

VOLUME 4, ISSUE 1

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COVID-19 Vaccine Update

Tseshaht Administration is working with NTC Nursing and FNHA to prepare for a COVID-19 Vaccine Clinic for on-reserve members. We do not have a date or approximate timeframe yet for when this clinic will be offered, but there are things we can do in advance to prepare.

ADVANCE VACCINE SURVEY | Starting Monday, we are calling each household on reserve to collect member contact and health information and asking whether or not you would like to get the vaccine. During each call we will obtain information for each member of the household to complete an <u>FNHA COVID-19 IMMUNIZATION ENTRY FORM</u>. A sample of this form is included on the back of this page so that you can be prepared for what information will be needed. Members may complete the form and submit to the office if preferred. The more complete forms that are ready leading up to the vaccine clinic the more efficiently the clinic can be carried out.

Members with underlying health issues, compromised immune systems, pregnant and breastfeeding mothers are urged to consult with their family doctor to ask if it is safe to receive the vaccine.

VOLUNTEERS NEEDED | Once we are notified of the vaccine clinic date, we will put out a call for clinic volunteers to fill roles such as greeters, line controllers, reaction area monitors, and information recorders.

VACCINE FAQ | We would like to calm any anxieties members may be feeling towards the COVID-19 vaccine. On page 3 there is a list of <u>COVID-19 Vaccine Frequently Asked Questions</u> and a document from FNHA What You Need to Know About the COVID-19 Vaccine. Members who are not ready to take the vaccine at the first clinic will have another opportunity to be vaccinated at the follow-up second dose vaccine clinic, which will occur approximately 35 days after the first clinic date.

If you have any questions, concerns or comments about the vaccine please connect with your family doctor.



COVID-19 IMMUNIZATION ENTRY FORM (DOWNTIME FORM).

SERVICE DELIVERY LOCATION	A(1)				
LIENT DEMOGRAPHICS					
Last Name*	First Na	ime*	Middle Name		BC PHN
Date of Birth* (YYYY/MM/DD)	The second section is a second section of the second section of the second section is a second section of the section of the second section of the section of the second section of the	ter: Male, Female, entiated, Unknown)	Home Phone Num (include area code)	ber	
If BC PHN is unknown, a pho LIENT ADDRESS	one numb	er AND address are		City/Tov	
				Postal C	

Consent Readiness	Provider Last Name*	Provider First Name*	
☐ Provider obtained consent from Client (<)			

Agent*	Date Administered* (YYYY/MM/DD)	Reason for Immunization x(2)				
		*Other (default)				
Lot Number*	Lot Number Expiry Date (YYYY/MM/DD)	Dosage Amount (eg. 0.3)	Dosage UOM (ie. mL)			
Site*	Route*	Trade Name	Manufacturer			
Comment (eg. name of	f person providing consent for client; i	f a correction is needed for a pr	eviously submitted form)			

³The Service Delivery location where the vaccine was provided can be the name of the Nursing Station or Health Centre ²Reason for Immunization: Choose Other at this time.

Form Created Dec 23/2020

COMMUNITY FREQUENTLY ASKED QUESTIONS: COVID-19 IMMUNIZATION DECEMBER 29, 2020



What is the age group that the vaccine is available to?

Vaccines are recommended for individuals 18+. Neither of the COVID-19 vaccines that have been approved are recommended for children or pregnant people until more research is conducted. Question from Becky: Do we want to make a specific comment about breastfeeding mothers?

Is the vaccine available to other people living in community e.g. RCMP living in community, teachers, counsellors, band employees, non-First Nations people etc.?

We are promoting a whole community approach to vaccination which includes all residents 18+. The goal is to maximize the number of people in community that are being immunized. This includes individuals who live off reserve, but close to community, due to housing challenges.

How does this unfold in community e.g. Elders only?

A whole community approach is being recommended such that all adults 18+, who freely consent, receive the vaccination. In terms of the order of the immunization roll-out e.g. by age, communities will make this determination.

4. What do we do if we don't have enough staff?

Our regional health authority partners are supporting the roll-out by providing extra certified immunization staff to assist communities where needed and as able.

5. Is vaccine targeted for on reserve population?

At this time, the vaccines are available for individuals living in community and the doses sent reflect the on-reserve population that are 18 and over. Work with our regional health authority partners is underway to support urban and away from home members.

6. Some community members would like to wait to get the vaccine until later, will there be a second opportunity for community-based vaccinations?

Each individual will make their own decision as to whether to receive a COVID-19 vaccination. Feeling worried or hesitant is completely normal when something is new, however, we can be reassured that Health Canada has a thorough approval process that ensures the safety of the many vaccines and medicines we take routinely. We recommend that all community members be vaccinated during the upcoming clinics as there is no guarantee that additional clinics will be available in community.

COMMUNITY FREQUENTLY ASKED QUESTIONS: COVID-19 IMMUNIZATION DECEMBER 29, 2020



Can I get the COVID-19 vaccine if I have allergies?

It depends on what you are allergic to. If you have a serious, life-threatening allergic reaction to any parts of the vaccine (like polyethylene glycol - PEG - which is common in laxatives), then you should not receive the vaccine. Or, if you have had a life threatening reaction to a previous dose of the COVID-19 vaccine or to any other part of the vaccine. Make sure that your healthcare provider knows about all of your allergies before you get any vaccine.

