



ĆENĚÁ, WEN SEPTEMBER

2026 Newsletter
T'Sou-ke First Nation



📷 T'Sou-ke community members crab-raking at Billings Spit

In this edition

Tax-Exempt Purchases at ĆEK SNÁNET

Wills & Estates Info Session (Sep 29)

WorkLink Sessions

Culture Camp + Registration (Sep 25–27)

Walk Beside Your Governance Team:
Youth Delegate Opportunity

CCP Chats & Gaffing Demonstrations
(Sep 18)

Emergency Preparedness for
Back-to-School

Fisheries & Marine Updates

Lands Department Updates

+ Regularly Scheduled Events!

**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
ext. 233

Administrative Assistant, Jessica Kisby

admin3@tsoukenation.com
ext. 242

Communications Coordinator, Natassia Davies

communications@tsoukenation.com
ext. 224

Children, Youth, & Family

Children & Family Manager

childfamilylead@tsoukenation.com
ext. 241

Band Designate, Alyssa Svoboda

banddesignate@tsoukenation.com
ext. 247

Family Support Worker, Brandy Daniels

familysupportservices@tsoukenation.com
ext. 240

Youth Worker, Brittany Vince

youthcentre@tsoukenation.com

Finance

Finance Manager, Sandra Sprinkling

admin1@tsoukenation.com
ext. 223

Finance Assistant, Tara Jensen

admin2@tsoukenation.com
ext. 222

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

socialdevelopment@tsoukenation.com
ext. 249

Fisheries & Marine

Fisheries Stewardship Manager, Edward Chutter
fisheriesdirector@tsoukenation.com
ext. 228

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

Marine Field Technician, Louis Sudlow
marineliaison4@tsoukenation.com
ext. 231

Health Department

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

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

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

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

HCA, Maternal Child Health Worker, Debbie Ridley
mchworker@tsoukenation.com
ext. 235

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

Chief and Council

Chief Lawrence Underwood
chiefunderwood@tsoukenation.com

Councillor Rose Dumont
dubzdu@gmail.com

Councillor Bonnie Hill
bonniehill@tsoukenation.com

Councillor Debra Lazzar, Khumchíshliá
debralazzar@tsoukenation.com

Lands, Forestry, Environment

Land Governance Manager, Eva Shaffer
landsmanager@tsoukenation.com
ext. 227

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

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

Terrestrial Guardian, Dave Planes
guardian1@tsoukenation.com

Terrestrial Guardian, Raven Planes
guardian2@tsoukenation.com

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

Ladybug Garden

📞 250-642-3949

Garden Coordinator, Christine George
ladybuggarden@tsoukenation.com

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

September (ĆENĚÁ, WEN) 2026

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

SUNDAY XÁLSNÁT	MONDAY SĆELŲLNÁT	TUESDAY SĚEN, NÁT	WEDNESDAY SĚIWS	THURSDAY SNOS	FRIDAY SĚKÁĆES	SATURDAY KEMETEN
		1	2	3	4	5
					CLOSED	
6	7	8	9	10	11	12
			60+ Elders' Trip (Richmond/River Rock Hotel)			
	CLOSED (Labour Day)			Drumming Circle with Brandy 6-7pm		
13	14	15	16	17	18	19
	Chief and Council Meeting 6-8pm via Zoom	SENĆOŦEN Language Class 4-5:30pm CCHC or Zoom			Parent Drop-in 10-11:30am Siaosun Beach	
20	21	22	23	24	25	26
				Summer Kitchen 11am-1pm Drumming Circle with Brandy 6-7pm	Culture Camp (Spring Salmon Place)	
27	28	29	30			
Culture Camp		SENĆOŦEN Language Class 4-5:30pm CCHC or Zoom Wills & Estates Info Session & Dinner 5:30pm Dinner 6:00pm Meeting	CLOSED (National Day for Truth and Reconciliation)			

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

Health & Wellness

September (ĆENTÁ, WEN) 2026

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

MONDAY SĆELŁŁNÁT	TUESDAY STEN, NÁT	WEDNESDAY SŁIWS	THURSDAY SNOS	FRIDAY SŁKÁĆES
	1	2	3	4
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 Walking 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	CLOSED
7	8	9	10	11
CLOSED (Labour Day)	Sea to Tree Counselling 12-7pm Boxing (Adult Fitness) 12-1pm Boxing (Advanced) 6-8pm	Rise & Shine Fitness 6-7am T'Sou-ke Walking 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
14	15	16	17	18
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 Walking 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
21	22	23	24	25
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 Walking 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
28	29	30		
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	CLOSED (National Day for Truth and Reconciliation)		

September 2026

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

Additional Notes:

- Tutoring on Monday's will be for elementary aged students.
- Tutoring on Thursday's will be for middle & high-school aged students.
- Tutoring students.
- For our tutoring sessions we will be doing another big prize draw at the end of the year. Each session you attend you will receive an entry. Prizes TBD.
- For our youth drop in we will be doing different events on Friday each week, please look at our FB page for more details on the events. Transportation will also be available. Please let Brittany Know ahead of time if it is required.

