



Newsletter

Tsawout First Nation



CONTENTS

GOOD FOOD BAGS

The Education and Health Department have been offering Good Food Boxes and Bags to their program members every second Wednesday of the month. This is an excellent opportunity to obtain fresh fruits and vegetables. Check out more news from the Departments starting on page 7.

Health & Rec Grant Notice	p.02
Youth Group	p.02
Turkey Bingo	p.03
Duty to Report Workshop	p.04
Belfry 101	p.05
Education News	p.07
Health News	p.16
Fisheries News	p.18
Housing News	p.20
Social Development News	p.21
Garbage, Compost & Recycling	p.22
Facility Rentals	p.23

COMMUNITY NEWS

Health & Recreation Grants

NEW APPLICATIONS OR CHANGES TO YOUR FILE:

Please note that any new applicants or changes to you or your family's information must be submitted by **OCTOBER 25, 2019**.

If any of the following changes apply to you, please let Emmy Morris know by **OCTOBER 25, 2019**.
Please email adminassist@tsawout.ca

Cheque issue date will be
Friday NOV 22, 2019.

- Number of dependants
- Mailing Address
- Banking Account info & forms from your bank (if requesting direct deposit)
- You have recently turned 19

You only need to re-submit an application if any of the above apply to you.
Any of the changes need to be submitted by **OCTOBER 25**.



AGES 12-18
TSAWOUT ASSEMBLY
OF PRAISE CHURCH
(THOUGH SOMETIMES, WE GO ON FIELD TRIPS)
EVERY THURSDAY 7-9PM

CONTACTS: JOSIAH NG CELL:778-288-8123, EMAIL: JOSIAH.NG77@GMAIL.COM



COMMUNITY NEWS



TURKEY BINGO NIGHT



10 GAMES

2 SPECIALS

EVERYONE WELCOME TO PLAY!

DOOR PRIZES

\$ CHILI AND
RICE PLATES \$

OCTOBER 10, 2019

6:00 - 9:00 PM

WSÁNEĆ SCHOOL
BOARD
CULTURAL
BUILDING



Fundraiser for LECC to participate in the Queen Lili'uokalani Race in 2020



Presented by:
SOUTH ISLAND WELLNESS SOCIETY

DUTY TO REPORT WORKSHOP

This session will give you a deeper understanding of your legal duty to report concerns about children and youth who you believe have been, or are likely to be, abused or neglected. You will also gain insight into how MCFD responds to such information.

Presenters: Michelle Robertson (MCFD Child Protection Consultant), Johanne Pascale (Team Leader Esquimalt).



October 29, 2019 / 9:30am to 1:30pm
Registration will start at 9:00am
Songhees Wellness Centre

Join us for lunch after our workshop
RSVP: iangladstone@siws.ca or call our office 778-426-2997



TSAWOUT FIRST NATION AND
THE BELFRY THEATRE PRESENT



Belfry
Theatre

Belfry 101 in the Nations

BUILDING CONFIDENCE. IGNITING CREATIVITY. STRENGTHENING RELATIONSHIPS.

A series of FREE introductory theatre workshops equipping youth (ages 14 - 18) with the skills to express themselves through writing and performance.

EVERY WEDNESDAY
(From October 16 - November 20)

5:00 PM to 7:30 PM

TSAWOUT AUDITORIUM

MEAL INCLUDED & TRANSPORTATION OPTIONS AVAILABLE

REGISTER ONLINE
belfry.bc.ca/nations

REGISTRATION DEADLINE
October 15, 2019

BELFRY FACILITATORS

KRISTY CHARLIE

DAVE MORRIS &

JONATHAN BROWER

WITH SPECIAL GUEST

LINDSAY DELARONDE

The Belfry respectfully acknowledges that this program will take place on the Traditional Territory of Tsawout First Nation. We are thankful to Tsawout for hosting and allowing us to offer this program to the WSÁNEĆ communities. During our visits, we pledge to honour our responsibility to your land with respect, empathy, strength, pride and equality.

PROGRAM QUESTIONS?
CONTACT (250) 385-6835 ext. 242

The Belfry Theatre is located on the traditional lands of the Lekwungen Peoples, also known as the Esquimalt and Songhees Nations. We extend our appreciation for the opportunity to live, create and perform on this territory.

Belfry 101 in the Nations is supported by



COMMUNITY NEWS

Belfry 101 in the Nations Application Form

NAME _____ GRADE _____

ADDRESS _____

CITY _____ POSTAL CODE _____

TELEPHONE (HOME/CELL) _____ EMAIL _____

How do you prefer to be contacted? Phone Email

PARENT/GUARDIAN NAME _____ EMAIL _____

IN CASE OF EMERGENCY CONTACT _____ NAME / PHONE _____

SCHOOL _____

Belfry Theatre

IMPORTANT INFORMATION

All applicants to the Belfry 101 in the Nations program are accepted on a first come first served basis. Students must be in Grade 9, 10, 11 or 12 as of September 2019 and should be available to attend all 6 workshops.

Apply today! Applications accepted until Oct 15, 2019. Participants will be notified as soon as applications are sent in until the program is filled to capacity (approx. 15-20 students).

