



PEKELÁNEW OCTOBER

2026 Newsletter
T'Sou-ke First Nation



📷 SPÁ,EF (Bear) caught on trail cam enjoying the bear-necessities of life

In this edition

From the Administrator's Desk

Community Snippets

Rescheduled: Wills & Estates Info Session and Dinner (Oct 22)

Halloween BOO Bash (Oct 20)

Final CCP Chat: Smoking fish in the community smokehouse (Oct 7)

CCP Chats: What we Heard and What to Prioritize (Oct 27)

Galey Farms Trip & Registration (Oct 23)

Land Tours: Informing the Use and Occupancy Plan + Registration (Oct 30 & Nov 1)

Be Prepared: Building your family emergency kit in 26 weeks

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

Administrator, Michelle Thut

administrator@tsoukenation.com
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youthcentre@tsoukenation.com

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ext. 230

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ext. 238

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ext. 235

Community Health, Daphne Underwood
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Chief and Council

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chiefunderwood@tsoukenation.com

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dubzdu@gmail.com

Councillor Bonnie Hill
bonniehill@tsoukenation.com

Councillor Debra Lazzar, Khumchíshliá
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Lands, Forestry, Environment

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landsmanager@tsoukenation.com
ext. 227

FireSmart & Emergency Preparedness, Emily Lock
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landsandreferralsclerk@tsoukenation.com
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Terrestrial Guardian, Dave Planes
guardian1@tsoukenation.com

Terrestrial Guardian, Raven Planes
guardian2@tsoukenation.com

Environment/Forestry, Lawrence Underwood
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Ladybug Garden

📞 250-642-3949

Garden Coordinator, Christine George
ladybuggarden@tsoukenation.com

Public Works

Public Works Manager, John Warren
maintenance@tsoukenation.com
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
sumsha@tsoukenation.com

ECE Assistant, Jie Deng
jiedengsumsha@tsoukenation.com

Meetings & Events

October (PEKELÁNEW) 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 SŁIWŚ	THURSDAY SŲOS	FRIDAY SŁKÁČES	SATURDAY KEMETENŲ
				1	2	3
				Te'mexw Treaty Meeting 5:30pm	Parent Drop-in 10-11:30am	Firewood Pickup 7:30am-2:30pm @Gravel Pit
4	5	6	7	8	9	10
Firewood Pickup 7:30am-2:30pm @Gravel Pit	Chief & Council Meeting 6-8pm Via Zoom		CCP Chat, Dinner, & Smoking Fish in the Community Smokehouse 5-7pm @Band Hall (Lazzar rd)	Meal Bag Pick Up 1:30-6:30pm (or while bags last) Drumming Circle with Brandy 6-7pm		
11	12	13	14	15	16	17
	CLOSED (Thanksgiving)	SENĆOŦEN Language Class 4-5:30pm CCHC or Zoom	Craft Night 5-8pm	Soup Kitchen 11am-1pm (Pickup, while quantities last) Little Cousins Club (5-and-Under) 2:30-4:00pm WorkLink Session: Training & Funding Opportunities 1-4pm (drop-in)	Parent Drop-in 10-11:30am	
18	19	20	21	22	23	24
		Halloween BOO Bash 5-8pm @Band Hall (Lazzar Rd)	Craft Night 5-8pm	Wills & Estates Info Session & Dinner 5:30-7:30pm	Galey Farms (Registration Req'd) 9:15am-4:00pm	
25	26	27	28	29	30	31
		'What we Heard & Things to Prioritize' CCP Implementation Plan Community Discussion & Dinner 5:30pm	Craft Night 5-8pm	Little Cousins Club (5-and-Under) 2:30-4:00pm	Land Tours: help inform the Use and Occupancy Plan 1:00-4:30pm Meet at CCHC	

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

Health & Wellness

October (PEKELÁNEW) 2026

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

MONDAY SĆELŁŁNÁT	TUESDAY STĚNŮNÁT	WEDNESDAY SŁIŲS	THURSDAY SNŲS	FRIDAY SŁĶÁĆES
			1	2
			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
5	6	7	8	9
Rise & Shine Fitness 6-7am Boxing (Adult Fitness) 5-6pm Full Body Fitness 7:30-8:30pm	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 7:30-8:30pm	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
12	13	14	15	16
CLOSED (Thanksgiving)	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 7:30-8:30pm	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
19	20	21	22	23
Rise & Shine Fitness 6-7am Boxing (Adult Fitness) 5-6pm Full Body Fitness 7:30-8:30pm	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 7:30-8:30pm	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
26	27	28	29	30
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October 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 October

- 7th & 14th Youth Drop-In Days Activities are TBD (to be determined). Please watch our Facebook page for updates.
- 23rd Our Pro-D Day Trip this month will be to Galey Farms, please watch our page for more updates.
- 20th Halloween Party, please watch for more details.