MON		TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
Tutoring Time TBD			Tutoring Time TBD	Youth Drop-In Event TBD 5:00pm-7:30pm			
14	15	16	17	18	19	20	
Tutoring Time TBD			Tutoring Time TBD	Youth Drop-In Event TBD 5:00pm-7:30pm			
21	22	23	24	25	26	27	
Pro-D Day Event TBD			Tutoring Time TBD	Youth Drop-In Event TBD 5:00pm-7:30pm			
28	29	30					
Tutoring Time TBD							



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, September 14, 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.



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

3 July 2026

Community Notice: Illegal Dumping on T'Sou-ke Nation Lands

The T'Sou-ke Nation Lands Department would like to remind all community members that dumping of garbage, household waste, construction materials, furniture, appliances, and other refuse on T'Sou-ke Nation Lands is strictly prohibited.

Recently, there has been an increasing amount of refuse and debris being illegally dumped at various locations on both IR#1 and IR#2. Illegal dumping negatively impacts our lands, creates environmental and health hazards, attracts wildlife, and detracts from the beauty and safety of our community.

We ask all members and residents to do their part in protecting our lands by disposing of waste through approved waste disposal and recycling facilities.

If you witness illegal dumping or have information regarding dumping activities, please contact the Lands Department. Keeping our lands clean is a shared responsibility. By working together, we can help preserve and protect T'Sou-ke Nation lands for current and future generations.

Thank you for your cooperation and commitment to caring for our community and lands. If you have any questions or need additional information, please contact Eva Shaffer at landsmanager@tsoukenation.com or 250-642-3957 ext. 227.

Sincerely,

A handwritten signature in cursive script that reads "Eva Shaffer".

Eva Shaffer
Lands Governance Director, T'Sou-ke First Nation
250-642-3957 ext.227
landsmanager@tsoukenation.com

NEW TIME

SENĆOŦEN Language Class

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

**September 15
September 29**

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 ŞNÁNET

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 ŞNÁNET.

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.

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.

Tuesday, September 29

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 September 29.

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

Chief & Council Meeting

Monday, September 14

Monday, October 5

Monday, November 2

Monday, December 7

6–8pm via Zoom

Register via

communications@tsoukenation.com

Te'mexw Treaty Meeting

October 1

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

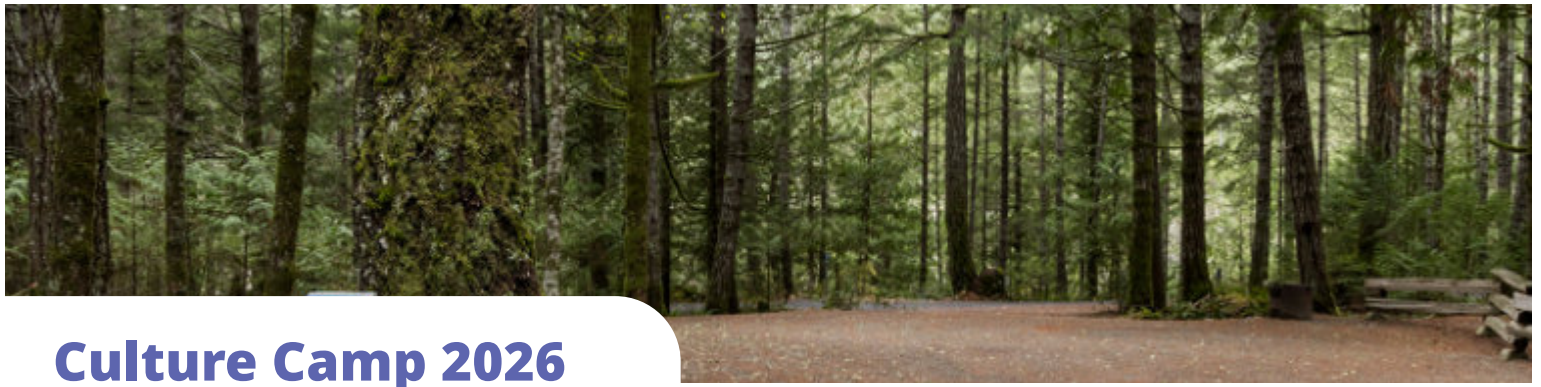
CCHC – Knowledge Sharing Room

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



Culture Camp 2026

T'Sou-ke Nation is hosting a Culture Camp at KWL-UCHUN, Spring Salmon Place Campground (the Potholes) this month!

