

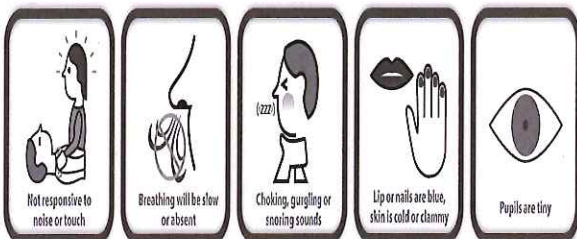
Tseshahat First Nation Special Band Bulletin

Tuesday April 17, 2018



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If someone OD's
Call 9-1-1 Right away
Provide Rescue Breathing
Use Naloxone if you have it

**TSESHAHT HOUSING
NOTICE
APRIL 2018**



Fire Extinguisher Recall

**We have been notified that the Fire
Extinguishers issued to Tseshaht have been
RECALLED.**

**Please return your Fire Extinguisher to
Tseshaht Administration ASAP. So we can
process a return.**

**We will notify the Community once we have
new ones to re-issue.**

THANK YOU FOR YOUR COOPERATION

ANNOUNCEMENT HOURS

Housing Assistant



REVISED HOURS

The Administration Office is pleased to announce our new part-time Housing Assistant, Tammy Lucas.

Tammy brings to the position excellent organization and customer service skills and is excited to work in the Housing Department.

**The Housing Assistant's hours are
8:00AM – 12:00PM**

250-724-1225, ext. 205.



SPRING CLEAN UP

WHEN – APRIL 23 TO 27TH 2018

STARTING AT

Deep freezers must be emptied, old fridges/stoves to be removed must leave name and number at front desk if you have these items please, this way the different trucks can pick up just the larger items.

We will not take anything in a Garbage bag at all, if you have smaller item plastics etc please put in a cardboard box.

We will not take paint cans or gas containers the landfill does not accept these.

TSESHAHT

Social Assistance Cheque Issue



MONDAY – April 30

PWD | 10:00-12:00

Everyone else | 1:30-3:30

REMINDER:

- ☒ All job search forms to be completed and signed and have all documents required ready before cheque issue day to avoid delay
- ☒ Utility bills can be dropped off or submitted by email to membershipservices@tseshaht.com | attn: Rose
- ☒ Report all changes such as earnings, spouse, family unit size, household size, and winnings or training allowance to avoid any miscommunication and closure of file

**\$1000.00+ VALUE
REGISTRATION
REQUIRED**



**MARINE
ADVANCED FIRST
AID / FIRST
RESPONDER
LEVEL 3**

**5 DAYS TRAINING
LIMITED SEATING**

APRIL 23RD - APRIL 27TH

WAITLISTED

**FOR FULL DETAILS AND REGISTRATION
CONTACT JENNIFER GALLIC: 250-724-1225 EXT.217**

EMAIL: EDUCATION@TSESHAHT.COM



**Tseshah
First Nation**

April 17, 2018

NOTICE OF ANNUAL INSPECTION

Attn: All Social Housing Tenants,

As part of our CMHC Operating Agreement, Tseshah First Nation will be conducting unit inspections between: ***Wednesday May 2nd, 2018 to Friday June 1st, 2017.***

Richard Sam Jr., Housing Maintenance Coordinator will be at your home during the dates above to conduct the Annual Inspections.

Please ensure that accesses to crawlspaces are cleared away and that Richard can enter *all* areas of the home.

If there are any tenant related damages (ei. Broken towel rack, bi-fold, chips in the walls, missing fridge parts, etc) the tenant will be invoiced for the repairs that will need to be done. Once all inspections are completed, a schedule will be arranged to conduct repairs and maintenance identified during this inspection.

Richard or Tammy will call you or message you to make an appointment. If you have any questions please contact our office 250-724-1225.

