SḴÁUTW FIRST NATION

NEWSLETTER

www.tsawout.ca

July 2025



SḴÁUTW BECOMES SHAREHOLDER OF CASCADIA SEAWEED

At a signing ceremony on Monday, June 23, Tsawout First Nation formalized its investment in Cascadia Seaweed and its growing role in the regenerative Blue Economy.

Read page 2 for more information.

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Community News

SȾÁUTW̱ Becomes a Shareholder of Cascadia Seaweed

Press Release June 23, 2025



SȾÁUTW̱ (Tsawout) First Nation Becomes Shareholder in Leading Seaweed Farming Company.
At a signing ceremony on Monday, June 23, Tsawout First Nation formalized its investment in Cascadia Seaweed and its growing role in the regenerative Blue Economy.

W̱SÁNEĆ Territory — Three years after asserting its jurisdiction under a self-governed Marine Use Law, Tsawout First Nation is deepening its commitment to the Blue Economy by investing in Cascadia Seaweed, North America's largest cultivator of kelp for regenerative agricultural products.

Under the authority affirmed by the Douglas Treaty, the Constitution, and the United Nations Declaration on the Rights of Indigenous Peoples, Tsawout holds unextinguished Aboriginal title over its lands and waters. In 2022, it issued a license to Cascadia Seaweed to operate a commercial seaweed farm within its territorial waters. The farm, installed and seeded in November 2022, spans over 20 km of cultivation line, and in May 2025, Cascadia completed its largest harvest at the site, pulling in more than 150 wet tonnes of cultivated seaweed.

"As an Independent Nation, it's our responsibility to protect the environment while creating food and opportunities for our people," says Chief Abraham Pelkey. "As Saltwater People, we're naturally drawn to the sea. I tell people seaweed farming is like planting trees, only it's in the ocean, and it grows much faster. We grow new seaweed every year, harvest it, and then it's processed into natural agricultural products that support a greener food system. It's an economic opportunity that reflects our environmental values, and now we have a financial stake in the company."

"Partnering with First Nations on our marine operations was a priority from day one," says Michael Williamson, CEO of Cascadia Seaweed. "We've long recognized the value of First Nations as shareholders. While we're fortunate to have a respected Elder advising our Board, this deeper level of involvement helps ensure we stay true to our founding vision: building a profitable business that benefits both people and the planet."

The ceremony took place in the Council Chambers at Tsawout First Nation, where Chief Abraham Pelkey and Cascadia's CEO, Michael Williamson, met to sign the documents officially welcoming Tsawout First Nation as the first Indigenous entity to invest in Cascadia Seaweed.

Media Contact: Erin Bremner-Mitchell, 250-818-1840, erin@cascadiaseaweed.com

Fisheries Updates

COASTAL ZONE CANADA 2025



Attending the Coastal Zone Canada 2025 Conference from June 9-12, 2025 was a truly rewarding experience for our team. Three oral presentations were accepted, underscoring Tsawout's leadership in marine and freshwater stewardship, rights-based conservation, and habitat restoration. The presentations included:

- "Comprehensive Salmonid Habitat Restoration and Monitoring in Tsawout Territory for Ecological and Cultural Sustainability," outlining Tsawout's approach to salmonid habitat recovery, integrating scientific monitoring with Indigenous knowledge to ensure the long-term vitality of salmon species and their ecosystems.
- "Sustaining Dungeness Crab Populations: Tsawout First Nation's Path to Rights-Based Marine Stewardship," which explored community-driven efforts to monitor and protect Dungeness crab populations, focusing on Indigenous governance, traditional use, and conservation-based management strategies.
- "Stewardship and Conservation Efforts within the Tsawout Indigenous Protected and Conserved Area (QEN, T MPA)," introducing the QEN, T Marine Protected Area, a Tsawout-led Indigenous Protected and Conserved Area (IPCA) rooted in cultural resurgence, marine planning, and ecosystem protection.



It was a proud moment for SȾÁUTW as we showcased our Nation's leadership and efforts in blending traditional knowledge with modern conservation practices. Presenters Chrissy Chen - Fisheries Manager/Principal Negotiator, Lais Chaves - Marine Planner/Assistant Manager, and Jennifer Claxton - Reef Net Revitalization Coordinator, all offered insightful contributions on habitat restoration, Dungeness crab management, and the cultural and ecological importance of Indigenous Protected and Conserved Areas.



The conference provided an invaluable platform to highlight our ongoing efforts in marine and freshwater stewardship and reinforced our commitment to protecting our environment for future generations.





Fisheries Update

First Salmon Ceremony & Reef Net Canoe Blessing - June 20, 2025

We had an awesome Friday celebrating Indigenous Peoples Day with the First Salmon Ceremony and Reef Net Canoe Blessing. It was a meaningful time to come together and connect as a community. A heartfelt HÍSW̱ḴE to our Fisheries team, Chrissy Chen, and our Reef Net Revitalization Project Coordinator, Jennifer Claxton, as well as all the staff and leadership who made this event possible. Together, we're lifting up our community and strengthening our traditions for generations to come.



















Fisheries Update

CLAM SURVEYS

ƛIX̱EṈ - June 24/25, 2025. As part of our new initiative to create more opportunities for traditional harvest in QEN,T Indigenous and Protected Area, we conducted our second clam survey.

The clams were so abundant we had to bring them to the office and continue measuring them on the next day. Most clams maintained in coolers and alive. We later released them back to ƛIX̱EṈ. Some clam species are good indicators of contamination levels and were sent to the lab for further testing.