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
			Tutoring 3:30pm-5:30pm (Lazzar Building)			
5	6	7	8	9	10	11
Tutoring 3:30pm-4:30pm (Lazzar Building)		Youth Drop-In 4:00pm-7:00pm	Tutoring 3:30pm-5:30pm (Lazzar Building)			
			Drumming CCHC 6:00pm-7:00pm			
12	13	14	15	16	17	18
STAT (No Tutoring)		Life Skills Program with Niltu, o 4:00pm-7:00pm Light dinner Included (Ages: 11-18) Lazzar Building	Tutoring 3:30pm-5:30pm (Lazzar Building)			
19	20	21	22	23	24	25
Tutoring 3:30pm-4:30pm (Lazzar Building)	Halloween Party (Time & Location TBD)		Tutoring 3:30pm-5:30pm (Lazzar Building)	Galey Farms Trip (Watch for Sign-Up)		
26	27	28	29	30	31	
Tutoring 3:30pm-4:30pm (Lazzar Building)		Youth Drop-In 4:00pm-7:00pm	Tutoring 3:30pm-5:30pm (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, November 2, 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.



From the Administrator's Desk

I hope you all enjoyed the summer and have settled back into your routines now that fall is upon us. Summer always seems to go by quickly, especially once the calendars start filling up again. I am sitting here thinking, how did we get to October already?

This summer, I joined other nations members, and we travelled by road to Washington State to follow Tribal Journeys and witness the final landing in Nisqually. We got to stop in Muckleshoot and Puyallup before ending in Nisqually. Although it was a little different without the canoe, it was still full of so much culture, sharing, and of course, a little shopping. I also got to spend time in Alaska, and even on vacation, I managed to meet one of the local tribal members and get into a conversation about Tribal Journeys and the economic development work happening in their community at the cruise ship dock that I landed at. Apparently, I can take a holiday, but I cannot resist talking about community projects. It was inspiring to hear how they are moving their priorities forward, and I came home with a few things to think about. I am looking forward to Tribal Journeys 2027 as the paddlers make their way to Alaska.

Even through the busy summer months, you made time to come together for our CCP Chats. We shared dinner, conversation and cedar work while discussing Goal #5, enjoyed a crab rake harvest and lunch while chatting about Goal #4, and gathered for a fish filleting demonstration and discussion about Goal #7. These informal gatherings gave us a chance to hear your ideas about putting our Community Comprehensive Plan into action while doing something cultural together. Whether you shared your thoughts, listened, or took part in the activities, thank you for being there. Don't miss the last CCP Chat happening this month on October 7!

Our staff got together for a team-building ball game at Art Morris Ball Park, and the Chief's Slayers took the win again this year. John showed his commitment with a memorable dive, and Larry hit a home run to remind us he's still got it. Any talk of retiring from the ball field will have to wait until after the rematch! It was good to see everyone encouraging one another, helping those newer to the game and enjoying some time together outside the office.

I know members are waiting for news on the remaining IR#2 lots and on their housing applications. If you are thinking, "Haven't we been hearing this since spring?" Yes, you have, and I would much rather have some confirmed answers to share with you. We continue to follow up with ISC on the applications already submitted and seek clarification on the next steps, including group applications. As I have shared with applicants, ISC has advised that clearing and lot preparation cannot begin before the required approvals are in place. I know families are trying to make plans, and these delays are frustrating. We are also following up on the timeline for allotting the remaining lots and will share an update when we have confirmed information.

We are getting closer to wrapping up the current round of home renovations. There is one renovation left to finalize and inspect, along with the reporting to complete, before we work toward our next funding submission. I know I have been talking about this since spring, too! Staff have been working diligently to get the program completed, but sometimes things are outside our control and take longer than we would like. We continue to follow up and work through those final pieces so we can move on to the next submission.

Planning for multi-family housing on IR#2 continues as well. Early layouts have been prepared, and there is more technical work and community input to come before plans are finalized.

On IR#1, we are working on the bank erosion project behind the Band Hall in the hopes of stopping or slowing the ongoing unearthing of remains. You may have also noticed some preliminary work taking place for the sewer system. We are working with Indigenous Services Canada on funding, and you may have seen them out and about with our staff as we had them on site so they could see our community and some of the places we are hoping to protect. We will share more detail when the scope, funding and timelines are clearer.

We welcomed Vanessa as our new Children and Family Manager in September. She is getting to know staff and community members, reviewing the feedback shared in the C&F survey and developing a work plan for the months ahead. We are also looking at how best to structure the department to support families and respond to community needs. If you haven't met yet at the departments programming and events, stop in and introduce yourself.

I am also working with Natassia on the Nation's communications plan. We are looking at how we share information, where members can find it and how to make it easier to know who to contact with questions. This includes how we use the newsletter, website, and other channels to keep members informed and provide opportunities for input.

