
nurse1@tsoukenation.com
ext. 238

Health Care Assistant, Lorissa Orser
healthcareassistant@tsoukenation.com
ext. 238

Health Care Assistant, Debbie Ridley
healthcareassistant@tsoukenation.com
ext. 238

Community Health, Daphne Underwood
communityhealth@tsoukenation.com
ext. 235

Maternal Child Health Worker, Brandy Daniels
mchworker@tsoukenation.com

Fisheries

📞 250-642-3957

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

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

Guardian, Dave Planes
guardian1@tsoukenation.com

Marine Team

📞 778-352-0011

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

Marine Field Tech, 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/

May 2025

Meetings, events, and health services available this month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
					Rise & Shine Fitness 6-7am NĪL TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	
4	5	6	7	8	9	10
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm		Rise & Shine Fitness 6-7am NĪL TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	
11	12	13	14	15	16	17
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm SENĆOŦEN Language Class 6-7:30pm	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm		Rise & Shine Fitness 6-7am NĪL TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	
18	19	20	21	22	23	24
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm IPCA Dinner + Bingo 5pm	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Dr. Kluge's Clinic 10am-4pm	Rise & Shine Fitness 6-7am NĪL TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	
25	26	27	28	29	30	31
	Rise & Shine Fitness 6-7am Chief & Council Meeting 6:00pm (Zoom) Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm SENĆOŦEN Language Class 6-7:30pm	Community Dinner 5:30pm Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm		Rise & Shine Fitness 6-7am NĪL TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	

Summary of Chief & Council Meeting

April 28, 2025

Fishboat Bay Proposal

Council supported the recommendation of staff to not provide support for Coastal Remediation Society's proposal at Fishboat Bay to remove the rock breakwater and create a recreational surfing site. Staff raised concerns over ecological and cultural impacts and recommended not supporting the project at this time. The Nation will provide written feedback outlining expectations for environmental oversight, cultural engagement, and community consultation, while remaining open to further dialogue if the proposal evolves.

Housing Lot Allocations

Council approved the T'Sou-ke Nation Proposed Individual Family Lot Selection and Development Process presented on behalf of the housing committee at the March 31, 2025, C&C meeting. This process will establish fair lot distribution in the new IR#2 Phase 1 subdivision and future lots. The goal of the Council and the staff is to assign as many lots as possible to members under the ministerial guarantee program related to our contingent liability per fiscal year.

Knotweed Management

A letter was recently sent to the Province of BC requesting immediate action be taken to issue a long-awaited Letter of Authorization so we can apply for a Pesticide Use Permit (PUP) application in order to manage the highly invasive knotweed plant along Sooke River and Charters Creek—a joint effort between the Nation, the District, and the CRD.

Release of Assets

Council approved a request from the fisheries/marine departments for the release of asset for a no-longer-used 18-foot vessel. The teams have deemed this vessel no longer ideal for diving or for the local area other than the basin and harbour, and cited the Nation's newer vessels now make this smaller vessel obsolete.

Other Highlights

- TransMountain has provided \$1,000 to support the Nation's participation in Tribal Journeys to Elwha.
- Council supports the District of Sooke's current plans for honouring National Indigenous Peoples Day and the National Day for Truth and Reconciliation.
- Spring Salmon Place opens May 9 under a finalized seasonal operations agreement.
- The Band Designate and Income Assistance positions have been filled as of the end of April.

Next Meeting Date:

**May 26
6–8pm**

Watch via Zoom

To register and request the Zoom link, please email Natassia Davies.



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

May 5, 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, May 26, 2025

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.

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

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.

Monday, May 26
6–8pm
Zoom ([register for link](#))

Post-Secondary Funding Applications

If you are a registered T'Sou-ke First Nation Band Member you are eligible to apply for Post-Secondary funding for college or university for the 2025-26 school year (beginning Sept. 2025).

You will find an application near the end of the newsletter.

