



HISHUK'ISH TSAWALK

TSESHAHT FIRST NATION

VOLUME 1, ISSUE 3

SOMASS FOREST PRODUCTS INTERNATIONAL INC.



OFFICE CLOSURES

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

The Tseshaht First Nation is proud to announce a new partnership with Somass Forest Products International. By utilizing Tseshaht industrial land and access to timber, this provides an excellent opportunity to collaborate and propel value added wood products and Tseshaht brand into a wide range of markets. Somass Forest Products International is committed to working with Tseshaht to build capacity and train members in value added mill operations. Employment and training begins at start-up with one full-time position and will grow to several positions with increasing production and sales.

HERE TO STAY!

Tamara Mack is our new Part Time Office Services Assistant. Tamara started in the office over the summer as part of our Summer Student Program. We were fortunate to have her continue on after the summer on an on-call basis and now as a permanent part timer.

We are very pleased to have a young Tseshaht fill this important role in the office.

Congratulations Tamara!



NEW ON THE CREW!

Jordan Cartlidge has been hired as our new Facilities Monitor. This new position will serve two purposes. The first will be looking after all Tseshaht Facilities before and after they are rented for various events, meetings, etc.. The second will be to be a hands on assistant in our Public Works Department. Jordan will be working alongside Thomas and Rick to ensure our community is maintained properly and repaired as needed.

Congratulations Jordan! Welcome to our team!

TSESHAHT

Engagement Sessions

on our

Governance Manual

Important!



| | |
|-------------------------|----------------------------|
| TUESDAY - DECEMBER 11 | 10AM - 12 NOON & 7PM - 9PM |
| WEDNESDAY - DECEMBER 12 | 10AM - 12 NOON & 7PM - 9PM |
| MONDAY - DECEMBER 17 | 10AM - 12 NOON & 7PM - 9PM |

ALL SESSIONS @ TFN Great Room

What is a Governance Manual?

A Governance Manual is a document that will help govern the Tseshaht First Nation Chief and Council by providing clearly defined roles, responsibilities, reporting requirements and other governance matters such as community meetings.

CRAFT FAIR - THIS WEEKEND - SATURDAY & SUNDAY!

A Tseshaht Christmas Craft Fair is happening this weekend at the Maht Mahs with local handmade crafts, home businesses, baking and more.

There will also be a Loonie Toonie auction in support of Vincent Watts and a Tseshaht Pride Bake Sale.

The Christmas Craft Fair has over 35 tables and is the place to be this weekend for Christmas shopping galore!

Hours will be 10am - 4pm both Saturday and Sunday.

So grab a friend and come on! We hope to see you there!

Tseshaht Christmas Craft Fair

**Dec. 1st & 2nd
10am - 4pm**

**Local Handmade Crafts, Home
Businesses, Baking & More...**

**Maht Mahs Gym
5000 Mission Rd.**

CONTEST ALERT!!!

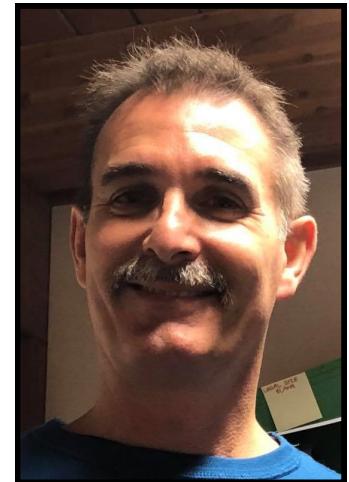
As some of you may know our Executive Director Darren has been growing his moustache for Movember in support of and building awareness for men's cancers.

Darren has bravely volunteered to allow a Tseshaht Community Member to shave it off this Monday December 3rd!!!

If you want to be the lucky winner that gets to shave Darren's moustache come to the office and donate a minimum of \$2. For every \$2 your name goes in the draw.

Once we hit \$200 the draw is on!!

All monies raised will go to Movember movement.



CHRISTMAS STORIES & GREETINGS

We are planning to release one more Newsletter before the end of 2018.

It will be a special newsletter and we need your help to make it happen.

We are looking to include stories from Tseshaht children, youth, adults and elders.

Share with us your favorite Christmas Memory!

We will be including as many stories as possible as well as **Christmas Greetings!**

If you would like to wish someone a Merry Christmas this year or a Happy New Year send us your

greeting to be included.

Cut-off for submitting your Christmas Memory or Greeting is Friday December 14th, 2018.

To submit your story you can email: community@tseshaht.com or bring it to the office. Please be sure to include your name and age (for kids).



CONGRATS CODY & HANK!

Last week an eight day First Responders Training Course was held at the Barclay Hotel.

Of the 17 attendees were two of our very own members, Cody Gus and Hank Gus.

The training was funded through First Nations Health Authority (FNHA). As Cody and Hank are

Tseshaht Beach Keepers this training fits right in with many of the skills that are needed to be safe out on the water and to lend a hand when needed. Both Cody and Hank were very happy to receive this training and accept their certificates!

We are so proud of you both! Please join us in congratulating Cody and Hank during our Community Meeting on Monday, December 3, 2018.



CONGRATS CHARLOTTE!!

From Facebook November 18, 2018 - I extend my deepest thanks to Na'ah Illahee Fund for honoring me with your "Spirit of Indigenous Leadership" Award last night at the "Blue Jay Brings Back the Moon" Community Dinner. I was really humbled to receive this award from this amazing organization which truly inspires me with the work that Executive Director Susan Balbas and her board and staff do in empowering Native women and girls to become leaders, social and environmental justice advocates and entrepreneurs, and honing these skills through strengthening and taking pride in their own cultural identities. I accepted this award on behalf of my family and my Tseshaht/Nuu-chah-nulth community as it is their support, love, guidance, and cultural teachings that molded me into the strong and proud Tseshaht woman that I am today. In my culture, when we are acknowledged by Native people and communities we stand with our relatives, elders, chiefs, and leaders. My relatives in Canada were unable to attend so I invited my dear friend Cynthia del Rosario to stand with me. Cynthia was one of the first people I met when I moved to Seattle in 2001 and who opened her door to me and accepted me into her family, and who I recognize as my sister. Tleko (thank you) Cynthia for standing with me. Tleko to my friends and colleagues who came and shared this special day with me. It was a beautiful evening of fun, laughter, incredible artist tables, cultural sharing with amazing storyteller Roger Fernandes and with the wonderful Haida and Tlingit youth dance group, and a delicious dinner consisting of traditional and healthy foods, with roast elk, ancient seed yellow squash, blue corn polenta, roasted squash and potatoes, salad with nuts and seeds, and apple crisp. Susan, I raise my hands in Thanks and Appreciation for all the great work you and your organization do in strengthening our cultural traditions by holding up and empowering our Indigenous women and youth! ❤️ ~ Charlotte Cote