For questions about the program please contact Kristy Charlie, Indigenous Cultural Advisor at the Belfry Theatre via email: kristy.charlie@belfry.bc.ca or phone (250) 385-6835 ext. 242.

This Belfry Theatre program is supported by



Belfry 101 in the Nations runs every Wednesday, October 16-Nov 20th from 5pm – 7:30pm. A meal is included from 5-5:30pm, Transportation support is available for students. Meetings are at the Tsawout Auditorium. The program is free of charge. There are six 120-minute theatre workshops offered and each workshop builds on the tools acquired in the previous session. It is important to attend all workshops if possible. Students should bring comfortable clothing for movement and all other materials will be provided by the Belfry. For more details, visit www.belfry.bc.ca/Nations.

The Belfry respectfully acknowledges that this program will take place on the Traditional Territory of Tsawout First Nation. We are thankful to Tsawout for hosting and allowing us to offer this six-week theatre program to the WSÁNEĆ communities. During our visits, we pledge to honour our responsibility to your land with respect, empathy, strength, pride and equality.

Please briefly tell us why you are interested in the Belfry 101 in the Nations Program:

Please circle any/all aspects of theatre that most interest you: *Acting. Directing. Design. Playwriting. Production. Stage Management. Publicity. Box Office. Front of House. Administration. Other* _____

Do you have any allergies or dietary restrictions we should be aware of? _____

Do you have any medical conditions we should be aware of? _____

PERMISSION (required)

Parent/Guardian Signature
I understand the financial and time commitment involved in this course and agree to my child's participation.

Student's Signature
I understand and agree to the time commitment involved in this course and agree to attend all workshops and rehearsals, on time and prepared. I understand that I will not be reimbursed for any

EDUCATION NEWS

Message from the Education Manager

Gilakas'la, nugwa'am Yakawilas. Gayutlan'lax Tsaxis, gayutlan'laxa Kwag'uł. Gilakas'la Tsawout la'akus hitlga gaxanuxw laxus awinagwisex.

My name is Coreen Child and I carry the ancestral Kwak'wala name Yakawilas, 'a place where property is given'. I am from the Kwakiutl (Kwagiulth) First Nation on northern Vancouver Island and I am currently living with my lifelong partner Musgam'dzi and our three daughters in WSÁNEĆ Traditional Territory.

September 3rd 2019 was my first day as the Education Manager for Tsawout First Nation and I feel very honoured to be part of your staff and look forward to meeting your children, youth, elders, parents, guardians, knowledge keepers and families.

I would like to acknowledge the Traditional Territory of the Tsawout First Nation, under the leadership of Chief Nick Claxton and Council members Abraham Pelkey, Bruce Underwood, John Etzel, John Wilson, Mary Ann Sam, Mavis Underwood, Samantha Etzel, Stanley Sam and the Elders who provide guidance and direction for their leadership's work on behalf of the membership.

As your Education Manager, it gives me great pleasure to present the growing Education Department Team. In the short time I have been here I have witnessed the staff's genuine commitment to advancing Education for the members of Tsawout.

We had our first Education Department Meeting on September 13th 2019 to discuss the program successes and excitements. We also shared our dreams and aspirations on how to better serve the community to participate in the greater vision of Education moving forward. Our Next meeting is September 27th 2019. We will be making plans to reach out to the community - so stay tuned.

The first few weeks, I focused on the Education Department Funding Agreements and notified the funders of my position and connected to the Band Manager and Financial Controller to make sure our knowledge aligned so that our Education Department can be successful in fulfilling the deliverables for the funding agreements and reporting. This will allow us to identify the future needs of the programs as well as how to seek advice from the community. We will share highlights each month as the Education Department.



Getting to know the staff has been an amazing experience and I feel very welcomed to the Tsawout First Nation Community. If you have any questions please feel free to contact me or visit my office. I look forward to hearing from you.

Yakawilas – Coreen Child, Education Manager
educationmanager@tsawout.ca
(250) 652-9101 ext. 326



EDUCATION NEWS

Employment Trainee Counsellor, Lillian Underwood

Hello, my name is Lillian Underwood and I was recently hired as the new Employment Counsellor Trainee here at Tsawout First Nation. This is my third week working here and learning about CSETS (Coast Salish Employment Training Services) and I am loving my job.

Since I started working here I have been learning all the terms and acronyms that are associated with this position. For example, I was asked to submit PIF'S? I soon learned that stood for Personal Information Forms. I have been organizing client files and updating current hardcopies.

Part of my job includes meeting with clients and helping them with their search for employment and that includes supporting members with creating their resumes and building transportation plans as well as researching their needs for future programming. I've been talking with clients to see where the barriers are that may keep them unemployed. One such barrier could be as easy as having no proper ID or the need to build family support. To fill out the CSETS forms I need to have proper status cards on file and not numbers only. There are a lot of forms for clients to fill out when applying for courses to help them secure employment. I would like to know what the community members need before programs are planned.

I have been researching what kinds of programs have been offered this past year and in years past. In my research I learned that one very successful program that was offered here was the culinary arts classes. It went really well and some of the feedback I am receiving is to run another culinary arts program again. I have been doing some follow up with clients who recently completed the Tsawout Employment Training from May 21-June 27, 2019, and learned that the certificates they received (Mini Excavator, Small Engine Repair, Forklift, Lift Truck Operator, First Aid, Fall Protection and Confined Space) has already opened employment doors for them.

