



# HISHUK'ISH TSAWALK

## TSESHAHT FIRST NATION NEWSLETTER

VOLUME 3, ISSUE 6

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## COVID-19 Administrative Update

### *Message from the Executive Director to Administrative Staff*

Hi All

Thank you all for giving your best to continue serving the Community through this unprecedented time – you truly reflect Tseshahat spirit.

I want to provide an update for our effort to minimize the impact of the COVID-19 pandemic. Our effort has given the EOC reason to review administration's position on a go-forward basis. As a result of the review, administration has been given approval to return to regular operations and will return to regular office hours for staff only beginning Tuesday, September 8<sup>th</sup>. The building will remain closed to public until the COVID-19 pandemic presents less risk.

We continue to follow the direction of the EOC and B.C.'s Public Health Officer and make decisions for the workplace based on this direction. If transmission of COVID-19 increases, we may re-introduce restrictive measures such as pausing of programs and services etc. We also continue to assess risk and identify specific conditions where potential exposure may occur. Based on these assessments, we continue to implement controls to prevent exposure to COVID-19 including the following:

- Administration building remains closed to public
  - Public buildings such as Maht Mahs (including kitchen), Youth Center, Cultural Center and Family Center remain closed
  - Continue physical distancing measures such as limiting the number of people in washrooms, coffee room and Great room
  - Providing additional hand sanitizing stations
  - Continue cleaning protocol for common areas and high touch surfaces
  - Continue limiting all non-essential travel in and out of the community including staff business travel
- Staff that have one symptom of COVID-19 (fever, cough or difficulty breathing), or even mild symptoms, should stay home to avoid spreading illness to others

Thank you all for your continued effort as we move cautiously forward through uncharted waters – stay safe!

### COVID-19 OFFICE CLOSURE

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



## **ATTENTION TSESHAHT ELECTORS**

### **NOMINATIONS:**

Electors are reminded that mail in nominations must be received by the Electoral Officer no later than the close of the nomination meeting, Monday September 14, 2020 at 7:00 pm.

### **NOMINATION MEETING:**

DUE TO COVID-19 CONCERNS, the Nomination Meeting will be conducted at the Administration Building in a drive-by fashion, similar to fish distribution, on Monday September 14, 2020 starting at 5:00 PM. The Nomination Meeting will be open for a minimum of 2 hours, continuing until the line of nominators ends.

Nominations can be made by driving up to the front entrance of the Administration Building and submitting a completed mail in nomination form to the Electoral Officer (both sides). If you don't have a form you may collect a blank form from staff at the entrance to the parking lot.

The Electoral Officer (or Deputy EO) will review nomination forms as they are submitted for completeness and update the list of nominees as necessary.

Members who wish to witness the meeting may do so by standing in one of the clearly defined witness areas located near the front entrance, following strict physical distancing and sanitization protocol. ALL witnesses MUST wear a mask.

# Laying the Somass Hall to Rest

## A Call for Pictures and Stories - deadline September 15, 2020

On Monday, September 28<sup>th</sup>, at approximately 9:00 am the demolition crew will start tearing down the Somass Hall. For over 4 generations, "The Hall", as it was fondly known, was the heart beat for everyone who visited the Tseshahht territory. Weddings, lahal, potlatches, band events, haahuupayak graduation ceremonies, treaty meetings, dance practices, youth groups and much more were constant events.

Over the past few months, exterminators have been working at reducing the rodent population to a very small number and we have reached a point where risk of rodents fleeing to nearby buildings is very minimal.

A memories booklet of the Somass Hall is being prepared. If you have pictures or a favorite story, please contact Melissa at the band office 250.724.1225. She will scan the picture and give it right back to you. If you prefer you can also email them to her at [community@tseshaht.com](mailto:community@tseshaht.com) keeping in mind the deadline is Tuesday September 15, 2020.

Pamphlets will be given out to attendees as well we will send extra copies in the next newsletter.

Planning strategies for COVID, visiting homes for ideas on brushings and cleansings, as well as recalling past events have now been completed.

