



NOVEMBER

2025 Newsletter
T'Sou-ke First Nation



In this edition

Comprehensive Community Plan
Completion Celebration Dinner &
Open House (Nov 4)

5-and-Under Playgroup (Nov 6, 20)

Craft Night (Nov 13, 27)

IPCA Dinner & Bingo (Nov 19)

WorkBC in Community (Nov 20)

Elders Lunch (Nov 21)

Home Ignition Zone Assessments

Master of Disaster Youth Course

Youth Paint Night w/ Shelley Davies

Meet T'Sou-ke's New Indigenous
Wellness Provider

SENĆOŦEN Classes (Nov 25)

Community Dinner (Nov 26)

 *Oliver, Wyatt, Jaxon, and Kade on the Galey Farms Trip*

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

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

T'Sou-ke Office Hours

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

Closed 12:00pm–1:00pm for lunch

Closed Saturday, Sunday,
and Statutory Holidays



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



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

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



T'SOU-KE NATION MEMBERS COMMUNICATION & UPDATES

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



T'Sou-ke Nation Health Office

Book health appointments via Facebook, phone, or email.



T'SOU-KE NATION YOUTH & PARENTS

Updates on youth centre activities, programs, and events.



Ladybug Garden & Greenhouse (LBGG)

Featuring the wonders and work taking place in the garden.



T'Sou-ke Jobs Board

Showcasing internal and external job opportunities.

Administration

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. 242

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

Income Asst. & Employment Svc., Yvonne St. Pierre
socialdevelopment@tsoukenation.com
ext. 249

Maintenance Worker, John Warren
maintenance@tsoukenation.com
ext. 239

Children and Families

Children & Family Manager, Denise Chewka
childfamilylead@tsoukenation.com
ext. 241

Band Designate, Alyssa Svoboda
banddesignate@tsoukenation.com
ext. 247

Family Support Worker, Brandy Daniels
familysupportservices@tsoukenation.com
ext. 240

Fisheries

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

Health Department

Health Manager, Rose Dumont
rosedumont@tsoukenation.com
ext. 237

Indigenous Wellness Provider, Kristin Benty
indigwellness@tsoukenation.com
ext. 232

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. 235

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

Maternal Child Health Worker, Debbie Ridley
mchworker@tsoukenation.com

Lands, Forestry, Environment

Land Governance Manager, Bonnie Hill
landsmanager@tsoukenation.com
ext. 227

FireSmart & Emergency Preparedness, Emily Lock
emily@tsoukenation.com
ext. 245

Lands Referrals Clerk, Amanda Mobley
landsandreferralsclerk@tsoukenation.com
ext. 243

Terrestrial Guardian, Dave Planes
guardian1@tsoukenation.com

Marine Guardian, Raven Planes
guardian2@tsoukenation.com

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

Ladybug Garden

☎ 250-642-3949

Garden Coordinator, Christine George
ladybuggarden@tsoukenation.com

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

Youth Centre

☎ 778-535-3957

Youth Worker, Brittany Vince
youthcentre@tsoukenation.com

Sum-SHA-Thut Lellum

☎ 250-642-2263

Early Childhood Educator (ECE), Jennifer Dumont
ECE Assistant, Jie Deng
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

November 2025

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Comprehensive Community Plan Celebration Dinner & Open House 5:30-7:30pm Sea to Tree Counselling 12-7pm	Rise & Shine Fitness 6-7am Walking Group 9:30-11:30am Meet @ CCHC Full Body Fitness 7:30-8:30pm	Te'mexw Treaty Meeting 5:30pm @ CCHC	Rise & Shine Fitness 6-7am NİŁ 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	CLOSED (Remembrance Day)	Rise & Shine Fitness 6-7am Walking Group 9:30-11:30am Meet @ CCHC Full Body Fitness 7:30-8:30pm	Flu & COVID vaccine clinic 10am-3pm Craft Night 5:30pm Dinner to start @ CCHC Chief & Council Meeting 6-8pm Via Zoom	Rise & Shine Fitness 6-7am NİŁ TU,O Family Support Services 8:30am-4:30pm	
16	17	18	19	20	21	22
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm IPCA Feedback closes at end of day! <i>See flyer for details</i>	Walking Group 9:30-11:30am Meet @ CCHC IPCA Dinner & Bingo 5:30pm @ CCHC + Regular Fitness Classes	Dr. Kluge's Clinic 10am-4pm @ CCHC WorkBC in Community 1-4pm @ CCHC	Elders Lunch 12-2pm @ CCHC NİŁ TU,O Family Support Services 8:30am-4:30pm	
23	24	25	26	27	28	29
	Chief & Council Meeting 6-8pm Via Zoom	SENĆOŦEN Language Class 6-7:30pm @ CCHC	Walking Group 9:30-11:30am Meet @ CCHC Community Dinner 5:30pm @ CCHC + Regular Fitness Classes	Craft Night 5:30pm Dinner to start @ CCHC		TTA: Virtual Q&A on Douglas Treaties 11am via Zoom <i>See flyer for details</i>
30						

