

IMPORTANT INFORMATION!!

Enclosed are a number of important pieces of information and some fun stuff too, we didn't want you to miss out on!



If you would like to receive these in the future via email, please contact Communications Liaison, Melissa Bigmore at mbigmore@tshaht.com

TSESHAHT

Influenza / Covid-19 Vaccination Clinic

FRIDAY, NOVEMBER 22, 2024

10:00 AM - 6:00 PM | GREAT ROOM

To book your appointment, please call 250.724.1225

For more information, please contact your local CHN:

Southern Region Phone Number: 250.724.3939

*****Please bring your mask and your BC care card*****

Vaccines will not be administered without a BC Care Card

This clinic will be for anyone 6 months of age or older seeking to receive their seasonal influenza immunization and/or start or complete their COVID-19 vaccination series & boosters





First Nations Health Authority
Health through wellness

FNHA Cybersecurity Incident

How to protect yourself

In May 2024, the First Nations Health Authority (FNHA) was the target of a cyber attack. The FNHA took immediate steps to block the threat.

The cyber criminals may have accessed the personal information of many First Nations peoples and their non-First Nations immediate family members in BC. The FNHA is offering free credit and identity theft monitoring to all who may be affected.

STEP 1	STEP 2	STEP 3
 <p>Read Questions & Answers (Q&A) at www.fnha.ca/cyberincident</p>	 <p>Check to see if you have been affected using the FNHA look-up tool: https://lookup.fnha.ca/</p>	 <p>Sign up for the free Equifax credit monitoring service provided by the FNHA if you have been affected</p>
<p>We understand that receiving a notice like this is distressing. The fnha.ca website also has information on how to access mental health and cultural supports. We will continuously update the Q&A based on questions and feedback.</p>	<p>To determine whether you or a loved one you are assisting has been affected, like a parent, spouse etc., please visit lookup.fnha.ca and follow the instructions on the page.</p>	<p>The FNHA has arranged for credit monitoring and identity theft restoration service for a period of 24 months at no cost to anyone whose status number has been impacted. Please note that you have until January 31, 2025 to determine your eligibility.</p>

If you need to speak to someone:

Please contact the dedicated FNHA Cyber Incident Support Centre, for further questions or support:



By Phone:
1-844-723-6518



By Email:
cyberincident@fnha.ca

The operating hours of the Support Centre are 7:00 am – 3:00 pm Pacific time, Monday - Friday.

TSESHAHT FIRST NATION NOTICE OF ALL-CANDIDATES MEETING

Notice is hereby given to the Voters of Tseshaht First Nation that a Nomination Meeting was held on October 26, 2024, in accordance with the *Tseshaht Custom Election Code (May 15, 2024)*, for the purpose of nominating candidates for one (1) Councillor position, for an Election to be held on November 30, 2024, for the ensuing term of office.

AN ALL-CANDIDATES MEETING WILL TAKE PLACE:

**NOVEMBER 15, 2024
6:30 PM TO 8:00 PM
GREAT ROOM
5091 TSUMA-AS DRIVE**

The Nation would like to offer community members the opportunity to submit their questions for consideration. Questions can be submitted to Melissa Bigmore Communications Liaison at mbigmore@tseshaht.com

The deadline to submit is Tuesday, November 12, 2024, at 12:00 p.m.

If you cannot attend the meeting in person at the location listed above, you may attend electronically from 6:30 p.m. to 8:00 p.m. on November 15, 2024, using the virtual meeting link below.

Register in advance for this meeting:

https://tseshaht.zoom.us/meeting/register/tZEscOysqTouGNddGUChjNxTS_h3VdB0Jlfq

After registering, you will receive a confirmation email containing information about joining the meeting.

