



WESELÁNEW NOVEMBER

2026 Newsletter
T'Sou-ke First Nation



 Larry, Christine, and Raven participating in Cowichan Tribes Nation-to-Nation gathering at Hulitun Spulhxun/Tumuhw (Nurturing Fields) in the Quw'utsun Estuary

In this edition

Monthly Invitation: Brush-Off and/or Smudge at Band Hall (Lazzar Rd)
Mobile Service Centre @ CCHC (Nov 6)
Fall/Winter Open House & Dinner (Nov 18)
Annual Audit Presentation (Nov 23)
Free Community Food Market (Nov 26)
Loonie Toonie Holiday Fundraiser
Christmas Arts and Crafts Sale (Dec 5, 6)
Relational Training & Dinner (Nov 10)
NILTUO Life Skills for Teens ages 13–27
Lands Department Updates
Preparing for Winter and Storm Season
What to Know About the Kelvin Wave
Employment Support

Receive updates and monthly newsletters via email!

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

T'Sou-ke Office Hours

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

Closed 12:00pm–1:00pm for lunch

Closed Saturday, Sunday,
and Statutory Holidays



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



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

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



T'SOU-KE NATION MEMBERS COMMUNICATION & UPDATES

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



T'Sou-ke Nation Health Office

Book health appointments via Facebook, phone, or email.



T'SOU-KE NATION YOUTH & PARENTS

Updates on youth centre activities, programs, and events.



Ladybug Garden & Greenhouse (LBGG)

Featuring the wonders and work taking place in the garden.



T'Sou-ke Jobs Board

Showcasing internal and external job opportunities.

250-642-3957

tsoukenation.com

Administration

Secretary, Sarina Lazzar

secretary@tsoukenation.com
250-642-3957

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administrator@tsoukenation.com
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youthcentre@tsoukenation.com

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Finance Assistant, Tara Jensen

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socialdevelopment@tsoukenation.com
ext. 249

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fisheriesdirector@tsoukenation.com
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Marine Guardian, Albany (Ali) Gallant
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ext. 230

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ext. 238

HCA, Maternal Child Health Worker, Debbie Ridley
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ext. 235

Community Health, Daphne Underwood
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ext. 235

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chiefunderwood@tsoukenation.com

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dubzdu@gmail.com

Councillor Bonnie Hill
bonniehill@tsoukenation.com

Councillor Debra Lazzar, Khumchíshliá
debralazzar@tsoukenation.com

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landsmanager@tsoukenation.com
ext. 227

FireSmart & Emergency Preparedness, Emily Lock
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ext. 245

Lands Referrals Coordinator, Amanda Mobley
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ext. 243

Terrestrial Guardian, Dave Planes
guardian1@tsoukenation.com

Terrestrial Guardian, Raven Planes
guardian2@tsoukenation.com

Environment/Forestry, Lawrence Underwood
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ext. 226

Ladybug Garden

📞 250-642-3949

Garden Coordinator, Christine George
ladybuggarden@tsoukenation.com

Public Works

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

Maintenance Worker, Dustin Sutherland

Janitor, Kristina Jensen

Janitor, Skye Wormald

Sum-SHA-Thut Lellum

📞 250-642-2263

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

Meetings & Events

November (WESELÁNEW) 2026

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

SUNDAY XÁLSNÁT	MONDAY SĆELČŁNÁT	TUESDAY STENŲNÁT	WEDNESDAY SŁIWS	THURSDAY SNOS	FRIDAY SŁKÁČES	SATURDAY KEMETENŲ
1	2	3	4	5	6	7
	Chief & Council Meeting 6–8pm Via Zoom	COBS Bread Pickup 8:45am		The Community Lunchbox 11am–1pm (FCFS while quantities last) Te'mexw Treaty Meeting 5:30pm	ServiceBC Mobile Service Centre 10am–12pm & 1–3pm Outside CCHC	
8	9	10	11	12	13	14
		SENĆOŦEN Language Class 4–5:30pm CCHC or Zoom Relational Training Community Dinner & Workshop 5:30–7:30pm	CLOSED (Remembrance Day)	Drumming Circle with Brandy 6–7pm	Parent Drop-in 10–11:30am	
15	16	17	18	19	20	21
			Fall Open House & Dinner 5:30–7:30	The Community Lunchbox 11am–1pm (FCFS while quantities last) Little Cousins Club (5-and-Under) 2:30–4:00pm Life Skills for Teens (age 13–27) 4–7pm Lazzar Youth Centre	Parent Drop-in 10–11:30am	
22	23	24	25	26	27	28
	Annual Audit Presentation for Registered Members 6:00–7:30pm	SENĆOŦEN Language Class 4–5:30pm CCHC or Zoom		Free Community Food Market 12–2pm Drumming Circle with Brandy 6–7pm	Drop-in: Monthly Brush Off and/or Smudge 2–6:30pm Band Hall (Lazzar)	
29	30					
	T'Sou-ke Loonie Toonie Holiday Raffle (November 30–December 6. Tickets drawn on December 7)					