In reading past emails, one of the emails is from the Peninsula Industry Committee. I emailed the person organizing and let him know I am new to this position and wanted to attend their next meeting. I then found out that no one from here or any other First Nation offices has ever attended their meetings in past 10 years. When I attended the meeting there was myself and another First Nations from Songhee's First Nation there. We were the first two to ever attend. I learned there are a lot of companies looking for employees and one of their main struggles is transportation for their employees. Transportation to work for our clients here at Tsawout has been a barrier as well. I want to be a bridge builder and support ways to have companies reach out to our members for employment.

In viewing the documents since I started working here, meeting awesome staff and wonderful clients, I am fully excited and thankful to be here working at Tsawout. Thank you for this opportunity.

EDUCATION NEWS

Head Start Coordinator, Tabita Marks

The Welcome Back Event was a success! A hot lunch was provided to feed 75-100 people who included the Tsawout Learning House students. There were 60 lunch bags given away to children in pre-school – high school. Beacon Services set up a table to give away children’s clothing and books from 1000x5.

We had a C.O.H.I. table set up to provide screening and fluoride varnish for children registered in the community age 0-7 years. There were 10 children seen by dental hygienist.

We had entertainment by Tickle the Clown and a draw to give away gift cards to Thrifty Foods, water bottles, insulated bags, lunch bag freezer packs, teen packs for self-care and one family pizza coupon.

The Good Food Box Program is sponsored by the Health Department for 50 diabetic clients; and the Head Start Department sponsors 22 veggies and 8 fruit bags for mothers with infants to age 1 year, as well as for clients in need and for children who made it to dental appointments this month. There are a total of 78 veggie bags and 35 fruit bags delivered every second Wednesday of the month.

This year, the Head Start Department will sponsor children age 0-7 years from 53 families who have registered their child with the C.O.H.I program. Each family will receive a fruit bag once a month for allowing their child to be screened and offered 2-4 fluoride varnishes a school year. It’s the motto of the Children Oral Health Initiative to encourage children to” Eat Their Juice.”

This year a new Grief & Loss support group met on Friday, Sept. 13th at the Anglican Holy Trinity Church. They will meet every second Friday of the month from 12:00 noon – 3:00 pm with a light lunch. Transportation is provided and invitations are open to members of the Tseycum, Pauquachin, and Tsawout community. An elder from Tsawout First Nation will help to facilitate the session to provide spiritual leadership and teachings.



Our new Education Manager, Corrine Child and new Employment Training Assistant, Lillian Underwood helping Tabita to prepare new lunch bags for students who attended the Welcome Back special event

EDUCATION NEWS

Learning House Coordinator, Stephanie Adams

At Tsawout Learning House after-school Program our goal is to ensure that every student is provided the highest quality of support, and to create a safe learning environment to meet all their individual and diverse learning styles. Parents and relatives: your suggestions and feedback to our staff is very important, as this will help us ensure your child/ren achieves their very best! Thank you for entrusting your child/ren with our new staff, who are feeling very excited to have this opportunity to work at Tsawout Learning House.

We welcome and greatly appreciate the assistance of our volunteers of the University of Victoria, seven 4th Year Practicum Nurses. The nurses began with an orientation and team building at Todd Inlet on September 9th. Tracy Underwood did a presentation about the history of the land, and the language of the peninsula and it was great to have the Tsawout Learning House staff participate with them also.

Introducing our UVIC Practicum Students



Talia Tanner, Grades 6-12

"I have always respected and admired First Nations people and their culture. I have chosen this placement as it allows me to experience firsthand some of the insights I have learned during my nursing undergraduate, with courses focusing on First Nations' culture and indigenous ways of knowing. I am grateful to get to be a part of this community and engage with these kids' lives and their learning. I look forward to the reciprocity and mutual learning that will occur during my time here.

In regards to my future practice, I am not sure where I will be practicing as a full time nurse; however I do know that it will be on Vancouver Island, therefore, the knowledge I receive from this placement will be beneficial to me both personally and professionally."

Jessica Scott, Grades 6-12

"Hi! My name is Jessica and I am so excited to be a part of the Tsawout after school program team and learn all I can from Tsawout First Nation. I chose this placement for my 4th year nursing community placement because I love working with kids and it is a great opportunity to become more educated about communities we live with on the island and their cultures. As well as this, I hope to work up north in rural communities in the future as a registered nurse and eventually a nurse practitioner."

EDUCATION NEWS

Introducing our UVIC Practicum Students

Brooke Ellis, Intermediate Classroom

"Hello! My name is Brooke and I am one of the Uvic nursing students working alongside the amazing afterschool program staff! It was my love of interacting with new people and families that initially drew me to enter the nursing program, and my passion for nursing has only increased since starting. I am so excited and grateful to have been given the opportunity to teach, discover, and learn from the staff, participants and families involved in this program!"

