

STÁUTW FIRST NATION

NEWSLETTER

www.stautw.ca

July 2026



Save the Date **Q2 Community Engagement**

THURSDAY AUGUST 20, 2026

Q2 Community Engagement

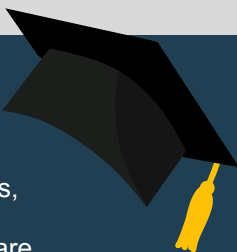
Save the date for Q2 Community Engagement on Thursday, August 20, 2026. Join us to connect with departments, share ideas, and learn about emerging needs & opportunities.

Read more on page 2.

Congratulations Grads!

Congratulations to all of our STÁUTW graduates, including those completing high school, post-secondary, and adult education programs. We are proud to celebrate your hard work, dedication, and achievements, and we wish you continued success as you take the next steps in your journey.

Read more on page 3.



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STÁUTW
FIRST NATION

Save the Date Q2 Community Engagement

THURSDAY AUGUST 20, 2026

Celebrating connection and
time together.

Please join us to connect with
departments and help identify emerging
needs and opportunities.

- Fun Kids activities
- Great Prizes
- Lots of Information
- List of upcoming Events



CONGRATULATIONS TO OUR STÁUTW GRADUATES OF 2026

High School Graduates:

- | | |
|----------------------------------|---------------------------------|
| ✦ Amelia McPherson | ✦ Lily Lafortune |
| ✦ Anthony Charlie-Jimmy | ✦ Romaine Jr Underwood |
| ✦ Casey Williams | ✦ Saliesha Pelkey-Thorne |
| ✦ Darren Joseph | ✦ Savanna Henry |
| ✦ Heli Etzel | ✦ Travis Pelkey |
| ✦ Kalika Hermesen | ✦ Tyler Underwood |
| ✦ Kenady Sylvester-Johnny | ✦ Tyrell Jimmy |

Post Secondary/Adult Education:

- ✦ **Alicia Underwood:** Camosun College Certificate in Indigenous Community Wellness
- ✦ **Bobbi Sylvester:** Camosun College Certificate in Indigenous Community Wellness
- ✦ **Cheyenne Perry:** Risio Institute Diploma in Dental Assisting
- ✦ **Cheyenne Underwood:** Camosun College Diploma in Indigenous Studies
- ✦ **Darian Claxton:** UVIC Diploma in Indigenous Language Revitalization
- ✦ **Dolly-Jean Thomas Bill:** Medical Office Assistant with a Practicum Diploma
- ✦ **Donald Williams:** Adult Dogwood
- ✦ **Edith Etzel:** Camosun College Certificate in Indigenous College Prep
- ✦ **Evelyn Underwood:** Camosun College Certificate in Indigenous College Prep
- ✦ **Jordin Harry:** Camosun College in Indigenous College Prep
- ✦ **Julius Etzel:** UVIC Diploma in Indigenous Language Revitalization
- ✦ **Marlyana Swan:** UVIC Diploma in Indigenous Language Revitalization
- ✦ **Naomi Horwood:** Adult Dogwood
- ✦ **Tori Rice:** Camosun College Certificate in Indigenous College Prep
- ✦ **Zaiah Jones:** Camosun College Certificate in Indigenous Community Wellness



STÁUTW FIRST NATION



IN PARTNERSHIP WITH:

COMMUNITY SOCIAL PLANNING COUNCIL

Insights · Dialogue · Solutions

I.D. JULY CLINIC

8TH
11AM - 3PM

ID CLINIC — STÁUTW GYM **WEDNESDAY, JULY 8TH/26**

WE CAN HELP WITH APPLICATIONS FOR:

- BC IDENTIFICATION (BCID)
- BC SERVICES CARD
- CANADIAN BIRTH CERTIFICATES
- PROOF OF CITIZENSHIP CERTIFICATES (APPLICATIONS PROVIDED)
- SECURE STATUS CARD (SCIS)
 - REGISTRATION
 - REPLACEMENT
 - RENEWAL



FYI: YOUTH 12 YEARS & UP ARE ELIGIBLE FOR BCID & SERVICES CARDS

WE CANNOT HELP WITH:

- PASSPORTS
- CITIZENSHIP OR PERMANENT RESIDENCY (PR) APPLICATIONS
- OUT-OF-COUNTRY BIRTH CERTIFICATES
- DRIVER'S LICENSE RENEWAL OR REPLACEMENT
- NAME CHANGE OR GENDER CHANGE AMENDMENTS



WHAT TO PREPARE BEFORE COMING:

- NO ID IS REQUIRED TO ATTEND.
- IF YOU HAVE ID, PLEASE BRING IT — STAFF MAY REVIEW IT TO ENSURE IT IS ACCEPTABLE FOR ICBC.
- BE PREPARED FOR POSSIBLE WAIT TIMES.
- SOME CLINICS MAY BE BUSY; CASEWORKERS DO THEIR BEST TO ASSIST EVERYONE.
- APPLYING FOR A BIRTH CERTIFICATE
 - IF POSSIBLE, PLEASE KNOW YOUR PARENTS' NAMES AND PLACES OF BIRTH.
- IF INFORMATION IS UNKNOWN, EXEMPTION LETTERS CAN BE PROVIDED.

