



# SEPTEMBER

2025 Newsletter  
T'Sou-ke First Nation

## In this edition

SENĆOŦEN Classes (Sept 2, 16)

Te'mexw Treaty Meeting  
(Sept 4 & Oct 2)

Fun Day! (Sept 7)

IPCA Dinner & Bingo (Sept 8)

NIŁ TU,O Meet & Greet (Sept 9)

FMF Cape Breton Hiring Fair  
(Sept 10)

Wellness Day (Sept 13)

Firewood Pick-Up (Sept 13, 14)

CCHC Grand Opening Ceremony  
& Art Unveilings (Sept 15)

Drop-in Craft Night (Sept 18)

Drum-Making Workshop  
(Sept 21, Oct 19)

60+ Elders Retreat (Sept 22–25)

Community Dinner (Sept 24)

Chief & Council Meeting (Oct 1)

CCHC Creators' Cabinet

Ladybug Garden News

Youth Summer Wrap-Up



📷 Welcome Figure to be unveiled at the CCHC Grand Opening, Sept 15.

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

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

## T'Sou-ke Office Hours

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

Closed 12:00pm–1:00pm for lunch

Closed Saturday, Sunday,  
and Statutory Holidays



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



**Physical Address:** 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.*

## We have moved!

*Find us at the Community Complex & Health Centre (1000 Soses Snanet Rd).*



250-642-3957



[tsoukenation.com](https://tsoukenation.com)

## Administration

### **Secretary, Sarina Lazzar**

[secretary@tsoukenation.com](mailto:secretary@tsoukenation.com)  
250-642-3957

### **Administrator, Michelle Thut**

[administrator@tsoukenation.com](mailto:administrator@tsoukenation.com)  
ext. 233

### **Administrative Assistant, Jessica Kisby**

[admin3@tsoukenation.com](mailto:admin3@tsoukenation.com)  
ext. 242

### **Finance Manager, Sandra Sprinkling**

[admin1@tsoukenation.com](mailto:admin1@tsoukenation.com)  
ext. 223

### **Finance Assistant, Tara Jensen**

[admin2@tsoukenation.com](mailto:admin2@tsoukenation.com)  
ext. 222

### **Communications Coordinator, Natassia Davies**

[communications@tsoukenation.com](mailto:communications@tsoukenation.com)  
ext. 224

### **Income Asst. & Employment Svc., Yvonne St. Pierre**

[socialdevelopment@tsoukenation.com](mailto:socialdevelopment@tsoukenation.com)  
ext. 249

### **Maintenance Worker, John Warren**

[maintenance@tsoukenation.com](mailto:maintenance@tsoukenation.com)  
ext. 239

## Children and Families

### **Child and Family Lead, Denise Chewka**

[childfamilylead@tsoukenation.com](mailto:childfamilylead@tsoukenation.com)  
ext. 241

### **Band Designate, Alyssa Svoboda**

[banddesignate@tsoukenation.com](mailto:banddesignate@tsoukenation.com)  
ext. 247

### **Family Support Worker, Brandy Daniels**

[familysupportservices@tsoukenation.com](mailto:familysupportservices@tsoukenation.com)  
ext. 240

## Fisheries

**Fisheries Stewardship Manager, Edward Chutter**  
[fisheriesdirector@tsoukenation.com](mailto:fisheriesdirector@tsoukenation.com)  
ext. 230

## Health Department

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

**Community Nurse, Jennifer Routhier**  
[nurse1@tsoukenation.com](mailto:nurse1@tsoukenation.com)  
ext. 238

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

**Health Care Assistant, Debbie Ridley**  
[healthcareassistant@tsoukenation.com](mailto:healthcareassistant@tsoukenation.com)  
ext. 235

**Community Health, Daphne Underwood**  
[communityhealth@tsoukenation.com](mailto:communityhealth@tsoukenation.com)  
ext. 235

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

## Lands, Forestry, Environment

**Land Governance Manager, Bonnie Hill**  
[landsmanager@tsoukenation.com](mailto:landsmanager@tsoukenation.com)  
ext. 227