Alongside this work, we are reviewing our HR policies and improving our lands records and administrative processes. These things may not always be visible to members, but they help staff do their jobs and keep our services running. Departments are also working on the next steps for our Community Comprehensive Plan and Strategic Plan, including what we can move forward now, what needs funding, and where we need more input from members.

At our last CCP event at Fisherman's Way, I had a chance to chat with members who shared some of the things they would like to hear more about from me. I appreciated that feedback and would like to hear from others as well. What would you like me to cover in my quarterly updates? Give me a call or shoot me an email and let me know. I want these updates to be useful to you and speak to the things you want to know about.

Thank you to our staff, volunteers, and community members for everything you contributed this summer. I look forward to seeing what we can move forward together this fall.

Michelle Thut
Administrator

Community Snippets



NIŁ TUŁO Dinner & Bingo

The Community Wellness team from NIŁ TUŁO hosted a dinner at the CCHC on September 22. They promoted their services, provided dinner, and gave out prizes during bingo. Community enjoyed the game, being with family, and enjoying a meal together.

Branch Clearing on IR#1 and IR#2

On September 10, two crews from Elevated Tree Service came to IR#1 and IR#2 to clear overgrown and dangerous tree branches that were sitting on or near hydro lines. This is a mitigation effort through our FireSmart program to remove flammable hazards.



Firewood Sheds

The first five firewood sheds have been delivered to members that signed up for the FireSmart firewood shed program! The next set are currently being built and will be delivered as soon as they are ready. These FireSmart sheds provide members a safe way to store firewood near the home.

Master of Disaster Course

In August, Emily taught five youth the Master of Disaster program where kids learn about all kinds of disasters, how to build grab-and-go bags, and how to build their home emergency kits. The youth took their learnings home to share with their parents about how they can make a family emergency plan.



NEW TIME

SENĆOŦEN Language Class

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

Tuesday, October 13

Tuesday, October 27

4:00–5:30pm

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

A Zoom option is now available!

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

Meeting ID: 882 6980 9031

Passcode: 271491



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.



Reminder to T'Sou-ke Community Members: Tax-Exempt Purchases at ÇEK SNĀNET

T'Sou-ke Nation would like to remind community members that a current, valid Certificate of Indian Status (Status Card) must be presented at the time of purchase in order to receive tax-exempt pricing on eligible fuel and tobacco products at ÇEK SNĀNET.

If a current, valid Status Card cannot be presented, the tax exemption cannot be applied.

This is not a new requirement, but a reminder of the existing requirements under the applicable legislation and licensing requirements governing tax-exempt sales. Providing your Status Card at the time of purchase helps ensure transactions are processed consistently and supports staff in meeting their obligations.

If your Status Card has expired, please contact our Membership Clerk, Jessica Kisby, to obtain a new one.

We appreciate your understanding and cooperation.

Chief & Council Meeting

Monday, October 5
Monday, November 2
Monday, December 7

6–8pm via Zoom

Register via
communications@tsoukenation.com

Te'mexw Treaty Meeting

November 5

5:30pm Dinner
6:00pm Meeting
@CCHC or via Zoom
See flyer for details

WorkLink Sessions

We're changing the format of our WorkLink sessions from monthly to quarterly. Each session will focus on a specific topic and provide an opportunity to connect, share information, and learn about resources and opportunities available through various community organizations and service providers.

UPCOMING SESSION

Topic: Training & Funding Opportunities
October 15

1:00–4:00pm

CCHC – Knowledge Sharing Room

Join us to learn about training, funding, and other opportunities available through a variety of community avenues. We look forward to continuing to connect with the community through these quarterly sessions.

Community members can continue to access WorkLink services throughout the year:

Sooke: 2096 Church Rd, Sooke, BC

Langford: 3179 Jacklin Rd #202, Victoria, BC V9B 5L3

Rescheduled: Wills & Estates Info Session

Creating a will is one of the most important steps you can take to protect your loved ones and your legacy.

Did you know? Without a will, distribution of your Certificate of Possession (CP) lands and assets may be determined according to the provisions of the Indian Act, rather than your personal wishes. That's why it's important to create a will that clearly outlines your wishes and provides peace of mind for you and your family.

The Lands Department will be hosting a Wills and Estates Workshop to provide information about wills and estate planning, as well as an opportunity to learn about the supports available to community members.

Thursday, October 22

5:30pm Dinner
6:00pm Meeting

Dinner will be provided and door prizes will be up for grabs!

Members who are interested in meeting one-on-one with a lawyer to create a valid will or review an existing will, will be required to complete a questionnaire beforehand. These individual appointments will take place on scheduled days following the workshop session on October 22.

If you have any questions, please reach out to Eva (landsmanager@tsoukenation.com) or Amanda (landsandreferralsclerk@tsoukenation.com) in the Lands Department.

