

*Tla-O-Qui-Aht Community Support Newsletter*  
*~September~*

*Inside This Issue:*

*Office Closure.....1*

*Vaccine Clinic.....2*

*Elders Luncheons.....3*

*Men’s Group.....4*

*Coloring Contest Winners.....5*

*Pilates with Marissa.....6*

*Indian Day School Support Circles.....7*

*Women’s support Circle.....8*

*Day School Applicants Info.....9*

*Be Bear Aware.....10*

*New Hire..... 11*

*Quotes.....12*





## MEMORANDUM

**Date:** August 31, 2021  
**To:** Tla-o-qui-aht First Nation Staff & Members  
**Fr:** Administration  
**Re:** **Office Closures**

---

**All our Tla-o-qui-aht First Nation offices will be closed on September 6, 2021, for Labor Day. We will open the next business day. We will also be closed September 30, 2021, for reconciliation day. We will be open next business day.**

**Our afterhours emergency lines are as follows:**

Patient Travel: 250-725-8030  
Family Care: 250-725-4483  
Public Works: Shawn Quick 250-266-2413  
Housing: Sheila Seitcher 250-725-3248

# Vaccine Clinic



Need your first or second dose?

This clinic will be ages 12+

**Pfizer** (recommended for youth) and **Moderna** available.

**Tuesday September 28th at**

**Tiic-Mis-Aq'kin Health Center**

**From 2pm-7pm**

**Contact Kyra to make your appointment:**

**250-725-3335**

**Or by email:**

**[communitysupport@tla-o-qui-aht.org](mailto:communitysupport@tla-o-qui-aht.org)**

If you have any questions regarding the vaccines, you can contact Elmer Frank

Cell: 250-726-8281

Email: [elmerfrank@telus.net](mailto:elmerfrank@telus.net)





## Elders Luncheons

**Opitsaht: September 8th, 2021 @ MICC**

**Ty-Histanis: September 22nd, 2021, at the  
Tiic-Mis-Aq'kin Health Center**

**12:00 lunch time**

**We look forward to sharing a meal with you! 😊**

**Please wear a mask ❤️**

**Lisa Watts from NTC Mental Health Department  
will be joining us for lunch**



**TLA-O-QUI-AHT**  
FIRST NATION



# Kliilth-pitaap-taa-qumths

~ Men's Group ~

Every Wednesday Hosted by Chris Seitcher &  
Craig Devine

At the Education Building in Esowista

7pm



Creating a safe space for our men to share stories  
with no judgement

If you have any questions email Chris at  
[culturesupport2@tla-o-qui-aht.org](mailto:culturesupport2@tla-o-qui-aht.org)

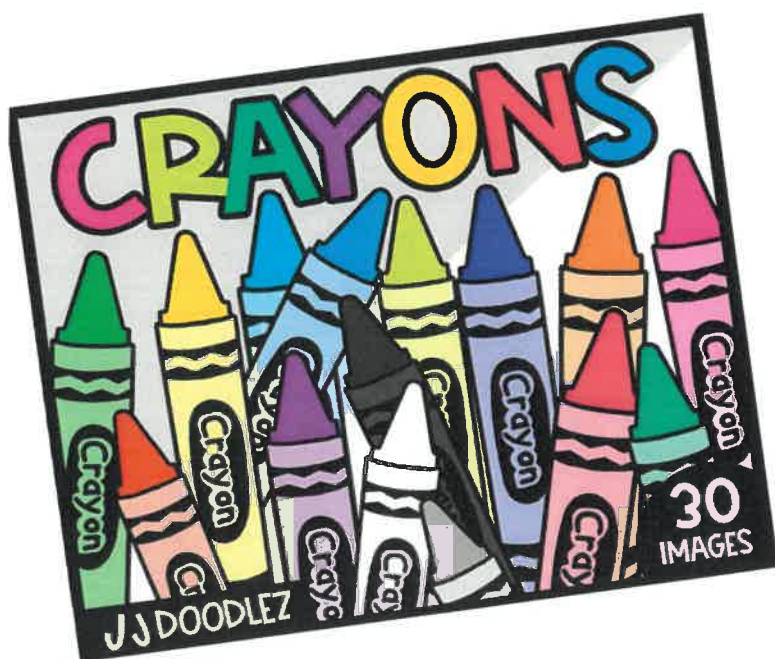
# Coloring Contest!

Thank You for the entries  
to the coloring contest!

The winners are:

Huumiis Wenstob & Cinkwa Wenstob!