Spend the weekend learning through hands-on cultural activities, enjoying time on the land, sharing meals around the fire, and connecting with one another through stories, drumming, singing, and traditional knowledge.

KWL-UCHUN, Spring Salmon Place Campground September 25-27

Friday 25th: Late afternoon arrival, camp setup, dinner by the fire*

Saturday 26th: Breakfast, nature walk, time by the river, lunch, afternoon activities, dinner by the fire*, drumming and singing

Sunday 27th: Brunch, camp takedown, head home

**Fires will be dependent on the current status of campfire burning at the time of the trip.*

Please note this is a rough schedule of events and activities may change.

The things we learn, share, and talk about will help inform our Use and Occupancy Study (how we use and occupy our traditional territory).

Details and Logistics

- All meals will be provided during the trip as noted above. You are welcome to bring additional food and drinks for yourself/your family as you see fit.
- Childcare is not explicitly provided for this trip, though may be supported through group activities. Your children must be in your care and under your supervision for the duration of the trip.
- All attendees should be prepared to bring their own tent, bedding, appropriate footwear/clothing for the weather, and general camping supplies.
- If you want to participate but don't have a tent or camping equipment, please indicate this on your registration form. The Nation may be able to provide equipment and supplies for you.

Registration

If you wish to participate, please fill out the registration form on the following page and return it to Amanda in the Lands Department (landsandreferralsclerk@tsoukenation.com) or drop it off at the CCHC reception desk. **Registration forms are due by September 18 at noon (12:00pm).**

T'Sou-ke Nation Culture Camp Registration Form



KWL-UCHUN, Spring Salmon Place Campground • September 25–27, 2026

Registration Deadline: September 18th at 12:00pm

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:

Camping Details

Will you be staying overnight?

☐ Both nights ☐ Only Friday night ☐ Only Saturday night ☐ Day trip only (Saturday)

Type of camping setup (select all that apply):

- ☐ Tent
☐ Trailer/RV
☐ Other (please specify) _____

Number of tents/camping units in your site:

Tents: _____
Trailer/RV: _____
Other (please specify): _____

Do you require an accessible camping site? ☐ Yes ☐ No

Do you need assistance with camping supplies? ☐ Yes ☐ No

If yes, please indicate what camping supplies you need:

(Please note making your selections does not mean automatic approval. Staff will assess needs and obtain equipment and supplies based on budget and availability. All supplies and equipment purchased will remain property of T'Sou-ke Nation and will be used for future events.)

- | | |
|---|--|
| ☐ Tent(s) | ☐ Other (please specify): _____ |
| ☐ Sleeping bag(s) or blanket(s) | _____ |
| ☐ Pillow(s) | _____ |
| ☐ Air mattress, cot, or foam sleeping pad(s) | _____ |
| ☐ Lantern/battery operated lights/flashlight | _____ |
| ☐ Tarps & rope | _____ |

How many vehicles will you be driving to the campsite? ☐ One vehicle ☐ Two vehicles

Food & Dietary Considerations

Will you be eating all meals with the group? ☐ Yes ☐ No

If not, please indicate what meals you *will* be eating with the group:

☐ Fri. Dinner ☐ Sat. Breakfast ☐ Sat. Lunch ☐ Sat. Dinner ☐ Sunday Brunch

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

Information & Permissions

This Culture Camp is hosted by T'Sou-ke First Nation (TFN) for members and their families to gather, spend time on the land, learn, share knowledge, and create lasting memories together. The things we learn, share, and talk about will help inform our Use and Occupancy Study (how we use and occupy our traditional territory).

Photos and videos will be taken over the course of the weekend and may be used by TFN staff for newsletters, website, social media, annual reporting, or other TFN materials.

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

Acknowledgement

I understand this is a community camping event and agree to follow camp guidelines, respect the land and other participants, and help maintain a safe and welcoming environment for everyone.

☐ I agree

Your Signature

Date

OFFICE USE ONLY

Date Received

Reviewed By

Camping Equipment & Supplies Assistance (if applicable):

Materials requested:

Materials approved for purchase:

Authorized By

Date

Please submit your registration form to Amanda in the Lands Department
(landsandreferralsclerk@tsoukenation.com) or drop it off at reception at the CCHC.



Walk Beside Your Governance Team: Youth Delegate Opportunity

Chief & Council are excited to invite a community youth to walk beside them and participate in the upcoming B.C. Cabinet and First Nations Leaders' Gathering. This is a unique chance to join Chief & Council in their one-on-one meetings with provincial government representatives and experience first-hand how your leadership team works to advance T'Sou-ke Nation's priorities.