November

Youth Calendar

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	No Activity	No Activity	Drop-In (3:30pm-4:30pm) Lazzar Building	Tutor (3:30pm-5:30pm) Lazzar Building	Paint Session (4:00pm-6:00pm) Dinner Included Sum-Sha-Thut- Lellum	8
9	Drop-In (3:30pm-5:00pm) Lazzar Building	STAT	Master of Disaster Course 7+ (3:30pm-4:30pm) Lazzar Building	Tutor (3:30pm-5:30pm) Lazzar Building	No Activity	15
16	Drop-In (3:30pm-5:00pm) Lazzar Building	No Activity	Master of Disaster Course 7+ (4:30pm-5:30pm) Lazzar Building	Tutor (3:30pm-5:30pm) Lazzar Building	Seaparc Pool Swimming 5+ (1:00pm-4:00pm) (See Flyer on FB for more info)	22
23	No Activity	Drumming & singing with James & Eli (3:30pm-4:30pm) Old Band Hall	Master of Disaster Course 7+ (3:30pm-4:30pm) Lazzar Building	Tutor (3:30pm-5:30pm) Lazzar Building	No Activity	29
30						

5-and-Under Playgroup

Join us at the Community Complex & Health Centre for a 5-and-under baby/toddler playgroup. **To register or for questions, please contact Debbie** via 250-642-3957 ext. 235 or via mchworker@tsoukenation.com.

Thursday, November 6
11:00am–2:00pm

Thursday, November 20
1:00pm–2:30pm

CCHC (Community Room)

Te'mexw Treaty Meeting

@ CCHC

Thursday, November 6

No monthly meetings in Dec or Jan

Virtual Q&A on Douglas Treaties:

Sat, Nov 29 @ 11am

See flyer near end of Newsletter for details

WorkBC in Community

WorkBC will be visiting the Community Complex and Health Centre on reserve once a month starting in November.

Thursday, November 20
1:00–4:00pm

During these sessions, WorkBC staff will share information about available employment and training services, support community members in registering for WorkBC, and complete Client Needs Assessments and create personalized Action Plans.

Everyone is welcome to attend. Please bring photo ID and your SIN if you would like to register for services.

Craft Nights

5:30pm @ CCHC
Dinner to start

Drop-in, no registration needed!

Thursday, November 13
Thursday, November 27

IPCA Dinner & Bingo!

Wednesday, November 19

Doors @ 5:00pm

Dinner @ 5:30pm

IPCA Discussion & Bingo @ 6:00pm

Join us on Wednesday, October 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.

SENĆOŦEN Language Class

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

Tuesday, November 25
6–7:30pm

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

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

Elders' Lunch

12–2pm @ CCHC

Let's share a meal together and discuss next year's Elders trip!

Friday, November 21

Community Dinner

5:30pm @ CCHC

Wednesday, November 26

Open House & CCP Celebration Dinner



With the help of your input, we have completed the Nation's 25-year Comprehensive Community Plan.

Join us in celebration with a shared meal. After dinner, connect with T'Sou-ke Nation staff during the Open House to learn about what they've been working on over the summer. We hope you can join us!



📅 **Tuesday, November 4**

🕒 **5:30pm** Dinner Celebration

🕒 **6:00–7:30pm** Open House

📍 **Community Complex & Health Centre (CCHC)**



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

October 30, 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:

Thursday, November 13, 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* found at the bottom of the Chief and Council page on the T'Sou-ke website:
<https://tsoukenation.com/chief-and-council/>.

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



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

October 30, 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, November 24, 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* found at the bottom of the Chief and Council page on the T'Sou-ke website:
<https://tsoukenation.com/chief-and-council/>.

