



HISHUK'ISH TSAWALK

TSESHAHT FIRST NATION NEWSLETTER

VOLUME 3, ISSUE 5

Inside this issue:

| | | | |
|-----------------------------------|-----|-----------------------------|-------|
| Election Information | 4 | Warm Weather Info | 15 |
| Summer Students | 5 | BGI Closure | 16 |
| Patient Travel | 6 | RCMP Info | 17-18 |
| Communications Express Consent... | 6 | Toy Run | 19 |
| Jagmeet Singh visit | 7-8 | Resiliency Webinar..... | 20 |
| Outreach & Counselling | 9 | My records, my choice | 21 |
| Housing Notice | 10 | Bear Smart | 22 |
| Social Housing Message | 11 | Service Canada CERB | 23-24 |
| FNHA COVID resources | 12 | Recycling & Garbage | 27-29 |
| Student Allowance form | 13 | Council Reports | |

Work begins on mural near Harbour Quay

Mural will depict the creation story of Tseshaht First Nation

Written by: SUSIE QUINN Aug. 11, 2020 6:00 a.m.

Port Alberni artist Shayne Lloyd has started to work on his 'building relationships' mural on the side of the Canadian Maritime Engineering building.

"It's good to finally lay down the colour," Lloyd said on Friday, Aug. 7—the first week of a three-week process. He started on Aug. 4 by sketching in an outline of his mural, which will be a collage of images depicting the history of Tseshaht First Nation. He painted a number of Nuuchah-nulth words on the backdrop as well. His mural will represent the landscape prior to colonization and industrialization.

Lloyd has collaborated with renowned Indigenous artists Tim Paul and Gordon Dick on his mural. He has also consulted with Tseshaht First Nation members, because the building on which he is painting is located on Tseshaht hereditary land.

Lloyd collaborated with Dick and Paul on the murals' conception. Lloyd and Paul have already collaborated on one mural, along with Cecil Dawson, on the side of Archie Zanolli's building (the whale mural on the side of the building on lower Johnston Road). Lloyd and Paul were working on a blueprint of a totem pole when Lloyd said he was interested in putting his name in for what was then being billed as a reconciliation mural.

COVID-19 OFFICE CLOSURE

*Tseshaht Administration
Office continues to be
closed at this time to all
members of the public.*

"I came up with a mockup. I just kept bouncing ideas off Tim and Gord, and Gord in the later stages has been a big help in terms of making sure a lot of the form line is actually true to Tseshaht First Nations artwork. A lot of the ovoids and spirit lines actually represent the artwork as they would be used in their true form."

Some of the images in the mural depict the Tseshaht's creation story, Lloyd said.

"Tseshaht refers to a great whaling people," Tseshaht Manager of Natural Resources Darrell Ross explained, and "Tseshaht" translates as 'people from a smelly place,' reflecting that they were such successful whale hunters that the Tseshaht village reeked of dead whales.

The Tseshaht creation story is based in the Broken Group Islands. At one point there were five different First Nations that amalgamated to create Tseshaht. "So the five people and the five wolves represent that," Lloyd said. Orcas transform into wolves, "so that's why there are five wolves."

There are going to be five drums, and the Tseshaht will select five elders to be depicted in the circles.

There is a feather on the right side of the mural that will include a collage of contemporary dancers, singers and drummers.



This week, Nuu-chah-nulth words are visible on the wall, but they will disappear as the mural progresses.

“When doing a big-scale mural, I am now doing what is basically called a scribble method. That method can be totally random marks and such. Because of the importance of this mural, when working with Corey Anderson of the Tseshaht First Nation, I said give me a list of First Nations words in writing, and I’ll write that on the walls. It will be a backdrop layer of positivity that this mural can be based on. “

While the words are visible at the beginning of the process, it is Lloyd’s intent to cover them up completely, so they will become part of the artwork.

“A lot of the words in there are actual First Nations words and sayings quite relevant to the scene. ‘We are all one’ is the big phrase on the bottom; chief; wolf; I actually have a list of them. A lot of the elements in the mural, say drum, mountain, moon, sun, star, community, orca, canoe. A lot of phrases that are included visually in there, they translated for me.”

It was a challenge to sketch them on the brick wall at first, because the scissor lift didn’t have a full charge, he said. “I had to paint it backwards, so spreading the words in reverse of a dialect I don’t understand, which was very challenging.”

Lloyd was the successful applicant for the mural project more than a year ago, when it was billed as a reconciliation art project. However, all bids received were more expensive than what the sponsoring group, Arrowsmith Rotary, anticipated—so some fundraising needed to be done before the mural could proceed.

He will spend three weeks working on his mural: the first week was layout, the second week is for colour work, and the third week for details.

Members of the public are welcome to come down and watch Lloyd as he paints the mural for the next couple of weeks. Work is progressing quickly. Arrowsmith Rotary is still holding its Brick by Brick fundraising campaign to cover the estimated \$50,000 cost of the mural.

To purchase a brick for \$25, reach out to arrowsmithrotaryclub@gmail.com or visit the Arrowsmith Rotary Facebook page. Orders can also be placed in person at INEO Employment Services and Swale Rock Cafe (both on Argyle Street).

ATTENTION TSESHAHT ELECTORS

NOMINATIONS:

To nominate a candidate for Council by mail, at least two forms are required:

1. The Mail-in Nomination Form.

This form has a section for someone to second the nomination you are making; please ensure that this is completed.

2. The Mail-in Voter ID Declaration to Nominate a Candidate.

This form is absolutely required for all nominators and seconders to complete and send to the Electoral Officer in support of your nomination. Because your nomination is not being made in person where the EO can see your identification or otherwise have confidence that you are a registered elector, you need to provide some form of evidence that you have the right to nominate someone for your Council. The Witness Declaration portion at the bottom of this form is further evidence that you have this right.

The seconder listed on your Mail-in Nomination Form must also complete a Mail-in Voter ID Declaration Form to include with your nomination and your Voter ID Declaration Form. Your seconder may submit their Voter ID Declaration Form together with your nomination or separately in the stamped, self-addressed envelope they received in their own package.

All these forms need to be submitted for your nomination to be accepted. You can mail your forms to the EO using the stamped, self-addressed envelope that is included in the package that was sent to you. If you did not receive a Notice of Nomination Meeting package, please contact the EO.

