



HISHUK'ISH TSAWALK

BUSINESS NAME

VOLUME 1, ISSUE 4



FINAL REMINDER: FOODSAFE Level 1 Recertification

Effective **January 16, 2019**, only individuals with a valid FOODSAFE Level 1 certificate issued in BC will be eligible to register for the online FOODSAFE Level 1 Refresher course if they wish to renew their certification.

If an individual's FOODSAFE certificate expired on **July 29, 2018 or later**, they have until **January 15, 2019** to register for the online Refresher course.

Beginning **January 16, 2019**, all individuals with expired FOODSAFE Level 1 certificates will be required to take the regular FOODSAFE Level 1 course available online, in person or by distance or an approved course that has been deemed equivalent.

For further information, please visit
foodsafety.ca/recertify.html
or call 250-370-4781

OFFICE CLOSURES

*Tseshah Administration
Office will be closed
starting at noon
December 21st until
January 6th for
Christmas Break*



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Locky Paul
Age: 5



More
Coloring
Contest
entries
on pages
13 - 21

CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Parris
Age: 5



**Wishing you a very
Merry Christmas
& Health, Happiness
& Prosperity in 2019!**

*From the Tseshaht
Communications &
Welcome Center Staff*



MERRY CHRISTMAS
& happy holidays!

from your CEP champion



**HAPPY HOLIDAYS &
HAPPY NEW YEAR**

From the Tseshaht Housing Department



SCHEDULE OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						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

- Dec. 21 - Gymnastics Academy - **Gymnastics (sign-up)** - 5PM - 7PM
- Dec. 23 - Gymnastics Academy - **Gymnastics (sign-up)** - 1PM - 3PM
- Jan. 3 - Rainbow Lanes - **Bowling** - 6PM - 8PM

**Please note the Youth Center will
NOT be open Dec. 21 - Jan. 6**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	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		

FRANCINE

HOLIDAY RELAPSE PREVENTION TIPS

1. Start Each Day With a Plan to Fend Off a Relapse

"An alcoholic needs to wake up each morning thinking about how to stay sober that day," "Once they have a plan, they should be fine for the rest of that day." The key is staying focused on your goal of sobriety.

2. Evaluate Each Situation

Rank scenarios as low, medium, or high risk for you. In early recovery, spend more time in low-risk situations and avoid high-risk. If you're further into recovery and will be in a situation that is medium- or high-risk, such as a party with an open bar, rely on your plan. Arrive early and duck out a bit early. Drive yourself so that you can leave when you're ready. Or arrange a sober way back home with someone you trust.

3. Bring the Party With You

Take along a food or safe drink that you enjoy. For instance, if champagne is a big temptation for you at a New Year's soiree, bring a flavored, sparkling water to sip as the clock counts down.

4. Know Your Triggers

Addicts should know their triggers for relapse and how to manage them. The most common triggers correspond to the acronym HALT — when you feel hungry, angry, lonely, or tired. Take care of yourself, mentally and physically, to ward off these triggers.

5. Don't Forget to Eat

Low blood sugar can leave you anxious or irritable. This, in turn, can make you feel impulsive and tempted by substances. Have a nutritious meal or snack about every three hours.

6. Keep Stress Under Control

Many people turn to alcohol or illegal substances as a way to cope with stress. So when stress strikes, take a few minutes to decompress and meditate instead. Push away thoughts of substance use. "Just because you have a thought doesn't mean you have to act on it. Also make time for regular exercise.

"The urge to drink alcohol or use a drug often feels physical," so giving your body something else to do can satisfy the craving.

7. Distract Yourself

Bring along a buddy who doesn't drink, smoke, or use drugs to help you stay sober at social functions. Find an area far enough away from the bar, and strike up a conversation with someone. Offer to help your host so that you stay busy with little tasks.

8. Rehearse Responses

If you're not ready to share the fact that you're in recovery with your elderly aunt or a distant cousin at your family holiday dinner, use a discreet strategy for turning down alcoholic drinks or other substances: Create a script that you can use to decline off-limits offers.

9. Learn to Move Past Your Cravings

A craving only lasts about 20 minutes, so if you can stay strong for a short period, the urge should pass. Move to a different setting, meditate, or breathe deeply. Talk yourself out of acting on your urge, say something like, "The reality is, I can't stop at one drink, and I can choose to have something non-alcoholic instead." Remember how much is at risk if you give into your craving.