Dated for reference November 5, 2024

For more information or assistance please contact:
Email: voterhelp@onefeather.ca | Toll Free: 1-855-923-3006
Phone support is available weekdays from 9:30 am to 4:30 pm Pacific Time
209-852 Fort Street, Victoria, B.C., V8W 1H8
www.onefeather.ca/nations/tseshaht



TSESHAHT FIRST NATION NOTICE OF ELECTION

Notice is hereby given to the Voters of Tseshaht First Nation that the Election will be held on **November 30, 2024**, in accordance with *the Tseshaht Custom Election Code (May 15, 2024)*, for the purpose of electing one (1) candidate to the Office of Councillor, for the ensuing term of office.

VOTE ONLINE

NOVEMBER 15, 2024, at 8:00 PM – NOVEMBER 30, 2024, at 8:00 PM (PT)

To vote electronically, please visit: www.onefeather.ca/nations/tseshaht

Click the **RED** button "Sign Up" or "Vote Now" and follow the instructions provided. You will be required to provide your Registry Number (this is your 10-digit Status card number - starting with "665..."), Date of Birth, and a personal email address. If you require assistance, please contact OneFeather Support at the contact information below.

VOTE IN PERSON

ADVANCE POLL

**NOVEMBER 16, 2024
8:00 AM - 8:00 PM**

REGULAR POLL

**NOVEMBER 30, 2024
8:00 AM - 8:00 PM**

**Tseshaht Administration Building - Great Room
5091 Tsuma-as Drive, Port Alberni, BC**

VOTE BY MAIL-IN BALLOT

Any Voter wishing to vote by mail-in ballot may request a mail-in ballot package from the Electoral Officer. To request a mail-in ballot, please use the contact information at the bottom of this notice – you will need to provide your mailing address and verify your identity.

Tseshaht Elders and other Voters who are: physically challenged, reside in the Alberni Valley, and are unable to attend at the polling station on Election Day may contact the Electoral Officer to arrange a Special Ballot Opportunity, which can take place before the Election Day.

Dated for reference at Victoria, British Columbia, this 4th day of November, 2024.

For more information or assistance please contact:

Email: voterhelp@onefeather.ca | Toll Free: 1-855-923-3006

Phone support is available weekdays from 9:30 am to 4:30 pm Pacific Time

209-852 Fort Street, Victoria, B.C., V8W 1H8

www.onefeather.ca/nations/tseshaht





Member Distribution



Monday December 16, 2024

8:30 am - 6:00 pm | Admin Office

All Tseshaht Members (registered as of December 2, 2024) will receive a ONE-TIME 2024 Tseshaht Forestry Revenue distribution of \$350.

Ages 12 & up	Direct Deposit	December 9, 2024
All others	Cheques	December 16, 2024
International Payments		TBA

****There will be no cheque pick up for anyone else.
Members MUST pick up their own cheque.****

Cheques not picked up by end of day December 19, 2024 will be mailed.

Please note this ONE-TIME distribution is not guaranteed each year.

We are grateful & thank Tseshaht Forestry for making this 2024 distribution possible.



TSESHAHT FIRST NATION

5091 Tsuma-as Dr. Port Alberni, BC V9Y 8X9
P: 250.724.1225 | F: 250.724.4385 | Tseshaht.com

PATIENT TRAVEL

- Due to office closing @ 12:00 pm, December 20, 2024, for Christmas holidays, any regular Patient Travel requests → up to and including January 10, 2025, **MUST** be submitted no later than December 10, 2024, for processing and pick up before the office closure.
- Patient Travel requests submitted after December 10, 2024, will be for reimbursement only, and issued in the New Year.
- Regular Patient Travel cheques, when request is submitted on time are ready for pick up the day before your appointment. However, for appointments during the office closure and up to January 10, 2025 will be ready for pick up before the office closure, as long as submitted on time (as above).
- When submitting Patient Travel Requests, FNHA requires that the client have **“Confirmation of appointment”** attached to their Patient Travel request, and a **“Confirmation of Attendance”** submitted after the client has attended the appointment. Both confirmation forms are required by FNHA before cheque can be released
- For any Dental appointments, a referral letter is required from an in-town dentist stating why you, or your child must go out of town for treatment. For example: a child is usually being referred to a Pediatric Dentist. Please note: If you are “self referred” to an out-of-town dentist/denturist, your Patient Travel will not be approved by FNHA.
- Please be reminded, Patient Travel requests take approximately 5 business days to process.
- If an urgent matter arises during the holidays, please contact Patient Travel, Patricia Jimmy (aka Pepsi) at 250.730.1476

MEDICAL TRANSPORTATION BENEFITS



First Nations Health Authority
Health through wellness

The Medical Transportation (MT) benefit is intended to supplement the cost of travel expenses to access medically necessary health services not available in your community of residence.