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

Health & Wellness

November (WESELÁNEW) 2026

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

MONDAY SĆELŁŁNÁT	TUESDAY STENŲNÁT	WEDNESDAY SŁIWIS	THURSDAY SNOS	FRIDAY SŁKÁČES
2	3	4	5	6
Rise & Shine Fitness 6-7am Boxing (Adult Fitness) 5-6pm Full Body Fitness 7:00-8:00pm	Sea to Tree Counselling 12-7pm Boxing (Adult Fitness) 12-1pm Boxing (Advanced) 6-8pm	Rise & Shine Fitness 6-7am T'Sou-ke Walk/Swim Group 9:30-11:30am Boxing (Adult Fitness) 5-6pm Full Body Fitness 7:00-8:00pm	Dr. Kluge's Clinic 9:30am-3:40pm Boxing (Adult Fitness) 12-1pm Boxing (Advanced) 6-8pm	Rise & Shine Fitness 6-7am Boxing (Adult Fitness) 5-6pm
9	10	11	12	13
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16	17	18	19	20
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30				
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November 2026

Contact: 778-535-3957 or
youthcentre@tsoukenation.com or
you can call 250-642-3957 and ask
Sarina to speak to Brittany

Highlights for November

4th Sign-Up is required, please contact Brittany if transportation is needed

24th Sign-Up is required, please contact Brittany if transportation is needed

MON		TUE	WED	THU	FRI	SAT	SUN
						1	
2	Tutoring 3:30pm-4:30pm (Lazzar Building)	3	4	5	6	7	8
			Flying Squirrel & Dinner 4:00pm-8:30pm (Meet at CCHC)	Tutoring 3:30pm-5:30pm (Lazzar Building)			
9		10	11	12	13	14	15
	Tutoring 3:30pm-4:30pm (Lazzar Building)		STAT	Tutoring 3:30pm-5:30pm (Lazzar Building) Drumming 6-7 @CCHC			
16		17	18	19	20	21	22
	Tutoring 3:30pm-4:30pm (Lazzar Building)			Tutoring 3:30pm-5:30pm (Lazzar Building)			
23		24	25	26	27	28	29
	Tutoring 3:30pm-4:30pm (Lazzar Building)	Drop-In 4:00pm-7:00pm (event TBD) (Movie Theatre & Dinner Tentatively)		Tutoring 3:30pm-5:30pm (Lazzar Building)	Pro-D Day Event TBD (Please watch our FB page for updates)		
30							
	Tutoring 3:30pm-4:30pm (Lazzar Building)						



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

Notice of Chief and Council Meeting

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

Monday, December 7, 2026

6:00–8:00pm

Watch online via Zoom

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

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

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



SENĆOŦEN Language Class

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

Tuesday, November 10

Tuesday, November 24

4:00–5:30pm

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

Drop in or join via Zoom

(link & code stay the same every month)

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

Meeting ID: 882 6980 9031

Passcode: 271491



Download the Alertable App

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

The Alertable App is available in all App Stores.

Monthly Invitation: Brush Off and/or Smudge

Community members are invited to visit Shirley for a brush off and/or smudge at the Old Band Hall on the last Friday of every month from 2:00pm to 6:30pm.

Drop-ins are welcome! No appointment is needed.

November 27

2:00–6:30pm

Band Hall (Lazzar Rd)

Please note: December's date is tentatively planned for Friday, December 18th, instead of the usual last Friday of the month, due to office closure.

We chose this time frame to help accommodate community members who work until 5:00-5:30 PM, so they have an opportunity to stop in after work.

We welcome your feedback! If this time doesn't work for you, please let Shirley know. We're open to hearing your suggestions and can look at different times that may better accommodate our community.