Our next survey will be boat-based somewhere within the IPCA on **July 24, 2025**. If you would like to join us, please answer the call for clam diggers. Compensation and lunch/snacks will be provided for the day!











Fisheries Update

UVic Sustainability Scholar Interns

Amy Migneault



Amy is a PhD student at the University of Victoria in the Biochemistry and Microbiology department, where her thesis is aimed to expand upon molecular tools for cetacean (whales, dolphins, and porpoises) conservation.

Her background focuses on marine biology, and she loves spending time on the water. She is so happy to be joining the Tsawout Fisheries team for this summer as a Sustainability Scholar Intern.

For her internship, Amy will be working on collecting and analyzing the data from the clam surveys throughout the summer.

This project utilizes clam surveying methodology from Fisheries and Oceans Canada in combination with traditional knowledge. The goal of collecting the data from the clam surveys is to better understand and assess the health of shellfish species within Tsawout's QEN,T MPA to determine the viability of the beaches for harvesting.

Mikki Mitchell



Hi, I'm Mikayla "Mikki" Mitchell. I'm a Tlingit auntie, artist, and masters student in Indigenous Governance at UVic. My research makes an argument for the resurgence of Alaska Native traditional governance structures through the teachings and ceremony of Northwest Coast Formline Art.

This summer, I'm working with Tsawout's Clam Population Assessment for Sustainable Food, Social, and Ceremonial Harvest as part of the Sustainability Scholars Program. My focus is the cultural determinants of health and reliability, as well as helping transfer of Traditional Knowledge for sustainable community monitoring and management of these areas.

Fisheries Update & Events

SȾÁUTW̱ First Nation Land Back Opportunity on Salt Spring

The Salt Spring Island Foundation is pleased to announce the launch of the SȾÁUTW̱ Land Back Campaign. The campaign is an initiative of Salt Spring islanders Briony Penn, Ashley Hilliard and Brian Craig, in conjunction with the SȾÁUTW̱ First Nation (also known as the Tsawout First Nation).

The purpose of the campaign is to raise funds to help the SȾÁUTW̱ in their purchase of a 2.17-acre parcel at the end of Menhinick Drive. The parcel is adjacent to their 50-acre reserve land and to the newly created 400-acre Reginald Hill Nature Reserve. This campaign is aligned with the Land Back movement – a broad initiative for First Nations to acquire some of their unceded lands beyond the limited reserve lands allocated to them in colonial times.

As Chrissy Chen, Fisheries Manager and Principal Negotiator for the Nation explained: *"'Land back' is rooted in the recognition of Indigenous land rights and seeks to address historical and ongoing injustices stemming from colonization, dispossession, and forced assimilation. The movement emphasizes the importance of land not only as a vital resource for Indigenous communities but also as a fundamental aspect of Indigenous identity, culture, and self-determination."*

Briony Penn, whose roots on the island go back several generations, noted: *"For years, the SȾÁUTW̱ have generously permitted Salt Spring islanders and visitors to enjoy the beauty of their reserve lands on publicly accessible trails. This campaign is an opportunity for Salt Springers and others to say "thank you" in a tangible way. Ownership of this parcel adjacent to the reserve will help the SȾÁUTW̱ reconnect and, over time, re-establish a presence on Salt Spring Island, part of their traditional territory."*

The campaign's target is $600,000, of which $167,000 has already been committed, leaving $433,000 to raise.

Maps showing the parcel, the existing 50-acre SȾÁUTW̱ reserve and the 400-acre Reginald Hill Nature Reserve are attached.

A fund has been established with the Salt Spring Island Foundation for this campaign. Funds raised will be distributed to SȾÁUTW̱ First Nation specifically for the purpose of the Menhinick Drive land purchase and development. All donations over $25 will receive a charitable donation receipt from the Foundation.

A brochure has been prepared for the campaign which provides more detail and may be viewed and downloaded here: www.ssifoundation.ca/tsawout-land-back-campaign/ Donations may be made online on that website.

For more information on the campaign, contact:

Briony Penn Campaign Organizer
penn@saltspring.com
250-653-9996

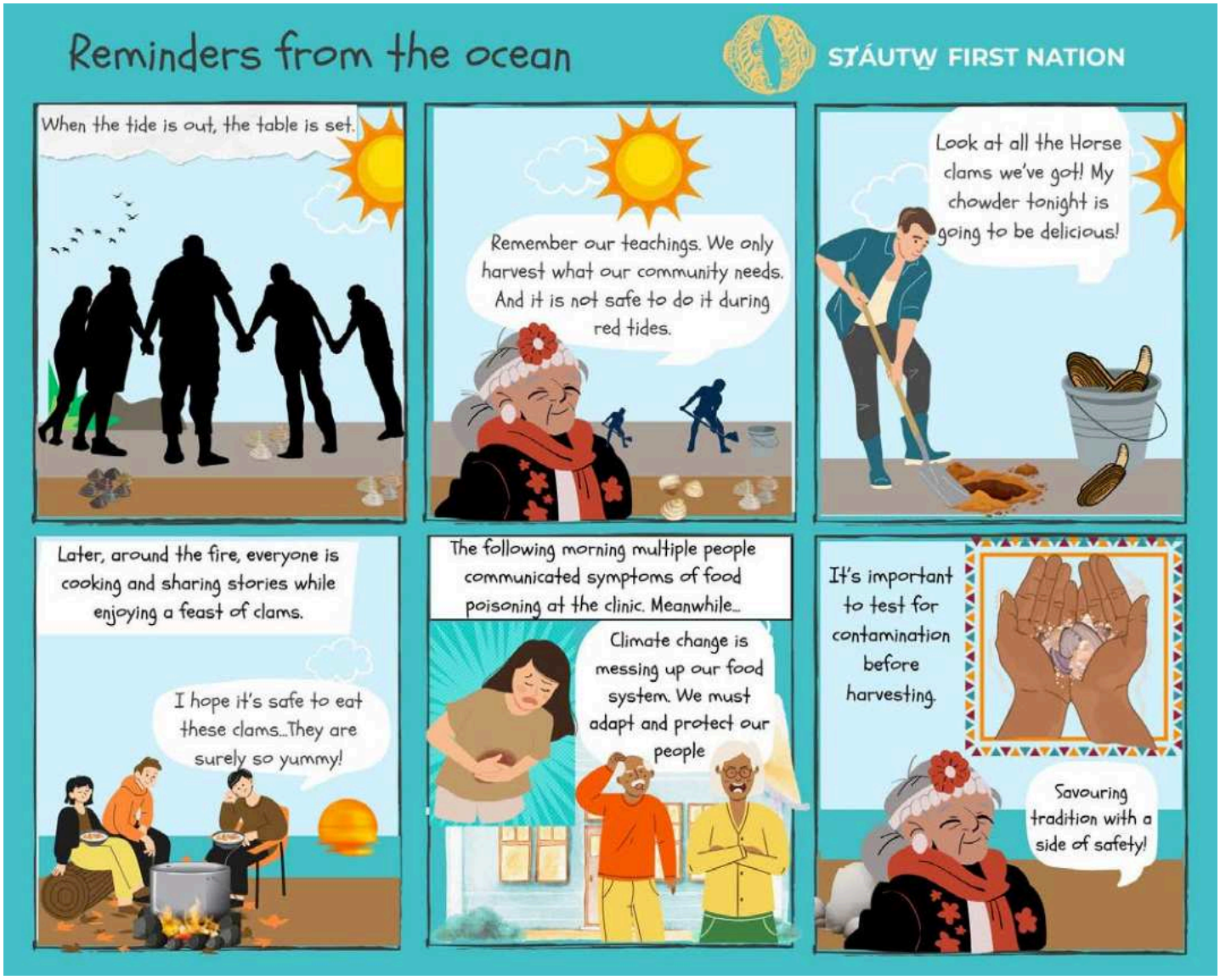
Mary Kastle, Communications Manager
Salt Spring Island Foundation
mary@ssifoundation.ca
250-537-8305

SȾÁUTW̱ FIRST NATION

salt spring island foundation

Reminders From the Ocean

On the last newsletter, the Fisheries department launched the Comic strip series “reminders from the ocean” to maintain the community informed on the dangers of Harmful Algae Blooms to our health. We will release weekly storylines on our social media channels, so keep your eyes open for those.



Housing Transformation Contest Winners!

Once again SȾÁUTW̱ would like to congratulate the winners of the Housing Transformation contest!











Community News

BC Elders Communication Center Society (BCECCS)/2025 Elders Gathering

1415 Weiwaikum Rd. Campbell River, BC, V9W 5W9

Ph: 250-286-9977
Toll Free: 1-877-738-7288
Email: bcelders@telus.net

Fax: 250-286-4809
Website: www.bcelders.com
Contact: Donna Stirling, Coordinator

Please do not call with event questions
Email is much faster: bcelders@telus.net

2025 ELDERS GATHERING
Theme "Moving Forward Together"

EVENT DATES: August 26-27, 2025,
With GROUP LEADER Early Check-In
Aug. 25th from 12:00 pm to 5:00 pm
PLACE: Vancouver Convention Centre,
East Building, 1055 Canada Place,
Vancouver, BC, V6C 0C3

For registration, booth forms, etc. go to www.bcelders.com
and click on the Elders Gathering and the Gathering News

The 2025 CULTURAL HOST IS
Sḵwx̱wú7mesh Úxwumixw Siiyúxwa - The Squamish Nation Elders

There will be 'Elvis Impersonator' Ronnie Scott
Dance Band 'Front Page'
The Red Dress and Orange Shirt Fashion Show
There will be 15 Mystics, 20 Nail Techs, 24 hairdressers and 1 Barber,
25 Therapeutic Touch Wellness Practitioners, 20 Wellness Healers from IRSSS,
A Vision Check Room, a Hearing Check Room, A Foot Exam Room, a Rest Centre
With 45 cots For Elders Naps, Vendor Centre with 64 Info and Crafts, and a New
Health Info Centre with 8 Booths upstairs, plus Open Mic and more!!

YOUTH SUMMER CAMP

AGES 12-18

STÁUTW FIRST NATION

Monday July 7th to Tuesday August 26
9:00am - 4:00pm, Monday - Friday!







Daily activities will include everything from learning about our culture, arts and crafts such as regalia making and cedar stripping, weekly outings, beach days, trips, and so much more!

Youth will also interact with Elders, and work with different departments such as Fisheries and Wellness. We will enjoy day trips, fundraisers, and other engaging activities!