Please contact Jessica or Sandra if you have any questions or need help with the application. Applications are due no later than 4:00 pm Friday, May 23, 2025 and can be sent via email to admin1@tsoukenation.com, by Fax 250-642-7808 or mail to P.O. Box 307, Sooke, BC V9Z 1G1.

IPCA Dinner & Bingo!

Tuesday, May 20

Doors + Opening Remarks
@ 5:00pm

Dinner @ 5:30pm

IPCA Discussion
& Bingo @ 6:00pm

Join us on Tuesday, May 20th for our monthly dinner to discuss Indigenous Protected and Conserved Areas (IPCAs) and discuss T'Sou-ke Nation's intention to establish an IPCA within our territory. We'll share a meal and play some BINGO!!

SENĆOŦEN Language Class

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

Tuesday, May 13
Tuesday, May 27
6–7:30pm

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

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

Community Dinner

BAND HALL

Wednesday, May 28

Friendly reminder: empty your inbox!

If you receive Nation correspondence via email, please take a moment to empty or tidy up your inbox and empty your trash folder. Email accounts have storage limits, and once they're full, you won't receive important messages. A quick cleanup ensures you stay connected!



2154 Lazzar Road, Sooke B.C., V9Z 1G1
Ph.:250-642-3957 Fax: 250-642-7808

Lands Department Request
May 7th, 2025

Call for Interest to be on the T'Sou-ke Lands Management Committee

We're seeking additional members to join our committee. This is a meaningful opportunity to contribute to your community. Members receive a modest honorarium, and dinner is provided at our monthly evening meetings. Please note that additional meetings may be scheduled as needed.

The Lands Committee Role in Section 24.1 of the land code

- a) Assist with the development of the administration system.
- b) Advise the Council and its staff on matters respecting the T'Sou-ke lands.
- c) Recommend laws, resolutions, policies, and practices respecting T'Sou-ke Nation land to the Council.
- d) Hold regular & special meetings of members to discuss T'Sou-ke Nation's land issues and make recommendations to the Council on the resolution of such issues.
- e) To assist in the exchange of information on land issues between members & the Council
- f) Oversee community approvals and consultation under this Land Code
- g) Keep up to date on all Land Management operations; and
- h) Such other duties & functions as Council may direct

Composition 25.1) The lands Committee shall be composed of 11 band members, all who must be eligible voters.

Eligibility to be a Lands Committee Member 25.2) Any eligible voter, whether resident on or off T'Sou-ke Nation land, is eligible for appointment or election to the Lands Committee, except for the following persons; **25.2 a)** any person convicted of corrupt practice, including accepting a bribe, dishonesty, or wrongful conduct.

For further detailed reading on the Committee, our Land Code (page 22-26) is always available upon request for print & pick up at the band office. The Lands Committee Terms of Reference are also available to share upon request.

Please submit in writing your full name, any experience you may have and the reason you would like to be a part of the lands committee. HÍSWĒKE SIÁM

Options to apply via email, written or verbally; Attention: Bonnie Hill – Lands Manager

Email; landsmanager@tsoukenation.com

Office Mail; PO Box 307, 2154 Lazzar Road, Sooke, BC, V9Z 1G1 Office #: 250-642-3957 ext. 227

Please submit your application, the deadline for applying is Wednesday May 21st by 4:30pm.

Community Dinner & Bingo

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

The IPCA model helps bring together stewardship, reconciliation, cultural revitalization and Nation-building.

Join us to:

- Learn more,
- Share a meal,
- Play bingo, and
- Help us plan for this year's Tribal Journey to Elwha!



WHAT: Community Dinner + Bingo!

WHERE: T'Sou-ke Nation Band Hall

WHEN: May 20th, 5:00PM

Whether you're there to listen, share, or simply connect, your presence is deeply valued at these **monthly** community dinners.

Indigenous Protected and Conserved Areas (IPCAs)

"IPCAs are lands and waters where Indigenous governments have the primary role in protecting and conserving ecosystems through Indigenous laws, governance, and knowledge systems. Culture and language are at the heart and soul of an IPCA."