Sincerely,

The Housing Department

TSESHAHT UPCOMING Community MEETING DATES



May 7, 2018 | 7:00 PM

June 4, 2018 | 7:00 PM

September 10, 2018 | 7:00 PM

October 1, 2018 | 7:00 PM

November 5, 2018 | 7:00 PM

December 3, 2018 | 7:00 PM





JULY 10-12, 2018



42ND ANNUAL B.C. ELDERS GATHERING

HOSTED BY COWICHAN TRIBES

COWICHAN TRIBES IS HONOURED TO BE
HOSTING THE 42ND ANNUAL BC ELDERS
GATHERING ON OUR TRADITIONAL TERRITORY.
THE EVENT TAKES PLACE ON **JULY 10, 11, AND
12, 2018**, AT THE ISLAND SAVINGS CENTRE IN
DUNCAN, BC. COWICHAN TRIBES
ENCOURAGES ALL ATTENDEES TO SHARE
THEIR WISDOM, CULTURE, AND HISTORY.

THERE WILL BE A FULL SCHEDULE OF
ACTIVITIES BASED ON OUR THEME: 'I TST 'O'
HWUN' 'I

(WE ARE STILL HERE).

TSESHAHT ELDERS'
REGISTRATION DEADLINE
MAY 11 (FORM ATTACHED)
RETURN TO TSESHAHT
ADMIN. OFFICE

Tseshahht First Nation



ELDER'S GATHERING (JULY 10, 11, 12) REGISTRATION FORM

PLEASE CHECK APPLICABLE BOX BELOW: <input type="checkbox"/> I am travelling in my own vehicle <input type="checkbox"/> I wish to travel on Tseshahht Elder's Bus		Office Use Only:
REGISTRANT INFORMATION		
Last name:	First Name:	Middle Initial(s):
Status Number:		Date of Birth:
Mailing Address:		
Home phone no.:	Alternate phone no.:	
Medical Number (Care Card):		
Email Address :		
Illness or Allergies?		

Ken Watts
Tseshahat First Nation,
Elected Council Member Update
November 2017-March 2018

1. Economic Development

I have been tasked with taking the lead on economic development, creating an economic development strategy/plan and, moving towards the creation of Tseshahat's Economic Development Corporation. Hopefully within the coming months Council can bring several options to the community for decision/approval on board structure for such a corporation. We may be working with an external company to develop our own community economic development plan and strategy. However, it is very important we finalize/merge/ratify our old Comprehensive Community Plan (CCP) and our new draft CCP (as the old draft had more focus on a land use plan). Once we have created/finalized our vision, mission, priorities and created zones for land use planning, we can develop a specific plan on how we plan to pursue economic development not just on reserve, but what we would (and wouldn't) like to see within all of our territories(i.e. Broken Group Islands).

The last community meeting also gave direction to do a "Highest and Best Use Study" for the Catalyst lands before selling. We will be looking to work on this in the very near future. We will also looking at opportunities within the City of Port Alberni and our Sproat School property.

2. Billboard(s)

At a previous community meeting the Tseshahat First Nation community membership gave direction by way of Motion for Tseshahat to pursue up to 4 billboards to assist in legal costs for Tseshahat First Nation. However, an amended Motion was passed at our last community meeting to expand the potential area for billboards so that we do not develop on potentially prime development area. Since last year we have been working with Coastal Outdoor (same company seen in Nanoose), and will be proposing new location further down the between the pump stations. We should be finalizing an agreement in the near future once all jurisdictional, electrical, engineering and environmental matters are addressed. While this is not a huge economic driver, it will have very low impact on lands and future development and also lead to the potential for future billboards.

3. Alberni-Clayoquot Regional District(ACRD) and Landfill

I have been tasked by Council to work with the ACRD on the current and future landfill, as well as addressing a better working relationship with the ACRD. The Nation has taken interest during community meetings at looking at alternative sites, however Tseshahat must ensure that all environmental and other important concerns are addressed at the current and future site. Council will be working with the ACRD to bring

back options to the Nation through a community meeting for their consideration to deal with the current and future landfill sites.