T'Sou-ke Nation's

BOO BASH!

Let the Ghoul Times Roll

Tuesday, October 20 @ Old Band Hall

5:00–8:00pm

Fireworks @ 7:30pm

Join us for a spooky evening of **games, fun, and fireworks!**
Dinner will be served.

Dress up in your Halloween best to win the **Costume Contest**,
and enter in the **Cake Walk** and bring home a yummy treat!



If you would like to **donate a cake for the cake walk**, please let
Brittany know! youthcentre@tsoukenation.com

DREAM BIG: Implementing the Comprehensive Community Plan

The Comprehensive Community Plan (CCP) is complete and now it's time to set the wheels in motion! **We have a final community session remaining** to discuss the last goal in the CCP. These sessions have asked community members to DREAM BIG and share ideas and actions for HOW we can implement each goal.

Final Implementation Session Topic:

Goal 3: Build community wealth and develop economic prosperity for our members

Join staff members for our final CCP Chat where we'll use the community smokehouse to learn about smoking and preserving fish.

During dinner, we'll chat about building community wealth and economic prosperity. If you have ideas for what these things look like and mean to you, or if you have suggestions for how we can implement the community wealth/prosperity goals outlined in the Comprehensive Community Plan, we invite you to attend this session on October 7.

Wednesday, October 7

Smoking fish in the community smokehouse

Band Hall (2154 Lazzar Rd)

5:00pm • Fish smoking demonstration

5:30–7:00pm • Dinner and chat on Goal 3

What We Heard & Things to Prioritize: CCP Chats and Implementation

After our final CCP Chat on October 7, our CCP implementation chats will be complete. We would like to take this time to review what we've heard from community and discuss what we should prioritize in our planning moving forward.

Tuesday, October 27

5:30pm Dinner

6:00pm Meeting

Dinner will be provided!

This is an opportunity for community members to guide the Nation's planning and activities over the coming years, and is an important step in carrying out the goals and actions in the Comprehensive Community Plan and the Strategic Plan. We hope you're able to join us!



Soup Kitchen

Our soup kitchen is back for the cooler months, featuring hearty soups and buns!

Thursday, October 15

Pickup from 11:00am–1:00pm

Limited quantities available, first come first served.

OCTOBER MENU

Squash soup and a bun

NEW PROGRAM

Parent Drop-In

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

Friday, October 2

Friday, October 16

10am–11:30am

@CCHC

Join Brandy for coffee, tea, muffins, and a take-home craft! 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, October 8

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.

GALEY FARMS



Friday, October 23rd, 2026

**Meet at the band hall on 2154 Lazzar Rd at 9:15am
and return by approx. 4pm**

**Registration for this trip will begin on Thursday, October 1, 2026 and
will close on October 16 at 4:00pm.**

Registration forms will be available for pick-up at the front office.

Participation in this trip will be for T'Sou-ke Nation families and members or those waiting for member registration their spouse and minor children.

**Please note that parents are not required to attend for youth
aged 7-18 to participate.**

We will be capping this event at 50 people.



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

T'Sou-ke First Nation
Registration Form
Pro D Day
Friday, October 23, 2026
9:15 – 4pm

Everyone MUST register for this event. Participation in this trip will be for T'Sou-ke Nation families / members or those waiting for member registration and their spouse and minor children.

Completed registration forms can be left with Sarina or emailed to childfamilylead@tsoukenation.com

Please note that parents are not required to attend for youth aged 7-18 to participate. Thank you.

***Please note this event will be capped at 50 people. We ask everyone to be at the band hall by 9:15 AM. The bus will be leaving at 9:30 AM sharp. We will be leaving Galey Farms at 3pm and back at approx. 4pm.**

Snacks and lunch will be provided.

Contact Name: _____

Contact Number: _____

1. _____ Adult (18+)

5. _____ age____

2. _____ Adult (18+)

6. _____ age____

3. _____ age____

7. _____ age____

4. _____ age____

8. _____ age____

Liability Release

I, the undersigned, in consideration of participation in the Galey Farms Trip offered by T'Sou-ke First Nation, agree to indemnify and release T'Sou-ke Nation and its officers staff agents or employees from any and all liabilities from any injuries which may be suffered by the above named adult/child, arising out of, or in any way connected with participation in activities offered throughout the day, except to the extent attributable to willful act or active negligence of the T'Sou-ke First Nation or its officers, staff agents or employees.

I, the undersigned, as the parent/guardian, acknowledge that the above-named child is being registered for the gathering and recreational components, and that the T'Sou-ke Nation is an exempt, NOT licensed childcare.

I ACKNOWLEDGE THAT I HAVE READ THE ABOVE AGREEMENT AND RELEASE, AND FULLY UNDERSTAND THAT I HAVE ASSUMED ALL THE RISKS FOR INJURY THAT MAY INVOLVE IN THE ACTIVITIES OFFERED BY THE T'Sou-Ke FIRST NATION.