Chief & Council Meeting

Monday, December 7

6–8pm via Zoom

Register via

communications@tsoukenation.com

Te'mexw Treaty Meeting

November 5

December 3

5:30pm Dinner

6:00pm Meeting

@CCHC or via Zoom

See flyer for details



ServiceBC



Mobile Service Centre

6 November at 10am-12pm & 1pm-3pm

Location: 1000 Soses Snanet Rd



Driver Licensing
and Renewals



BC Services Card and
Medical Services Plan
(MSP)



Vital Statistics
Birth, Death and
Marriage Documents



Income and
Disability Assistance
Information and Pathfinding



BC Services Card App ID Verification

With a Verified BC Services Card you can access services like:

- Evacuee Registration and Assistance (ERA) to access emergency support services
- Health records including lab test results, medications, health visits and more.
- Federal Government Services
- My Account (income tax and benefit information at the Canada Revenue Agency).
- My Service Canada Account (access to federal programs and benefits).

For a full list of websites and apps that accept BC Services Card login, please visit
<https://id.gov.bc.ca/account/services>

Payment Methods: Cash (exact change appreciated),
Debit or Credit Card, Cheque, Money Order

Scan the
QR Code for
a list of all
our services.



Identity Services, Vital Statistics or Income and Disability Assistance:

Bring 2 pieces of valid unexpired identification:

- B.C. Government issued photo I.D. (BCDL, BCSC, BCID), Canadian Birth Certificate, Canadian Passport, SCIS Card, Canadian Citizenship, Permanent Resident Card or IMM Permit (Work or Study)

Dinner & Open House



Join us for dinner at our Fall/Winter Open House!

Connect with T'Sou-ke Nation staff to learn about the projects currently underway, as well as some exciting initiatives taking shape this year. We'll have information and resources for you to take home, and there will be prizes up for grabs! We hope you can join us.



📅 **Wednesday, November 18**

🕒 **5:30pm** Dinner

🕒 **6:00–7:30pm** Open House

📍 T'sou-ke SKÁ, PEL I, SOT Á, LEN (CCHC)



Fiscal Year 2025/26

Annual Audit Presentation

Registered Members are invited to join Finance Manager, Sandra Sprinkling, and Auditor, Song Hu from Uvision CPAs, for the Annual Audit Presentation where the 2025/26 Financial Statements will be presented.

November 23, 2026

6:00–7:30pm

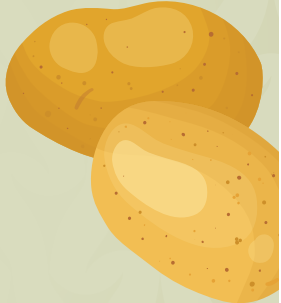
In-Person @ Community Complex & Health Centre

Light refreshments provided

We hope to see you there!



FREE Community Food Market



November 26
12:00pm–2:00pm

Join us for a free food market at the T'Sou-ke
SKÁ,PEŁ I,SOT Á,LEN! Come by and pick up some
groceries to take home.



Please remember to bring your own grocery bags!

Rides are available. Contact Kristin via indigwellness@tsoukenation.com.