**Lands Referrals Clerk, Amanda Mobley**  
[landsandreferralsclerk@tsoukenation.com](mailto:landsandreferralsclerk@tsoukenation.com)  
ext. 243

**Terrestrial Guardian, Dave Planes**  
[guardian1@tsoukenation.com](mailto:guardian1@tsoukenation.com)

**Environment/Forestry, Lawrence Underwood**  
[forestryandenvironment@tsoukenation.com](mailto:forestryandenvironment@tsoukenation.com)  
ext. 226

## Sooke RCMP

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

## Ladybug Garden

☎ 250-642-3949

**Garden Coordinator, Christine George**  
[ladybuggarden@tsoukenation.com](mailto:ladybuggarden@tsoukenation.com)

## Marine Team

☎ 778-352-0011

**Com. Relations Coordinator, Eva Shaffer**  
[marineliaison2@tsoukenation.com](mailto:marineliaison2@tsoukenation.com)

**Marine Field Tech, Louis Sudlow**  
[lsudlow@snekecentre.ca](mailto:lsudlow@snekecentre.ca)

**Marine Field Tech, Milynda Planes**  
[mplanes@snekecentre.ca](mailto:mplanes@snekecentre.ca)

## Youth Centre

☎ 778-535-3957

**Youth Worker, Brittany Vince**  
[youthcentre@tsoukenation.com](mailto:youthcentre@tsoukenation.com)

## Sum-SHA-Thut Lellum

☎ 250-642-2263

**ECE Teacher, Jennifer Dumont**  
**ECE Assistant, Soleil Saxelby**  
[sumsha@tsoukenation.com](mailto:sumsha@tsoukenation.com)

## Chief and Council

**Chief Lawrence Underwood**  
[chiefunderwood@tsoukenation.com](mailto:chiefunderwood@tsoukenation.com)

**Councillor Rose Dumont**  
[dubzdu@gmail.com](mailto:dubzdu@gmail.com)

**Councillor Bonnie Hill**  
[bonniehill@tsoukenation.com](mailto:bonniehill@tsoukenation.com)

**Councillor Debra Lazzar, Khumchíshliá**  
[debralazzar@tsoukenation.com](mailto:debralazzar@tsoukenation.com)

# September 2025

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

SUDNAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	OFFICES CLOSED (Labour Day)	SENĆOŦEN Language Class 6-7:30pm @ CCHC		Te'mexw Treaty Meeting 5:30pm @ CCHC	Rise & Shine Fitness 6-7am  NIĚ TU,O Family Support Services 8:30am-4:30pm  Yoga 12-1:00pm	
7	8	9	10	11	12	13
Fun Day!! 11am-3pm @ Old Band Hall	Rise & Shine Fitness 6-7am  IPCA Dinner & Bingo 5:30pm @ CCHC  Full Body Fitness 7:30-8:30pm	NIĚ TU,O Meet & Greet + ice cream truck 3-5pm @ CCHC  Sea to Tree Counselling 12-7pm	Rise & Shine Fitness 6-7am  Full Body Fitness 7:30-8:30pm		Rise & Shine Fitness 6-7am  NIĚ TU,O Family Support Services 8:30am-4:30pm  Yoga 12-1:00pm	Firewood Pick-up 7:30-2:30 @ Gravel Pit  Wellness Day 10am-3pm @ CCHC
14	15	16	17	18	19	20
Firewood Pick-up 7:30-2:30 @ Gravel Pit	Rise & Shine Fitness 6-7am  CCHC Grand Opening! 4-7:30pm  Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm  SENĆOŦEN Language Class 6-7:30pm @ CCHC	Rise & Shine Fitness 6-7am  Full Body Fitness 7:30-8:30pm	Dr. Kluge's Clinic 10am-4pm @ CCHC  Craft Night 5-8pm @ CCHC	Rise & Shine Fitness 6-7am  NIĚ TU,O Family Support Services 8:30am-4:30pm	
21	22	23	24	25	26	27
Drum-Making Workshop (Registration Req'd) 10am-1pm @ CCHC	Elders' Retreat (Registration Full)					
	Rise & Shine Fitness 6-7am  Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm	Rise & Shine Fitness 6-7am  Community Dinner 5:30pm @ CCHC  Full Body Fitness 7:30-8:30pm		Rise & Shine Fitness 6-7am  NIĚ TU,O Family Support Services 8:30am-4:30pm  Yoga 12-1:00pm	
28	29	30				
	Rise & Shine Fitness 6-7am  Full Body Fitness 7:30-8:30pm	OFFICES CLOSED (National Day for Truth & Reconciliation / Orange Shirt Day)				