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

IPCA Dinner & Bingo

Join us:

T'Sou-ke Nation is establishing an Indigenous Protected and Conserved Area (IPCA), where we will take the lead in protecting and caring for the lands, waters, and culture for future generations. Come share a meal and contribute to this important work! Your knowledge and perspectives are vital for guiding the next steps.

WHAT: Community Dinner & Bingo!

WHERE: Community Complex & Health Centre

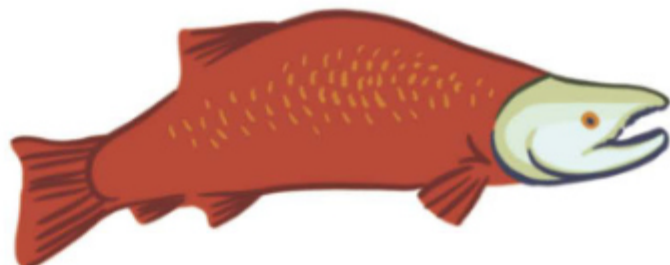
WHEN: Wednesday, November 19th, 5:00-7:00PM

If you haven't submitted a feedback form yet, you can pick up a hardcopy at the T'Sou-ke Community Complex & Health Centre or use the QR code here.

Everyone who completes a form will be entered into a draw prize, and the winner will be announced at the dinner! Don't miss this chance to share your voice, connect with community, and help shape the future of the T'Sou-ke IPCA.



<http://forms.gle/VRCoYsdro74p8w2H6>



T'Sou-ke Indigenous Protected and Conserved Area (IPCA) Community Feedback

T'Sou-ke Nation is establishing an Indigenous Protected and Conserved Area (IPCA), where we will take the lead in protecting and caring for the lands, waters, and culture for future generations, and we want to hear from you! 🌱

🔗 **IPCA Questionnaire:** <https://forms.gle/PKDtG89jLS7oB9Mq6>



SCAN ME! 

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

✅ **Deadline:** Tuesday, November 18

Please take 10 minutes to share your thoughts about how we as a Nation can protect our lands and waters through an IPCA. What you share will help guide the vision, values, and priorities for this work.

Everyone who submits a response will be entered to win a draw prize—to be announced at the next IPCA Community Dinner on November 19.

The last day to complete the survey is Tuesday, November 18.

Questionnaires can be completed via the link shared here, or you can submit a hardcopy which can be picked up and dropped off to Sarina at reception in the Community Complex and Health Centre. You can also reach out to share your feedback in-person (e.g. home visit, phone call, or Zoom call) by contacting Milynda Planes via mplanes@snekecentre.ca.

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





Sign Up for a Home Ignition Zone Assessment

What is a Home Ignition Zone Assessment?

A Home Ignition Zone Assessment is a systematic evaluation of your home and its immediate surroundings to determine how vulnerable it is to wildfires. This assessment focuses on creating a defensible space around your property, which is crucial for slowing the spread of fire and improving the safety of firefighters defending your home. The assessment typically covers three key zones: the Immediate Zone (up to 1.5 meters from the home), the Intermediate Zone (1.5 to 9 meters), and the Extended Zone (9 to 30 meters).

Importance of the Assessment

Risk Reduction: Implementing the recommendations from an HIZ assessment can significantly reduce the risk of your home igniting during a wildfire. Research shows that a home's ignition potential is influenced by the characteristics of its exterior materials and design, as well as the presence of burning embers within the surrounding area.