4. Custom Election Code

After review of 2 versions of the "draft" Custom Election Code, it is clear that more work is required. I will be proposing working meetings over the next several months where community members can attend and provide their input so we can get the best possible draft to our community for ratification(possibly through a referendum) within the. Next 6 months. However, I am also recommended we seek funding to take on this work by having a non-community member so there are no perceived conflicts of interest.

5. Communications Strategy

Several previous Council's created draft communications plans/strategies. I will be developing a draft for Council to update those plans previous plans, create a new plan or merge the two. The purpose of the communications plan will to be

1. Improve communications between Council and Staff
2. Improve communications amongst Council/Staff and community members
3. Improve communications with residents and visitors within the the hahoulthee of our Ha'wiih(Chiefs territorites/Tsashaht territory)



hupiimin wiikšahiiy'ap

helping us to be well



Your Nurse Today is:

Francine Gascoyne RN



Walk-in Clinic Wednesdays & Fridays

Hours today: 1:00 – 3:00 pm

Overdose Advisory

**There has been a spike in overdoses in
Port Alberni from heroin use, both injection
and smoking!**

If SOMEONE OD's

Call 9-1-1 Right Away.

Provide Rescue Breathing.

Use Naloxone If You Have It.

Strategies for safer use:

- New drugs - try a small amount first
- Avoid using alone, use with a friend
- Stagger your use with friends so someone can respond if needed
- Carry Naloxone and have an overdose response plan
- Go to the Overdose Prevention Site - open 8am-4pm

3699 3rd Avenue, Port Alberni

April 6th, 2018



island health

JOIN US. APPLY TODAY!



WANTED: RUNNERS/ Support Crew/ DRIVERS/ Cook

Relay Sept 9-22 2018

RELAY VANCOUVER ISLAND WITH US
A RUN FOR SUICIDE PREVENTION,
MENTAL HEALTH AND WELLNESS.

DEADLINE: APR 30 Or
Until
Filled

Email: awakenlifewithin@gmail.com for Application

WWW.HELISETHALE.COM | 1-213-471-0758 | Save your spot!

HELISET HÁLE



AWAKEN LIFE WITHIN YOU

WHEN
September 9-22, 2018

WHERE
Vancouver Island: Port Hardy to Victoria

MISSION: Is to promote suicide prevention through Vancouver Island by gathering First Nations communities together to openly speak about suicide.

FOR MORE INFORMATION CONTACT:
AWAKENLIFEWITHIN@GMAIL.COM
WWW.HELISETHALE.COM

FIND US ON:
WWW.FACEBOOK.COM/HELISETHALE
WWW.INSTAGRAM.COM/HELISETHALE



**ANNUAL RELAY
FOR**

**SUICIDE AWARENESS &
PREVENTION**

**MENTAL HEALTH &
WELLNESS**

**AWAKEN YOUR SPIRIT
HONOR YOUR GIFTS
VALUE YOUR LIFE
LIVE YOUR DREAM**



	HELISET HALE 2018 4th Annual Relay Sept 9th – 22nd, 2018 Runner/Volunteer Application	
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History:

HELISET HALE was first held in 2013, as runners completed a run along Vancouver Island. It was a means of raising awareness of Suicide Prevention and Mental Health and Wellness.

It has now become an annual relay which will happen every September along Vancouver Island. HELISET HALE's name originates from the SENCOTEN Coast Salish language. Directly translated HELI means "Life" HELISET means "let life survive within you" and HALE means your speaking to a group of people. More easily translated into English is "Awaken life within"

Join the HELISET HALE Relay team on their 4th journey along the island Sept 9th-22nd 2018. The team will be visiting First Nation communities and schools to share their personal stories and a presentation of strength.

Every year a new team will run the island! Its endeavour is to see the athletes take up the challenge, make a change in their own personal life, while making a difference in their communities.