DECEMBER 2018

| 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 |

JANUARY 2019

| 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 | | |

- Dec. 4 - Youth Center - **Craft Night** - 6:30PM - 9PM
- Dec. 6 - Youth Center - **Movie Night** - 6:30PM - 9PM
- Dec. 9 - Maht Mahs - **Elder's Christmas Dinner** - doors open @ 4:30PM - dinner @ 5PM
- Dec. 12 - Arena - **Winter Wonderland** - 7PM - 9PM
- Dec 13 - Arena - **Winter Wonderland** - 7PM - 9PM
- Dec. 16 - Maht Mahs - **Community Christmas Dinner** - doors open @ 5PM - dinner @ 5:30PM
- Dec 17 - Youth Center - **Movie Night** - 6:30PM - 9PM
- Dec. 18 - Youth Center - **Bake Night** - 6:30PM - 9PM
- Dec. 19 - Youth Center - **Christmas Dinner** - 6PM - 9PM
- 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**

WHO'S IN THE OFFICE:

MONDAYS

RCMP

SCOTT/JAY/PETE

TUESDAYS

WEDNESDAYS

1:00PM - 3:00PM

NTC HEALTH NURSE

FRANCINE

THURSDAYS

QUU'ASA

FRIDAYS

1:00PM - 3:00PM

NTC HEALTH NURSE

FRANCINE



**BC YOUNG
FISHERMEN'S
NETWORK**



BC YOUNG FISHERMEN'S GATHERING 2019

January 23-24, 2019 | Victoria, BC

2 day workshop & networking

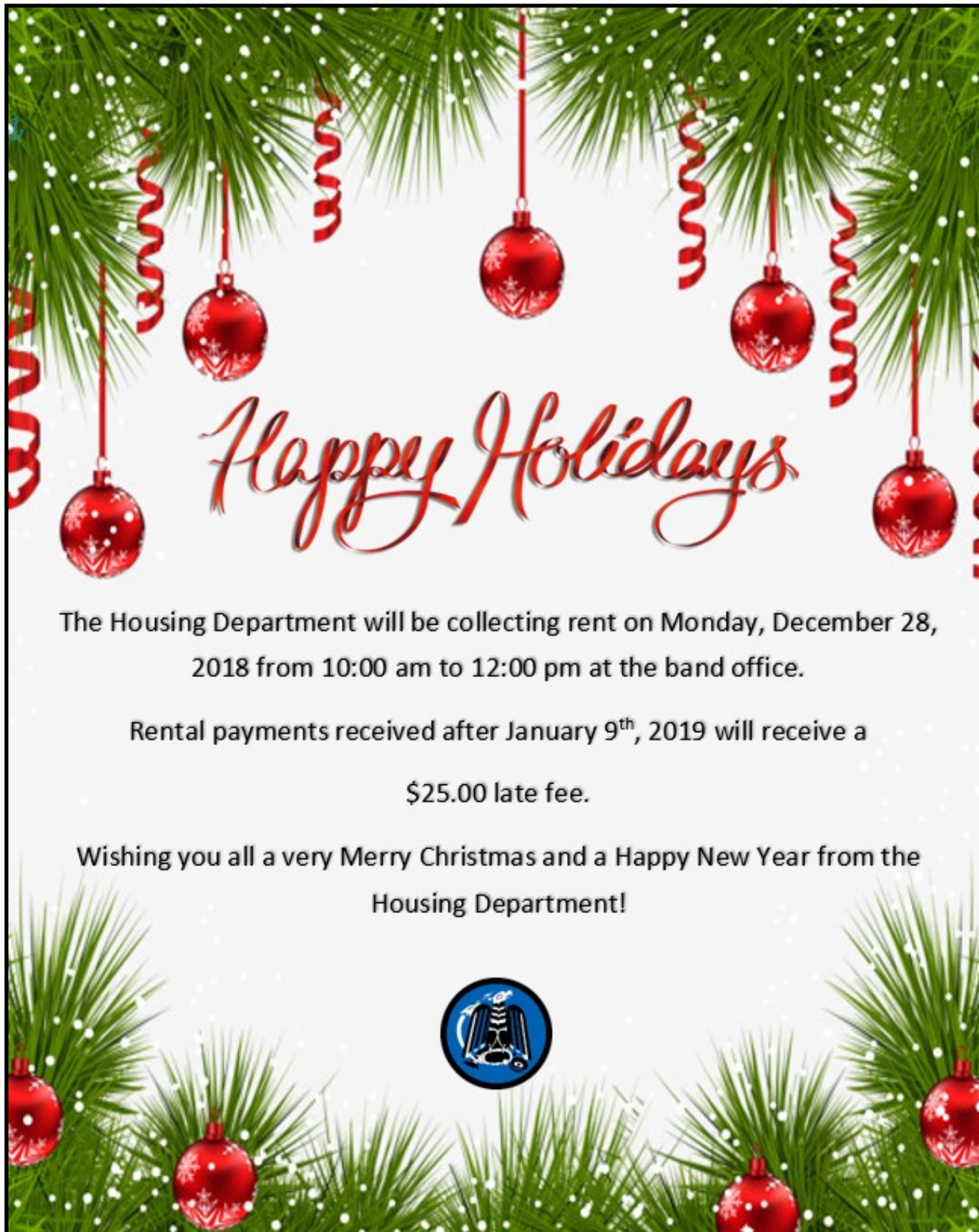
MORE INFORMATION:

[HTTPS://BCYOUNGFISHERMEN.CA/BCYFG](https://bcyoungfishermen.ca/bcyfg)

TRAVEL BURSARIES AVAILABLE

CALL: 604 695 2045





NOVEMBER - DIABETES AWARENESS MONTH

There are many signs and symptoms that can indicate diabetes.