Electors can nominate up to two candidates. You may copy the forms included in your package. Nominators can scan and email forms to the EO or send them back in the stamped, self-addressed envelope. **The deadline for getting all forms is 12:00 midnight on Thursday, September 3, 2020.**

The in-person Nomination Meeting will take place Friday September 4, 2020 at 5:30 pm for no less than two hours or until such time as all nominations from electors present have been received.

As per the 2004 Tseshaht Custom Election Code, section 36.

36. The Electoral Officer shall open the nomination meeting for a minimum of two hours or until such time as all nominations from electors present have been received, which ever shall last occur and, thereafter, the meeting may be closed at the direction of the Electoral Officer.

If you have any questions, please contact the EO by phone: 250.723.8802 or by email: maggie_paquet@telus.net.

Maggie Paquet, Electoral Officer

Haven Gus - Communications Summer Student

My name is Haven Gus, I am from Tseshaht. My parents are Tina Sam and Geoff Gus. I am 16 years old and am going into my senior year of high school at ADSS. I am excited to be returning to the Tseshaht band office as a Communications Summer Student.

After graduation I hope to travel the world as much as possible and to pursue a career in forensic psychology.

I am endlessly thankful for this opportunity to learn.

Neve Watts - Communications Summer Student

Hello everyone, I am ʔisiiyuʔaqs, my name is Neve Watts. I am a 15 year old Grade 10 ADSS student. I am from Tseshaht First Nation, my parents are Richard Harry Watts and Robyn Samuel. My grandparents are Richard and Faith Watts and Wally and Donna Samuel.

I am happy to say I am working at the Tseshaht First Nation as a summer student to help complete a survey to assist in the barriers to employment for our youth.

I look forward to connecting with our membership.

Patient Travel

Effective Immediately Patient Travel Forms Will Not Be Processed Without An Attached Confirmation Form.

No Exceptions.

To submit for Patient Travel please call, email or fax confirmation of appointment along with any other required paperwork. Pick up payments can be made at the office.

Gloria: 250.730.2446

Patient Travel Fax: 778.419.2725



WHAT KIND OF COMMUNICATIONS CAN YOU EXPECT TO RECEIVE?

- ◆ Newsletters
- ◆ Urgent Bulletins
- ◆ Community Engagement/Meeting Notices
- ◆ Community Events Information
- ◆ & More!

We are looking for better ways to communicate with Tseshaht Membership.

Would you be interested in hearing from us via email? phone? please let us know what works best for you!

Name: _____ Phone: _____

Email: _____ Status #: _____

Please note that all communication is in adherence with Canadian Anti Spam Legislation (CASL). By giving your email you are giving your express consent to receive electronic messages from Tseshaht First Nation. There is no time limit for this consent, however you may withdraw your consent at anytime by emailing community@tseshaht.com

For more information on CASL please see www.fightspam.gc.ca

JAGMEET SINGH CALLS FOR ‘SYSTEMIC CHANGE’ FOR POLICING DURING PORT ALBERNI VISIT

ELENA RARDON Aug. 16, 2020 4:45 p.m.

The leader of the federal New Democratic Party is calling for a systemic change for policing after meeting with the family of a young Indigenous woman who was shot and killed by police.

On Sunday, Aug. 16, Jagmeet Singh travelled to Port Alberni, B.C. on Vancouver Island, to meet with a number of Indigenous leaders. At the Best Western Plus Barclay Hotel, Singh and Courtenay-Alberni MP Gord Johns also took time to meet with the family of Chantel Moore.



Moore, a Tla-o-qui-aht woman who used to live in Port Alberni, died in June after she was shot by police during a wellness check in Edmundston, N.B. Moore had recently moved to the small town to be closer to her six-year-old daughter and her mother.

A statement from the Edmundston Police Force says Moore was holding a knife and making threats, but friends and family members have questioned the use of force in her death.

“When violence is perpetrated against Indigenous people, it is dehumanizing the value of Indigenous lives,” said Singh on Sunday. “Today, I really want to highlight that the killing of Chantel Moore was the killing of a daughter. This was the killing of a granddaughter. Chantel was a mom and her daughter asks about her every day. I think it’s so important for us to remember the human value and worth of Indigenous people.”

Singh has committed to Moore’s family that he will continue to fight for an independent investigation into her death, but he also says that a systemic change is needed.

“There is no imaginable explanation to, in any way, ever justify why a wellness check would result in the death of somebody,” said Singh. “We’ve seen health-care and mental health checks result in deaths as well, so there needs to be a systemic change in policing. If someone needs a wellness check, we need to look at health-care workers responding. We need to look

at other responses so that people are never put in danger and their lives are never taken.”

Moore’s mother, Martha Martin, attended the meeting on Sunday by video conference. Last week, the family filed official complaints with the New Brunswick Police Commission against two police officers.

“The sad thing about that is there are no Indigenous people on that complaints commission,” said Dr.





Judith Sayers, president of the Nuu-chah-nulth Tribal Council and a spokesperson for Moore's family. "How much trust can we have in those kinds of institutions?"

Both Singh and Sayers emphasized on Sunday that Indigenous people need to be involved in investigations when it comes to Indigenous victims of police violence.

"People right now don't believe that there is justice," said Singh. "That someone can take someone's life and then can continue to work in the same police force—that's painful. That

makes people feel scared, feel unsafe."

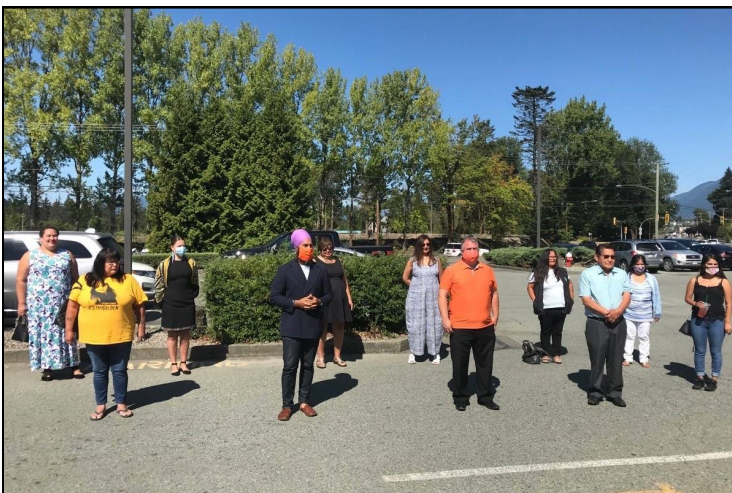
Singh is also calling for an end to racial profiling in policing.