Rebecca Nguyen, Intermediate Classroom

"My name is Rebecca Nguyen. I was born and raised in Victoria. My cultural background is Vietnamese. I am a fourth year nursing student and currently working as a recreational leader as well. I will be working the aftercare with grades 3-5. I'm very excited to have the opportunity to work with the Tsawout staff and community!"

Eden Smith, Primary Classroom

"I am from the North of British Columbia, on the traditional territory of the Dane-Zaa and the Cree First Nations. I am looking forward to all that I will learn through collaborating with T.L.H. during my clinical placement, and I hope to be able to contribute meaningfully. When I graduate I plan to return to the North."

Rebecca Moore, Primary Classroom

"My name is Becca and I'm a fourth year nursing student from the University of Victoria. I chose this placement at the Tsawout After-School Program because I really enjoy working with children! I want to increase my knowledge of the different developmental stages, as well as continue my learning about the Indigenous culture. I hope to take forward what I learn here and apply it to my future career as a nurse, wherever I end up working. I'm looking forward to the rest of the school year!"

Michelle Cassidy

"My name is Michelle Cassidy, I am from the Cowichan Valley and I originally chose to go into nursing in order to be better equipped to make a difference within my community. I am still unsure of the exact area of nursing I would like to work in after graduation but I enjoy working with kids and I felt that this community placement would provide me with new experiences and new learning that would be valuable to my future practice where ever I end up."

EDUCATION NEWS

Welcome to New Staff at Tsawout Learning House



Beatrice Sam, Learning House Youth Cultural Worker

“ ELIWELWET T E NE SNÁ. SE LA,E SEN ET WSÁNEC

Hello Everyone, My name is Beatrice Sam and I have recently been hired to work with S ÁUTW I TOTELNEW AUTW after-school Program. My position is the Youth Cutlural Worker and I am in the Primary Classroom. I have a wonderful co-worker Ms. Carol. We will promote reading and ask parents to let us know what specifically you would want your child to work on (printing, social skills, SEN O EN Language, etc). If you can, please send a booklet(s) to the program for them.

HÍSWKE SI,IAM ELIWELWET”

Carolina Stratievsky, Education Assistant

“Hello! My name is Carolina. I am the new Education Assistant for the little ones here at the Tsawout after school Program. I am very excited to start this new chapter in my life. I have a special needs little girl who has been teaching me so much about life and many other things. She is the reason I have decided to quit my previous career and work directly with children. Helping the kids gives me a greater meaning in life and hopefully it will make a difference in theirs as well.

I'm very grateful for the opportunity this community has given me to be part of this program. Parents, I'd love to meet with you in person and have a chat with you about your expectations and also if you have any suggestions, please do not be shy.”



Introducing Tsawout Learning House Education Assistant for Intermediate Classroom Students, Stephanie Henry-Voyageur.

EDUCATION NEWS

Language Nest Coordinator/Headstart Assistant, Haley Sylvester

S ÁUTW SEN Ó EN,ÁUTW (SEN Ó EN LANGUAGE NEST)

S ÁUTW SEN Ó EN,ÁUTW is a language program for children from birth to five years old where they are immersed in their First Nations language. A language nest provides a safe, home-like environment for young children to interact with fluent speakers of the language. The goal of Language Nest is not to “teach” children the language, but rather to create an environment where language can be acquired naturally, as infants acquire their first language.

Vision Statement:

Our vision is the empowerment of our people, spiritually, intellectually, physically and emotionally, by providing through mutual understanding a safe, open and fair environment for our community. Appreciating our youth and valuing our elders through traditional teachings and cultural practices. Along this journey, we will treat each other with respect, empathy, strength, pride and equality.

Mission Statement:

Our mission is to teach the SENĆOŦEN language through kindness to community families and to provide a comfortable place to learn SENĆOŦEN for parents and children in a home-like environment.

The S ÁUTW SEN Ó EN,ÁUTW Team

My SEN Ó EN name is KÁNTENOT, my english name is Helena Norris. I am from the WSÁNE Nation and from Halalt First Nation. As a Language Teacher we create age appropriate activities to stimulate and develop their intellectual, physical, emotional and cultural growth. The ultimate goal of the Language Nest and its associated activities/initiatives is to engage Tsawout First Nation children and their parents/families in the possibility of learning our SEN Ó EN Language and keep it going for our future, so they may carry forth the enthusiasm, self-esteem and initiative to learn in the future.

I am honored to be teaching SEN Ó EN language at the S ÁUTW SEN Ó EN,ÁUTW. I am one of the SEN Ó EN teachers teaching the language to 3-5 year olds in the language Nest. It is a great opportunity to teach the children while they are young and in their first years of life. I am excited for the New Year 2019/2020 and welcome all the previous and new families that are coming into the language nest. We look forward to a great year of teaching and learning with our children. The children learn and absorb the language so quick. I love to watch the children learn and grow every year in the SEN Ó EN language.