Requirements and Commitment:

- 19+ years or High School Graduate
- Open to Non-First Nations, First Nation, Inuit, and or Metis Ancestry
- Physically fit and Excellent overall Health (capable of running 15km a day minimum)
- Willing to travel and train once per month together as a team
- Dedicated to training 3-4 days a week on your own
- Fully present and willing to participate the whole two weeks of the relay

Important: Prior to applying please ensure that you can commit to the dates below and have booked time off. It is also very important to discuss this commitment with your family and have them as your support system.

Mandatory dates for 2018 HELISET HALE Runners:

- September 9th - 22nd – HELISET HALE RELAY Vancouver Island

Have you taken the above required dates off from work? ☐ Yes ☐ No

HELISET HALE is now accepting applications for September 2018 for the following positions: Runners, Drivers, Cooks, Media/PR, and Road Crew.

What type of position are you applying for?

<input type="checkbox"/> Runner	<input type="checkbox"/> Driver	<input type="checkbox"/> Cooks	<input type="checkbox"/> Media/PR	<input type="checkbox"/> Road Crew
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Personal Information:

First Name:		Last Name:	
Band Name or Ancestry		Age:	Gender: F <input type="checkbox"/> M <input type="checkbox"/>
Home Phone Number:	Alternative Phone Number:	Email Address:	
Street Address		City, Province, Postal Code	
Care Card Number:	Allergies:		
Running Experience/ or Resume of Expertise:			
Reason for wanting to Participate:			
Your Support System in Your Life Consists Of?			
Please describe your overall health, any pre-medical conditions and Allergies? Medications?			

Please include any info about yourself you wish to share (personal connection to Suicide, Mental Health and Wellness, Born, Raised, Married, Kids, Involvement in Community?)

If you are selected to run, what would your fundraising goal be? Please outline your fundraising plan:

Fundraising is a large part of the commitment for HELISET HALE. We strongly recommend having a friend, family member or co-worker who would be able to help you execute your fundraising goals.

Do you have someone that can and will support you in this area? ☐ Yes ☐ No

If yes, please provide some details including:

Name: _____ Relationship to You: _____

Email: _____ Cell: _____

Emergency Contact Person:

Contact Name:

Relationship to You:

Contact Email:

Contact Home Number:

Contact Cell Number:

Submission Instructions:

DEADLINE: Friday April 30th, 2018

Please submit your completed form to Kelly Paul, Team Coordinator

Email: awakenlifewithin@gmail.com

For more information contact:

Name: Kelly Paul

Position: HE LISET HALE Coordinator

Phone: 1-213-471-0758 (please note this is a long-distance number)

Email: awakenlifewithin@gmail.com

Frequently Asked Questions:

1. What if it rains, do practices still happen, does the run still go on?

Yes. Practices and the run will happen rain or shine.

2. Where is the fundraising money going?

The funds raised go towards the expense of the relay run. Anything beyond the expenses is used for seed money for next year's run.

3. Do you have fundraising idea's that may help your runners?

All fundraising ideas are acceptable. It can range from garage sales, galas, corporate matching, office fundraising, BBQ, bottle drives, bake sales, host a poker game, dinners, (email for ideas)

4. Do I complete the application, attend the training and then I am approved?

All applicants will be considered for review and notified immediately if accepted. All runners must attend training however, runners will be officially named part of the team after last training day (this is to ensure the individual is healthy, injury free and committed to run in September)

5. Where are the team training days?

In Various parts of Vancouver Island, exact locations TBD. Be prepared to travel.

6. What's happening on the team training days?

Team Running/training up to 15km. Information Meetings, Guest Speakers.

7. I am under 19 years, can I be a runner or volunteer?

Yes, if you are a high school graduate.

8. Will you accept applications after April 30th, 2018?

We encourage you to apply early to ensure a spot on the team.

9. What if I cannot make all the training days?

We ask that you attend all mandatory training days, as this is a serious commitment.

10. Is there a minimum funding raising amount I need to reach?

The amount is left up to the runner. It is to help cover the individual cost of food, accommodations, transportation, etc of each runner during the 2 weeks while on the road.

*Thank you for taking the time to fill out this application
to the best of your ability and comfort level!*