## SENĆOTEN Language Class

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

**Tuesday, September 2**  
**Tuesday, September 16**  
**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.*

## Te'mexw Treaty Meeting

Community Complex  
& Health Centre

**Thursday, September 4**  
**Thursday, October 2**

## IPCA Dinner & Bingo!

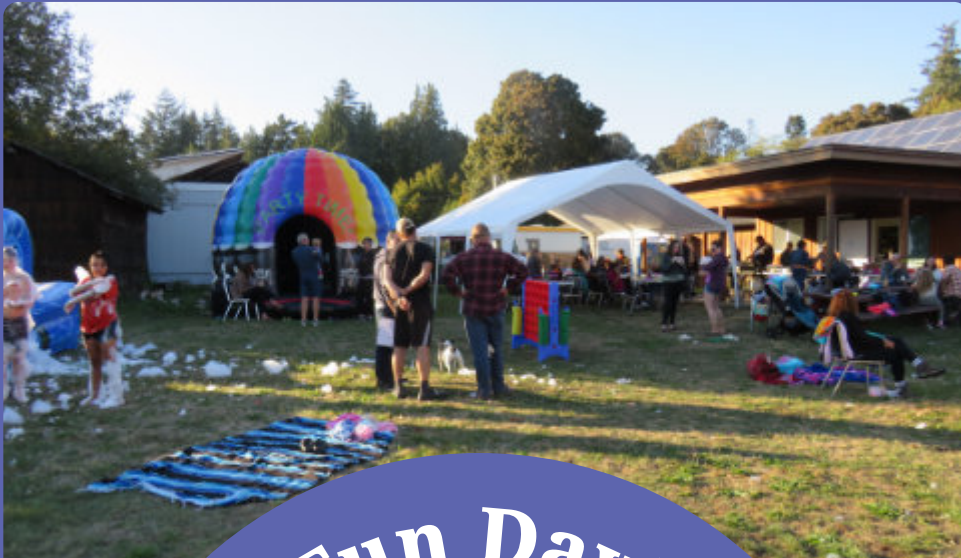
**Monday, September 8**

**Doors @ 5:00pm**

**Dinner @ 5:30pm**

**IPCA Discussion  
& Bingo @ 6:00pm**

Join us on Monday, September 8<sup>th</sup> for our monthly dinner to discuss Indigenous Protected and Conserved Areas (IPCAs) and discuss T'Sou-ke Nation's intention to establish an IPCA within our territory. We'll share a meal and play BINGO!!



## Fun Day!



**Sunday, September 7**  
**11:00am - 3:00pm**  
**Old Band Hall**



Come on out for an afternoon of fun, food, and good times at our annual Fun Day at the old Band Hall!

There will be bouncy castles, a mega slide, disco dome, foam party, games, and more. If you're up for a challenge this year, try a round on the mechanical bull! **Prizes are up for grabs.**

Lunch and treats will be provided.

Please bring a change of clothes, towel, hat, and sunscreen. Children must be accompanied by a parent or guardian.

## NIŁ TU,Ō Ice Cream Meet & Greet

**Tuesday, September 9**  
**3-5pm @ CCHC**

Join the Children & Families Department for an afternoon of ice cream and prizes while we spend some time learning more about NIŁ TU,Ō's family resources and programming!