10. Lean on Your Support System

If you're part of a support group, make time to attend a few extra meetings during the holidays to stay on track. If you need help finding a support group, ask someone in your community health building. Stay close with helpful friends and family and those you've met during your recovery journey, and understand that your friends who abuse substances may have to celebrate without you this year.



CAN'T BRING IT TO THE CURB BRING IT TO 3RD!
LET'S DO OUR PART AND RECYCLE SMART

3rd AVE. RECYCLING DEPOT, PORT ALBERNI BC ACCEPTS THE FOLLOWING ITEMS

PLASTIC BAGS & OVERWRAP



**OLD POWER TOOLS,
 APPLIANCES &
 ELECTRONICS**



**OLD HOLIDAY LIGHTS
 AND PRE-LIT TREES**



OLD PAINT CANS



**OTHER FLEXIBLE PLASTIC
 PACKAGING**



OLD BATTERIES



**FROM ALL THE STAFF & DIRECTORS OF THE
 ACRD WE WISH YOU ALL THE BEST THIS
 HOLIDAY SEASON~**

**THE OFFICE WILL BE CLOSED DECEMBER 25,
 2018 AND WILL REOPEN JANUARY 2, 2019.**

**ALBERNI-CLAYOQUOT REGIONAL DISTRICT
 3008 FIFTH AVE.
 PORT ALBERNI, BC V9Y 2E3
 250-720-2700**

**THANK YOU FOR
 RECYCLING
 RESPONSIBLY!!**






Season's Greetings

Social Development will be
dispersing Assistance cheques on
Monday, December 28, 2018
10 am - 12 noon @ the office



December 2018		TSESHAHT SOCIAL DEVELOPMENT				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
					Food Box Forms Due	
9	10	11	12	13	14	15
	Renewal Forms Due Hydro Bill Due		<u>Food Box Issue</u> 1:30-2:00PM		Job Search Forms Due	
16	17	18	19	20	21	22
					Office closes at 12 noon	
23	24	25	26	27	28	29
					Cheque Issue <u>All SA Clients</u> 10AM-12 NOON	
Office Closed from Dec. 24 th 2018 to Jan. 4 th 2019 – Office re-opens January 7 th 2019 at 8:00 AM						
*Food Box is for eligible families with minor children *Food Box issue is during specified time only at the band office			Cheque issue is at the band office Late renewal = late cheque			



We want your information
– not your name!



1-800-222-TIPS (8477)



bccrimestoppers.com

Do you have a will?

Did you know?



<9%

Less than 9% of First Nation peoples on reserve pass away with a will

- the INAC website has information about planning your estate
- your will differs if you live on- or off-reserve
- the *Indian Act* outlines what should be included in your will
- you can't gift your land on reserve to someone who is not a member of your First Nation
- you can change your will as often as you like
- writing a will doesn't have to be complicated or costly

Why make a will?

- to provide for your loved ones, your children and grandchildren



- to decide who will get your home



- to clearly state who should receive your possessions



- to name who will take care of your children and dependents



- to leave instructions for end of life ceremonies



- to name who will take care of your estate



A will could provide peace of mind and clear direction about your wishes to your family and loved ones



Aboriginal Pathways ECE Program

January 2019 to March 2019

MODULE 1:

- Switchback
- Essential Skills
- Westcoast Slam
- First Aid, Food Safe & WHMIS

English Upgrading and Career Development

- Homework/English
- Drivers Training
- Cultural Day

MODULE 1: Westcoast Slam

- Leadership Development: Visioning & Teamwork

MODULE 2- AECE Assistant Certificate

- AECE 150 – 45 hours

April 2019 – February 2020

Module #3 – ECE Certificate

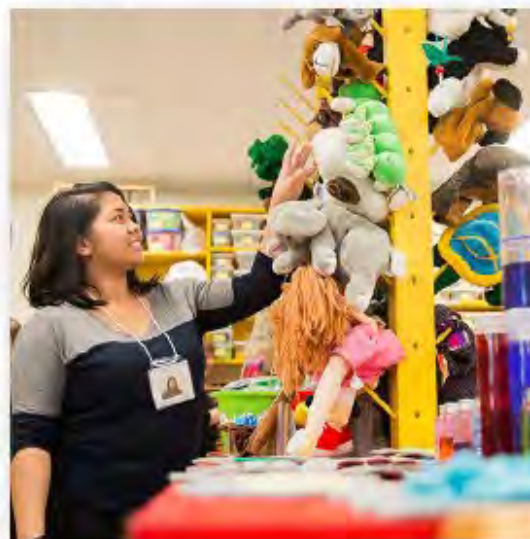
- Course # - ENG 110
- Course # - PSYC 131
- Course # - AECE 102
- Course # - AECE 104
- Course # - AECE 110
- Course # - AECE 134
- Course # - AECE 140
- Course # - AECE 136
- Course # - AECE 145
- Course # - AECE 124
- Course # - AECE 125
- Course # - AECE 148
- Course # - AECE 149 (*Seminar Class*)
- Course # - AECE 149 (*Practicum Hours*)