"There is clearly evidence of systemic racism in policing," he said. "We know Indigenous people are stopped disproportionately, they're arrested disproportionately. Often these stops are based on no evidence."

The province of British Columbia has promised to take a look at updating the province's Police Act, but Sayers said on Sunday that she wants to see an "immediate" change.

"That takes too long," she said. "These are things that can be remedied immediately—changing wellness checks to having trauma-informed teams instead of police. We're demanding that there be a response by the government to address those things immediately, because they can."

Later on Sunday, Singh also took time to meet with members of Tseshaht First Nation on their reserve, discussing everything from police brutality to COVID-19 response. His last scheduled stop in Port Alberni was a meeting with Cliff Atleo, chair of the Council of Ha'wiih (Nuu-chah-nulth Hereditary Chiefs) to discuss fishing rights.





**“My past is not who I am.
What happened to me is not
my identity,
I am not my behaviours.
I am the pure spirit knitted by
the Creator.
My identity is in my ancestors,
my culture and my faith in
who I know I was created to
be.
I am Unique.
I am me.”
–Unknown**

“Hey everyone I am still here!”

Youth Outreach & Counselling with Linda Pelech

Online: <https://doxy.me/lindapelech>

Phone: 250.720.3091

When: 5:00pm-12:00 midnight

Who: Any Youth or Adult

Wednesdays - Sundays



Housing Department Notice

A reminder to all Tseshaht Housing Tenants,

We'd like to remind tenants that all pets need to be kept on a leash/confined to your yard when they are outdoors. As per section 12.0 Pet Ownership of the Tseshaht First Nation Housing Policy it states:

All tenants who keep a pet must comply with these rules set out in this policy, as follows:

1. A tenant is permitted to keep one (1) pet; additional pets must be approved by the Housing Department;
2. **A tenant who keeps a pet must not allow their pet to run freely in the community and will be liable for damages to any person or property as a result.**
3. Where a tenant or home-owner neglects or abuses their pet the Housing Department will contact the Society for Protection and Care of Animals (SPCA)
4. Pet ownership is NOT permitted in any of the multi-plex buildings.

Dog By-Law:

There is an existing dog by-law which includes by-laws to regulate dogs and other animals.

We appreciate your cooperation



SOCIAL HOUSING MESSAGE

IS YOUR TENANCY AGREEMENT UP TO DATE?

IS AN OCCUPANT MOVING OUT?

WOULD YOU LIKE TO APPLY TO REQUEST AN AUTHORIZED OCCUPANT?

HOUSING HAS FORMS TO ASSIST TENANTS WITH REQUESTS

AUTHORIZED OCCUPANT REQUEST APPLICATION FORM

PET REQUEST APPLICATION FORM

OTHER IMPORTANT HOUSING DEPARTMENT FORMS AVAILABLE

HOUSING APPLICATION

MAINTENANCE REPAIR REQUEST (SOCIAL HOUSING, ELDERS, DISABILITY)

DIRECT DEPOSIT FORM FOR RENT

REQUEST FOR APPEAL

GENERAL UPDATES:

RENTAL PAYMENTS CONTINUE TO BE ACCOMODATED VIA E-TRANSFER TO CANDERSON@TSESHAHT.COM

REPAYMENT AGREEMENTS CAN BE ARRANGED OVER THE PHONE OR VIA EMAIL BY ELECTRONIC SIGNATURE

PLEASE CHECK YOUR HEAT PUMP FILTERS, CONTACT RICHARD SAM IF YOU HAVE ANY MAINTENANCE INQUIRIES OR QUESTIONS AT 250-731-1228 OR 250-731-7595.

FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE AT WWW.TSESHAHT.COM OR CALL 250-731-1205 * 250-731-1208





August 14, 2020

Greetings,

This community resource compilation has been put together for Chiefs, Health Directors, Health Leads and First Nations community members to ensure access to timely and helpful information.

Please share the following links and resources as widely as possible. Materials can be shared in community newsletters, printed and distributed, or shared among leadership and health care providers.

Public Health Notices and Articles:

Recent bulletins and resources:

- (infographic) [COVID-19 Phase 3: Stay Strong, Stay the Course](#)
- (infographic) [How to Wear Your Non-Medical Mask](#)
- (poster) [Phase 3 masking information](#)
- (post cards) [Harm Reduction and COVID-19 post cards](#)
- (article) [Are your children's immunizations up to date?](#)

We encourage everyone to check our website frequently for up-to-date information. Get the latest COVID-19 news from FNHA here: <https://www.fnha.ca/about/news-and-events>

FNHA's COVID-19 Web Portal can be found here: www.FNHA.ca/coronavirus

The FNHA created the COVID-19 web portal to help community members, First Nations leadership and health care providers in accessing the information needed to keep themselves and others safe.

For the most relevant information, including FAQs for community members and FAQs for health care providers, visit one of our three COVID information pages:

- [Information for First Nations individuals](#)
- [Information for health professionals](#)
- [Information for community leaders](#)





Updated FNHA Programs and Services Guide

The FNHA's Programs and Services Guide was recently updated.

- [Programs and Services 2020/2021](#)

Wildfire Information

During wildfire season, you can find resources and important information to help you prepare and stay safe at: <http://www.fnha.ca/wildfire>

Our Community, Our Water Grants

The FNHA is inviting First Nations communities to submit proposals for community water awareness day events. [Learn more here.](#)

FNHA's e-newsletters

You can sign up for the FNHA's e-newsletter to ensure you get regular updates and information here: <https://www.fnhanewslettersignup.ca/>

FNHA App

Stay updated on COVID-19, Health Benefits updates and more with the new FNHA App. [Learn more.](#)

In health and wellness,

The First Nations Health Authority Communications Team





Application Deadline: Monday, August 28, 2020 at 4:30 p.m.

