
Each one of us has an essential role to play in protecting ourselves, our vulnerable population & our community.

Be aware. Be safe.

In This Edition:
- COVID –19 Vaccine
- Shelter In Place Order
- Flood Team Update

Find Us:
- 5760 Allenby Rd,
  Duncan BC, V9L 5J1
- www.cowichantribes.com
- www.facebook.com/cowichan.tribes
- 250.748.3196
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**Deadline for February 2021 Newsletter Submission:**
January 27, 2021

Please submit via Publisher or Word

Send to: Sherri Norris, Communications Coordinator
in Administration Building OR

Email: sherri.norris@cowichantribes.com
## Cowichan Tribes—Regular Hours

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>COVID-19 Navigators</td>
<td>250.715.3339</td>
</tr>
<tr>
<td>Administration Office</td>
<td>250.748.3196</td>
</tr>
<tr>
<td>Cowichan Tribes Security</td>
<td>250.732.1449</td>
</tr>
<tr>
<td>Social Development</td>
<td>778.422.2255</td>
</tr>
<tr>
<td>Lalum’utul Smun’eem</td>
<td>250.746.1002</td>
</tr>
<tr>
<td>Quw’utsun Syuw’entst Lelum—Education</td>
<td>250.715.1022</td>
</tr>
<tr>
<td>Ya Thuy Thut</td>
<td>250.746.7170</td>
</tr>
<tr>
<td>Le’lumel Daycare</td>
<td>250.746.5966</td>
</tr>
<tr>
<td>Quw’utsun Smun’eem Elementary</td>
<td>250.748.1779</td>
</tr>
<tr>
<td>Lulumexun Lands &amp; Governance</td>
<td>236.800.4023</td>
</tr>
<tr>
<td>Si’em Lelum Gymnasium</td>
<td>250.748.1831</td>
</tr>
<tr>
<td>Sustainable Housing Department</td>
<td>250.715.3302</td>
</tr>
<tr>
<td>Ts’ewulhtun Health</td>
<td>250.746.6184</td>
</tr>
<tr>
<td>Dental Office</td>
<td>250.715.3305</td>
</tr>
<tr>
<td>Medical Taxi</td>
<td>250.746.6644</td>
</tr>
<tr>
<td>Slhexun Sun’ts’a Clinic (Doctor’s Office)</td>
<td>250.715.3322</td>
</tr>
<tr>
<td>Youth Center</td>
<td>250-746.0607</td>
</tr>
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## Cowichan Tribes—After Hours

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</tr>
</thead>
<tbody>
<tr>
<td>Ts’ewulhtun Health (12:00-1:00pm &amp; 4:30-7:00pm)</td>
<td>250.252.0207</td>
</tr>
<tr>
<td>Cowichan Community Security</td>
<td>250.732.1449</td>
</tr>
</tbody>
</table>

## Emergency Contacts

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing Emergency (24/7)</td>
<td>250.715.3302</td>
</tr>
<tr>
<td>Urgent Matters (Derek Thompson)</td>
<td>250.732.4962</td>
</tr>
<tr>
<td>Infrastructure Emergency (Rob Rice)</td>
<td>250.252.0453</td>
</tr>
<tr>
<td>Children’s Helpline (24/7)</td>
<td>310.1234</td>
</tr>
</tbody>
</table>
COVID-19 Vaccines!

For Cowichan Tribes Elders Aged 60 or Older

Cowichan Tribes has secured 600 doses of the Pfizer COVID-19 vaccine. It is safe and approved for use. It will help protect you from COVID-19. We don’t know when we will get more, so we are encouraging Cowichan Tribes members aged 60 or older to get vaccinated!

When

- Wednesday, Jan. 13th, 10am to 4pm
- Thursday, Jan. 14th, 9am to 4pm
- Friday, Jan. 15th, Canceled; all doses were administered January 13 &14, 2021

Where

- Cowichan Tribes Administration Buildings —enter parking lot by Education building driveway (5744 Allenby) - there will be signs.

Who

- The vaccine is available for Cowichan Tribes members aged 60 or older ONLY.

How

1. Bring your BC Services Card or Care Card.
2. Wear a mask.
3. DO NOT come if you have any symptoms or are self-isolating.
“Ask not what your country can do for you - ask what you can do for your country.”

»» President John F Kennedy in his inaugural speech - January 20, 1961 ««

This famous quote has endured across generations and has inspired many of us to take action in our community in an effort to better the circumstances of the lives of the people around us. In a year that challenged us with COVID-19, racism and discrimination, an opioid crisis, and the all too familiar issues of suicide, homelessness, addiction, and financial instability it becomes much more urgent to heed the call to consider - what you can do individually, what we can do collectively, for the good of our community. By uniting our common goals and strength of character we can create a new energy in our community that is charged with respect, unity, acceptance, and love. And so I call upon all of you from every corner of our territory, from every household, from every generation, from everyone young and old, and from everyone’s heart, mind and spirit - to hear my call to action to contribute in some meaningful way to the greater good of our community.

» STAYING SAFE, CALM AND CAREFUL «

COVID-19 is in our community. There is a critical need for all of us to resolve to do our part to stop and limit the spread of COVID-19 in our homes, families and those that are the most vulnerable among our children and Elderly. We all need to do our part and continue to follow the province wide restrictions and orders in place:

- No social gatherings of any size at your place of residence
- Limit your core bubble to your immediate household
- Mask required to be worn in most indoor settings including workplaces
- Maintain physical and social distancing of 2 metres/6 feet at all times
- Always wash/sanitize your hands
- Stay safe, calm and careful

» COWICHAN TRIBES COMMUNITY PROTECTION BYLAW «

The Cowichan Tribes Chief & Council and the Operational Leadership Team continue to work with Island Health and the First Nations Health Authority to monitor and assess the situation, as well as to plan for the roll out of the COVID-19 vaccine in our community. Chief Seymour and the duly elected members of Council have made key decisions to ensure the safety of membership and staff by:

- Limiting essential services and ordering all staff to work from home effective from January 5th up to and including January 15th
- Implementing a community wide order for members to stay home and to limit your household to one person for accessing essential needs and services that will be in effect until January 22nd
Limiting access to/from Cowichan Tribes territories with signage and check points that will be in effect until January 22nd.

We will continue to monitor and assess the situation with daily meetings of the Pandemic Response Team and weekly meetings of Chief and Council. We will make every effort to keep the community and membership informed and up-to-date of these measures and orders as they change over the next coming days and weeks. And we need all of you do your part to ensure the health and safety for the community and for those closest to you. Please see more detailed information included in this January 2021 newsletter regarding our community protection bylaw and related information regarding COVID-19.

On behalf of the duly elected officials of Cowichan Tribes Chief and Council and the senior staff that make up the Operational Leadership Team we welcome your individual and collective strength of mind and character to make 2021 a year in which we make our community a better place to live and thrive.

Respectfully Yours,

Derek Thompson
A/General Manager
Cowichan Tribes
TO: Cowichan Tribes Members and Residents  
FROM: Cowichan Tribes Chief and Council  
SUBJECT: COVID-19 Shelter in Place Order in Effect  

January 6, 2021

Update to Members on COVID-19 – Shelter In Place Order

The Current Situation

COVID-19 is spreading in Cowichan Tribes. As of January 6, 2021, there are 23 confirmed cases. More cases may be announced in the days ahead as we await test results. This is a critical time for each of us to do our part to limit the spread of the virus and to remain calm and be kind to one another.

Since the first cases were reported on January 1, 2021, Chief and Council and Cowichan Tribes’ Pandemic Response Team have been working closely with FNHA, Island Health, and public health to support contact tracing, monitor cases, and keep members safe.

Members who have tested positive or have been in direct contact with those who have tested positive must self-isolate. Health officials are in regular contact with these members and are providing support and guidance.

Shelter In Place Order & Restrictions On Access To Reserve

Due to the growing number of cases, Chief and Council have approved a Shelter in Place Order which all members and residents on reserve must follow.

This order is in effect from 5 pm on January 6, 2021 until 5 pm on January 22, 2021 – referred to as the “Closure Period”

This order is authorized under Cowichan Tribes’ COVID-19 Community Protection Bylaw.

Under this order:

1) All members must shelter in place (stay at home).
2) Access to residential areas and residential buildings in Cowichan Tribes Reserve is restricted.
3) Barriers and checkpoints will be set up to enforce this order and provide information.
Shelter in Place (Stay at Home) Order

- **Cowichan Tribes residents must stay at home.** Residents may only leave their homes for the following reasons: work, school, medical appointments, to obtain groceries, medicines and other essential items, or to care for a family member who is ill.

- **No events or gatherings with people from outside your household.** Cowichan Tribes residents cannot gather or hold events – indoors or outdoors – with people from outside their household. For individuals living alone, please follow the restrictions as per the British Columbia Provincial Health Order.

- **Designate a household shopper & limit shopping trips.** Cowichan Tribes residents should designate one person per household to go out shopping, and limit shopping trips to once per week. Residents are encouraged to have groceries, medications, and other essential goods delivered to your home by ordering online or over the phone.