16 Free Spaces Available

**Must declare Aboriginal, Métis
or Inuit**

Entrance Requirements:

- Minimum grade 12 English - Assessment
- CRC done prior to entrance (can be done at PAFC)
- Registration package must be filled out. Please make an appointment with Carol or Jeff.



For more information, please call Jeff Jeffries or
Carol Maltais. 250.723.8281

A program of the Port Alberni Friendship Center – Contingent on
funding being provided.





Tseshah First Nation

Emergency Contact for Housing & Infrastructure

The office will be closed for holiday's season from December 24, 2018 and Reopening January 7th, 2019.

Emergencies are defined as plumbing/hot water tank not working, heating (no heat), leaking roof, frozen pipes or leaking pipes, electrical malfunction, stove or fridge malfunction. If you experience a Housing emergency during the holiday season please contact:

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

This applies to tenants who live in a Social Housing unit, members over the age of 65 and members who currently have PWD status.

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 250-720-7753 or Rick Mack 250-735-7753.



Housing Department Notice

To Tseshaht First Nation members,

Tseshaht First Nation will have the following Social Housing unit available:

- **Two - 3 bedroom units**

All interested applicants for a 3 bedroom unit please submit your housing application to the Housing Department no later than 4:00 PM Monday January 7, 2019.

ALL questions need to be thoroughly answered or your application will be considered incomplete and cannot be considered for selection. If your application is outdated (older than 6 months) please resubmit application.

All applicants for a 3 bedroom unit who are already on the waitlist with an updated application will remain on the waitlist, and be considered for selection.

Housing Applications are available at the Tseshaht Administration Office (front desk), online or you can contact Paula Watts and request to have a copy e-mailed or faxed to you.

Phone: 250.724.1225

Fax: 250.724.4385

E-mail: housingintern@tseshaht.com

** Deadline to submit applications is 4:00 PM Monday, January 7, 2019**

~ Kleco -Kleco ~

2019 GARBAGE PICK-UP



Garbage Pick-up/Holiday

January							February							March							April									
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S			
			1	2	3	4	5					1	2							1	2					2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	9	7	8	9	10	11	12	13			
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20			
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27			
27	28	29	30	31			24	25	26	27	28			24	25	26	27	28	29	30	28	29	30							
														31																

May							June							July							August							
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	
				1	2	3	4						1													1	2	3
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	31	
							30																					

September							October							November							December						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
1	2	3	4	5	6	7																					
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
29	30						27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

Dates are subject to change

2018/19 RECYCLING PICK-UP

NOVEMBER						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER						
S	M	T	W	T	F	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JANUARY						
S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY						
S	M	T	W	T	F	S
					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		

MARCH						
S	M	T	W	T	F	S
					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						

APRIL						
S	M	T	W	T	F	S
	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				

Landscaping Safety, & Eco-Tourism presented by Domcor is coming to Ditidaht!!!!

**NO FRILLS
Completion
Incentive!!**

January 21st to February 3rd, 2018

Time: 8:30 am to 4:30 pm

Location: Ditidaht Community Hall

**Snacks, lunch
& Door Prizes**

PRE- EMPLOYMENT SUPPORTS PROGRAM (PES)

The Nuuchahnulth Tribal Council Pre-Employment Supports (PES) Program is hosting Domcor Landscaping Safety & Eco-Tourism Workshop!

Shayleen Shepard & Regan Pley PES Southern Region Case Managers invite you to join in:

Career topics include:

- Wildlife Awareness
- Power Tool Safety
- Occupational First Aid level 1
- Fire Safety and much more!!! See Schedule below for details!!!