NO APPOINTMENT NEEDED — DROP IN!



STÁUTW FIRST NATION

Welcome

TO THE TEAM

OOOOO

BRANDY JACOBS

*Community Initiatives & Events
Manager*



Brandy will lead community initiatives and events that strengthen connection, cultural continuity, and engagement across the Nation. In this role, she will guide the planning and delivery of inclusive, culturally grounded programs and events that reflect community priorities.

She will also work closely with departments to support meaningful participation and ensure initiatives are delivered with care, accountability, and excellence.

Brandy is a longtime community member and a familiar presence to many STÁUTW members, staff, and leadership. As a dedicated, community-focused professional, she brings valuable knowledge, strong skills, and meaningful strengths that will support the success of our team.

Her hard work and deep commitment to her community, children, and family make her a welcome addition, and we look forward to the contributions she will make.

Please do not be shy to introduce yourselves, say hello, or start the collaboration process.



bjacobs@stautw.ca



The poster features a central title 'STÁUTW CELLPHONE DRIVE:' in large, bold, green and blue letters. To the left is an illustration of a smartphone displaying a landscape with mountains, a river, and the letters 'CFS' below it. To the right is an illustration of three people (two adults and one child) walking towards a large sun. Below the title is the text 'SUPPORTING YOUTH, ELDER, & COMMUNITY.' in blue. The poster is divided into two main sections: 'HOW YOU CAN HELP:' and 'WHY IT MATTERS'. The 'HOW YOU CAN HELP:' section lists three points: 'WHAT TO DONATE:', 'CONDITION:', and 'GOAL:'. The 'WHY IT MATTERS' section lists three points: 'ONE-TIME PHONE APPROVALS:', 'PROTECTS THE LAND:', and 'LIMITED CAPACITY:'. At the bottom, a dark blue banner contains the text 'PLEASE DROP OFF YOUR UNUSED CELLPHONES @ CFS' in large, bold, yellow and white letters, followed by 'TO HELP KEEP OUR COMMUNITY CONNECTED!' in white. The banner is decorated with a heart icon and a small illustration of a box with a heart on it. The background of the poster is a light beige color with a subtle pattern of small, colorful geometric shapes.

STÁUTW CELLPHONE DRIVE:

SUPPORTING
YOUTH, ELDER,
& COMMUNITY.

 We are finding, our Youth and Elders face an immediate need for cellphones to stay connected. Having a phone is vital for attending school, managing appointments, and accessing daily services.

 To support them, CFS is launching a Cellphone Drive! Just like a clothing or blanket drive, we are collecting devices to give directly back to our community.

HOW YOU CAN HELP:

We are calling on our team to look through their drawers and donate.

-  • **WHAT TO DONATE:**
Any type of cellphone.
-  • **CONDITION:**
Any age or model is accepted.
-  • **GOAL:**
Give old devices a second life !!!!!

WHY IT MATTERS

This drive helps our community and the environment at the same time:

-  • **ONE-TIME PHONE APPROVALS:**
Helps community members get a phone through a one-time service approval.
-  • **PROTECTS THE LAND:**
Keeps electronics out of landfills by recycling and reusing what we already have.
-  • **LIMITED CAPACITY:**
Supplies are limited, so every single donation makes a huge impact on quality of life.

 **PLEASE DROP OFF YOUR UNUSED
CELLPHONES @ CFS** 
TO HELP KEEP OUR COMMUNITY CONNECTED!

Tilbury Phase 2 LNG Expansion Project

FortisBC proposes to expand its existing LNG facility on Tilbury Island in Delta by increasing its storage capacity by 2.5 times to 142,400 cubic meters and increasing production capacity up to 7,700 tonnes per day.

Share your thoughts

The EAO is seeking feedback on the draft assessment report and proposed conditions from
June 25 to July 27, 2026

Online Information Session

July 8 | 6-7:30 p.m. Pacific time

To register, visit the link or
QR code on the right.

Learn more about the project and
tell us what is important to you:

engage.eao.gov.bc.ca/TilburyExpansion-EA



 You may also submit comments by mail: Tilbury Phase 2 LNG Expansion Project, PO box 9426, Stn Prov Govt, Victoria, B.C. V8W 9V1



EAO

Environmental
Assessment Office

EMPLOYMENT & INCOME ASSISTANCE UPDATE

Declarations & Job search forms are due by the 15th of EVERY month. Forms can be found in the lobby of the Band office until the end of day on the 15th.

- Please to stop by the office during regular business hours to complete forms & to ensure there is no delay in receiving your cheque!

Cheques will no longer be released to anyone without prior written approval.

- Please email Alia or Angela the day before Income Assistance Day!

SDcoordinator@stautw.ca OR Awilliams@stautw.ca

Due to the high volume of clients, Income Assistance will NOT be answering the phone or emails on cheque distribution day

**** Reminder about direct deposit ****

STAUTW First Nation is moving to direct deposit for all payments made by Band Administration. This means that anyone receiving a payment from the Nation will need to have their direct deposit information on file.