8. What if some community members have chronic conditions like diabetes or long term heart or lung conditions etc. should they be vaccinated?

Yes, it's particularly important for these individuals to receive the vaccinations. There are very few reasons why someone would not be eligible to receive the vaccine and these include an allergy to PEG, an immune system weakened by disease or medical treatment, is pregnant, may be pregnant or is planning to become pregnant, has an autoimmune disease, or received a vaccine in the last 14 days.

9. If we have extra vaccines leftover can we move them to other communities within our family, sub-region, or Nation?

There are very strict rules on how the vaccine can be transported and who can transport it. This is part of the contract with the vaccine producer as well as to ensure it is handled in a way that maintains its effectiveness. More details can be provided by the regional health authority or FNHA team.

- 10. Once we get the vaccine, do we still adhere to Dr. Bonnie Henry's public health measures? Yes, given we are still early in the vaccine roll-out process, it is important that we all keep our bubbles small, wash our hands, wear a mask when 6 ft. of distance can't be maintained, not attend large gatherings etc. even after we receive our immunization. These orders stand until there is very strong herd immunity which includes not only the community you live in but everywhere else you go e.g. to get groceries or gas. in neighboring communities
- 11. Is there a need to get the COVID-19 vaccine if a person has already had the virus and developed antibodies?

Receiving the COVID-19 vaccine is recommended even if you have had a previous infection as the studies so far show vaccine produces a better immune response than natural illness.

12. Is there a reason why the Moderna vaccine was chosen?

The Moderna vaccine is being used to support immunization for remote communities as it stored at approximately -20 degrees Celsius. The Pfizer-BioNTech vaccine must be stored at ultralow temperatures of -80 to -60 degrees Celsius. This makes it much more challenging to transport into rural and remote communities. This vaccine is equally effective as the Pfizer vaccine.

COMMUNITY FREQUENTLY ASKED QUESTIONS: COVID-19 IMMUNIZATION DECEMBER 29, 2020



13. Do community members need to isolate after receiving vaccine?

Isolation after receiving the vaccine is not required unless you have already been ordered to isolate following a positive COVID-19 test or identified as a close contact. In these cases, you should continue to observe your isolation period.

14. Will there be immunization certifications?

Individuals receiving a COVID-19 vaccination will receive a provincial wallet card outlining the dose received. These supplies are being shipped to communities for the health centre team to distribute along with the vaccinations.



What You Need to Know About the COVID-19 Vaccine

What is the COVID-19 vaccine?

Vaccines are products that produce immunity to a specific disease like COVID-19. When you
are immune to COVID-19 that means you can be exposed to it without becoming sick or if
you do become infected, it prevents more severe illness.

Why is it important to get a COVID vaccination?

- Vaccines save lives. Vaccines don't just protect the people getting vaccinated; they protect
 everyone around them too. The more people in a community who are vaccinated and
 therefore protected from COVID-19, the harder it is for it to spread.
- Widespread immunization is the best option to protect people in Canada from COVID-19.
- As more people get vaccinated, we can return to activities that haven't been possible during the pandemic.
- The FNHA's Medical Officers strongly recommend that Indigenous people opt to get the vaccine when they are offered one.
- Who will get vaccinated first?
- Initially, only small quantities of vaccine will be available, requiring that vaccinations take
 place in a sequenced rollout.
- Health care workers in long-term care homes in Vancouver and the Fraser Valley are the first to get the Pfizer-BioNTech vaccine, which requires ultra-cold storage that is only available in a few sites in BC.
- The Moderna vaccine was approved by Health Canada Dec. 23, 2020 and will start going out
 to communities the week of Dec 28. It doesn't have such strict storage requirements so it will
 be suitable for administration in long-term care facilities and community settings.
- Other vaccines will also become available in the New Year. Until they are more widely available, the following groups will receive priority:
 - Residents and staff of long-term care and assisted living facilities
 - Health care workers providing care to COVID-19 patients in settings like intensive care units, COVID-19 medical wards, and emergency departments.

- First Nations people in rural or remote areas.
- Older adults. The age requirement for Indigenous adults will be lower than the rest of the population due to a higher rate of health risks and other factors that have affected equitable access to health care.
- Check this page for updates as more vaccines are approved and more supplies become available: http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/eligibility

How does the vaccine work?

- The first COVID-19 vaccines are called messenger RNA (mRNA) vaccines. RNA stands
 for ribonucleic acid, which is a molecule that provides cells with instructions for making
 proteins. These vaccines essentially teach our cells how to make the coronavirus's spike
 protein and trigger an immune response if we become infected with the virus.
- The Pfizer and Moderna mRNA vaccines require two doses to be fully effective. The second dose is administered about three weeks after the first.
- Clinical trials showed a 70 per cent effectiveness rate beginning seven to 10 days after the first dose and a 95 per cent effectiveness rate beginning seven to 10 days after the second dose.
- As with any vaccine, the COVID-19 vaccines may not fully protect all those who receive them.
- Questions remain about how long immunity lasts and whether a vaccinated person can still transmit the disease. Research into these and other questions continues.
- Is the COVID-19 vaccination safe?
- Vaccines are safe. To ensure vaccines are safe, there are many processes and standards in place.
- In Canada, new vaccines must go through three phases of clinical trials (studies) before
 being approved for use in the general public. There are hundreds or even thousands of
 participants who volunteer to participant in the third phase of the clinical trials. These trials
 provide crucial information on vaccine safety as well as effectiveness. After clinical trials,
 Health Canada must approve any vaccine before it is used in Canada.
- Before a vaccine is offered in Canada, Health Canada will ensure:
 - It's safe
 - It works
 - There are consistent, high-quality manufacturing processes
 - That the benefits of getting the vaccine outweigh the risks of not getting it
- There is strong evidence that the vaccine is safe and works for people 16 years and overincluding seniors – and that it is highly effective across age, sex, race and ethnicity.