**Certificates
for your
Resume!!!**

Attendance required each day for completion voucher

NUUCHAHNULTH FORESTRY TRAIL MAKING TRAINING PROGRAM		
Date	Topic	Time
21-Jan	Occupational First Aid Level 1	8:30 am to 4:30 pm
22-Jan	Occupational First Aid Level 1	8:30 am to 4:30 pm
23-Jan	Wildlife Awareness	8:30 am to 4:30 pm
24-Jan	Power Tool Safety	8:30 am to 4:30 pm
25-Jan	DAY OFF	
26-Jan	\$100 Fire Suppression	8:30 am to 4:30 pm
27-Jan	\$100 Fire Suppression	8:30 am to 4:30 pm
28-Jan	\$100 Fire Suppression	8:30 am to 4:30 pm
29-Jan	Wildlife Awareness	8:30 am to 12:30 pm
29-Jan	Power Tool Safety	1:00 am to 5:00 pm
30-Jan	Occupational First Aid Level 1	8:30 am to 12:30 pm
30-Jan	Power Tool Safety	1:00 am to 5:00 pm
31-Jan	DAY OFF	
01-Feb	Wildlife Awareness	8:30 am to 12:30 pm
01-Feb	Power Tool Safety	1:00 pm to 5:00 pm
01-Feb	Eco Tourism - an introduction	8:30 am to 4:30 pm
02-Feb	Eco Tourism - an introduction	8:30 am to 4:30 pm
03-Feb	Eco Tourism - an introduction	8:30 am to 4:30 pm

NETP Clients welcome if space available. Contact your NETP Case Manager for more info.

Have Questions? Please contact:
PES Southern Region Case Manager-
Shayleen Shepherd
Email:
Shayleen.Shepherd@nuuchahnulth.org
PES Southern Region Case
Manager – Regan Pley
Email:
Regan.Pley@nuuchahnulth.org
Phone: (250)723-1331



Diabetes

EYE ASSESSMENT

ITHA TELEOPHTHALMOLOGY RETINAL ASSESSMENT

***For First Nations People with
Diabetes or Pre-Diabetes***

Tuesday JANUARY 15, 2019

**At the Tseshaht First Nation
Administration Building**

Call ITHA to book appointment

Dilation drops will be used in your eye exam to assist in capturing quality retinal images. You will need to arrange a ride or an escort home following your appointment as your vision will be blurry.

Protect Your Vision

Yearly retinal eye assessment can help detect eye disease at an early stage and help prevent vision loss or permanent blindness.

The Canadian Diabetes Association recommends regular eye screening every 12 months for Diabetic and pre-Diabetic clients.

Regular eye exams can detect diabetic retinopathy, glaucoma, cataracts and other health concerns.

If you have been recently diagnosed with diabetes, early assessment will assist your doctor with monitoring your health.

If you have been screened in the past it may be time for your follow-up exam.

Schedule your appointment today!

Call toll free 1.877.777.4842 or 250.753.3990, Technicians Nelson (245), Marcee (257), Nick (275), Shaneeka (272), or Jared (268) will be glad to assist you in scheduling your eye screening appointment.

www.itha.ca

CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

Name: Shiloh Sam

Age: 3

BEFORE 3PM



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

Name: Nathan Charles

Age: 1

BEFORE 3PM



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

Name: Jordan Lucas

Age: 2

BEFORE 3PM



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

Name: Christelle Wadsworth

Age: 2

BEFORE 3PM



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

Name: Rayston

Age: 5

BEFORE 3PM



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

Name: Lucas Cody

Age: 1 year

BEFORE 3PM



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

Name: Isabella

Age: 10

BEFORE 3PM



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

Name: Kayden Robinson

Age: 3

BEFORE 3PM



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH
BEFORE 3PM

Name: AnniKa Anderson
Age: 4



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH
BEFORE 3PM

Name: Natalie
Age: 5



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH
BEFORE 3PM

Name: Nikola Lamb
Age: 3



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH
BEFORE 3PM

Name: Indira
Age: 7



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH
BEFORE 3PM

Name: Sam
Age: 7



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH
BEFORE 3PM

Name: Sarah Bunn
Age: 4



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH
BEFORE 3PM

Name: Mia
Age: 7



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH
BEFORE 3PM

Name: Sam
Age: 7



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Attempt #1
Name: Riley Hassell
Age: 4