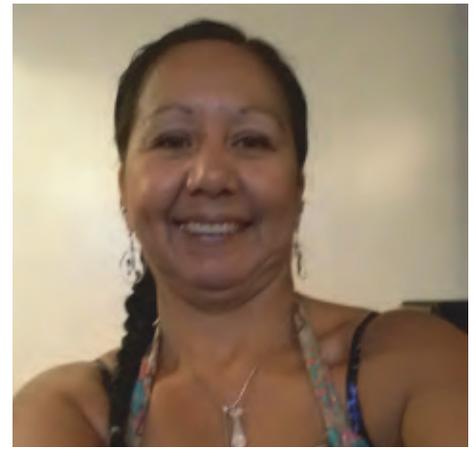
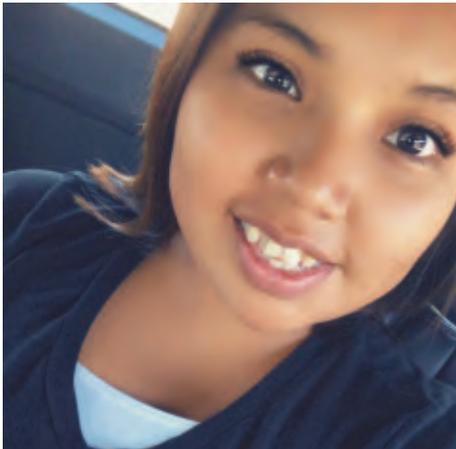


EDUCATION NEWS

The S ÁUTW SEN O EN,ÁUTW Team

Hi, my name is KLITS-AT (Jackson Swan and I come from Ahousaht. I am a father of 5 (4 girls and 1 son). My wife IWINEMOT (Marlene Sylvester-Swan) and I love them very much. My wife comes from S ÁUTW. I've been working here at SEN O EN ÁUTW (language nest) for 8 months and I work here as a cook and responsible adult. I'm enjoying my time here; the kids and I are learning how to speak SEN O EN. It is a great honour to learn a new language other than my own. Since I've been working here I've now been adopted as an uncle to all the kids. It is so amazing watching the kids grow.

STO EMOTT E NE SNÁ SE LÁ,E SENE BO E EN
ISEN A EE T ES ÁUTW SEN O EN,ÁUTW NI ESE S ELÁNE
WU IST SEN T E 0-3 STELI KE .
U SLA E NE ÁLE NES XEX ÁM T E STELI KE JISEN I ITOTEL EW
T E SEN O ENS ÁL.



Larralee Sam is my borrowed name, STO EMOTT is the name I go by at work - it is what the kids know me as. I am from Pauquachin First Nation and have worked here in S ÁUTW for two years, going on to my third year this year. It fills my heart to be able to watch the babies grow and learn the language. I am very blessed in my job as a SEN O EN language teacher with the 0-3 year old children.

My name is KÁNTENOT (Helen Jack). I come from S ÁUTW and I am one of the elders that works with the children here at the language nest. I assist in supporting the SEN O EN language learning, provide encouragement and assist in program development.

My name is KÁNTENOT (Haley Sylvester). I come from S ÁUTW, and I'm the language nest coordinator. I coordinate and support the teachers, knowledge keepers, fluent speakers and support staff to build the Language Nest Program.

EDUCATION NEWS

Our Education Department Team

Education Department		Ext.
Coreen Child	Education Manager	326
CSETS		
Lillian Underwood	Employment Trainee Counsellor	308
Head Start		
Tabita Marks	Headstart Program Coordinator	333
Language Nest		
Haley Sylvester	Head Start Assistant/Day Care Worker	214
Helen Jack	Elder	
Larralee Sam	Language Nest Teacher	
Helena Norris	Language Nest Teacher	
Jackson Sam	Responsible Adult	
Stephanie Adams	Learning House Coordinator	332
Beatrice Sam	Youth Cultural Worker/Language Teacher	
Stephanie Henry-Voyageur	Education Assistant	
Carolina Stratievsky	Education Assistant	
Curtis Claxton Jr.	Youth Support Worker	
Theresa Bartleman	Youth Support Worker	
Kevin Wilson	Youth Support Worker	

Funding Acknowledgement:

I also want to acknowledge the funders connected to the Education Department:

Aboriginal Service Plan Camosun College
Aboriginal Service Plan University of Victoria
BC Aboriginal Child Care Society
Coast Salish Employment & Training Society
First Nations Education Steering Committee
First Nations Schools Association
First People Cultural Council
Jordan's Principle
National Child Benefit
New Relationship Trust
Province of BC (Ministry of Children and Family Development)
Service Canada

Note: Education Manager works closely with the Health Director to oversee the Head Start funding

HEALTH NEWS

Health Clinic Activities

Reiki



Used for stress management, relaxation, focus and clear thinking, detoxifying, helps with sleep, and many other issues. Reiki is holistic and the energy goes to wherever it is needed for body, mind, spirit, and emotions.

Sessions Dates:

Oct. 15th & 29th, Nov. 12th & 26th; Dec. 10th

Session Times:

10am – 11am; 11am-12pm; 1pm -2pm

GaChing Kong



Mondays from 10:00 am - 3:00 pm

Call (250) 652-1149 or drop in to the Tsawout Health Clinic to make appointments

TSAWOUT MEN'S TALKING CIRCLE

WHEN: Tuesdays - 5:30pm

WHERE: Elder's Room in the basement of the Health Office beside the elevator.

Entry can be made through the back door into the basement.

Respectfully submitted by Norm Underwood, Charles Harry and Chris de Boer.