If you are registered with First Nations Health Benefits & Services (FNHBS), you are eligible for MT benefits.

What my plan covers



You can access MT benefits for travel to access health services, including the following:

- > Medical services covered by the BC Medical Services Plan (MSP) or a public health agency (e.g., cancer-related travel);
- > Services eligible under FNHBS (e.g., dental, vision, etc.);
- > Publicly funded diagnostic tests and preventative screening programs;
- > Traditional healers, if approved as an Exception;
- > Treatment Centres for Substance Use (formerly NNADAP); or
- > Opioid Agonist Treatment (OAT).

What my plan does not cover



Some types of travel that are not covered by your MT benefits include, but are not limited to:

- > Travel back to your community of residence if you became ill during non-medical related travel; or
- > Travel where the only purpose is to pick up items that do not need to be fitted (e.g., prescriptions, glasses/contacts and various medical supplies and equipment items).

Note: Some travel requests require additional documentation. Your Patient Travel (PT) Clerk or FNHBS can support this process.



For additional information on current MT rates, escort eligibility, documentation or required travel forms, please scan the QR code to visit our website.

MT benefits may provide funding towards the cost of travel, accommodation and meals for the following:

- > A mileage rate that supplements the cost of fuel;
- > Non-commercial accommodation (i.e., Jean C. Barber Lodge or Easter Seals);
- > Commercial accommodation at the most economical medical rate;
- > Accommodation in private homes
- > Meals at a daily rate, nightly rate or weekly rate.

Note: If you need someone to accompany you for medical travel, you may be eligible to travel with an Escort.

How do I access coverage?

Where you access the program depends on what Nation and/or community you are from and where you live.

If you live in community, please contact your community's Patient Travel (PT) Clerk to access your MT benefits.

If you live outside your community, or are unsure who to contact for your travel, please call us at **1-855-550-5454**.

1

Submit your travel request and your written confirmation of appointment at least five days before your trip to get prior approval.

2

You receive your travel arrangements from your PT Clerk or FNHBS.

3

Attend your appointment as scheduled and get a signed confirmation of attendance slip from your provider.

4

Submit your Confirmation of Attendance slip to your PT Clerk or to FNHBS.

If you have any questions about your MT benefits or how to access coverage, please call FNHBS at **1-855-550-5454.**



Teechuktł Nuu-chah-nulth Tribal Council invites you to

Counselling Services

with Irene Cordero



Now Available!

Call to book: 250-735-3111 or

Email: irene.cordero@nuuchahnuth.org

Irene Cordero MA, MC, CCC, RCC
(She-Her) Clinical Counsellor

TUESDAYS | 9:00 AM – 12:00 PM

TSESHAHT FAMILY CENTER (5000 A MISSION RD)

“The many identities you hold, and your lived experiences are not in conflict with each other; they make you sharp, whole and extraordinary” A. Wong

Social Assistance

Renewals Due

Tuesday, December 10, 2024

Payment Issue Date

Tuesday, December 31, 2024

**A friendly reminder, if your renewal is late,
your payment issue will also be late.**



**For all SA renewals and new applications, please
contact: Social Development Assistant, Lillian
Dick at 250.724.1225 or ldick@tshaht.com**





