

Tseshaht First Nation Band Bulletin

April 2018



Photo Courtesy of Tyrone Marshall – Tseshaht Recreation

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TSESHAHT Office Closure



**The Administration Office will be closing
at 3:00 PM on Thursday, March 29 and
closed on March 30 and April 2**

Good Friday Easter Monday



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 FORM ATTACHED**

Tseshah 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 Tseshah 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? | | |

TSESHAHT HOUSING NOTICE



Fire Safety Tips

- 🔥 **Keep fire pits at least 10 feet away from any structure**
- 🔥 **Clear the area of leaves, grass and other debris that may catch fire**
- 🔥 **Never start a fire with gasoline or lighter fluid**
- 🔥 **Respect your neighbour(s)**
- 🔥 **Keep water nearby or be sure to have quick, easy access to a hose in case fire gets out of hand**
- 🔥 **Do not light fires on windy days or nights, and obey any local fire bans**
- 🔥 **Keep children away from fire pits and never leave them unattended**
- 🔥 **Never allow hotdog or marshmallow roasting without adult supervision**
- 🔥 **Do not burn any items that are toxic to the environment**

THANK YOU FOR YOUR COOPERATION

TSESHAHT NOTICE



GARBAGE REMOVAL

**BUILD UP OF HOUSEHOLD GARBAGE
LEFT OUTSIDE POSES SERIOUS
HEALTH RISKS & WILDLIFE HAZARDS**

PLEASE REMOVE PROMPTLY

THANK YOU FOR YOUR COOPERATION

**\$1000.00+ VALUE
REGISTRATION
REQUIRED**



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

**5 DAYS TRAINING
LIMITED SEATING**

APRIL 23RD - APRIL 27TH

**FOR FULL DETAILS AND REGISTRATION
CONTACT JENNIFER GALLIC: 250-724-1225 EXT.217
EMAIL: EDUCATION@TSESHAHT.COM**

Patient Travel – 2018

Patient Travel Forms are up at the front desk at the band office

Patient Travel Fax # 778-419-2725

- Emergency travel - please call 250-735-1298 (weekends or after office hours)
- Travel forms must be filled in **FULL** with status #, Care Card #, Dr Name and address and also signed.
- **Please read on PT forms what you are signing.**
- Travel to Vancouver you are required to bring in the original Ferry receipt not a copy.
- It is the patient's responsibility to submit confirmation of appointment.
- It is the Patients responsibility to bring in your appointment attendance form has been signed or stamped then turned in to the office, for your files.
- Travel forms take 5 working days to process.
- Patient Travel cheques can be picked up day before appointment after 2:00 pm at the front desk.
- Assistance with overnight accommodations may be provided on a case by case basis, which may include a medical justification, time of appointment, distance traveled and scheduled and/or coordinated medical transportation. (Medical transportation policy framework non Insured Health befits program.

TAX EXEMPT HYDRO, TELEPHONE, OR CABLE

Your Hydro, Telephone or Cable are tax exempt If you live in the Tseshah First Nation Community and have a status number.

Leave a copy of your Status Card, Hydro, TELUS or Cable (Shaw etc.) at the Admin office and a letter will be sent to the provider to remove the tax.

Please contact Jane Jones at 250-724-1225 or email jjones@tseshaht.com . if you require further information.

INTRODUCTION



I would like to take an opportunity to introduce myself: my name is Deshana Sanderson, I was born and raised in northern BC; I am a Cree woman and belong to the Saulteau First Nation.

My background has been strongly rooted in First Nations health, community development, and program management. I am happily married, and a proud mother of lovely identical twin girls. I am very excited and honoured to be welcomed aboard as the new Housing Manager for Tseshah. There is so much to learn about, so many people to meet; but I can tell already that this is a great place to work, everyone has been extra welcoming and supportive.

I am looking forward to meeting everyone, I appreciate your patients as I continue to learn.

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

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 |
|---------------------------------|---------------------------------|--------------------------------|-----------------------------------|------------------------------------|

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: HELISET 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!*

May 2018 to April 2019 Tseshaht FN

Note: Your Recycling Pickup Day is shown shaded in Red

| MAY | | | | | | |
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| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

| JUNE | | | | | | |
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| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

| JULY | | | | | | |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

| AUGUST | | | | | | |
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| SEPTEMBER | | | | | | |
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| OCTOBER | | | | | | |
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| NOVEMBER | | | | | | |
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| DECEMBER | | | | | | |
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| JANUARY | | | | | | |
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| FEBRUARY | | | | | | |
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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | | |


| MARCH | | | | | | |
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| APRIL | | | | | | |
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| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |


For more information on what can be put in your curbside recycling bins visit www.recyclinginbc.ca

PLEASE ENSURE THAT YOUR RECYCLABLES ARE CLEAN WHEN PUT OUT FOR RECYCLING

For service inquiries contact Sun Coast Waste @ 250-720-2161

 Recycling Pick-Up Day

RECYCLING BLUE BOX IS TO BE PLACED AT THE CURB BEFORE **7:00 am** ON COLLECTION DAY

 Statutory Holidays

If a Statutory Holiday falls on a Monday, pick-up will happen the following day
regular pick-up day



RECYCLEBC



ALBERNI-CLAYOQUOT
REGIONAL DISTRICT