Signature: _____

Do you give permission to T'Sou-ke Nation to take pictures and/or video of you/your child that may or may not be used in future advertising and/or pasted in the band hall, etc.?

___Yes ___No Please initial here_____

Do you give permission for the staff T'Sou-ke first Nation to drive the above-named child/yourself to and from the band hall during our activities?

___Yes ___No Please initial here_____



Lands Department

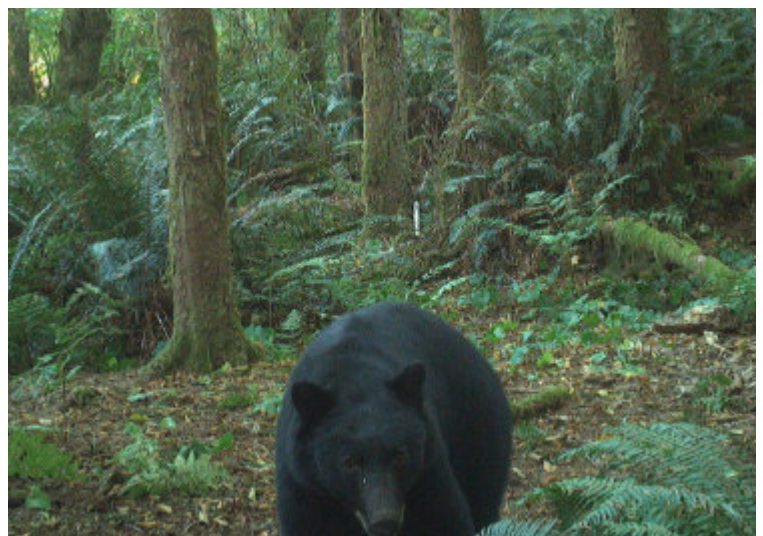
Trail Camera Monitoring Update: Elk, and Cougars, and Bears—Oh my!

On Siasoon, trail cameras continue to capture regular wildlife activity, including a cougar, elk (bulls and cows), and bears. The images suggest that many animals are using the area as a travel corridor, moving through the landscape as they access different habitats and resources.

We've also observed a curious elk repeatedly digging in the mulch, and marking trees at one of our monitoring sites, and we're hoping to capture more of this behaviour on camera to better understand what is attracting it to the area.

The program helps us better understand how both wildlife and people use the land, providing valuable information to support stewardship, conservation, and informed land management decisions. We're excited to continue monitoring wildlife activity and look forward to sharing more photos and observations with the community in the coming months.

Important reminder: Elk do not recognize administrative boundaries. They also appear to have limited interest in our strategic plans.







Land Tours: Informing the Use & Occupancy Plan

In light of the cancellation of Culture Camp due to the Mount Jack wildfire and the changing of the season, we are changing gears to host Land Tours around the territory.

These tours are designed to support the documentation of community knowledge, land use practices, and areas of significance within T'Sou-ke traditional territory. Participants will have the opportunity to visit key locations, share knowledge and experiences, and contribute information that will help inform the Land Use and Occupancy Study.

All members and their families are invited to partake in these tours! Please come out and share stories of your knowledge and experience on the land, talk about your favourite places, and share with and learn from others.

Transportation will be available—please indicate on your registration form if you will be taking the bus/shuttle, or driving yourself. A bagged lunch will be provided on the Sunday, November 1 outing. Please bring your own snacks/drinks, and dress for the weather and walking. We will meet at the CCHC prior to departure.

We can't wait to spend time together on the land.

LAND TOURS SCHEDULE

Friday, October 30

1:00pm–4:30pm

Sandcut Creek, Whiffin Spit, Siasoon

Sunday, November 1

11:00am–3:00pm

Billings Spit, Stoney Creek, East Sooke Park Petroglyphs

A bagged lunch will be provided on this day.

You can register for one or both days via the registration form which can be found on the following page, on Facebook, or picked up at the CCHC.

Deadline to register:

October 23, 2026 at 4:30pm

Land Use & Occupancy Land Tours Registration Form



Friday, October 30: Sandcut Creek, Whiffen Spit, Siasosun

Sunday, November 1: Billings Spit, Stoney Creek, East Sooke Park Petroglyphs

Registration Deadline: October 23rd at 4:30pm

Participant Information

Full Name:

Email or Phone:

List all adults (18+) attending from your household:

List all children/youth (under 18) attending from your household:

Land Tour Details

Do you plan to join us for both days of the land tours?

☐ Both days ☐ Only Friday, October 30 ☐ Only Sunday, November 1

Do you need shuttle service, or will you be driving?