First Nations Health Authority
Health through wellness

YOUR NEW HEALTH BENEFITS PLAN IS HERE

Dental, Vision Care, and Medical Supplies & Equipment



The First Nations Health Authority has partnered with Pacific Blue Cross to administer your Dental, Vision and Medical Supplies & Equipment (MS&E) benefits right here in BC.

The new system is faster, easier to use, and you don't need as many pre-approvals to access services. Based on Community feedback, the FNHA has also expanded coverage for many preventive health services and special needs.



DENTAL

- More coverage for preventive services
- 2 exams and 2 cleanings per year
- Night guards eligible
- White fillings eligible
- New set of dentures every 5 years
- Higher coverage for crowns
- Bridges, veneers, inlays, and onlays eligible
- Separate coverage for dental accidents



VISION CARE

- No pre-approvals needed for eye exams and standard eyewear
 - For clients 19 and older:*
 - \$100 every two calendar years for eye exams
 - \$275 every two calendar years for standard eyewear
 - \$415 for high-index lenses
- Children and youth under 19 receive annual coverage
- There is also a process to support clients with complex needs



MEDICAL SUPPLIES & EQUIPMENT

- Fewer pre-approvals required
- Streamlined process for pre-approvals
- Faster claims processing
- Faster reimbursement if you pay out of pocket

LEARN MORE AT: WWW.FNHA.CA/BENEFITS OR CALL 1.855.550.5454



Download the app at pac.bluecross.ca/mobile



Claim online at pac.bluecross.ca/member

The FNHA also provides other benefits including medical transportation and mental health support. Most drug benefits continue to be covered through BC PharmaCare Plan W. Contact Health Benefits at 1.855.550.5454 if you are not yet enrolled in Plan W.

09/19

2019 (FSC) Food, Social and Ceremonial Fisheries

This letter provides an update on key planning considerations for Fraser River Chinook and sockeye fisheries that is intended to guide further devolvement of First Nations food, social and ceremonial (FSC) fishing plans this summer. Significant conservation concerns for Fraser Chinook, Fraser Sockeye and impacts from Big Bar rock slide will need to be carefully considered on an ongoing basis in the development of further First Nations FSC fishing plans

Fraser Chinook

On April 16, 2019 the Government of Canada announced new fisheries management measures to conserve Fraser River Chinook. This announcement set out highly precautionary fishery restrictions intended to provide a high degree of protection to at risk Fraser spring and summer Chinook returning in 2019. The management targeted is to reduce overall Canadian fishery mortalities on these populations to near 5%. As well, the start of the northern (area F) Troll fishery was delayed to reduce its harvest of Fraser summer Chinook, in order to pass more of these fish to the Fraser River to support First Nations FSC fisheries

On July 12, 2019 in response to the Big Bar Slide, the department announced additional recreational fishery management measures including a maximum size limit for retained Chinook in a number of southern BC recreational fisheries beginning July 15, 2019 to further protect larger at risk Fraser Chinook that are migrating upstream of the landslide. These maximum size limits were in affect until July 31, 2019 when the majority of these Fraser Chinook had migrated through marine approach areas. In conjunction with the measures announced in April, these measures were intended to provide a high degree of protection to at risk Fraser Spring and Summer Chinook migrating through these areas.

Discussions remain on-going with Fraser watershed and approach area First Nations with respect to Chinook FSC fishing plans to provide some harvest opportunities while limiting Canadian fishery mortalities to near 5% on these stocks of concern. This will require a continued need to account for all impacts on Fraser Spring and summer Chinook throughout the duration of their migration to their spawning areas. It has therefore remained important to consider trade-offs between Chinook-directed communal fisheries that will encounter higher proportions of the Summer Chinook and delaying communal fishery opportunities to target summer Chinook. Pre-season planning discussions also considered the implications of anticipated Sockeye fisheries with respect to Chinook stocks of concern, however at this time, it appears that Sockeye may limit Chinook fishing opportunities due to extreme low returns to date. DFO area Resource Managers will follow-up with specific discussions on fishing plans consistent with conservation objectives for all stocks. The Department will also continue to consider ceremonial access request.

Fraser Sockeye

The majority of Sockeye returning in 2019 are expected to be recruits from adult spawners in 2015 with some from 2014 and 2016. Fraser River Sockeye Salmon returns for 2019 to date have been well below the median forecast. Forecasts have become less certain in recent years due to variability in annual survival rates as a result changing environment conditions.

The pre-season 50% probability level forecast was estimated to be 4.795 million fish for all Sockeye management groups. This is similar to the cycle average of 4.789 million. The largest contributing stocks for the 2019 return were expected to be the Chilko, Stellako and Quesnel, with summer run Sockeye predicted to represent 82% of the total forecast Fraser Sockeye return and the Chilko stock representing 57% of the total forecast Sockeye return a p50

To date, all Fraser Sockeye run timing groups are tracking low. The p25 run size was adopted by the Fraser River Panel for the early Stuart and the early summer, summer, and late run timing groups are currently tracking below the p10 forecast level. In-season information will continue to be monitored, sockeye returns in many other areas of the coast to date also appear to be tracking below pre-season expectations

Lower than expected Pacific Salmon Commission (PSC) gill net test fishing catches delayed the start of purse seine test vessels. The start date for the area 13 purse seine test fishery was also significantly delayed and the Area 4b/5/6c gill net test fishery in US waters has not been deployed to date.