Join us to celebrate our heritage and empower our young people. Please register if you are interested in participating. Open to registered SȾÁUTW̱ youth and youth in the community. **Please register online.**

questions? reach out to Emma at youthcoordinator@tsawout.ca

Upcoming Events



Upcoming Events



JULY 25-27 2025

ŁÁU, WELN̓EW̓ Tribal School Field
7449 W Saanich Rd, Brentwood Bay, BC

Grand Entry - Friday 7:00pm • Saturday 1:00pm & 7:00pm • Sunday 1:00pm

- Visiting Royalty & Veterans Welcome for Grand Entry
- Artisan and Venor Market
- Loonie Toonies
- Food Sales
- & more!
- Limited parking
- Drug & Alcohol Free
- No pets Only certified service animals
- Volunteer Opportunities
- Vendor Space Available

Contact & Donate
Contact us at or donate by e-transfer at sampsonpowwow@gmail.com

Find us online
www.sampsonpowwow.com
@honouring.wetanmy
Honouring Wetanmy Powwow

SCAN HERE

THE POWWOW COMMITTEE IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS OR INJURIES

Upcoming Events



Upcoming Events

SȾÁUTW̱ YOUTH PADDLE TO ELWHA 2025

***JULY 26TH-AUGUST 5TH**

*THE START DATE IS TENTATIVE AS THE CALENDAR HAS YET TO BE FINALIZED

YOUTH AGES 13–18

we will be taking **15 Youth** in total, and will honour first-come-first-serve registration

sign-up will **close on Thursday, June 26th**

Youth will be required to attend training and protocol practice sessions with Shyquintin & Alia, schedule TBD!



PARENTS, PLEASE ENSURE YOUR CHILD(REN) HAVE ONE OF THE FOLLOWING BEFORE SIGNING UP

- ☐ A VALID PASSPORT AND/OR ANY OF THE FOLLOWING..
- ☐ VALID STATUS CARD
- ☐ VALID BC SERVICES CARD
- ☐ BIRTH CERTIFICATE

CONTACT:
SHYQUINTIN CHARLIE **YOUTHWORKER@TSAWOUT.CA**

JULY 2025 - ELDERS CALENDAR

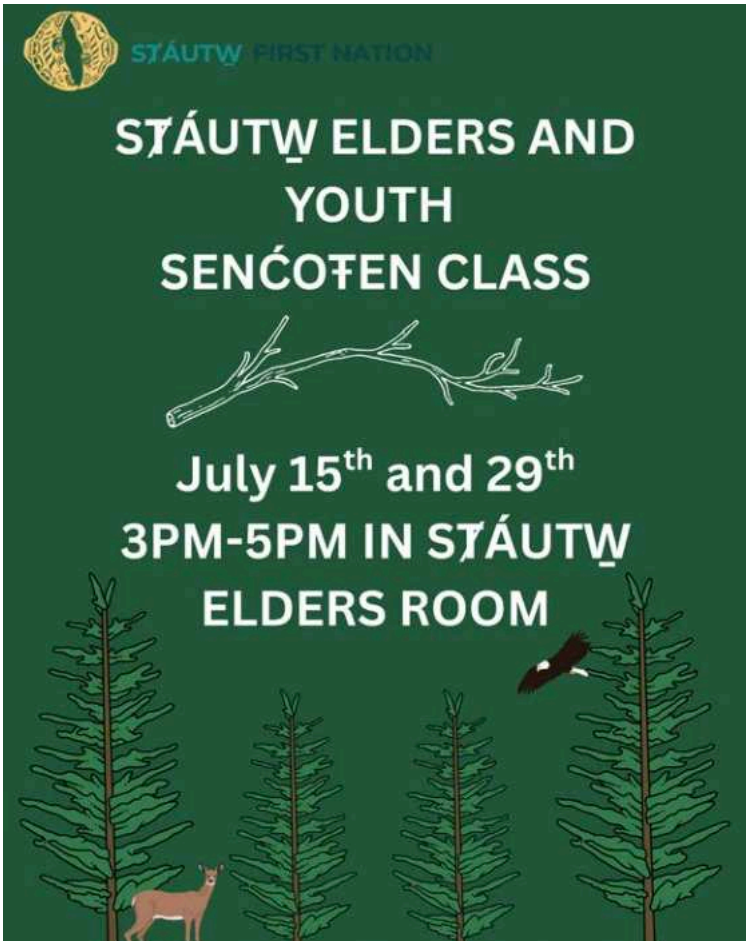
SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1 OFFICE CLOSED -STAT-	2 Elders Bannock and Tea 9-11am	3	4	5
6	7 Elders Walking Group 1-2pm	8 Elders Second Hand Shopping	9	10	11	12
13	14	15 Elders and Youth SENCOTEN class 3-5pm	16 Elders Songhees Luncheon	17	18 Elders on the Water	19
20	21	22	23 Elders canning	24	25	26
27	28	29 Elders and Youth SENCOTEN class 3-5pm	30 Elders Loonie Toonie 10-7pm	31 Elders Self Care Day 10am-3pm	1	2
3	4	5	6	7	8	9