T'Sou-ke Loonie Toonie Holiday Fundraiser

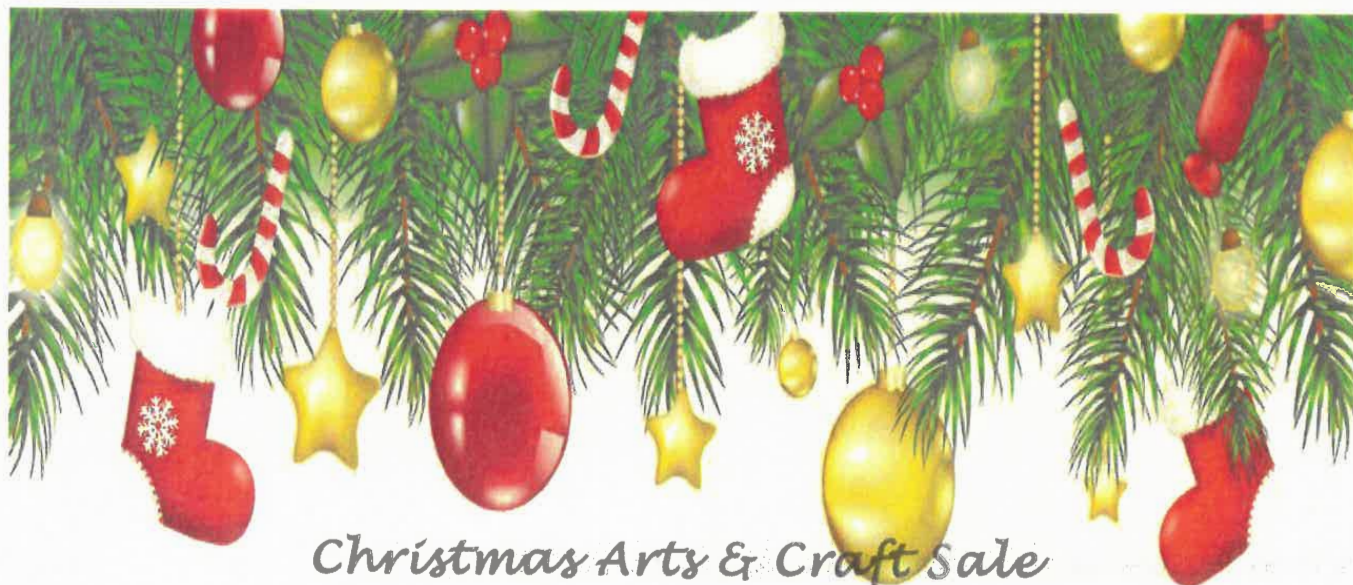
Nov 30–Dec 4 8:30am–4:30pm
December 5 10am–4pm
December 6 10am–3pm



**Drop in at the T'Sou-ke Community Complex
& Health Centre to buy your tickets!**

**Prizes include gift baskets, local eateries, gift
cards, electronics, cash, and more!**

**All proceeds from the raffle support T'Sou-ke families
needing a little extra care this holiday season.**



Christmas Arts & Craft Sale

Saturday, December 5th 2026 10am to 4pm

Sunday December 6th 2026 10 am to 3pm

1000 Soses Snanet Road

Featuring:

First Nation Venders & Artwork

Ladybug Garden Centerpieces

Live Holly Wreaths & Swags

T'Sou-ke First Nation's Loonie/Toonie Raffle

A fundraiser Supporting Local Families during the Holidays

Tables: \$25 each per day – contact Christine 250-889-3555

crisscrosstherd61@outlook.com

etransfer to crisscrosstherd61@outlook.com to reserve your spot



Breakfast with Santa



Let's celebrate the holidays together with a festive
pancake breakfast and a visit from Santa!

Sunday, December 13

9am–11am @ CCHC



The Community Lunchbox (formerly the Soup Kitchen)

Our take-a-lunch program features rotating soups or sandwiches and is available to all community members on a first come, first served basis while servings last!

Thursday, November 5 (Sandwich)

Thursday, November 19 (Soup)

Pickup from 11:00am–1:00pm while servings last.

Nov 5: Assorted deli subs

Nov 19: Clam chowder & bun

NEW PROGRAM

Parent Drop-In

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

Friday, November 13

**10am–11:30am
@CCHC**

Drop in for coffee, tea, and muffins.

Please reach out to Brandy if you require transportation.

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



Drumming Circle with Brandy

Thursday, November 12

Thursday, November 26

6:00–7:00pm

Join us for an evening of drumming with Brandy at the CCHC. **All members and their families welcome!** Please bring a drum if you have one as we have a limited number available.

Relational Training & Dinner

November 10, 2026

5:30 – 7:30pm @ CCHC

Please join us in a workshop led by Shaylin Warren that will help you to build good relationships with others in a good (empathetic, responsible, and responsive) way.

Practice empathetic listening and responsible expression through presentation and discussion.

Dinner provided and door prizes

About Shaylin: from Songhees First Nation, BC Certified teacher, Wilderness First Responder and Paddle Canada Instructor <http://shaylinwarren.com>

**Hosted by NILTUO Child & Family
Services Society
Dinner provided**

Who:

Youth ages 13 – 27

When:

November 19th from 4pm-7pm

December 9th from 4pm – 7pm

Where:

Lazzar Youth Centre

**RSVP: Brandy @ 250-642-3957 or
familysupportservices@tsoukenation.com**

Transportation is available as well

**All participants will receive a gift card for
bringing a friend (that friend must be**

**attending. Extra gift cards will be given for
from the nation though).**





Lands Department

Capital Regional District (CRD) Meetings and Ayum Creek Restoration Project

The Lands Department participated in ongoing meetings with the Capital Regional District (CRD) to discuss matters of mutual interest, including regional planning, environmental stewardship, and opportunities for collaboration. These discussions provided an opportunity to strengthen working relationships, share information, and ensure that T'Sou-ke Nation interests and perspectives continue to be considered in regional initiatives.