☐ Shuttle ☐ Driving (*please note you are responsible for your own driving expenses*)

Food & Dietary Considerations

Do you have any allergies or dietary restrictions? Please specify: _____

Information & Permissions

The T'Sou-ke First Nation Land Use and Occupancy Tours are designed to support the documentation of community knowledge, land use practices, and areas of significance within T'Sou-ke traditional territory. Participants will have the opportunity to visit key locations, share knowledge and experiences, and contribute information that will help inform the Land Use and Occupancy Study.

Please note that photographs and video recordings may be taken during the tours and may be used by TFN staff for newsletters, websites, social media, annual reporting, presentations, and other Nation-related communications and materials.

☐ I grant photo/video permissions for my household ☐ I DO NOT grant photo/video permissions

Acknowledgement

I understand that these Land Use and Occupancy Tours are intended to support the sharing of knowledge, experiences, and perspectives related to the use and occupancy of T'Sou-ke traditional territory. I agree to follow tour guidelines, respect the land and other participants, and contribute to a safe, respectful, and welcoming environment.

☐ I agree

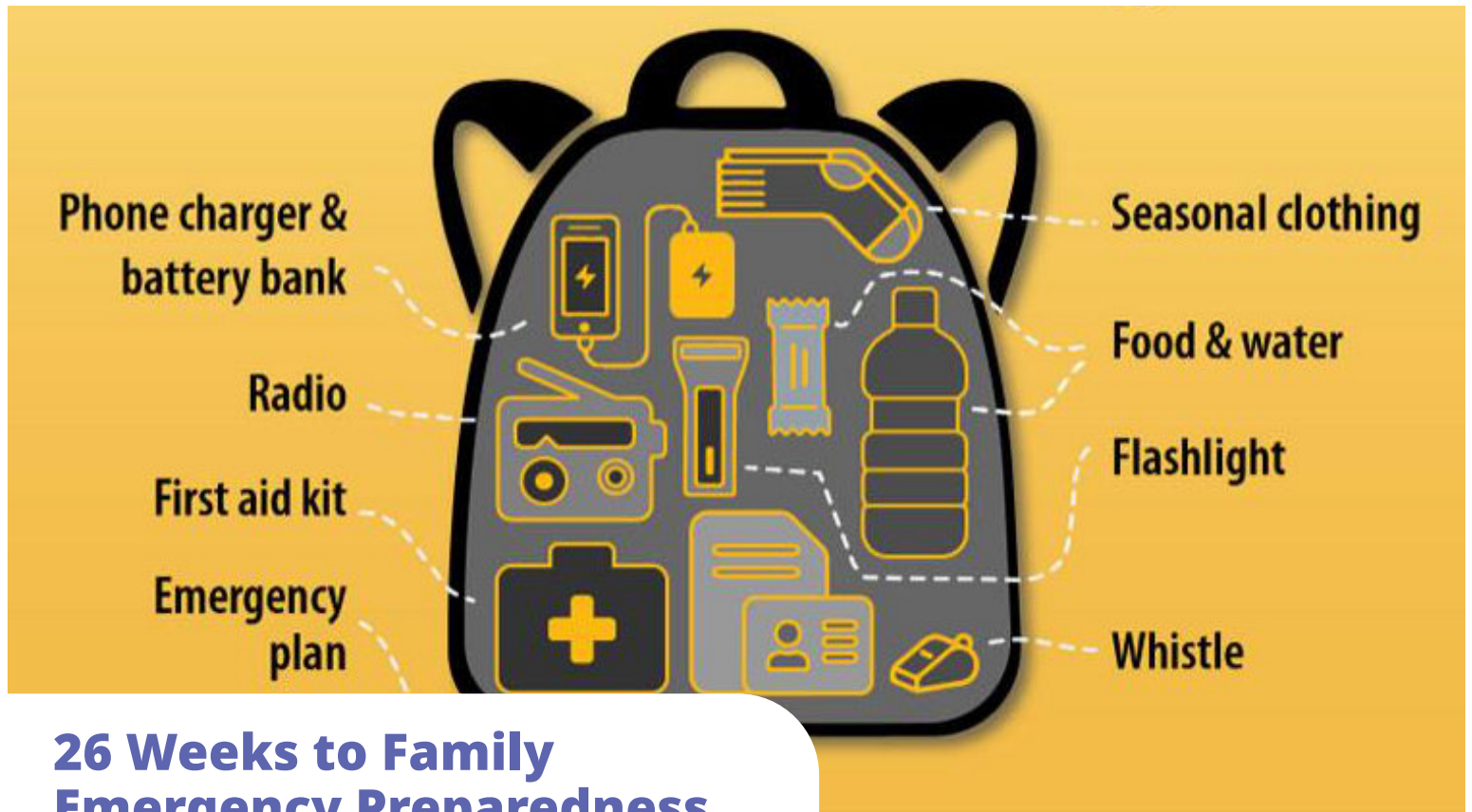
Your Signature

Date

OFFICE USE ONLY

Date Received

Reviewed By



26 Weeks to Family Emergency Preparedness

Over the last several newsletters, we've outlined steps you can take each month to build an essential family emergency kit. With these last two steps in October, we've reached the end of the list!