EVENT: B.C. Cabinet and First Nations Leaders' Gathering

DATES: Tuesday, November 3, and Wednesday, November 4, 2026

LOCATION: Vancouver Convention Centre West on the territories of xʷməθkʷəy'əm (Musqueam), Skwxwú7mesh (Squamish), and səliłwətał (Tsleil-Waututh) Nations.

How to Express Interest:

If you're a youth (18–29) who would like to walk alongside Chief & Council at this gathering, please email Michelle via administrator@tsoukenation.com by the end of day on **Friday, September 18**.

All travel, food, and accommodations will be covered for the selected youth delegate.

This is an incredible opportunity to see governance in action—we look forward to hearing from you! Please note council can only select and bring one youth delegate, but HÍSWKE to all who express interest in attending.

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 two community sessions remaining to discuss the last two goals in the CCP. These sessions will ask community members to DREAM BIG and share ideas and actions for HOW we can implement each goal.

This is your opportunity to voice your desires for long-held wishes or things you've been wanting to see in community!

Maybe you want a sports field, or a Nation app to stay on top of news, or a large smokehouse to preserve fish. Perhaps you dream of a yearly community camping trip in territory, or canning classes, or hunting trips.

Whatever it is, no dream is too big or too small during this phase of planning. Check out the goals in the CCP to see where your ideas can align, and then attend that session.

September Implementation Session Topic:

Goal 7: Provide accountable leadership

Join staff members for an afternoon along the river at Fisherman's Way to learn about gaffing (a traditional fishing practice) and spend time on the land.

During lunch, we'll chat about accountable leadership. If you have **ideas for what leadership looks like and means to you**, or if you have suggestions for how we can implement the leadership goals outlined in the Comprehensive Community Plan, we invite you to attend this session on Friday, September 18.

Friday, September 18

Gaffing Demonstrations at Fisherman's Way

2540 & 2548 Sooke River Road (private drive, please park within the driveway.)

10:30am • If you need a ride, meet at the Community Complex & Health Centre

10:45am • Meet at Fisherman's Way

11:00am • Gaffing demonstrations

12:30–2:00pm • BBQ Lunch & CCP chats



Summer Kitchen

Our monthly Soup Kitchen program is transitioning into a Summer Kitchen for the warmer months, featuring fresh sandwiches and/or salads!

Thursday, September 24

Pickup from 11:00am–1:00pm

Limited quantities available, first come first served.

SEPTEMBER MENU

Beef dip and a snack!

NEW PROGRAM

Parent Drop-In

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

Friday, September 18

10am–11:30am

@Siaosun Beach

Join Brandy at Siaosun beach/gazebo for tea, coffee, muffins, and an opportunity to connect with other parents in the community.