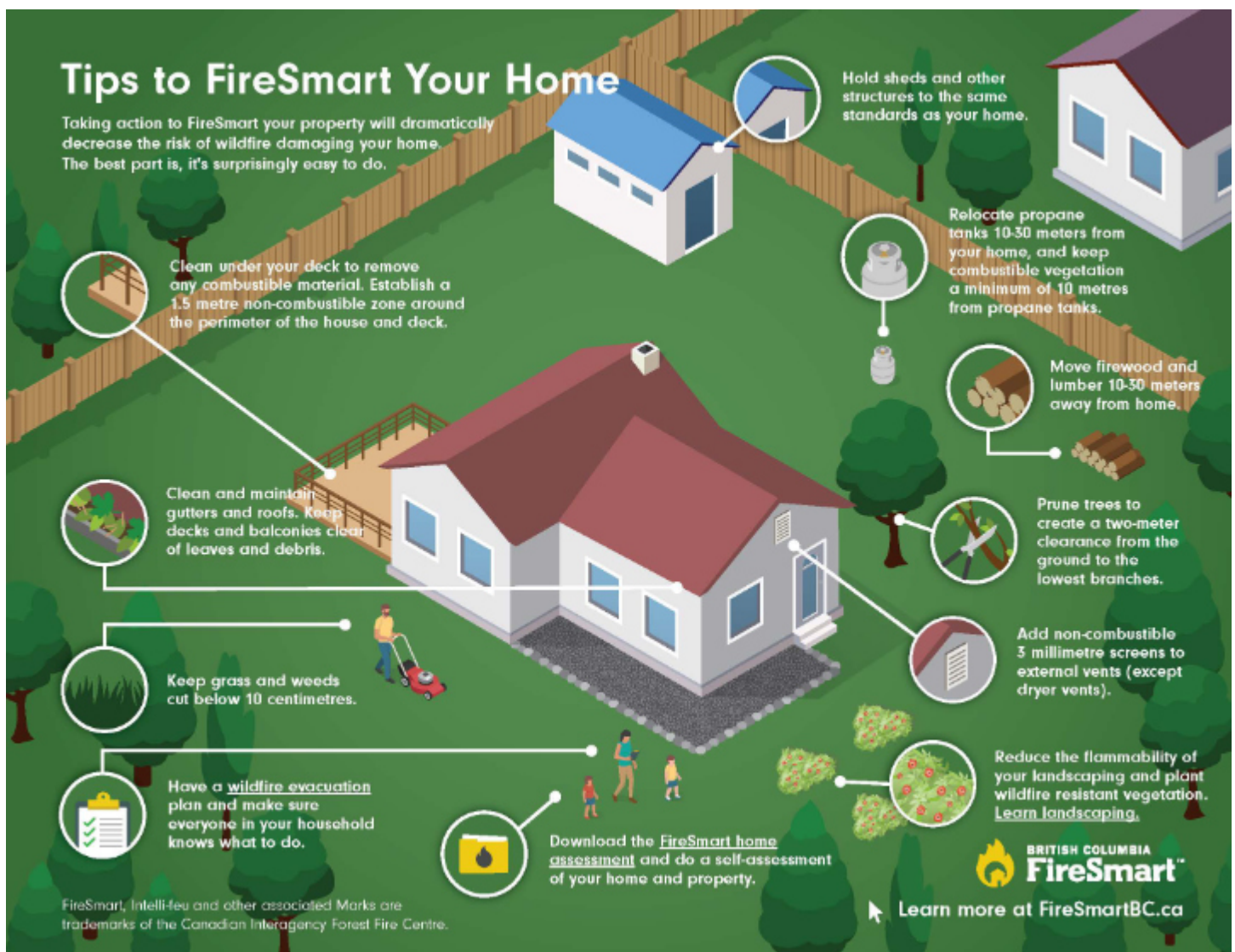
Preparedness: Conducting an assessment well in advance of wildfire season allows homeowners to take proactive measures to protect their properties. This includes maintaining landscaping, using fire-resistant materials, and ensuring that the home is properly maintained.

If any community members would like a Home Ignition Zone assessment, please reach out to Emily via emily@tsoukenation.com or 250-642-3957 ext. 245.

We are trying to make the community and the homes within it more fire resistant, so these free home assessments are a great resource to protect yourself, your home, and your community!

Key Recommendations

- 1 Immediate Zone:** This area should be free of combustible materials. Use non-combustible landscaping and ensure that any debris, such as leaves and branches, is regularly cleared away from the home.
- 2 Intermediate Zone:** Maintain a defensible space by using fire-resistant plants and keeping vegetation well-trimmed. This zone should be designed to slow the spread of fire.
- 3 Extended Zone:** This area should be managed to reduce fuel loads. Clear away dead vegetation and ensure that trees are spaced adequately to prevent fire from jumping from one to another.



For more information and resources, visit FireSmart BC via firesmartbc.ca

Master of Disaster

With T'Sou-ke's FireSmart & Emergency Preparedness Coordinator, Emily Lock!

An Emergency Preparedness Course for Youth Ages 7+



Master of Disaster is organized into three lessons coinciding with the steps to getting emergency prepared:

LESSON 1

Know your hazards, so you know what to prepare for

November 12
3:30–4:30pm @ Lazzar Bldg.

LESSON 2

Gather your supplies, to help your household stay safe and comfortable during an emergency

November 19
4:30–5:30pm @ Lazzar Bldg.

