

Sharing is the law of the land.  
-George Clutesi



# TSESHAHT news



ARCHERY CLUB PRACTICE

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## Archery Club

On January 18th, 10+ Tseshaht youth attended the first Tseshaht Archery club practice. The practice is open to anyone in our community who shows interest in learning more about the sport of archery. The children learned how to knock an arrow, shoot an arrow, and some terminology. We are look forward to seeing you at the next practice which will be every Sunday at the Maht Mahs gym 12pm - 2pm as long as the gym isn't being used. Recommended age is 7 and up. Chuu tlecco.

**IMPORTANT NOTICE:**  
**THE AGM HAS BEEN POSTPONED UNTIL FURTHER NOTICE.**



# Tseshaht Education & Employment Notice

**The January 31st application deadline is approaching fast!**

Are you thinking of going to college or university (full-time or part-time)?  
Or taking a trade? Are you currently in funding and plan to continue?

Students who plan to start/continue their studies in September 2015  
MUST submit a complete NTC Post-Secondary funding application to the  
NTC or to their Nation by January 31st, 2015 at 4:30pm.



All applicants must submit a new application for each year of study.

I have applications at the Tseshaht Administration building and I am available to assist Tseshaht members in filling-out an application. Feel free to call (250) 724-1225, email (education@tseshaht.com) or drop-in and see me at the Tseshaht Administration Building.


Applications also available online @ [www.nuuchahnulth.org](http://www.nuuchahnulth.org) Or apply by fax @ (250) 724-9682, email @ [psinfo@nuuchahnulth.org](mailto:psinfo@nuuchahnulth.org) or mail, PO Box 1383 Port Alberni, BC V9Y 7M2. Please submit your application early to ensure it is received on time.

Maria Gomez, Education & Employment Coordinator

Jan. 5. 2015 10:55AM

Port Alberni Friendship Center

No. 5292 P. 1/1




**Port Alberni Friendship Center**

## Brighter Futures Parenting Program

**Brighter Futures is a peer facilitated parenting program  
for parents and extended families that encourages parenting  
growth by sharing and learning**

**New, revised modules have topics that include:**

- The Big Picture: Journey: Past, Parenting & Future
- Pre and Post Natal Care
- Caring about Children in Care and Their Families
- Living with Fetal Alcohol Spectrum Disorder
- Daily Living: Food, Fitness and Fun
- Abuse Awareness and Prevention
- Child Safety
- Communication and Relationships
- Anger and Conflict
- Stress Prevention and Recreation
- Goal Setting and Problem Solving
- Discipline and Responsibility
- Challenging Behaviours
- Community Resources and Peer Support



**When: Tuesdays 9am to 3pm**  
**Where: PAFC Wellness Centre**  
**3416—4th Avenue**

For more information please call:  
 Darlene Leonew at (250) 723-8281 ext. 275

**Childminding and a light lunch provided**



## Santa's Elves Colouring Contest

Over the holidays the Tseshahat First Nation Administration requested that children submit colouring pages to our office. We would like to thank all 24 children who kindly submitted colouring pages which were on display at the Administration building throughout the holidays. We would also like to say another thank you to Dorman Timber Ltd. for kindly donating the toys that each of these children were able to receive.

Tlecko Tlecko Tseshahat Administration



## Upcoming Events

### JANUARY

#### • Dance Classes

**January 20, 2015 (Tuesdays & Thursdays, Cultural Centre, 6:30 - 7:30 PM):**

Starting January 20th every Tuesday and Thursday with university graduate of Cuba's university Watson Hernandez. One hour long so please be on time. Classes will run from January 20th to March 31st.

#### • Tseshahat 2014, Annual General Meeting

**POSTPONED UNTIL FURTHER NOTICE**

#### • Elders Dinner

**January 27, 2015 (Maht Mahs Gym 5:00 PM)**

#### • Elders Island Luncheon

**January 29, 2015 (Campbell River):** Please call Gloria Fred if you would like to be on the list for this trip.

### FEBRUARY

#### • Yoga

**February 3, 2015 (3 days a week, Maht Mahs, 5:00-6:00 PM):** Starting February 3rd until March 31st three days a week.

#### • Valentine Wellness Day

**February 14, 2015 (Tseshahat Admin Office, 10:00 AM - 3:00 PM):** Open to all Tseshahat, come on out and enjoy some self care and wellness.



# Disaster Planning Check List - Families, are you ready?

## CREATING YOUR PLAN

- Plan how you family will contact each other, talk about you evacuation plan, identify two meeting places.
- Draw a floor plan and talk to your children on what to do in case of an Earthquake.
- Food supplies: dried/canned preserves, store enough water for 4 liters per person per day.
- Explain how to shut off water and gas electricity and mina breakers in your home.
- Look after your parents and or grandparents, if they are not mobile you will need a family plan to pick them up.
- Contact phone numbers, first aid kit, prescription drugs (always keep hand for up to 48hrs or longer).