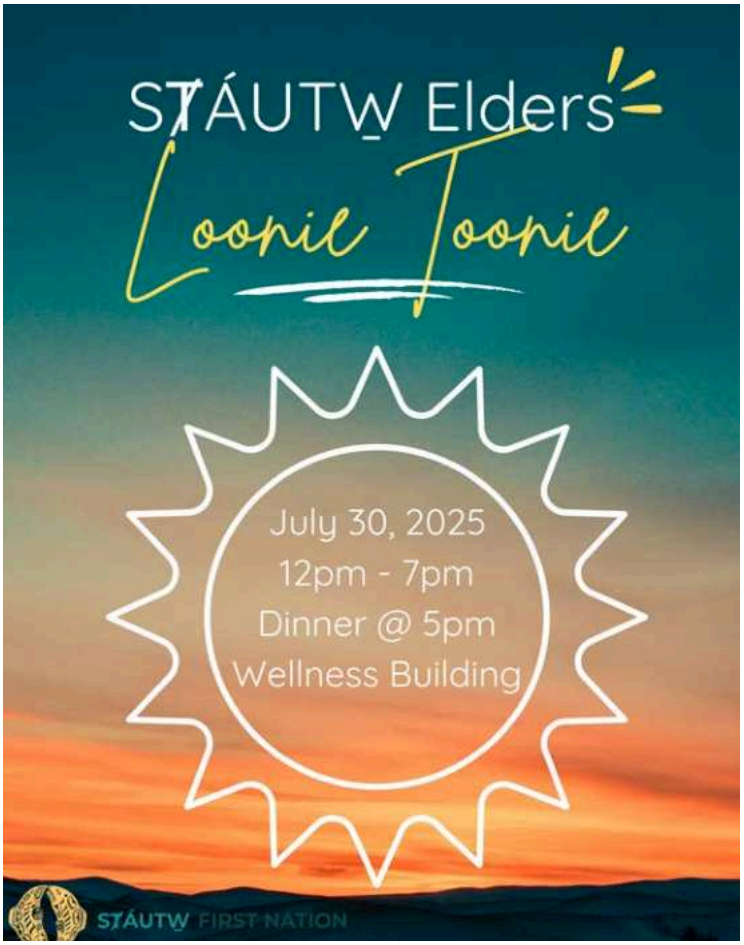
STÁUTW FIRST NATION

Elders News - Upcoming Events









Elders News - Upcoming Events



Wellness News

SȾÁUTW Wellness Supports & Services

Support services are unique to your children and family's needs. Our time together is confidential, voluntary, and geared towards your needs. Please call 250-652-8353 to talk to Shezell and complete a confidential intake and understand how we can support you.

June 2025 STATS

Family Advocates	19 SȾÁUTW̱ Families
Wellness Counsellors	53 SȾÁUTW̱ Community Members

Family Advocates

We work closely with our clients to understand their unique needs and challenges, offering guidance, mediation, and support to ensure every family member thrives. Our Family Advocates are dedicated to achieving successful outcomes for SȾÁUTW children and families through a collaborative approach between the Ministry of Children and Family Development (MCFD), NIŁ TU,O Child and Family Services, and the Jordan's Principle. We assist in navigating various external social services, educational opportunities, and healthcare resources.

Crisis Lines

- KUU-US Crisis Line: 1-800-588-8717
- Vancouver Island Crisis Line: 1-888-494-3888
- Text Line: 250-800-3806 (6:00PM – 10:00PM PT)
- Mental health struggles: 310-6789 (24 hours)
- Medical emergency: 911

Wellness News

Wellness Counsellors

Our department currently has two counsellors, one male and one female. Alan Boden, MA just started in our department in May 2025, and Vassilena Johns, RBC, has been with us for about 15 months building relationships with community.



Alan Boden, M.A, RCC

For the last 26 years, Alan has been practicing as a Registered Clinical Counsellor and is prepared to serve you - helping you to achieve your goals and make those wanted changes in your life.

Alan provides comprehensive and supportive mental health counselling, with caring, useful strategies to help you move forward in your life, whether in person, or virtually. He works with individuals, youth, couples, parents and families that need some help or guidance. Alan can help you with:

- Anxiety/Depression
- Low Self-Esteem
- Career/Life Transitions
- Grief and Loss
- Skill building around regulating feelings
- Eating Disorders
- Marriage & relationship counselling
- Addiction
- Recovery from traumatic experience
- Parenting



Vassilena Johns, RPC, Wellness Counsellor

Vassilena is committed to supporting your holistic health and providing you with the tools and support to navigate life's challenges and improve your mental health. This role is vital in providing culturally attuned guidance and emotional support, tailored to your individual needs.

Our Wellness Counsellor assists with a wide range of issues including:

- Stress management
- Anxiety/depression
- Emotional well-being
- Improving lifestyle choices
- Grief and Loss
- Skill building around regulating feelings
- Overall health

Our one-on-one counselling also covers relationship issues, professional burnout, grief management, trauma healing, and helps build confidence and address insecurities. Our end goal is to enhance your spiritual, physical, mental and emotional health in a respectful and inclusive manner.

SȾÁUTW̱ Wellness

WE ARE LOOKING FOR AN ON-CALL ADMINISTRATIVE ASSISTANT

Are you looking for an on-call role and the opportunity to contribute to our awesome wellness team?

· You must be comfortable greeting everyone in a friendly manner with on-call availability, often with short notice, and can commit to some planned shifts.

· An ideal candidate would be dependable, punctual, and professional with excellent verbal and written communication skills.

· Guaranteed hours Monday-Friday from July 10th - July 25th

If you're interested please email:

wellnessadmin@tsawout.ca

Attaching a resume is recommended but not required

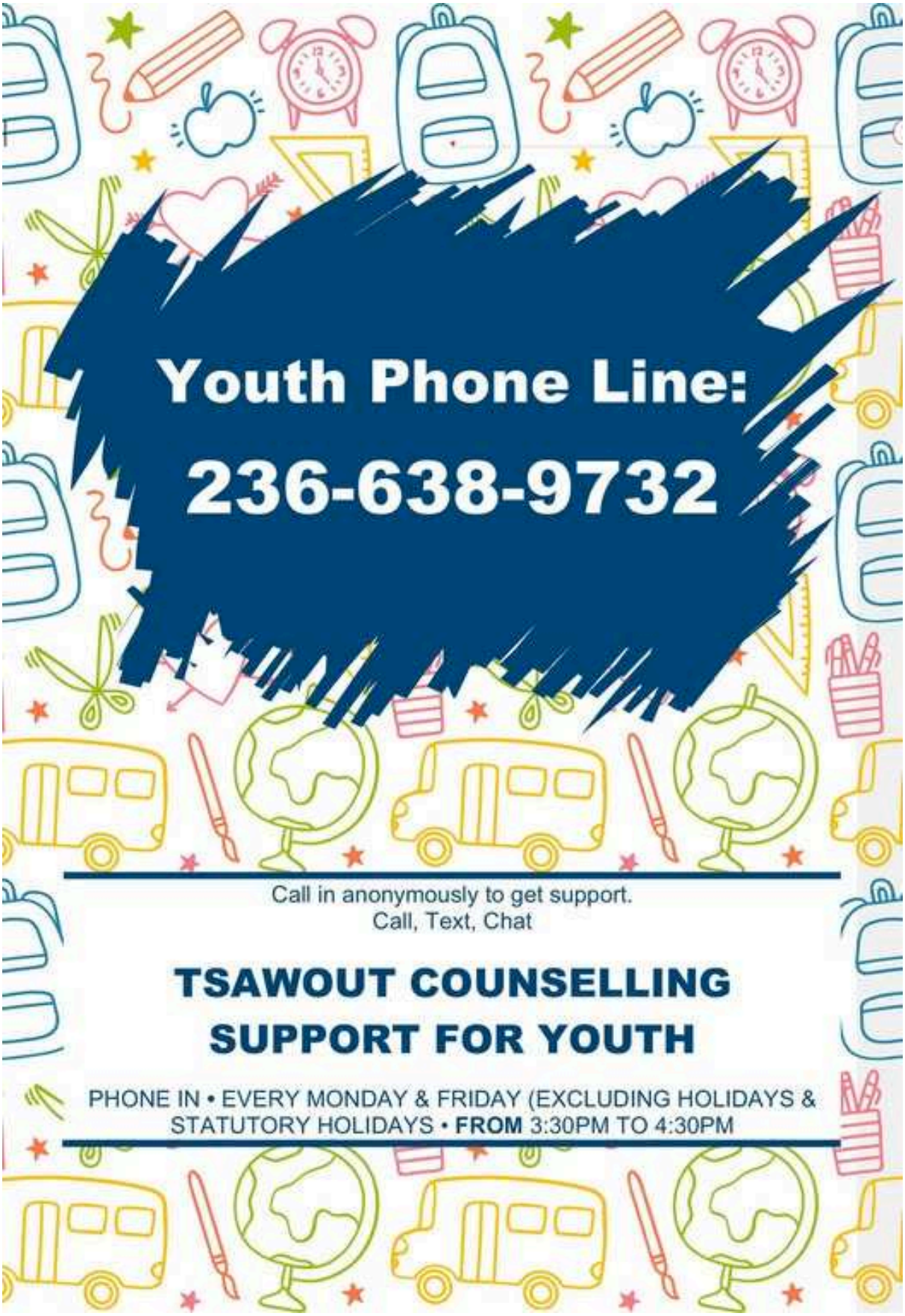
JULY 2025 - YOUTH SUMMER PROGRAMMING

have questions? please contact Emma at youthcoordinator@tsawout.ca, to participate Youth **must** be registered for Summer Camp

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1 OFFICE CLOSED -STAT-	2	3	4	5
6	7 first day of camp! Orientation Day	8 Fisheries Boat Day, Whale Watching!	9 Traditional Art Class with Kendra	10 Anxiety Workshop with Vassilena	11 Durrance Lake	12
13	14 Water Fight & BBQ with RCMP	15 Saltspring Island Clam Garden Visit	16 Mini Golf @ Island View	17 PKOLS (Mt. Doug) Hike & Beach Day	18 Sooke Potholes	19
20 *Relatives from Lummi, Whiteswan Environmental, and Fisheries will be with us for the week	21 Reefnet Building & learning other cultural practices, spending time with our Lummi relatives	22	23	24 Wellness Workshop with Alan	25	26
27	28 Traditional Art Class with Kendra	29 Bowling + Movie Day	30 Mini Road Trip to Parksvillle!	31 Elders & Youth Self Care Day	1	2
3	4	5	6	7	8	9

STÁUTW FIRST NATION

Youth News


Youth Phone Line:
236-638-9732
Call in anonymously to get support.
Call, Text, Chat
TSAWOUT COUNSELLING
SUPPORT FOR YOUTH
PHONE IN • EVERY MONDAY & FRIDAY (EXCLUDING HOLIDAYS &
STATUTORY HOLIDAYS • FROM 3:30PM TO 4:30PM

BRITISH COLUMBIA | HealthLinkBC

Number 14b
December 2023

Measles

What is measles?

Measles is a serious illness caused by the measles virus. It can cause encephalitis, an inflammation of the brain, which can lead to seizures, deafness, or brain damage. One out of every 3,000 people with measles may die from complications. Complications and death are most common in infants less than 12 months of age and adults.

Complications of measles can include:

- Ear infections
- Diarrhea
- Pneumonia
- Encephalitis (1 in every 1,000 cases)

Because of immunization, measles is now a rare disease in Canada. Most cases occur in unimmunized people, including visitors to Canada, who have traveled overseas.

Is there a measles vaccine?

There are 2 vaccines available in B.C. that provide protection against measles:

1. Measles, mumps, rubella (MMR) vaccine
2. Measles, mumps, rubella and varicella (MMRV) vaccine

The vaccines are provided free as part of routine childhood immunizations and to others that need protection against measles. For more information, see HealthLinkBC File #14a Measles, mumps, rubella (MMR) vaccine and HealthLinkBC File #14e Measles, mumps, rubella and varicella (MMRV) vaccine.

How is measles spread?