Tseshah First Nation

5091 Tsuma-as Drive, Port Alberni, B.C. V9Y 8X9

Tel: (250) 724-1225 Fax: (250) 724-4385 Email: wgallic@tseshaht.com

STUDENT ALLOWANCE APPLICATION

(NOTE: Incomplete applications may delay payment)

| Student Name Please print student name | Birthdate mo./day/yr. | 10-digit status # Mandatory field, application will not be processed if incomplete | School | Grade |
|---|--------------------------|--|--------|-------|
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| | | | | |
| | | | | |

| | |
|---|--------|
| Address: | City: |
| Postal Code: | Phone: |
| Cell: | Email: |
| <p>Grade 7-12 students only are eligible to receive the clothing and student monthly allowance. <i>All grades are eligible for the school supply allowance.</i></p> <p>**Out-of-town parents must contact their children's school and request they send attendance to our office at the end of every month.</p> | |
| Parent/Guardian Name (<u>please print</u>): | |
| Parent/Guardian Status #: | |
| Parent/Guardian Signature: | |
| Please circle: Mail Pick-Up | |

Application Deadline: Monday, August 28, 2020 at 4:30 p.m.

HEAT EXHAUSTION

OR

HEAT STROKE

Faint or dizzy



Throbbing headache



Excessive sweating



No sweating



Cool, pale,
clammy skin

Body temperature
above 103°
Red, hot, dry skin



Nausea or vomiting



Nausea or vomiting

Rapid, weak pulse



Rapid, strong pulse



Muscle cramps



May lose
consciousness



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives



Please note the Council motion, July 16, 2020:

Tseshaht declares that the Tseshaht First Nation visitor cabins in the Broken Group Islands are closed for community and public use with the exception of the beach keeper cabin for operational use.

The health and safety of our community and members remains a priority for Tseshaht First Nation during this pandemic. We are making every effort to uphold all Provincial Public Health Orders and safety measures to ensure the health and safety of our community.

At this time **all Tseshaht First Nation facilities - including the visitor cabins in the Broken Group Islands remain closed.** The beach keeper cabin remains open for operational use of Beach Keeper staff only.

We are working to ensure that all necessary steps are taken to reduce the risk of spreading COVID-19. It is important that we consider the regulations set out by the BC Centre for Disease Control to manage any risks when visiting the Broken Group Islands.

The following safety measures have been put in place for any Tseshaht First Nation members visiting the Broken Group Islands:

- Provide trip details to Dave Rolston via email only at drolston@tseshaht.com
- Key contact name/phone number for group
- Provide a list of all names/phone numbers for individuals in your group
- Provide date/duration of visit
- Maintain social distancing when necessary (2 meters/ 6 feet) from other guests
- Wash hands with soap and water regularly or use hand sanitizer if soap and water are not available.

We thank you for your cooperation and efforts to help maintain the health and safety of our community.

If you have any questions, please contact Dave Rolston at 250.731.5688



Most people know about Crime Stoppers:

"If you have information about this, or any other Crime, call 1-800-222-TIPS"

"We want your information, not your name. Call 1-800-222-TIPS"

When you think of Crime Stoppers, you might think about T.V. shows like "Cops" and "America's Most Wanted", but Crime Stoppers is Canadian too. Crime Stoppers is an anonymous way for people to report information about crimes. While Crime Stoppers is not the police, they do work closely with police forces all over Canada.

Healthy Communities have to have ways to support victims of crimes. The first step in supporting victims is reporting the crime. Reporting the crimes doesn't necessarily mean 'putting bad guys in jail'. Reporting crime is the first step in making sure the culprit does not create any more victims.

Reporting crime in small or isolated communities can be very challenging. "What if he finds out I called it in?"

"Will I be safe?"

"Will everyone get mad at me?"

All legitimate concerns if the culprit is your spouse, your sibling, your parent, your neighbor, your father's best friend – well you get the idea. So how can you "rat" these people out and why would you?

The reality is that you aren't "ratting" anyone out. You are doing your part to keep your community safe and healthy. You are supporting victims and you are stopping people from creating more victims and you can do your part and stay anonymous by calling Crime Stoppers.



1-800-222-TIPS (8477)



bccrimestoppers.com

RCMP



ROYAL CANADIAN MOUNTED POLICE

PORT ALBERNI RCMP INDIGENOUS POLICING SECTION

Cpl. Jay Donahue



Cpl. Jay Donahue is the Non Commissioned Officer in charge of Port Alberni Indigenous Policing services, living and working in the Valley for the past ten years. He is an Aboriginal person and of Metis decent. His maternal family are Cree, from the traditional territory of the Michel First Nation in Alberta. He has 23 years of policing services and a passion for working with Aboriginal peoples.

Jay previously worked as an RCMP officer in Campbell River and New Hazelton; working extensively with the Wei Wai Kum, Campbell River, Gitksan and Wet'suwet'en Nations. His priority is the same wherever he works, ensuring stronger and safer communities for our Aboriginal people.

"If you show respect, you get respect"
— Jay

Cst. Pete Batt



Cst. Pete Batt comes to you from the traditional territories of the Mi'kmaq Peoples. Pete is passionate about issues that affect Indigenous Youth and sees our Youth as the future for all of us. Cst. Batt holds a Bachelor of Science from Dalhousie University and enjoys boating, hiking, hunting and fishing with his family but spends much of his free time celebrating his culture by playing bagpipes in the West Coast Highlanders Pipes and Drums along with his family.

"By knowing and understanding our own cultures, we gain respect for the cultures around us." - Pete

Cst. Elizabeth O'Connor



Elizabeth O'Connor joined the RCMP in 2015 and was posted to Port Alberni out of Depot. She is originally from Hamilton Ontario, the traditional territories of the Haudensaunee and Anishnaabeg people.

Before joining the RCMP Cst. O'Connor worked as a Paramedic with BC Ambulance, a Support Worker with youth leaving the criminal justice system, and as a Corrections Officer.

Through her employment and volunteer work in drug and alcohol detox programs, she learned a great deal about the complexity and barriers people face every day. Cst. O'Connor was drawn to a career in emergency services out of a desire to impact others in a positive way and to promote positive change and progress.

