



APRIL

2025 Newsletter
T'Sou-ke First Nation



📷 Youth 'Tourist in Your own Community' Day: group drumming

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**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: 2154 Lazzar Road
Sooke, BC, V9Z 1G1

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



250-642-3957

Secretary, Sarina Lazzar
secretary@tsoukenation.com
250-642-3957

Administrator, Michelle Thut
administrator@tsoukenation.com
ext. 233

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ext. 233

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ext. 223

Finance Assistant, Tara Jensen
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ext. 222

Communications Coordinator, Natassia Davies
communications@tsoukenation.com
ext. 224

Health Department



250-642-3957

Admin Health Coordinator, Rose Dumont
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ext. 237

Community Nurse, Jennifer Routhier
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ext. 238

Health Care Assistant, Lorissa Orser
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ext. 238

Health Care Assistant, Debbie Ridley
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ext. 238

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

Maternal Child Health Worker, Brandy Daniels
mchworker@tsoukenation.com

Fisheries

📞 250-642-3957

Fisheries Stewardship Director, Edward Chutter
fisheriesdirector@tsoukenation.com
ext. 230

Fisheries Technician, Frank Sutherland
fisheries@tsoukenation.com
ext. 228

Guardian, Dave Planes
guardian1@tsoukenation.com

Marine Team

📞 778-352-0011

Com. Relations Coordinator, Eva Shaffer
marineliaison2@tsoukenation.com

Marine Field Tech, Louis Sudlow
lsudlow@snekecentre.ca

Marine Field Tech, Milynda Planes
mplanes@snekecentre.ca

Lands, Forestry, Environment

📞 250-642-3957

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

Lands Governance Director, Bonnie Hill
landsmanager@tsoukenation.com
ext. 227

Lands Referrals Clerk, Amanda Mobley
landsandreferralsclerk@tsoukenation.com
ext. 227

Ladybug Garden

📞 250-642-3949

Garden Coordinator, Christine George
ladybuggarden@tsoukenation.com

Social Development

📞 250-642-3957

Social Development Worker
socialdevelopment@tsoukenation.com
ext. 236

Youth Centre

📞 778-352-3957

Youth Worker, Brandy Daniels
youthcentre@tsoukenation.com

Children and Families

📞 778-352-3957

Child and Family Lead, Denise Chewka
childfamilylead@tsoukenation.com

Sum-SHA-Thut Lellum

📞 250-642-2263

ECE Teacher, Jennifer Dumont
ECE Assistant, Soleil Saxelby
sumsha@tsoukenation.com

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

Sooke RCMP

To report a disturbance or crime, please phone the non-emergency line of the Sooke RCMP or submit online via the [Online Crime Reporting tool](#).

📞 250-642-5241 📄 ocre-sielc.rcmp-grc.gc.ca/

April 2025

Meetings, events, and health services available this month.

| SUDNAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------------|---|---|---|--|--|--|
| | | 1 | 2 | 3 | 4 | 5 |
| | | SENĆOŦEN Language Class 6-7:30pm Sea to Tree Counselling 11am-7pm | Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm | | Rise & Shine Fitness 6-7am NIŁ TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm | Youth Photo Review and 'Tourist in your Community' follow-up Dinner (all youth welcome) 5:30pm @ Band Hall Sea to Tree Counselling 11am-7pm | Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm | Dinner & Meeting for IPCAs and Tribal Journeys 5pm @ Band Hall | Rise & Shine Fitness 6-7am NIŁ TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm | Firewood pick-up (for those who missed the last pick-up) 7:30am-2:30pm @ Gravel Pit |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Easter Breakfast 9-11am | Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm | SENĆOŦEN Language Class 6-7:30pm Sea to Tree Counselling 11am-7pm | Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm | Dr. Kluge's Clinic 10am-4pm | Good Friday (Offices closed) | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | Easter Monday (Offices closed) | Sea to Tree Counselling 11am-7pm | Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm | T'Sou-ke Open House 6-8pm @ Band Hall | Elders Luncheon 12-1:30pm @ Band Hall Rise & Shine Fitness 6-7am NIŁ TU,O Family Support Services 8:30am-4:30pm | |
| 27 | 28 | 29 | 30 | | | |
| | Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm | SENĆOŦEN Language Class 6-7:30pm Sea to Tree Counselling 11am-7pm | Community Dinner 5:30pm Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm | Last day for large bins: Sunday, May 4 th Driveway pick-up for Elders: Friday, May 2 th | | |