Restrictions on Access to the Reserve

- **All residential buildings in Cowichan Tribes are designated as “Restricted Areas” during the Closure Period.** This means that access to residential buildings and residential areas on reserve is restricted.

- A person may only be present in a Restricted Area if they are:
  
  i. a Member;
  
  ii. an Authorized Occupant;
  
  iii. the spouse or family member of a Member who routinely resides with a Member on the Restricted Area;
  
  iv. conducting urgent appliance or home repairs;
  
  v. delivering goods to a home or a Member-owned business on the Restricted Area, except not alcohol or drugs unless they are being delivered as part of an essential health service (e.g. managed alcohol program, prescription delivery);
  
  vi. caring for an Authorized Occupant;
  
  vii. providing emergency services (e.g. firefighting, child and family services, medical, RCMP and Search and Rescue services);
  
  viii. doing work to maintain or repair utilities or public infrastructure (e.g. hydro, phone, internet, snowplowing, garbage removal);
  
  ix. providing essential services or other work for Cowichan Tribes at Cowichan Tribes’ request; or
  
  x. ordinarily resident at such Restricted Area.
  
  xi. This means that no person may visit a residential building or residential area in Cowichan Tribes, unless it is for an essential purpose noted above.
Barriers & Security Checkpoints
Under this order:

- Cowichan Tribes will set up barriers with information about the Restricted Areas and the Shelter in Place Order.
- Cowichan Tribes will set up security checkpoints, as necessary, in areas that require additional education and enforcement efforts.

Do You Have Symptoms? Have You Been In Contact With Someone Who Has Symptoms?
If you have any symptoms of COVID-19 – even mild ones – **self-isolate and call 8-1-1**. If you have been in contact with someone who has symptoms, call 8-1-1.

**COVID-19 symptoms include:** cough, headache, fever, sore throat, shortness of breath, fatigue, runny nose, loss of appetite, chills, loss of sense of smell or taste, nausea and vomiting, exacerbation of chronic muscle aches, diarrhea.

Feeling Sick? Get Tested
Cowichan COVID-19 Assessment Centre, 5151 Polkey Rd., Duncan, BC. (by appointment). Call **1-844-901-8442** (8:30 A.M. – 8:00 P.M.). **DO NOT ride share.** Drive alone to get tested or take a taxi. If you need transportation contact Ts’ewulhtun **250-746-6184**. Masks will be required.

What You Can Do
All Cowichan Tribes residents must:

- Stay home; Say “no” to in-person gatherings or events outside your household.
- If you have symptoms, self-isolate and call 8-1-1.
- Wear a mask, physically distance, wash your hands regularly.
- **If a contact tracer from Public Health reaches out to you, support their work to keep us safe and answer their questions. Your answers are confidential.**

We Are Here To Support You
If you have questions or need assistance, call **8-1-1 or Ts’ewulhtun Health: 250-746-6184**.

If you are struggling and need to talk to someone, we are here to support you. Please call Ts’ewulhtun. You can also call the Vancouver Island Crisis Line **1-888-494-3888** (24-hour line) or text 250-800-3806 (from your mobile 6 P.M. -10 P.M.).

* Mukw’ tst ‘o’ shilhukw, ‘u tu COVID-19 lhxeen* (We’re all in this together)
It’s OK to leave home for:

- Work, school, medical appointments
- Getting food, medicine, essential goods
- Caring for an ill person
- Going outside for fresh air, exercise, time in nature, walking pets (but ONLY alone or with people you live with). When outside, keep a safe distance.

Deliveries, medical services and home repairs are allowed on reserve.

Please be kind and COVID-safe with staff at checkpoints.
A GUIDE TO SELF-ISOLATION

If you have COVID-19, are caring for, or living with someone who has COVID-19 or respiratory symptoms, you are considered a ‘close contact’ and are required to self isolate.

**DO**

<table>
<thead>
<tr>
<th>Do stay home for 14 days</th>
<th>Do stay in contact with medical personnel</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Work from home</td>
<td>• Island Health nurses, or your family Doctor (or Ts’ewulhtun Nurses).</td>
</tr>
<tr>
<td>• Avoid contact with others in your home</td>
<td></td>
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</table>

**Do protect others**

- Wash your hands frequently (hand hygiene). Cough into your sleeve (respiratory etiquette). Keep 2 meters (6 feet) away from others (physical distancing). Always wear a mask when not in your room. Use separate bathroom when possible.
- Keep older adults and people with chronic medical conditions (e.g. diabetes, lung problems, heart disease or weakened immune system) away from the infected person.

**Do clean all high-touch surfaces**

- Toilets, bedside tables and door handles should be cleaned daily using a store bought disinfectant or diluted bleach solution. Allow the surface to remain wet for 1 minute. If they can withstand the use of liquids for disinfection, high-touch electronics such as phones, computers and other devices should be disinfected with 70% alcohol.

**Do wash laundry thoroughly**

- Contaminated laundry should be placed in a laundry basket with a plastic liner. Wear gloves and mask when handling. Wash with regular laundry soap and hot water (60-90°C). Clean your hands with soap and water immediately after removing your gloves.

**Do access delivery services**

- Use food delivery services or online shopping (groceries, medication etc.).

**Do monitor your symptoms**

- If your symptoms worsen or you are having trouble breathing, call 9-1-1. Notify the dispatcher that you have or may have COVID-19.
A GUIDE TO SELF-ISOLATION

If you have COVID-19, are caring for, or living with someone who has COVID-19 or respiratory symptoms, you are considered a ‘close contact’ and are required to self isolate.

DON’T

Do not go to school, work or other public areas
(e.g. grocery stores, pharmacy, malls, fitness center, place of worship)

Do not share household items
Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person who is sick. After use, these items should be washed with soap or detergent in warm water. No special soap is needed. Dishwashers and washing machines can be used. Do not share cigarettes or other items that are put in the mouth.

Do not have visitors
Except for individuals providing care or delivering food/supplies. In that case, maintain a distance of 2 meters and wear a mask.

Do not share personal items with others
Including toothbrushes, towels, linens, thermometers, cigarettes, unwashed utensils, and electronic devices (such as phones and computers).

Do not use public transportation or ride sharing

Questions? Call 8-1-1 anytime or Ts’ewulhtun Health Centre 250-746-6184 (8:30 am—4:30 pm)
COVID-19 Symptoms? Get Tested!

For the self-assessment tool and full list of symptoms
Go to https://bc.thrive.health

If the self-assessment advises a COVID-19 test

Call: 1-844-901-8442 (8:30 am—4:30 pm) to book an appointment. You will be asked to leave your name and #.
Location: ICBC Claim Centre 5151 Polkey Rd Duncan BC
By appointment only. Mouth Rinse and Gargle Test is available.
Find more information at http://covid-19.bccdc.ca/

Do Not Ride Share. To prevent the spread of the virus do not ride share to the testing site. Transportation to testing and CDH available weekdays 8:30—4:30pm and weekends 8:30—9:00pm. Service is confidential. Call 250-746-6184 to book your transportation.

You must wear a mask!

Quick and Easy!
Get your COVID-19 Test results by Text
https://results.bccdc.ca/
Update to Members on COVID-19
January 11, 2021

COVID-19 Cases in Cowichan Nation
*includes Cowichan Tribes members living on- and off-reserve

<table>
<thead>
<tr>
<th>Total Cases</th>
<th>Hospitalized</th>
<th>In Isolation</th>
<th>Recovered</th>
<th>Households Affected</th>
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<tbody>
<tr>
<td>70</td>
<td>0</td>
<td>64 (92%)</td>
<td>6 (8%)</td>
<td>27</td>
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Confirmed Cases by Age & Sex

<table>
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<tr>
<th>Age Group</th>
<th>Confirmed Cases</th>
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</thead>
<tbody>
<tr>
<td>0-9 years</td>
<td>11 (16%)</td>
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<tr>
<td>10-19 years</td>
<td>12 (17%)</td>
</tr>
<tr>
<td>20-39 years</td>
<td>25 (36%)</td>
</tr>
<tr>
<td>40-59 years</td>
<td>16 (23%)</td>
</tr>
<tr>
<td>60+ years</td>
<td>6 (9%)</td>
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Positive Cases by Sex

<table>
<thead>
<tr>
<th>Sex</th>
<th>Confirmed Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>34 (49%)</td>
</tr>
<tr>
<td>Female</td>
<td>36 (51%)</td>
</tr>
</tbody>
</table>

Health questions? Call 8-1-1 or Ts’ewulhtun Health Centre: 250-746-6184

Feeling Sick? Get Tested

Cowichan COVID-19 Assessment Centre, 5151 Polkey Rd., Duncan, BC. (by appointment). Call 1-844-901-8442 (8:30 A.M. – 8:00 P.M.).