Signs and symptoms can include the following:

- ◆ Unusual thirst
- ◆ Frequent urination
- ◆ Weight change (gain or loss)
- ◆ Extreme fatigue or lack of energy
- ◆ Blurred vision
- ◆ Frequent or recurring infections
- ◆ Cuts and bruises that are slow to heal
- ◆ Tingling or numbness in the hands or feet
- ◆ Trouble getting or maintaining an erection

If you have any of these symptoms, it is important to contact your health-care provider right away. Even if you don't have symptoms, if you are 40 or older, you should still get checked.

It is important to recognize, however, that many people who have type 2 diabetes may display no symptoms.

DIABETES CANADA

Risk factors for type 2 diabetes

- ◆ Age ≥40 years
- ◆ First-degree relative with type 2 diabetes
- ◆ Member of high-risk population (e.g. African, Arab, Asian, Hispanic, Indigenous or South Asian descent, low Socio economic status)
- ◆ History of prediabetes (IGT, IFG or A1C 6.0%–6.4%)*

Risk factors for type 2 diabetes...

- ◆ History of GDM
- ◆ History of delivery of a macrosomic infant
- ◆ Presence of end organ damage associated with diabetes:
 - ⇒ Microvascular (retinopathy, neuropathy, nephropathy)
 - ⇒ CV (coronary, cerebrovascular, peripheral)
- ◆ Presence of vascular risk factors:
 - ⇒ HDL-C <1.0 mmol/L in males, <1.3 mmol/L in females*
 - ⇒ TG ≥1.7 mmol/L*
 - ⇒ Hypertension*
 - ⇒ Overweight*
 - ⇒ Abdominal obesity*
 - ⇒ Smoking
- ◆ Presence of associated diseases:
 - ⇒ History of pancreatitis
 - ⇒ Polycystic ovary syndrome*
 - ⇒ Acanthosis nigricans*
 - ⇒ Hyperuricemia/gout
 - ⇒ Non-alcoholic steatohepatitis
 - ⇒ Psychiatric disorders (bipolar disorder, depression, schizophrenia)
 - ⇒ HIV infection
 - ⇒ Obstructive sleep apnea
 - ⇒ Cystic fibrosis
- ◆ Use of drugs associated with diabetes:
 - ⇒ Glucocorticoids
 - ⇒ Atypical antipsychotics
 - ⇒ Statins
 - ⇒ Highly active antiretroviral therapy
 - ⇒ Anti-rejection drugs

If you are uncertain of an item on list, speak to your local nurse



Housing Department Notice

To Tseshahst First Nation members,

Tseshahst First Nation will have the following Social Housing units available:

- **One 1 bedroom unit**
- **One 4 bedroom unit**

All interested applicants for a 1 or 4 bedroom unit please submit your housing application to the Housing Department no later than 4:00 PM Friday December 14, 2018.

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 1 or 4 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 Tseshahst Administration Office (front desk), online or you can contact Paula Watts and request to have a copy e-mailed, 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 Friday, December 14, 2018*

~ Kleco -Kleco ~




NEW WEBSITE HELPS FIRST NATIONS COMMUNITIES ADDRESS YOUTH SUICIDE

A new website to support First Nations communities in preventing youth suicide is being launched today at the Canadian Association for Suicide Prevention (CASP) conference in St. John's Newfoundland. Called *Wise Practices for Life Promotion: Indigenous Leadership for Living Life Well*, the new on-line resource focuses on preventing youth suicide through culturally-relevant strategies to support resilience and wellbeing. The website <https://wisepractices.ca/> contains free and accessible community planning tools, resources, stories, and strategies in both French and English. Intended primarily for community workers who are striving to support wellness for young First Nations people in their communities, it has been developed with ease of use in mind.

Funded by Indigenous Services Canada and developed by an experienced advisory group with support from the Thunderbird Partnership Foundation and the University of Victoria's School of Child and Youth Care, this is a practical, hopeful online resource honouring the diversity and richness of Indigenous cultures and ways of living to advance the goals of life among First Nations youth in Canada. It brings together inspirational stories and wise practices from First Nations communities as well as findings from recently published research. Depending on the needs of the viewer, there are a range of entry points including: specific stories of wise practices, an action guide for communities, a guide for system-level change (intended for funders and policy-makers), reviews of the literature, and related resources. Videos, images, and audio clips help guide the viewer through the site, ensuring ease of use and clarity.

Rather than centring on individualized and psychological approaches to suicide prevention, *Wise Practices* "leads with the language of life" says Dr. Jennifer White, of the University of Victoria. In a welcome video on the homepage, Thunderbird Partnership Foundation's Carol Hopkins informs visitors to the site that "we've listened to First Nations youth across the country who said that the conversation on suicide prevention that's focused on death and dying is not helpful to them. They want to focus on how to live life." Towards this aim, the [First Nations Mental Wellness Continuum framework](#) conceptually grounds this work.

This website honours and give credit to what is already happening in communities in all regions of Canada, and draws links and connections among them for mutual benefit. The website will continue to evolve and change in response to new developments and understandings of how to promote life for First Nations youth, and is guided first and foremost by the teachings and practices of diverse First Nations communities throughout Canada.

| 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 2016 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

PREMIER'S AWARDS FOR INDIGENOUS YOUTH EXCELLENCE IN SPORT

The 2018 Premier's Awards for Indigenous Youth Excellence in Sport were presented last night to six outstanding Indigenous youth athletes from British Columbia's Vancouver Coastal Region. The Awards were presented by Spencer Chandra Herbert, MLA, Vancouver-West End during at a formal celebration held at the Musqueam First Nation Community Centre in Vancouver, BC. Vancouver Coastal is the fourth of the Indigenous Sport, Physical Activity & Recreation Council's (I-SPARC) six regions to honour Indigenous athletes through this unique province-wide awards program.