2025 April



Youth Centre Activities

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------------------------|---|-------------------------------|---|-------------------------------|----------|
| 30 | 31 | 01 Drop-in 3:00-4:30pm | 02 Tutoring 3:00-5:00PM | 03 | 04 | 05 |
| 06 | 07 | 08 Drop-in 3:00-4:30pm Youth Photo Review & "Tourist in Your Community" follow-up dinner (all youth welcome) 5:30pm @ Band Hall | 09 Tutoring 3:00-5:00PM | 10 | 11 | 12 |
| 13 Easter Breakfast 9:00-11:00am | 14 | 15 Drop-in 3:00-4:30pm | 16 Tutoring 3:00-5:00PM | 17 | 18 Good Friday (closed) | 19 |
| 20 | 21 Easter Monday (closed) | 22 Drop-in 3:00-4:30pm | 23 Tutoring 3:00-5:00pm | 24 5 and Under Books and Breakfast 8:00-9:00am | 25 | 26 |
| 27 | 28 | 29 Drop-in 3:00-4:30pm | 30 Tutoring 3:00-5:00pm | 01 | 02 | 03 |
| 04 | 05 | Notes: Regrettably, no rides are available at the moment. Please make alternative arrangements for your transportation until further notice. Please note that the Youth Centre staff and T'Sou-ke Nation are not responsible for electronics or other personal items that may be damaged or lost while participating in youth activities. Watch our Facebook page for any additions or cancellations. | | | | |



From the Administrator's Desk

Spring has sprung! It's been so nice to see the sun shining this week, especially after the torrential rain, thunder, and lightning we had last week.

It's been a busy time lately. I recently attended the Infrastructure and Asset Management Workshop with our maintenance worker, John, which focused on strategies for managing community assets, improving collaboration across departments, and shifting from reactive to proactive maintenance. We are now looking at how to incorporate these tools into our maintenance and public works planning.

I also participated in a key meeting with our Fisheries Director, consultants, and the Senior Regional Advisor for DFO. The discussion centered around the imposed fishing areas in our territory and their impact on traditional harvesting. Leadership has long requested a meeting on this matter and remains committed to ensuring it takes place as we continue advocating for the Nation's fishing rights. We are encouraged that DFO has now committed to working toward a leadership-level conversation.

In addition, I attended the First Nations Education Steering Committee (FNESC) Workshop with Jessica, who will be taking on work in our Education Department. The workshop focused on relationship building and strength-based approaches in education. We explored key actions to strengthen Local Education Agreements (LEAs), foster welcoming environments, and celebrate student achievements. We'll be taking what we learned and reviewing it alongside our current LEA to identify opportunities for growth and alignment.

A big thank you to everyone who participated in the strategic engagement events—your input is truly appreciated. These sessions have now been completed, and the Taskforce is actively working to finalize both the Comprehensive Community Plan (CCP) and Strategic Plan. We look forward to sharing these with you later this spring and beginning work on implementation shortly after.

Looking ahead, we're hosting an Open House on April 24th—I hope to see many of you there! Drop by to learn more about our department's programs and services, ask questions, and connect with staff.

Lastly, a big shoutout to the youth who participated in Spring Break activities. From drum making to being tourists in their own community, it was great to see them engaged, learning, and having fun. We also had a fantastic turnout at the Spring Fling—nice to have so many families with their little ones attending and enjoying the event together.

A quick reminder that registration for Sum Sha Thut Lellum's 2025/2026 school year began in March. If you're interested in registering your 3- or 4-year-olds, please reach out to the school for more information. The children have been busy with exciting activities including a fish release, speech and language therapy assessments, and staff participation in a resource workshop to create culture kits. Wishing everyone a warm and productive start to spring!

Michelle Thut
Administrator

Live-Stream Dates
and Meeting Summaries

**Chief and
Council Meetings**



Summary of Chief & Council Meeting

March 31, 2025

At the Chief and Council meeting on March 31, 2025, Chief and Council further discussed the T'Sou-ke Art Group's Welcome Figure project to determine a date for community consultation. Council is seeking community feedback and approval on where the welcome figure should be installed. A meeting is scheduled for Tuesday, May 6, and your insight and recommendations would be greatly valued at the meeting.

Council approved T'Sou-ke's Q4 financials, and passed a motion to approve funding for repairs and upgrades to the canoe shed.

Council reviewed an IR#2 housing presentation put forth by the Housing Committee, which outlined the lot allocation process. There will be 15 lots available in Phase 1, and the Nation is set to transfer lots from Phase 1 to T'Sou-ke members within the next two to three years.

In related housing news, council issued four Certificates of Possession under the Land Code for T'Sou-ke members. Congratulations to the new home owners!

Chief and Council also reviewed and approved a drafted fisheries agreement which addresses fishing, conservation, and sustainable resource management within our territory. The Inter-Nation Fishing Protocol Agreement outlines terms and conditions for responsible and reciprocal fishing agreements with other Nations and their members, and is rooted in respect, reciprocity, sustainability, and the protection of inherent fishing rights.

Council also approved the Fisheries department's actions to move forward and request official Guardian Designate status for our Guardian program from the Department of Fisheries and Oceans (DFO). This designation would allow T'Sou-ke Guardians the ability to enforce regulations within our territory.



Next Meeting Date:

**April 28
6–8pm**

Watch via Zoom

To register and request the Zoom link, please email Natassia Davies.