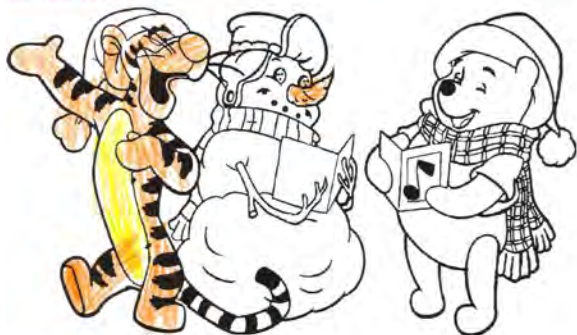
T. J. 119 9115

CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Solomon
Age: 7



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Arianna
Age: 7



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Hyllee
Age: 5



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Cackly Sam
Age: 5



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Simon Williams
Name: Simon
Age: 7



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: M. Sam
Age: 7



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Riley Hassell
Age: 4
Attempt #1



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Rishav Patel Age: 5



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Eian L Age: 9



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: _____ Age: _____



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Kurt's Poodle Bakery Age: _____



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Kurt's Poodle Bakery Age: 7



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: DESI Age: 6



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Leorip Age: 5



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: O'Neil Age: 4



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Amel

Age: 12



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Amel

Age: 12



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Amel

Age: 12



Merry Christmas! or Xmas

CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Amel

Age: 12



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Amel

Age: 12



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Amel

Age: 12



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Amel

Age: 12



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Amel

Age: 12



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Kesha ^{L/16}

Age: 4



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Jessica Rancey

Age: 4
Daycare



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Tyler Lucas

Age: 4



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Amber

Age: 9



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: _____

Age: 5



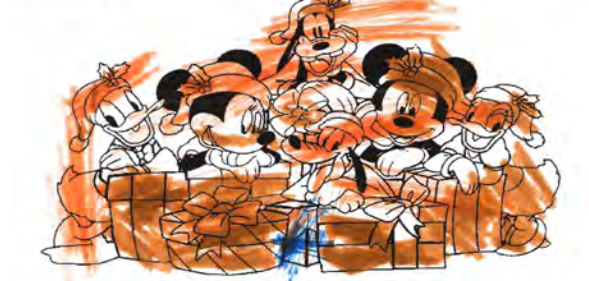
CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: _____

Age: 5



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Carly Sam

Age: 5



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH

BEFORE 3PM

Name: Carly Sam

Age: 5



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH
BEFORE 3PM

Name: Aldanah Peters
Age: 4



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH
BEFORE 3PM

Name: Tanisha Sam
Age: 10



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH
BEFORE 3PM

Name: Tanisha Sam
Age: 10



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH
BEFORE 3PM

Name: Ida
Age: 13



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH
BEFORE 3PM

Name: Lucy V
Age: 8



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH
BEFORE 3PM

Name: Brayden
Age: 7



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH
BEFORE 3PM

Name: Kurt
Age: 5



CHRISTMAS COLORING CONTEST

DEADLINE: FRIDAY, DECEMBER 14TH
BEFORE 3PM

Name: Yael
Age: 11





Seasons greetings! thank you for your continued support from
Tseshaht Pride Basketball Team

CONNECT WITH US!



BUSINESS NAME

Primary Business Address

Address Line 2

Address Line 3

Address Line 4 250.724.1225

F: 250.724.4385



www.Tseshaht.com



Tseshaht First Nation



[tseshaht_first_nation](https://www.instagram.com/tseshaht_first_nation)

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December 2018

TSESHAHT CHIEF COUNCILLOR'S REPORT

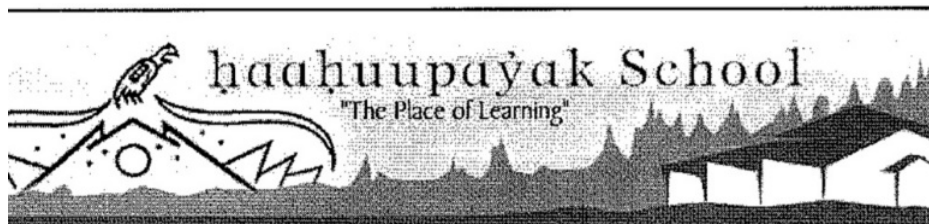
HAAHUUPAYAK EXPANSION

Based on current nominal roll we could potentially receive more funding for the expansion (ISC previously committed to funding 46% of 373 m²).

Based on the feasibility study we were proposing approx. 1200 m² for a free-standing structure

\$350,000.00 to move into design phase of the school which does not require commitment of our

portion or that we go with the architect used in the feasibility study.



Our Executive Director is currently working with ISC to determine next steps of design phase and when we would need to

complete another feasibility study if we decide to pursue the expansion based on expanding to Kindergarten to Grade 12.