I-SPARC, in collaboration with the Province of British Columbia, launched the regional nomination process in August 2018, receiving nominations from across the province for Indigenous athletes under 25 years of age who are competing in performance sport and committed to living healthy, active lifestyles. A total of 47 recipients were chosen within I-SPARC's six regions – Northeast, Northwest, Interior, Fraser, Vancouver Coastal, and Vancouver Island.

The 2018 Premier's Awards for Indigenous Youth Excellence in Sport – Vancouver Coastal Regional Recipients

- **Rain Thomas, age 14, Basketball, Soccer, Track & Field, Tseshaht First Nation**
- Kieran McKay, age 19, Lacrosse, Michel Band
- Jenaya Grant, age 15, Rugby, Musqueam First Nation
- Holden Jones, age 17, Cross Country Olympic Mountain Biking, Haisla Nation
- Isabelle Fortin, age 11, Hockey, Ditidaht First Nation
- Samson Whitebear-George, age 17, Football, Rugby, Squamish & Tsleil-Waututh Nations

These Regional recipients automatically serve as nominees for the Provincial Awards. A total of 12 Provincial Awards (six male and six female) will be selected in January 2019. Provincial recipients will be presented with their award at Gathering our Voices: Indigenous Youth Leadership Forum in Port Alberni March 19-22, 2019.

Throughout November, the two remaining regions will host formal celebrations to honour their 2018 Regional Premier's Awards recipients.



Photo Credit Kevin Shoesmith (Back row) Rick Brant, I-SPARC Executive Director, Spencer Chandra Herbert, MLA, Vancouver-West End, Courtenay Gibson, I-SPARC Regional Lead, Vancouver Coastal, Robert Smyth, School District #44, Principal, Cameron McBeth, Vancouver Aboriginal Friendship Centre, Darcy Patterson, BC Rugby, Alex Nelson, I-SPARC Senior Advisor, Kim Brooks, First Nations Health Authority Executive Director, Vancouver Coastal Region, Janelle Tom, First Nations Health Authority. (Front row, Recipients) Samson Whitebear-George, Isabelle Fortin, Holden Jones, Jenaya Grant, Kieran McKay, Rain Thomas.

TSESHAHT COMMUNITY MEETING ON *Cannabis*

**Prizes include
\$175 CASH!!!**

**Tuesday December 18, 2018
7:00 PM @ TFN Great Room**



- ◆ **Presentation by potential partners in the area of cannabis distribution (dispensary)**
- ◆ **Guests: Indigenous Bloom & Trees Dispensary**
- ◆ **Council will be requesting a decision at this meeting**

WINTER MAINTENANCE - YOUR HOME



Furnace Filters. Did you know that a six-room house collects an average of 40 pounds of dust a year? Can you even imagine that much dust being present in your home?

With a clean filter, your unit will stay nice and tidy. When you leave a dirty and clogged filter in your system, the unit can begin to see dirty spots on the inside components and lead to operational failure. You will then be in need of additional repairs, servicing for the system and parts that can have a high cost that you are not prepared for. Keep your unit

clean with regular air filter changes.

With the small step of replacing a dirty air filter with a clean one, you can rest easy and have peace of mind knowing that your furnace is operating at maximum potential. The air is clean and the unit is providing you with the energy efficiency you need to have a healthy home.

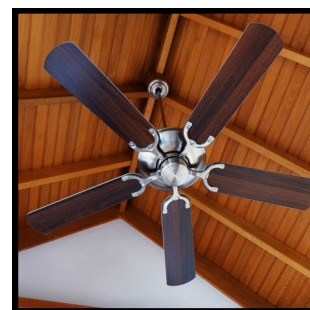
Vents (and the air ducts behind them) attract a host of household debris—from dust to coins to pet dander. Keeping your vents clean is crucial to the air quality in your home. If anyone in your household suffers from airborne allergies, keeping your home's air dust-free is an important step in maintaining a symptom-free lifestyle. If a vent isn't being used, close the cover, but never place anything (furniture, books) top of it.

Vacuum your air ducts with a dust brush or crevice attachment. This will clear out dust bunnies and other debris that have been settling in your air ducts. Consider taping the attachments to your vacuum hose to prevent possibly losing them in your air ducts (especially if you are cleaning a floor duct).