-Indigenous Circle of Experts, 2018

Elements of an IPCA:

Indigenous-led



Represent a long-term commitment to conservation



Uplift Indigenous Rights & Responsibilities



Over 80 IPCAs have been established in the Canadian context.

IPCAs are a modern application of Indigenous laws and knowledge systems. Indigenous Governments, Nations and Peoples create IPCAs to assert their nationhood and sovereignty on the lands and waters they have been stewarding for millennia.

Indigenous Governments hold the inherent right to establish and care for IPCAs in their territories. IPCAs can be declared anywhere within the territory of an Indigenous Nation, Government or community, including reserve lands, cities/towns, rural areas and watersheds.

Further Resources:

- The IPCA Knowledge Basket is a website dedicated to resources about IPCAs: www.ipcaknowledgebasket.ca
- A network of IPCA Innovation Centres is being developed to coordinate and build capacity for IPCAs: www.ipcainnovation.ca



New Income Assistance/ Employment Support Worker

Hello Community Members,

I'm excited to share that I, **Yvonne St. Pierre**, have returned to my role as your **Income Assistance / Employment Support Worker**. Many of you may remember me as the Band Social Development Worker from April 2014 to November 2019.

A New Year, A Fresh Start

As we begin the new fiscal year, **ALL Social Assistance clients are required to complete a new annual application** to continue receiving benefits.

Required Documents:


To update your file, please provide:

- ✓ A completed 2025 application
- ✓ A signed consent form
- ✓ Two (2) valid, up-to-date pieces of ID
- ✓ A copy of your **2024 tax return**
- ✓ A **30-day bank statement**
- ✓ A copy of your **Hydro Bill**


Please note that you received a direct deposit form attached to your May benefit cheque. Kindly complete the form and return it to either Tara Jensen or Sandra Sprinkling in the Finance Department.

Let's Connect!

To ensure your information is current and your needs are met, I will be starting **new files for each household** and would like to meet with everyone **individually**. I will be reaching out to schedule appointments, or feel free to contact me directly to book a time.

 **Phone:** 250-642-3957 ext. 236

 **Email:** socialdevelopment@tsoukenation.com

 **Office Hours:** Mon–Fri: 8:30am–12pm & 1pm–4:30pm

 **Appointments Required:** **Appointments available Mon–Thurs:** 9am–12pm & 1pm–4:30pm

I'm truly looking forward to reconnecting with all of you and continuing to support your journey.

Warm regards,

Yvonne St. Pierre

Income Assistance / Employment Support Worker

Monthly Declarations & Cheque Schedule

PLEASE NOTE:

If your updated application is NOT in your file, you will NOT be eligible to receive your June cheque.

MONTH	DECLARATIONS DUE	CHEQUE ISSUE DATE
June 2025	May 16, 2025	May 21, 2025
July 2025	June 20, 2025	June 25, 2025
August 2025	July 18, 2025	July 23, 2025
July 2025	July 18, 2025	July 23, 2025

Declarations must be handed in by the due date to avoid cheque delays. No exceptions.

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!**



APPLICATION FOR SOCIAL ASSISTANCE

Provision of the information requested on this document is voluntary and is being collected in order to make a fair decision. The information will be stored in personal information bank INA / P-PU-020 and is protected under the provisions of the Privacy Act.

Department or Band Administration Authority

Section 1

Applicant's name		Band Name and Family No.		Province of Membership	
Address		Postal Code		On Reserve <input type="checkbox"/> Yes <input type="checkbox"/> No	Telephone No.
Marital Status ▶ <input type="checkbox"/> Single <input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Separated <input type="checkbox"/> Widower <input type="checkbox"/> Single Parent <input type="checkbox"/> Unmarried Couple					
Date of Birth		S.I.N.		Health Insurance No. (if non Indian)	
Are you a Canadian Citizen? <input type="checkbox"/> Yes <input type="checkbox"/> No		Date of arrival in Canada			
Date last Social Assistance received		Administering Authority		Amount \$	
Are you / your spouse awaiting other benefits <input type="checkbox"/> Yes <input type="checkbox"/> No		If yes, benefit applied for		Date	
Are you seeking employment <input type="checkbox"/> Yes <input type="checkbox"/> No		If no, explain			
Date of last employment		Date		Reason for termination	
If separated / divorced / deserted, have you applied for financial support? <input type="checkbox"/> Yes <input type="checkbox"/> No		If no, explain			
Spouse's Name		Band Name and Family No.		Province of Membership	
Address		Postal Code		On Reserve <input type="checkbox"/> Yes <input type="checkbox"/> No	Occupation