## Firewood Pick-up

Gravel Pit

**Saturday, September 13**

**Sunday, September 14**

**7:30am – 2:30pm**

One load per household

## Wellness Day

**Saturday, September 13**

**10:00am–3:00pm**

*Doors open promptly at 10am*

Please join us for a day of rest and relaxation with our families. If you just need a haircut and want to see Barb, feel free to stop by!

Please note offices are closed to the public this day.

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



# You're Invited

**to the  
Grand Opening  
of the T'Sou-ke  
SKA'PEŁ I'SOT ALEN  
Community Complex & Health Centre**

**Monday, September 15**

**4:00pm–7:30pm**

We invite T'Sou-ke members and families to join us for the opening ceremony of the T'Sou-ke Community Complex & Health Centre (CCHC), a Welcome Figure ceremony, and art unveilings.

Guided tours of the CCHC will be offered, and dinner will be served after the ceremony. We hope you can join us to mark this very special day for T'Sou-ke Nation and our community.

## Craft Night

5–8pm @ CCHC

Drop-in, no registration needed!

**Thursday, September 18**

## Drum-making Workshop

10am–1pm @ CCHC

Register with Rose Dumont

**Sunday, September 21**

**Sunday, October 19**

## Community Dinner

5:30pm @ CCHC

**Wednesday, September 24**

## Virtual Chief & Council Meeting

These meetings are for registered T'Sou-ke members.

To obtain the Zoom link, please register with Natassia Davies via [communications@tsoukenation.com](mailto:communications@tsoukenation.com).

**Wednesday, October 1**

**6–8pm**

**Zoom (register for link)**

# Community Dinner & Bingo



"Indigenous Protected and Conserved Areas (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 the heart and soul of an IPCA" (Indigenous Circle of Experts, 2018).

IPCAs are not only about conservation—they are about Indigenous resurgence, self-determination, and upholding responsibilities to the land, waters, and future generations.



## Join us:

Join the T'Sou-ke IPCA team to talk about what's important as we embark on the journey of IPCA establishment. We'll also share a meal and play BINGO!

**WHAT: Community Dinner & Bingo!**

**WHERE: Community Complex & Health Centre**

**WHEN: Monday, September 8th, 5:00-7:00PM**

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



# Indigenous Protected and Conserved Areas (IPCAs)

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

**-Indigenous Circle of Experts, 2018**

## Elements of an IPCA:

### Indigenous-led



### Represent a long-term commitment to conservation



### Uplift Indigenous Rights & Responsibilities



Over 80 IPCAs have been established in the Canadian context.

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

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

## Further Resources:

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





Hosted by  
NĪĒ TU,O with  
support from  
T'Sou-ke

For all  
T'Sou-ke  
community  
members of  
all ages

# ICE CREAM MEET & GREET TESNEUEL



**September 9<sup>th</sup>, 2025 | 3 - 5pm**  
**1000 Soses Snanet Rd, Sooke, BC, V9Z 0G7**

Meet NĪĒ TU,O family support workers, learn about NĪĒ TU,O's resources and programming, enjoy games and activities, have some ice cream and popsicles and win prizes!

An ice-cream truck will be on site from 3 to 5pm.



**You could win:**

**A Tablet or  
Blackstone 22" Table  
Top BBQ**

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



## Showcase your works in the CCHC Creators' Cabinet!

Hello Community! We're excited to invite artists and creators to showcase and sell their artwork here at the CCHC in the Creators' Cabinet. Whether it's beading, painting, carving, or any other form of creativity, we'd love to celebrate your talent! Bring your pieces down and we'll proudly feature them in our display case for everyone to enjoy and support. **Contact Sarina at 250-642-3957 for more info.**

## Child & Family Services Presentations and Resources

**Wednesday, October 8**

Join the Children and Families department on October 8<sup>th</sup> at the CCHC for presentations from Legal Aid BC and Jordan's Principle. These presentations will focus on parents' legal supports and resources, and the claims process for individuals and families affected by child welfare removals between April 1, 1991, and March 31, 2022.