STAUTW DAYS
WAR CANOE RACES

JULY 18 & 19, 2026

 **9:00 AM** *(to avoid the tide)*

RACES FOR U8 BOYS & GIRLS TO ADULTS

CATEGORIES

				
SINGLES	DOUBLES	4-MAN	6-MAN	11S

Everyone Welcome!
COME CHEER ON OUR PADDLERS!

War Canoe 2026

Date	Race	Location
May 2-3		
May 9	Penn Cove	Coupeville, WA
May 16-17	Skwah Days	Chilliwack Landing, BC
May 23-24	Tulalip Days	Tulalip Bay, WA
May 30-31	Seabird Island Festival	Agassiz, BC
May 30-31	Nooksack Days	Blodel Donovan Park, WA
Jun. 5-7	Cultus Days	Cultus Lake, BC
Jun. 13-14	Sasquatch Days	Harrison Hot Springs, BC
Jun. 12-14	Musqueam	Vancouver, BC
Jun. 19-21	Stommish	Lummi, WA
Jun. 27-28	Quw'utsun	Cowichan Bay, BC
Jul. 4-5	Ambleside	West Vancouver, BC
Jul. 10-12	Sqewlets	Harrison Bay, BC
Jul. 18-19	Tsawout	East Saanich, BC
Jul. 24-26	Snuneymuxw	Nanaimo, BC
Ju 31-Au 2	Geronimo Days	West Saanich, BC
Aug. 8-9	Swinomish	La Conner, WA
Aug. 15-16	Chief Seattle Days	Suquamish, WA
Aug. 22-23	Snuwnuwus	Nanoose Bay, BC
Aug. 28-30	Makah Days	Neah Bay, WA
Sept. 7	LABOUR DAY	



Fisheries News

STÁUTW Marine is excited to share our summer calendar with you! We have a busy season ahead, filled with weekly events throughout July and August that are open to all STÁUTW community members. The Marine & Stewardship Division warmly invites you to join us—there's something for everyone, and we look forward to seeing you out on the land and water. Please see the below posters for full details.



Living as Saltwater People

Weekly Community Events with STÁUTW Marine & Stewardship

This summer, STÁUTW Marine & Stewardship (previously the Fisheries Department) is hosting weekly events (Tuesdays, time varies) to facilitate our STÁUTW community coming together as Saltwater People!

Events are Family Friendly & open to all STÁUTW members

Some Events Require Advanced Registration/RSVP

ĆENŦEKI (JULY)



Seaweed Workshop

July 7 (Tues) 4:30-7:30pm, snacks provided

What: Learn about traditional seaweed harvest, STÁUTW's seaweed farm, & eat some seaweed!

Where: STÁUTW Band Office - Multipurpose Room

WEN,NÁ,NEĆ Sea Garden

July 14 (Tues) 9am-1pm, snacks provided | Pre-registration required

What: Day trip to learn about this Sea Garden!

Where: Saltspring Island





Crab Rakes & Saanichton Bay Marina Case

July 21 (Tues) 4:30-7:30pm, snacks provided

What: Make crab rakes & celebrate how our community protected Saanichton Bay ~35 years ago!

Where: ȚIXEN (the Point)

Family-Friendly 'Fish Camp'

Time & Date TBD (aligned with sockeye food fish distribution)

What: Let's fillet our fish together! Event will include activities for kids & support for those learning to fillet/prepare fish

Where: STÁUTW Band Office - White Tent



ĆENHENEN (August)

TEL ILĆE Fish Wall

Aug 11 (Tues) 8am-1pm, snacks provided | Pre-registration required if travelling with us or meet us there!

What: Day trip to learn about this Fish Wall and to reconnect with this place!

Where: Cordova Bay Beach



ȲIXEN Pit Cook & Douglas Treaty Rights Panel

Aug 18 (Tues) 4:30-7:30pm, meal provided

What: Come join us for a pit cooked meal & discussion about Douglas Treaty Rights!

Where: ȲIXEN (the Point)

Annual STÁUTW Marine & Stewardship Celebration Dinner

Aug 25 (Tues) 5-8pm, meal provided

What: Come celebrate the youth interns that have worked with STÁUTW Marine & Stewardship this summer, and learn about what we do!

Where: STÁUTW Band Office - Gymnasium



More About these Events



The idea to host these events flows directly from community input voiced through interviews about the QEN,T IPCA. Our goal is to provide more accessible opportunities for all STÁUTW members (not just youth) to come together to learn from one another.

These events also connect to STÁUTW's marine internship program, as our youth stewards will be learning to plan and/or lead these events!



Questions & Event Registration

Email Shae Harding at fisheriesliaison@stautw.ca or call (250) 652-9101 ext. 324

HÍSŬKE HÁLE

We look forward to learning alongside you this summer!

Fisheries News

First Salmon Ceremony

Earlier this month, we were honoured to host our First Salmon Ceremony and Canoe Blessings at the spit in celebration of Indigenous Peoples Day. HÍSKWE to everyone who joined us to celebrate, connect, and share a delicious meal together.



