

Tseshaht First Nation Band Bulletin

December, 2016



Photo Courtesy of Tyrone Marshall – Tseshaht Recreation

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Elders Christmas Dinner	December 11th ,2016
Rent Collection over the Holidays	date



Tseshaht First Nation



Holiday Office Closure

Friday December 16, 2016, 12:00 noon.

Re-open Tuesday January 3, 2017

Happy Holidays from Tseshaht Staff, Chief & Council



Christmas Dinner

All Tshahat Community
Members are invited
December 18th 2016
Doors open 5pm
Dinner @ 6pm
location:
Maht-Mahs Gym

Join us
for door prizes,
presents from santa,
candy bags, dinner and
great company
Presented by Tshahat
First Nation.

For more info contact Tyrone Marshall email: recreation@tshahat.com # 250-731-4121

Community Committees

				Community Representative	
				<i>Term Ends: October 2017</i>	<i>Term Ends: October 2018</i>
FINANCE					
Staff Resource:	Chris Anderson	Claudine Watts	Gloria Ross		
Council Representative:	Cynthia Dick	Aaron Watts	Sharon Tate		
Council Alternate:	Melanie Fred		Leona Dick		
		Alternate:	Youth Rep: Kathaleen Good		
LANGUAGE & CULTURE					
Staff Resource:	Darrell Ross	Josh Goodwill	Dawn Foxcroft		
Council Representative:	John Gomez	Wilma Keitlah			
Council Alternate:	Hugh Braker	Robert Watts			
Elder Representative:	Kathy Robinson	Marlene Dick	Alternate: Kelly Foxcroft-Poirier		
			Youth Rep: Tamiko Rampanen		
EDUCATION & DAYCARE					
Staff Resource:	Maria Gomez	Jackie A. Watts	Michelle Dick		
Council Representative:	Corey Anderson	Valentine Gomez	Pam Moussa		
Council Alternate:	Luke George		Gina Pearson		
			Alternate: Doug Wilson		
			Youth Rep: Kathaleen Good		
HOUSING & INFRASTRUCTURE					
Staff Resources:	Holly McLaughlin	Mike Watts	Leisa Hassall		
	Lisa Gallic - Planning Admin for Public Works	Vance Sieber	Connie Sam		
Council Representative:	Melanie Fred		Aaron Watts		
Council Alternate:	Jennifer Gallic	Youth Rep:	Alternate: Tamiko Rampanen		
MEMBERSHIP SERVICES (Health, Social Services, Membership)					
Staff Resources:	Bella Fred, Jane Jones	Victoria N. Wilson	Barb Williams		
Council Representative:	Eunice Joe	Sharon Fred	Elissa Fred-Cranmer		
Council Alternate:	Corey Anderson	Darleen Watts			
		Youth Rep: Cole Gomez	Alternate: Valentine Gomez		
FISHERIES					
Staff Resource:	Andy Olson	Darrell Ross Jr.	Ron Dick Sr.		
Council Representatives:	Richard Watts, Luke George	Erma Robinson	Boyd Fred		
Council Alternate:	John Gomez	Alternate: Dean Charles	Valentine Gomez		
		Youth Rep: Raymond Dick			
EMERGENCY PREPAREDNESS					
Staff Resource:	Lisa Gallic	Raymond Dick	Helen Dick		
Council Representative:	Hugh Braker	Steven Dick	Leisa Hassall		
Council Alternate:		Alternate: Anne Robinson	Naomi Nicholson		
PERSONNEL					
Staff Resource:	Wendy Gallic (Molly Clappis)	Darrell Ross Jr.	Michelle Dick		
Council Representative:	Jennifer Gallic	Dean Charles	Erma Robinson		
Council Alternate:	Eunice Joe	Alternate: Valentine Gomez	Barb Williams		
FORESTRY					
Staff Resources:	Dwayne Hearn, Chris Anderson, Vicki Baillie, Darrell Ross Sr.	Anne Robinson Tasha Sam	Boyd Fred Kelly Foxcroft-Poirier		
Council Representative:	Cynthia Dick, Jennifer Gallic	Alternate: Valentine Gomez			
Council Alternate:	Eunice Joe				
MARKET BOARD OF DIRECTORS					
				Term Ends: November 9, 2017	
Staff Resource:	Claudine Watts, Chris Anderson	Hugh Braker			
		Janice Johnson			
		Dennis Bill			

Patient Travel – 2016

Reminder – Please have your patient travel request for December in as soon as possible, it takes 5 days to process and we will be closed on Dec 16 /16.

The patient travel request forms are at the front desk.

Patient Travel Clerk

Gloria Fred.

