



Newsletter

November 22nd 2024

OUR NEWSLETTER

Communications 101

Batten down the hatches! I hope everyone stayed warm in that crazy wind we had, they were not kidding when they said "baby hurricane".

This week in the Klahoose Newsletter we have our Holiday party dates, Annual Distribution information and of course, 7 new words of the week.

Want to see something in the newsletter? Please send me your ideas!

Eva Delorme, contact information on the bottom of each page!



Upcoming Week Events

- **Santa's list submission Deadline**
TODAY! Friday November 22nd, 2024.
See page 4 for more details.
- **SMART Recovery**
Monday November 25th 2024 @ Health Center
4:00 PM to 5:00 PM Every Monday!
- **Klahoose Prescription Pick up**
Wednesday, November 27th @ Health Center
Available at 1:00 PM every Wednesday!
- **Culture Night**
Thursday November 28th @ Main Hall,
Multipurpose Building.
5:00 PM Dinner time, every Thursday
till the New Year.
- **Distribution Application Cut-off for
December 15th payment.**
Saturday November 30th, 2024.
See page 6 for more information.
- **Council Meetings**
Monday December 2nd & 3rd, 2024 @ Zoom &
Council chambers viewing.
See page 3 for event details.
- **Holiday Party Announcement!**
4 party dates.
See page 3 for more details.

■ **More event information on page 3!**



Word/Phrases of the week.

- qatə - suspenders
- qayχ - mink's legend name
- takınyeq^w - toque
- t'oq' - Squirrel Cove
- Əapaxos - male deer
- χ^wutma?aq - sudden intense storm
- ʔıšnomot - generous



All these can be found on the First Voices website or App

 <https://www.firstvoices.com/klahoose/>

JOB POSTINGS

■ Health Center Assistant

Health Department

Under the supervision of the Health Centre Manager the duties and responsibilities of the Health Centre Admin are best summarized as administrative tasks, patient interaction, and assisting with clinical functions

■ Education Department Supervisor

Education Department

The Education Department Supervisor manages the education department's operations, staff, and programs ensuring compliance with educational standards and enhancing student success. This position is responsible for budget management, grant writing and fostering partnerships to support and improve educational services.

■ Treaty Assistant - Full time

Treaty Department

We are seeking a qualified applicant to join the Treaty Team as a Treaty Assistant to support negotiations, community outreach and communications along with other duties as they come up.

■ Emergency Planning Coordinator

Emergency Management Team

The Emergency Planning Coordinator is responsible for coordinating the Klahoose First Nation Emergency Planning Committee, and working with the Infrastructure & Development Manager to develop the Emergency Management Department.



■ Cook (Food Truck) - Full Time

Gorge Harbour Marine Resort

The Gorge Harbour Marina Resort is seeking a skilled and enthusiastic Cook to join our food truck team.

To apply please send resumes and cover letters to team@gorgeharbour.com

■ Store Clerk - Full/Part Time

Gorge Harbour Marine Resort

The Gorge Harbour Marina Resort is looking for an energetic and friendly clerk for the Gorge Store to help maintain their inventory of all items and products while providing exceptional customer service. See full job description

To apply please send resumes and cover letters to team@gorgeharbour.com

■ Seasonal work from May to October?

Klahoose Wilderness Resort

Keep your eyes peeled for job positions available for 2025 in this stunning remote location.

You can see up and coming working opportunities on their website: klahooseresort.com/join-our-team

Send resumes & cover letters to

✉ recruitment@klahoose.org or bring them directly to the Klahoose Multipurpose Building!

You can find more information and full job descriptions on our website

🌐 www.klahoose.org/jobpostings or QR code!



EVENTS PAGE

■ Leadership Events

Klahoose Council Meetings @
Zoom/Council Chambers, from 12:00
PM to 1:00 PM

November 25th & December 9th, 2024
are being adjusted to December 2nd
and 3rd.

*There is always a viewing in the Council
Chambers for this event so if you're in the
community, come and check it out!*

■ Annual General Meeting

Saturday November 16th, 2024.