LESSON 3

Make a plan, to know what to do, where to go and who to contact in an emergency

November 26
3:30–4:30pm @ Lazzar Bldg.

PARENTS & GUARDIANS: there is a parent/guardian form that will need to be filled out before youth attend the course. Please contact Brittany to register and receive the form.

Each youth enrolled in the course will receive a Student Kit

A door prize will be drawn at the end of the third session!

If transportation is needed, please contact Brittany.

For Course Questions:

Emily Lock, FireSmart & Emergency Preparedness Coordinator
emily@tsoukenation.com
250-642-3957 ext. 245

To Register and/or request a ride:

Brittany Vince, Youth Worker
youthcentre@tsoukenation.com
Call/Text: 778-535-3957

WorkBC in Community

We're happy to share that WorkBC will be visiting the Community Complex and Health Centre on reserve once a month, starting **Thursday, November 20 at 1:00 PM**.

Holding the meetings on reserve provides a culturally safe and familiar space for community members to connect and access employment supports.

During these sessions, WorkBC staff will:

- Share information about available employment and training services
- Support community members in registering for WorkBC
- Complete Client Needs Assessments and create personalized Action Plans

Everyone is welcome to attend. Please **bring photo ID** and your **SIN** if you would like to register for services.

We look forward to welcoming WorkBC into our community and supporting members on their employment journeys.

Important Notice for all Clients:

Declarations and Job Search Forms must be picked up **from me directly**.

This allows me to ensure that **all required documents**—including your budget and decision forms—are properly **signed before the next cheque issue date**.

MONTH	*DECLARATION DUE DATE	CHEQUE ISSUE DATE
December 2025	November 14	November 19
January 2026	December 12	December 17

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

Friendly Reminders:

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



TE'MEXW
TREATY ASSOCIATION



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

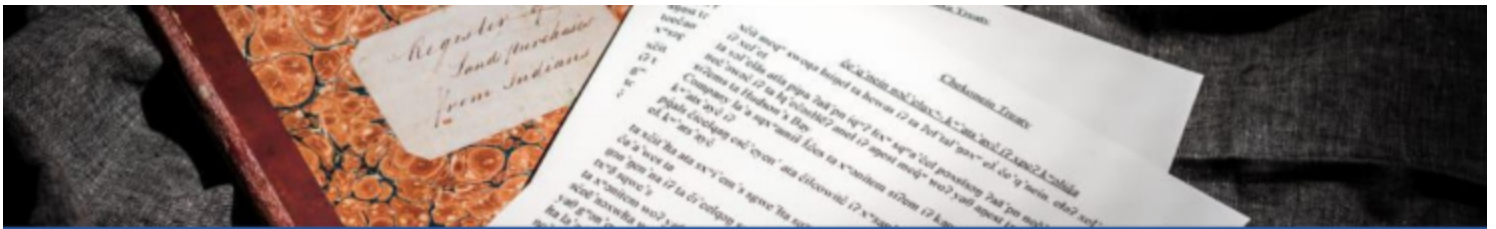
Scan me



info@temexw.org



250-360-2202



DOUGLAS TREATIES VIRTUAL INFORMATION AND Q&A SESSIONS

We are inviting members from all five Te'mexw Nations to join **Erin Thompson-Leach** from JFK Law LLP for an **information session about the Douglas Treaties**, followed by a Q&A period.

The same session will be held twice, so you can attend whichever best fits your schedule. Prize draws at each session.



Saturday, November 29, 2025
11:00 a.m. PST



Monday, December 8, 2025
5:00 p.m. PST



To **register**, scan the QR code using a phone camera or **reach out** to your Nation's Treaty Office for the Zoom link.



info@temexw.org



250-360-2202

WE ARE THE TE'MEXW
TREATY ASSOCIATION



TE'MEXW
TREATY ASSOCIATION

NO T'SOU-KE COMMUNITY MEETINGS DECEMBER 2025.



~~December 5, 2025~~

T'SOU-KE
SKA'PEL I'SOT ALEN
COMMUNITY COMPLEX
& HEALTH CENTRE

Dear T'Sou-ke community members,

Kindly be advised that there will be no community meeting on the December date marked on the 2025 magnet calendar.

Thank you to everyone in the community for your understanding and continued support.

If you have any questions, please reach out to Denise Purcell at dpurcell@temexw.org or info@temexw.org.