Elders Christmas Dinner

When: December 11th Sunday

Where: The Great Room, Administration building

Time: 5PM

Need information give Elizabeth a call here at the office
250-724-1225



HOUSING DEPARTMENT NOTICE

Emergency Contact for Housing

If there is a Housing emergency (on reserve only) during the holiday season please contact:

Richard Sam, Housing Maintenance Coordinator at 250-731-7595

Housing – This applies to tenants who live in a Social Housing unit, members over the age of 65 and members who currently have PWD status. **Emergencies would be defined as plumbing/hot water tank not working, heating (no heat), stove or fridge repair.**

If there is an emergency such as a flood, fire, or if your safety or security is at risk please phone 911.

Should you have a social issue emergency that requires after hours support during the holidays, please call one of the following appropriate service providers:

- Kuu-us Crisis Line: 250-723-4050 (24 Hour outreach available)
- Teen Line: 250-723-2040
- Emergency Women's Shelter: 250-724-2223
- Help Line Children: 250-310-1234
- St. Vincent de Paul: 250-723-7721 (temporary assistance with food and clothing from unexpected circumstances)
- Port Alberni Hostel Society: 250-723-6511
- Bread of Life: 250-723-4049
- Salvation Army(food/clothing): 250-723-6913
- Alberni Hospice Society: 250-723-4478
- Women's Resource: 250-724-7111(can connect you with Victim Services)

Anything related to emergency Septic tank back up call Thomas Fred 250-720-6699.

~ Thank You ~

EARTHQUAKE OR TSNAMI Prepare Your Home ITS UP TO YOU!!!!!!

During a disaster, phone, gas, electrical and water services may be disrupted. Roads could be blocked, stores closed and gas stations out-of-service.

It may be weeks before infrastructure, utilities and essential services are restored. Are you prepared to cope?

Completing the steps in the [PreparedBC: Household Preparedness Guide \(PDF\)](#) and filling in the blanks of the [PreparedBC: Household Emergency Plan \(PDF\)](#) will help you answer "yes".

Eleven Steps to a Prepared Household

1. Identify the risks for your region
2. Complete the [PreparedBC: Household Emergency Plan \(PDF\)](#), and identify at least two out-of-area contacts
3. Pick a meeting spot in case you're separated from family members
4. Assign someone to collect your children from school or daycare if you can't
5. Identify what official sources you'll get information from
6. Learn how to turn off utilities
7. Store enough emergency water for your family for a minimum of three days
8. Store enough emergency food to support your family for a minimum of three days
9. Identify any special needs, such as medications, baby formula or pet food, and make sure a proper supply is on hand
10. Secure your space if you live in an area where earthquakes are a risk
11. Create grab-and-go bags for every member of your household

FOR MORE INFORMATION GO TO ACRD WEBSITE

TSESHAHT FIRST NATIONS
FAMILY CRISIS AND WELLNESS DEPT

SUNDAYS- FITNESS GYM WITH MYSELF AND LEN RUEL 7PM TO 9 PM

MONDAYS- YOGA 630 GREAT ROOM

MONDAYS- LADIES DRUM GROUP 7PM CULTURAL CENTER

TUESDAYS- FITNESS GYM WITH MYSELF AND LEN RUEL 7PM TO 9 PM

WEDNESDAYS- YOGA 630 GREAT ROOM

WEDNESDAYS- FITNESS GYM WITH MYSELF AND LEN RUEL 7PM TO 9 PM

WEDNESDAYS NOVEMBER 23RD JOURNALLING

30TH BOUNDARIES

DEC 7TH COMMUNICATION

DEC14TH RELATIONSHIPS AND GENDER DIFFERENCES.

LUNCH INCLUDED PLEASE SIGN UP WITH MYSELF

THURSDAY NOV 17TH YOUTH ATKT

NOV24TH EVERYONE ATKT

DECEMBER 1ST EVERYONE ATKT

THURSDAY DEC 15TH FAMILY NIGHT WITH QUUASA MAHT MAHS LIVE BAND 6- MIDNIGHT

FRIDAYS - YOGA 630 GREAT ROOM

FRIDAYS- NOV25TH 430 EVERYONE ATKT

DECEMBER 2ND ATKT EVERYONE 430

FRIDAYS RELAPSE PREVENTION 7PM BAND OFFICE

FRIDAY DECEMBER 9TH FAMILY CRAFT N CUPCAKES AT GREAT ROOM 6-9



[Put photo caption here]