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

February 6, 2025

Chief and Council Meetings

Greetings, T'Sou-ke Community,

Included below are dates for Chief and Council meetings scheduled for 2025. Council meetings will take place on the last Monday of each month unless otherwise scheduled. Please note these dates may change on short notice due to logistics or unforeseen circumstances.

| | |
|----------------|--------------------|
| March 3, 2025 | July 28, 2025 |
| March 31, 2025 | September 29, 2025 |
| April 28, 2025 | October 27, 2025 |
| May 26, 2025 | November 24, 2025 |
| June 30, 2025 | December 15, 2025 |

Please note these dates are subject to change.

Due to technical and spatial logistics, the first few council meetings will **be open to members via Zoom ONLY** until we move into the new Community Complex and Health Centre (CCHC).

Normally, Chief and Council will meet in council chambers and members will be able to watch via Zoom on the SmartBoard in the main hall. However, because of the proximity of council chambers to the main hall in the current building, it is difficult to have the volume of the SmartBoard up loud enough for members to hear proceedings without the sound interfering in council chambers.

We will transition to a different format when we move into the new building and have the technical capabilities to provide a space where everyone can hear and see what's happening. We thank you for your understanding and patience in the meantime.



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

April 1, 2025

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, April 28, 2025

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.

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



SUM-SHA-THUT-LELLUM

PRE^K PROGRAM

2025/2026 REGISTRATION



PLEASE NOTE:

All CHILDREN REGISTERING MUST TURN 3 by December 31, 2025

- Registration begins March 3, 2025 at 8:30am for **T'SOU-KE NATION**
- Registration begins March 14, 2025 at 8:30am for **STATUS FIRST NATIONS CHILDREN** (children must have their own Status or Métis Card) **AND CURRENTLY REGISTERED CHILDREN.**
- Registration begins April 2, 2025 at 8:30am for **GENERAL PUBLIC**.

All registrations are to be dropped off at the T'Sou-ke Administration office. Staff must date and sign all registration forms as they come in. Spots are given on a First -Come - First Serve-basis

All Registration Forms must be COMPLETELY filled out and include items listed below or WILL NOT BE ACCEPTED.

Please ensure your child's form includes:

- Start Date
- Child's Personal Health Number
- Please attach 2 photos of child
- Copy of child's immunization records



PREK PROGRAM START DATE: September 2, 2025

DUE AT TIME OF REGISTRATION: All registrant's **accepted** into PreK program are required to pay a deposit of \$300 due at time of registration.
(Members Exempt)

ALL DEPOSITS ARE NON-REFUNDABLE





Sum-SHA-thut-Lellum's Registration Form
(Include a photo of child)

CHILD'S STARTING DATE: / / SEX: M___ F___ DATE OF BIRTH: / /

NAME OF CHILD:

_____ (Surname) (Given Names) (Also known as)

Name the child responds to: _____

Address: _____

Postal Code: _____ Phone: _____

Person(s) with whom the child lives (adults and children): _____

Child's first language: _____ Other Languages: _____

T'SOU-KE NATION MEMBER ☐ STATUS ABORIGINAL ☐ NON-ABORIGINAL ☐

PARENT(S) / GUARDIAN(S):

Name: _____ Home Phone: _____ Cell Phone: _____

Work Phone: _____ Days/hours of work: _____ E-mail: _____

Name: _____ Home Phone: _____ Cell Phone: _____

Work Phone: _____ Days/hours of work: _____ E-mail: _____

MEDICAL INFORMATION

Child's Doctor _____ Phone: _____

Child's Dentist _____ Phone: _____

Child's Personal Health Number: _____

ALTERNATE PERSON TO CALL/PICK-UP CHILD IN CASE OF EMERGENCY:

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____ CellPhone: _____

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

PERSONS (OTHER THAN PARENT/GUARDIAN AND EMERGENCY CONTACTS) AUTHORIZED TO PICK UP CHILD FROM FACILITY:

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

PERSONS NOT PERMITTED TO ACCESS TO CHILD:

Name: _____ Phone: _____

Name: _____ Phone: _____

Are there Custody orders? YES ☐ NO ☐ If answered yes please provide a copy to facility.

HAS THE CHILD PREVIOUSLY ATTENDED DAYCARE/PRESCHOOL?

YES ☐ NO ☐ Comments: _____

COMMENTS/INSTRUCTIONS TO HELP US CARE FOR YOUR CHILD (PLEASE FEEL FREE TO ADD ADDITIONAL PAGES)

Toileting (special words): _____

Rest Time (special comfort-toy/blanket): _____

Eating/Mealtime (include food likes/dislikes): _____

Fears: _____

PLEASE TELL US ANYTHING ELSE YOU THINK WILL HELP US PROVIDE AN ENRICHING EXPERIENCE FOR YOUR CHILD:

DOES YOUR CHILD HAVE:

A medical condition/concern? YES ☐ NO ☐ If yes, please provide further information: _____

Allergies? YES ☐ NO ☐ If yes, please provide further information: _____

Asthma? YES ☐ NO ☐ If yes, please provide further information: _____

Has your child had a seizure in the past year? YES ☐ NO ☐ If yes, please provide further information: _____