čaxtakuk^{wi} kwismis
MERRY CHRISTMAS

Tseshahat Community Christmas Dinners

**FRI
DEC
13**

**TSESHAHT
ELDERS ONLY
CHRISTMAS
DINNER**

MAHT MAHS

5PM

**DOORS OPEN
@ 4:30 PM**

**ELDERS, FOR MORE INFORMATION & RSVP, PLEASE CONTACT:
COMMUNITY SERVICES MANAGER, MARIA GOMEZ
AT 250.724.1225 OR MGOMEZ@TSESHAHT.COM**

**SUN
DEC
15**

**TSESHAHT
COMMUNITY
CHRISTMAS
DINNER**

MAHT MAHS

5PM

**DOORS OPEN
@ 4:30 PM**

**FOR MORE INFORMATION, PLEASE CONTACT:
CRISIS CARE & WELLNESS COORDINATOR, GAIL K. GUS
AT 250.731.6622 OR GKGUS@TSESHAHT.COM**

BC RCMP Indigenous Policing Services

Coffee & Donuts w/ a Cop (Drop-in)

Wednesdays | December 4th, 11th & 18th
1:00 pm - 3:00 pm | Tseshaht Family Center

For non-emergencies you can:
Call: 250.723.2424 | ask for an IPS member
Email: E_PA_IPS@rcmp-grc.gc.ca

Online reporting for non-emergency situations:
<https://ocre-sielc.rcmp-grc.gc.ca/PortAlberni/en>



If you are dealing with an emergency
situation, please call 911 immediately





Tseshaht First Nation Emergency Contacts

Emergency Services	911
Non-Emergency Services (Port Alberni)	
RCMP	250.723.2424
Fire Department	250.724.1351
Ambulance	250.723.2444
Health Services	811
BC Poison Control	1-800.567.8911
Kuu-us Crisis Line	
Adults/Elders	250-723-4050
Youth	250-723-2040
Toll Free	1.800.588.8717
Report Child Safety Concerns	
Help Line for Children	310.1234 (no area code)

Mental Health Supports	
Emotional support, information & resources specific to mental health.	310-6789 (no area code needed)
If you are considering suicide or are concerned about someone who may be.	1-800-SUICIDE (1-800-784-2433)
Kids Help Phone Counsellors, 24/7	Call 1.800.668.6868 Text CONNECT 686868
Alcohol & Drugs Information & Referral Service	1-800-663-1441 (Toll-free in BC) 604-660-9382 (Lower Mainland)

Tseshaht Emergency Contacts		
Housing (Social Housing/Elders 65+)	250.720.1711	
Public Works	250.731.6699	
Medical Emergency Patient Travel	250.730.1476	
Crisis Care	250.731.6622	
Tseshaht Administration	250.723.8131	
Security	Mon-Thurs	250.730.1526
	Fri-Sun	250.730.2762

Office Closures Notice

Friday November 29, 2024

Closed @ 12:00 pm

We will be closing early for our Staff Christmas Gathering.

Have a safe and enjoyable weekend
Tseshaht Administration Staff,
Elected Chief Councillor
& Elected Members of Council



Tseshaht Administration Christmas Break Hours

We will be closed at
12:00 pm on Friday December 20, 2024

We will be closed
December 23, 2023 - January 3, 2025

We will re-open with regular business hours
Monday January 6, 2025

From Friday December 20, 2024 - Monday January 6, 2025
**All Tseshaht Facilities will be closed for use,
including rentals, user groups & fitness gym**



Healing the Wound!

Understanding Grief & Trauma Healing Workshop

December 9-13, 2024

9:00 am - 4:00 pm | Great Room

We are all impacted by grief & trauma. This workshop will explore the experience in a structured & safe environment. It is not a healing circle, but a preparation for approaching deeper healing.

We experience grief with each loss. Grief is a normal part of living, but it can become overwhelming when the loss is too great, or we experience one loss after another.

Trauma means that we are trapped in the past, trapped in a moment of terror. The event is in the past, but our body & mind don't realize it. We may have trauma from our childhood & in the present day.