January 28th 2017

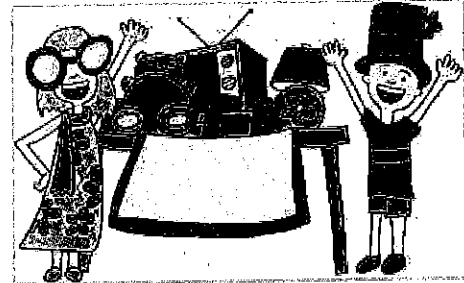
Tseshahat barter and trade day start to
downsize now and be ready after the
holidays

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**1st ANNUAL MENS AND WOMENS UNITY
BALLHOCKEY/ LAHAL TOURNAMENT FRIDAY
FEBUARY 10TH 2017 AT 12 PM**

5000 MISSION RD MAHT MAHS GYM

This family weekend Tseshahat would like to invite you to
unite to fundraise for our Tseshahat kids all raised money of
these two events will go towards helping Tseshahat provide
sports opportunities and create family healing/growing
events



JAN 28TH MAHT MAHS

1





Quu asa Family Celebration

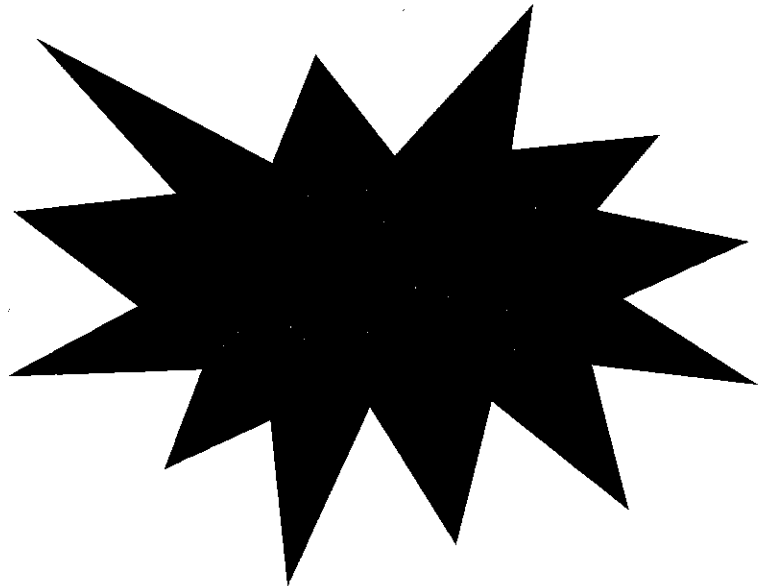
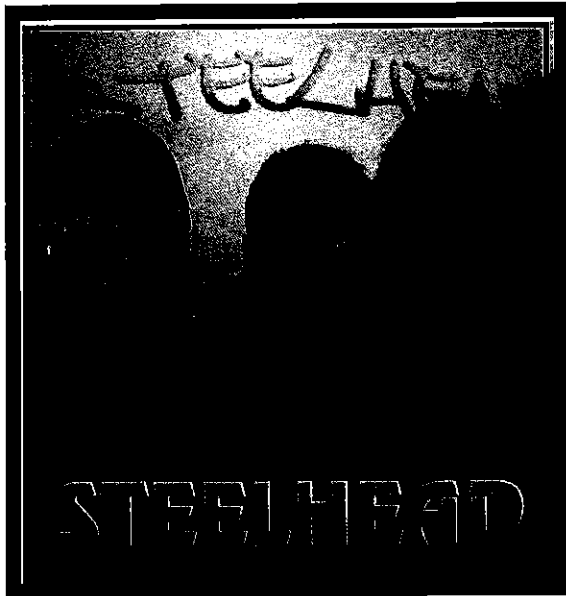


Thursday, December 15, 2016

Maht Mahs Gymnasium, Port Alberni

**Live
ROCK
'N' ROLL
Band**

6:00pm - 11:00pm



Door Prizes

Games

Photo Booth

Face Painting

Henna

Dance Contests



For More Information:
Ruby Ambrose or Ina Dick

Quuasa Office: 250.724.3939
Toll Free: 1.888.624.3939
Ruby's Cell: 250.735.0711
Ruby.ambrose@nuuchahnulth.org
Ina.dick@nuuchahnulth.org

Nuu-chah-nulth Tiic^@aq+ (Mental Health)







Quu%asa Urban Healing Gathering

Tuesday, December 6, 2016 2:00pm-8:00pm

Campbell River

St. Peters Church Hall

228 S Dogwood St. Campbell River, BC

-  **Cultural Ceremony**
-  **Info. Sharing**
-  **NTC Updates**
-  **Sharing of a Meal**
-  **Singing & Drumming**
-  **Please bring your drum**

For more information:

Office: (250)724-3939 or Toll Free: 1-888-624-3939 Cell: (250) 735-0711

Ruby.Ambrose@nuuchahnulth.org or
Ina Dick at quuasa.casual@nuuchahnulth.org



*This event is coordinated and funded through the Nuu-chah-nulth Tribal Council's
Tiic^@aq+ Quu%asa Program*