COVID will allow only Tseshahht members to witness this event. There will be a live stream on Facebook for all others.

Parking attendants will help with parking.

"Greeters" will remind attendees of hand sanitation, showing which direction to follow and where your family members should stand. Chairs will be available for elders.

We will also have a person writing down all the names of people attending, in order to document attendance as well as COVID tracing should we have concern of an outbreak.

Signs will show where the coffee is served on trays (by coffee servers only)

Brushers will start brushing at approximately 6:30 am.

Please email Jessica ([jessica.b.sault@gmail.com](mailto:jessica.b.sault@gmail.com)) if you want to volunteer for:

- Parking(3)
- Greeter(3)
- Write down names (2)
- Coffee Servers (3) Coffee will be from Tim Hortons
- COVID stations (3) hand sanitizers, gloves, masks

Plans for a new hall are in the early talking stages and community members will be given updates in the future.



Somass Hall - 2020

Thank you for sharing such wonderful stories with me. ~ Jessica Sault

**yaaʔakuk<sup>w</sup>in ʔuuʔuuk<sup>w</sup>aʔath (we love our language)**

**ʔaaqinʔapithasuu (What were you all doing?)**

## **Language Team Update**

Language Strategy was adopted by community March 2020.

- We had 5 Tseshaht learners attending an online language intensive course offered by Adam Werle, this opportunity was promoted at our online class.
- Our last project for FirstVoices 2019-2020 posted approximately 1800 sound files of words and phrases from the t'aat'aaqsapa dictionary. Check out FirstVoices.com to see the additions we have been making to our archive.
- Grant, Data Tech, was interviewed by Rising Voices – they are doing short series on indigenous from Latin America they interviewed group looking at us for ideas, they are linking up indigenous groups for learning from each other using our program and projects as an example
- Dawn, Language Coordinator sat on the a committee with the Canadian Heritage to review language funding proposals for communities outside of B.C..
- We added a new team member Jocelyn Dick as our Data Tech/Archive trainee.
- We were successful with all of our funding applications this year and have received funding from FirstVoices, First Peoples Cultural Council – B.C. Language Initiative, First Peoples Cultural Council – Indigenous Language Grant (previously Aboriginal Language Initiative) to operate our program this year.
- Online language classes over the summer were held every Thursday at 1:00pm. This class will be held Fridays at 12:00 starting September 11<sup>th</sup>.
- Created short videos as learning resources posted on our Facebook page and Youtube page. Most recently weather, greetings, and going for a walk videos.
- Created signage for at the dam and around the community.
- Working on a stop sign project to have signage on our roads in our language designed and installed
- Tseshaht language program is supporting its own Mentor-Apprentice team Kathaleen Good and Angie Joe, who have a unique opportunity where a language speaker and learner are living together so can safely participate in a MA program. They have completed 40 hours so far.
- Currently Recording with Willard Gallic and Lena Ross, working with Willard over the phone and internet because of Covid restrictions.
- This year's FirstVoices project will see an addition 1000 words and phrases along with audio from a first words document - the team is currently reviewing the archive to cross reference.
- The whole team has been involved in FirstVoices training webinars for the month of September.

Join our Facebook page Tseshaht Language and join or Friday noon language class link will be posted on Facebook.



# **Tseshaht Women's Empowerment**

## **4 Week Series**

**starting Wed. Sept. 9, 2020 @ 6 pm**

**Outside the Family Center**

Social distancing will be respected with chairs & tents set-up  
Sign up is required as well as a support person if you wish

- ⇒ **Week 1: Standing in your truth**
- ⇒ **Week 2: Victim blaming, working through this stigma**
- ⇒ **Week 3: Forgiveness/gift of the present**
- ⇒ **Week 4: Celebration**

**For more information or to sign up please contact:**

**Linda Pelech**

**Tseshaht Clinical Counsellor**

**250.242.0114 or on FB**



## BARRIERS TO EMPLOYMENT NEEDS

### ASSESSMENT SURVEY - CLOSED

*(for Tseshaht Youth ages 15 – 35)*

Survey calls will have now been completed to Tseshaht Youth, in and out of town with those agreeing to complete the survey entered in our draw. Congratulations to the winners!