Does your child require a special diet related to a medical condition? YES ☐ NO ☐ If yes, please provide further information: _____

Food sensitivities? YES ☐ NO ☐ If yes, please provide further information: _____

**BASIC SCHEDULE AND RECORD OF IMMUNIZATIONS AS SUBMITTED BY PARENT/GUARDIAN
(ATTACH IMMUNIZATION RECORD - OR RECORD THE DATES)**

| | 1 ST VISIT @ 2 MO. | 2 ND VISIT 2 MO. AFTER 1 ST | 3 RD VISIT 2 MO. AFTER 2 ND | 4 TH VISIT 12 MO. OF AGE | 5 TH VISIT 12 MO. AFTER 3 RD | 5-6 YRS. | GRADE 6 | GRADE 9 |
|---|----------------------------------|---|---|--|---|----------|---------|---------|
| INDICATE DATES IMMUNIZATION RECEIVED | | | | | | | | |
| DIPHTHERIA | * | * | * | | * | * | | * |
| PERTUSSIS | * | * | * | | * | * | | |
| TETANUS | * | * | * | | * | * | | * |
| POLIOMYELITIS | * | * | * | | * | * | | |
| HIB1 | * | * | * | | * | | | |
| MEASLES | | | | * | * | | | |
| MUMPS | | | | * | * | | | |
| RUBELLA | | | | * | | | | |
| HEPATITIS B | *2 | *2 | *2 | | | | *3 | |

BY MY SIGNATURE BELOW I ACKNOWLEDGE THE FOLLOWING:

I HEREBY GIVE MY CONSENT FOR A STAFF MEMBER TO CALL A MEDICAL PRACTITIONER OR AMBULANCE FOR MY CHILD IN THE CASE OF ILLNESS, IF I CANNOT IMMEDIATELY BE REACHED.

PARENT'S SIGNATURE: _____

DATE: / /

THIS BOX FOR OFFICE USE ONLY

DATE RECEIVED _____ **SIGNATURE** _____

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.

Monday, April 28
6–8pm
Zoom (*register for link*)

60+ T'Sou-ke Elders Luncheon

Friday, April 25
12–1:30pm
Band Hall

Our next 60+ T'Sou-ke Elders Lunch will be held on Friday, April 25th, 2025. This is a time for our Elders to come together and share a meal and enjoy each others company.

We look forward to sharing a meal with each of you.

A friendly reminder these lunches are not open to the general public and are intended only for our Elder members and their spouses/caregivers.

Firewood Pick-up

Saturday, April 12
7:30am–2:30pm

Firewood is available at the T'Sou-ke Gravel Pit **for those who haven't picked up yet.** One load per household.

Large Bins are Back!

April 24–27
April 30–May 4
(Elder pick-up May 2)

Time for spring cleaning!
Drop off your heavy garbage, electronics, and metal items.

Please see flyer for details, including items NOT accepted.

SENĆOŦEN Language Class

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

Tuesday, April 15
Tuesday, April 29
6–7:30pm

To hear even simple words like 'thank you' said in the SENĆOŦEN dialect is wonderfully heartwarming. Ivy is a kind, patient teacher with much knowledge to share.

Please feel free to join in classes whenever you are able. You don't need to register. 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.

Community Dinner

BAND HALL

Wednesday, April 30

BINGO! TRIBAL JOURNEYS! IPCAs!

Thursday, April 10

**Doors + Opening
Remarks @ 5:00pm**

Dinner @ 5:30pm

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

**Tribal Journeys Planning
Discussion @ 7:30**

Join us on Thursday, April 10th for our first monthly meeting to introduce 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 some BINGO!!

We will also take this opportunity to begin planning for the 2025 Tribal Journey to Elwha! All those interested are invited to join.

Easter Family Breakfast & Egg Hunt!

Sunday, April 13

9:00–11:00am

Band Hall

Join us on Sunday, April 13th for a pancake breakfast and some Easter fun! There will be face painting, balloon animals, and an egg hunt, along with gift baskets and door prizes. We hear Mr. and Mrs. Easter Bunny may also hop on over for a visit!

Don't miss out on the colouring contest! You can find the sheet on the following pages or drop by the Administration office to pick up a printed copy. Bring it with you to breakfast to enter it in the contest.

A friendly reminder these activities are not open to the general public and are intended only for T'Sou-ke members and their family.

Join us at our Estuary to Old Growth (E2OG) Regional Gathering

April 29th and 30th

Prestige Oceanfront Resort (Sooke)

Registration 9:00am | Sessions begin 10:00am

In partnership with the IISAAK OLAM Foundation, T'Sou-ke Nation is hosting a regional event called the Estuary to Old Growth Gathering. The event will focus on relationship building and sharing stories with other First Nations on Southern Vancouver Island who are working on and/or are interested in IPCAs.

Friendly reminder: empty your inbox!

If you receive Nation correspondence via email, **please take a moment to empty or tidy up your inbox and empty your trash folder.** Email accounts have storage limits, and once they're full, you won't receive important messages. A quick cleanup ensures you stay connected!