This five-day workshop will gently explore grief & trauma. First, healthy grief & the three traps that lead to unhealthy grief will be identified & explored. Then, trauma as a personal (biological & psychological) & social wound will be discussed. Next, tools to prevent & reduce trauma reactions will be identified & practiced. The four cultural paths of healing & grieving will be explored & basic counselling techniques from each path will be practiced in order to discover what are the paths of healing that are right for us. Finally, the four steps of healing (from victim to contributor) will also be explored. The result will be a deeper understanding of the source of community problems & a culturally-rooted approach to healing oneself, one's family & the community.

AGENDA

- FACING THE WOUND: Understanding & Responding to Grief & Trauma
- HEALING THE WOUND: Four Paths of Healing & Grieving
- FROM VICTIM TO CONTRIBUTOR: The Four Steps of Healing

Facilitated by Darien Thira, PhD., Registered Psychologist

For over 25 years, Darien has served as a community development, a wellness & healing facilitator, & consultant in Indigenous communities focusing on personal & community wellness, grief & trauma healing, "addictions", suicide prevention & related fields.



If you are interested, please contact:
Crisis Care & Wellness Coordinator, Gail K. Gus
at 250.731.6622 or gkgus@tshaht.com



ĆIŠAA?ATH LETTERS TO SANTA

qiicqiicawitas (to go to write)

Now - December 6, 2024

@ Welcome Center

**Santa Claus
North Pole
HOH OHO
Canada**

Canada Post has left a special mailbox for you to your leave letters to Santa. Don't miss the deadline to receive your letter back before Christmas!

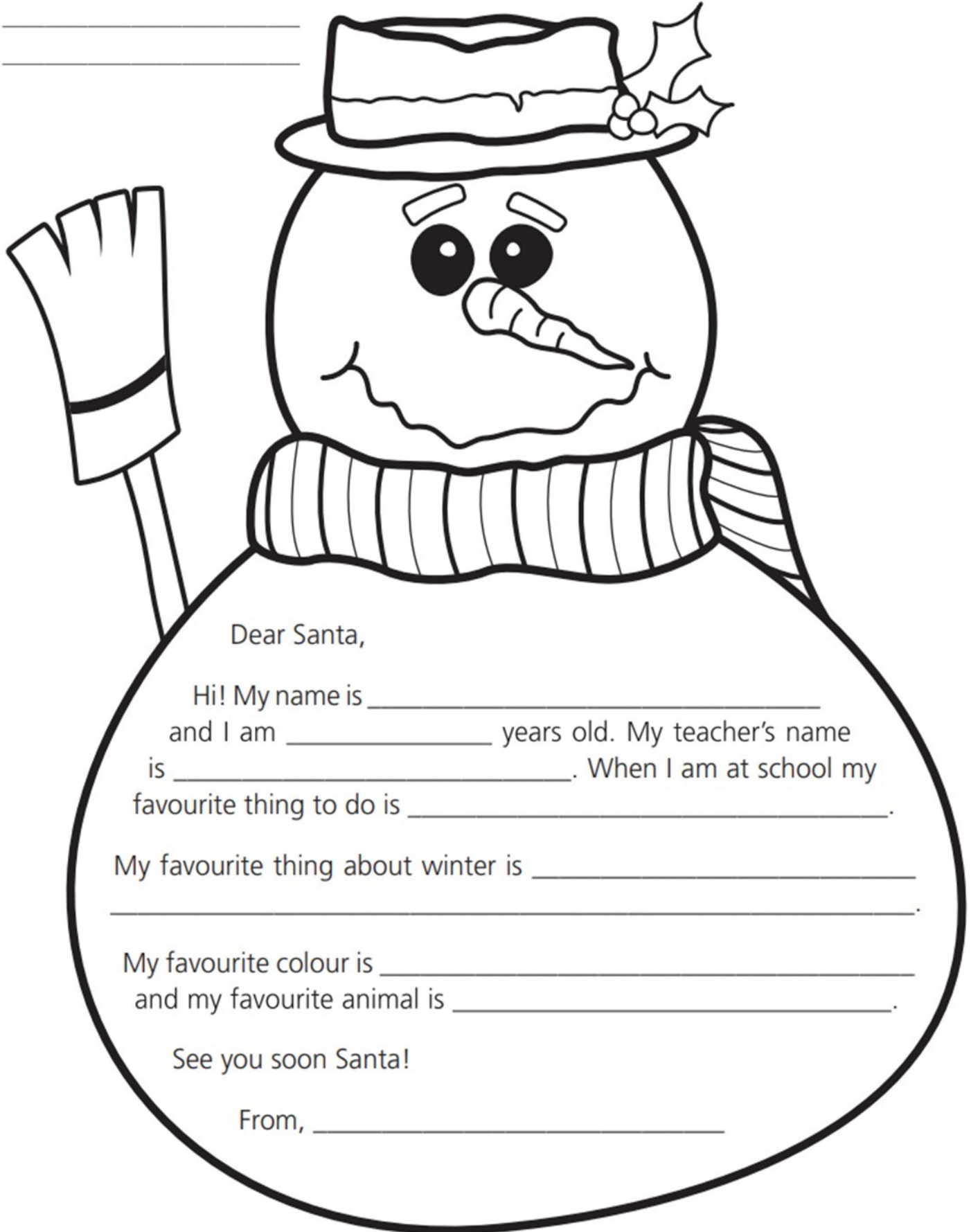
- * Ensure your letter is address to Santa
- * No stamps are required
- * Include your return address
- * Please mail all letters from one household in the same envelope