We appreciate you submitting your  
coloring pages 😊



# WESTIES



WEST COAST



THUNDERBIRD



CLAYO LADT  
by Ibe David



CINKWA WENSTOB  
AGE 2

~~2000000~~



*Man changing into a ling cod.*





# Pilates is Back!

Hosted by Marissa George at the

Tiic-Miss-Aq'Kin Health Center

Every Wednesday 6:30pm-8:00pm

If you have any questions, please email

Marissa at:

[tyhistanisintake@tla-o-qui-aht.org](mailto:tyhistanisintake@tla-o-qui-aht.org)

\*Limited space of *24 individuals & Mandatory Masks* following covid safe protocols\*



**Nuu-chah-nulth Tribal Council  
TiičƷaqł INDIAN DAY SCHOOL (IDS) &  
INDIAN RESIDENTIAL SCHOOL (IRS)  
SURVIVORS SUPPORT**

**COME JOIN OUR IDS & IRS and CULTURAL SUPPORT  
SERVICES IN A SAFE FRIENDLY HEALING ENVIRONMENT**

***Tiic-Mis-Aq'Kin Health Center***

**September 13<sup>th</sup> 2021**

***IDS application support***

**Please book an appointment**

***Starting at 9am – 12 pm***

**September 13<sup>th</sup> 2021**

***IRS healing Circle***

**Please register as seats are  
limited**

***1-3 pm***

**Snacks will be served**

***Office space is provided to do applications***

**Any questions or concerns please feel free to call**

**Veronica Agnes Morgan at 1-888-624-3939 / 250-724-3939 to  
register.**

**[Veronica.morgan@nuuchahnulth.org](mailto:Veronica.morgan@nuuchahnulth.org) cell: 250-735-3299**

**Seats are limited**

**Be advised Vaccine passports may be required (TBD).**

**Nuu-chah-nulth Tribal Council**  
**Tiic̓ʔaq̓ RESIDENTIAL**  
**SCHOOL SURVIVORS**  
**SUPPORT CIRCLE**

***COME JOIN OUR RESOLUTION HEALTH SUPPORT  
PROGRAM AND COUNSELLORS IN A SAFE FRIENDLY  
HEALING ENVIRONMENT***

**QUUASA OFFICE**

4841 Redford st. (5<sup>th</sup> Ave. side  
entrance)

dinner will be provided

**September 9, 16, and 23rd**

**4:30-7 pm**

**Any questions or concerns please feel free to call Cherie,  
Veronica or Richard at 250-724-3939**

**Nuu-chah-nulth Tribal Council  
Tiičƚaqł INDIAN DAY SCHOOL (IDS) &  
INDIAN RESIDENTIAL SCHOOL (IRS)  
SURVIVORS SUPPORT**

**COME JOIN OUR IDS & IRS and CULTURAL SUPPORT  
SERVICES IN A SAFE FRIENDLY HEALING ENVIRONMENT**

***Nanaimo Aboriginal Center***

**300-1585 Bowen Road  
(Around back of building)**

**September 22nd 2021**

***IDS application support***

**Please book an appointment**

**Starting at 9am**

**1416 Bowen Road  
In the Amenity room**

**September 22<sup>nd</sup>,  
2021**

***IRS healing Circle***

**Please register as seats**

**are limited**

**12pm-4pm**

**Lunch will be served**

***Office space is provided to do applications &  
brushings privately.***

**Any questions or concerns please feel free to call**

**Veronica Agnes Morgan at 1-888-624-3939 / 250-724-3939 to  
register.**

**[Veronica.morgan@nuuchahnulth.org](mailto:Veronica.morgan@nuuchahnulth.org) cell: 250-735-3299**

**Seats are limited**

**Be advised Vaccine passports may be required**

**Nuu-chah-nulth Tribal Council  
Tiičƚaqł INDIAN DAY SCHOOL (IDS) &  
INDIAN RESIDENTIAL SCHOOL (IRS)  
SURVIVORS SUPPORT**

**COME JOIN OUR IDS & IRS and CULTURAL SUPPORT  
SERVICES IN A SAFE FRIENDLY HEALING ENVIRONMENT**

***Quadra room at the Coast Discovery Inn***

***975 Shoppers Row***

**September 15th 2021**

***IDS application support***

**Please book an appointment**

***Starting at 1-4 pm-***

**September 16<sup>th</sup>, 2021**

***IRS healing Circle  
seats are limited; please  
register  
6:30pm-8:30pm***

**September 16<sup>th</sup>, 2021**

***IDS application***

***Support***

***9 am- 12pm***

**Please book an appointment**

***space is provided to  
do applications &  
brushings privately.***

**Any questions or concerns please feel free to call**

**Veronica Agnes Morgan at 1-888-624-3939 / 250-724-3939 to register.**

**[Veronica.morgan@nuuchahnulth.org](mailto:Veronica.morgan@nuuchahnulth.org) cell: 250-735-3299**

**Seats are limited**

**Be advised Vaccine passports may be required (TBD).**

**Nuu-chah-nulth Tribal Council  
Tiičƚaqł INDIAN DAY SCHOOL (IDS) &  
INDIAN RESIDENTIAL SCHOOL (IRS)  
SURVIVORS SUPPORT**