Join us for T'Sou-ke Nation's

Spring Open House

Thursday, April 24
6–8pm @ Band Hall



Drop in and learn about what Council and Staff
are doing around the Nation.

Come ask questions, chat with Council and staff,
learn about current projects and initiatives, and
enter your name for door prizes!



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

Bins Are Back for Heavy Garbage, Electronics, and Metal

Large bins will be available at the T'Sou-ke Gravel Pit for members to drop off heavy garbage, electronics, and metal items. Maximum three truck loads.

For Elders and those with disabilities who are unable to bring their garbage to the bins, we will come pick it up for you. If you need this service, please have your garbage at the end of your driveway on **May 2nd** for pickup.

Dates: April 23 – April 27
April 30 – May 4

Location: T'Sou-ke Gravel Pit
Elder Pick-up: May 2nd

Items NOT Accepted:

- No cans, bottles, or glass
- No cardboard
- No kitchen scraps
- No propane bottles
- No paint or aerosol cans
- No construction material
- No renovation material
- No roofing material
- No tires
- **Fridges and freezers must be empty**

For any questions, please contact **Bonnie Hill or Amanda Mobley** in the **Lands Department** at **250-642-3957 ext. 227**.

HÍSWKE SIÁM, Happy Spring Cleaning!

Face
paint!

Door Prizes!

Hop on over for our

EASTER Event

MR & MRS
EASTER BUNNY!

Gift
Baskets!

2154 Lazzar road

Pancake
Breakfast!

Join us on

Balloon
Animals!

April 13th from 9-11am

for some egg-citing fun!



Name: _____

Age: _____

Bring your coloured page
to the Easter Breakfast on
April 13th to enter it into
the contest!



We Have Some Exciting News to Share!

T'Sou-ke Nation is embarking on a journey towards establishing an Indigenous Protected and Conserved Area (IPCA) within our territory.

As we come together to discuss the future of our IPCA, we'll also take this opportunity to begin planning for Tribal Journey 2025 to Elwha!

WHAT: Community Dinner + Bingo!

WHERE: T'Sou-ke Nation Band Hall

WHEN: April 10th, 5:00PM

Join us for a shared meal, bingo, and to help us kick off planning for this year's journey!



Whether you're there to listen, share, or simply connect, your presence is deeply valued at the first of 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.

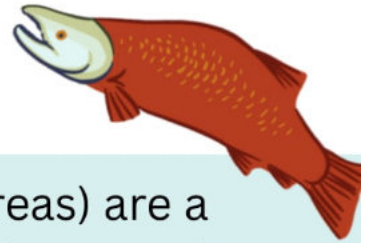
Indigenous Governments hold the inherent right to establish and care for IPCAs in their territories. IPCAs can be declared anywhere within the territory of an Indigenous Nation, Government or community, including reserve lands, cities/towns, rural areas and watersheds.

Further Resources:

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



Learn more about Indigenous Protected and Conserved Areas (IPCAs)



IPCAs (Indigenous Protected and Conserved Areas) are a modern approach that applies Indigenous laws and knowledge systems to protect lands and waters. Indigenous Nations create IPCAs to assert their sovereignty and leadership over the areas they have cared for and managed for thousands of years.

In partnership with the IISAAK OLAM Foundation, T'Sou-ke Nation will be hosting a regional event called the Estuary to Old Growth Gathering.

The event will focus on relationship building and sharing stories with other First Nations on southern Vancouver Island who are working on and/or are interested in IPCAs.

WHAT: Regional Gathering
WHERE: Prestige Oceanfront Resort
WHEN: April 29-30th



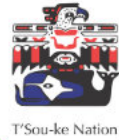
Learn more here: ipcainnovation.ca/e2oggathering

For more information contact: wisp@iisaakolam.ca





TE'MEXW
TREATY ASSOCIATION



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

Scan me



info@temexw.org



250-360-2202

MAY

T'SOU-KE COMMUNITY MEETING

May 1, 2025

Dinner: 5:30 p.m. PT

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



Join the negotiations team for a second round of discussion on the long-term fisheries agreement (LTFA), followed by a Q&A session.



- **Venue: Band Hall at 2154 Lazzar Rd.**
- 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 or contact Denise at dpurcell@temexw.org

The following application is for **Rental Housing** through T'Sou-ke Nation, and is *NOT* related to the Housing Lot list.

Housing Rental Form



Housing Policy Appendix "A"

T'Sou-ke Nation Rental Housing Application

(For T'Sou-ke Members)

Your Rental Housing application must be updated by March 31 of each fiscal year if you wish to remain on the rental housing list. Please note the Rental Housing list is **separate** from the Housing Lot list.