Parents note: This is NOT a gift distribution request to the Nation, but a letter to Santa via Canada Post's Letters to Santa program.

My name: _____

My address: _____



Dear Santa,

Hi! My name is _____
and I am _____ years old. My teacher's name
is _____. When I am at school my
favourite thing to do is _____.

My favourite thing about winter is _____
_____.

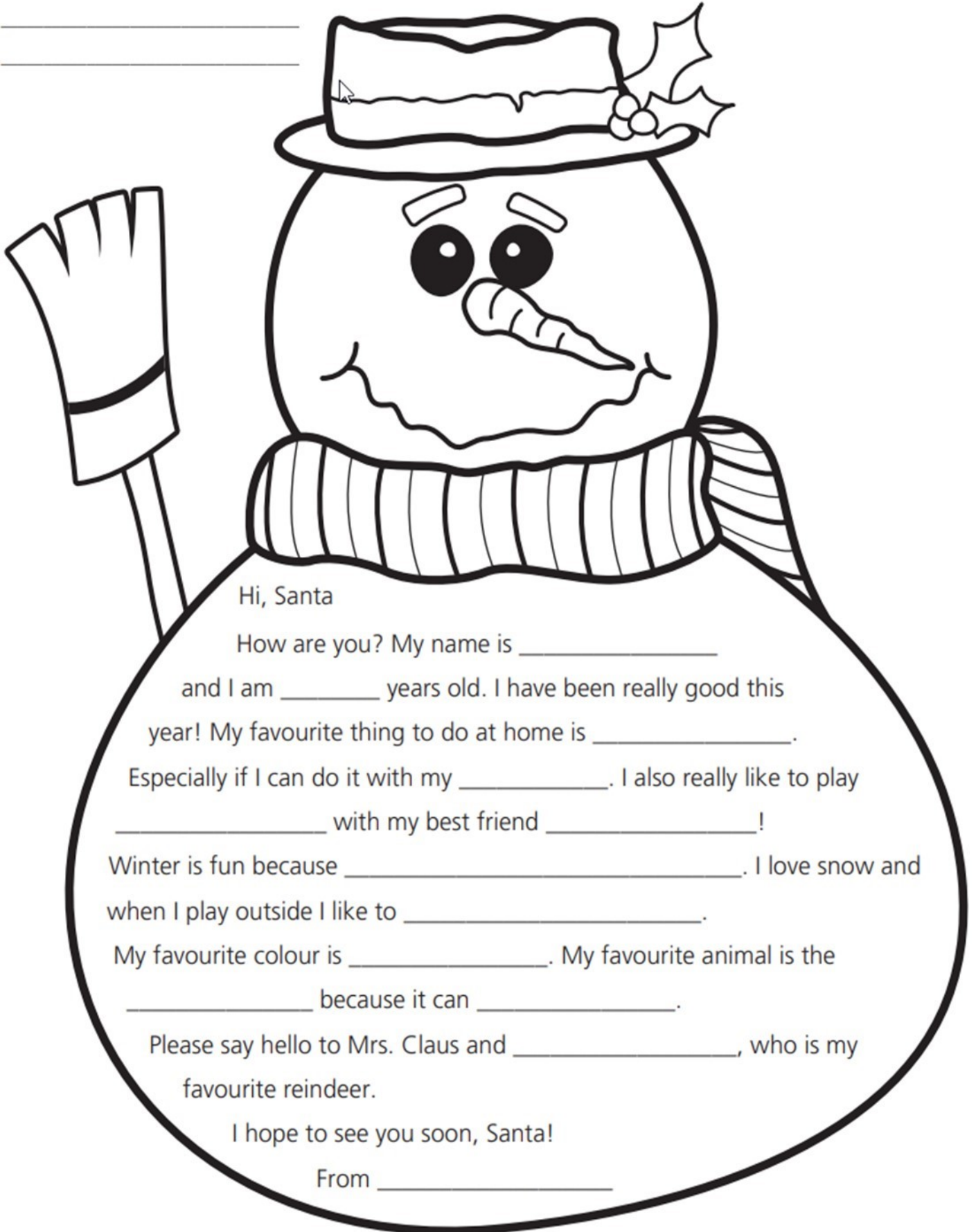
My favourite colour is _____
and my favourite animal is _____.