First Clam Survey

Our team has also kicked off the first clam survey of the year.

If you're interested in participating, we will be hosting another survey in mid-July.

We always welcome volunteers who would like to join us for these fun and meaningful beach outings.



Fish Wall

Additionally, members of our team had the opportunity to join Elder Mavis Underwood as she spoke to an anthropology art class at the Fish Wall located at ʔEL̓,İŁĆ (Cordova Bay).

Revealed during low tide, the fish wall is an important cultural site. Our team was able to capture photographs and drone footage, helping to document and share this special place.





STÁUTW FIRST NATION

AFTER SCHOOL PROGRAM



Join our after school program for:

- A safe space for support
- Land-based education
- Literacy, numeracy, and homework help
- Cultural activities and language learning
- Life skills and art

BEGINS SEPTEMBER 2026

3:00 - 5:00 PM

MONDAY TO FRIDAY

AGES 5-12

Activities Include:

- Physical activities with the Pacific Institute for Sport Education (PISE)
- Science experiments with UVIC Science Venture
- Visits from the Greater Victoria Public Library
- Tutoring with UVIC Centre for Outreach Education (CORE)
- ...and more from community partners!

For More Information Contact:

Jade Thomson
Student Success Liaison
jthomson@stautw.ca



The Student Success Liaison works alongside students, families, schools, and community partners to help reduce barriers to student success.





The poster features a vibrant background with a blue sky, white clouds, and a green field. At the top left is a circular logo with a stylized face and floral patterns. The title 'STÁUTW FIRST NATION Education Department' is prominently displayed. Below it, three children are shown holding a large banner that reads 'SUMMER PROGRAM 2026'. The program details are organized into boxes: 'PRIMARY GROUP' (Ages 5-8), 'JULY 6 - AUGUST 21', and 'INTERMEDIATE GROUP' (Ages 9-12). The schedule is '9 AM - 3 PM MONDAY TO FRIDAY (BEFORE AND AFTER CARE AVAILABLE FOR A FEE)'. At the bottom, there are illustrations of children playing with hula hoops and a teacher reading to a group. A QR code is located in the bottom right corner, and a list of activities is provided in colored buttons.

STÁUTW FIRST NATION
Education Department

SUMMER PROGRAM 2026

PRIMARY GROUP
AGES 5-8

JULY 6 - AUGUST 21
9 AM - 3 PM
MONDAY TO FRIDAY
(BEFORE AND AFTER CARE
AVAILABLE FOR A FEE)

INTERMEDIATE GROUP
AGES 9-12

ENROLL NOW!

LITERACY **NUMERACY** **LANGUAGE** **SCIENCE**
ACTIVE LIVING **LAND-BASED LEARNING** **FIELD TRIPS**

STÁUTW SENĆOTEN Class Schedule

SĆELČŁNÁT MONDAY

LANGUAGE LUNCH
HOUR
12PM - 1PM
ON ZOOM

STENNÁTS TUESDAY

SENĆOTEN CLASS
3:30PM - 5PM
CFS BUILDING
ELDER'S ROOM (IN
PERSON AND VIRTUAL
ON ZOOM)

SNOSS THURSDAY

SENĆOTEN CLASS
4:30PM - 6PM
CFS BUILDING IN
ELDER'S ROOM (IN
PERSON AND VIRTUAL
ON ZOOM)