- COVID-19 vaccines have not yet been tested in people who are under 16 years old, pregnant, or have immune-compromising conditions (e.g., people undergoing chemotherapy or who've had an organ transplant). The vaccine isn't recommended for these people at this time.
- As more data becomes available, Health Canada will assess new clinical data, such as
 evidence to support use in broader populations (e.g., children).
- The vaccine is recommended for people with underlying health conditions, such as
 diabetes and/or heart disease. This is because people with underlying health conditions are
 vulnerable to developing a severe illness if they do get coronavirus, and vaccines are the
 most effective way to prevent that from happening.
- If you had, or may have had, COVID-19 you should still get the vaccine when it's available
 to you. This is because you may not be immune to the virus that causes COVID-19 and you
 could get infected again and become sick.

What are the side effects?

- Only minor side effects were observed in clinical trials, similar to ones you might get from any shots.
- These include pain at injection site, tiredness, headache, muscle pain, chills, joint pain, and fever. These reactions are mild and generally last one to two days.
- Should you develop any serious symptoms or symptoms that could be an allergic reaction, seek medical attention right away. Symptoms of an allergic reaction include: hives (bumps on the skin that are often very itchy); swelling of the face, tongue or throat; difficulty breathing. This is why you are asked to wait 15 minutes before you leave the clinic after getting a vaccination.
- If you have experienced a serious allergic reaction to another vaccine, drug or food, you should talk to your health professional before you receive the vaccine.
- The Moderna vaccine ingredients are published here: https://www.canada.ca/en/healthcanada/services/drugs-health-products/covid19-industry/drugs-vaccinestreatments/ vaccines/moderna.html#a11
- Vaccines continue to be monitored for safety after they are approved. They are monitored locally, provincial, nationally and globally. If you have an adverse reaction following immunization, it is important you let your immunization provider know.
- I still feel nervous about getting the vaccine...
- Vaccination is a personal choice that most Canadians agree is part of good health and important for prevention of serious disease.

- The COVID vaccine is an option the FNHA's Medical Officers recommend to protect you, your family and your community.
- Feeling worried or hesitant is normal when something is new and it is understandable
 that some people especially Indigenous people may lack trust in the medical system.
 However, vaccine trials go through rigorous, well-established ethical processes. We can feel
 assured that vaccines are safe, effective and that they will save lives.
- Reduced access to stable housing, income, clean water and/or health and social services place many Indigenous peoples at higher risk of COVID-19. The COVID-19 vaccine is one way that Indigenous peoples can protect themselves from this virus and build "Community Immunity".

How did we get a COVID-19 vaccine so fast?

- Scientists have been able to develop COVID vaccines quickly thanks to high levels of government funding, by sharing information and working together across countries, and building on technology they already use in existing, successful vaccines.
- In addition, groups like Health Canada shortened the bureaucratic processes, for example reviewing data while clinical processes were going on. However, the safety approval processes have not changed. The requirements for safety data in clinical trials are as stringent as ever.

How is the COVID-19 vaccine being distributed?

- The first vaccine, by Pfizer-BioNTech, is being transported into the province to predetermined "drop sites" in highly populated areas that have the ultra-cold (less than minus 70 degrees) storage facilities the vaccine needs.
- The Moderna vaccine has less rigorous storage requirements about minus 20 the same as a regular freezer. Other vaccines that are in development can be stored in a fridge.
- The Moderna and other upcoming vaccines will be much easier to transport and store in various locations around the province.
- They will make it possible for vaccines to be brought to people all over the province. There
 should be no need to travel to a city to get the vaccine.
- . The FNHA is working to make sure you can access the vaccine when it is available for you.
- The first vaccines for First Nations people will be administered in 10 remote communities
 beginning the week of Dec. 28, 2020. The next rollout will go to other remote and rural First
 Nations communities and those that have already experienced larger numbers of COVID-19
 cases. The FNHA, FNHC and FNHDA will continue to work with regional health authority
 partners to advance approaches that include urban and away-from-home (i.e., off-reserve)
 members. We will also work with regional teams and First Nations leaders to identify the
 next set of communities for priority implementation.

Will we be able to stop wearing masks and other measures to protect ourselves from COVID? Will life go back to normal?

- Not yet.
- We need to continue to practice all the recommended public health measures even if we've been vaccinated.
- That's because we don't know how long the vaccine will last or whether it prevents us from transmitting the COVID-19 to others, even if we don't have symptoms.
- To stop the spread of the virus, enough people need to be immune either through natural infection or immunization. The World Health Organization estimates that 70 per cent of the population would need to be vaccinated to ensure widespread protection.
- We hope to be able to offer every Canadian a vaccine by the summer.
- An effective vaccine against COVID-19 is another tool in our toolkit and another layer of prevention.
- We need to keep doing the basics because these stop COVID and other diseases too.
- To protect yourself from COVID-19, avoid touching your face and keep your distance (two
 metres/six feet) from people outside of your household, and wear a mask when you can't
 maintain that distance (e.g., in a store or transit bus). Stay home when you feel sick, and
 cover your mouth when coughing or sneezing.