Galey Farms Recap

We're thrilled to share that our Galey Farms Pumpkin Patch trip was a great success! Despite a little rain, everyone came together with smiles and excitement. Families enjoyed the day, and everyone was able to pick out and take home their very own pumpkin to carve.



PAINT SESSION WITH SHELLEY DAVIES

**WE WILL BE PAINTING A MURUAL WITH
SHELLEY DAVIES AND JEN DUMONT FOR THE
SUM-SHA-THUT-LELLUM PRESCHOOL**

FRIDAY, NOVEMBER 7TH 2025

From: 4:00pm-6:00pm

Ages: All Youth Ages

Dinner will be provided (we will be getting pizza)
For the location of this event we will be at the Sum-Sha-
Thut-Lellum preschool (located by the old hall)

Please let Brittany know ahead of time if Youth plan to
attend this event as we will need to know for dinner.
If any Youth require transportation, please contact Brittany
at either youthcentre@tsoukenation.com or 778-535-3957.



NOVEMBER 21ST SEAPARC POOL

Swimming at Seaparc Pool for the Pro-D Day

For this upcoming Pro-D Day, we will be going to Seaparc pool. This event will require signing up as only so many Youths under 7 will be able to attend, as well as so we know for snack & drink purposes. We will be meeting at Seaparc for 1:00pm. Transportation will be available if needed, please be sure to let Brittany know ahead of time if it is required. Parents who have yet to fill out our "Yearly Registration Form" will also need to have this form completed before the event.



Ages: 5+

**This event requires
signing up**

**Snacks & drinks will
be provided**

1:00pm-4:00pm

**Don't forget a
swimsuit & Towel**

**PLEASE CONTACT
BRITTANY IF YOU HAVE
ANY QUESTIONS**

778-535-3957
Youthcentre@tsoukenation
.com
Or you can call 250-642-
3957 and ask Sarina to
speak to Brittany

JOIN US FOR DRUMMING & SINGING WITH JAMES VINCE & ELI HOOVER

**NOVEMBER 25TH
3:30PM-4:30PM**

LOCATION: OLD BAND HALL

**PLEASE CONTACT BRITTANY IF
TRANSPORTATION IS NEEDED.**



AGES: 5+

Please bring in your drum & drumstick if you have one. We have some drums & drumsticks available for use for those who don't have either.

If you have any questions please contact Brittany at either 778-535-3957, youthcentre@tsoukenation.com or you can call Sarina at 250-642-3957 and ask to speak to Brittany.

Monday, November 3	Wednesday, November 5
Roast beef, potatoes, carrots <i>Berries & whipped cream</i> Milk/Juice	Creamy potato & hamburger soup, green salad, buns <i>Berry crisp</i> Milk/Juice
Monday, November 10	Wednesday, November 12
Ham & bean soup, green salad, buns <i>Mousse</i> Milk/Juice	No Delivery
Monday, November 17	Wednesday, November 19
Shrimp linguine, salad <i>Berry cobbler</i> Milk/Juice	No Delivery
Monday, November 24	Wednesday, November 26
Baked chicken, roasted yams & beets, green salad <i>Yogurt w/ berries</i> Milk/Juice	Chicken corn chowder, bannock, green salad <i>Mousse</i> Milk/Juice

Meals are subject to change depending on availability of products.

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

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

Health Department

Book appointments with us via phone, email, or Facebook

- 📞 250-642-3957
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.

Meet T'Sou-ke's new Indigenous Wellness Worker, Kristin Benty!

We want to introduce Kristin as our new Indigenous Wellness Provider, launching our new program in partnership with T'Sou-ke Nation and the South Island Primary Care Network.

Kristin grew up in Port Renfrew and has called Sooke home for the past 10 years. With a background in Child, Youth, and Family and Human Services, and experience supporting Indigenous communities across B.C. she brings a deep commitment to community wellness and holistic care.

As the Indigenous Wellness Provider, Kristin will work closely with clients, families, and our care team to:

- Support access to health services and care planning
- Provide advocacy and accompaniment to medical appointments where possible, including accompanying clients into appointments as needed
- Organize community wellness and cultural events
- Works with community agencies to promote their services for community members and their families

Kristin will be based at the T'Sou-ke Community Complex and Health Centre, and will also work with the S'cianew (Beecher Bay) and Pacheedaht (Port Renfrew) Nations.