Section 2

Applicant's Previous Address(es)		From		To	
		Month	Year	Month	Year
1					
2					
Most Recent/Present Education or Training Program		From		To	
		Month	Year	Month	Year
Applicant ▶					
Spouse ▶					
Name & Address of Previous/Present Employer		From		To	
		Month	Year	Month	Year
Applicant ▶					
Spouse ▶					

Section 3

Dependent(s) In Home Names	Relationship	Date of Birth	Band Name and Family No.	Education
Other Persons in Home Names	Relationship	Age	Source of Income	

Section 4									
Assets									
Money Owning from Other Persons <input type="checkbox"/> Yes <input type="checkbox"/> No Amount \$			Savings <input type="checkbox"/> Yes <input type="checkbox"/> No Amount \$			Equipment / Trapping Gear <input type="checkbox"/> Yes <input type="checkbox"/> No Value \$			
In Trust <input type="checkbox"/> Yes <input type="checkbox"/> No Amount \$			1 st Vehicle <input type="checkbox"/> Yes <input type="checkbox"/> No Make & Year			Livestock <input type="checkbox"/> Yes <input type="checkbox"/> No Value \$			
Life Insurance <input type="checkbox"/> Yes <input type="checkbox"/> No Amount \$			2 nd Vehicle <input type="checkbox"/> Yes <input type="checkbox"/> No Make & Year			Other Assets (Specify) <input type="checkbox"/> Yes <input type="checkbox"/> No Value \$			

Section 5									
Previous Month's Income	Applicant				Spouse and Dependent(s)				
	Yes	No	Amount	Date Received	Yes	No	Amount	Date Received	
Wages - Including Severance and Holiday Pay			\$				\$		
Pension (State Type)			\$				\$		
Workers Compensation			\$				\$		
Unemployment Insurance			\$				\$		
Education and Training Allowance			\$				\$		
Fur & Fish Sales, Farming and Small Business			\$				\$		
Band Distribution			\$				\$		
Rental or Land Lease			\$				\$		
Family Support Payments			\$				\$		
Other Income			\$				\$		
Lump Sum Payment or Settlement within the Past Year			\$				\$		
Total earning's in the past 12 months			\$ _____						

Section 6									
Is Accommodation Shared? <input type="checkbox"/> Yes <input type="checkbox"/> No					Who is Responsible for Shelter Costs?				
Rented or Owned					CMHC Assisted Housing <input type="checkbox"/> Yes <input type="checkbox"/> No				
Costs:	Rent / Housing Payment	\$ _____	Utilities	\$ _____	Garbage, Water, Sewer	\$ _____			
	Fuel	\$ _____	Maintenance	\$ _____	Basic Telephone Rental	\$ _____			
			Home Insurance	\$ _____					

Section 7									
<p>I declare and affirm that the information provided by me on this application form is complete and correct and is given in order to substantiate my entitlement to Social Assistance. I agree to advise the Administering Authority of any change in my financial status, income, marital status, family size, or other circumstances that may affect my eligibility for benefits. I further consent to the Administering Authority disclosing any information in this application to any such source or any such reporting agency, in order to verify or confirm the information, and further consent to any such source disclosing information to the Administering Authority in order that it can verify or confirm the information in this application.</p> <p>⚠Social Assistance benefits obtained under false pretense or misrepresentation may lead to prosecution under the Criminal Code of Canada</p> <div style="display: flex; justify-content: space-between; margin-top: 20px;"> <div style="width: 25%; text-align: center;"> _____ Signature of Applicant </div> <div style="width: 25%; text-align: center;"> _____ Date </div> <div style="width: 25%; text-align: center;"> _____ Signature of Witness </div> <div style="width: 25%; text-align: center;"> _____ Date </div> </div> <p>Information contained in this application has been verified by:</p> <div style="display: flex; justify-content: space-between; margin-top: 20px;"> <div style="width: 45%; text-align: center;"> _____ Date </div> <div style="width: 45%; text-align: center;"> _____ Signature of Administering Authority </div> </div> <p>Comments on Administrative Authority:</p> <div style="height: 150px; border: 1px solid black; margin-top: 10px;"></div>									