**COME JOIN OUR IDS & IRS and CULTURAL SUPPORT  
SERVICES IN A SAFE FRIENDLY HEALING ENVIRONMENT**

***Victoria Native Friendship Center***

***231 Regina Ave***

**September 20<sup>th</sup> 2021**

***IDS application support***

**Please book an appointment**

***Starting at 9am***

**September 20<sup>th</sup> 2021**

***IRS healing Circle***

**Please register as seats are  
limited**

***12pm-4pm***

**Lunch will be served**

***Office space is provided to do applications &  
brushings privately.***

**Any questions or concerns please feel free to call**

**Veronica Agnes Morgan at 1-888-624-3939 / 250-724-3939 to  
register.**

**[Veronica.morgan@nuuchahnulth.org](mailto:Veronica.morgan@nuuchahnulth.org) cell: 250-735-3299**

**Seats are limited**

**Be advised Vaccine passports may be required (TBD).**



**Naasuksap timast?ak?i tuucamaih  
(Strengthening the Spirit of the Women)  
Women's Support Group Meeting**

**Date:** Aug 11, 2021

**Time:** 9:30am

**Location:** Nachuks (Monks House)

**Agenda:** Talking Circle & Crafting

Snacks & Lunch will be provided.

For further information please contact Nora Martin at  
250-725-3335 or email [health@tla-o-qui-aht.org](mailto:health@tla-o-qui-aht.org)



# *Tla-o-qui-aht First Nations*

PO BOX 18 TOFINO, BC V0R 2Z0

TELEPHONE: (250) 725-3350

FAX: (250) 725-3352

## Former Day School Applicants:

Please let **Nora Martin** know if you have *received* your *compensation* so she can return your application to you or destroy it, pending on what you decided.

## Thank You

*Nora Martin*

*Community Health Liaison*

*Phone: 250-725-3335/ext. 205*

*Email: [health@tla-o-qui0aht.org](mailto:health@tla-o-qui0aht.org)*



# **BE BEAR AWARE**

There have been sightings of **2 black bears** on our reserves both in ***Esowista and Ty-histanis.***

Please keep an eye on your children and pets, also make sure garbage goes into designated bins.

## **Wild Black Bear Facts**

- There are two types of bears in BC: black bear and grizzly bear
- Black bears are typically in dens from December to April when food is less available
- When black bears enter their dens their heart rate drops to about 10 beats per minute and their body temperature drops 3 degrees; they do not eat, drink, urinate or defecate while denning
- Black bears can lose 30% of their body weight over the winter
- In the fall, bears go through hyperphagia ("extreme eating") when they require an average of 20,000 calories per day
- Black bears are extremely fast and can run equally fast uphill or down
- Black bears are excellent tree climbers
- A black bear has a fine sense of smell that can detect food over 1 km away
- Brown-coloured black bears are often misidentified as grizzly bears
- Males are called boars, females are called sows and their offspring are known as cubs



# *New Hires for Community Services Department/Tla-o-qui-aht First Nation*

**Lisa Tom** is our new **On-Call Receptionist** for Tla-o-quiaht First Nation, she works out of the Tiic-Mis-Aq'kin Health Center in Ty-Histanis answering calls from the community. Lisa is from Tla-o-qui-aht; her parents are Simon Tom and Margret Wagner. She applied for this job with the goal to work within community and close to home. You can contact Lisa through email at [healthreception@tla-o-qui-aht.org](mailto:healthreception@tla-o-qui-aht.org) or through the Tiic-mis-Aq'kin Health Center (250)-725-3335.

Welcome Lisa!





feel what you need to feel and then let it go. do not let it consume you.

- Dhiman

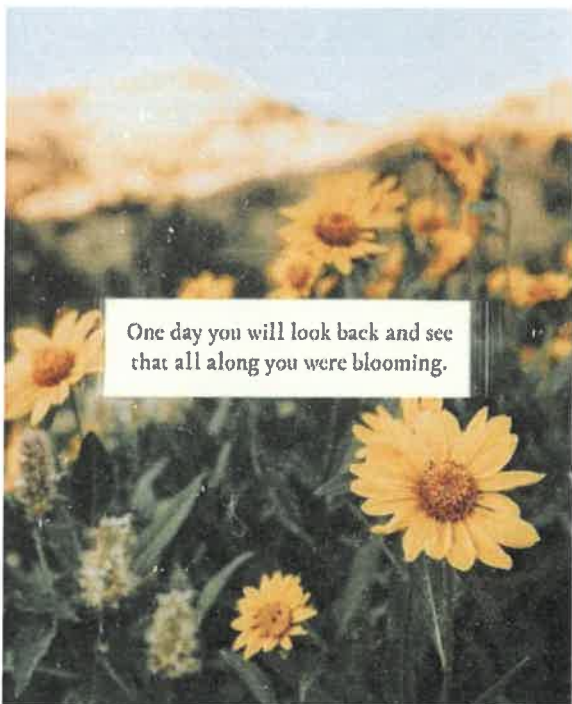
create your own sunshine

And if today, all you did was hold yourself together, I am proud of you.

Tiny Buddha



THE MOON REMINDS ME "YOU ARE STILL WHOLE NO MATTER WHAT PHASE YOU'RE IN!"



One day you will look back and see that all along you were blooming.



I KNOW IT SEEMS LIKE LIFE'S PURPOSE IS TO WORK, BUT YOUR REAL JOB IS TO TAKE CARE OF YOURSELF. DON'T FORGET THAT.

@POSITIVELYPRESENT