"I feel fortunate to have been assigned to the Indigenous Policing Section and I am excited to learn and be involved in this partnership"
— Beth



WORKING TO BUILD SAFER, HEALTHIER, INDIGENOUS COMMUNITIES

DRIVE BY TOY RUN 2020

For the Kids

**Riders are
invited to
come to
Port Alberni
on Saturday,
September
19th, 2020**



**Glenwood
Centre will
be open from
noon until 4
pm to accept
donations
of new,
unwrapped
toys.**

PORT ALBERNI BRITISH COLUMBIA

**Social distancing protocols will be in place and we ask that
riders do not gather in groups larger than 50 people.**

**We will be selling the Port Alberni Toy Run teddy bears at this event,
and bears donated back will be given to first responder organizations.**

**We appreciate your continued support of the Port Alberni Toy Run
and look forward to returning to full weekend events in 2021!**





Promoting Resiliency 9 part Webinar Series

TIMELINE AND TOPICS

Bi-weekly, Thursdays at 12:00pm

1. **Community Resiliency during COVID-19 and Beyond** *July 23rd*
2. **Food as Medicine (Wednesday)** *August 5th*
3. **Canning Workshop** *August 20th*
4. **Traditional Medicines for Lung Health** *September 3rd*
5. **Traditional Medicines for the Immune System** *September 17th*
6. **Respecting Tobacco: Traditional Sacred Uses** *October 1st*
7. **Learning to Quit Commercial Tobacco Use** *October 15th*
8. **Indigenous Harm Reduction and Cannabis Use** *October 29th*
9. **Resiliency Through Physical Activity** *November 12th*

Live on:
Facebook & Zoom
No registration required



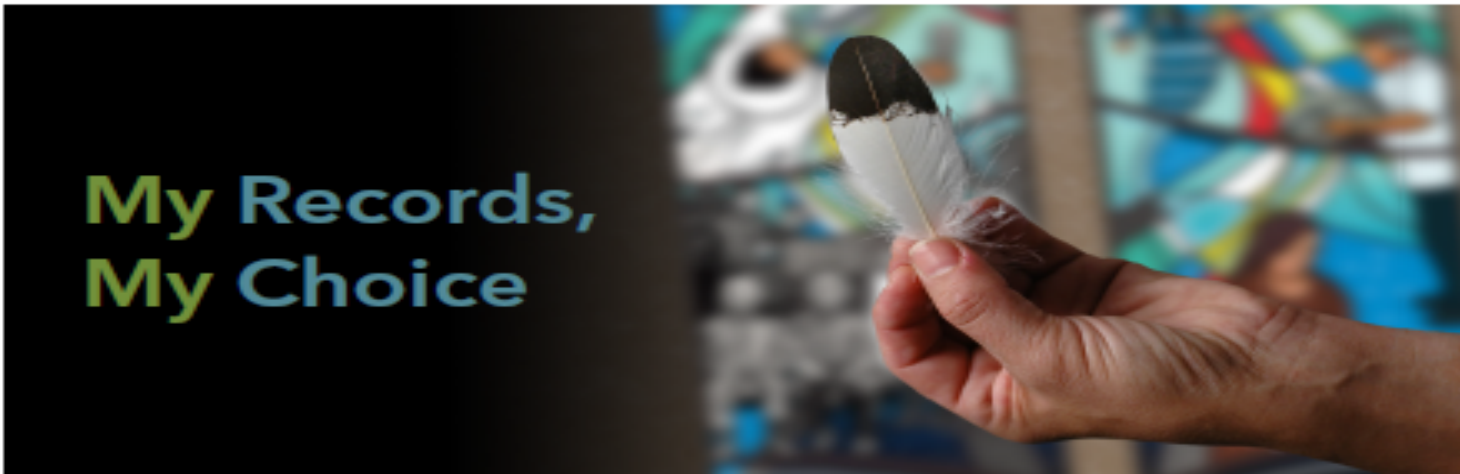
Xpey' Wellness



<https://us02web.zoom.us/j/5611409368>
Meeting ID: 561 140 9368



larissa.coser@fnha.ca



My Records, My Choice

If you made an IAP or ADR claim for compensation for residential school abuse, there are records of your claim. You now have the opportunity to choose what happens to those records after your claim is finished.

The choice is yours

- Your records from the Independent Assessment Process (IAP) or the Alternative Dispute Resolution process (ADR) are confidential.
- To keep them confidential, you don't need to do anything.
- If you do nothing, your records will be automatically destroyed on September 19, 2027.
- Until September 19, 2027 you can get a copy of your records for yourself or to share with anyone you choose.
- If you choose, you can preserve your records for history, education, and research at the National Centre for Truth and Reconciliation (NCTR).

Which records are being kept?

- Your application form
- The voice recording of your testimony
- The printed record (transcript) of your testimony
- The decision on your claim

Can I get a copy of my own records?

Yes. To get a copy of your application form, the transcript of your testimony, and your decision, call IAP Information toll free at **1-877-635-2648**. Or email IAPRecords_DocumentsSAPI@irsad-sapi.gc.ca.

Information that identifies other people will be blocked out, to protect their privacy.

It can take several months to receive a copy of your records.

Preserving the history of residential schools

The National Centre for Truth and Reconciliation (NCTR) has been created to preserve the history of Canada's residential school system. It is hosted at the University of Manitoba. It is the permanent home for the records of the Truth and Reconciliation Commission (TRC).

The NCTR invites those who made a claim in the IAP or ADR to add their records to its collection. These records will be available forever, to researchers and others who want to learn about the history and impact of Canada's Indian residential schools.

Information that identifies other people will be

blocked out, to respect everyone's privacy.

If you choose to preserve your records with the NCTR, send your completed consent form to the IAP Secretariat and your records will be securely sent to the NCTR.

To get a consent form, call IAP Information toll free at **1-877-635-2648** or download the form from www.MyRecordsMyChoice.ca.

How would my records be used at the NCTR?

If you choose to preserve your records at the NCTR you may choose either restricted access or open access. "Restricted" means that your name and other information that identifies you is kept confidential. "Open" means that you could be publicly identified.

Can I get help?

Yes. Resolution Health Support Workers (RHSWs) can answer your questions and help you with forms. To find an RHSW in your area, call one of the toll-free information lines below, or ask at your band office.