Background Information

1. Name _____
2. Phone _____
3. Mailing Address _____
4. Email Address _____
5. Are you a registered member of the T'Sou-ke Nation? _____
6. Birth date _____
7. Did you apply for housing before? When? _____
8. How long have you been on the Housing Waiting List (if applicable)? _____
9. How many applications have you made to the Housing Department before this application (including yearly renewals)? _____
10. Have you been convicted of any violent crime or of a crime against a child? _____

Household Composition

11. Family Members (name and age) – who would live in the rental home

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

12. Are any of your children who are over 18 years old dependent¹? _____

13. Are you a single parent? _____

14. Does anyone require disabled access or other special modifications? _____

15. How many household members are T'Sou-ke members? _____

16. Family Pets (list all) – who would live in the rental home _____

Present Living Arrangement & Conditions

17. What is your present living arrangement (privately owned home, rent-to-own home, rental unit, or no home)?

18. Are there health or safety risks in your current dwelling? (If yes please describe and provide any supporting documentation) _____

19. Is your current housing situation temporary (i.e., not available for much longer)? _____

20. Is your current home overcrowded? (If yes please describe the situation) _____

21. Are there any serious health or safety concerns you have with your current dwelling or housing situation?

(e.g., homelessness, fleeing domestic relationship, living in severely inadequate housing)

If yes please describe and provide any supporting documentation) _____

¹ "dependent" means a single child, stepchild, adopted child or legal ward who is mainly supported by you, who is under the age of 25 and registered in full-time school; or a person who of any age is dependent on you due to mental or physical disability.

Household Income

22. What is your monthly household income (all sources)? _____

23. What is your credit rating? _____

24. If you receive social assistance, do you have confirmation from the Income Assistance for Shelter component?

25. What is the main source of your income (e.g., full or part time employment, EI, social assistance)?

References

26. References from current or previous landlords are not obligatory but a positive reference will help your application. T'Sou-ke Housing Department will review its files on any applicants who were previously T'Sou-ke tenants.

A reference should be in writing and include the name and contact information of the landlord, the dates of your tenancy, and it should confirm that you maintained the accommodations in good condition and that you paid rent on time.

Please note that all Tenants must be willing to meet the basic maintenance and general upkeep obligations for the T'Sou-ke Rental Home as set out in the T'Sou-ke Housing Policy and Rental Agreement, except to the extent that they have physical limitations that make them unable to do so.

This application must be updated each year by March 31 to remain eligible for rental housing.

Applicant's signature _____

Date of receipt of Application _____ (date to be filled in by Housing Department)

Social Development, Employment, & Training

📞 250-642-3957 ext. 233

Michelle Thut (*interim*)

✉ socialdevelopment@tsoukenation.com

NOTICE: Please note Debbie has transitioned to a new position within T'Sou-ke Nation and we are in the process of hiring a new Social Development worker. In the meantime, please contact Michelle Thut (administrator@tsoukenation.com or 250-642-3957 ext. 233) for questions or assistance.

| FOR THE MONTH OF | DECLARATIONS DUE BY | CHEQUE ISSUE DAY |
|------------------|------------------------|------------------|
| April 2025 | April 18, 2025 | April 23, 2025 |
| May 2025 | May 16, 2025 | May 21, 2025 |
| June 2025 | June 20, 2025 | June 25, 2025 |
| July 2025 | July 18, 2025 | July 23, 2025 |

Declarations must be handed in by the due date to avoid any delay in processing cheques. There will be a delay in receiving your cheque if declarations are not received on the due date, no exceptions.

A friendly reminder: Provide your income verification slips monthly if you are working. Monthly utility bills need to be provided to be paid in a timely manner.

Friendly reminder:
Please print your name clearly on your declaration slip and sign it!

| | |
|--|--|
| Wednesday, April 2 | |
| | Cod, roasted potato, coleslaw <i>Cinnamon apples</i> Milk/Juice |
| Monday, April 7 | Wednesday, April 9 |
| Baked garlic parmesan chicken, rice, corn <i>Yogurt w/ berries</i> Milk/Juice | Meatloaf, mashed potatoes, carrots <i>Mousse</i> Milk/Juice |
| Monday, April 14 | Wednesday, April 16 |
| Beef barley vegetable soup, salad, buns <i>Berry crisp</i> Milk/Juice | Clam chowder, bannock, caesar salad <i>Mixed fruit w/ whipped cream</i> Milk/Juice |
| Monday, April 21 | Wednesday, April 23 |
| Classic macaroni salad, green salad, buns <i>Fresh fruit w/ whipped cream</i> Milk/Juice | Beef & broccoli, rice <i>Berry cobbler</i> Milk/Juice |
| Monday, April 28 | Wednesday, April 30 |
| Pork roast, potatoes, carrots <i>Mousse</i> Milk/Juice | Shrimp linguine, caesar salad <i>Fresh fruit w/ whipped cream</i> Milk/Juice |

Meals are subject to change depending on availability of products.