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



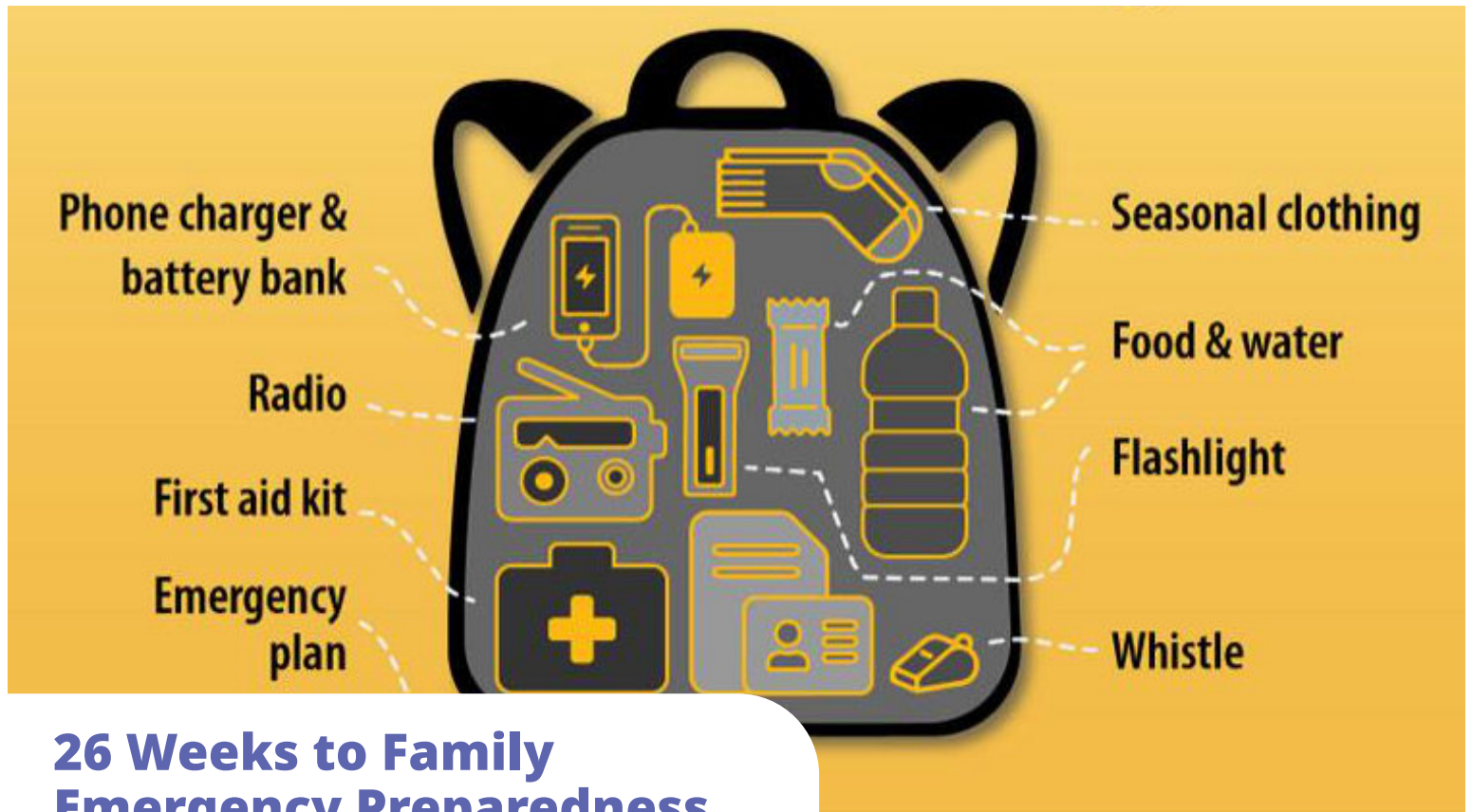
Drumming Circle with Brandy

Thursday, September 10

Thursday, September 24

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.



26 Weeks to Family Emergency Preparedness

It's always important to have a stash of basic supplies and necessities to last you a minimum of 72 hours in the event of a power outage or emergency. Over the next several newsletters, we'll outline a few steps you can take each month to build an essential family emergency kit.

Last month, it was recommended that you add **personal items** such as toilet paper, wet-wipes, soap, detergent, toothbrush, toothpaste, comb, sanitary supplies, etc., to your emergency kit. It was also recommended to add **evaporated, canned, or powdered milk** to your kit. Lastly, a **large bucket with a tight-fitting lid** can be used to store emergency tools and then later used as a toilet if needed in an emergency.

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

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.



Emergency Preparedness for Back-to-School (SD62)

Emergency preparedness doesn't stop at home. It's important to think about how your family would deal with an emergency when you're split up between home, work, or school and conditions make it difficult to reunite quickly.

At the start of every school year, all SD62 students are sent home with a paper copy of the ***Student Emergency Release Form***. It is critical to fill out this form with accurate information and return the physical copy to the school. Schools keep physical copies in case of emergency. ***A copy of this form can be found on the following pages.***

It is your responsibility to keep the information on these forms current. If you believe your current form is outdated, please download a new copy and bring it to the school or visit the school and fill out a new one.

If you are outside of the Sooke School District (SD62), please check with your local school district about emergency procedures. At home, you can support your child's learning about safety drills by asking them questions and encouraging them to share what they know. This reinforces their learning and reminds them that school staff are there to keep them safe and that practicing together helps everyone.

In the Event of an Actual Emergency

- Do not call or go to the school. Phone lines and entrances must remain clear for emergency responders. Please wait for instructions from the school or district.
- In an emergency, we know your first instinct may be to text or call your child but please hold off. Rely on district communication channels for the most accurate updates. This helps your child stay calm, focused on staff instructions, and able to follow the safety protocols they've practiced to keep them safe.
- If you are at a school during an emergency, follow staff directions and respect protocols. Following protocols and staff instructions helps keep everyone safe.
- Updates will be provided through email, our district website, and our Facebook and X pages when it is safe and appropriate to do so.
- We understand how quickly information and misinformation can spread in today's digital world. For everyone's safety, you may not receive updates right away. When you do, they will come directly from the school or district. If you haven't heard it from us, please don't consider it factual.

STUDENT EMERGENCY RELEASE FORM

Side 1 of 2

FAMILY NAME

Student First Name:	Student Family Name:	
Teacher Name:	Grade:	Division:

For the safety and well-being of students, the school may implement a "controlled release" in the event of an emergency or disaster, such as an earthquake. Should this be necessary, the school will only release your child to persons authorized on this form or, if necessary, to authorized medical or government personnel.

Parents/Legal Guardians (relationship)	First Name (print name)	Family Name (print name)

We authorize the release of the above child into the custody of the following persons should either parent/guardian be unable to reach the school. Alternates should live within walking distance of the school and be 19+ years old.