As part of these collaborative efforts, Christine and Raven participated in a restoration project at Ayum Creek on October 17. The project focused on supporting the long-term health of the watershed through hands-on habitat restoration and environmental stewardship activities. Participation in both the restoration project and CRD discussions reflects the Nation's continued commitment to environmental conservation, partnership building, and the protection of culturally and ecologically important lands and waterways.

Mosaic Forestry Gate Access Discussions

The Lands Department continues discussions with Mosaic Forestry regarding gate access points and future access management within the territory. Meetings focus on current access arrangements, community access needs, and opportunities to improve communication and coordination related to gate operations. Mosaic provided updates on its approach to gate access management moving forward, and discussions explored ways to ensure community members can continue to access the land safely and responsibly for cultural, recreational, and traditional purposes. The meetings are productive and establish a foundation for ongoing collaboration as access procedures and management plans continue to evolve.

T'Sou-ke Nation Wills and Estates Workshop Report

The T'Sou-ke Nation Wills and Estates Workshop was well attended, with strong participation and engagement from community members throughout the evening. The workshop provided valuable information on wills, estates, and the importance of planning for the future.

Participants contributed thoughtful questions and engaged in meaningful discussions regarding estate planning, protecting personal wishes, supporting family members, and preparing for future generations. The level of interest demonstrated the community's commitment to understanding and addressing estate planning considerations.

While wills and estates can be challenging topics to discuss, the workshop helped increase awareness and understanding of the planning process. Participants were provided with information, tools, and resources to support informed decision-making and future planning.

Overall, the workshop was a successful learning opportunity that encouraged proactive planning and meaningful community dialogue around wills and estates. Thank you to everyone who attended and contributed to the discussion. We look forward to continuing to provide workshops and educational opportunities that support informed decision-making, future planning, and community well-being. If you have any questions, comments, or would like additional information about wills and estates, please contact Amanda.

Cowichan Tribes Nation-to-Nation Learning Gathering

T'Sou-ke First Nation staff Eva Shaffer, Larry Underwood, Raven Planes, Christine George, and Ali Gallant attended a two-day Nation-to-Nation gathering hosted by Cowichan Tribes at Hultun Spulhxun/Tumuhw (Nurturing Fields) in the Quw'utsun Estuary.

The gathering brought together Coast Salish Nations to share knowledge and learn about the Cowichan Estuary Restoration Project and the Quw'utsun Food Systems Revitalization Project, Canada's largest



Indigenous agriculture restoration initiative. Participants enjoyed a traditional feast prepared by Quw'utsun Chef Jared Williams and took part in hands-on learning focused on native food and medicine plants, Indigenous agriculture, habitat restoration, and traditional ecological knowledge.

The event provided valuable opportunities to exchange ideas, strengthen relationships with neighbouring Nations, and explore innovative approaches to food sovereignty, native plant cultivation, and environmental stewardship that may benefit future T'Sou-ke projects.

Practical Application of Land Surveys Training Report

Hiawatha First Nation, Ontario | October 20-22, 2026

Amanda attended the Practical Application of Land Surveys training hosted at Hiawatha First Nation near Peterborough, Ontario. The training provided hands-on experience in reading and interpreting survey plans, sketching a survey, identifying property boundaries, locating survey monuments in the field, and using a pin finder to locate buried boundary markers.



A key component of the training involved applying survey information on the ground, which enhanced understanding of how legal survey plans relate to real-world land management. Participants gained practical insight into the methods and tools used by professional surveyors and the expertise required in the profession.

The training also included a visit to the Serpent Mounds, where a local Elder shared teachings on the history and cultural significance of the site “Wild rice as far as the eye could see”. Discussions included the presence of similar serpent mounds in Ohio and ongoing research into potential ancestral connections between individuals buried at those sites and those at Hiawatha.

Overall, the training strengthened Amanda's knowledge of land surveys and increased her confidence in interpreting and applying survey information to support land management initiatives within the community. The practical field exercises proved particularly valuable in bridging the gap between survey plans and on-the-ground applications.