### 'Legal Aid Child Protection Matters' Presentation

**9:30am-10:30am**

Reviewing The document outlines the support available for parents facing child protection concerns, including legal advice and advocacy services.

### 'Jordan's Principle Child and Family Settlement' Presentation

**11:30am-12:30pm**

Reviewing eligibility criteria, claims submission process, and support resources for First Nations individuals and families affected by child welfare removals between April 1, 1991, and March 31, 2022.

**Lunch will be served after the presentations from 12:30-1:30pm.**

Please refer to the flyers on the following pages for more information.

# Parents Legal Centre

**Has a social worker contacted you about your children?**

**You have the right to free legal advice.**

The Parents Legal Centre provides a free lawyer and an advocate to help you address the social worker's concerns about your children's safety (child protection) early on.

Together they can help you find solutions that work for you and your family.

To find out if you qualify, call the **Legal Aid BC Call Centre:**

**604-408-2172** (Greater Vancouver)  
**1-866-577-2525** (elsewhere in BC)

Or contact your **local legal aid location**. Find location information and hours at [legalaid.bc.ca](https://legalaid.bc.ca)

## **The lawyer can:**

- give you legal advice about how to resolve child protection concerns as early as possible; and
- represent you at court and in other meetings outside of court.

## **The advocate can:**

- provide information and support;
- connect you with other services, such as counselling and housing; and
- go with you to meetings and appointments.



**Legal Aid BC**







## The Claims Period for the Removed Child Class and Removed Child Family Class opened on **March 10, 2025.**

### Eligibility



#### The Removed Child Class

- First Nations individuals who, while under the Age of Majority, were removed from their homes between April 1, 1991, and March 31, 2022, by Child Welfare Authorities
- The removal from home happened while the Child or their Caregiving Parents or Caregiving Grandparents were Ordinarily Resident on Reserve or living in the Yukon
- The placement was funded by Indigenous Services Canada (ISC)



#### The Removed Child Family Class

Caregiving Parents and Caregiving Grandparents of a Removed Child who:

- Are the biological or adoptive parents, biological or adoptive grandparents, or Stepparents who are First Nations
- Lived with, assumed and exercised parental responsibilities over the Removed Child at the time the Child was removed
- Were the ones the Removed Child was first removed from

### How to submit a Claim

Submit your Claim Form, copy of your valid government-issued identification and any required documents to the Administrator at [Portal.FNChildClaims.ca](https://portal.fnchildclaims.ca) or by email, fax or mail.

The Administrator cannot accept Claims submitted on behalf of another person unless:

- The Claim is submitted by a legally appointed Personal Representative on behalf of a Person Under Disability
- The Claim is submitted on behalf of a deceased person by the executor of their estate or an eligible heir

If you believe you are eligible under more than one Class, submit a separate Claim Form for each Class.





## Ladybug Garden News

Hello Everyone!

This season has just been fantastic for ladybug. From cherry tomatoes to large beefsteaks to giant green peppers and small Carolina Reapers; tons of celery; many beets and carrots and squashes; cukes-a-plenty, and more 😊

I entered the Sooke Fall Fair creating a community garden display and a new category, Spirit of the West Coast, and both won first place and best overall. I also got most outstanding exhibit of veggies that comes with a trophy. Out of seven entries, I got four 1<sup>st</sup>, two 2<sup>nd</sup> and one 3<sup>rd</sup> place. With my personal entries I received nine 1<sup>st</sup> place and two 2<sup>nd</sup> place, and I received the T'Sou-ke Nation trophy for most points 😊

I am planning two canning workshops and three outings that will take place within the next few months. The first canning workshop being tomatoes with all ingredients from ladybug garden—how sustainable is that folks 😊 Stay tuned to my Facebook page for more information.

Christine  
Garden Coordinator



EFT Payments Notice

Please be advised that Income Assistance payments are now issued via Electronic Funds Transfer (EFT). While the exact time the funds will appear in your account may vary, payments will be deposited **by the end of day** on the scheduled Income Assistance payment dates.