Tseshaht First Nation Employment Opportunity

Membership Clerk

Members Only Opportunity

The Tseshaht First Nation Administration Office is now accepting applications for the position of **Membership Clerk**. This is a part-time position at 30 hours bi-weekly (15 hours per week).

JOB PURPOSE

The Membership Clerk reports to the Executive Director and is responsible for providing knowledgeable service support for inquiries and requests for membership enrolment, transfers, name changes, birth documents, Status Card certificates and renewals, ensuring all requests are efficiently administered and records are duly updated, all in accordance with the Tseshaht Membership Code. As the record keeper for the Membership Registry, this position is also required to maintain population statistics and to assist with electoral processes.

JOB SKILLS, EDUCATION AND EXPERIENCE

The successful applicant will possess skills and experience in the following areas:

- Grade 12 equivalency, with diplomas or other course certificates relevant to customer service, office administration, or to the human services fields of work.
- General office or First Nation Program administrative work experiences, together with a relevant exposure to administering First Nation Membership services and programs.
- A commitment to enrol and complete Membership Clerk training.
- Criminal record check clearance.
- A comprehensive understanding of the Tseshaht community, people, culture, heritage, history and of our lives today and goals for the future.
- Good interpersonal skills; able to develop pleasant, respectful relationships.
- Good communication skills (oral, written and listening).
- Well-developed office skills required to support the integral and accurate upkeep of Membership databases, records, documents and filing systems.
- Able to consistently project a professional profile and to respond to diverse Membership requests and situations with confidence, diplomacy and tact.

HOW TO APPLY

Submit a cover letter, resume and three (3) current references to:

Tseshaht First Nation, Attention: Executive Assistant, Virginia Shrimpton

by mail: 5091 Tsuma-as Drive, Port Alberni BC, V9Y 8X9; or

by email: vshrimpton@tseshaht.com

CLOSING DATE: February 3, 2021

▶ This opportunity is for Tseshaht First Nation Members only

Notice of Nomination Meeting

Notice is hereby given to all Tseshaht First Nation Electors that a Nomination Meeting for the 2021 By-election is to be held:

DATE: Thursday, February 11, 2021

TIME: 5:00pm - 7:00pm

LOCATION: Parking Lot, Tseshaht First Nation Administration Building.

There is one (1) position for Councillor available. In order to qualify as a Candidate, an Elector must be 18 years of age at the date of the Nomination Meeting and otherwise comply with the requirements of the Tseshaht First Nation Custom Election Code, 2004, copies of which are available on request. An Elector may nominate no more than 2 Candidates.

DUE TO COVID-19 CONCERNS the Nomination Meeting will be conducted by allowing only one person at a time to complete a nomination form following strict physical distancing and sanitization.

Electors are encouraged to USE THE MAIL IN NOMINATION FORMS as the Nomination Meeting will be extremely limited.

The Polls will be held:

DATE: Saturday, March 20, 2021

TIME: 9:00am - 8:00pm

LOCATION: Parking Lot, Tseshaht First Nation Administration Building.

The votes will be counted immediately following the close of Polls.

A voters list is posted in the Administration Office and on the Tseshaht First Nation website.

If you have any questions or concerns, please contact me by phone or email.

Given under my hand at Victoria, this | 1th day of January 2021.

MARCUS HADLEY
255 LINDEN AVE
VICTORIA BC V8V 4E6
(250) 884-4703
marcus.hadley@gmail.com

Marcus Hadley
Signature of Electoral Officer

Mail-in Voter Declaration to Nominate Candidates

	20 Tseshaht First Nation election		_
solemnly declare that:		Name of Person Nominating	
I. I am a member of th	ne Tseshaht First Nation.		
2. My Status Number i	s		
3. My current mailing a	ddress is:		
		Phone:	
4. I am at least 18 years	s of age.		
5. I do not know of any	reason why I would be disqua	lified from nominating in this election.	
	s if made under oath. I unders	g it to be true and knowing that it has tand that it is an offence to make a fals	
-	Signature of Elector	Date	
Witness Declaration –	(to be filled out by any person	who is at least 18 years old)	
Witness Declaration –	(to be filled out by any person	who is at least 18 years old)	
Witness Declaration – Declared before me _	(to be filled out by any person	who is at least 18 years old)	
Witness Declaration – Declared before me _	(to be filled out by any person Name of Witness	who is at least 18 years old)	
Witness Declaration – Declared before me _ on Date	(to be filled out by any person Name of Witness	who is at least 18 years old)	
Witness Declaration – Declared before me _ on _	(to be filled out by any person Name of Witness	who is at least 18 years old)	

Mail-In Nomination Form

You may nominate or second up to two Candidates. Please note if a person is nominated twice, the second nomination is counted as a seconding.

hereby nomina	of the 2020 Tseshaht First Nation election, I te:	Name of Person Nominating
		for the position of Councillor
	Name of Person Being Nominated	
	Signature of Person Nominating	Date
	of the 2020 Tseshaht First Nation election, I	
In the matter o hereby nomina		Name of Person Nominating
hereby nomina	te:	
hereby nomina		
hereby nomina	te: Name of Person Being Nominated	for the position of Councillor
hereby nomina	te:	

MAIL IN NOMINATION INSTRUCTIONS

Dear Elector:

Carefully follow the steps below to ensure that your nomination is valid and will not be rejected.