DO NOT ride share. To prevent the spread of the virus do not ride share to the testing site. Drive alone or call (250) 746-6184. Transportation to testing and CDH available weekdays 8:30 – 4:30pm and weekends 8:30 — 9:00pm. Call 250-746-6184 to book your transportation.
WAYS TO SHOP SAFELY DURING THE SHELTER IN PLACE ORDER

- Have **ONE** family member do the household shopping instead of shopping as a group.
- Shop online and use delivery or curbside pick-up option.
- Ask a friend or family member to shop for you. E-transfer money and have them drop off groceries on your doorstep.
- Have groceries or prescriptions delivered. There are many stores that deliver. See Cowichan Tribes website (Coronavirus page) for a list of stores who deliver in the Cowichan Valley:


SUPPORTS FOR THOSE IN SELF-ISOLATION

Those who are in self-isolation and have no transportation options can receive support for transportation to COVID-19 testing site and to get essential items delivered. Contact one of the below options Mon-Fri (8:30am—4:30pm).

- **COVID-19 Community Navigators:** (250) 715-3339
- **Ts’ewulhtun Health Nurses (confidential):** (250) 746-6184
- For medical transportation call: (250) 746-6184

*Always wear a mask in public unless health reasons prevent it.*
DRUG SUPPLY IS TOXIC AND DEADLY

Dealers are adding poisonous chemicals to ALL DRUGS, including pills

Test drugs at Overdose Prevention Site (221 Trunk Rd.)

Cowichantribes.com
Task Force Report

The Opioid Crisis Response Task Force’s report was presented at the November 12th Council meeting. **Chief Seymour and Council support all five of the Task Force’s recommendations.** We encourage members to read the report and watch Chief Seymour’s video message at cowichantribes.com/opioid-response

Task Force Recommendations

Moving forward, Chief and Council, the General Manager, and Cowichan Tribes staff will:

1. Continue our overdose prevention, counseling, and outreach work, with additional staff and resources.
2. Set up an Overdose Response Working Group to lead and coordinate Cowichan Tribes’ ongoing response to the crisis. This group will include healthcare and counselling staff.
3. Continue engaging with community, and within the next six months, develop an action plan with long-term recommendations to address the overdose crisis.
4. Begin a feasibility study for Cowichan Tribes to establish our own detox and treatment centre, with culturally safe supports for members in detox, treatment, and recovery.
5. Continue the communications campaign to raise awareness about the risks of drug use, overdose prevention, and where to get help. We will also continue to provide updates on our overdose response work.

We recognize and give thanks to staff and Task Force members for your hard work, and to community members for sharing your wisdom, experiences, and knowledge. Huy tseep q’u!

More info on overdose prevention and where to get help at: Cowichantribes.com/opioid-response
Important Information on Opioids & Drug Use

Please share and discuss this important information with your family and friends

- Don’t use drugs alone. Use where there is someone who can call for help if you overdose. When you use with a buddy, stagger using times so someone is awake to call for help. Many overdose deaths happen when people use drugs at home, alone.

- Toxic & deadly drug supply. The current supply of illegal drugs is toxic, unpredictable, and deadly, including for smoking. The risk of overdose and death is very high.

- When someone overdoses, call 9-1-1 immediately, give Naloxone, and give breaths. When you call 9-1-1 to report an overdose, you won’t be charged for simple drug possession.

- Start with a low dose, go slow. Test a small amount of the drugs first, then go slowly.

- Use at the Overdose Prevention Site (OPS) at 221 Trunk Rd. Entrance through side door off Ypres St. Open everyday, 1:00pm to 7:00pm. It’s a welcoming safe space with no judgement. Services are confidential, you don’t have to give your name or answer any questions. 250-597-7779. COVID-19 safety measures including physical distancing are in place at the OPS.

- Get your drugs tested at the OPS. Testing drugs takes 2 minutes. No questions asked.

- Safe supply is available. You can get safe supply of opioids from the Doctor at the OPS and at the Rapid Access Clinic, 71 Government St (250-668-6542). Or call your healthcare provider, Ts’ewulhtun Health Centre (250-746-6184) or Healthlink BC (811).

- Carry Naloxone and have an overdose plan. Carry Naloxone at all times and know how to use it. Naloxone kits and nasal spray are free at London Drugs and other pharmacies with a Status Card and BC Services Card. Or call Ts’ewulhtun Health Centre.

- Use the Lifeguard App. If you use alone, the Lifeguard phone app can save your life by calling 9-1-1 if you overdose. It’s free at the App Store or Google Play. lifeguarddh.com

- Help and support are available. If you’re struggling with addiction, sadness or mental wellness problems, we can help with counseling, addiction treatment referrals, and other supports. Call us today.

Ts’ewulhtun Health Centre & Kwun’atsustul Counselling: 250-746-6184

Ni tsun hwule’lum’ut ch’ - I take notice of you (I care)
Where to Get Naloxone and Training

What is Naloxone? How does it save lives?

Naloxone (Narcan®) can save the life of someone who has overdosed. It counteracts the effects of opioids and helps the person start breathing again. It is given through the nose as a spray, or injected into a muscle by syringe.

Cowichan Tribes is urging all Members to keep Naloxone in your household, especially if you have kids or live near places where people gather. In many overdose deaths, the family and friends of people who died did not know they were using drugs. And by having Naloxone, you can provide life-saving help if someone overdoses nearby. And if you can, carry Naloxone with you at all times. Having Naloxone and knowing how to use it supports the Quw’utsun Snuw’uy’ulh (Teachings): “Help one another and work together for the good of all.”

Where to Get Naloxone

Naloxone is free at London Drugs and other pharmacies with a Status Card and BC Services Card (Care Card). We recommend you get a Naloxone kit with a breathing mask and gloves, along with at least two doses of nasal spray in case someone needs more than one dose. Naloxone is also available at Ts’ewulhtun Health Centre: 250-746-6184

Where to Get Training

Ts’ewulhtun Health Centre offers Naloxone training to individuals or groups by appointment, and we are happy to come to your neighbourhood to provide training. Call Edward Joe at the Health Centre to book a training or ask any questions you have about overdose prevention and harm reduction.

Starting in September, Ts’ewulhtun Health Centre offers drop-in Naloxone training one afternoon every week. For details on the day, time and location, call the Health Centre at 250-746-6184 or visit our Facebook page.

Cowichantribes.com/opioid-response

Online resources

These websites provide excellent instructions, videos and resources on how to respond to an overdose and how to give Naloxone:

Quick Learn: Naloxone Administration: https://towardtheheart.com/naloxone-course

Take Home Naloxone Training: http://www.naloxonetraining.com/training
Where to Get Help

Ts’ewulhtun Health Centre
250-746-6184 | [website](#) | 5768 Allenby Rd, Duncan, B.C. | Mon – Fri, 8:30am – 4:30pm (closed 12-1pm)

We provide culturally safe healthcare and we give referrals for addiction treatment and recovery. We also provide Naloxone and training. If you have any questions — including how to start treatment and recovery, how to access safe supply of opioids — call the Health Centre and ask to speak with a nurse. Our support is free, confidential, and culturally safe. Ni tsun hwule’lum’ut ch’ - I take notice of you (I care)

Safe Supply & Overdose Prevention

Primary Care Network Clinic
250-668-6542 | 71 Government St., Duncan

Nurse practitioner specializes in treating opioid addiction and can prescribe safe supply of opioids. Also accepting new patients for primary healthcare. Call to make an appointment.

Duncan-Cowichan Valley Overdose Prevention Site (OPS)
221 Trunk Rd., Duncan (Entrance is through side door off of Ypres Street)
Open seven days a week, 1:00pm to 7:00pm | 250-597-7779 | [Website](#)

The OPS is a safe, welcoming space with judgement. Services are free and confidential. You don’t have to give your name or answer any questions. COVID-19 safety measures including physical distancing are in place.

The doctor and harm reduction team at the OPS, including Lex, are easy-going, friendly, and kind.

The OPS provides free services and resources including:

- safe supply of opioids
- Safe consumption, including injection and smoking
- Testing drugs (takes 2 minutes)
- Needle exchange services
- Harm reduction supplies and education
- Addiction treatment referrals
- Onsite doctor also provides primary healthcare services and can answer any health questions you have
Where to Get Help
Addiction Treatment & Recovery

Phoenix Wellness Centre
604-260-7252 | Website | Email: social@phoenixclinic.ca | 5873 York Rd., Duncan
Specializes in opioid addiction treatment and recovery support. Also has a family physician.

Ravenswood Consulting
250-714-5571 | Website | Email: support@ravenswoodconsulting.ca | 3054 Biscay Rd., Duncan
Indigenous-run. Provides culturally safe addiction treatment, intervention, counselling, and therapy services.

Rapid Access Clinic - Duncan Mental Health and Substance Use
250-709-3040 | Website | 3088 Gibbins Rd., Duncan
Provides a timely, single point of entry for all adult Mental Health and Addiction Services in the Cowichan Valley. Intake staff will connect individuals with the most appropriate service.

Warmland Shelter & Sobering Centre
250-715-1132 | Website | 2579 Lewis St., Duncan
Offers supported, transitional, and emergency housing and shelter (for adults only), as well as for those coping with addiction and mental health challenges.