If the payment does not appear in your account on the scheduled date, **please wait until the next business day before contacting the office.**

Thank you for your understanding and cooperation.

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
October 2025	September 19	September 24
November 2025	October 17	October 22
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!**







## Interested in Working with the Royal Canadian Navy?

### FMF Cape Breton Hiring Fair – September 10, 2025

Fleet Maintenance Facility (FMF) Cape Breton is hosting a Hiring Fair for a wide range of civilian positions supporting the Royal Canadian Navy.


 **Date:** Wednesday, September 10, 2025

 **Time:** 1:00 PM – 7:00 PM


 **Location:** 1575 Lyall Street, Chief & Petty Officer's Mess, CFB Esquimalt, Victoria, BC

#### Positions available in:

- Trades & Apprenticeships (Welders, Painters, Electricians, etc.)
- Technical Staff (e.g. EG-06 Senior Technologist)
- Supply Chain, Safety Inspectors & Admin Roles

 **What's Offered:** Job security, salary & pension, health and dental benefits, and an inclusive work environment (2SLGBTQI+ friendly).

 **Interested in attending?** Let me know by September 8, 2025.

 Make sure your resume is up to date — I'd be happy to review it with you in advance.

 Need a ride? I can help with transportation to the event if needed.

Don't miss this opportunity to meet hiring managers in person and explore a career with real impact. Check out the flyer on the next page for details.

**Yvonne St. Pierre**

*Income Assistance & Employment Services Coordinator*

**FMF**FLEET  
MAINTENANCE  
FACILITYL'INSTALLATION  
DE MAINTENANCE  
DE LA FLOTTE**IMF**

CAPE BRETON



# HIRING FAIR

**Date**  
**10 September, 2025****Location**  
**1575 Lyall St.**  
**Victoria, BC****CHIEF AND PETTY  
OFFICER'S MESS  
CFB ESQUIMALT****Time**  
**1pm - 7pm**

## JOB POSITIONS TRADES

### JOURNEYPERSONS

- WELDERS
- METAL FABRICATORS
- SHEET METAL
- PAINTERS
- SHIPWRIGHTS
- SHIPYARD RIGGER/IRONWORKERS
- MILLWRIGHT MECHANICAL FITTERS
- MILLWRIGHT WEAPONS FITTERS
- INSTRUMENTATION & CONTROL TECHS
- MARINE ELECTRICIAN
- ELECTRONICS TECH
- MACHINIST
- TOOL & DIE MAKER

### UNIT SUPPORT

- SAFETY INSPECTORS
- VARIOUS ADMINISTRATIVE ENTRY LEVEL POSITIONS

### SUPPLY CHAIN MANAGEMENT

- TRADE SERVICES PERSONNEL
- MARINE INDUSTRIAL WORKER
- PROCUREMENT AGENT
- PROCUREMENT FILE RECONCILIATION CLERK

### APPRENTICES

- ELECTRONIC TECHNICIANS
- MARINE ELECTRICIANS
- PAINTERS
- SHIPWRIGHTS
- MILLWRIGHTS
- MACHINIST
- SHEET METAL
- METAL FABRICATOR

### TECHNICAL STAFF

- EG-06 SENIOR TECHNOLOGIST
- with experience in marine/combat systems, naval architecture, data/maintenance analytics, material certification and/or submarine experience

### WE OFFER:

**Job Security****Salary & Pension****Health & Dental Benefits**

Interested but not available on the day? Send your resume to:

**[ESQFMFCBEmployment@forces.gc.ca](mailto:ESQFMFCBEmployment@forces.gc.ca)**

Resumes will be forwarded to the applicable hiring manager.

**\*Electronic resume submissions are open from 6-10 September 2025.**

**\*Candidates must state position title in the subject line of email submissions.**

**2SLGBTQI+ inclusive workplace.  
FMF is an equal opportunity employer.**

**WE ARE THE CIVILIAN WORKFORCE PROVIDING TECHNICAL  
SUPPORT & MAINTENANCE TO THE ROYAL CANADIAN NAVY**



## Youth Summer Wrap-Up

Hello everyone,

We are now wrapping up the summer as it comes to an end. Thank you to all the youth who participated in events and helped to make this an amazing and memorable summer! And thank you to all the parents for bearing with me.