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

Email: IWPreferrals@tsoukenation.com

Call: 778-584-2452

Indigenous Wellness Provider

Goal

Improve health outcomes for Nation members and their families located within the South Island Primary Care Network (Western Communities) and T'Sou-ke First Nation (T'Sou-ke, Sc'ianew and Pacheedaht Nations).

Role

The Primary Care Network (PCN) and T'Sou-ke First Nation's Indigenous Wellness Provider provides direct support, access, education and health care planning to Indigenous people, while honouring traditional healing practices. They work in collaboration with the PCN Care Team and other care providers to provide a seamless, holistic and culturally safe approach to health and wellness.

Services

- Works with clients and the PCN Care Team to develop and implement client-centred, holistic and culturally safe health care plans.
- Practices cultural safety and humility, harm reduction and trauma-informed care while honouring traditional healing practices.
- Supports mobility and/or advocacy needs; provides transportation to medical appointments where possible, including accompanying clients into appointments as needed.
- Works with clients and families, providing education, support, and assistance to access health interventions.
- Works with community agencies to promote their services for community members and their families.

Suitable Referrals

Community members and their families from T'Sou-ke, Sc'ianew and Pacheedaht First Nations.

Connect with us!

E: IWPreferrals@tsoukenation.com | **P:** 778-584-2452



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

☎ 250-642-3957

Dr. Kluge's Clinic

What is this service?

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

Who is this for?

Families on and off reserve requiring access to a physician

THIS MONTH'S CLINIC:
Thursday, November 20

Reflexology (monthly)

What is this service?

Reflexology provides relaxation, eases stress and tension, and helps with general well-being. It can also reduce pain and improve circulation and muscle tone.

Who is this for?

Families and spouses living on and off reserve

Acupuncture (monthly)

What is this service?

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

Who is this for?

Families and spouses living on and off reserve

Blood Pressure Readings

What is this service?

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

Who is this for?

Families and spouses living on and off reserve

Homemaking Services *

What is the service?

Weekly house cleaning

Who is this for?

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

Home Care Support *

What is this service?

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

Who is this for?

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

Meals on Wheels *

What is this service?

Nutritious lunches delivered twice a week (except on holidays)

Who is this for?

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

In-Home Mobility *

What is this service?

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

Who is this for?

Families living on reserve

Flu Shots & COVID Vaccine Clinic

Thursday, November 13
10am-3pm

Please see Facebook Health page for additional clinics.

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

T'SOU-KE WALKING TOGETHER IN WELLNESS

Wednesdays | 9:30-11:30 AM

A wellness walking program for
T'Sou-ke seniors and adult members

📍 Locations:

Galloping Goose • Whiffin Spit
Sea Walk • Roche Cove

☂ Indoor walking at CCHC Hall when it rains!

★ What's included:

- ✓ Warm-up and cool-down stretches
- ✓ Walking aids & rest seats available
- ✓ Companions welcome
- ✓ Limited rides based on need

Contact Debbie Ridley to attend:

☎ 250-642-3957 ext. 235

✉ mchworker@tsoukenation.com

WALKING TOGETHER IN WELLNESS

Waiver required to be signed

T'SOU-KE NATION FAMILY CRAFT NIGHTS!

Mark your calendars and get ready for a cozy, creative season together!

- > November 13
- > November 27
- > December 2
- > December 16

Location: 🏠 CCHC Community Room
Time: Each evening begins at 5:30 pm with dinner

Join us for a series of festive family craft nights filled with laughter, creativity, and community spirit! ❤️

Activities will include:

- 🎄 Christmas swag & wreath making
- 🪵 Fun creative wood-themed crafts
- 🧵 Beading & finishing our feathers with beads
- 🍪 Gingerbread houses
- 🌿 Annual *Lost Arts*-themed crafts
- 🌟 And more

Crafts will be mixed in together and are in no specific order — each night will bring something new and fun

🌟 **Special Feature:** During our *Lost Arts* theme night, you'll have the opportunity to pre-pick your craft — whether it's a *driftwood tree*, *sea glass lit tree*, or another special creation of your choice.