Counseling & Mental Wellness

Kwun’atsustul Counselling
250-746-6184 | Monday-Friday 8:30 am – 4:30 pm
We provide counselling and addiction treatment referrals. Our services are free, confidential, and culturally safe. We have on-call counselors available if you are experiencing a crisis or just want to talk. Contact Ts’ewulhtun Health Centre at 250-746-6184 to talk with an on-call counsellor. For more info and resources, visit our Facebook page

Cowichan Tribes Youth Centre
Connections are currently made through social media and outreach with youth.
Connect with us on our Facebook page

Canadian Mental Health Association
Counselling and other supports for youth and adults: 250-746-5521

Help Lines (24 hours)
Cowichan Tribes Opens

Emergency Shelter for Youth

As part of its commitment to supporting youth, on December 21, 2020 Cowichan Tribes opened a seasonal emergency youth homeless shelter. Located in the former VIU building on Cowichan Way, the shelter provides overnight accommodations for up to 10 youth ages 17 and under.

**Location:**
222 Cowichan Way

**Hours of Operation:**
3:00 pm to 9:00 am daily

Opened December 21, 2020
Operating until May 2021

“We are thankful for the partnerships within the community,” says Marnie Elliott, Associate Health Director. “With many of us working together, we are able to provide a safe place for our youth. We are also thankful for the many departments within Cowichan Tribes that have worked diligently together to open the doors. We hope to provide a warm space for our youth to find rest and a safe place for their healing journey. Thank you all for making this a reality.”

While priority will be given to Cowichan youth members, if space is available non-members will also be housed. Staff will continue to monitor the usage of the shelter. If the need exceeds the capacity, they will reassess how they can support youth. The emergency youth homeless shelter is funded by Cowichan Tribes with support from Warmland (Canadian Mental Health Association) and Cowichan Housing Association.

Keeping with COVID-19 protocols, youth are lodged in private rooms, renovated offices with a single bed. Cowichan Tribes provides youth with a warm meal as well as connections for laundry, showers and other community services.
We welcome you to share your thoughts about Immunization!
Due to COVID-19 all communication will be done via Phone call

We are looking for:
Parents and/or adults who utilize Ts’ewulhtun Health Center services.

What the study involves:
Taking part in a phone call. You will receive a gift card as a thank-you.

Why we are doing the study:
We want to know why you do or why you do not get your children immunized, and your questions or worries about Immunizations /Vaccines. We value your input!

Need more info?
Please call Doreen Peter at 250-710-5720, or email doreen.peter@cowichantribes.com or the Vaccine Evaluation Center (vecstudies@bcchr.ubc.ca) and tell us you are interested in the study.

“Addressing Vaccine Hesitancy.”
Slhexun sun’ts’a’ Clinic

Hours of Operation Update

The clinic is increasing hours of operation as of January 4, 2021. You will be able to book appointments during these times:

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Online Bookings

If you currently have a family provider at the clinic (Nurse Practitioner or Family Doctor), you can now book phone call visits online!

If a face to face visit is required we will book this once you speak with our staff. You can still book appointments by calling our front desk as before. Thank you for your patience as we roll out this new service.

To book online: [https://onlineappointmentbooking.medikazam.com/medical/#1016/clinicInformation](https://onlineappointmentbooking.medikazam.com/medical/#1016/clinicInformation)

If you do not have a family provider at the clinic and would like one, please call our office to book an intake appointment at (250)715-3322
Have Symptoms? Or Mild Symptoms?
Get Tested for COVID-19!
Call: 1-844-901-8442

Symptoms:

- Cough or worse chronic cough
  - Fever
  - Chills
- Shortness of Breath
- Body aches and pains
  - Headache
- Stuffy or Runny Nose
  - Loss of smell
- Sore Throat & Painful swallowing
  - Loss of appetite
- Abdominal (stomach) pain
  - Nausea & Vomiting
  - Diarrhea
- Feeling very tired (fatigued)
  - Loss of smell or taste
  - Pink eye
- Confusion or Dizziness
- Skin rashes or discoloration of fingers or toes
Our Renovations are now complete.

Ts’ewulhtun Nurses Team want to welcome you back!

We are now taking appointments for Immunizations
Starting January 5, 2021
Monday—Thursday 9 am - 3pm

Our New Direct phone # is
*250-715-1024*
5 things I can do for MY Wellness during COVID

#1: Know the facts and know when to turn the facts and screens off. Updates from Bonnie Henry are vital yet Facebook fears and social media are not helpful.

#2: DO NOT Social Distance....
YES! Please do not social distance! I’ll let the shock of that sink in for a second. I believe we need to call it what it is Physical Distancing and SOCIAL CONNECTING. Humans are social beings. PERIOD. We NEED social connection, social acceptance, social support to live.

#3: Let fear be a gift. You’re probably thinking – what how? Fear has a reason and purpose in our lives. It is that part inside of us that keeps us safe. Helpful fear sounds like this – do I NEED to go out today? Should I wear a mask? Should I cancel that family dinner? However, don’t let unhealthy fear drive your bus. When we allow our fears to drive the bus it can be debilitating, hurtful, keep us frozen and make us feel helpless and hopeless.

#4: Focus on What you CAN do!
Instead of obsessing on the negative things we don’t have any control over – focus on what you CAN do. Hand sanitize. Wear a mask. Get facts from the Centre for Disease Control website.

#5: TAKE CARE OF YOU!!
In whatever healthy way that is. The list is endless of what’s possible.

FREE: In-person, Video and Telephone counselling are available!!

For more tips book today:
Email: lyla.harman@cedarwellness.ca
Book direct: www.cedarwellness.ca
Call: 250-748-1592
Happy New Year from the Sustainable Housing and Capital Projects Department

CONTACT US

BY PHONE (250-715-3302)
Call us Monday through Friday, 8:30 AM-12:00 PM & 1:00 PM-4:30 PM

BY EMAIL
Send us a message at shd.maintenance@cowichantribes.com

LEAVE US A MESSAGE ON OUR WEBSITE
Ask us a question or share some feedback at www.cowichantribes.com/housing

PAY RENT
Send an e-Transfer to directdeposit@cowichantribes.com
Remember to include your rental address and tenant name(s) when sending your payment

Indian Road Water Project
Status: IN PROGRESS
Check out www.cowichantribes.com/indianroad for regular updates

Is your Housing Application up-to-date? Click the link below for more information:
www.cowichantribes.com/HousingApplication

Do you have a conditioned crawlspace?

A conditioned crawlspace is sealed from outside air and will have a concrete floor and insulation along the foundation walls.

Make sure you have fans and heaters turned ON in conditioned crawlspaces.

This is to ensure that if moisture gets in, it won’t have an opportunity to turn into a mold bloom or moisture issue.
The Importance of Air Circulation

Proper air circulation is crucial in any home. Proper airflow regulates temperature, removes impurities, prevents mold, and creates a more pleasant and safe breathing environment. By contrast, poor air circulation can actually be bad for your health.

Did you know? Improper Air Circulation can lead to:

- Growing mold and bacteria
- Stuffy Conditions
- Overall Discomfort

Solutions for Safer Air

Temperature Control

Proper temperature control can help to:
- **Reduce damage** to your home by preventing unwanted moisture problems
- **Save money** on your hydro bill
- Make your home more **comfortable** overall

Aim for setting temperatures to 20°C (68°F) for thermostats or 16°C (60°F) for baseboard heat

If this is too chilly, increase by a few degrees but REMEMBER—cranking the thermostat or heaters will not warm up the room any faster. If everyone is away from home in the daytime, or you're asleep at night, lowering temperatures to 62°F (17°C) is best.

Maximize Air Flow

It is very important to make sure air can flow freely through your home:

- **Do not block** baseboard heaters or furnace floor heater vents
- If the air feels stuffy, open a window or door for a few moments to allow fresh air to enter the home
- Ensure your HRV or HVAC Unit is serviced and in working order
- Make sure you are using your **ceiling fan** and make sure **exhaust fans** in kitchens and bathrooms are in working order
- Keep furniture away from walls to allow the warm air to circulate
- **Do not air dry** clothes indoors
Best Practices for
SAFE SNOW REMOVAL

TOP TIPS

Pace yourself
Take frequent breaks, especially if you aren’t in the best of shape. Make sure to stay hydrated.

Dress appropriately
Wear a warm coat that still allows you to move freely, hat, gloves and waterproof boots with good traction.

Invest in a good shovel
Ergonomic shovels have a bent handle that help reduce back injuries.

Push, don’t lift
When possible, try to push the snow instead of lifting or scooping. Throwing snow to the side or lifting over your shoulder can cause back injuries.

Shovel often
Clear snow early and often. This will lower your chances of having to move heavy, packed snow.

TRY THIS

#1
Clear a strip down the middle of the driveway

#2
Push snow towards the outer edge

#3
Repeat on the other side of the driveway

#4
Spread salt on your driveway to prevent ice

REMEMBER!
If your chest feels tight, STOP IMMEDIATELY!
New Year Clean Up

Q: What are the benefits of decluttering around the home?

A: Decluttering around the home can help to:

- Reduce stress and anxiety and improve sleep
- Extend your home's lifetime through proper care
- Prevent against unwanted pests and other allergens

Q: Where do I begin? I'm overwhelmed.

A: Decluttering can be a difficult task. **Take your time and be patient with yourself.** Start with one room at a time, going through possessions and decide whether to keep, sell, donate or throw away.

### KEEP
- Do you use it regularly?
- Does it have multiple purposes?
- Does it have strong sentimental or emotional value?