- The Mail In Nomination Form is double-sided, and you must complete both sides of the page in order for your nomination(s) to be valid.
- On side one of the page complete the Nomination Section(s) by filling in the required information. There is space for you to nominate either one or two Candidates.
- 3. Turn over the page and complete the top section of side two, the Elector Declaration Form.
- Have a witness, who is at least 18 years of age, complete and sign the bottom section of page 2, the Witness Declaration.
- 5. Fold and place the Mail In Nomination Form in the postage paid pre-addressed envelope.
- Seal and drop the return envelope in the mail or otherwise deliver to the Electoral Officer on or before the date of the Nomination Meeting.

Please Note:

- Your Mail In Nomination Form must be received by the Electoral Officer no later than the date and time of the Nomination Meeting.
- If mailing your Mail In Nomination Form, please allow adequate time for your ballot to reach the Electoral Officer.
- Mail In Nomination Forms received after the close of the date and time of the Nomination Meeting are not valid.

If you would prefer to nominate candidates in person you may do so by attending the Nomination Meeting. But, as detailed in the Notice of Nomination and COVID-19 Election Notice included in this package, Electors are encouraged to nominate by Mail In Nomination Form.

If you have any questions or concerns, please contact me by phone or email.

MARCUS HADLEY
255 LINDEN AVE
VICTORIA BC V8V 4E6
(250) 884-4703
marcus.hadley@gmail.com

Marcus Hadley
Signature of Electoral Officer

?aaqin?apḥin (what are we doing)

cišaa?ath Language Program update.

Despite the limitations we face due to the pandemic we are still working hard to move our goals and priorities forward. This is what we have been up to:

- Launched our Language App that is available on Apple and the bugs for the Android platform has now been resolved
- Continuously adding words, phrases, and videos to our FirstVoices portal go to FirstVoices.com – click on Explore Languages – scroll down and find cisaa?ath. We have been working with the FirstVoices team to provide input on how their platforms and processed can be more useful.
- Weekly on-line language classes. We have had a very committed group of learners who show up every week. These are every Friday from noon to 1pm on zoom, the link is posted on our Facebook page.
- Coordinating and hosting (Feb.) the Where Are Your Keys training (https://whereareyourkeys.org) for our team and other Nuu-chah-nulth language instructors.
- Partnering with SD70 to host a knowledge sharing circle with all the language coordinators, administrators, and teachers in the Nuu-chah-nulth language community.
- Continuing to support and check-in on our speakers to make sure they are well.
- Developing an immersion program connecting with other indigenous communities who are delivering these types of programs to information gather and figure out best practices and delivery methods, developing lessons and discovering already created lessons, framing out curriculum, and planning logistics.
- Submitted interim reports for all our funding grants FirstVoices, BC Language Initiative, and Indigenous Language Grant.
- Submitted application for the Pathways to Language Vitality Program.
- Our Language Worker is building their proficiency in our language and building their skills to teach through various trainings and classes.
- We are developing a language stop sign that will be installed throughout our community in the next couple months.

For updates, announcements, and language resources please join our Facebook page at Tseshaht Language.



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

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

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

Piiḥtuup(Whale) Healthy Babies Group

This group originally was called Tseshahth Healthy Babies Group, but in November we opened up the group for all Nuu Chah Nulth. We decided that we needed to moved forward with a new group name, but we wanted to still have it connected with Tseshaht. Tseshaht people were whalers, so we incorporate whale into the new group name 2iihtuup.

Please join Tasha Sam and Wendy Stubbs virtually for healthy babies group

Monday's at 10:00 am to 11:30 am.

This group is to support Nuu Chah Nulth parents, pregnant mothers, grandparents and caregivers of children between the ages 0-3 years old. Together we will explore many different topics through out the year, such as speech/brain development, milestones, attachment, PPD, dental hygiene and so much more. One of the goals for the year is to incorporate tseshaht language and culture in each session.

At this time all sessions are virtual through Zoom. Participants will need to download Zoom onto their device before they are able to join. Please add our facebook page (?iiḥtuup Healthy Babies Group) to keep up to date on upcoming sessions and to get the passcode to access this group on Zoom.

February 2021

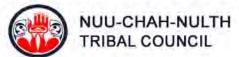
- 1st- Postpartum Depression and breastfeeding with Island Moon Doula Tanis Bonar
- 8th—speech and language through Hilton center, Cathy Slatter
- 15th- no group, Family Day
- 22nd–Why play is so important. Lani McClullen and Stevie Staniforth

ZOOM Meeting ID Meeting ID: 997 9702 1382

For more information contact 250-724-0202 Tasha Sam ext 3 Wendy Stubbs ext 6



Sponsored by Child and Youth Services Department of the



"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

Join the 2021 Census team

As an Indigenous community member, you are best suited to collect census data from local inhabitants and verify that all dwellings are counted. Use your local knowledge while sharpening skills that are soughtafter by employers.

Type of work

Census jobs are short-term positions collecting census questionnaires from residents in your community. Job start and end dates vary by position and location, between March and July 2021.