Due to the very low abundance of Fraser Sockeye, the start up of Sockeye- directed FSC fisheries will be delayed until identification of Sockeye Total allowable catch (note that commercial and recreational fisheries remain closed to Sockeye retention) As well, discussions regarding any future harvest opportunities will need to take into consideration implications of the Big Bar rock slide. DFO will be managing to a level below the low abundance exploitation rate (LAER) for all Sockeye management units as a result of the very low abundances observed to date. The LAER is not a target and all fisheries impacts, including Sockeye bycatch in fisheries directed on other species and test fisheries catches, must be accounted for under the LAER

DFO continues to work with Canadian Fraser River Panel (FRP) to monitor Fraser Sockeye and Pink salmon returns and assess potential implications of environmental conditions on Fraser River Sockeye migration. Updates are provided via Fisheries Notice following each meeting as well on PSC website. If impacts arising from the slide require additional fisheries management actions, DFO staff will share potential management approaches and discuss potential fishing plan options with First Nations through in-season planning process.

In closing, this fishing season is providing many challenges and considerable uncertainty. DFO acknowledges the challenges this poses for FSC harvesting opportunities. After conservation, First Nation FSC fisheries are the highest priority and DFO staff will continue to work with communities in the marine and in-river areas with respect to FSC opportunities that are consistent with conservation objectives.

HOUSING NEWS

Tsawout Housing: building towards safe, adequate, affordable housing encouraging home owners and tenants to be self reliant, empowered individuals who secure safe homes for their families.



Tsawout Housing

The ongoing housing review acknowledges there are 33 units with active mortgages. Each of those units are expected to pay monthly rent to the Nation. The rental rates are

\$480 per month or

\$580 per month

It is extremely important for tenants to please keep up with your monthly rentals, there is a long list of members who hope to someday get into these units and who are willing to pay the monthly costs.

There are a number of units who have “rental arrears” for housing or renovations please make an effort to make payments.

Future Housing

Tsawout has an opportunity to apply for Section 95 housing and the criteria is the homes have to be built on BAND LAND. If you own “CP’d” property, to become eligible for Section 95 Housing you must be willing to transfer a piece of your property to Band land. Contact Housing/Administration in writing if you would like to meet to discuss these types of opportunities.

To qualify for individual mortgage housing, you need to have the following:

- good credit
- ability to save a down payment (est \$5,500)
- land to build on
- permanent/long term job or other income

You may be eligible to apply for an “Individual Mortgage” through the Bank of Montreal for up to \$200,000. This results in a relationship between you

and the Bank. The bank does not become a landlord for your home. You would enter into a 25 year mortgage with the bank and pay monthly mortgage payments. Let any of council know if you have any questions on how to become eligible.

Requests for Major Renovations

If you have been waiting for renovations please forward an updated letter to Housing/Administration outlining your request, it's important to keep all of your information up to date and also serves as a good reminder. We will continue to do the best we can in addressing requests.

Requests for Housing Repairs

Please be reminded the band does not receive housing repair dollars and for those homeowners who do not pay mortgage, you are expected to take care of regular home maintenance, minor plumbing repairs and appliance replacements on your own. If you are on social assistance, social development MAY be able to help you.

We encourage home owners to take the initiative to do your own repairs and not rely on the band otherwise frustration grows when there are no avenues to address all the housing concerns brought forward. We receive calls daily for plumbing repairs, broken windows, garbage pick up, lock changes, heavy garbage clean up. These expenses grow and we are looking at implementing “Home Maintenance” workshops to build the skills in the community for self repairs.

Most homeowners pay for their own plumbers, window repairs, etc., we will support training community members through these types of home maintenance workshops.

SOCIAL DEVELOPMENT NEWS

NOTICE TO ALL CLIENTS ON INCOME ASSISTANCE

Please ensure that declarations and all supporting documents are in by the 15th of every month. All declarations require applicant signature and, if applicable, it must include spouse signature, job search form, hydro and phone bill (if eligible), most recent paystubs and bank statements, if required.

**** NO DECLARATION (paystubs, job search) = NO CHEQUE ****

Cheque issue is the last Wednesday of every month. Cheques are available for pick up between 9 am to noon and 1 pm to 4 pm. No calls are taken on cheque day and no one can pick up someone else's S/A cheque unless that person is seriously ill, has mobility barriers or other extenuating circumstances.

Clients who submit their documents AFTER the deadline date can pick up their cheque on the following Friday.

Clients who need to update their file or apply for S/A need to book an appointment between Tues. to Thurs.

NOTICE TO ALL EMPLOYABLE CLIENTS

It is **MANDATORY** that all employable people seek employment. According to Social Development Policy 2.2: Termination of Benefits – Refusal or abandonment of employment opportunities, refusal to participate in an appropriate training or education opportunity or rehabilitation program will result in Social Development closing your file.