HAAHUUPAYAK AGM

There are currently 142 students enrolled in Kindergarten to Grade 7.

Tooie Casavant, Joshua Shaw, and Mike Watts ended their term on the Board of Directors. Joshua and Mike were re-elected to the Board and John Rampanen was elected for a two-year term. Martin Watts and Priscilla Watts-Sabbas remain on the

Board until 2019.

The Board has requested stronger communication between Tseshah Council and the haahuupayak Board of Directors, especially with regards to funding, education jurisdiction, emergency preparedness, and use of the school as a muster station and the expansion.

RECONCILIATION COMMITTEE

A summary of recommendations was reviewed by the committee from input gathered from both the work of the committee throughout the year as well as the forum hosted on March 27, 2017. A final report



is being worked on and is expected to be ready for review in January 2019. The committee will be requesting to present to Tseshah

First Nation Council, Hupacasath Council and the City of Port Alberni Council at a joint meeting to provide the final report and recommendations. After the presentation it will be up to each council what they would like to do in regards to next steps. An initiative to rename canal beach to “tiipis” has been discussed. Darrell Ross is currently working on providing a list of place names in the valley so we can collaborate with the City on renaming and providing signage.

NTC HUMAN RESOURCE COMMITTEE

Simon Read, Director of CHS is retiring, and Victoria MacFarlane will no longer be the Director of Education, effective January 2019.



USMA was successful in receiving funding for prevention.

A number of new positions have been approved to help meet the mental health and addictions strategy.

TSESHAHT FIRST NATION FEEDS OUR COMMUNITY

Tseshah



CANNABIS MEETING

On Tuesday December 18th a community meeting was held to discuss Cannabis and follow up with a motion that was made at our April 2018 meeting



which directed our Council to work with Administration and explore the Cannabis industry and any opportunities for Tseshahat participation. We had two presentations by Indigenous Bloom and Trees

Dispensary/ Camas Consulting; both are interested in working with Tseshahat to get involved in the Cannabis industry. A motion was made with direction for chief and council to take the necessary steps to work with the appropriate governments and companies in the areas of cultivation/growing and retail store/dispensary. Tseshahat also directed our nation to develop the appropriate cannabis laws and policies. Further discussion on next steps and decisions will be at our upcoming AGM on February 9, 2019.

ABORIGINAL HEALING LODGE

In 2010 many stakeholders within our community were exploring the idea of having an Aboriginal Healing Lodge in Port Alberni. This initiative has been resurrected and Tseshahat was invited to a meeting held on December 19, 2018 to explore this project further. There were

many representatives from the City of Port Alberni, AV Chamber of Commerce, Native Court workers Association, Huu-ay-aht First Nation, Kaackaamin, Rainbow Gardens, Nuuchahnulth Tribal Council and others that participated. A meeting is scheduled with representatives

from Criminal Services Canada to see if there is an opportunity for this project to be developed in Port Alberni.



FORUM ON HOMELESSNESS

It was brought to the attention of the NTC Directors at a previous NTC AGM that Nuuchahnulth people are overrepresented in many communities when it comes to homelessness. Nuuchahnulth Tribal Council has recognized the need to provide more support and resources to our community members living away from home and the people within our communities that are



currently homeless. A meeting was held on December 12, 2018 in which representatives from all the Nuuchahnulth Nations and the Aboriginal Coalition to End Homelessness attended. More partnerships and initiatives are being explored at many levels of government to ensure all of our members and Indigenous peoples have access to safe and affordable housing

BC CABINET & FIRST NATIONS LEADERS' GATHERING

The BC Cabinet & First Nations Leaders' Gathering was held at the Vancouver Convention Centre November 29 & 30. An announcement was made regarding BC Gaming revenue sharing. Limited details were provided at this time; however, this is expected to begin April 2019 and will be reflected in the budget.

Twelve meetings were attended over the course of 2 days with the Ministries below. A formal letter was provided to each Ministry at the meeting and each received a follow up letter.

Premier's Office

Requests made:

Haahuupayak School Expansion

Financial support from the Provincial government for the expansion of haahuupayak school and support in lobbying DISC to contribute financially towards expanding haahuupayak school.

Nuu-chah-nulth Language Revitalization

Re-evaluate current funding model of language funding to support each of the 203 First Nations in British Columbia.