Event recap: We would like to thank all of
the t'ooq' people and staff who attended
our Annual General Meeting.

Big hands raised to our kitchen staff for
catering, Sandy Emmonds and Nathan
Hunt.

Congratulations to Brenda Hanson and
Kurt Pollner for winning the door prizes!



Want to register ahead for our
Council Meetings?



Go to
klahoose.org/eventcalendar or
use this QR code!



■ Any questions about any of these events, please feel free to
reach out to our Events Coordinator:

Georgina Silby

Events Coordinator

Phone: (250) 935-6536 Ext. 305

Email: events@klahoose.org

■ Culture Nights

Thursdays at 5:00 PM and on, Main Hall, Multipurpose Building.

This coming up Culture Night we will be making and fixing some
of our drum sticks, come and join for some good company and to
learn a new skill! Last Culture Night of the year: December 05th.

■ Klahoose čiy čuy (Children) list submission for Santa Deadline.

TODAY! Friday November 22nd, 2024.

Santa needs to know who they are giving gifts to at our upcoming
Holiday parties! Please send Georgina Silby your čiy čuy
(Children's) first and last name with age.

■ Klahoose Christmas Parties

Auburn, WA

Date: Saturday, December 7th, 2024

Time: 12:00 PM to 5:00 PM

Location: Parks, Arts & Recreation - 910 9th St SE, Auburn,
WA, 98002

Campbell River

Date: Monday, December 09th, 2024.

Time: 5:00 PM to 8:00 PM

Location: Quinsam Center, Main Hall - 2005 Eagle Dr,
Campbell River, BC, V9H 1V8

qathet (Powell River)

Date: Wednesday, December 11th, 2024.

Time: 5:00 PM to 8:00 PM.

Location: Town Center Hotel, Malaspina Room - 4660 Joyce Ave,
Powell River, BC, V8A 3B6

t'ooq' (Squirrel Cove)

Date: Friday December 13th, 2024.

Time: 5:00 PM to 8:00 PM

Location: Klahoose Multipurpose Building, 1730 Tork Rd.
Squirrel Cove BC, V0P 1T0.

HEALTH CENTRE

■ Contacts to know!

Kari Hackett
Health Centre Manager

☎ *Phone: (250) 935-6536 Ext. 251*

✉ *Email: karihackett@klahoose.org*

To book doctor appointments at the Klahoose Health Center: Gina Hallihan
Registered Nurse

☎ *Phone: (250) 935-6536 Ext. 327*

✉ *Email: ginahallihan@klahoose.org*

■ Lisa-Marie Gruger

Clinical Counsellor

After working in a variety of settings, ranging from correctional facilities and hospitals to community mental health, First Nations communities and non-profit agencies, Lisa Marie has a diverse range of counselling experiences, ranging from working with children and adolescents with behaviour and psychiatric disorders to supporting individuals who were transitioning out of abusive relationships and into education and/or employment.

- Individual counselling
- Parent and family counselling for children, adolescents, and their families
- Couples counselling
- Clinical supervision

☎ *Phone or text: (250) 287-5974*

✉ *Email: lmg@lmgruger.ca*



KLAHOOSE II WATER TAXI

■ Desolation sound and surrounding locations!

For booking

☎ *P: (250) 935-6536 ext. 225*

☎ *C: (778) 718-2762*

✉ *E: klahoosewatertaxi@klahoose.org*

Standard rate: \$300 per hour & \$100 per hour waiting rate.

Member rate: \$225 per hour & \$50 per hour waiting rate.

E-transfers: directdeposit@klahoose.org

Cheque: made to "Klahoose First Nation"

The Finance Department accepts cash from Monday to Thursday, 9:00 AM - 5:00 PM PST.



■ SMARTRecovery - every Monday!

4:00 - 5:00 PM every Monday @ Health Centre

SMART Recovery offers support to family and friends of an individual with an addiction. As well, it supports folks who are struggling with addiction. Each week, new tools and skills are presented!

Beverages and snacks are provided, as well as a weekly gift card draw!