### SELL
If you don't use it or want it, is it worth money? Try selling to friends and family or on social media

### DONATE
- Charity
- Friends and family
- Thrift store or diabetes bin

### TOSS
Check out the next page for local waste disposal options for garbage and recyclable items

Did You Know?

9 in 10 experts say decluttering helps increase the value of property

Decluttering can save **15-20%** of your annual budget due to better decision making
New Year Clean Up

Check out these options for local waste and recycling disposal:

**Bings Creek Recycling Centre**
3900 Drinkwater Road  
250-746-2540  
[https://www.cvrd.ca/DocumentCenter/View/90753/Bings-Creek-Recycling-Centre](https://www.cvrd.ca/DocumentCenter/View/90753/Bings-Creek-Recycling-Centre)

**Hours of Operation:**
Open seven days a week, 8:00 am—5:00 pm  
Closed on all statutory Holidays,

**Items they accept:**
Free Drop Off:
- Small and large appliances  
- Batteries  
- Electronics  
- Glass  
- Kitchen Scraps  
- Gasoline and Oil  
- Plastic Bags and Overwrap  
- Propane Tanks  
- Yard Waste  
- Styrofoam  
- Tires

Pay Side:
- Garbage  
- Upholstered furniture  
- Mattresses  
- Lumber  
- Rubble (bricks, gravel, concrete, etc.)

**Please note:** Payments must be made with Debit or Credit

**Island Return It—Bottle Depot**
6476 Norcross Road  
250-748-2066  
[https://islandreturnit.com/](https://islandreturnit.com/)

**Hours of Operation:**
Open five days, Tues-Sat 9:00 am-4:30pm  
Closed on all Statutory Holidays

**Items they accept:**
- Batteries  
- Beverage containers  
- Clothes  
- Electronics  
- Light Bulbs  
- Small Appliances  
- Power Tools  
- Paint  
- Smoke Detector  
- Grocery Bags  
- Packaging  
- Cellphones

**Please note:** Customers should have all refundable items pre-sorted and counted per types and sizes in CLEAR bags and/or boxes. There is also no sorting permitted inside the facility.
Cheque Issue Day is January 26, 2021 (for February 2021)

2021 Cheque Issue Dates

- January 26, 2021
- February 23, 2021
- March 23, 2021
- April 27, 2021
- May 25, 2021
- June 29, 2021
- July 27, 2021
- August 24, 2021
- September 28, 2021
- October 26, 2021
- November 23, 2021
- December 14, 2021

Social Development:

- Monthly renewal declarations (stubs) are due from January 4, 2021—January 8, 2021 in order to ensure you receive your income assistance on January 26, 2021.
- Social Development Department have been using the new system for one year now; thank you all for your patience, understanding and cooperation during this transition.
- Please continue to connect with your Band Social Development Worker by email.
- Annual renewals are continuing to come up, please work with your Band Social Development Worker and Intake Worker to ensure your annual renewal is complete.
QET Provides Help With:

- BC Driver’s License (For education/employment only)
- Employment Insurance (EI) Top Up
- Post-Secondary Courses
- Certificate Courses Under One Year
- Transportation Supports (Bus pass)
- Employment Assisted Services
- Work Gear

General Eligibility

- 15 years and Older of Age at time of application
- Cowichan Tribes Status
- Possess current identification
- Possess current and update marketable resume
- Seeking Full-time Employment which is at least 30 (thirty) hours per week as per the Canada Labour Code, or working towards full-time post-secondary education;
- Have a valid Social Insurance Number
- Permanently live in the area of East Central Vancouver Island to South Vancouver Island (Qualicum to Victoria), including Sooke, Port Renfrew and Lake Cowichan.

All applications are reviewed and subject to approval as per policy and guidelines.
Approved by Chief and Council on October 8, 2019.

For individuals looking for Sponsorship contact:
Lucy Shaw, QET Intake Worker
Lucy.Shaw@cowichantribes.com
Work Cell: 250-732-1317

For organizations looking to partner contact:
Bill Viksush, QET Coordinator
William.Viksush@cowichantribes.com
Work Cell: 250-732-1207
Welcome back to all our students. We hope that you had a great holiday season. We know it looked different and was quieter than we are used to but we are grateful you all stayed safe and healthy. We are excited to see our students again and looking forward to a better and brighter New Year.

This new year our department will have many new exciting things happening over the next few months. We will update you on our FB pages as well as the newsletter as things start up. We look forward to working with you on the upcoming initiatives.

What we are doing:

- Continuous updates to our Quw’utsun Syuw’entst Lelum Facebook page to keep in touch with our families and post important notices and information. Please look us up and invite others to the page.

- **K-12**—please feel free to call us anytime if you need support for your students in any of our schools. We are here to help.

- **Post-Secondary** we are now accepting applications for the summer session. **Deadline is February 15, 2021**

- **Schools and Daycare**—OUR SCHOOLS AND DAYCARE CONTINUE TO BE OPEN. We are happy to report that we are open and things are going great. So happy to see all our kids again and they are doing very well with all the changes. If you are interested in registering your children please call and we will assist with the application process.

- **Transportation**—Our busses are on the road. Each bus has changes made and safety procedures to follow so we have hired new bus monitors to assist our kids and our drivers.

**Important information:**

Reception phone is answered daily 8:30-4:30—if you need to contact anyone in our department please call 250-715-1022. Staff are returning calls each day.

To apply for a summer 2021 post secondary start, please email your post sec funding application to QSL-registration@cowichantribes.com. Please put “post-sec Jan 2021 funding application” in the subject line.

To email your nominal roll form back to our office please email to QSL-registration@cowichantribes.com. Please put “Nominal Roll application” in the subject line.

To email your K-12 transportation (bus) application to our office please email to QSL-registration@cowichantribes.com. Please put “Bus application” in the subject line.
Cowichan Tribes Cultural Education Committee

**PURPOSE:**

1.1 The Cultural Education Committee is part of the governance body for Quw’utsun Syuw’entst Lelum Cultural Education Department that is responsible to guide the Department as follows:

1.1.1 Provide recommendations to Chief-and-Council.

1.1.2 Oversee the Department’s program planning, policy and procedural development.

1.1.3 Officiate over awards as well as review student appeals and formal complaints.

1.2 The Committee upholds the Department’s focus on supporting the success of all of our community members in lifelong cultural and learning development. This emphasis on social development is an important contribution to the long-term aspirations of the Quw’utsun Nation.

1.3 With these purposes in mind, Chief-and-Council has set the following goals for the Department:

1.3.1 Support Hul’q’umi’num Cultural Renewal in Our Communities.

1.3.2 Increase Our Students’ Learning Success.

1.3.3 Improve Higher Education Outcomes for Community Members.

1.3.4 Build a Community Network in Support of Our Members’ Learning and Employment Success.

1.4 To realize our goals, the Committee recognizes that our community members’ success in cultural education should include:

1.4.1 Academic accomplishment grounded in cultural teachings, activities and ways of knowing.

1.4.2 Respectful and effective inclusion of families in their children’s learning.

1.5 To advance our goals, the Department aims to expand and improve existing daycare, K-12, and post-secondary programs as well as to establish shared decision-making and better conditions for our students’ success in the public education system.

2020-2021 Committee Members:

- Chief William Seymour
- Councilor Albie Charlie
- Councilor Craig George
- Councilor Stuart Pagaduan
- Councilor Dora Wilson
- Hilda Paige, Parent Representative
- Sophia Elliott, Youth Representative
- Arvid Charlie, Elder Representative
We hope everyone had a good winter break and wishing everyone well in the new year.

Please contact the Educational Counsellor if you have any questions about some of the topic below:

- Career goal setting
- Academic goal setting
- Support strategies, learning plans and goals
- Post-Secondary and Vocational or Trades Programs
- Internal and External Resources

You can also find various resources and information posted on our department’s Facebook page as well as opportunities for scholarships, bursaries, training, workshops and employment.

Please see our K—12 team’s contact information below if you have any further questions or are in need of support.

**K—12 Support:**

Audrey Best, K—12 Advisor  
[Audrey.Best@cowichantribes.com](mailto:Audrey.Best@cowichantribes.com)

Chris Modeste, K—12 Advisor  
[Chris.Modeste@cowichantribes.com](mailto:Chris.Modeste@cowichantribes.com)

Sophia Elliott, Educational Counsellor  
[Educational.Counsellor@cowichantribes.com](mailto:Education.Counsellor@cowichantribes.com)

**Office Phone Number:**
250.715.1022

**Office Hours:**
Monday—Friday
8:30 a.m. to 12:00 p.m. & 1:00 p.m. to 4:30 p.m.
Skw’ami’lhum  
“Watching Over, Caring for another person’s child”

January —Pune’q The time for collecting geoducks

In Case Of Any Emergency
Caregivers call the Emergency  
“Centralized Screening” Duty Worker (MCFD):

1.800.663.9122 
in the event of an emergency or crisis  
concerning a child in care after regular office hours. For non-emergencies, please leave a voice mail message:

250.746.1002.