*Alternate Name	Phone or Cell Number	Email
Out of area contact		

*If possible, list 2 household adults for maximum potential persons to pick up your child. **Remember** to include daycares, grandparents or anyone else that would normally pick up your child.

List any special instructions or individuals who MAY NOT claim your child: _____

We, the parents/guardians of the above mentioned student, realize that in the event of a controlled student release, only the above-authorized adults will be able to claim our child (medical or response personnel excepted). I/We have spoken to each of the Alternates regarding this form.

(Middle/Secondary Students ONLY)

In the event of a school emergency resulting in school closure, and we are unable to collect our child from school, we authorize the release of our child to proceed home on his/her own accord when the Principal (or designate) gives permission.

YES ☐ NO ☐

Parent/Guardian Signatures: _____

Dated: _____

Siblings For reference purposes, please list any siblings of this student who attend this school (*names & grades*)

STUDENT EMERGENCY RELEASE FORM

Side 2 of 2

Student First Name:	Student Family Name:	
Teacher Name:	Grade:	Division:

Medical Information: Care Card # _____

Doctor: _____ Phone: _____

Allergies/Health Conditions: _____

Life Threatening? Yes: ☐ / No: ☐

This child currently on medication: Yes: ☐ / No: ☐

Description: _____

Any other considerations: _____

RELEASE INFORMATION – this section to be completed at time of release only (PLEASE PRINT CLEARLY)

Student released to: _____

Date & Time of Release: _____ @ _____ AM PM

Destination (after release): _____

Release authorized by: _____ (Print - staff member's name) _____ (signature)

TO: _____ X _____
(Print: parent/guardian or alternate name) (signature)

NOTES:

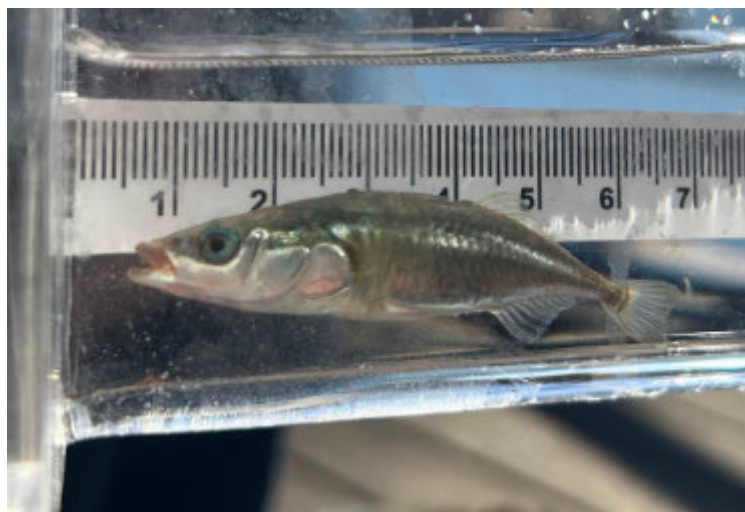


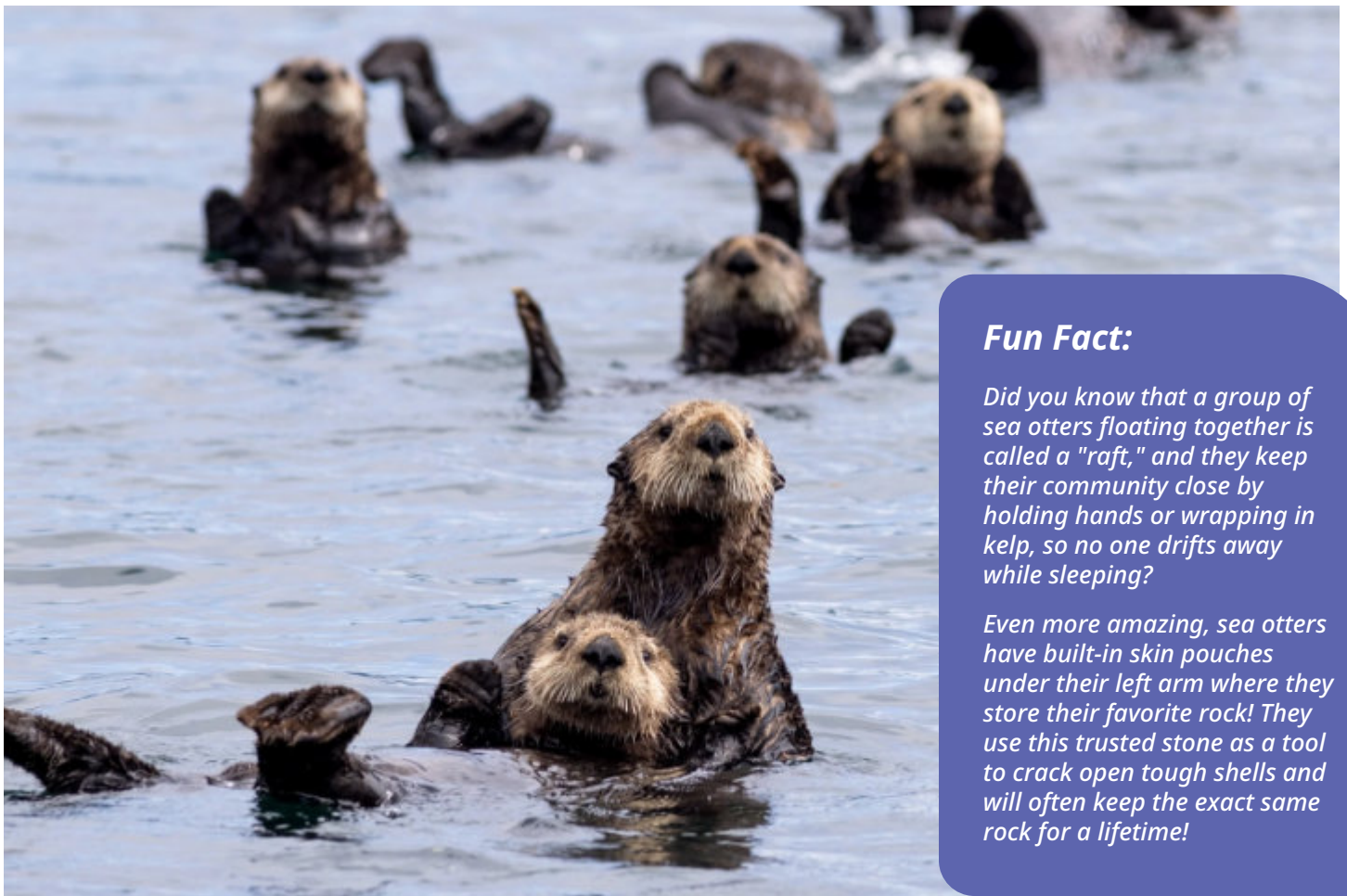
Fisheries & Marine

Q: What do you call an otter wearing glasses?

Wrapping up summer, the Fisheries team is celebrating another successful field season. Highlights in August included helping with the Crab Rake Harvest & Lunch CCP event for Infrastructure and Housing. Thank you to all the staff who made a great event happen and thank you to all the community members who came out! A great time was had by all!

Later in August, another successful beach seining event took place at Billings Spit with Peninsula Streams Society. Many Surfperch, Stickleback, Flatfish, Sculpins, and European Green Crabs were caught during this month's seining event. The highlight of the catch included a hooded nudibranch and a moonsail! September will bring the final stretch of Larval Dungeness Crab monitoring which has caught over 250 Dungeness larvae this season alone. Early fall is the beginning of our salmon counting on the Sooke River and multiple salmon related projects, which we are looking forward to!





Fun Fact:

Did you know that a group of sea otters floating together is called a "raft," and they keep their community close by holding hands or wrapping in kelp, so no one drifts away while sleeping?

Even more amazing, sea otters have built-in skin pouches under their left arm where they store their favorite rock! They use this trusted stone as a tool to crack open tough shells and will often keep the exact same rock for a lifetime!

CREATURE FEATURE:

Sea Otters & River Otters

Sea otters (*Enhydra lutris*) and river otters (*Lontra canadensis*) are both apart of the family group Mustelidae, sub family Lutrinae. Sea otters are a small marine mammal ranging between 60–90 pounds in adulthood. In the wild, females have been recorded to live up to 20 years, where males have an average lifespan of 15 years. This species has brown water-repellent fur, with lighter colored fur outlining their face and neck. These adorable creatures have clawed front paws, referred to as forepaws. The forepaws are used for holding things and grooming themselves. Their back paws are large and webbed to act like flippers to help them navigate through water. Sea otters give birth to a single pup after a gestation period that can range from 4–12 months due to delayed implantation. The average gestation is 6 months, with 4 months of active pregnancy.

Unlike sea otters, river otters split their time between living on the land and water. Most often this species is found in freshwater environments like ponds, lakes, and rivers. However, they will often frequent coastal areas to hunt and forage, resulting in them often being seen in and near the ocean. This species is much smaller, growing between 10–30 pounds with an average lifespan of 8–9 years, but can live up to 12–15 years. River otters also experience delayed implantation, resulting in a pregnancy of 9–12.5 months, producing litters of 1–6 pups. Despite dividing their time between land and water, river otters have 4 webbed paws to aid with swimming. They have short brown fur, long sleek bodies, and a long tapering tail that make up a third of their body length. The river otter's head is flat and round with small ears and lots of whiskers outlining their face, alongside lighter colored fur around the face and neck area.