Indian and Northern
Affairs Canada

Affaires indiennes
et du Nord Canada

CONSENT TO RELEASE OF INFORMATION

Provision of the information requested on this document is voluntary and is being collected in order to make a fair decision. The information will be stored in personal information bank INA / P-PU-020 and is protected under the provisions of the Privacy Act.

I, _____, Family No. and Band Name _____,

consent to the release by _____ of information concerning _____
(Agency, Company or Individual)

_____ to the under-noted Administrative Authority for the
purpose of determining my eligibility for social assistance.

Signature of Applicant

Date

The Administrative Authority will use information provided by the above-named Agency, Company or Individual for the sole purpose of determining the eligibility of the applicant for social assistance

Administrative Authority

Date

Original to ➤ Administrative Authority Copies to ➤ Client File, Agency/Company or individual

Monday, May 5	Wednesday, May 7
Nuts & Bolts stir fry, rice <i>Peach cobbler</i> Milk/Juice	Classic macaroni shrimp salad, green salad <i>Berries with cream</i> Milk/Juice
Monday, May 12	Wednesday, May 14
Hot chicken salad, buns <i>Baked apples</i> Milk/Juice	Michelle's salad <i>Strawberry rhubarb crunch</i> Milk/Juice
Monday, May 19	Wednesday, May 21
CLOSED (Victoria Day)	Chili, rice, green salad, buns <i>Mousse</i> Milk/Juice
Monday, May 26	Wednesday, May 28
Pork roast, rice, corn <i>Berries w/ whipped cream</i> Milk/Juice	Baked halibut, rice, carrots <i>Cinnamon apples</i> Milk/Juice

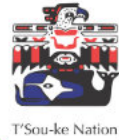
Meals are subject to change depending on availability of products.

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.



TE'MEXW
TREATY ASSOCIATION



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

Scan me



info@temexw.org



250-360-2202

Health Department

Book appointments with us via phone, email, or Facebook

- 📞 250-642-3957
ext. 237 (Rose, Admin Health Coordinator)
ext. 238 (Jen, Community Nurse)
- ✉️ rosedumont@tsoukenation.com
- ✉️ nurse1@tsoukenation.com
- 📍 T'Sou-Ke Nation Health Office

TUESDAYS

12:00–7:00pm

Counselling & Wellness Services

HEALTH OFFICE

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

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



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

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

DROP-IN

6:00–7:00am

Rise & Shine

BAND HALL

Greet the morning sun with this invigorating morning exercise routine

MON

WED

FRI

DROP-IN

7:30–8:30pm

Full Body Strength

BAND HALL

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

MON

WED

DROP-IN

12:00–1:00pm

Yoga

HEALTH OFFICE OR OUTSIDE

Find a moment of peace during this relaxing afternoon yoga class

FRI

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

Seaparc Passes

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

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

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

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

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

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

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

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

Dr. Kluge's Clinic

What is this service?

A one-day monthly clinic to access physician services. You may access this service regardless of whether or not you have a family doctor. Booking time slots usually happens around the beginning of each month.

Who is this for?

Families on and off reserve requiring access to a physician

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

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

"A Naloxone kit has syringes, naloxone
and everything you need to save a life.
Even your friends or families lives.
So learn the 'save me' steps."

SHANE BAKER
GITXSAN NATION



Learn how to use Naloxone. You could save a life.