- ♥ **Laptop and printer** - Brendan Lundy-Sam
- ♥ **\$500 cash** - Katelyn Fred
- ♥ **Nintendo Switch-Lite** - Shelby Holtslag
- ♥ **Nintendo Switch-Lite** - Sylvia Dick
- ♥ **Canon Ivy Mini Photo Printer** - Angelina Cartlidge
- ♥ **Canon Ivy Mini Photo Printer** - Jade-Lynn Jensen
- ♥ **Canon Ivy Mini Photo Printer** - Harlee Sam
- ♥ **Canon Ivy Mini Photo Printer** - Bradley Corky Watts
- ♥ **Canon Ivy Mini Photo Printer** - Adam Felsman
- ♥ **Walmart gift card** - Cheyanne Edgar-Rupert
- ♥ **Walmart gift card** - Kianna Watts
- ♥ **Walmart gift card** - Lynn Bos
- ♥ **Walmart gift card** - Kae-Lynn Johnson
- ♥ **Walmart gift card** - Kathleen Quesnel-Campbell

Thank you to the 93 Tseshaht Youth that took the time to participate

Your input and voice matter and will help guide employment and training programs for our community.

**YOUR  
VOICE  
MATTERS!!**

# SETEMBER 2020

# TSESHAHT SOCIAL DEVELOPMENT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 <b>OFFICE CLOSES 3:00PM OPEN REGULAR HOURS TUESDAY</b>	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 <b>CHEQUE ISSUE PWD-PPMB-COPH EVERYONE 10:00 – 2:00PM OUTSIDE OFFICE</b>	OCT.1	OCT.2	OCT.3

\*Do not forget to submit your Utility Bills when they come in.

\* Cheque issue is at the Band Office (outside) 10am – 2pm



# 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](mailto:community@tseshaht.com)

For more information on CASL please see [www.fightspam.gc.ca](http://www.fightspam.gc.ca)





**“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**



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](mailto: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

Address:	City:
Postal Code:	Phone:
Cell:	Email:
<p><b>Grade 7-12 students only</b> are eligible to receive the clothing and student monthly allowance. <i>All grades are eligible for the school supply allowance.</i></p> <p><b>**Out-of-town parents must contact their children's school and request they send attendance to our office at the end of every month.</b></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.



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



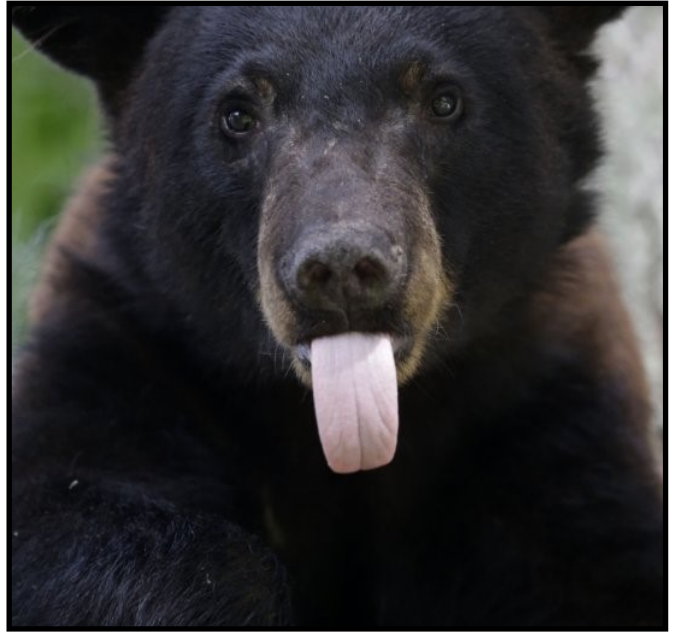
[larissa.coser@fnha.ca](mailto:larissa.coser@fnha.ca)

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](mailto:jjones@tseshaht.com) . If you require further information.