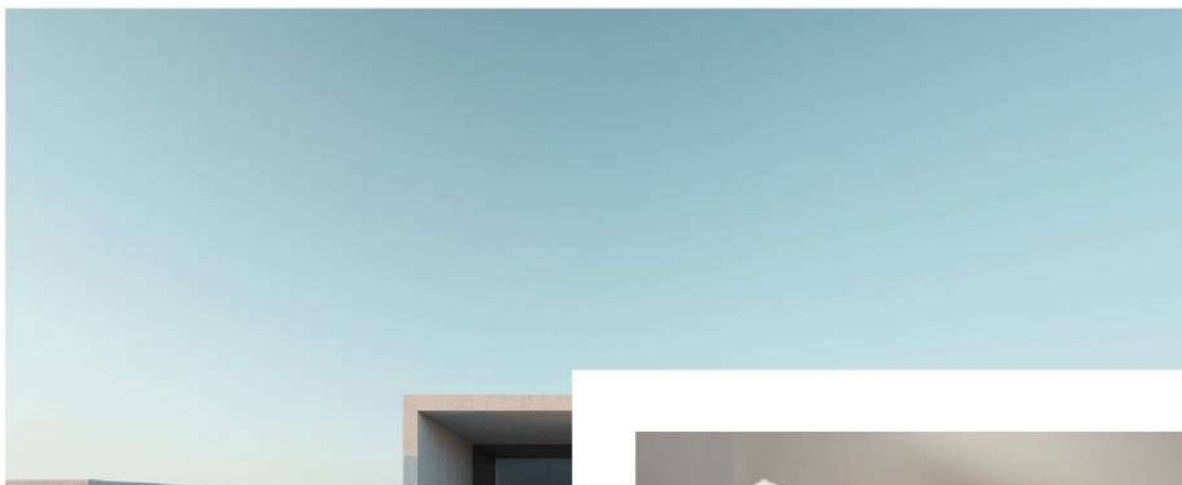
CONTACT:
KENDRA PAGE
KPAGE@STAUTW.CA

PLEASE CONTACT
KENDRA TO SIGN UP
FOR VIRTUAL CLASS
ZOOM LINK OR PUT
YOUR NAME ON THE
LIST FOR ANY UPDATES
THROUGH EMAIL



BC HYDRO

Free AC Program



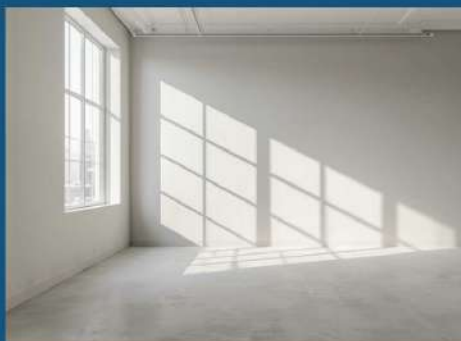
FREE AC FOR VULNERABLE INDIVIDUALS

BC Hydro is offering free single-unit portable air conditioners for individuals vulnerable to heat. A health practitioner recommendation letter is required. Applications can take up to 4 weeks to process, so apply well before summer heat arrives.



HOW TO APPLY

1. Get a recommendation letter from your health practitioner.
2. Check if landlord consent is needed.
3. Submit your application online at bchydro.com/freeac or by phone at 1 800 224 9376. BC Hydro will review and schedule installation.



bchydro.com/freeac

Apply Now



Free portable air conditioners

BC Hydro offers portable air conditioners at no charge to support customers with medical recommendation letters. The offer includes installation of one portable AC unit, which is sized to cool a bedroom or small area.

Application process

1. Obtain a recommendation letter from a health practitioner from an approved program in your regional health authority.
2. If you rent, check the BC Hydro website to verify whether landlord consent is required. If so, submit a landlord consent form.
3. Submit an online application with your supporting documents for your free AC unit.
4. Your complete application will be reviewed by our team. If you're eligible, a contractor will schedule a visit to your home. You may install the AC unit yourself or have it installed for you.

It can take up to 4 weeks from submitting a complete application to having an AC unit installed. We recommend applying early to ensure you are prepared for the summer months.

If you need assistance, please call us at 1 800 224 9376

Learn more and apply online at bchydro.com/freeac



Attention Health Practitioners: Please give this information to your patient/client.





W'SÁNEĆ Primary Care

Your Healthcare Home





PREVENTIVE CARE
Stay healthy. We're here for you.



MENTAL HEALTH SUPPORT
Compassionate care for your mind and spirit.



CHRONIC DISEASE CARE
Ongoing support for long-term health.



PEDIATRIC SERVICES
Caring for our children and future generations.



PHYSIOTHERAPY
Helping you move better, feel better, live better.



COMMUNITY SUPPORT
Connecting you to resources and community.

Serving Tsawout • Tsartlip • Tseycum • Pauquachin

Meet Your W'SÁNEĆ Primary Care Team



- NP** Nurse Practitioners
Provide primary care, assessments & treatment.
- RN** Registered Nurses
Deliver care, health education & support every step of the way.
- MD** Medical Doctors
Diagnose, treat & support your health needs.
- PT** Physiotherapists
Help improve mobility, strength & function.
- SCW** Social Connection Worker
Connects you with community resources & supports.
- MHSU** Mental Health & Substance Use
Offers support for mental wellness & substance use concerns.
- MOA** Medical Office Assistants
Help keep the clinic running smoothly & support your visits.
- CC** Clinic Coordinator
Supports the team & ensures your experience is a positive one.

Care • Compassion • Community

Whole-Person Care Close to Home

Supporting your health journey—every step of the way.



- CHECK-UPS**
Regular visits to keep you healthy.
- MENTAL HEALTH**
Support for your mind, emotions & well-being.
- CHILDREN'S CARE**
Compassionate care for our children.
- MOBILITY & REHAB**
Helping you move, heal & thrive.
- COMMUNITY SUPPORT**
Connecting you to people and resources.
- REFERRALS**
Coordinated care when you need specialized services.



WELLNESS



PRIMARY CARE



MENTAL HEALTH



PEDIATRICS



COMMUNITY SUPPORT

We're here for you. We're here for our community.