Lalum’utul’ Smun’eeem  
5766 Allenby Road, Duncan,  
BC  V9L 5J1  
Phone: 250.746.1002  
Fax: 250.746.7745  
Website: www.cowichantribes.com

Learning opportunity.  
The BC Aboriginal Child Care Society (BCACCS) is a Centre of Excellence for Indigenous early learning and child care. Their most recent project is a literature review and can be found following this link. “Beyond Survival: A Review of the Literature on Positive Approaches to Understanding and Measuring Indigenous Child Well-Being”

The FNHA is the first Nations Health Authority. They have created a video series that aims to support life-givers and their families before and after the sacred ceremony of birth. In the videos, Elders and Knowledge Keepers share traditional teachings along with messages and words of encouragement for expectant mothers. Videos for New Moms (video playlist on YouTube)

Caregiver Standard B2. Reportable Incidents  
If the social worker is unavailable, the report is made to another social worker or the supervisor in the same district office. After regular office hours, the report is made to an After Hours social worker. After Hours social workers are available 24 hours per day, seven days per week.

We offer as a reminder  
If you are trying to reach your social worker, call the front desk at Lalum’utul’ Smun’eeem Child and Family Services 250-746-1002 and ask to be connected!
Remember to reach out to your supports:

Foster Parent Support using the Provincial After-hours line, call 1-888—495-4440. Weekdays: 4:00pm to 12:45am, Statutory Holidays and weekends: 8:00am to 12:45am.

**Foster Parent Support Service Society**: (FPSSS) Toll Free: 1-888-922-8437. Monday to Thursday 9:00-4:00pm, Friday 9:00 to 1:00pm. Closed Weekends and Statutory Holidays, Victoria 778-430-5460. Coordinators are available to assist foster parents in obtaining current information, supports, training, peer support and mentoring as well as the BC Foster Care Education Program Information.

Available 24-hours a day, seven days a week, regardless of where individuals reside in the province, those in need of support can call 1-800-KUU-US17 (588-8717) for an immediate response. KUU-US services are for First Nations, by First Nations. Alternatively, individuals can call direct into the Youth Line at 250-723-2040 or the Adult Line at 250-723-4050.

For teen on line support: **The Foundry** offers young people ages 12-24 health and wellness resources.

Support and information for foster parents at the **BC Federation of Foster Parent Associations** (BCFFPA) Toll Free: 1-800-663-9999- Leave a message and they will call you back.

**Kwun’atsustal counseling**: Ts’ewulhtun Health Center: 250-746-6168-They will have an on call counselor available.

**Vancouver Island Crisis Line**: 24/7: 1888-494-3888/ Crisis Line Text: 250-800-3806 (6 pm to 10 pm).

**The Crisis Line Association of BC** (CLABC) members provide emotional support, crisis and suicide assessment & intervention, and resource information. Mental Health Support: 310-6789

Foster Parents are encouraged to call 310-1234 if you are having issues with a child after 4:30pm. Tell them you are a caregiver with our agency and give them your number they will call our agency and have the After Hours Social worker call you back directly.

Should you suspect that you, or anyone in your family, may be effected by COVID 19, please contact your health care provider or call 811, or 711 if you are deaf/or hard of hearing. Please call toll free at 1-833-784-4397. Get answers to general questions from 4 am to 9 pm.

Thank you for all the great work that you all are doing in this critical time in supporting our children and each other.

Huy ch q’u! (Thank you) Keep safe and keep in touch!

**January Changes!**

We will keep Caregivers apprised of updates regarding changes to office hours in 2021.

If you have any questions at all don’t hesitate to call the office to speak to a Support Service Social Worker! Call 250-746-1002, as messages are checked daily.
We would like to start this month’s message by hoping all our community members had a very safe and Merry Christmas and wishing you and your family a Happy New Year.

We would like to acknowledge those who have been participating in all the meeting this past year. We have been busy moving forward with Cowichan jurisdiction and developing our Cowichan Child and Family Wellness laws. This past month we have been discussing how we will communicate and engage our members in the work. This is especially difficult during this COVID-19 pandemic since we cannot host meetings. We are considering how we will do this. We have discussed different ways to communicate and consult with you.

We will be looking into using Zoom meetings, Facebook groups, direct email, articles in our newsletter, brochures that can be distributed, local Shaw television and Sun FM as ways to get the information distributed to our members.

We want to communicate and consult with our Elders, youth, women, families and leadership to share information and get feedback and direction about this work.

We will be sharing general information, technical information and providing updates as we move forward. We hope you will take the opportunity to participate in the community engagement. We value your input!!

If you’d like to be involved in these discussions, please contact Rosanne Daniels at htg-rdaniels@shaw.ca
Lulumexun Lands and Government Updates. First and foremost, it has been one year since Cowichan Tribes has become operational under the Quw’utsun Tumuhw. Our staff members continue to work towards protecting, administering, monitoring, patrolling our Tumuhw (Cowichan Lands) for the betterment of our community and generations to come. We greatly appreciate their on-going commitment to community in driving various initiatives as it relates to the lands, water, animals, plants and wellness of our members. See our year at a glance below and what to expect in 2021.

Enforcement Services

Your Enforcement Services team is performing regular patrols and responding to emergencies only. We are encouraging members to contact enforcement@cowichantribes.com or 236-800-4023 and Security at 250-732-1449. For immediate emergencies call 9-1-1.

- Developed on-going relationships with other local justice services
- Partnered with other department to address safety issues
- Addressed youth violence, property security management, and on-going homelessness

Enforcement Services

- Continued to harvest, patrol and protect our Tumuhw, rivers and oceans
- Participated in community food distribution during to help maintain food security
- Adapted current work practice to current work conditions of a pandemic response

Land Management

- Drafted a proposed Business Licence and Regulation Law
- Finalized our Registration Procedures Law
- Hosted our first “Meeting of Members”
- Updated our Lulumexun website and Facebook page so members can access the most updated information
- Selected and finalized our Tumuhw Committee
- Hired a Land Use Planner
**Natural Resources**

- Developed the *Mandatory Standards for Licences and Interests* and the *General Engineering Requirements* to provide guidelines on sustainable and safe development of land
- Started work on the Solid Waste and Environmental Management Plans
- Prioritized inventory for addressing contaminated sites
- Advocate “water for fish” whenever and where possible, includes completing flow model with partners and a $1.1M proposal for Koksilah
- Continued relationship building with Department of Fisheries and Oceans (DFO) stock assessment and resource management staff
- Built collaborative assessment strategies for Chinook, Chum and Coho
- Continued partnership with Nature Trust on testing sites in Cowichan Bay for climate change resiliency
- New relationship with DFO Aquatic Invasive Species staff with plans for green crab sampling in Cowichan Bay
- Provide support to referrals for review of works, includes site visits/assessments
- Maintain our relationships within the broader Cowichan watershed community
- Monitor the presence of marine mammals in Cowichan Bay utilizing a drone
- Collaborate with Flood 2020 staff on mapping needs with a drone

**What is next for 2021?**

- Continue with our 2021 work plan finalized and presented to Chief and Council
- Finalize and implement our department strategic plan
- Adapt and begin our community engagement plans
- Draft and create our priority governance tools
- Explore options for cannabis production, medical and recreation use on Tumuhw
- Implement, administer and enforce newly create laws
- Continue building relationships and pursuing new opportunities to protect our territory both land and water
**Conservation Corner**

**Q’ul-lhanumutsun • Southern Resident Killer Whale • Orcinus Orca**

**Background**

Killer Whales are the largest member of the dolphin family. The Southern Resident Killer Whales (SRKW) are listed under the Species At Risk Act (SARA) here in Canada. In the USA, the Southern Resident Killer Whales are listed on their Endangered Species Act.

Their family consists of three Pods: J Pod, K Pod, and L Pod. According to the Centre for Whale Research, as of October 2020, the SRKW population totals 74 whales: J Pod = 24, K Pod = 17, and L Pod = 33.

[Click Here for a great blog about their population history.](#)

**Where can you find them?**

SRKWs have been sighted as far south as Monterey Bay, California during the winter and spring months, and as far north as Southeast Alaska. From the spring to the fall we can find the SRKW in the waters off Puget Sound, the Strait of Juan de Fuca, and the Salish Sea near our Gulf Islands.


**Their place in the ecosystem and conservation concerns**

The Q’ul-lhanumutsun diet is mainly made up of Stth’a-qwi’ (Chinook), though they will eat other salmon such as Kw’a’lluwh (Chum). Their location in our Salish Sea is timed with the returns of Chinook Salmon. The SRKW do not appear to have predators. Cowichan Tribes and the Government of Canada are working to protect the SRKWs. Prey availability is one of our main focuses so they have enough food to keep them healthy at all stages of their lives. There are also concerns with the levels of toxins that are present in salmon that are then taken up by the whales, sound disturbances by vessels, and vessel strikes and more. Lulumexun staff are engaging at many levels on these various concerns, please reach out if you want more information.

![Map Image from www.mmc.gov](#)
Conservation Corner

Q’ul-Ihanumutsun • Southern Resident Killer Whale • Orcinus Orca

New Births in J-Pod!