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

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

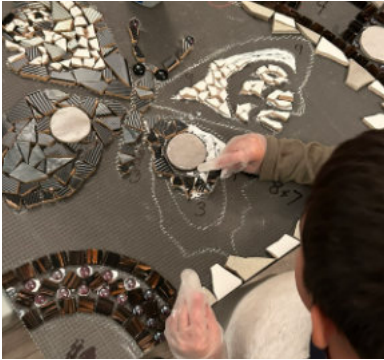
☎ 778-352-3957

Brandy Daniels, Youth Worker

✉ youthcentre@tsoukenation.com

📘 T'SOU-KE NATION YOUTH & PARENTS

Youth & Culture



Youth Drop-in



TUESDAYS

3:00pm–4:15pm

Tutoring

Online (Zoom) or Drop-in



WEDNESDAYS

3:00pm–5:00pm

Please refer to the T'Sou-ke Nation Youth & Parents Facebook page or check the Youth Centre calendar for detailed information, as there may be special events happening in place of these regularly scheduled programs.

Spring Break Fun!

Spring Break 2025 balanced fun and culture for our youth! The group visited the Royal BC Museum and explored its many exhibits. Youth participated in the 'Tourist in Your Own Community Day' which brought the group to Siasoon Beach to scour the rocks for crabs and sealife, then to the Band Hall to learn about the canoe shed and the smokehouse. Chief Underwood explained the process of traditional fish smoking and John Rice shared some insight about how he carves paddles and canoes. The group finished the day at the Potholes campground where we drummed and sang with Eli. Later during spring break, youth had the opportunity to make their own drums!

Drum-making workshop, March 2025



NIL TU,O PROUDLY PRESENTS ELEVENTH ANNUAL



HEUIST TTE KELAK

DOOR
PRIZES!

HONOUR THE BABIES

April 16, 2025 | 11 am - 2 pm

Saanich Fairgrounds

WE'RE CELEBRATING BABIES BORN IN 2024

Has a new life joined your family in 2024, and is affiliated with one of the seven Nations NIL TU,O works with? Please join us in celebrating this new life.

Lunch will be provided.

Please send filled in registration form and a copy of
baby's ID to reception@niltuo.ca to confirm attendance.

Deadline to Register
March 15

Website: niltuo.ca

Phone: 250-544-1400

This event is open to children and families of Beecher Bay, Pauquachin, Tsartlip, Songhees, Tsawout, Tseycum and T'Sou-ke First Nations.



Scan to register
online

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

✉️ nurse1@tsoukenation.com

📘 *T'Sou-Ke Nation Health Office*

DR. KLUGE'S CLINIC

Thursday, April 17, 10:00am–4:00pm

Dr. Kluge's clinics are for our members and their families.

If you have to cancel your appointment, please let one of the Health office staff know as soon as you can. This will allow us time to connect with those that may be on the waiting list to see the doctor.

BOOK APPOINTMENT



REFLEXOLOGY

Reflexology is available twice monthly at the Health office.

BOOK APPOINTMENT



ACUPUNCTURE

Acupuncture is available once monthly at the Health office.

BOOK APPOINTMENT



BOOK AND BREAKFAST FIVE AND UNDER PLAYGROUP

T'Sou-ke Nation Mommies, Daddies and/or Caregivers, please join us this month for a Toddler Book and Breakfast and a fun-filled spring event!

Book and Breakfast
April 24, 8–9am, Health Office

Please register with Brandy at
mchworker@tsoukenation.com

Please connect with the Health Office if you are a new or expectant mother. We have a prenatal/postnatal voucher program for those living on reserve.

CHILD IMMUNIZATIONS

Is your child up to date with all their vaccinations? The Health department offers routine immunizations

BOOK APPOINTMENT



FOOT CARE SERVICES & ROUTINE FOOT CARE

Monthly appointments are available for our Elders (age 60+) and those members and their families who are diabetic.

All services are provided by an RN and are not a substitute for Podiatry Medicine. All instruments are sterilized to BC Best Practice Standards.

[BOOK APPOINTMENT](#)



DROP-IN

6:00am–7:00am

RISE & SHINE MORNING CLASS

BAND HALL

Greet the morning sun with this invigorating morning exercise routine

MONDAYS

WEDNESDAYS

FRIDAYS

DROP-IN

12:00pm–1:00pm

YOGA CLASSES

HEALTH OFFICE

Find a moment of peace during this relaxing afternoon yoga class

FRIDAYS

DROP-IN

7:30pm–8:30pm

FULL BODY STRENGTH TRAINING

BAND HALL

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

MONDAYS

WEDNESDAYS

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

EXPIRED NALOXONE KITS

Please remember to check the expiry date of your naloxone kit, as some previously distributed kits are reaching their expiration date.

If your kit has expired, please stop in at the Health office to receive a new naloxone kit or replace your previous kit.

If you wish to receive training for the use of this kit, please contact Jen to set up an appointment.

SEAPARC PASSES

Seaparc passes are available at the Health office!

Each family is eligible for 4 passes per month.

View drop-in schedules on the Seaparc website.

MEASLES

What you need to know

Measles is a highly contagious virus that can be very serious.
Vaccination is the most effective way to prevent transmission and illness.