We've included the full list to look back on. Check it out and see what you already have at home to start your family emergency kit.

Last month, it was recommended that you add **sleeping bags or blankets** and consider adding plastic emergency ponchos. Lastly, stock up the food supply by adding more **canned, freeze-dried, and/or dehydrated food products** to your kit until you have at least a seven-day supply for each family member.

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

WEEK 25 Add a **pocket knife, cutlery, a whistle**, and a **spare set of house and car keys** as well as items such as **books, toys, and cards**, as well as a **family photo album** to your kit.

WEEK 26 **Meet with neighbours to discuss emergency preparations** and the possibility of sharing items such as generators.

26 Weeks to Family Emergency Preparedness

A step-by-step guide to get you and your family emergency prepared in 26 weeks!

-
- WEEK 1** Get a large **portable container or bin** with a lid to use as an emergency kit, preferably with wheels so you can easily move it. Choose an accessible location for the container near an exit and label the container. Make sure all family members know what it will be used for and where it is.
-
- WEEK 2** Stock your kit with *at least* a **seven day supply of water** for every family member and your pets. It is best to plan for four litres of water per person, per day—two for drinking and two for food preparation and hygiene. You might also want to consider the addition of **water purification tablets**.
-
- WEEK 3** Stock your kit with several varieties of **packaged foods, canned meats, dried fruit, nuts, and a manual can opener**. If needed, include **infant supplies** like disposable diapers, disposable bottles, and formula. Plan for at least a seven day supply of food for each family member.
-
- WEEK 4** Arrange an **out-of-area phone contact** person in case you are separated from your family so they can relay messages until you are reunited. Keep this and other emergency phone numbers near each telephone and in your grab-and-go bags. Teach family members to memorize these phone numbers.
-
- WEEK 5** If you have pets, **add food items and pet supplies** such as food/water dishes and a familiar blanket or toy.
-
- WEEK 6** Get a **portable radio and extra batteries** for your emergency kit. Consider purchasing two-way radios or walkie-talkies in the event there is no cell service.
-
- WEEK 7** **Learn about hazards.** Know the hazards in your community. Find out if the area where you live is vulnerable to landslides, flooding, or fires. Do a home hazard hunt to make your home safer: secure appliances and heavy furniture and move beds away from overhead objects.
-
- WEEK 8** **Prepare a first-aid kit** that includes prescription medications, eyeglasses, bandages, sterile gauze pads, tape, scissors, tweezers, antibiotic ointment, hydrogen peroxide, and other items such as over-the-counter pain pills or allergy medication.
-
- WEEK 9** **Give every family member specific safety tasks** to do in an emergency. For example, designate one person to be in charge of turning off electricity, one to collect the emergency container, one to track down family members and make sure people with disabilities or special health needs are provided for. Make sure someone is also designated to looking after any pets.
-
- WEEK 10** **Identify safe places** in your home and on your property. Plan and practice earthquake “drop, cover, hold” or evacuation drills using different escape routes. Know where your community may set up a reception centre for evacuees during an emergency.
-

-
- WEEK 11** Identify a **family meeting place** away from home but close to your regular spots (between home and work or school).
-
- WEEK 12** Add a **flashlight and extra batteries**, along with **candles and waterproof matches** to your kit.
-
- WEEK 13** Add some **dried soups and other food items** such as peanut butter to your kit.
-
- WEEK 14** **Check your insurance policies** and make records of your possessions (in case you need to make a claim) and add the list to your emergency kit.
-
- WEEK 15** Stock your kit with both **large and medium-sized plastic garbage bags** (orange or yellow make good visible signals). Large bags can also be used as ponchos, ground covers, or blankets. Add **plastic or paper dishes, cups, and utensils** as well.
-
- WEEK 16** Add a **change of clothing for each family member** to your kit. Be sure to include warm clothing, heavy work gloves, and sturdy shoes.
-
- WEEK 17** Add additional **canned or freeze-dried food** like stews, tuna fish, baked beans, and vegetables to your kit.
-
- WEEK 18** Enroll a family member in a **first aid course**. Pack **HELP/OK** signs in your kit.
-
- WEEK 19** **Assemble important documents** like wills, insurance papers, medical records, credit card numbers, inventory of possessions, identification, etc. Make copies and **store originals in a fireproof/waterproof container** that will be accessible if your home is damaged.
-
- WEEK 20** Add **personal items** such as toilet paper, wet-wipes, soap, detergent, toothbrush, toothpaste, comb, sanitary supplies, etc., to your emergency kit.
-
- WEEK 21** Add **evaporated, canned, or powdered milk** to your kit.
-
- WEEK 22** **Get a large bucket** with a tight-fitting lid to use as a toilet and put it with your emergency kit. Use the bucket to store other emergency tools such as an axe, folding shovel, rope, tarps, and more.
-
- WEEK 23** Add **sleeping bags or blankets** (foil blankets take up less space) and consider adding plastic emergency ponchos to your kit.
-
- WEEK 24** Add more **canned, freeze-dried, and/or dehydrated food products** to your kit until you have at least a seven-day supply for each family member.
-
- WEEK 25** Add a **pocket knife, cutlery, a whistle**, and a **spare set of house and car keys** as well as items such as **books, toys, and cards**, as well as a **family photo album** to your kit.
-
- WEEK 26** **Meet with neighbours to discuss emergency preparations** and the possibility of sharing items such as generators.