SERVICES AVAILABLE AT W'SÁNEĆ Primary Care

CLINICAL SERVICES

- Nurse Practitioners
- Registered Nurses
- Mental Health Care
- Pediatrics
- Physiotherapy

PATIENT SUPPORTS

- Social Connection Worker
- Mental Health & Substance Use Support

CLINIC SUPPORT

- MOAs
- Clinic Coordination

W'SÁNEĆ Primary Care Team



Jennifer Irvine, NP
Dr. Maria Kang
Dr. Krista Stogryn
Connect with Karen Waban, MOA



Katie Cox, NP
Rick Geddes, MHSU
Steffi Gutensehn, CSW
Patti French, RN
Kyla Elliott, RN
Connect with Chloe Delicano, MOA



Kelly Sharp, NP
Robert Busch, PT
Connect with Kay Pardillo, MOA

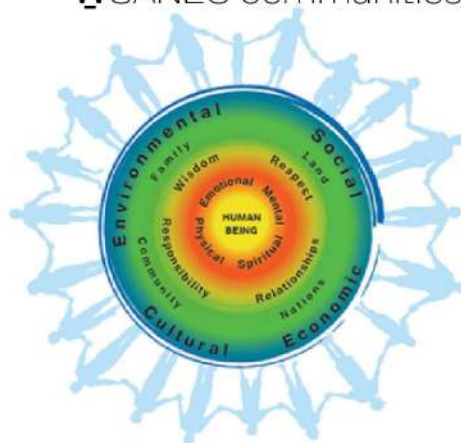
W'SÁNEĆ Primary Care at Tsawout First Nation
7728 Tetayut Rd.
Saanichton, BC V8M 2E4

250 652 1149



WSÁNEĆ Primary Care Clinic To Provide Enhanced Health Care in the Community

The WSÁNEĆ Primary Care Clinic has been developed over several years to bring increased primary care access to the WSÁNEĆ communities.



The WSÁNEĆ Primary Care offers a wide range of diagnostic services, treatments, and procedures for community members, including:

- Cancer screenings
- Cardiovascular health screenings
- Diabetes screenings
- Medication prescriptions
- Minor surgical procedures (e.g., suturing wounds)
 - Birth control services
 - Splinting and bracing
 - Wound care
 - Health counselling
- Sexual health, including Pap tests
- Mental health support



Please call our office to book an
appointment at
P: 250-652-1149



Meet Our New Staff!

Kyla Elliott - W'SANEC Primary Care Nurse

ÍY SŁÁĆEL HÁLE,

My name is Kyla Elliott, I am a Registered Nurse (BSN) & from Tsartlip First Nation. My parents are Genevieve & John Elliott Jr. My maternal grandparents are Lavina Olsen, and late Alfred Wilson. My paternal grandparents are John Elliott Sr., & late Patricia Williams.

I completed my BSN at Camosun/UVic in 2025. I bring experience from VGH's Rehab and 4B Acute units, along with clinical experience across various other hospital floors through my BSN practicums, and 12 years as a Health Care Attendant in long-term care and group homes. I am grateful to work here in W'SANEC Primary Care (Tsawout, Tseycum, Pauquachin and Tsartlip) and to have the opportunity to support & care for our WILNEW people.

Please feel free to connect at

P: 250-652-1149 or email at Kyla.Elliott@islandhealth.ca

HÍSKWE



Penina Va'a - Community Patient Navigator

ÍY, SŁÁĆEL

My name is Penina Va'a, and I am from Tsartlip Nation. I previously worked as a Community Health Representative and recently began my role as a Community Patient Navigator with Tsawout First Nation in early June. I am excited to take on this work and support community members in accessing the care and resources they need. If you have any questions, please feel free to stop by the Health Department, **P: 250-652-1149 or email me at**

pvaa@stautw.ca.



Nicole Diemert - Community Wellness Liaison

My name is Nicole Diemert, and I am Cree from Métis Nation, Saskatchewan. I grew up in Port Alberni and am excited to serve as the Health and Wellness Liaison for the Tsawout community.

In my role, I am passionate about connecting people with Indigenous wellness supports by providing a safe, welcoming, and culturally inclusive space. I offer support with sensitive topics and traditional healing practices, help individuals navigate the healthcare system, provide advocacy, assist with referrals and transportation, and facilitate community workshops that promote health, wellness, and cultural connection.

I believe in the importance of creating a space where everyone feels respected, heard, and supported. I am excited to get to know the Tsawout community, build meaningful relationships, and do my best to ensure everyone feels safe, valued, and connected to the supports they need. Please feel free to connect at

P: 250-652-1149 or email at ndiemert@stautw.ca



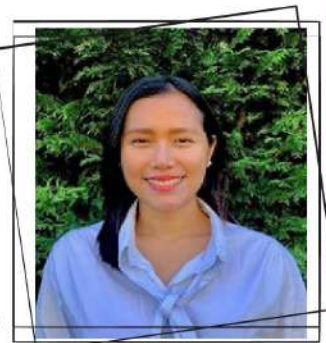
Chloe Delicano - Medical Office Assistant

I was born and raised in the Philippines and hold a degree in Physical Therapy back home. My strong passion for service led me to start my professional journey at a sports rehabilitation clinic. Later, I ventured into the customer service industry, working as a personal trainer for over a decade in various fitness companies in the Philippines and overseas. These experiences highlighted the value of service and people, prompting me to pursue a Post-Degree Diploma in Human Resources at Camosun College. I initially gained experience as a medical office assistant at the Peninsula after-hours primary care clinic, and started working at W'SANEC Primary Care (Tsayout, Tseycum, Pauquachin and Tsartlip) in April of 2025. I firmly believe that providing exceptional service is a key factor in earning the trust of the people in the organization. I am deeply grateful to be working with the Wsanec community.