Symptoms

Rash



Cough



Red,
watery eyes



Runny nose



High fever



Other symptoms may include ear infections, lung infections or diarrhea

In severe cases, measles can be fatal

- Measles spreads when someone who has measles coughs or sneezes.
- It can also stay in the air and on things like tables or toys for a long time. 90% of people who haven't been vaccinated or had measles before will be infected if they are around someone who is sick with measles.

Prevention

- Talk to your Community Health Nurse about protection against measles.
- You can also check your medical records to see if you or your child is vaccinated against measles through the BC Health Gateway online: healthgateway.gov.bc.ca

What else can you do?

- ✓ Stay home if you are sick.
- ✓ Wash your hands to protect others.
- ✓ If you have symptoms and need to be assessed, call ahead so the clinic can protect others.
- ✓ Stay up-to-date on your Measles vaccine.



First Nations Health Authority
Health through wellness

Contact your local health centre:

T: _____

E: _____

☎ 778-352-3115

✉ info@seatotree.ca

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



IN-HOUSE COUNSELLING SERVICES

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

Counselling & Wellness Services

HEALTH OFFICE

Sea To Tree works with children, youth/teens, adults, couples, parents, and families.

TUESDAYS

11:00am–7:00pm

FREE PARENT WORKSHOPS

Sea to Tree Health & Wellness is partnering with the EMCS Society to offer parents FREE workshops to support and navigate the challenges of parenting teens. The sessions will alternate between a course topic and a support circle.

**Wednesdays
6:15–7:30PM
Starting February 5**

For more information or to register: <https://www.emcsprograms.ca/parentworkshops>

WHAT KIND OF COUNSELLING SERVICES WOULD SUPPORT YOU BEST?

SHARE YOUR FEEDBACK WITH SEA TO TREE

It's a new year, so we are looking for some feedback on how we can provide counselling & support services and groups that feel helpful and accessible. Please help us ensure that what we are offering in community is meaningful to you. Thank you!



SCAN ME!



Use your phone's camera to scan this QR code and access the survey, or visit the link below.

<https://forms.gle/Xw6J4C4ffoFDmHg66>

PARENT WORKSHOPS & SUPPORT CIRCLE



WEDNESDAYS
6:15-7:30 PM

FREE!

EMCS
6218 Sooke Rd.
Library

250-642-6371
EMCSPROGRAMS@SD62.BC.CA

SCHEDULE

FEB 5

SUPPORT CIRCLE

Talking circles will provide a supportive and structured space for parents and caregivers of teens to share their experiences and insights

FEB 12

UNDERSTANDING THE TEEN BRAIN

FEB 19

SUPPORT CIRCLE

FEB 26

MENTAL HEALTH & SELF CARE FOR PARENTS AND CAREGIVERS

MARCH 5

SUPPORT CIRCLE

MARCH 12

TEEN MENTAL HEALTH

APRIL 2

SUPPORT CIRCLE

APRIL 9

IMPROVE COMMUNICATION, REDUCE CONFLICT

APRIL 16

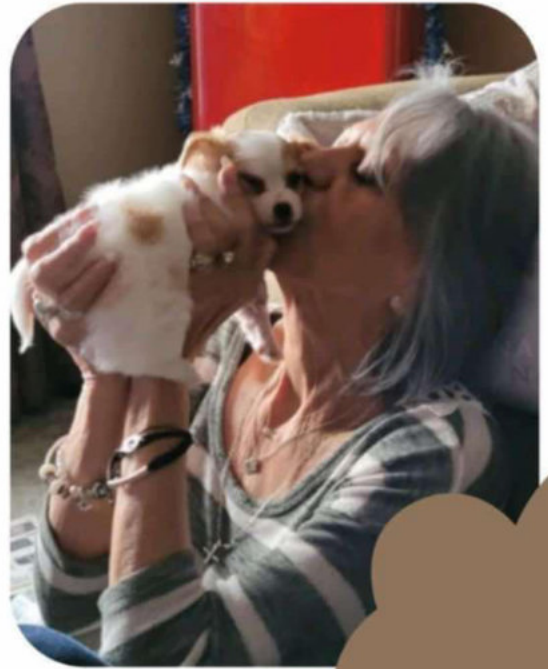
SUPPORT CIRCLE

APRIL 23

SPECIAL FOCUS TOPIC



Join Us for a Fun 50/50 Fundraiser!



Join in on the fun while supporting an amazing cause! Plus, you could even win some cash!

THIS IS DOLLY

Dolly is a three-month-old Chihuahua who required emergency medical attention. We are currently raising funds to assist an elder with the debt incurred from her treatment.

HOW TO BUY TICKETS:

To buy tickets, please send an email transfer to ivyskye123@gmail.com or reach out to Skye Michelle on Facebook. In the notes section, remember to include your name and contact information. We will keep you updated through email and Facebook about the draw date!

50/50 BOARD

There are 100 available spots at \$20 per square! Half of the proceeds will support the cause, while the other half will be awarded to one lucky winner selected from a draw of numbers between 1 and 100!