Social Assistance (SA) Requirement – Reminder

A reminder to all SA clients that you are required to provide your Notice of Assessment (NOA). Your NOA is the document you receive from the Canada Revenue Agency (CRA) after your income tax return has been processed. It shows information from your tax return, including your income.

If you filed your taxes, you should have received your NOA in July. Please submit a copy if you have not already done so.

If you need help finding your Notice of Assessment, you can sign in to your CRA My Account or contact the CRA at 1-800-959-8281.

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
November 2026	October 16	October 21
December 2026	November 13	November 18
January 2027	December 11	December 16

*** 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!**

Wednesday, October 7	Friday, October 9
Beef & Barley soup, green salad, buns <i>Berry crisp</i> Milk/Juice	Bowtie pasta w/ sausage and sweet peppers <i>Yogurt w/ berries</i> Milk/Juice
Wednesday, October 14	Friday, October 16
Ham potato soup, green salad, buns <i>Mousse</i> Milk/Juice	Salmon potato dish, green salad <i>Peach cobbler</i> Milk/Juice
Wednesday, October 21	Friday, October 23
Chicken cacciatore, rice, frozen corn <i>Fruit</i> Milk/Juice	Meatloaf, mashed potato, veggies/carrots <i>Mousse</i> Milk/Juice
Wednesday, October 28	Friday, October 30
Beef & cabbage soup, green salad, buns <i>Berries w/ whipped cream</i> Milk/Juice	Pork roast, rice, vegetables, buns <i>Berry crisp</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.



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

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

Indigenous Wellness Provider

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

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

iwpreferrals@tsoukenation.com
778-584-2452

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

5:00–6:00pm

Sooke Boxing Club (Adult Fitness)

LAZZAR BUILDING

MON

WED

FRI

12:00–1:00pm

Sooke Boxing Club (Adult Fitness)

LAZZAR BUILDING

TUE

THU

6:00–8:00pm

Sooke Boxing Club (Advanced)

LAZZAR BUILDING

TUE

THU



9:30–11:30am

Walking Together in Wellness

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

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

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

Contact Debbie to join!

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

WEDNESDAYS

6:00–7:00am

Rise & Shine

BAND HALL (LAZZAR IR#1)

Greet the morning sun with this invigorating morning exercise routine

MON

WED

FRI

7:30–8:30pm

Full Body Strength

BAND HALL (LAZZAR IR#1)

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

MON

WED

Seaparc Passes

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





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

We are excited to share that weekly physician clinics are now underway here at the T'Sou-ke T'Sou-ke SKÁ,PEŁ I,SOT Á,LEN, Community Complex & Health Centre/CCHC! As we prepare for this transition, we are gathering information from our members and families to help us plan effectively.

We would love to hear from you:

Do you currently have a family physician?

If not, would you be interested in becoming a patient with Dr. Kluge here at the Nation?

If you have a doctor elsewhere, would you consider transferring your care to receive services closer to home?

For those living away from home within the broader region, would you be willing to travel to access care here in community?

Bringing care home allows us to strengthen wrap-around supports, coordinate services with our nursing and wellness teams, and continue building culturally grounded care for our people.

Dr. Kluge will be accepting new patients as we move to weekly clinics. These will include our members, their spouses and their families.

If you are interested in becoming a patient or would like more information, please contact our Health Manager, Rose, via rosedumont@tsoukenation.com or by calling 250-642-3957 ext. 237.

We look forward to continuing to grow our primary care services together.

Monthly doctor clinics are posted in the newsletter and on the T'Sou-ke Health Facebook page. New clients are always welcome from our members, their families and their spouses.

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



WE ARE THE TE'MEXW
TREATY ASSOCIATION



TE'MEXW
TREATY ASSOCIATION

Scan me



info@temexw.org



250-360-2202

NOVEMBER

T'SOU-KE COMMUNITY MEETING

November 5, 2026

Dinner: 5:30 p.m. PT

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



Join the negotiations team to continue discussions on the progress on fisheries negotiations.



- 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