To learn more

- **IAP Information**
toll free: 1-877-635-2648
email: MyRecordsMyChoice@irsad-sapi.gc.ca
online: <http://www.MyRecordsMyChoice.ca>
- **Assembly of First Nations**
toll free: 1-833-212-2688
email: iapdesk@afn.ca
online: www.afn.ca
- **Inuit Representatives:**
Contact for the Inuvialuit:
phone: 1-867-777-7018
email: ggruben@inuvialuit.com
online: <http://www.irc.inuvialuit.com/>
Contact for Makivik:
toll free: 1-800-369-7052
electronic communications can be submitted at:
<http://www.makivik.org/contact/>
online: <http://www.makivik.org>
- **National Centre for Truth and Reconciliation (NCTR)**
toll free: 1-855-415-4534
email: NCTRrecords@umanitoba.ca
online: www.NCTR.ca

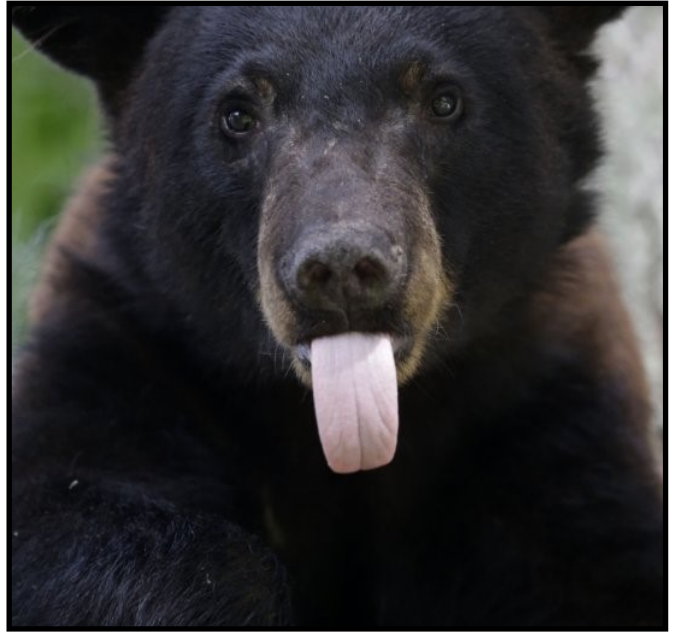
If you are feeling pain or distress because of your residential school experiences please call the free 24-hour **Residential Schools Crisis line: 1-866-925-4419**

Reminder to everyone:

Be wildlife aware!

If you encounter wildlife, please get to a safe place,
being as loud as possible. Then call:

Conservation at 1-877-952-7277



TAX EXEMPT

HYDRO, TELEPHONE, OR CABLE

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

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

Please contact Jane Jones at 250.724.1225 or email jjones@tseshaht.com . If you require further information.



**We want your information
– not your name!**

 **1-800-222-TIPS (8477)**

 **bccrimestoppers.com**



SERVICE CANADA

READY TO HELP — YOUTH



We are ready to help Canadians through the COVID-19 outbreak. For a complete list of programs, services and resources available through the Government of Canada visit: Canada.ca/coronavirus



Canada COVID-19 Support App

Get the Canada COVID-19 app (iOS or Android) for COVID-19 information, recommendations, and resources.

CANADA EMERGENCY STUDENT BENEFIT (CESB)

This benefit provides \$1,250 per month for eligible students or \$2,000 per month for eligible students with dependents or disabilities. This benefit will be available from May to August 2020.

<https://bit.ly/3cvvUi1>

Automated help line: 1-833-966-2099

CANADA EMERGENCY RESPONSE BENEFIT (CERB)

If you have stopped working because of COVID-19, the Canada Emergency Response Benefit (CERB) may provide you with temporary income support.

Canada.ca/coronavirus-cerb

Automated help line: 1-833-966-2099

Service Canada CERB call centre: 1-833-699-0299

CRA My Account and CERB call centre: 1-800-959-8281

CANADA STUDENT SERVICE GRANT (CSSG)

For students who choose to do national service and serve their communities, the new CSSG will provide up to \$5,000 for their education in the fall.

More details will be made available on the "I Want to Help" platform soon.

CANADA STUDENT LOANS PROGRAM (CSLP)

We are proposing changes to the Canada Student Loans Program to allow more students to qualify for support and be eligible for greater amounts.

Learn more about Canada Student Grants and Loans:

<https://bit.ly/2WrzEyb>

NATIONAL STUDENT LOANS SERVICE

All student loan borrowers will automatically have their loan repayments and interest suspended until September 30, 2020. Students do not need to apply for the repayment pause.

Learn more about the moratorium on the repayment:

Csnpe-nslsc.canada.ca/en/what-is-new

MENTAL HEALTH SUPPORT

We are giving \$7.5 million in funding to Kids Help Phone to provide young people with the mental health support they need during this difficult time.

Kidshelpphone.ca

1-800-668-6868

JOBS AND OPPORTUNITIES

We are expanding existing federal employment, skills development, and youth programming to help students find employment and develop valuable skills this summer and over the coming months. Learn more about youth programs:

<https://bit.ly/2YWXcd9>

SERVICE CANADA

READY TO HELP — SENIORS



We are ready to help Canadians through the COVID-19 outbreak. For a complete list of programs, services and resources available through the Government of Canada visit: Canada.ca/coronavirus




Canada COVID-19 Support App
Get the Canada COVID-19 app (iOS or Android) for COVID-19 information, recommendations, and resources.

PUBLIC PENSIONS


We are providing a one-time tax-free payment of \$300 for seniors eligible for the Old Age Security pension, with an additional \$200 for seniors eligible for the Guaranteed Income Supplement.


You can apply online through your My Service Canada Account for the following:

- Canada Pension Plan Retirement Pension
- Canada Pension Plan Disability Benefit
- Old Age Security/Guaranteed Income Supplement

 **My Service Canada Account:** <https://bit.ly/2WI93jr>

Questions:

 1-800-277-9914

 Canada.ca/en/services/benefits/publicpensions.html


REGISTERED RETIREMENT INCOME FUNDS


We reduced the required minimum withdrawals from Registered Retirement Income Funds (RRIFs) by 25 per cent for 2020.

 <https://bit.ly/3bstRtv>

UNITED WAY CANADA

We are contributing \$9 million through United Way Canada for local organizations to support practical services to Canadian seniors. Contact your local organization:


 2-1-1

 Unitedway.ca/how-we-help/find-your-uwc/

CANADA EMERGENCY RESPONSE BENEFIT (CERB)

If you have stopped working because of COVID-19, the Canada Emergency Response Benefit (CERB) may provide you with temporary income support.