BC Timber Sales Harvesting in Tseshahat Territory

Reaffirm a mandate to the Ministry of Forests, Lands, Natural Resource Operations and Rural Development to work in collaboration with the Ministry of Indigenous Relations and Reconciliation to negotiate accommodation for these 5 cutblocks and ensure adequate consultation occurs for current and future harvesting plans.

Potential Agreement(s)

Work in partnership with Tseshahat First Nation and the Ministry of Indigenous Relations and Reconciliation to develop a fair and sustainable strategy for harvesting in Tseshahat territory.



Ministry of Indigenous Relations and Reconciliation

Requests made:

BC Timber Sales Harvesting in Tseshahat Territory

Appoint a representative to work in collaboration with the Ministry of Indigenous Relations and Reconciliation (MIRR) to negotiate accommodation for these 5 cutblocks and ensure adequate consultation occurs for current and future harvesting plans.

Potential Agreement(s)

Mandate a representative from the Ministry of Forests, Lands, Natural Resource Operations and Rural Development to work in partnership with Tseshahat First Nation to develop a fair and sustainable strategy for harvesting in Tseshahat territory.

First Nations Representation on Port Authorities

MIRR formally support the efforts of First Nations to lobby the Government of Canada and Transport Canada to revise the Letters Patent to ensure permanent First Nations representation on all Port Authority Board of Directors in Canada.

Ministry of Education

Requests made:

Haahuupayak School Expansion

Given there are a number of children attending our school who live off-reserve and are only partially covered by our reciprocal tuition we asked for support in lobbying DISC to contribute financially towards expanding haahuupayak school and working towards becoming a Kindergarten to Grade 12 immersion school.

Nuu-chah-nulth Language Revitalization

Provide financial support for the local school district (SD70) and First Nations to secure predictable and sustainable funding to provide indigenous language classes throughout the entire school district K-12.

Skills and Training

1. Provide resources for Tseshah to work collaboratively with our ASETS holder (NETP) and colleges/universities to develop a local Port Alberni apprenticeship and work experience programs for local indigenous high school students.

2. Provide a one-time grant for Tseshah high school or post-secondary graduates to attend an education or work experience program at a B.C. recognized school or company.

3. Provide Tseshah with funding to host a forestry career fair for not only Tseshah members and Indigenous youth in Port Alberni, but for all residents living in the Alberni Valley.

Ministry of Advanced Education, Skills and Training

Requests made:

Haahuupayak School Expansion

Tseshah is committed to utilizing internal infrastructure funds towards expanding haahuupayak school, and given there are a number of children attending our school who live off-reserve and are only partially covered by our reciprocal tuition we ask for support in lobbying DISC to contribute financially towards expanding haahuupayak school and working towards becoming a Kindergarten to Grade 12 immersion school.

Nuu-chah-nulth Language Revitalization

Provide financial support for the local school district (SD70) and First Nations to secure predictable and sustainable funding to provide indigenous language classes throughout the entire school district K-12.



Skills and Training

1. Provide resources for Tseshah to work collaboratively with our ASETS holder (NETP) and colleges/universities to develop a local Port Alberni apprenticeship and work experience programs for local indigenous high school students.

2. Provide a one-time grant for Tseshah high school or post secondary graduates to attend an education or work experience program at a B.C. recognized school or company.

3. Provide Tseshah with funding to host a forestry career fair for not only Tseshah members and Indigenous youth in Port Alberni, but for all residents living in the Alberni Valley.

Ministry of Health

Requests made:

Tseshaht First Nation Wellness Centre

Support and provide resources for the creation of a Wellness Centre to not only support Tseshaht and Nuuchahnulth citizens, but many Indigenous people in Port Alberni and along the West Coast of Vancouver Island. Resources from the Province would go to preliminary work of feasibility and planning.

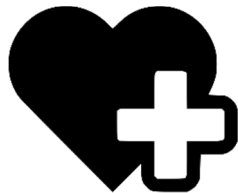
Medical Travel

Provide resources to do a formal study on medical travel assistance to determine if the current model is satisfactory or what rates would be sufficient.

Improving Health for Tseshaht Citizens

Request for a one-time grant in the area of sports and recreation as a means of healthy living that would:

1. Promote and support Tseshaht youth participating in local sports and recreation,
2. Provide resources for community sports equipment,
3. Support Tseshaht's interest in returning to the Broken Group islands while providing resources for members to participate in recreational activities in our homelands.