As this is my first time in this role, I am continuously learning and growing. If you have any questions, concerns, or feedback regarding the way things have been organized, I warmly encourage you to reach out to me. Additionally, if you have suggestions or ideas to help enhance the youth program, I would love to hear them.

This summer we had a bit of a late start, but once we got up and going, we did all sorts of fun activities including our journey to Elwha, our plant harvesting and processing with Terrance and Christine, our drumming and singing with James & Eli, attending Flying Squirrel, bowling, Mr.Tubbs, & WildPlay. We also had many fun activities enjoying the sun while we could such as beach days, park days, Potholes days, and even days we went for ice cream!

Overall, it was a successful and enjoyable summer, and we look forward to welcoming everyone back in the fall for more after school activities and opportunities to connect.

Please bear with me as our schedule for September is still being finalized and will be shared next week. Be sure to stay updated by checking our posts regularly.

Included are a few pictures capturing some of our summer memories.

**Brittany Vince**  
*Youth Worker*







<b>Monday, September 1</b>	<b>Wednesday, September 3</b>
<b>CLOSED</b> (Labour Day)	Hamburger soup w/ buns, green salad <i>Yogurt w/ berries</i> Milk/Juice
<b>Monday, September 8</b>	<b>Wednesday, September 10</b>
<b>No delivery</b>	Seafood chowder, caesar salad, baked bannock <i>Mousse</i> Milk/Juice
<b>Monday, September 15</b>	<b>Wednesday, September 17</b>
Baked chicken, roasted yams, sweet potato, and beets, green salad <i>Berries w/ whipped cream</i> Milk/Juice	Chicken corn chowder w/ buns, green salad <i>Berry crisp</i> Milk/Juice
<b>Monday, September 22</b>	<b>Wednesday, September 24</b>
<b>No delivery</b> due to Elders' Trip	<b>No delivery</b> due to Elders' Trip
<b>Monday, September 29</b>	<b>Wednesday, October 1</b>
Beef & barley soup w/ buns, carrots <i>Yogurt w/ berries</i> Milk/Juice	Roast beef, potatoes, carrots <i>Bread pudding</i> Milk/Juice

**Meals are subject to change depending on availability of products.**

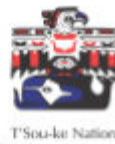
Please ensure there is a cooler outside your door, clearly marked for your Meals on Wheels to go into if you are not home. This keeps your meals safe from animals. Thank you.

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





**TE'MEXW**  
TREATY ASSOCIATION



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

Scan me



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



250-360-2202



# SEPTEMBER

 New location



## T'SOU-KE COMMUNITY MEETING

September 4, 2025

Dinner: 5:30 p.m. PT

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



Join the negotiations team for a discussion on the Constitution.



- Venue: T'Sou-ke Community Complex & Health Centre

- Located near Tim Hortons and Petro Canada on IR 1, just off of Highway 14
- 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, kindly contact us at [info@temexw.org](mailto:info@temexw.org) or contact Denise at [dpurcell@temexw.org](mailto:dpurcell@temexw.org)

# OCTOBER

 New location



## T'SOU-KE COMMUNITY MEETING

October 2, 2025

Dinner: 5:30 p.m. PT

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



Join the negotiations team for a presentation and discussion on Eligibility and Enrolment.