T'SOU-KE NATION

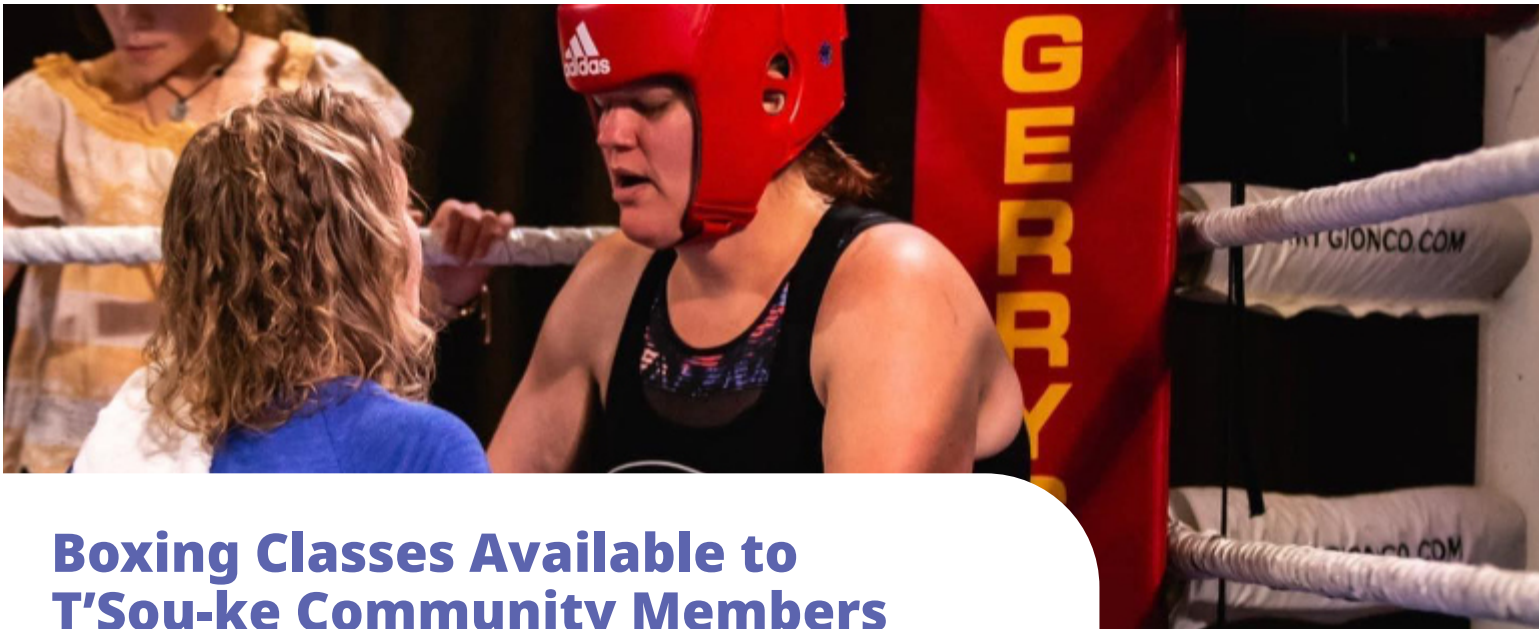
60+ Elders Lunch

Friday, November 21st
12:00 pm – 2:00 pm
at the CCHC Community Room

Join us for a nice Elders lunch and have discussion about Elders programming and next year's Elders trip.



HÍSWKE, thank you to everyone who attended Paint Night in October, what a fun night!



Boxing Classes Available to T'Sou-ke Community Members

Thanks to our wonderful partnership with the Sooke Boxing Club, T'Sou-ke community members can access boxing classes free of charge—the only expense is your own wrist wraps, which are under \$20. Check out the schedule below. All classes take place at the Lazzar building at the entrance to IR#1.

BOXING SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:00 - 12:00					
12:00 - 01:00		Adult Fitness		Adult Fitness	
01:00 - 02:00					
02:00 - 03:00					
03:00 - 04:00					
04:00 - 05:00					
05:00 - 06:00	Adult Fitness		Adult Fitness		Adult Fitness
06:00 - 08:00		Advanced		Advanced	



CHRISTMAS ARTS & CRAFTS SALE

Saturday December 6th 2025 - 10am-4pm

Sunday December 7th 10am-3pm

1000 S, OSES SNANET RD

(behind Tim Hortons by EMCS)

Come join us in our new TFN building for our first Christmas Craft sale. There will be many artisans including First Nation Artists, knitting and crocheting, jams and jellies and pickles, baked goods and much much more and our TFN Staff will have their famous Loonie/Toonie Raffle.

If you would like to be a vender (tables \$25 each per day) please contact Christine at crisscrosstherd61@outlook.com for more information.