The First Nations Health Authority
encourages destigmatizing
conversations among family members
and friends around drug use.

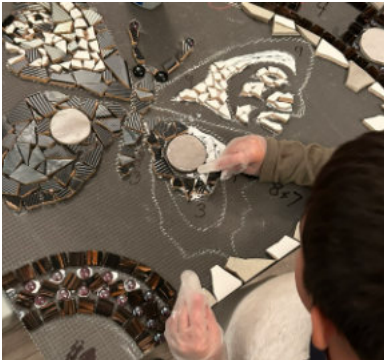
- Be there for each other - reach out to your family and Nation members who may need to hear a familiar voice
- Learn about harm reduction and how it can save lives
- Get a naloxone kit, add it to your first aid kit - it's free
- If you see someone having an overdose: Call 9-1-1 or your local emergency number.
- To speak with a nurse about non-emergency overdose prevention: Call 8-1-1 or visit your local health centre.

778-352-3957

youthcentre@tsoukenation.com

T'SOU-KE NATION YOUTH & PARENTS

Youth & Culture



Youth Drop-in



TUESDAYS

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.

Spring Fling for Little Sprouts, March 2025



If you are a registered T'Sou-ke First Nation Band Member you are eligible to apply for Post-Secondary funding for college or university for the 2025-26 school year (beginning Sept. 2025).

You will find an application on the following pages which lists all the details that are required, such as transcripts (for continuing students), costs, institution details, timeline, etc.

Please contact Jessica or Sandra if you have any questions or need help with the application. **Applications are due no later than 4:00 pm Friday, May 23, 2025** and can be sent via email to admin1@tsoukenation.com, by Fax 250-642-7808 or mail to P.O. Box 307, Sooke, BC V9Z 1G1.

Post-Secondary Education Financial Assistance





T'SOU-KE FIRST NATION

**APPLICATION FORM
FOR**

***POST-SECONDARY EDUCATION
FINANCIAL ASSISTANCE***



T'Sou-ke First Nation, Education Services
2154 Lazzar Road
Sooke, BC V9Z 0X4

STUDENTS NAME

DATE RECEIVED BY TFN

PLEASE PRINT CLEARLY

POST SECONDARY FUNDING APPLICATIONS MUST BE COMPLETELY FILLED OUT. THE APPLICATION IS REQUIRED FOR EVERY YEAR. IN ADDITION TO THIS APPLICATION, YOU WILL NEED THE FOLLOWING:

1. A LETTER FROM THE POST SECONDARY INSTITUTION STATING THAT YOU ARE ACCEPTED OR THAT YOU HAVE APPLIED, AND THEY ARE LOOKING AT YOUR FILE.
2. IF YOU ARE A CONTINUING STUDENT, PLEASE ATTACH YOUR PRIOR YEAR TRANSCRIPTS.
3. A LIST OF TUITION, REGISTRATION FEES, STUDENT FEES, AND ANY OTHER COSTS. THIS LIST MUST BE FROM THE POST SECONDARY INSTITUTION'S REGISTRAR'S OFFICE OR PRINTED FROM THEIR INTERNET SITE.

HAVE YOU EVER BEEN FUNDED FROM T'SOU-KE FIRST NATION PREVIOUSLY? ☐ YES ☐ NO

IF YES, DID YOU COMPLETE THE PROGRAM: ☐ YES, WHAT PROGRAM _____

☐ NO IF NO, WHY DIDN'T YOU COMPLETE?