 Canada.ca/coronavirus-cerb

 Automated help line: 1-833-966-2099

Service Canada CERB call centre: 1-833-699-0299

CRA My Account and CERB call centre: 1-800-959-8281



Recycle *right* at the curb

YES! Recycle these at the curb



MIXED PAPER



EMPTY AEROSOL CANS
NO HAZARDOUS MATERIALS



CARDBOARD
& BOXBOARD



PAPER BEVERAGE
CUPS & LIDS



TIN & ALUMINUM
CONTAINERS/FOIL



PAPER PACKAGING
THAT CONTAINED
LIQUIDS



PLASTIC BOTTLES,
CONTAINERS
& TUBS <25L



PLASTIC GARDEN
PLANT POTS & TRAYS

Recycling tips

- Place recyclables into totes loose; **do not bag materials**
*Exception: shredded paper must be contained in a clear plastic bag or paper bag
- Ensure recyclables are clean
- Remove all caps, lids and spray nozzles. Plastic caps and lids can go in the tote once separated

- Place tote at the curb by 7:00 am on your collection day
- Flatten containers as much as possible to save space
- Ensure all items fit securely in the tote. Ensure light items are weighted down
- No hazardous materials

NOT at the curb! Bring to 3rd !

These items can be recycled at the 3rd Ave. Recycling Depot or the AV Landfill Recycling Depot



PLASTIC BAGS &
OVERWRAP*



GLASS JARS &
CONTAINERS*



STYROFOAM*

Recycling locations for other items

Electronics (TVs, computers, printers) - 3rd Ave. Recycle Depot, 3620 3rd Ave. and the Bottle Depot, 3533 4th Ave.

Small Appliances & Power Tools - 3rd Ave. Recycle Depot, 3620 3rd Ave.

Residential/Household Paint, Flammable Liquids, Pesticides or Gasoline - 3rd Ave. Recycle Depot, 3620 3rd Ave.

Lights, Lamps, Ballasts and Fixtures - 3rd Ave. Recycle Depot, 3620 3rd Ave.

Donate textile items to the *Diabetes Canada Clothesline* at the Drop Box located at the 3rd Ave. Recycle Depot.

Clothesline accepts: Gently used clothing, bedding, sleeping bags, belts, ties, handbags, yarn, blankets, drapes, jewelry, hats, pillows, shoes and all footwear.



Reminder- Please Do Not Put Plastic Bags and Overwrap in your curbside tote.
(Bring them to the Recycle Depots)

Not sure what goes in your recycling tote?

ACRD: 250-720-2700

WEB: www.recyclinginbc.ca

EMAIL:

recycling@acrd.bc.ca

Don't bag your curbside recycling

Why? Bagged recyclables can't be sorted by automated machines and end up in the landfill. Keep recyclables loose in your curbside tote and take plastic bags to the recycling centre. **Learn to recycle *right* at the curb.**



For a complete list of what can be recycled and where, visit www.acrd.bc.ca/recycling-directory



May 2020 to April 2021 Tseshaht FN

Note: Your Recycling Pickup Day is shown shaded in BLUE

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

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

For service inquiries contact Waste Management @ 1-800-774-9748

 Recycling Pick-Up Day

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

 Statutory Holidays

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



RECYCLEBC™



ALBERNI-CLAYOQUOT
REGIONAL DISTRICT

2020

Tseshahat Garbage Pick-up



| Regular Pick-up | | | | | | | Holiday Pick-up | | | | | | |
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CONNECT WITH US!



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



www.Tseshahat.com



Tseshahat First Nation



tseshahat_first_nation

TSESHAHT COUNCIL REPORT

HUGH BRAKER

COVID-19 Pandemic Update

Current Situation

BC had 85 NEW COVID-19 cases yesterday. This is the third highest one-day new case total since the pandemic started. It is the highest one-day new case total since April 25. There are 531 active COVID-19 cases in BC with 8 cases in hospital and 5 in critical condition. Vancouver Island health region has two new cases and continues to have lower than average new cases in BC. 196 people have died in BC from COVID-19 since the start of the pandemic in March.

This new spike in cases comes two weeks after the BC long weekend. The majority of new cases are now young people in the Lower Mainland and the majority of new cases are linked to large events both indoors and outdoors. However, not all are linked to large events. Several bars and restaurants are being linked to COVID-19 cases and, it is worth noting, that a retail store is linked to COVID-19 cases.

The United States continues to average 1,300 covid-19 deaths per day.

Tseshahst response

Since the beginning of the COVID-19 pandemic, the priority of the Tseshahst Emergency Operations Centre (EOC) has been the protection of members. In particular, the protection of vulnerable Tseshahst members such as the elderly, those in frail health and those with

compromised immune systems. That will continue to be our focus.

The Tseshahst EOC attends a conference call/Zoom call with Emergency Management BC, Indigenous Services Canada, First Nations Health Authority, Emergency Management BC, Ministry of Indigenous Services and Reconciliation BC and all Vancouver Island First Nations. We also attend another conference call/Zoom call every two weeks with Emergency Management BC, Medical specialists, Island Health and all towns, regional districts, First Nations and others on Vancouver Island. Both calls are to address the COVID-19 crisis. At those meetings Tseshahst EOC learns what proper steps should be taken and the Tseshahst EOC is able to ask the medical specialists any questions we have. Throughout the entire pandemic the Tseshahst EOC has been guided by recommendations from medical experts.

In March the Tseshahst EOC declared a State of Emergency on Tseshahst lands effective until June 30, 2020. It is probable that the Provincial State of Emergency does not apply on reserve. The Tseshahst State of Emergency was extended to the end of July and then again extended until the end of September, 2020. It remains in effect.

On Thursday, August 13, I met with the principal of Haahuupayak. We discussed the opening of the school and the COVID-19 prevention measures. I was relieved that the school administration is taking

extensive precautions to prevent any spread of COVID-19 and to protect the students, staff and the Tseshaht community. The measures being taken by Haahuupayak are extensive.

The Tseshaht public buildings all remain either closed or on limited access. Maht Mahs is closed as are the Long House, Youth Centre and Family Centre. The gym is limited in the number of people that can go in and they are asked to clean regularly. The Cultural Centre remains closed. The Dam is open but we ask people to socially distance. The playgrounds are open; HOWEVER, parents must take responsibility if their children are playing in the playgrounds. We do not have the staff or the funds to pay someone to constantly sanitize each piece of equipment in each of our three playgrounds. If your child is playing in one of the playgrounds, we ask the parents to make sure the equipment is clean.

The Tseshaht Administration building remains closed to the public. Staff are working in the office on a rotational basis. Questions about the administration can be directed to Darren Mead-Miller. The best way to get a hold of all Tseshaht staff is via email.

Tseshaht Community meetings remain cancelled until Health Authorities say it is safe to hold them. Council meetings are held where councillors socially distance as much as possible. All Tseshaht Elders lunches and trips remain cancelled until further notice. Whether there is a Tseshaht Community Christmas dinner this year will depend on the pandemic.