Ministry of Mental Health and Addictions

Requests made:

Tseshaht / Port Alberni Addictions and Opioid Crisis

Financial support from the Province of BC to support Tseshaht in hosting a gathering and planning session in Port Alberni of all local governments, organizations and stakeholders to develop a multi-sector Port Alberni

Action Plan/Strategy to address this increasingly deadly crisis in our community.

Suicide Attempts and Completions of Tseshaht Members

Support to develop and implement a Tseshaht Life Promotion initiative.

Lack of Resources for Drug and Alcohol Counselling

Have a drug and alcohol counsellor regularly scheduled on a weekly basis to work within the Tseshaht First Nation administration office to provide services to our community members.

Ministry of Energy, Mines and Petroleum Resources

Requests made:

Tseshaht First Nation Franklin River Micro-Hydro Project

While BC Hydro's standing offer and micro-hydro standing offer program are on hold, Tseshaht would like to work with potential stakeholders to see what can be done with our project. Request that Ministry staff schedule a meeting with Tseshaht regarding this project.

Tseshaht First Nation Infrastructure Energy Insufficiencies

1. Work with the Province of B.C., B.C. Hydro and other organizations to create an "Indigenous Green Initiative" to develop a plan, policy, secure funding and discounts on products to improve Tseshaht's energy use.
2. Support for solar panel plan for administration building.

Potential Granite Exploration and Research

Support to identify if there is rock at Polly's Point worth exploring for an economic opportunity, do a feasibility

study and other studies required if mining becomes an option.

Ministry of Transportation and Infrastructure

Requests made:

Infrastructure

Provide necessary funding for removal of Sproat School building, reimbursement for cemetery expansion and assessment of dangerous trees, and financial support to remove dangerous trees in our community.

Road Improvements

Work in collaboration with Tseshahat to create a strategy to address road improvements needed as well as identify any upcoming concerns and provide the necessary funding to complete these projects.

First Nations Representation on Port Authorities

A letter of support for permanent First Nations representation on the Port Alberni Port Authority (PAPA) Board of Directors by encouraging the Government of Canada (through Transport Canada) to revise its Letters Patent.

Ministry of Tourism, Arts and Culture

Requests made:

First Nations/Indigenous Language Funding

The Province of B.C. Ministry shift commitment of funding to focus directly on working relationships with individual First Nations instead of provincial organizations.

Development of a Tourism Strategy

Funding to support the development of a tourism strategy for our Nation. Tseshahat will work with Indigenous Tourism B.C., the City of Port Alberni, the Alberni-Clayoquot Regional District, Parks Canada and our community members to develop a tourism strategy.

Tseshahat First Nation/Indigenous Arts Promotion to Support Tourism

A grant to have a Tseshahat artist create a large Indigenous art piece within the City of Port Alberni to attract visitors and capitalize on tourism opportunities.

Ministry of Children and Family Development

Requests made:

Tseshahat Children in Care

Despite federal commitments to prevention funding through Usma for on-reserve child and family services, the Tseshahat First Nation would like to ensure that the Province of B.C. commits to prevention funding that goes directly into First Nations communities.

Bill 26 Child, Family and Community Service Act

1. MCFD provide resources for Tseshahat to implement the amendments of the CFCSA. The changes will apply pressure on our community to better support our children, youth and families who reside throughout British Columbia.

2. Tseshahat will require training and a staff person to work with Usma and MCFD as we may be required to sign an agreement under the new changes to better define Tseshahat's role in the care and planning for all members regardless of where they reside.

Ministry of Social Development and Poverty Reduction

Requests made:

Poverty Reduction Strategy – pilot

Work with Tseshahat on implementing B.C.'s Poverty Reduction Strategy, and provide resources to Tseshahat to host a poverty reduction action planning meeting.

UPCOMING COMMUNITY MEETINGS

January 14, 2019- 7:00pm Great Room

February 9, 2019 9:00 am- Location TBD

COMMUNITY SAFETY PLANS

We have continued to work with the local RCMP and our Aboriginal liaison officers to ensure the safety of our community members. In early 2019 we will be engaging with our community, staff, and the RCMP to create a community safety plan.

Tseshaht First Nation Chief and Council would like to thank everyone for a wonderful 2018! Also, to our staff and volunteers that made our 2018 Community Christmas Dinner a great success! We would also like to thank the Robinson family for cooking us all such a wonderful

meal. We wish you all safe and happy holidays. We hope you spend time with your loved ones and take the time to celebrate your accomplishments of 2018 as well as set goals for 2019. Have a very Merry Christmas and a Happy New Year!