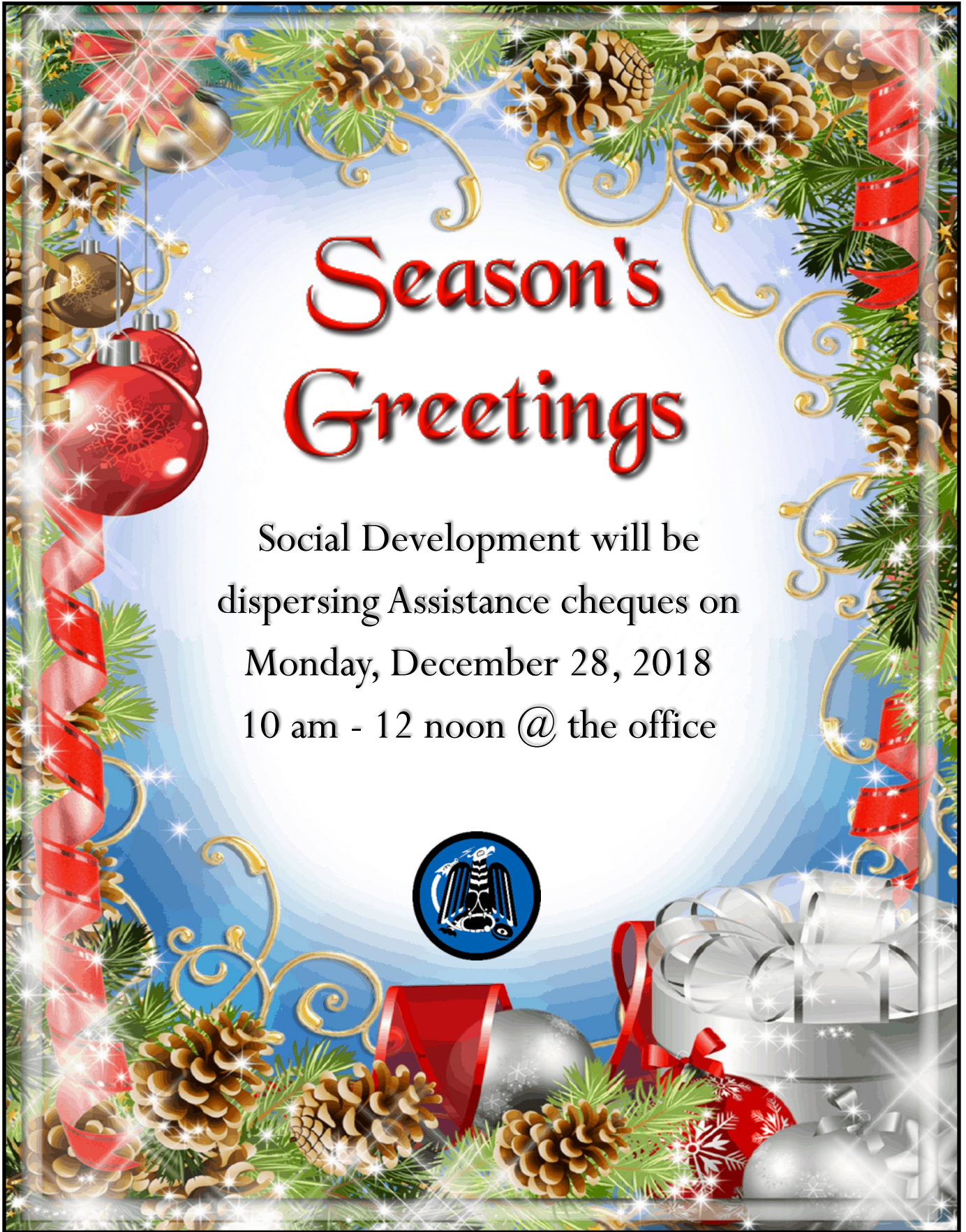
Dirty dryer ducts aren't just disgusting, they're a serious fire hazard. In fact, one major cause of house fires is dusty, lint-filled dryer ductwork. Even if a grimy dryer duct doesn't immediately do damage to your home, it'll waste your time, energy and money. A dryer connected to a duct filled with lint and other debris won't work well either. If your dryer once polished off wet loads in one cycle or less but now needs two or even three, check your venting. Chances are it's not your dryer that's faulty -- just clogged ductwork that's to blame.

Reverse Ceiling Fans. If you have ceiling fans, there should be a switch to make the fan blades run clockwise. Running the blades in a clockwise position during the colder months can push heated air down. This home maintenance task makes rooms with high ceilings more comfortable.



Season's Greetings

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





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.

TSESHAHT **Community** *Meeting*



MONDAY - December 3, 2018
7:00 PM @ TFN Great Room

Land Claims Panel

- ◆ Annual Financial Update
- ◆ Election for Vacant Panel Position

Presentation to Cody Gus and Hank Gus

Economic Development Opportunity Proposals

Conflict Resolution process

Snacks and Prizes!!

| | | Term Ends: October 2019 | Term Ends: October 2020 |
|--|--------------------|-------------------------------------|------------------------------------|
| FINANCE | | | |
| Staff Resource: | Chris Anderson | Claudine Watts | Shae Doiron |
| Council Rep: | Cynthia Dick | Aaron Watts | Darleen Taylor |
| Council Alternate: | Melanie Fred | | Dean Charles |
| | | | Alternate: |
| | | | Youth Rep: |
| LANGUAGE & CULTURE | | | |
| Staff Resource: | Darrell Ross | Doug Wilson | Jean Thomas |
| Council Rep: | John Gomez | Linsey Haggard | Alternate: Gina Pearson |
| Council Alternate: | Hugh Braker | Robert Watts | Youth Rep: |
| Elder Rep: | Kathy Robinson | Marlene Dick | |
| EDUCATION & DAYCARE | | | |
| Staff Resource: | Jennifer Gallic | Jackie A. Watts | Gina Pearson |
| Council Rep: | Corey Anderson | Robyn Samuel | Wilma Gus |
| Council Alternate: | Luke George | | Maria Gomez |
| | | | Alternate: |
| | | | Youth Rep: Tamiko Rampanen |
| HOUSING & INFRASTRUCTURE | | | |
| Staff Resources: | Deshana Sanderson | Mike Watts | Connie Sam |
| | Lisa Gallic | Sharon Fred | Leisa Hassall |
| Council Rep: | Melanie Fred | | Aaron Watts |
| Council Alternate: | Luke George | | Alternate: Jean Thomas |
| | | | Youth Rep: Tamiko Rampanen |
| MEMBERSHIP SERVICES (Health, Social Services, Membership) | | | |
| Staff Resources: | Bella Fred | Claudine Watts | Valentine Gomez |
| | Jane Jones | Sharon Fred | Esther Thomas |
| Council Rep: | Eunice Joe | Doug Wilson | Alternate: Wilma Gus |
| Council Alternate: | Corey Anderson | | Youth Rep: |
| FISHERIES | | | |
| Staff Resource: | Andy Olson | Clinton Fred | Martin Watts |
| Council Reps: | Richard Watts | Les Sam | Valentine Gomez |
| | Luke George | Alternate: Erma Robinson | Shae Doiron |
| Council Alternate: | John Gomez | Youth Rep: Brandon Pelech | |
| EMERGENCY PREPAREDNESS | | | |
| Staff Resource: | | Peter Wilson | Leisa Hassall |
| Council Rep: | Hugh Braker | Gail Gus | Dean Charles |
| Council Alternate: | | Robyn Samuel | Alternate: |
| | | Alternate: Christine Fred | |
| PERSONNEL | | | |
| Staff Resource: | Darren Mead-Miller | Pamella Lange | Maria Gomez |
| Council Rep: | Eunice Joe | Nancy Wilson | Esther Thomas |
| Council Alternate: | Ken Watts | | Wendy Gallic |
| | | | Alternate: Holly McLaughlin |
| FORESTRY | | | |
| Staff Resources: | Dwayne Hearn | Les Sam | Kelly Foxcroft-Poirier |
| | Chris Anderson | David Georg | Clinton Fred |
| | Vicki Baillie | Alternate: Anne Robinson | Anne Robinson |
| | Darrell Ross Sr. | | |
| Council Rep: | Cynthia Dick | | |
| | Richard Watts | | |
| Council Alternate: | Eunice Joe | | |
| MARKET BOARD OF DIRECTORS | | | |
| Staff Resource: | Chris Anderson | Dennis Bill | Wendy Gallic |
| Market Rep: | Claudine Watts | Richard Watts | Darleen Taylor |
| Council Rep: | Ken Watts | Holly McLaughlin | Alternate: Hugh Braker |

TSESHAHT ELDER'S CHRISTMAS DINNER

It's that time of year again, Christmas is now upon us.