Please connect with me at your convenience. You can reach me by contacting

Tsayout Health by phone at **250-652-1149** or by email at

chloe.delicano@islandhealth.ca



Kay Geina-Mae Pardillo - Medical Office Assistant

I have been a Medical Office Assistant for more than nine years, working for various clinics and doctors in Victoria, BC, providing excellent patient care.

I was born and raised in Manila, Philippines, and immigrated to Canada in 2010. I

am a very enthusiastic person who loves to laugh, eat, play sports and is compassionate to serve others, which led me to become a Medical Office Assistant.

I am grateful to be working at the Tsawout First Nation and to work alongside an awesome, caring team. My role is to connect patients with their PCP NPs and PCP

RNs, as well as to provide care and assistance to both the patient and the healthcare staff. I am here to serve and to help, so please do not hesitate to reach out to me by phone or by email. Please feel free to connect at

P: 250-652-1149 or email at kpardillo@stautw.ca



Dolly Jean Bill- Medical Office Assistant

Dolly Jean Bill (SPELOXIYE) | Community Medical Office Assistant

Bridging community and care — grounded in W̱SÁNEĆ language, culture, and safety.

Diploma of Medical Office Assistant, Sprout Shaw College

Certificate of Nail Technician, Vancouver Community College

Dolly Jean L Bill (SPELOXIYE) is a proud STÁUTW Band member serving as a Community Medical Office Assistant at STÁUTW Health, and the daughter of the late Larry Bill Sr. and the late Rose Thomas Bill.

Committed to connecting her community with the care and resources they need, Dolly is often the first warm face community members see. She supports her people with compassion, respect, and advocacy, working hand-in-hand with the Community Nurses, Patient Navigator, and Community Wellness Liaison to ensure seamless, wrap-around care. She takes great pride in welcoming her people in SENĆOŦEN, in person and over the phone, helping to preserve and honour the language and traditions of the W̱SÁNEĆ people.

Dolly began with STÁUTW First Nation in September 2024 as an on-call receptionist, was promoted to Junior Medical Office Assistant in December 2025, and stepped into her current role as Community Medical Office Assistant in April 2026 after returning home from Vancouver. Prior to joining STÁUTW, she served as Acting Manager at Skwachàys Lodge Indigenous Hotel and Gallery, Canada's first Aboriginal Arts Hotel. Please feel free to connect at **P: 250-652-1149 or email at dbill@stautw.ca**





Footcare & Acupuncture
with *Jacqui*

 Around every *Thursday*

 **FOOTCARE**
Professional care for healthy, happy feet.

 **ACUPUNCTURE**
Support your well-being, naturally.

 PLEASE CONNECT OUR OFFICE
to book an appointment
OR
VISIT THE TSAWOUT HEALTH.

 **250-652-1149**

 **TSAWOUT HEALTH**



PHYSIOTHERAPY
Move. Heal. Thrive.

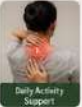
Restoring movement.
Reducing pain.
Improving quality of life.

WHAT IS PHYSIOTHERAPY?
Physiotherapy helps restore movement, reduce pain, and improve physical function and mobility. It supports healing from injury, surgery, or illness and helps you return to the activities you love.

 Pain Relief
 Improved Mobility
 Stronger Body
 Better Well-being

 Personalized care to help you move better, feel better, and live better.

WE CAN HELP WITH:

 Back & Neck Pain
 Sports Injuries
 Post Surgery Recovery
 Mobility & Balance Support
 Daily Activity Support

 PLEASE CONNECT OUR OFFICE
to book an appointment
OR
VISIT THE TSAWOUT HEALTH.

 **250-652-1149**

 **TSAWOUT HEALTH**

SUN SAFETY FOR CHILDREN

Protect your child from harmful UV rays

Children have sensitive skin easily damaged by UV radiation, even on cloudy days. Too much sun can cause sunburns, heat stroke, skin cancer, and eye damage. Much of our lifetime UV exposure occurs before age 18.

KEY PROTECTION TIPS

- Stay indoors or in shade during peak hours (10am-4pm)
- Dress in loose, closely-woven clothing and wide-brimmed hats
- Use SPF 30+ sunscreen with UVA/UVB protection
- Apply sunscreen 30 min before sun exposure; reapply every 2 hours
- Protect eyes with sunglasses (99-100% UV protection)
- Keep babies under 12 months out of direct sun
- Encourage children to drink plenty of water
- Never leave children alone in a car

SUNSCREEN TIPS

- Use products approved by the Canadian Dermatology Association
- Do a patch test first if your child has sensitive skin
- Apply to ears, neck, tops of feet, and back of knees
- Use waterproof lotion for swimming or heavy sweating
- Check expiry dates on sunscreen containers

Remember: UV rays penetrate clouds, reflect off snow (80%), water, and concrete. Fair-skinned and blond/red-haired children are at higher risk. A tan means skin is already damaged.