Resident Killer Whales are matrilineal, and offspring stay with their mother for the rest of her life. In September J-Pod celebrated the birth of a new male calf. Born to the world-famous Tahlequah also known as J35, who carried a lost calf for 17 days. For more on this story click here. A few days later, we were told about the birth of a second calf by witnesses near Vancouver! This is great news for our relatives of the Southern Resident Killer Whale. However, experts are cautiously optimistic given the challenges they face from human activity and the impacts to their habitat and overall well-being. The story from the Olympian shares a video and an article, if you would like to read a story about the births click here.

Our Connection

Since time immemorial, our Mustimuhw (People) have had a close relationship with Q’ul-Ihanumutsun (Killer Whale). We have stories and art work showcasing our intimate connection. Our Cowichan Tribes logo depicts the story of the Killer Whale at the mouth of the Cowichan River in Cowichan Bay. We will have our S-hwuhwa’us Thi’lut Kw’atl’kwa (Thunderbird Protecting the Ocean) out on the water looking out for the interests of the whales!
Conservation Corner

Q’ul-Ihanumutsun • Southern Resident Killer Whale • Orcinus Orca

Click here for another orca colouring page
Lulumuxun Program Updates for 2020:
S-hwuhwa’us Thi’lut Kw’atl’kwa & Discussions about Parks Canada

The S-hwuhwa’us Thi’lut Kw’atl’kwa (Thunderbird Protection the Ocean) Program:
Contact Kim with any questions: k5lagimodiere@cowichantribes.com
Focused on marine protections, we worked on developing our action plan, making connections with outside governments and organizations, and setting up the framework for the coming years. Some of the biggest things of note for 2020 are:

- Naming and Logo Contests (logo contest winner to be determined!)
- Conservation Corner in the Quw’utsun Newsletter
- Set up our Trailmark account for mapping and data collection
- Secured Canadian Coast Guard funds for developing Quw’utsun’s response to marine oil spill
- Participated in and planned projects for protecting Southern Resident Killer Whales
- Assisted with the eelgrass meadow restoration in Cowichan Bay
- Quw’utsun marine plan development pre-planning process begun

Talking about (and with) Parks Canada:
Throughout 2020, Cowichan Tribes has continued to have conversations about, and with, Parks Canada. These discussions follow from the historic signing of the Nuts’a maat kws ‘i’ shul’ hwilasmut tu Skwul ‘i’ kwthe’ Accord in November 2019. Topics include the Gulf Islands National Park Reserve (GINPR), established in 2003, and the proposed National Marine Conservation Area Reserve (NMCAR), which is not yet approved. Included below are just some of the actions we have been leading:

- Launched a joint study to understand what positive or negative impacts the proposed NMCAR may have on the Communities of the Cowichan Nation, to help decide if the NMCAR should be allowed.
- Participated in workshops to understand how the proposed NMCAR boundary was selected and how we could change the boundary to help protect Cowichan’s Marine Territory
- Monthly meetings with neighbouring Nations to jointly discuss the GINPR and the proposed NMCAR, including how joint decisions would be made together on these topics.
- Learned what actions help to protect whales and other marine mammals are being protected in other marine protected areas.
- Secured funding to ensure Cowichan Tribes’ continued involvement in these discussions into 2022.
There were many amazing submissions. Huy tseep q’u to the members who submitted their artwork for the logo contest.

Charlene Johnny submitted the winning logo and won the $1000 prize! We raise our hands to her for her contribution. Huy ch q’u!

Coast Salish Artist Bio: Quw’utsun’ Tribes Charlene Johnny is a Coast Salish artist from the Quw’utsun’ Tribes of Vancouver Island, BC. She has apprenticed under well known artists and has formal art training from Native Education College. She began her career in 2012 when she won two artist grants from the YVR Art Foundation under mentorship of Alano Edzerza and Tsema Igharas working with graphic design, photography, glass and textiles. In 2018 she graduated NEC’s Jewelry Arts program under the tutelage of Jon Erikson and Sharifah Marsden. Not only did she study silver and copper carving, she also became a muralist, and apprenticed in the medium of painting with Maynard Johnny. With her interdisciplinary approach to art, she will continue to work in various mediums to explore and express her ancestral artwork through a number of contemporary ways.
### Garbage Pickup Schedule

**January 2021**

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Quick reminder: If a Statutory holiday lands on a Monday; then garbage day will be on Tuesday. Share this Information. Huy ch q’u

- Garbage must be at the “**CURBSIDE**” (Ensure it is not behind cars or on the porch).
- Garbage must be outside before 8:00 am Truck drivers will **not be called back**.
- 3 bag limit per household - **GREEN EXTRA STICKERS $3.00 each**
- **NO ORANGE OR BLACK INDUSTRIAL BAGS** will be accepted.
- No clothes, blankets, leaves, blackberry bushes OR Fish bones/guts in garbage bags.
- Boxes must be broken down for **recycling** or will not be picked up.
- If you would like to have your name added to our **Compost list** call in to let us know.
The new year brought a new flood event to our community, which included evacuation orders for 14 families. In early January, there was significant flooding on the north end of Sahilton Road and south end of Wil’seem Road which led to an evacuation order for 22 homes in this area. Erosion of the embankment near Quamichan Big House also remains a concern, with work planned to protect the roadway and river bank in this area.

Recognizing it was a stressful time for those impacted, we would like to thank our community for your patience and resiliency.

We are also proud of the quick and coordinated emergency response by our staff and community partners. They were able to come together during the holidays, in a time when there were multiple community crises unfolding. Decisions were made based on the fact the Cowichan River, Koksilah River and Lake Cowichan river stations were indicating that flows and depths were rapidly increasing.

While we know flooding is part of our history, climate change is making weather events less predictable and our past experience may not reflect what will happen in the future.

This is why the flood team has worked hard since last year’s event to identify the flood risks to our community and create plans to minimize the loss of life, injury and trauma to our people as well as reducing property damage.

The flood team is continually learning and enhancing flood preparation and response plans. We are dedicated to working with our community to ensure everyone living in the flood plain feels safe.

**Resident feedback**
Cowichan Tribes staff continue to address flood damage to roads, homes and infrastructure in our community.

If you have any questions or concerns, please call the flood team at 250-715-3339. We welcome hearing your experiences. Your feedback will help us in our recovery efforts and planning for future events.

**Timeline of events**
- December 30 – weather forecast indicated the need to monitor flooding conditions
- January 1 – emergency response activated
- January 2 @ 12 pm – evacuation alert issued
- January 2 @ 5 pm – evacuation order for Sahilton and Wil’seem Roads
  - approximately 40 people were evacuated
- January 4 – evacuation order lifted
  - evacuation alert in place
- January 6 – evacuation alert lifted
Flood preparation

While the flood threat has decreased, seasonal flood risk remains high due to winter rainfall patterns in January and February. Here are some reminders to help you protect your personal safety and property:

- Create a grab and go bag with important medications, documents and a change of clothing in the event you need to leave your home quickly. Keep this bag in your vehicle or where you can easily grab it.
- Remove valuable items from crawl spaces and basements to keep them safe from damage as water levels will likely rise again.

The rising river levels caused significant flood damage throughout our community.

Top left  Clem Clem
Top right  Quamichan Road West
Bottom left  Sahilton Road
Prepare your home for a power outage

This checklist can help you prepare your home for an outage and ensure that you know what to do before, during and after an outage.

**Before an outage**

Make sure that we have your current phone number by logging into your account profile at [bchydro.com](http://bchydro.com), or call us at 1 800 BCRYSDRO (1 800 224 9376) or *49376* on your mobile phone. In addition to updating your phone number, check that you’ve taken the necessary steps to prepare for an outage:

- Develop a preparedness plan and share it with everyone in your home. Visit [getprepared.ca](http://getprepared.ca) for helpful tips on putting together a plan.
- Check emergency equipment periodically (flashlights, radios, generators, etc.) to make sure they’re in working order.
- Use surge protectors to protect your electronic devices such as computers, printers, and televisions.
- Develop a list of important local telephone numbers. Include numbers for police, fire, poison control centre and include us to report an outage: 1 800 BCRYSDRO (1 800 224 9376) or *49376* on your mobile device.
- Contact your regional health authority if you or someone you know has special needs during an outage (e.g., is dependent upon electronic life-support systems).
- If you rely on life-sustaining equipment, be prepared for an outage by having a power source. If power is out for a long period, it’s important to have a back-up plan, such as moving to the home of a family member or friend in an area with power. If this is not an option, plan to go to your local hospital.

**During an outage**

If you notice an outage, determine whether the outage is limited to your home. If your neighbour’s power is still on, check your circuit breaker panel or fuse box. If your neighbour’s power is off, contact us. Use these tips to stay safe during a power outage:

- Stay away from downed lines. Never go near or touch a downed or damaged power line. Assume it’s live. Stay back at least 10 metres (the length of a bus) and call 911 to report. Don’t attempt to remove objects or debris around the power line.
- Turn off all appliances, especially those that generate heat. This helps prevent injury, damage and fire when the power is restored.