We would like to remind all Elders that would like to attend this year's Tseshaht Elder's Christmas Dinner please contact Elder's Coordinator Jen Gallic 250.724.1225.

We need a approximate headcount for the cooks please.



TSESHAHT MEMBERSHIP CONTACTS

We are currently looking to update contact information for all Tseshaht Membership. If you are a current member and your contact information has changed, please give us a call in the office to make an update to your file.

Membership Clerk Jane Jones is in the office Monday to Wednesday 8am - 12noon and Thursdays 8am - 11am.

COMMUNITY UPDATES VIA EMAIL

If you would like to receive Newsletters, important bulletins or any other information via email please send us your email address to be included on the Community Email Distribution List.

Please note this list is NOT the same as a Membership contact list.

TSESHAHT DAYCARE & AFTERSCHOOL PROGRAM



The Tseshahat Daycare and Afterschool Programs are both looking for workers.

If you are a Tseshahat Member and require your Responsible Adult Certificate please contact Jen Gallic 250.724.1225.

If you are interested in working for the Tseshahat daycare and are already certified or have your ECE please contact Lizette Cartlidge at the Daycare 250.724.3631.

Sun. Dec. 16th

Maht Mahs

Doors @ 5:00pm

Dinner @ 5:30pm



RCMP

ROYAL CANADIAN MOUNTED POLICE

CANADA REVENUE AGENCY SCAMS

BULLETIN

Recognize, Reject and Report it!

If you receive a suspicious phone call or e-mail from someone claiming to be from the Canada Revenue Agency (CRA) – question it! Canadians lose millions of dollars each year through various CRA scams.

Bulletin 4. Version 1.0
November 2018

RECOGNIZE IT!

What are common CRA scams?

CRA scams come in many forms - over the phone, by e-mail, or by text message. In all cases, the caller or sender poses as an agent from the Canada Revenue Agency in an attempt to gather personal information, or intimidate a victim into providing financial payment.



Phone Scam

Phone scammers posing as CRA agents will claim one of several possibilities:

- that you owe money to the CRA and will be arrested if you do not pay immediately;
- that a lawsuit has been filed against you by the CRA;
- that a warrant of arrest has already been issued under your name;
- that you will be deported if you do not pay the money demanded; or
- other similar threats to get you to share your personal tax information and/or pay money.

"The reason behind this call is to notify you that we have registered a criminal case against your name concerning a tax evasion and tax fraud in the federal court house ... If we don't receive a call from your side, please be prepared to face the legal consequences."



E-Mail Scam / Text Message

An e-mail or text message is sent from someone pretending to be with the CRA, claiming:

- that your tax calculation has been completed, and you will receive a tax refund by going through a link and submitting information;
- that you or your company is being accused of participating in tax evasion schemes;
- that several discrepancies have been found with your filed taxes which need to be revised;
- that you've received an e-transfer from the CRA for what appears to be a tax refund; or
- that an "investigation" has been started on your CRA claim.

An example of fraudulent text message

(Canada Revenue & Customs Refund Department) Canada Revenue Claim
[43325643222](#):
Investigation Started
ref#

Canada Revenue
Agency - Validate
your identity
[mobile-canada.co](#)



Royal Canadian Mounted Police
Gendarmerie royale du Canada

Canada



CRA SCAMS BULLETIN

REJECT IT!

How can I protect myself or my loved ones?

- Hang up immediately if there's anything suspicious or unprofessional about the call – the CRA will **NEVER** threaten you with immediate arrest, use abusive language or send police.
- The CRA will **NEVER** request a payment by Interac e-transfer, online currency such as bitcoin, pre-paid credit cards or pre-paid gift cards such as iTunes, Home Depot, etc.
 - The CRA's accepted methods of payment are online banking, debit card, credit card or PayPal through a third-party service provider and pre-authorized debit.
- Do not click on any link in an e-mail pretending to be from the CRA – the CRA will **NEVER** ask you to click on any link to get a refund or to collect personal or financial information.
 - The only time the CRA will send an e-mail that contains links is if a taxpayer calls the CRA to ask for a form or a link to specific information. A CRA agent will send the information to the taxpayer's email during the telephone call – this is the **ONLY** exception to the above rule!
- The CRA **NEVER** sends out text messages. Any text message from the CRA is a scam.
- Young people are often the most at risk to this scam, particularly when filing their taxes for the first time. Make sure your family and friends are educated on what the CRA will and will not ask for during tax season.

REPORT IT!

How should I respond?

- If you are not sure if a message is from the CRA, confirm your tax status with the CRA online through a CRA secure portals such as [My Account](#) or by calling 1-800-959-8281.
- File a report with the Canadian Anti-Fraud Centre (CAFC) toll-free at 1-888-495-8501 or online www.antifraudcentre.ca, whether you paid money or not.
- Report the scam to your local police if you paid money (this includes purchasing pre-paid credit cards, gift cards, or online currency such as Bitcoin).
- If you sent money or shared financial information, report it to the financial institution used e.g. your bank, Western Union, MoneyGram.
- If your social insurance number has also been stolen, contact Service Canada at 1-800-206-7218.