The Serpent Mounds Site: This National Historic Site features a 60-metre-long, 8-metre-wide serpentine effigy mound and eight associated burial mounds known as the “serpent’s eggs,” making it the only serpent mound of its kind in Canada.

History: Approximately 2,000 years ago, Indigenous peoples gathered in the area during the spring and summer to hunt, fish, and collect freshwater mussels. Over a period of more than three centuries, they constructed the nine mounds as places to bury and honour their dead. Together, the mounds and related archaeological sites provide an exceptionally complete record of life during that time.

Current Stewardship: The Mississauga people of the area are the proud stewards of these ancient sites. Access is restricted, with occasional community and cultural events hosted by Hiawatha First Nation.

Future Plans: During discussions, a local Elder shared their intention to establish a culture camp for youth at the site, creating opportunities for cultural learning, knowledge sharing, and strengthening connections to community, heritage, and the land.

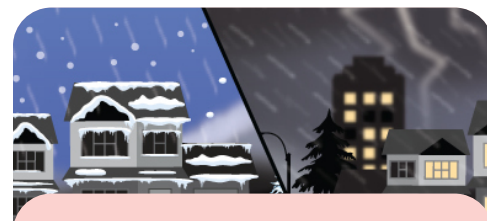


Preparing for Winter & Storm Season

Winter weather in BC is getting warmer and, in much of the province, wetter. However, this does not mean that winter weather will be less severe. Even with climate change, we still experience cold, snow, wind, and winter storms, but they may occur in places or ways they haven't before.

Other emerging climate change trends, like more severe wintertime coastal flooding and more frequent rain-on-snow events, will challenge our resilience to winter weather.

Thinking ahead and creating an emergency plan with winter-specific considerations will strengthen your ability to respond and recover.



Learn more winter and storm preparedness tips via the PreparedBC website.

[PreparedBC.ca](https://www.preparedbc.ca)

When making your winter safety plan, keep the following in mind:

- Public transportation may be cancelled
- Driving, walking, and cycling could be very dangerous due to slippery or snowy roads
- Phone, gas, electric, and water services may be disrupted during a power outage.

Winter Emergency Plan Checklist

- | | |
|---|---|
| ☐ Identify your hazards. | ☐ Learn how to turn off utilities. |
| ☐ Make an emergency plan with out-of-area contacts | ☐ Store emergency water (4 litres per person, per day) and food for 3 days to 2 weeks. |
| ☐ Assign someone to collect your kid(s) from daycare or school if you can't. | ☐ Make a plan for keeping pets and animals warm and sheltered. |
| ☐ Identify a back-up plan for heating your home and powering important medical equipment if there is a power outage. | ☐ Make grab-and-go bags, keep one in your vehicle. |

Identify a Winter Weather Buddy

If you or someone you know lives alone or experiences mobility limitations in winter weather, make connections to find a winter weather buddy. Check in with each other when winter arrives.

Your buddy should be someone who can help with shoveling snow or removing leaves from drains to prevent flooding. They can also help run errands or gather supplies if you can't leave your home.

If you know someone who relies on power for medical equipment, make sure to check on them during power outages.

Should You Have an Emergency Kit or a Grab-and-Go Bag?

The answer is, you need both.

An **emergency kit** is used during an emergency when you must stay at home, such as a power outage during a winter storm.

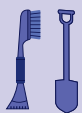
A **grab-and-go bag** is a smaller version of an emergency kit that you can take with you if you need to leave home in a hurry.

Include important items, such as traditional medicines and cultural items, in your grab-and-go bag.

Prepare Your Vehicle

Ensure your vehicle is prepared for winter with proper maintenance. Keep your gas tank at least half full or your electric vehicle half charged at all times.

Create a vehicle emergency kit with the following winter-specific items:



Windshield scraper and shovel



Jumper cables and tow rope



Mittens, hat, blanket (extra items to stay warm)



Reflective triangle or clothing



Sand or non-clumping kitty litter for better tire traction



Antifreeze and windshield washer fluid

Prepare Your Home

Take steps to winterize your home, such as:

- Insulate walls and attics
- Install weather-stripping along windows and doors
- Learn how to keep pipes from freezing

Severe winter weather like wind, ice, and snow can cause power outages. It's important to be prepared to live without power for several days.