See you soon Santa!

From, _____

My name: _____

My address: _____



Hi, Santa

How are you? My name is _____

and I am _____ years old. I have been really good this

year! My favourite thing to do at home is _____.

Especially if I can do it with my _____. I also really like to play

_____ with my best friend _____!

Winter is fun because _____. I love snow and

when I play outside I like to _____.

My favourite colour is _____. My favourite animal is the

_____ because it can _____.

Please say hello to Mrs. Claus and _____, who is my

favourite reindeer.

I hope to see you soon, Santa!

From _____



My name: _____

My address: _____



Dear Santa,

My name is _____ and I am ____ years old.

I am in grade ____ at _____ school.

In my family there is: _____



When I grow up I want to become a _____ because my

favourite thing to do is _____.



This year, my favourite thing to play is _____.



It really is the best because _____.

My best friend is _____. We have the most fun



when we get to play _____ together!



Let me tell you about something really silly that happened once:



Please say "Hi!" to _____ at the North Pole for me!



From _____





My name: _____



My address: _____





Hi Santa,



My name is _____ and I am ____ years old. My best



friend's name is _____.



Our favourite thing to do together is _____.



I am in grade _____ and during Christmas break I want to



_____.



I can't wait for you to come and visit me on Christmas eve!



I will _____.



My favourite reindeer is _____ and I'll leave him some



_____ as a treat.

I hope you have a safe ride from the North Pole and I'll see you

soon Santa!

From _____



2025

Tseshahat Garbage Pick-up



Regular Pick-up							Holiday Pick-up													
JANUARY							FEBRUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
29	30	31	1	2	3	4							1							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28		23/30	24/31	25	26	27	28	29
APRIL							MAY							JUNE						
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27	28	29	30				25	26	27	28	29	30	31	29	30					
JULY							AUGUST							SEPTEMBER						
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2025

Tseshahat Recycle Pick-up



ALBERNI-CLAYOQUOT
REGIONAL DISTRICT

Regular Pick-up

Stat Holiday - Pick up Next Day

JANUARY						
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NOVEMBER						
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23/30	24	25	26	27	28	29

DECEMBER						
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28	29	30				