Crew Leaders (supervisors): As a crew leader, you will train, supervise and motivate a team of enumerators.

Enumerators: As an enumerator, your primary responsibility will be to complete census questionnaires with residents.

Rates of pay

Enumerators (or equivalent) are paid \$17.83 per hour, and supervisors are paid \$21.77 per hour.

In select Northern and Remote communities, enumerators (or equivalent) are paid \$29.25 per hour, and supervisors are paid \$31.25 per hour.

Employees are paid for authorized expenses.

Applicants must be

- · 18 years of age or older
- a Canadian citizen or otherwise eligible to work in Canada
- available to work flexible hours during days, evenings, and weekends.

Apply now / tell a friend WWW.census.gc.ca

1-833-830-3106

TTY (a telecommunications device for people who are deaf): 1-833-830-3109

Benefits of the 2021 Census for Indigenous peoples

Data collected from First Nations people, Métis and Inuit across Canada help communities and governments plan for the development of Indigenous language programs, school programs, and community health and social services. Census data are used to evaluate existing programs and new service needs, such as housing.







Thank you to Bell Pole whom has generously donated in the past by purchasing tablets and laptops for our Tseshaht Youth Center and now most recently have donated \$10,000 cheque for a commercial grade Cable Crossover with all the bells and whistles. This is something that our Tseshaht membership will enjoy for years to come when Covid allows for the fitness gym to be open we will be ready with this great new piece of equipment.

This would not have been possible without the tireless work of Clayton Neuwirth who brought these requests forward during his employment with Bell Pole and turned dreams into realities for me! Thank you! klecko kleco!

Sincerely,

Gail K Gus

Crisis and Wellness Coordinator

PAGE 22



The New Relationship Trust (NRT) and the New Relationship Trust Foundation (NRT Foundation) are pleased to announce that the NRT Foundation 2019-20 Scholarships and Bursaries Brochure is now available. This yearly highlight allows us to honour and celebrate the educational success of each award recipient.

In 2019–20, we provided funding support for a record 410 students. While most students are studying in BC, some students are completing their studies at institutions as far away as New York University and The European Graduate School in Switzerland.

By investing in Indigenous post-secondary education, the NRT Foundation and Partners are building the capacity of our communities, enhancing employment opportunities for graduates, and creating the skilled work force that will enable BC to meet its future economic and social development needs. Awards are available to eligible students as Scholarships and Bursaries.

Please find below and the following page a listing of the Tseshaht recipients. Congratulations!

IEY | Scholarship - Undergraduate

IEY | Bursary



Jade-lynn Jensen Tseshaht First Nation North Island College Early Childhood Care & Education

My mother is Christine Patrick, but I was raised by my step-mother Cecilia Jensen, who married my father Jamie Jensen when I was three years old. I am from the Tseshaht First Nations on my father's side, and my mother's side is from Ucluelet. I am currently a full-time student in the Early Childhood Education program that will end June 2020, and I have an on-call job working as a Tseshaht recreation assistant. My career goal in life is working in the field as a Social Care Worker, so I can assist and help improve the lives of others. I am interested in landscaping design and art which keeps me balanced, grounded and focused.



Caroline Thompson Tseshaht First Nation Vancouver Island University Bachelor of Arts - Child and Youth Care

As a single mom of 2 boys, I am very thankful for this award. It truly means a lot to my little family. I continue to strive to be a role model not only for my sons, nephews, nieces, and others in my community. I am a Tseshaht Nation member. Aside from earning the degree, I have a dream of opening up 2 types of group homes for our Aboriginal youth in care. One for young moms, and the other for youth. I would like to see our youth today succeed and be the leaders of tomorrow.

FNHA | Scholarship - Undergraduate



Bret Watts
Tseshaht First Nation
University of British
Columbia
Bachelor of Kinesiology

I was born in Port Alberni, BC. I was given the name "Kuna" at a young age, which means "gold" or "golden" in the Nuu-chahnulth language. I have always valued education thanks to the strong educators I have had in my life since I started schooling. I want to help indigenous people achieve better health outcomes during the lifespan, and thought a great start to this would be a kinesiology degree. I would like further training in physiotherapy or public health, and to use western knowledge and traditional teachings together to improve indigenous health. I would like to thank my parents and the late Eileen Haggard (Auntie "Missbun") for always pushing me to be dedicated to schooling and to try my hardest.

NRT | Bursary



Amanda Delorme Tseshaht First Nation Camosun College Indigenous Studies

I am a 29 year old mother of two daughters. I am a member of Tseshaht, with ties from the Sioux nation. I have been on my own healing journey for 9 years, living a clean and sober life and working to heal from my traumas. My goal is to become an Indigenous counselor, to help our people heal from traumas. I want to see our people thrive and become the best version of themselves.

NRT | Bursary

Enya Graham-Shewish
Tseshaht First Nation
Vancouver Institute Of Media Arts
Broadcasting & Online Media

I grew up in Port Alberni, but now live in Vancouver City. I believe that you were put on this earth to build a life for yourself, so do everything in your power to make it the best life possible. Complete happiness IS obtainable and it's my mission to help people reach it. I will help adolescents and adults build a solid foundation for themselves. To do so, we must have self love, know your self worth, beauty and knowledge. Now is your heaven, not after death. So let's create our happy place.