- Consider how you will keep warm if the power is out.
- Have a licensed contractor perform furnace and fireplace maintenance ahead of winter every year.
- Install carbon monoxide alarms if you have an attached garage, wood stove, propane heater, or other fuel-burning appliances.
- Include a battery-operated radio and a flashlight with extra batteries in your emergency kit
- **TIP:** Keep doors of refrigerators and freezers closed during a power outage to keep the cold air in.



What to Know About the Kelvin Wave

A massive, underwater Kelvin wave is currently moving up the West Coast toward Vancouver Island and is expected to temporarily raise local sea levels around Sooke by mid-to-late October 2026 and into November.

Driven by a strong, climate-change-magnified El Niño pattern, this phenomenon is not a crashing tsunami or surfable surface wave. Instead, it functions as a slow-moving, invisible "bulge" of warm ocean water traveling roughly 250 kilometers per day that pushes the baseline sea level up by 15 to 30 centimeters (roughly 6 to 12 inches).

What to Expect in Sooke

- Because Sooke sits right on the Juan de Fuca Strait, the local effects of the Kelvin wave will modify baseline tide heights.
- **No Visible Crests:** You cannot see a Kelvin wave with the naked eye; its presence is measured by satellites and tide gauges.
- **The "Triple Whammy" Risk:** By itself, a Kelvin wave does not cause immediate flooding. However, it "loads the dice" by raising the ocean baseline. If this elevated water level coincides with unusually high astronomical tides (such as upcoming king tides) and strong winter storm surges, the risk of localized coastal flooding and beach erosion increases significantly.
- **Warm Water Shifts:** Beyond water levels, Kelvin waves push down nutrient-rich cold depths and raise ocean temperatures, occasionally drawing unusual marine life northward.

Safety and Monitoring Actions

Public safety agencies like PreparedBC have advised coastal residents to take minor precautions while the baseline water level is elevated:

- **Monitor Local Conditions:** Keep a close eye on active weather forecasts, storm surge warnings, and official updates from the Canadian Hydrographic Service Sooke Station.
- **Review Emergency Plans:** If you live or work in a low-lying waterfront area in Sooke or near the Sooke Basin, ensure you are familiar with local evacuation routes to nearby high ground.
- **Avoid High-Risk Shorelines During Storms:** Stay clear of exposed sandstone shelves and rocky outcroppings during combined high-tide and high-wind events, as waves will hit sea walls and shores with greater force.



Kelvin wave expected

While significant impacts aren't currently expected, a Kelvin wave may temporarily raise sea levels along parts of B.C.'s coast later this month.

Things to consider:

- Review your home emergency plan
- Know your evacuation routes and high ground areas
- Stay informed about local conditions



PreparedBC

When and How Signs Will Appear

Because a Kelvin wave travels deep underwater, you won't see a distinct wall of water or a sudden surge arrive at Whiffin Spit. Instead, the signs will blend directly into daily tidal cycles through the following progression:

Late October 2026

Subtle Baseline Elevation: High tides may sit consistently 15 to 30 centimetres higher than the values predicted on standard tide charts. You might notice normal high tides creeping further up local beaches or inundating low-lying sandbars earlier than expected.

Active Storm Windows

Amplified Storm Surges: The most visible "sign" occurs if a severe fall windstorm strikes the Juan de Fuca Strait. Because the Kelvin wave has permanently raised the ocean baseline, incoming storm waves will pack a greater punch, creating unusually high, crashing surf along exposed shorelines like Jordan River or the outer Sooke basin.

Late November 2026

The King Tide "Step": The compounding effects will peak during the late November King Tides. The Kelvin wave will act as an extra physical step, pushing these naturally maximum seasonal tides significantly higher and increasing the risk of localized coastal flooding.

Social Development, Employment, & Training

Yvonne St. Pierre

📞 250-642-3957 ext. 249

✉ socialdevelopment@tsoukenation.com

📘 T'Sou-ke Jobs Board

Employment Support

Looking for work, considering further education or training, or unsure where to start?

Employment support is available for T'Sou-ke Band members living on or off reserve, as well as anyone living on reserve.

I'm here to assist with resumes and cover letters, job search strategies, interview preparation, job readiness skills, and exploring education and training opportunities. I'm also available for one-to-one support, help with identifying employment goals and working through barriers, and referrals to other programs and services, such as the Victoria Native Friendship Centre's (VNFC) Career, Employment and Education Resources (CEER).