Lands Department

Territory Learning with Lady Bug Gardens

The team has been actively exploring the territory by taking part in educational outings led by Christine. These experiences have helped strengthen the team's understanding of the territory, its ecosystems, and the importance of ongoing stewardship. Through hands-on learning and time spent on the land, the team continues to build meaningful connections while gaining valuable knowledge about the area and its natural environment.

Emergency Preparedness

Emily recently facilitated emergency preparedness training for eight T'Sou-ke First Nation staff members through the *Introduction to Emergency Management in Canada* course. We are pleased to continue building our community's emergency preparedness capacity. If you are interested in learning more about emergency preparedness or would like access to resources and information, please reach out. We would be happy to assist.

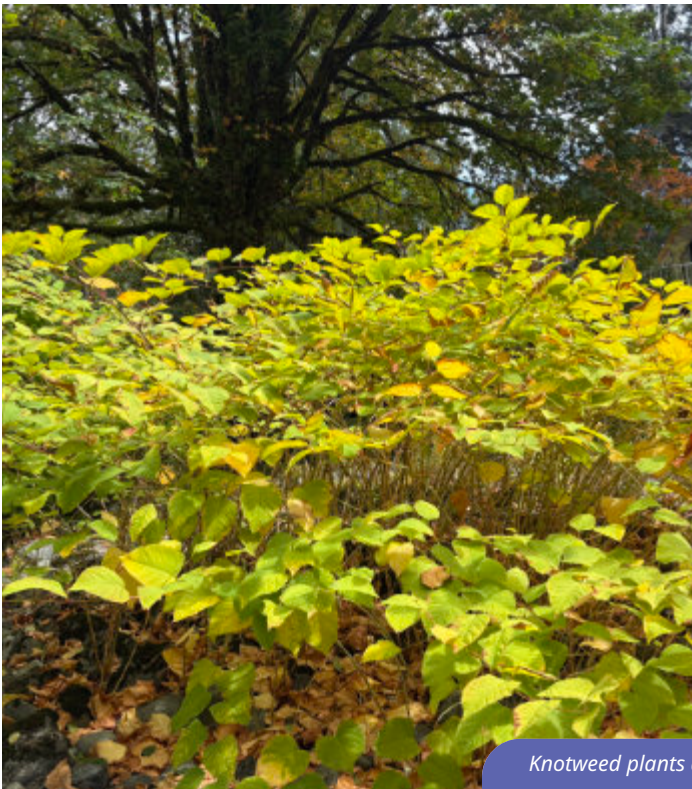
Mineral Claims

Our team has been learning more about the mineral claims that exist within our territory. Understanding where claims are located and what activities they may allow is an important part of protecting our lands and ensuring our community is informed. We will continue to build our knowledge, monitor developments, and keep community members updated as we learn more.



Trail Camera Program

Monitoring has officially begun through our Trail Camera Program. Cameras have been deployed in key locations throughout the territory to document wildlife presence, movement patterns, and habitat use. In addition to tracking wildlife, the program also helps monitor human activity and its impacts on the land and wildlife behaviour, providing valuable information about how different areas of the territory are being used. The information gathered will support stewardship and land management efforts, helping us better understand both ecological conditions and potential pressures on sensitive areas. This work will contribute to informed decision-making and the ongoing protection of the lands, waters, and wildlife within our territory.



Knotweed plants along a stretch of the Sooke River showing early signs of effective treatment

Invasive Knotweed Project Update

Progress continues to be encouraging across the treatment areas. Ground penetration efforts are proving highly effective, while minimizing impact to other vegetation, helping to weaken established knotweed stands and improve treatment reach. Meanwhile, the foliar applications are beginning to show visible results, with the invasive plants turning noticeably paler in colour, an early indicator that the treatments are taking effect. Ongoing monitoring will help track continued decline of the knotweed and guide the next phase of management activities.

Wills and Estates

The Lands Department will be hosting a Wills and Estates Workshop on September 29. The workshop will provide information about wills and estate planning, as well as an opportunity to learn about the supports available to community members. Dinner will be served at 5:30 p.m. with the community meeting to follow. 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 following the community engagement session on September 29. If you have any questions, please contact Amanda or Eva in the Lands Department.

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
October 2026	September 18	September 23
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!**

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.

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 weekly 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

Clinics are changing to weekly on Thursdays at the CCHC!

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**

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

OCTOBER

T'SOU-KE COMMUNITY MEETING

October 1, 2026

Dinner: 5:30 p.m. PT

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



Join the negotiations team to continue discussions on the fiscal relations chapters of the Treaty Draft.



- 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, kindly contact Julia Hale at jhale@temexw.org or email info@temexw.org