NORTH ISLAND COLLEGE | DIGITAL DELIVERY

Introduction to Nuu-Chah-Nulth Language (NCN-096 & 097)



In NCN-096, you will develop listening techniques as you compare and contrast Nuu-chah-nulth and English sound patterns and pronunciation. Learn words, phrases and greetings to communicate in home, class and with elders. NCN-097 will advance the skills learned in NCN-096.

These courses are offered in a digital scheduled format, where students participate in a digital classroom, using a video conferencing system, as well as completing some independent work. Students, instructors and language speakers will meet at specified times each week. Computer and internet required.

NCN 096 DLS1

Instructors: Therese Smith & Marilyn Short
Dialect Region: Kyuquot (Northern)
January 25 - April 9 | Digital classes: Tuesdays, 6 - 9 pm

NCN 097 DLS2

Instructor: chuutsqa L. Rorick Dialect Region: Hesquiaht (Central) January 25 - April 9 | Digital classes: Tuesdays, 6 - 9 pm

NCN 097 DLS3

Instructors: Victoria Wells & Marie Lavoie
Dialect Region: Zeballos, Ehattesaht, Gold River,
Mowachaht/Muchalaht (Northern)
January 25 - April 9 | Digital classes: Mondays, 6 - 9 pm

NCN 097 DLS4

Instructors: Therese Smith & Marilyn Short
Dialect Region: Kyuquot (Northern)
April 19 - June 25 | Digital classes: Tuesdays, 6 - 9 pm

To register, please connect with Sandra Mountain at sandra.mountain@nic.bc.ca or book an appointment online at www.nic.bc.ca

NORTH ISLAND COLLEGE



Multhmuums -Nuu-chah-nulth Tribal Council—all regions

Eree Chromebook

Date: January 25-Feb12
Time: 10am-3pm daily
Location: In your own home

Grocery PO's for attendance

Pre-Employment Supports(PES) & NUU-CHAH-NULTH EMPLOYMENT TRAINING PROGRAM (NETP)

NETP & PES—Multhmuums, ancestral teachings, will commence beginning January 25. It will continue for 3 weeks. More information next week. Follow our facebook or stay in contact with your case manager. Participants will receive a chromebook and lunch vouchers during the workshop.

CONTACT CASE MANAGER TO REGISTER

You will require high speed internet with sufficient data. We will provide a chromebook and upon completion of the Multhmuums series, you get to keep the chrome book.

NETP Case Managers

Kerry.Erickson@nuuchahnulth.org
Melanie.Cranmer@nuuchahnulth.org
April.Charleson@nuuchahnulth.org
Evan.Hauser@nuuchahnulth.org
Patricia.McDougall@nuuchahnulth.org

PES Case Managers

Regan.Pley@nuuchahnulth.org
Selena.Lasota@nuuchahnulth.org
Michelle.Sabbas@nuuchahnulth.org

NETP Intake Coordinator

Gregory.Thomas@nuuchahnulth.org

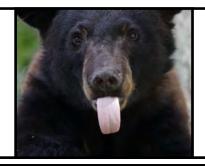
To update or make a new NETP casefile, call and speak to our intake coordinator 250-723-1331 toll free 1-833-276-5849

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



Gas leaks and Odour

SMELL ROTTEN EGG? IT COULD BE A GAS LEAK.

You can't se or taste natural gas but you sure can smell it! And for good reason. There is an added harmless odorant called mercaptan to it so you can smell the natural gas in the rare event of leak. You may also hear a hissing sound coming from a natural gas appliance if there's a leak. If you smell it, ACT FAST by doing the following:

- 1. **Stop what you're doing.** Don't use your cellphone or landline, don't smoke, light matches or operate electrical switches or create any other source of ignition.
- 2. **Go outside.** As you exit, leave the door open behind you as well as any windows that may already be open.
- 3. Call Fortis BC. Once outside, call the Fortis BC Emergency Line at 1-800-663-9911 (24 hours) or 911

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 our Membership Clerk at 250.724.1225 if you require further information.





Recycle right at the curb

YES! Recycle these at the curb



MIXED PAPER



EMPTY AEROSOL CANS NO HAZARDOUS MATERIALS



CARDBOARD & BOXBOARD



PAPER BEVERAGE



TIN & ALUMINUM CONTAINERS/FOIL



PAPER PACKAGING THAT CONTAINED



PLASTIC BOTTLES, CONTAINERS & TUBS <25L



PLASTIC GARDEN PLANT POTS & TRAYS



Recycling tips

- Place recyclables into totas locse; do not bag materials
- "Exception shedded pages must be contained in a dear plastic bag, or pager bag
- Si Ensure recyclables are clean
- Si Remove all caps, lids and spray nozzles. Plastic caps and lids can go in the tote once separated
- Sel Place tote at the curb by 7:00 am on your collection day.
- Six Ratter containers as much as possible to save space
- Se Bisure all items lit securely in the tote. Ensure light items are weighted down
- Si 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 8



GLASS JARS 8 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 <u>Do Not</u> 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:

recyding@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 ourbside 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 follwing day regular pick-up day





2021

Tseshaht Garbage 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. Tseshaht.com



Tseshaht First Nation



tseshaht_first_nation



KEN WATTS ELECTED CHIEF COUNCILLOR

I would like to thank our community for your support in my election as a Council member and Council for the trust in being your Chief Councillor. I am looking forward to a great four years.