## EMERGENCY SUPPLIES

You will need to be able to survive on your own for 2 to 3 days or more

Before saving water: if it is in containers you will need to disinfect. If storing on plastic jugs, etc. use liquid bleach that contains 5-1/4 sodium hypo-chlorite and no soap. Mark your containers and store in a cool dark place.

**FOR MORE INFORMATION READ THE REGIONAL DISTRICT WEB SITE  
EMERGENCY PLAN. MEMBERSHIP GET YOUR FAMILIES READY.**



# JANUARY 2015 TSESHAHT RECREATION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3
4	5	6	7	8	9	10
11	12	13	14 <b>12pm-1pm</b> Fitness Gym is open <b>3pm-5pm</b> Drop in hoops/maht mahs <b>5pm-7pm</b> Fitness Gym is open	15 <b>12pm-1pm</b> :Fitn ess Gym <b>3pm-5pm</b> Youth Centre all ages <b>5pm-7pm</b> : Fitness Gym	16 <b>12pm-1pm</b> Tseshaht Fitness Centre <b>1pm-5pm</b> After school program –Youth Ctr. <b>5pm-7pm</b> Tseshaht Fitness Centre	17
18 <b>Tseshaht Archery</b> Novice / beginners Bows available to try. Ages 7+. <b>MAHT MAHS GYM</b> <b>12pm-2pm</b>	19 <b>12pm-1pm</b> Fitness gym <b>3pm-5pm</b> Family free play-maht mahs gym <b>5pm-7pm</b> fitness gym is open.	20 <b>12pm-1pm</b> Fitness Gym is open <b>3pm-5pm</b> Youth Centre after school program ages 5-10. <b>5pm-7pm</b> Fitness gym	21 <b>12pm-1pm</b> Fitness Gym is open <b>3pm-5pm</b> Drop in hoops/maht mahs <b>5pm-7pm</b> Fitness Gym is open	22 <b>12pm-1pm</b> :Fitn ess Gym <b>3pm-5pm</b> Youth Centre all ages <b>5pm-7pm</b> : Fitness Gym	23 <b>12pm-1pm</b> Tseshaht Fitness Centre <b>1pm-5pm</b> After school program –Youth Ctr. <b>5pm-7pm</b> Tseshaht Fitness Centre	24 <b>Tseshaht AGM</b> <b>Maht-mahs gym</b>
25 <b>Tseshaht Archery</b> Novice / beginners Bows available to try. Ages 7+. <b>MAHT MAHS GYM</b> <b>12pm-2pm</b>	26 <b>12pm-1pm</b> Fitness gym <b>3pm-5pm</b> Family free play-maht mahs gym <b>5pm-7pm</b> fitness gym is open.	27 <b>12pm-1pm</b> Fitness Gym is open <b>3pm-5pm</b> Youth Centre after school program ages 5-10. <b>5pm-7pm</b> Fitness gym	28 <b>12pm-1pm</b> Fitness Gym is open <b>3pm-5pm</b> Drop in hoops/maht mahs <b>5pm-7pm</b> Fitness Gym is open	29 <b>12pm-1pm</b> :Fitn ess Gym <b>3pm-5pm</b> Youth Centre all ages <b>5pm-7pm</b> : Fitness Gym	30 <b>12pm-1pm</b> Tseshaht Fitness Centre <b>1pm-5pm</b> After school program –Youth Ctr. <b>5pm-7pm</b> Tseshaht Fitness Centre	31 <b>RIDES AVAILABLE TO YOUTH PROGRAMS.</b> <b>Follow all post on Facebook.</b>



## FEBRUARY 2015 RECREATION CALENDAR

Sunday 1  No Archery- maht mahs is rented.	Monday 2 <b>Family Free Play</b> Maht-mahs gym 3pm-5pm  *no rides today.	Tuesday 3 <b>Youth Centre</b> Open to ages 5-10 Rides available 3pm-5pm	Wednesday 4 <b>Drop in Basketball</b> Maht Mahs gym 3pm-5pm	Thursday 5 <b>Youth center</b> All ages 3pm-5pm	Friday 6 <b>After school program.</b> All ages, rides Available. @ Youth Centre. 1pm-5pm	Saturday 7
8 <b>Tseshaht Archery</b> Beginners / Novice Ages 7+ Maht-mahs gym 12pm-2pm	9 <b>Family Day</b> Events Scheduled for maht mahs gym 12pm-4pm  *no rides today.	10 <b>Youth Centre</b> Open to ages 5-10 Rides available 3pm-5pm	11 <b>Drop in Basketball</b> Maht Mahs gym 3pm-5pm	12 <b>Youth center</b> All ages 3pm-5pm	13 <b>After school program.</b> All ages, rides Available. @ Youth Centre. 1pm-5pm	14
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Tseshaht Band Office  
5091 Tsuma-as Drive  
Port Alberni, BC  
V9Y 8X9

If you have news and information that the  
Tseshaht membership should know about -  
please send fax or email submissions.

Phone: 250-724-1225  
Fax: 250-724-4385  
[newsletter@tseshaht.com](mailto:newsletter@tseshaht.com)  
[www.tseshaht.com](http://www.tseshaht.com)