**Basic emergency kit essentials**

Prepare an emergency kit and store it in an easy-to-find location known to everyone in your home. Basic supplies should include:

- Flashlights; avoid using candles as they can be a fire hazard
- Hand-cranked or battery-powered radio and clock
- Extra batteries
- First aid kit, including prescription medicine if needed
- Non-perishable and ready-to-eat foods
- Bottled water: three-day supply (two litres per person per day)
- Manual can opener
- Warm clothing and blankets
- Supplies for those with special needs
- Supplies for your pet
- Extra keys for your house and car
- Cash in small denominations
- Games, cards and books to entertain everyone
- A copy of your preparedness plan
During an outage

- Never use a camp stove, barbecue, or propane or kerosene heaters indoors. A build-up of carbon monoxide gas in closed areas can be deadly.
- Never plug a portable generator into an electrical outlet. This can cause electrical danger to your neighbours and utility workers.
- Turn off all lights except one inside your home and one outside. The inside light lets you know and the outside light lets our crews know when the power is back on.
- Keep the doors of your refrigerator and freezer closed. Use these tips to keep your food as fresh as possible:
  - Deep freezer – cover the freezer with blankets, quilts or sleeping bags to further insulate the freezer and help keep food frozen longer.
  - Refrigerated food – minimize how often you open the refrigerator. Try placing bags of ice in the fridge, or place food on ice in a cooler or ice chest.

After an outage

Give our electrical system a chance to stabilize after an outage. Occasionally, even after your power has come back on, a momentary outage may occur.

- Turn on the most essential appliances first, and wait 10 to 15 minutes before reconnecting the others.
- Check to make sure your refrigerator and freezer are back on. Determine if anything needs to be discarded. If in doubt, throw it out.
- Reset your clocks, automatic timers, and alarms.
- Restock any used supplies from your emergency kit.
- Pull out your emergency kit once a year and make sure it still fits the needs of your household. Check expiry dates for products and replace batteries with fresh ones.

Stay informed

Up-to-date outage information can be found at bchydro.com/outages. If your outage isn’t listed, call us at 1 800 BCHYDRO (1 800 224 9376), *49376 on your mobile phone. You can also get updates on our Twitter page at twitter.com/bchydro.
Flood Ready Tips

Cowichan Tribes is extremely grateful to Emergency Management BC (EMBC) for the sandbags to help protect the homes that are in need of them. We raise our hands and give Thanks to KFS and O&M for lending a helping hand in our three day event to supply sand bags in the community. There is sand bags available for Cowichan members at Clem Clem Long-house, Quamichan Long-house and the Old Nursery (Food fish site) all are welcome to them as needed, please call if you have questions about how to set up a wall, where to set up a wall and any other information you may need.

General Information About Sandbags:


Important!

It is now time to plan and prepare your family for any future flooding. Please see the December Newsletter for some helpful tips and if you would like a printed copy we can arrange that for you.

Cowichan Tribes remains on essential services, however, the Flood 2020 Team continues to work remotely from home and will follow up to help you as best we can. To Contact Us:

Email: 2020flood@cowichantribes.com  Phone: 250-715-3333 (to leave a message).
The Flood 2020 Team will be giving away weekly prizes to help you build a Grab and Go Bag.

**December 14th—18th**

**Question:** In the December Newsletter on page 16, you will find a Grab and Go list of recommended items. Please email three items on that list.

**January 11th-15th**

**Question:** How many items are listed in the Emergency Kit?

**January 18th-25th**

**Question:** What are three important things you can do before evacuating your home?

**January 25th-29th**

Send in a list of your emergency plan.

All answers can be sent to

Email: [2020flood@cowichantribes.com](mailto:2020flood@cowichantribes.com)

Enter for your chance to win!
Tobacco Tax 2020

Tobacco Tax 2020 distribution is $320.10 per member.

Distribution Day: December 11th for those who applied by the November 20th deadline. In order to ensure the health and safety of the Quw’utsun Mustimuhw, direct deposit slips and cheques will be mailed to you to limit contact during the pandemic.

January deadline to apply for Tobacco Tax 2020: January 15th to be distributed January 22nd.

Membership


Secure Certificate of Indian Status (SCIS)

ISC no longer provides the laminated Status cards (Certificate of Indian Status) and is issuing the SCIS cards which take a minimum of 3 months to process but are valid for 10 years. Applications are available on the ISC website and must be mailed to the SCIS Processing Unit (address is on the application). There is now an app available to take your own picture for your SCIS, check your app store for this icon: SCIS Photo App:

Questions? Tthi’hwum tseep email:

MEMBERSHIP@COWICHANTRIBES.COM

Happy Birthday to the 419 Cowichans with birthdays in January!

The Membership & Tobacco Tax Department wishes everybody a Happy New Year!
Did you know?

The Amendment Process:

The Shtunni’s tu Hwulmuhw Amendment Working Group makes edits and drafts Shtunni’s tu Hwulmuhw (Where Your Roots Come From) & recommends to the Membership Committee.

The Membership Committee reviews Shtunni’s tu Hwulmuhw (Where Your Roots Come From) & recommends the legislation to Chief and Council.

Chief and Council reviews Shtunni’s tu Hwulmuhw (Where Your Roots Come From) & recommends the legislation to the Quw’utsun Mustimuhw for their approval through a vote.

The Quw’utsun Mustimuhw review and approve through a ratification vote!

Changes may be made at any stage of review. The Shtunni’s tu Hwulmuhw Amendment Working Group is working hard to strategize a safe vote for the ratification of Shtunni’s tu Hwulmuhw (Where Your Roots Come From). If you have any questions contact the Coordinator below, Zoom meetings are available to be set up! Contact the Facebook account or email membership@cowichantribes.com.

OUR LAW, OUR NAME.
For Quw’utsun’ Mustimuhw by Quw’utsun’ Mustimuhw.
Who is Costa Canna™?

Costa Canna is a partnership between Cowichan Tribes and four members of the Cowichan Valley. These members have been working in the Cannabis field for many years and have many positive connections to research facilities (UBC), educational facilities (VIU), and are well established in the legal cannabis community. Our business model is one of Health and Wellness and the transfer of knowledge to our clients.

We are the south island’s premier provider of high-quality premium cannabis and cannabis infused health and wellness products. We were the Cowichan Valley’s first legalised cannabis retailer, and we have a unique model that provides an exceptional experience for our customers. The island has a storied legacy of cannabis cultivation and we are proud to contribute to the new age of cannabis in Canada.

Our partnership is built on shared values around contributing to the community, creating employment and upholding ethical standards in this emerging industry. Costa Canna has two retail stores in Duncan, one on reserve and one in the Commons Centre, and will be opening two new stores in Victoria. Within our retail operations, 70% are First Nations fulltime employees, with preference to Cowichan Tribes members.

Costa Canna has also purchased United Greeneries, just off of Sahilton road from Harvest One at the end of August. Cowichan Tribes purchased the land and the building, and Costa Canna purchased the licenses, equipment and inventory. Costa Canna will be leasing the land and building from Cowichan Tribes, and will be operating the business. In our short time of ownership, we have secured 25% First Nations fulltime employment, again with preference to Cowichan Tribes members, and are looking to increase this number as we get ourselves grounded and moving forward.

We would like to showcase one of our employees and share with our members their experiences and feelings about working with the Costa Canna team. Each month we will showcase a member employee and let them tell you in their own words about their employment experience with our company.
Meet One of our Team Members:

Candace Elliott – Area Manager for Costa Canna™, Duncan

Candace was born and raised in Duncan and has been with the Costa Canna™ team since the start of our retail operations in the Cowichan Valley. When she is not out managing the retail operations, you will find this mother of two bowling with her family or taking advantage of all the outdoor activities the valley has to offer! We asked Candace a few questions about working for Costa Canna.

Q: What do you like about working for Costa Canna™?
A: That I can build a career. This is not just a job. Costa is a great place for learning the Cannabis industry and growing as the industry emerges. For me it is also about helping people and improving quality of life. I love hearing stories from our customers how a certain product has helped them. It is really gratifying.

Q: How is Costa different?
A: Certainly, one of our differences is the time we take with our team to really understand the products and ensure they are knowledgeable. We carry a wide variety of products and it is important that our budtenders can translate that knowledge into a great customer experience. I think another difference is how this company gives back and supports the community. There is always some program or initiative that is contributing to the community.

Q: What advice would you give someone who wants to work at Costa?
A: You definitely need to be outgoing, friendly and genuinely interested in helping people. It’s really a combination of Cannabis knowledge and excellent customer service. It really helps if someone has some knowledge and experience with Cannabis, but even if they aren’t super experienced, if they have great customer service skills, we can build on that!

Q: How do I find out more about working for Costa Canna™ or if you have job openings?
A: If you just want to know more about what it would be like to work at Costa Canna™, you can talk to one of the team in the store. We would be happy to share our experience. You can also reach out to our People Team who take care of the hiring of new team members. If we have a job opening, it will be posted with the Cowichan Tribes job board, website and newsletter, KDC website, as well.

If you are interested in being part of the “Costa Team” you can contact Triana Newton from the Costa Canna/United Greeneries People team. We will be setting up a webpage on the KDC website, to provide monthly announcements and updates, as well as positions in both the retail and production sectors.

People Team Contact:
Triana Newton
hr@unitedgreeneries.ca
604.614.1687