Keep your eyes peeled!

I regularly share job opportunities on the T'Sou-ke Jobs Board on Facebook, along with information about upcoming job fairs, employment events, and other opportunities.

Interested in attending a job fair or employment event but need transportation?

Please reach out, as transportation may be arranged.

If you need assistance with employment, education, training, or exploring your options, please get in touch. I'm here to help!

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.

December 2026

Declaration* Due Date:
November 13

Cheque Issue Date:
November 18

January 2027

Declaration* Due Date:
December 11

Cheque Issue Date:
December 16

Friendly Reminders:

- Your **Declaration** and **Job Search Form** (if applicable) are **due the Friday before** each cheque issue date
- If you're working, submit **income verification slips with your monthly declarations**.
- Provide **monthly utility bills** to ensure timely payment.
- **Print your name clearly** on your declaration and **don't forget to sign it!**

Wednesday, November 4 Bow tie pasta w/ sausage and sweet peppers, vegetables <i>Peach cobbler</i> Milk/Juice	Friday, November 6 Ham and potato soup, green salad, buns <i>Mousse</i> Milk/Juice
Wednesday, November 11 No Delivery (Remembrance Day)	Friday, November 13 Baked chicken, roasted yams and beets, green salad <i>Bread pudding</i> Milk/Juice
Wednesday, November 18 Chicken corn chowder, green salad, buns <i>Fruit</i> Berry cobbler	Friday, November 20 Hamburger noodle dish, carrots <i>Mousse</i> Milk/Juice
Wednesday, November 25 Bowtie pasta w/ sausage and sweet peppers, green salad <i>Berries w/ whipped cream</i> Milk/Juice	Friday, November 27 Seafood chowder, coleslaw, buns <i>Berries w/ whipped cream</i> Milk/Juice

Meals are subject to change depending on availability of products.

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

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

Health Department

Book appointments with us via
phone, email, or Facebook

📞 250-642-3957

📘 T'Sou-Ke Nation Health Office

THURSDAYS

9:00am–3:00pm

Diabetes Care

COMMUNITY COMPLEX & HEALTH CENTRE

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

Book via Health Department 250-642-3957

MONDAYS

THURSDAYS

9:00am–3:00pm

In-House Mental Health & Wellness Support

COMMUNITY COMPLEX & HEALTH CENTRE

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

Book via Health Department 250-642-3957

TUESDAYS

12:00–7:00pm

Counselling & Wellness Services

HEALTH OFFICE (LAZZAR IR#1)

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

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



Sea to Tree
HEALTH & WELLNESS

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

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

Indigenous Wellness Provider

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

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

iwpreferrals@tsoukenation.com
778-584-2452

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

5:00–6:00pm

Sooke Boxing Club (Adult Fitness)

LAZZAR BUILDING

MON

WED

FRI

12:00–1:00pm

Sooke Boxing Club (Adult Fitness)

LAZZAR BUILDING

TUE

THU

6:00–8:00pm

Sooke Boxing Club (Advanced)

LAZZAR BUILDING

TUE

THU



9:30–11:30am

Wellness Walks and Swims

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

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

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

Contact Debbie to join!

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

WEDNESDAYS

6:00–7:00am

Rise & Shine

BAND HALL (LAZZAR IR#1)

Greet the morning sun with this invigorating morning exercise routine

MON

WED

FRI

7:00–8:00pm

NEW TIME!

Full Body Strength

BAND HALL (LAZZAR IR#1)

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

MON

WED

Seaparc Passes

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



SCAN THE QR CODE TO **SIGN UP** FOR
TREATY UPDATES OR **REQUEST A**
MEETING WITH THE TREATY TEAM



Malahat



Songhees



T'Sou-ke Nation

WE ARE THE TE'MEXW
TREATY ASSOCIATION



TE'MEXW
TREATY ASSOCIATION

Scan me



info@temexw.org



250-360-2202

NOVEMBER

TOPIC
UPDATED

T'SOU-KE COMMUNITY MEETING

November 5, 2026

Dinner: 5:30 p.m. PT

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



The topic has been updated to include a **Treaty update and open discussion** with the negotiation team.



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

Unable to join us in person?

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



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

For more details or to ask about legal available hours, kindly contact Julia Hale at jhale@temexw.org or email info@temexw.org