We strongly suggest that you **REPORT THE INCIDENT** for the following reasons:

- If you've sent money or transferred money or goods to a scammer, the police and financial institutions need to be aware in order to properly investigate, recover stolen funds and/or goods (if possible) and work towards preventing further criminal activity
- Reporting scams helps fraud authorities to warn other people about current scams, monitor trends and disrupt scams where possible

Additional information can be found at:

- Canadian Anti-Fraud Centre <http://www.antifraudcentre.ca/>
- Get Cyber Safe <https://www.getcybersafe.gc.ca>
- Competition Bureau (Little Black Book of Scams) www.competitionbureau.gc.ca
- Canada Revenue Agency <https://www.canada.ca/en/revenue-agency.html>

MOVIE NIGHT SUCCESS!

At Tseshaht longhouse November 14, 2018 we viewed the Edge of The Knife Film Screening hosted by Destani Dick. Destani first seen this film in Terrace B.C. while she was there for a CCP workshop. She then reached out and was able to get a hold of the production company to ask about screening it in our community back home. Destani thought it was so amazing and just felt like more people should be aware that this film exists! It is based in the 1800's and if filmed in Haida Gwaii, in Haida language. It is a story about the Gaagiixid- "Wildman". Destani wanted to bring this home as a way of bringing community together, although this film is not related to CCP she had a table with write ups about what she will be doing with my time in the office as the CCP Champion. The turnout for this movie night at the longhouse was amazing. There were over 55 people that attended, with lots of feedback. At the end of the film Destani gave thanks to everyone that showed up! And she would like to continue to do little events like this to get people together. Also to give some information about herself, as she feels she hasn't introduced herself properly to everyone yet.



Tseshaht Family Focus Meetings

Lets talk Comprehensive Community Plan (CCP)

| | |
|---------|------------|
| Clutesi | Dec. 4/18 |
| Dick | Dec. 12/18 |
| Fred | Dec. 17/18 |
| Gallic | Dec. 20/18 |

To arrange your family meeting after Christmas Break,
either your home or in our Great Room, please contact:

Destani Dick – CCP Champion
250.724.1225 or 250.735.6779
ccp@Tseshaht.com

PATIENT TRAVEL - 2018

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

Patient Travel Fax # 778-419-2725

- 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.**
- For 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 Patient's responsibility to bring in your **appointment attendance** form that 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 after 2:00 pm day before appointment**
- 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 benefits program).
- Dental appointments **must be referred by a local dentist** and the **care card number** needs to be on travel request in order to be approved.
- Please fill in the reason for seeing a specialist i.e. ophthalmology – dentist- etc.

Gloria Fred
Patient Travel Clerk

BRITISH COLUMBIA AMBULANCE SERVICE

When you receive an Ambulance Bill in the mail, have your status card number ready and call:

Ambulance Billing Department, toll free @ 1-800-665-7199

Make sure you call it in as soon as you receive the bill in the mail.



CONNECT WITH US!



TSESHAHT FIRST NATION
5091 Tsuma-as Drive
Port Alberni, BC V9Y 8X9
P: 250.724.1225
F: 250.724.4385



www.Tseshaht.com



Tseshaht First Nation



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

TSESHAHT COUNCIL AND EXECUTIVE REPORT

ECONOMIC DEVELOPMENT

Cannabis

Tseshaht has been actively engaging with cannabis dispensary companies who are credible, reliable and have previous experience in the industry to potentially partner with Tseshaht on opening up a dispensary along the highway. This direction was given at a community meeting by way of motion to explore the industry. It is clear that there is a keen interest to enter into this industry. A community meeting will occur before the Christmas break where our potential business partner(s) will present to community and Council will seek direction on the necessary steps to potentially open a dispensary in our community with one of the potential partners.

Value Added Mill

Tseshaht is excited to announce our new partnership with Somass Forest Products International and the value-added mill production that will be located on our reserve at the corner of Bell and Hector road (across street from sandpit). As advertised, this will begin with one full-time job and could lead to several for Tseshaht members. Tseshaht will receive revenue through this agreement and land lease, with the potential to buy into the company at a future date. The site is being prepped now and production is planned to start in early 2019.



Sandpit

Tseshaht is working with local companies to pursue the extraction of the sand at the sandpit located at Bell and Hector Road. This site was intended to have the sand extracted because of its potential value since it was acquired. Once an agreement is signed and work is underway the plan will be to have the site prepared for future development.

Billboards

Tseshaht gave direction at a community meeting to pursue billboards in our community with all revenue going to Tseshaht Title and Rights. The billboards were erected through our partnership with Coast Outdoor. Construction was at no cost to the Nation and we will receive a portion of profits as per our agreement. (www.coastoutdoor.com)

Economic Development Working Group

On October 1, 2018 Tseshaht hosted another ad hoc working group meeting with council, staff and any members interested in attending. The topics were cannabis, the highest and best use study (with presentation) and an introductory meeting with the City of Port Alberni economic development staff.

Highest and Best Use Study

A final draft is near completion and the consulting company Urban Systems did extensive research to find out the highest and best use for our fee simple/non-reserve lands at the old Sproat School site and the Catalyst lands. A draft plan on how to proceed to next steps will occur soon and presented to community.

Other Partnerships

Over the coming months the Economic Development ad hoc working group will be working with other

local businesses, organizations, governments and industries to bring opportunities to Tseshahat for consideration. Partnerships with little to no cost to the Nation will be prioritized.

As submitted by:

Wahmeesh (Ken Watts)

Port Fish

Castlemain Group from Vancouver has obtained funding for a feasibility study and business planning to determine viability of hake and shellfish processing at Port Fish.

GOVERNANCE MANUAL

It has been expressed by the community the need to have a proper Terms of Reference or Governance Manual for Chief and Council as they are primarily governed by the Custom Election Code and Oath of Office. Several years ago, Ken Watts and several other community members volunteered to draft a document. Ken Watts is planning community

engagement to work towards getting a final draft ready for community consideration. This will provide the council with clearly defined roles, responsibilities and more.

As submitted by:

Wahmeesh (Ken Watts)

RELATIONSHIPS & PARTNERSHIPS

Tseshahat Presence in Harbour Quay

We are working with a fabricator and structural engineer to finalize the clock tower design. The target for completion is late spring 2019.