STUDENT PROFILE

LAST NAME _____ FIRST NAME _____ MIDDLE INITIAL _____

ADDRESS (please be sure to include your **postal code**)

TFN REGISTRSTION # _____ PHONE# _____ EMAIL _____

MARITAL STATUS: ☐ SINGLE ☐ MARRIED/COMMON LAW

DEPENDANTS RESIDING WITH APPLICANT

NAME	AGE (mm/dd/yyyy)	RELATIONSHIP	STATUS

POST-SECONDARY INSTITUTION INFORMATION NAME OF INSTITUTE ACCEPTED TO:

PHONE _____ ADDRESS _____

INSTITUTION TYPE ☐ COLLEGE ☐ UNIVERSITY ☐ UNIVERSITY COLLEGE ☐ OTHER
INSTITUTION

SESSION APPLIED FOR: ☐ FALL ☐ WINTER ☐ SPRING ☐ SUMMER

WHAT ARE THE START AND END DATES FOR THIS CURRENT FUNDING YEAR: _____

ARE YOU STUDYING ☐ FULL-TIME ☐ PART-TIME

PROGRAM/COURSE NAME _____

AREA OF STUDY: _____

DOES YOUR PROGRAM REQUIRE: ☐ INTERNSHIP ☐ PRACTICUMS ☐ CO-OP

☐ IF YES, EXPLAIN: _____

QUALIFICATION SOUGHT ☐ NON-UNIVERSITY TYPE DIPLOMA/CERTIFICATE

☐ UNDERGRADUATE
(E.g., Bachelor's degree; first professional degree; university type certificate or diploma)

☐ GRADUATE
(E.g., License graduate; Master's degree and qualifying year; PhD and qualifying year; earned Doctorate; graduate level certificate or diploma)

☐ OTHER
(e.g., Adult Basic Education Upgrade / Courses shorter than one year)

LENGTH OF PROGRAM (per institute) _____

YEAR OF STUDY _____

YEAR(S) OF SPONSORSHIP REQUESTED _____

PROJECTED COMPLETION DATE _____

PERSONAL EDUCATION GOALS: (please be detailed and make sure it is legible – if we cannot read it, we will return it to you and your funding could be delayed.)

PLEASE DESCRIBE YOUR CAREER DEVELOPMENT TIMELINE:



Graduate in Just 5 Months!



Fast Forward to Graduation

- The SD62 Fast Forward Program offers the chance for adults (18+) to obtain their high school graduation in just 5 months.
- This in-person cohort program allows students to move through their courses as a class in a supportive and collaborative learning environment.
- Ministry of Education & Child Care Funded
- Free for Non-Graduated Adults who are BC Residents

The future is closer than you think.

 www.sd62.bc.ca/fastforwardtograd
 250-391-9002



SOOKE 62
SCHOOLS
Shaping Tomorrow Today



SD62 Grade 6-8 Blended Learning Program

What is Blended Learning?

Blended learning combines online learning with the best parts of in-person learning. Students attend online classes from home 4 days per week and are on site for in-person learning activities 1 day per week.

Any student who lives within SD62 and will start grade 6, 7 or 8 in September 2025 can apply to be in the SD62 blended learning program.

Who can register?

My child has an IEP






Students with Individual Education Plans (IEPs) will receive support to help them meet their IEP goals.

Student learning is supported with Ministry of Education curriculum for grade levels and subject areas. Activity days emphasize community connections, land based and social emotional learning.

What do students learn?

What does a typical week look like?

Week At A Glance

Monday	Tuesday	Wednesday	Thursday	Friday
<i>MORNING CHECK IN</i> 8:45 - 9	<i>MORNING CHECK IN</i> 8:45 - 9	9:45 am - 2:30 pm <i>NAVAL MUSEUM</i> <i>PICKUP / DROPOFF</i> <i>JDF</i>	<i>MORNING CHECK IN</i> 8:45 - 9	<i>MORNING CHECK IN</i> 8:45 - 9
9:00-9:45 PE / Health	Math		Math	Socials
10 - 10:45 Science	Novel Study		Science	Work Time
11-11:45 Current Events	ADST		Writing	Genius Hour
<i>LUNCH</i> 11:45-12:30 	<i>LUNCH</i> 11:45-12:30 	<i>LUNCH</i> 11:45-12:30 	<i>LUNCH</i> 11:45-12:30 	<i>LUNCH</i> 11:45-12:30 
<i>AFTERNOON CHECK-IN</i> 12:30 - 12:45	<i>AFTERNOON CHECK-IN</i> 12:30 - 12:45	<i>PICKUP TIME!</i> 2:30 PM	<i>AFTERNOON CHECK-IN</i> 12:30 - 12:45	
<i>SELF-DIRECTED</i> <i>LEARNING TIME • DROP IN /</i> <i>BOOK A MEETING JOURNEY</i> 12:45-2:45	<i>SELF-DIRECTED</i> <i>LEARNING TIME • DROP IN /</i> <i>BOOK A MEETING JOURNEY</i> 12:45-2:45		<i>SELF-DIRECTED</i> <i>LEARNING TIME • DROP IN /</i> <i>BOOK A MEETING JOURNEY</i> 12:45-2:45	<i>BOARD GAME CAFE</i> 12-2pm Spencer Middle