Council

I want to share with community what an honour it has been working with such a diverse, skilled, caring and strategic group of council in these last few weeks. It has been amazing to hear our council always reminding us the importance of focusing on community, discuss engagement, making health and wellness a priority, supporting those who are struggling during this pandemic, ensuring Tseshaht has a presence in our territory, that relationships are meaningful with other governments, supportive of working on our governance including policy and ensuring our culture is reflected in our work and much more. This is going to be a great four years and I have no doubt as a team, along with our administration, and our community that we can achieve our goals and lay a new foundation for Tseshaht.



Transition Workplan/ Action Plan

We have been working with on a draft action plan (not ratified by Council yet) of things we would like to start or complete within our first 6 months in office. Items such as:

- Orientation
- Portfolio distribution
- Planning and strategies
 - Supporting our Comprehensive Community Plan (CCP) Working Group to work towards ratifying our CCP.
 - A 4-year strategic plan to be ratified by community which gives the mandate and direction to the Nation (what do we want to achieve or work on in our four-year term?) and how does it align with our current draft CCP.
 - Looking at other potential strategies and plans such fisheries, economic development, housing, health and wellness etc.

Governance

- Supporting our Election Code Working Group on finalizing the draft Custom Election Code to bring to community for ratification once they are ready and ensuring it is done according the amendment process in our current Code.
- Finalizing our Governance Manual and other policy development or updates.
- Communications
 - o Community meetings and AGM ("2020").
 - o Communications strategy development.
- Government relationships and partnerships
 - o Intro letters and requests to meet.

Other Work

Work that has occurred since taking office and reopening of administration building on Jan. 11, 2021:

Parks Canada

Tseshaht is beginning strategic planning stages for reengagement with Parks Canada regarding our working relationship and the hahoulthee of our ha'wiih in the Broken Group Islands (within the Pacific Rim National Park Reserve).

NTC

As Elected Chief Councillor I am your Tseshaht Director on the NTC Board of Directors, I have my first meeting at the end of January.

Meeting with MLA Osborne

I had my first initial meeting with our MLA for Mid Island-Pacific Rim, Josie Osborne who is also the Minister of Municipal Affairs.

Planning Future Meetings

I have either sent or drafted intro letters as Chief Councillor and introducing our Chief and Council to Ministers for Canada and BC, the ACRD, City of Port Alberni, PAPA, First Nations organizations and our MLA and MP. These letters include requests to meet with each of them as your Chief Councillor.

COVID-19 Vaccine

We have been having team meetings in preparation for when vaccinations occur in our community through NTC nursing department and First Nations Health Authority (FNHA). Those plans will be shared with community in the near future.

Council Orientation

I have been busy working with staff on a Council orientation to get an update from administration programs and services; as well as council our roles and responsibilities.

Emergency Operations Centre (EOC)

I have been working with the EOC on applying for funds for isolation trailers when members have to self-isolate away from their homes and we were also to hoping to secure funds for community checkpoints, please stay tuned through our EOC team.

Comprehensive Community Plan (CCP)

As a current working group member, former staff member and councillor from the last term, I have a been a strong advocate for our CCP and as we near the finalization of our draft with some mapping work, I hope Tseshaht can ratify the CCP when the CCP Champion, Josh Goodwill recommends a vote on the draft. This document will guide the work of this council, staff and governments to come.

Community Engagement and Communications

Council has discussed planning for our first virtual community meeting, possibly an AGM (supposed to occur last year) and monthly or bi-weekly engagements on Zoom on various topics to share information with members (E.g. archaeological digs in the BGI with Denis St. Claire and a presentation on the 'woolly dog').

I have done one video update on Facebook and will try to ensure that I provide written reports regularly to community as your Chief Councillor.

Sproat School

Tseshaht community gave the direction for the Nation to proceed with the results of a highest and best use study for this land which included commercial and residential developments. Tseshaht has worked with consultants to deliver a Request for Expressions of Interest sent to a handful of developers and other companies to come forward with their ideas for this and potential

partnership opportunities. This intake and review will occur within the coming weeks and months.

Executive Director

I want to thank Darren Mead-Miller for his time at Tseshaht as Executive Director. He has committed to support our administration during this transition on projects and initiatives previously worked on until a new Executive Director is hired. In the meantime, Chris Anderson will be Acting Executive Director with support from staff and the position will be posted in the next week or so.

Next Steps

As our council will begin work to have an orientation, distributing portfolios, develop a draft strategic plan and begin the important work that is needed; I kindly ask everyone to be patient during this transition of governments, the hiring a new Executive Director and functioning during pandemic. More importantly, I ask that all Tseshaht be safe, follow Provincial Health Orders, support those around you, tell your family and friends you love them and let's focus on lifting each other up during this pandemic and throughout 2021. We are a resilient people who have overcome a lot in our history, we will get through this together as a strong Tseshaht First Nation.

JENNIFER GALLIC

Message to Community

Dear Tseshaht Members,

I would like to formally thank Camille Hamel, Linsey Haggard and Dawn Foxcroft for nominating me for this position. I also appreciate everyone's support in getting me where I am today.

Our community has voted an amazing team to council. I am honoured to work with them and our Nation once again. There is a lot of work to be done and I am excited to be a part of the process.

I encourage those who are eligible to put their name forward to fill the 9th seat. It's been a long haul during this election but don't let that discourage you from running. We all have our strengths ... let's build on them and work together.

.