Tseshaht should be receiving more money to deal with the COVID-19 pandemic within the next few weeks. The Federal Minister announced the further funding two days ago but the details are still being worked out. We do not yet know how much money Tseshaht will receive or if it will have conditions.

I understand that the Elections Officer has set the date for the Tseshaht Election for October 17. In March the Tseshaht EOC recommended, among many other things, a delay of the election. That was in keeping with advice from BC medical staff at that time. Since March the number of new infections has gone down. In addition, the government has issued guidelines on how to conduct elections during the COVID-19 pandemic. The election will go ahead October 17 BUT with the implementation of COVID-19 restrictions. IF there is a second wave of COVID-19 or a strong upswing in COVID-19 cases on Vancouver Island, it is always possible that the election could be further delayed. Tseshaht was, of course, not the only jurisdiction to delay its election. Many other First Nations did the same and some municipalities and districts in BC also delayed by-elections. Since June, some First Nations have begun to have elections again. The EOC will continue to monitor infection rates and the advice of medical officers.

We will report to Tseshaht again as needed.

-Hugh Braker,

Tseshaht EOC Deputy Director.

KEN WATTS

As it has been several months since my last update on the portfolios, I would like to share the following projects, initiatives, or portfolios I have been working on recently and will work on to advance.

Councillor Projects/ Initiatives/ Portfolio/ Lead update

Gaming Revenue implementation

Somass Hall – We are excited that there will be small ceremony at the hall and it will be torn down this fall.

We are applying for a large grant to build a new hall. This was identified as a priority by members in the wish list exercise and supported by the finance committee and council.

Longhouse – Renovations for this building was also identified as a priority for better utilization and we hope before the end of the calendar year we will renovate to provide better circulation, better soil/dirt/clay flooring, new lighting an external building for a bathroom, small kitchen and table and chairs storage.

Clutesi Haven Marina

I recently reached out to the Port Alberni Port Authority (PAPA) and the City of Port Alberni again to explore opportunities for Tseshaht presence through creating a food truck market at Clutesi Haven after seeing the three trucks on the highway near the golf course. We are happy to make progressive steps forward with potential investments for artwork, improving the appearance of the area and more. Please stay tuned as the space is utilized more and Tseshaht has more of a presence in the area as more work will be done this summer and beyond.

Sproat School

As previously mentioned, community has given the Nation the mandate with developments based on the highest and best use study for the site which outlined residential and commercial or mixed use for the site. A potential partner is being explored with a financial and legal review being undertaken at this time of a partnership to develop market housing with duplex and apartment buildings on the school site geared towards for-profit/market housing as an economic venture. However, given recent construction of new apartment buildings in Port Alberni the market demand need may decline and we may have to pursue other commercial/residential developments as approved by community. Stay tuned for developments of this project as rezoning and other prep work carries on.

Tourism Action Plan

Tourism has been identified by community numerous times as a priority and we received funds to hire a consultant to develop an action plan (copies available by emailing kenwatts@tseshaht.com). We have now identified a funding opportunity to help implement the action plan and implement the creation of new tourism opportunities including canoe tours along the river, long-house visits, Broken Group Island canoe tours and Keith Island Cabin rentals. Please stay tuned as we work with partners to apply for this large grant.

Tseshaht Market

New business development

Tseshaht Market staff and the board of directors have heard loud and clear that members would like to utilize the space more, that we must discuss creating new opportunities and that we should be prepared to start new ventures given the impacts that events like COVID-19 can have on business. The board has identified the following opportunities as options and will be exploring these soon:

1. a beer and wine/liquor store
2. a franchise (restaurant)
3. kiosks/food trucks or other rental space
4. campground behind the market

Community engagement and mandate will be required in terms of the liquor store due to the sensitive nature of this industry.

Fuel supply

The Market board is also beginning initial preparation along with the Market Manager for the evaluation of potential fuel supply companies as our agreement with Fas Gas ends in 2021.

Business increasing

As you may have noticed with the economy picking back up and tourism increasing on the West Coast, business at the Market has also rebounded since the COVID-19 pandemic began in March. While there were several months of low traffic, business is turning around, and we had a success July. Thanks to management, staff and board for all of their work.

Basketball Court

Community members identified the desire to see a new full-size outdoor basketball court so we have created potential space at the old Peake Hall/band office site as potential area. We have found potential funds to apply for to build such a court along with a roof, bleachers and space that would be able to be utilized all year round, with new opportunities for summer outdoor tournaments. Please stay tuned as we apply for these funds.

ALR Catalyst Waterfront Lands (“old airport lands”)

Although the highest and best use study was done for these lands, previous community meetings had dialogue around potential selling these lands. I personally am not in favour of selling any of our territories to someone else but that is not my decision to be made. The difficulty is that almost all of the land is in the Agricultural Land Reserve (ALR) which has a very specific legal requirements of what can and cannot be done on these lands. Potential agricultural opportunities may arise that may provide employment, lower financial returns but more opportunities for food security to assist in feeding our people when needed.

Landfill

As previously mentioned in the prior update we have received over \$100,000 to do our own research on the impacts of the landfill by reviewing previous research, analyzing, simplifying and determining what further research will be required. We received a referral for the Alberni-Clayoquot Regional District (ACRD) application to merge their tenures at the landfill into one and advocated and lobbied to ensure Tseshahat's voice was heard. The goal of our research is to determine impacts on the land, air, waterways and health of our people and provide that report to Tseshahat and government as the Alberni-Clayoquot Regional District (ACRD) makes plans for the future of the current landfill. We will share the outcome of this report once completed.

RCMP LOE (or other agreement)

I will be working with our staff to negotiate a new Letter of Expectation or similar agreement with the RCMP to ensure we have a good working relationship that is based on Tseshahat priorities.

Cannabis

Although our store had difficult times during COVID-19 at the beginning, profits have been increasing and we will continue to explore cultivation as community directed previously. We continue to discuss issues with the provincial licensing system, and I am happy to announce my personal appointment by the First Nations Summit to the BC First Nations Cannabis Working Group.

Seaweed and Oyster

As PAPA has created the new food hub at the old Port Fish/Alberni Ice plant with many different companies, two of those businesses have reached out Tseshahat to explore potential partnerships in oyster aquaculture and seaweed. We will continue to simply explore this opportunity over the coming months.