- Venue: T'Sou-ke Community Complex & Health Centre

- Located near Tim Hortons and Petro Canada on IR 1, just off of Highway 14
- 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, kindly contact us at [info@temexw.org](mailto:info@temexw.org) or contact Denise at [dpurcell@temexw.org](mailto:dpurcell@temexw.org)

# Health Department

Book appointments with us via phone, email, or Facebook

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

TUESDAYS

12:00–7:00pm

## Counselling & Wellness Services

HEALTH OFFICE

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

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



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

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

DROP-IN

6:00–7:00am

### Rise & Shine

BAND HALL

Greet the morning sun with this invigorating morning exercise routine

MON

WED

FRI

DROP-IN

7:30–8:30pm

### Full Body Strength

BAND HALL

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

MON

WED

DROP-IN

12:00–1:00pm

### Yoga

HEALTH OFFICE OR OUTSIDE

Find a moment of peace during this relaxing afternoon yoga class

FRI

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

### Seaparc Passes

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



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

☎ 250-642-3957

### 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, September 18**

### 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

### Foot Care \*

#### What is this service?

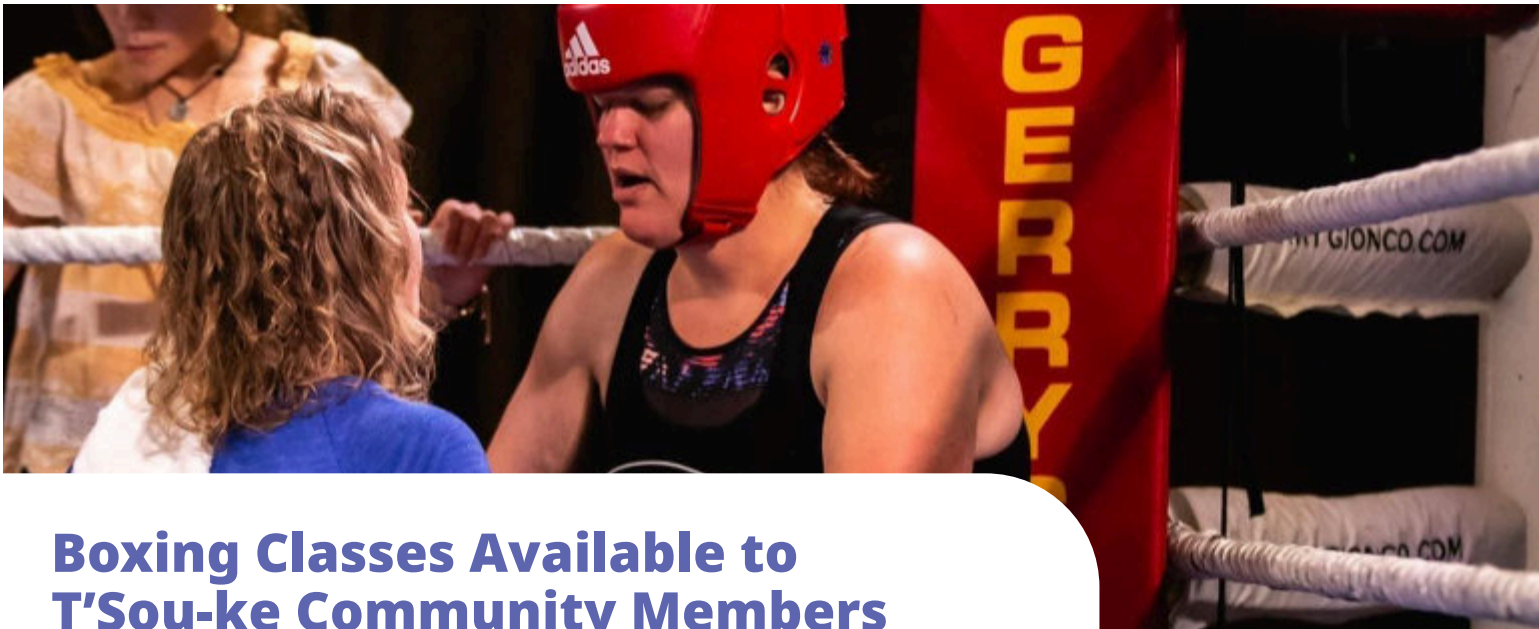
Toenail clipping and foot health education relating to diabetes

#### Who is this for?

Families and their spouses living on or off reserve who have diabetes or other health/physical limitations

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





## 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	