Nuu-chah-nulth Tiic^@aa+ (Mental Health)







Quu%asa Urban Healing Gathering

Friday, December 2, 2016 2:00pm-8:00pm

Victoria

Victoria Edelweiss Club

108 Niagara St. Victoria

-  **Cultural Ceremony**
-  **Info. Sharing**
-  **NTC Updates**
-  **Sharing of a Meal**
-  **Singing & Drumming**
-  **Please bring your drum**

For more information:

Office: (250)724-3939 or Toll Free: 1-888-624-3939 Fax: (250) 735-0711

Ruby.Ambrose@nuuchahnulth.org or
Ina Dick at quuasa.casual@nuuchahnulth.org



This event is coordinated and funded through the Nuu-chah-nulth Tribal Council's

Tiic^@aq+ Quu%asa Program



Nuu-chah-nulth Tiic^@aq+ (Mental Health)







Quu%asa Urban Healing Gathering

Thursday December 1, 2016 2:00pm-8:00pm

Nanaimo

St. Peter's Church Hall

301 Machleary St. Nanaimo

-  **Cultural Ceremony**
-  **Info. Sharing**
-  **NTC Updates**
-  **Sharing of a Meal**
-  **Singing & Drumming**
-  **Please bring your drum**

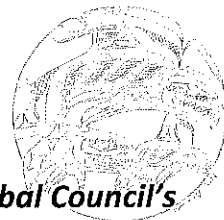
For more information:

Office: (250)724-3939 or Toll Free: 1-888-624-3939 Fax: (250) 724-3996

**Ruby.Ambrose@nuuchahnulth.org or
Ina Dick at quuasa.casual@nuuchahnulth.org**



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December 2016 Recreation Calendar

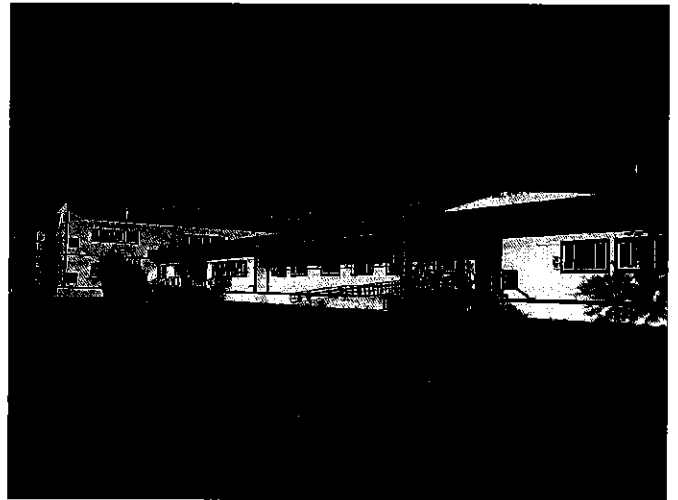
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	3
				1 Youth Centre Xmas cookies and crafts 3pm-530pm	2 Youth Centre 1pm-4pm		
4	5 Pro-Day Activities Maht-Mahs gym Movie, popcorn, xmas crafts 10am-3pm	6 Basketball @ maht- mahs gym Rides available 3pm-5pm	7 Winter Wonderland 8pm-10pm	8 Youth Centre after School activities 3pm-5pm	9 Cupcakes and Crafts Greatroom 6pm	10	
11	12 Family free play Maht-Mahs gym 3pm-5pm	13 Basketball @ maht- mahs gym Rides available 3pm-5pm	14 Winter Wonderland 8pm-10pm	15 Youth Centre Xmas cookies and crafts 3pm-530pm	16 **NO EVENTS**	17	
18 Tseshah Community Band Dinner 5pm start	19	20	21	22	23	24	
25 Merry xmas Happy holiday	26	27	28	29	30	31	

Rename Neil School?

Tseshahat want to suggest a possible name change for this school and are having a contest with a \$50.00 gift prize to the name selected.

Submit your name by email, Facebook post or drop in to office.

Suggestions? Someone of influential Tseshahat significance, cultural name, historic Tseshahat geography site?



Name Suggestion _____

Submitted by _____ **Address** _____

Why do believe name is important to Tseshahat and School?

Deadline December 2, 2016

Email dross@tseshaht.com



HOUSING DEPARTMENT NOTICE

The Housing Department will be collecting rent on Thursday, December 29, 2016 from 10:00am to 12:00pm at the band office.

Hope you all have a Merry Christmas and a Happy New Year!

 *Happy
Holidays*