Port Alberni Port Authority (PAPA)

Over the coming weeks we will be meeting with PAPA to negotiate an agreement on working together collaboratively. We hope to have a protocol or agreement signed in the very near future.



City of Port Alberni

Tseshahat Chief & Council and Executive Director thank Mike Ruttan for his work during his term as Mayor of Port Alberni. We look forward to working with Port Alberni's new Mayor Sharie Minions and her council. Ken Watts will be working with the Executive Director and the City to finalize a draft protocol agreement to help determine how we can move forward together with the City.



Alberni-Clayoquot Regional District (ACRD)

Tseshahat is a very unique position as the ACRD has recently submitted an application to the Province of



BC for an expansion of the current landfill. Tseshahat will ensure

that members are able to make an informed decision and that we acquire the necessary resources to do so.

*As submitted by:
Wahmeesh (Ken Watts)*

PLANNING

Comprehensive Community Plan (CCP)

Destani Dick continues to offer community engagement opportunities to work towards completion of

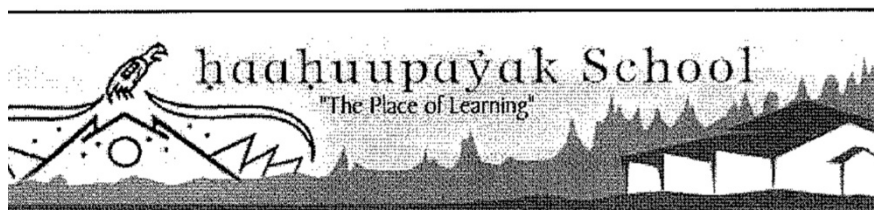
the CCP. Family unit meetings will begin in December.



EDUCATION

Haahuupayak Expansion

The haahuupayak school expansion is being planned to include grades 7 through 12. Space restrictions will require an alternate to the site contemplated in the current feasibility study done by Lubor Trubka Associates Architects.



PUBLIC WORKS

Housing

Housing arrears are improving monthly. Rental payments, late fees, complaints, and tenant letters are being monitored.

The Housing & Infrastructure Committee has been very active for the past 3 months and they are working on a final review of the Housing Policy and Individual Housing Policy.

Social Housing completed 17 more annual inspections. Inspections uncovered extensive damage in a few homes which will be addressed according to policy. House inspections continue with the FNHA Health Inspector.



Collaboration is being done with Infrastructure on septic replacements for Elders.

The Tseshahat.com website is being updated with forms.

Water

A water study is in progress. Abandoned houses account for major water leaks due to no access to the dwelling with no curb stop in place to shut off water at the street. Installation of curb stops will be explored.

Professional leak detection in water mains will start in January 2019.

Four fire hydrants will be replaced.

Sewer

A feasibility study is underway for sewer services at Saiyatchapis. A policy will be developed to outline homeowner servicing responsibility.

INFRASTRUCTURE

Tseshaht is currently working with staff, Council and NTC to submit an application to the Province/Canada for the construction of either a new hall, gym or combination of both. If successful the Nation would receive up to 75% of project costs covered under the

funding program. The deadline for the application is in January and if the submission goes as planned, we would find out sometime in 2019 if our application was successful.

LANDS & RESOURCES

Fisheries

In the past three months the following meetings were attended: species sectoral meeting for geoduck, oysters, prawn, clam and crab; Salmon Coordinating Committee; Economic Coordinating Committee; FNFC Assembly & Herring IMAWG.



A vessel will be selected for purchase under our BDS project with PICFI for 2018/2019. The project includes vessel upgrades and equipment including gear for the gill net and crab boats.

The salmon season wound down with poor Chum return, however there was good Chinook return with 43,500 escapement. Tseshaht and Hupacasath caught 20,000. Coho escapement was 21,162.

Sockeye season ended with 145,000 returned for Sproat Lake and 36,000 returned for Great Central Lake.

The crab fishery is progressing well. Harvest is increasing, and a significant volume is being held awaiting a price spike.

The Executive Director is currently overseeing PICFI licenses and activity.

Forestry

Tseshaht Forestry completed engineering for the next 5 years in the woodlot with cutting permits in early January 2019.

Probyn is currently harvesting the 2018 Bill 13 cut.

2019 engineering is complete for 52,000 m³ license.

A 57,000 m³ contract was awarded to Timberwest who will immediately commence road building and harvest.

The Cataract FNWL is in consultation with FLNRO.

There is a new Non-replaceable Forest Licence Management (NRFL) license of 52,000 m³ with a disposition agreement for an additional 13,000 m³ pending FLNRO signature.



Negotiations are ongoing with the Ministry of Indigenous Relations and Reconciliation (MIRR) with regards to 5 timber sales that were opposed by Tseshaht.

Land development

Servicing options are being researched for Teepis with regards to potential residential and commercial development.

FINANCE

A meeting was held with MNP (accountants) to discuss potential fuel tax opportunity.

An analysis is being done regarding making our own cannabis law or following provincial licensing.

SOCIAL DEVELOPMENT

Health

A letter has been sent to the First Nations Health Authority (FNHA) outlining Tseshaht's concerns about lack of health services and emphasizing the need for better access to medicine.



Community Wellness

Three community members will be attending *Crisis in Community* training sessions starting December 3, 2018.

Currently we are researching ideas for repatriating children who have been adopted out of the community.

FNHA will be providing a lateral kindness workshop in the new year. More information will be provided

to the community when the workshop details are finalized.

Education/Training

A grant was secured to support skills training with the outcome of employment or self-employment. Training will begin January 2019.



Elders

On November 6 Tseshaht hosted the Elders Luncheon with our lawyers from DGW speaking on our land claims. 45 elders and guests were in attendance.

On November 28 our elders attended the monthly Island Elders Luncheon in Cedar, hosted by Snuneymuxw. They enjoyed the opportunity to do some Christmas shopping in Nanaimo and Duncan.

YOUTH & RECREATION

After school care

An after school care program will be offered to members starting in the beginning of December. This program will include school pick up.



The Youth Centre is open to youth in the evenings offering games and activities.