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

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

 **[bccrimestoppers.com](http://bccrimestoppers.com)**







# Recycle *right* at the curb

## YES! Recycle these at the curb



MIXED PAPER

EMPTY AEROSOL CANS  
NO HAZARDOUS MATERIALSCARDBOARD  
& BOXBOARDPAPER BEVERAGE  
CUPS & LIDSTIN & ALUMINUM  
CONTAINERS/FOILPAPER PACKAGING  
THAT CONTAINED  
LIQUIDSPLASTIC BOTTLES,  
CONTAINERS  
& TUBS <25LPLASTIC 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](http://www.recyclinginbc.ca)

EMAIL:

[recycling@acrd.bc.ca](mailto: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](http://www.acrd.bc.ca/recycling-directory)





## May 2020 to April 2021 Tseshaht FN

Note: Your Recycling Pickup Day is shown shaded in BLUE

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

JUNE						
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21	22	23	24	25	26	27
28	29	30				

JULY						
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26	27	28	29	30	31	

AUGUST						
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23	24	25	26	27	28	29
30	31					

SEPTEMBER						
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27	28	29	30			

OCTOBER						
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25	26	27	28	29	30	31

NOVEMBER						
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22	23	24	25	26	27	28
29	30					

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

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

FEBRUARY						
S	M	T	W	T	F	S
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						


MARCH						
S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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


For more information on what can be put in your curbside recycling bins visit [www.recyclinginbc.ca](http://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						
JANUARY							FEBRUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		
MAY							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	31	1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				
JULY							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
SEPTEMBER							OCTOBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
30	31	1	2	3	4	5					1	2	3
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30				25	26	27	28	29	30	31
NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7			1	2	3	4	5
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31		

## CONNECT WITH US!



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Tseshahat First Nation



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September 10, 2020

## **Tseshah Emergency Operations Centre Report**

As you are probably aware from media reports, medical advisors say that BC is either in, or at least starting, the anticipated second wave of the COVID pandemic. British Columbia's daily new infection rates are higher now than at any time since the pandemic started. Vancouver Island, thankfully, is still low in infections although Vancouver Island has had five new infections since last Saturday.

Central Vancouver Island (which includes Port Alberni) has had 49 cases since the pandemic started. Northern Vancouver Island has had 64 cases since the pandemic started and Southern Vancouver Island has had 65 cases since the pandemic started. As mentioned online, there is a confirmed case on reserve at Gold River. There is also an Ahousaht member who has tested positive but who lives in the Lower Mainland. Squamish First Nation is reported to currently have 31 cases in their outbreak. Alert Bay had 26 cases earlier this year but they have all resolved. Several other First Nations in BC have had members test positive and, in some cases, have lost members to COVID. Therefore, continued precautions are necessary. We are NOT immune.

It will be flu season soon and this has the potential to be very dangerous when combined with the COVID outbreak. We encourage everyone and at least those who is over 50 or who has underlying health problems or who is under 5 to get a flu shot. The flu vaccinations should be available sometime in early October and will be done through appointments with the nurse. Infant vaccinations, shingles vaccinations and adult pneumonia vaccinations continue but are done through appointments with the nurse. Phone the NTC nursing team at 250-724-5757 to set up an appointment with the nurse who comes to Tseshah for youth vaccinations, adult shingles vaccination or pneumonia vaccination. Wait for an announcement for the flu vaccine.

Because we are now in, or entering, the second wave of COVID, the Emergency Operations Centre will begin distributing what supplies we have to elders next week. This will include cleaning supplies and masks. Priority to elders and the medically fragile.

I had a long meeting with the principle of Haahuupayak and am very happy with the school's efforts to keep the students safe. The school is doing more than the Chief Medical Officer of BC set out in her memo for opening schools.

At this point Tseshah playgrounds and the Dam remain open, however, that is always subject to review if the infections continue to rise on Vancouver Island. At this time the Tseshah offices are open to staff. Members must make an appointment.

-Hugh Braker, Deputy Director, Tseshah EOC