Measles is very contagious and spreads easily. When an infected person breathes, coughs, or sneezes, the virus spreads through the air. The measles virus can survive in small droplets in the air for several hours. You can become infected when you breathe in these droplets or touch objects contaminated with the virus. The airborne spread of measles virus makes the disease very contagious. Sharing food, drinks or cigarettes, or kissing someone who has the virus can also put you at risk.

What are the symptoms?

Symptoms of measles include fever, cough, runny nose, and red and inflamed eyes that are often sensitive to light. These symptoms are followed by a rash, which starts first on the face and neck, and spreads to the chest, arms and legs. The rash lasts about 4 to 7 days. There may also be small white spots inside the mouth.

Symptoms can start as soon as 7 days after a person is infected with the measles virus.

What if I have been exposed to measles?

If you have been exposed to the measles virus and have not had the disease or received 2 doses of a measles vaccine, you should get immunized to prevent the illness. You need to get the vaccine within 72 hours after exposure in order to be protected against the measles virus. People born before 1970 may not need to get the vaccine as they have probably had measles.

If you cannot get the vaccine in time or it is not recommended that you receive the vaccine, you may be given immune globulin for protection. Immune globulin contains antibodies taken from donated human blood. Antibodies are proteins that a person's immune system makes to fight germs, such as viruses or bacteria. Immune globulin provided within 6 days of being exposed to measles can protect against measles infections or make the

Health News - Measles Information

illness less severe. For more information, see HealthLinkBC File #63 Immune globulin.

What should I do if I think I have measles?

If you have a fever and rash, and think you may have measles, especially if you have been in contact with someone with measles or traveled to an area with a measles outbreak, have yourself examined by a health care provider. It is best to call ahead so that you can be seen quickly and without infecting other people. Measles can spread easily in places like waiting rooms and emergency rooms. The doctor or triage nurse can make sure that you are taken into a closed area for an examination and attend the clinic at a time when the waiting room is empty. Bring your immunization record with you. A physical examination, blood test, and throat swab or urine sample will be collected to make the diagnosis of measles.

How can I prevent spreading measles to others?

A person with measles can spread the virus to others from 4 days before to 4 days after their rash first appears. If you have measles, you can help prevent spreading it to others by:

- Staying at home for at least 4 days after the rash first appeared
- Washing your hands regularly
- Coughing or sneezing into a tissue or sleeve rather than your hands
- Not sharing food, drinks or cigarettes, or kissing others

What is the home treatment?

After seeing a health care provider, the following home treatment tips may help you to be more comfortable while you rest and recover:

- Drink plenty of fluids such as water, juice and soup, especially if you have a fever
- Get plenty of rest

Acetaminophen (e.g., Tylenol®) or ibuprofen* (e.g., Advil®) can be given for fever or soreness. ASA (e.g., Aspirin®) should not be given to anyone under 18 years of age due to the risk of Reye syndrome.

*Ibuprofen should not be given to children under 6 months of age without first speaking to your health care provider.

For more information on Reye syndrome, see HealthLinkBC File #84 Reye syndrome.

BC Centre for Disease Control
Provincial Health Services Authority

Health News - Measles Information

MEASLES
What you need to know

Measles is a highly contagious virus that can be very serious.
Vaccination is the most effective way to prevent transmission and illness.

Symptoms

Rash | **Cough** | **Red, watery eyes** | **Runny nose** | **High fever**



Other symptoms may include ear infections, lung infections or diarrhea

In severe cases, measles can be fatal

- Measles spreads when someone who has measles coughs or sneezes.
- It can also stay in the air and on things like tables or toys for a long time. 90% of people who haven't been vaccinated or had measles before will be infected if they are around someone who is sick with measles.

Prevention

- Talk to your Community Health Nurse about protection against measles.
- You can also check your medical records to see if you or your child is vaccinated against measles through the BC Health Gateway online: healthgateway.gov.bc.ca

What else can you do?

√ Stay home if you are sick. √ Wash your hands to protect others.
√ If you have symptoms and need to be assessed, call ahead so the clinic can protect others.
√ Stay up-to-date on your Measles vaccine.

First Nations Health Authority
Health through wellness

Contact your local health centre:

T: _____

E: _____

Health News - Measles Information

Measles Resources

If you have been exposed:

- People who are not immune to measles may be asked to stay home and isolate if they have been exposed to measles.
- People are considered immune to measles if they:
  - Have 2 doses of measles-containing vaccine
  - Have laboratory evidence of immunity
  - Were born before 1970 (1957 for healthcare workers)

- Contacts of a measles case who are not immune may be offered vaccine or immune globulin (a blood product containing measles antibodies) to prevent infection.
- Public health will contact you if you are a known contact and will provide further instructions.
- People who are most at risk of infection are those who are completely unvaccinated against the disease, including children under one year of age.

From the BCCDC Website: http://www.bccdc.ca/health-info/diseases-conditions/measles#exposed

If you have further questions, please go to the respective resource:

1. Link to the BCCDC Website (for information and exposure notifications): http://www.bccdc.ca/health-info/diseases-conditions/measles

2. Tsawout Health - for general questions about Measles - 250-652-1149

3. Saanich Peninsula Public Health - for immunizations under 19 years of age- 250-544-2400

4. Victoria Health Unit – for communicable disease exposures - 250-388-2225

5. Please see your local pharmacy for adult immunizations

Please remember if you have been immunized, you are doing your part to protect yourself and the community. Measles is not a new virus, but we must continue to stay up to date with our immunizations to protect those who do not have a strong immune system (due to age, medication, etc.). Together, we can work towards a healthy and strong SṮÁUTW̱ community.