What do students need for this program?

Students need access to a computer with an internet connection and the capability of participating in video lessons along with a workspace at home that is appropriate for attending online classes and completing assignments.

Families are responsible for providing adult supervision during at home learning days and student transportation for weekly activity days.

Program location & home school

Currently registration numbers dictate a program for a Westshore Middle School Community. We would value hosting blended learning classes in other SD62 Middle School communities however this will be determined by registration numbers.

Families choose Blended Learning for many reasons such as their child:

- prefers a non-traditional learning environment
- enjoys learning online
- has health concerns
- is committed to other passions that require flexible school scheduling
- is transitioning from home schooling to public school
- prefers increased flexibility within their daily schedule including the time & duration of work periods and physical activity/nutrition breaks

Why choose blended learning?

How do I apply?

Current SD62 families complete a School Change Request (SCR). Select 'Blended Learning' as the reason for the request. Also choose 'Blended Learning' as the 'school' you are requesting to change to. New to SD62 families can register via the SD62 website
For information call: 250-391-9002
or email online@sd62.bc.ca

What are families saying about the program?

"The blended learning program is such an amazing option. I am so impressed that SD62 is offering it. The instructors go above and beyond to help the kids through the program and they really do show that they care and are invested in these kids. It is nice to have an alternative way of learning especially if your child does not fit the Monday to Friday school model." (Catriona M.)

"Our son was diagnosed with a chronic disease shortly after Covid started. When it was time to go back to school we found that the regular school system was challenging due to frequent missed school days for sick time, the many doctors visits, and having to travel to the mainland for treatments etc. He was quickly falling behind and was very discouraged. When we heard about blended learning we weren't sure how it would work for our family at first but this has been exactly what our son needed to feel supported and know he is able to catch up on missed work much easier than in a person classroom. The program is structured daily the same as a regular classroom schedule would be but has a lot of flexibility to it as well so it is a perfect blend with the option of in person supports as well. The teachers are so amazing, they build relationships with the kids and make the on site days fun and engaging. I would highly recommend this program. (Angella)

"The Blended Learning program has been a very positive option for our family. Students can work at their own pace. The online support has been excellent for students to reach out for support. The online teachers are amazing. I am pleased that this option is available to those students that struggle with inclass learning." (L.E.)

"The Blended Learning Program has been very beneficial for my child. He is happier, less anxious and stressed. Attending regular school daily- getting up earlier, rushing to commute, being in unpredictable traffic, all the noise, hustle and bustle affected him as he is in the Autism Spectrum. He needs his daily routine- wake up at his set time, do his thing and get ready to log on. Following his alarms/ alerts and being able to go on from task to task smoothly, calms and helps him regulate his emotions. The quiet environment at home is calming and relaxes him rather than being in the classroom daily which is a bit much for him. He looks forward to the on-site days to socialize and enjoys all the activities. The flexible time frames with blended online learning offers him the ability to learn and complete his tasks and assignments at his own pace. The technology integrated into school lessons keeps him interested as he likes to research and look up information. This engagement and interaction with the resources keeps him focused for longer periods than books or paper resources. He is learning to be more responsible tracking his assignments, meeting deadlines and build his research skills, self-learning and self-engagement." (Sandra L.)



SUM-SHA-THUT-LELLUM



PRE^K 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 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 _____