Source: HealthLinkBC File #26 | www.HealthLinkBC.ca | Call 8-1-1



STÁUTW Health Department
Presents

HONOURING YOUR STRENGTH

Sharing Circle

Join us for an
*Honouring Your
Strength Sharing Circle.*

This gathering is an opportunity to learn about healthy eating, diabetes prevention and management, and practical ways to support your wellness journey. Learn about healthy recipes, and healthy lifestyles . Come connect, learn, share experiences, and support one another in a safe and caring environment.

MONDAY, JULY 6TH 2026

10:30 AM - 11:30 AM

**TSAWOUT MULTI-PURPOSE
ROOM**

- Sharing Circle
- Recipe sharing
- low impact chair yoga
- snacks & refreshments
- door prizes

For Info contact
ndiemert@stautw.ca
250-652-1149 ext. 390





TSAWOUT FIRST NATION

HONOUR YOUR STRENGTH

JULY 27TH 2026
1:00 PM - 2:00 PM
ELDERS ROOM
EVERYONE WELCOME!

FEATURING JENNIFER
CODY, FNHA DIETITIAN

Join us for a learning session with Jennifer Cody on Healthy diets and diabetic friendly alternatives and open discussions.



- Snacks and Refreshments
- Fun interactive taste testing
- Door Prizes

MORE INFO

Ndiemert@stautw.ca
250-6521149 ext. 390

Child & Family Support Services

We have some exciting news to share about our CFS team as we head into the summer season!
John Sampson will be temporarily transitioning to full-time hours for the summer of 2026 as a Peer Support Worker.

What This Means for You: With John on board full-time, we are expanding our services to better support you. He will now be available for personalized, one-to-one support. Whether you need direct guidance, extra help, or just someone to talk to. John is here to assist you throughout the summer months.

How to Connect: Please feel free to reach out to John directly to check his availability and schedule your one-to-one time @ 250-896-1566



For Questions please call John
250 896 1566

Journey with
John

JULY 2026



If you need support please reach out to
mental health & substance use counsellor:
richard.geddes@islandhealth.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6-9PM GROUP DECISION	2	3	4
5	6 Commonwealth Pool 5PM  	7	8  6-9PM Movie Night	9	10	11
12	13 Commonwealth Pool 5PM  	14	15  MINI GOLF 6-8:30 PM	16	17	18
19	20 Commonwealth Pool 5PM  	21	22  CFS Building Meal provided 5-7PM	23	24	25
			29 6-9PM GROUP DECISION	PROGRAMMING TIMES & EVENTS MAY CHANGE DUE TO GROUP NEEDS		

Youth Calendar - July

Stautw Youth Program 2026

July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6 first day of camp orientation day tye dye shirts + arts + crafts	7 wowrkshop with vas + centennial park	8 drum making	9 drum painting	10 swimming @ durrance	11	12
13 flying squirrel	14 sea garden visit with fisheries	15 cedar splitting	16 laser tag	17 swimming @ gold stream	18	19
20 bottle drive	21 silver city + Mr. tubs	22 spinners + cedar headbands	23 bbq + balloon fight with rcmp	24 swimming @ sooke pot holes	25	26
27 malahat skywalk + swimming @ goldstream	28 fishing with fisheries	29 canvas painting	30 whale watching + fishing	31 vancouver big splash waterslides		

Youth Calendar - August

Stautw Youth Program 2026

August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 OFFICE CLOSED	4 odgen point walk + beacon hill ice cream	5 paddle shirt + skirt making	6 langford bowling + mini golf	7 vancouver zoo	8	9
10 movie day	11 fish wall visit with fisheries	12 bone game set making	13 egc fisheries	14 cowichan tubing	15	16
17 car wash + bake sale	18 sidney ice cream + bowling	19 mount doug hike + beach	20 games day @ centennial	21 swimming @ durrance	22	23
24 workshop with vas + bubble soccer	25 rock climbing	26 zip lining	27 archery	28 last day of camp paradise fun park parksville	29	30

Daycare News

SXEDJELI Daycare Update

The time is just flying by now that we have been open and in full force of doing the daily routines and going on field trips. The children went to Shaw Center for the Salish Sea and to Beacon Hill Park, which they enjoyed!

We would like to welcome Athena to the infant room and she has adjusted well.

I want to give a reminder for parents that we will be **closed for July 1st, Canada Day**. This day is also Amaya's 3rd birthday, and she will be moving into the 3-5 room July 2nd. We have a new baby taking Amaya's spot once she moves over and that is Evan's baby sister. So, we will be welcoming Marie to the infant room come July 2nd.



Important Dates:

**July 1, 2026 - Canada Day
(CLOSED)**

**July 31, 2026 - Staff
Meeting (half day, closing
at Noon)**

Garbage, Compost & Recycling

July 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6  	7	8	9	10	11
12	13  	14 	15	16	17	18
19	20  	21	22	23	24	25
26	27  	28 	29	30	31	

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.