HÍSW̱KE SIÁM,
Alyssa Greenway, CHN

July 2025



ĆENŦEḴI - ĆENHENEN

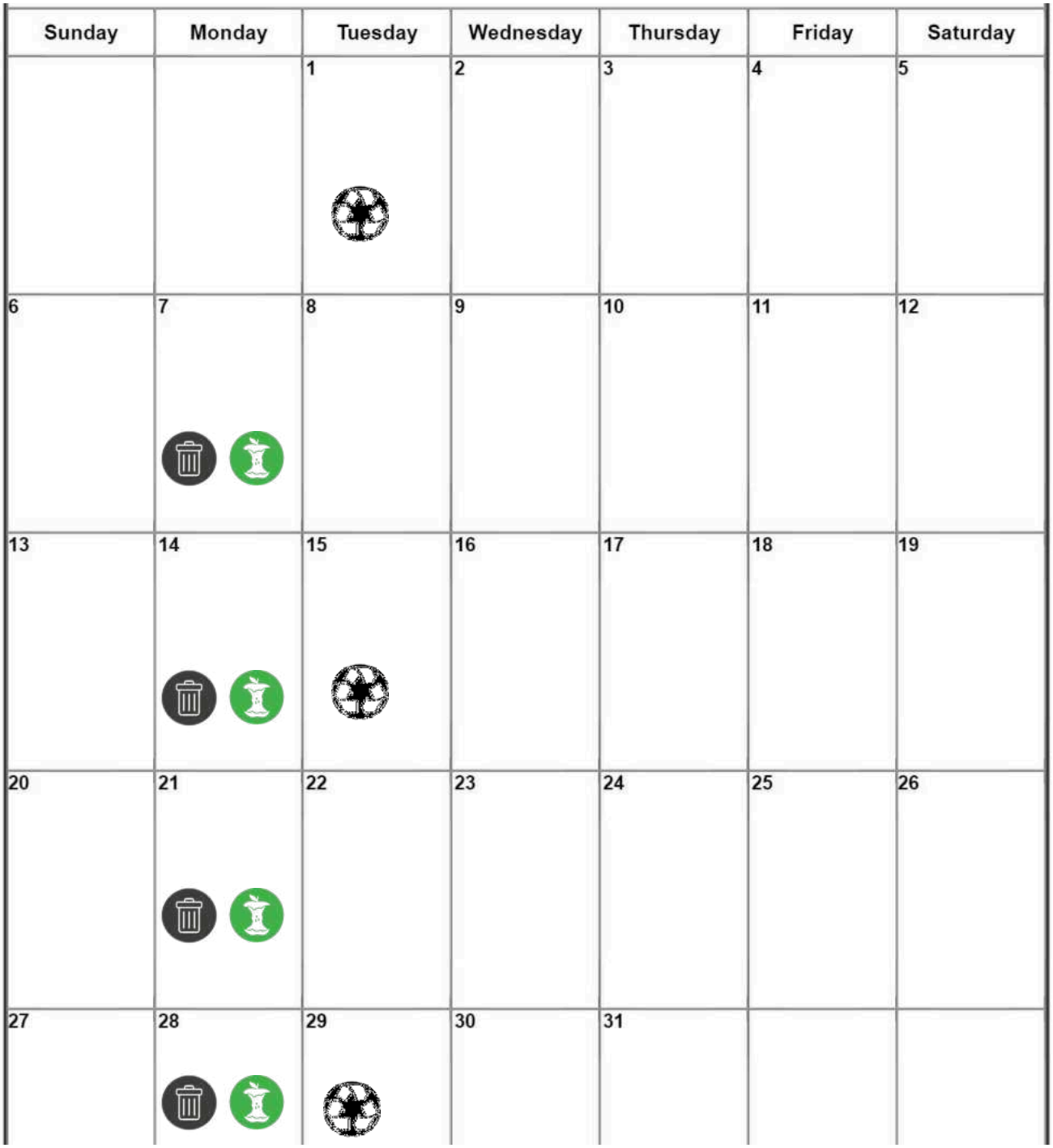
head start hamper schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 morning stroll @ LAUWELNEW	1 stat	2 Parent night (knitting?)	3 Play cafe farewell	4 **maternal & 0-1 hampers**	5
6	7 After noon local stroll 1-3	8	9 everything hamper for everyone	10	11	12
13	14 **maternal & 0-1 hamper only**	15	16	17	18	19
20	21 good food bag for everyone only **maternal milk and eggs**	22	23 Music and me	24 Parent night Transform your truama 5-7	25	26
27	28	29	30 transforming your trauma 5-7	31 **maternal & 0-1 hamper only**	1	2
3	4	**headstart activity**	**hamper maternal**	**music and me**	**stroll**	**everyone hamper**

In the W̱SÁNEĆ (Saanich) traditional calendar, the July moon is known as ĆENHENEN, which translates to the Humpback Salmon Moon or the Moon of the Opening Hands. This moon signifies the return of the humpback salmon and the beginning of the drier summer season. It is a time for harvesting salmon, holding ceremonies, and celebrating with family and neighboring villages. The warm weather also allows for drying and preserving food

July Garbage, Compost & Recycling



Garbage Pickup: Garbage and compost is managed by CCR and picked up every Monday

Recycling (Bi-weekly): If your recycling is missed or not picked up, call Emterra at 250-385-4399. Call by 11:00 AM the next day and they''ll most likely be able to do a pick-up. If later, it would have to wait until the next pick-up date.

Reminder that the Heavy Garbage Program has ended. Please do not leave heavy garbage on the side of the road. We continue to clean up the dumpsite on Longhouse Road from the previous years programs. Please discard your heavy garbage at local metal recycle or Hartland Landfill.