Failure to show any effort in seeking employment or education opportunities such as job searching, employment workshops or upgrading - will result with your SA file being closed. Whenever a decision is made to terminate client benefits, the client has a right to appeal the decision to Aboriginal Affairs and Northern Development Canada by picking up an administrative review form from Social Development. Thank you.

Tsawout Social Development (SD) – Income Assistance Application Process

STEP 1 – OBTAIN APPLICATION FROM TSAWOUT RECEPTION TO MAKE AN APPOINTMENT.

NO APPOINTMENTS WILL BE MADE A WEEK PRIOR TO OR DURING THE WEEK OF CHEQUE ISSUE.

- Complete Social Assistance Application Package
- Identification – Adults – 2 each (1 must be a photo)
- Identification – Children - 1 each
- Verification of Income – 60 day bank statements, pay stubs, 2 most recent pay stubs, EI Income and Spousal Support
- Utility Bills – BC Hydro, phone bill, gas or oil bill
- Tenancy Agreement – Tsawout Social Housing, CMHC documents or mortgage documents
- Privately Owned Homes – proof of ownership documentation
- Tax Forms – Canada Child Benefit, Notice of Assessment
- Other Supporting Documents

STEP 2 – INTAKE APPOINTMENT

- Bring all supporting documents to your appointment
- If you have a spouse, he/she needs to be present to sign all documentation
- Employable clients are required to discuss a plan to obtain employment or have an education plan to attain further skills that will help you gain employment.
- If you are unable to seek employment, the worker will need a medical note that will temporarily excuse you from seeking employment or until you are eligible to apply for PPMB (Person with Persistent Multiple Barriers) or PWD (Person with Disability) designation.

STEP 3 – PROCESSING

- Allow up to 5-7 business days for application approval.
- Worker will notify you of your eligibility for Income Assistance.
- We understand that you are in need of help and your matters are important to us. We are doing due diligence to ensure that the process is completed in a timely manner. We appreciate your patience.

STEP 4 – YOU HAVE BEEN CONTACTED TO INFORM YOU OF YOUR ELIBILITY STATUS

- **Approved Applicants** – Will now have the responsibility to assure that all documentation (Declaration, utility bills, pay stubs, job search or any other required documents) is submitted by the 15th of each month to ensure they receive their entitlement on time. ALL clients have a responsibility.
- **Ineligible Applicants** – Varies on the situation.
- Will have an opportunity to gather missing or additional supporting documents.
- If you are eligible for EI or in receipt of EI, you will not be eligible for Income Assistance.
- You have earned income that is more than what you are eligible to receive, then you have to wait 30 days to reapply.
- If applicant does not agree with the decision, the applicant can appeal the decision – Inquire about this process with the Social Development Worker.

**** Thank you for reviewing this information. It helps the review and assessment process. Social Development can be contacted at 250-652-9101 (ext. 306).**

GARBAGE, COMPOST & RECYCLING DAYS

2019 OCTOBER						
SUN	MON	TUE	WED	THU	FRI	SAT
29	30	  1	2	3	4	5
6	 7	8	9	10	11	12
13	 14	  15	16	17	18	19
20	 21	22	23	24	25	26
27	 28	  29	30	31	1	2

 = GARBAGE  = RECYCLING  = COMPOST

IMPORTANT NOTES

GARBAGE PICK-UP (ONCE A WEEK). If your garbage is missed or not picked up, call BFI directly at 250-652-4414

COMPOST (BI-WEEKLY). If your compost is missed or not picked up, call Refuse at 250-381-6007. If called the same day or early the next day, it is possible to have it picked up the same week if they are in the area and they will ask you to have it at the end of the driveway by 7:00 am on whichever date they advise. If not, it will have to wait until the next regular pick-up date.

RECYCLE (BI-WEEKLY). If your recycle is missed or not picked up, call Emterra at 250-385-4399. Call by 11:00 the next day and they can probably do a pick-up. If any later, it would have to wait until the next pick-up date.

Reminder that the Heavy Garbage Program has ended. Please do not leave heavy garbage on the side of the road. We continue to clean up the dumpsite on Longhouse Road from the previous years programs. Please discard your heavy garbage at local metal recycle or Hartland landfill.

TSAWOUT FACILITY RENTALS

Are you planning a party or a special event? Tsawout's Community Facility has some great spaces to hold your special gathering! Our facilities are available to both Tsawout members and the general public. Daily and hourly rates are available.

HOURLY RATES	<i>MEMBERS</i>	<i>GENERAL PUBLIC</i>
Gymnasium	\$20/HR	\$40/HR
Multi-purpose Room	\$11/HR	\$22/HR
Auditorium	\$16/HR	\$32/HR

DAILY RATES	<i>MEMBERS</i>	<i>GENERAL PUBLIC</i>
Gymnasium	\$175/DAY	\$375/DAY
Multi-purpose Room	\$105/DAY	\$210/DAY
Auditorium	\$155/DAY	\$320/DAY

Additional Information:

Catering is available upon request at an additional cost.

Projectors and projector screens are also available.

Projector: \$50

Screen: \$20

Table Cloths \$2 per table

Setup and host included in rental

Please contact Sandi Charlie for booking information.

Phone 250-652-9101 or send an email to Sandi Charlie at reception@tsawout.ca.