HEALTH CONTINUED

Medical Travel Team

Anita Noble

Medical Travel Coordinator

Phone: (250) 935-6536 Ext. 330

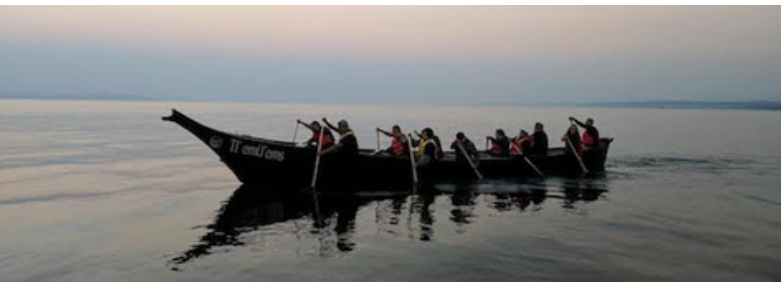
Email: medicaltravel@klahoose.org

Tiffany Jamieson

Medical Travel Coordinator

Phone: (250) 935-6536 Ext. 330

Email: medicaltravel@klahoose.org



KLAHOOSE HEALTH BUS FALL SCHEDULE

Leaving Location	Departure Times
Klahoose Village	8:30 AM
Whaletown Terminal, Cortes Island	9:55 AM Ferry
Quathiaski Cove Terminal, Quadra Island.	11:00 AM Ferry
Shoppers Drug Mart, Tyee Plaza in Campbell River.	3:30 PM
Campbell River Ferry Terminal	4:00 PM Ferry
Klahoose Village	6:30 PM

KLAHOOSE HEALTH BUS

Island Connection with Convenience

For booking, contact Ian Ross

Phone: (250) 203-8360

Email: ianross@klahoose.org

All prices include BC Ferry fares.

Children under 5 years old ride for free.

Klahoose Band members get a \$5.00 discount from the posted price.

Round trip rates (Cortes Island to Campbell River and back):

Adult - \$45.00

Senior - \$25.00

Child (Ages 5-11) - \$30.00

One-way rates (Cortes to Campbell River):

Adult - \$25.00

Senior - \$15.00

Child (5 - 11) - \$15.00

One-way rates (Campbell River to Cortes Island):

Adult - \$35.00

Senior - \$15.00

Child (Ages 5 - 11) - \$20.00

Better-at-home Program

The Better-At-Home Program is offering one subsidized trip per month on the Klahoose Community Bus.

This program is set up to help low-income seniors, Klahoose Elders are eligible as well!

Applicants are to be 65 years of age or older and require to submit their full name, date of birth, and documentation of last years total income.

To apply please contact Ester!

Phone: (250) 204-2116

Email: betterathomecortes@gmail.com

ANNUAL DISTRIBUTION FOR KLAHOOSE MEMBERS

We are proud to announce the beginning of the 2024 Annual Distribution of \$1,500 CAD starting November 13th, 2024.



Contact person - Team member: Tanisha Heins
 Membership Clerk
 (250) 935-6536 ext. 234
membership@klahoose.org

Annual distribution forms can be found through the QR Code, Members Portal - Klahoose Website, Klahoose Members Facebook Group, physical paper copies at the Klahoose Multipurpose Building, and an email will be sent to our contact list.

- Website: klahoose.org/memberportal
- Facebook: Klahoose First Nation
- Physical Paper Location: Klahoose Multipurpose Building, 1730 Tork Rd., Cortes Island BC Canada, V0P 1T0

Please be advised: Canada post has received strike notices from the Canadian Union of Postal Workers (CUPW) for both urban and rural and Suburban Mail Carriers (RSMC) for a strike to begin as of Friday November 15th, 2024 at 12:01 AM ET unless parties have reached an agreement before then. This information was curated from the Canada Post Official Website.

If this strike is implemented, it will effect the timely matter of our membership who request a mailed cheque for their distribution fund. We highly advise to submit your 2024 application through our Electronic Fund Transfer method VIA DocuSign.

Application Cut-Off Dates	Fund Distribution Dates.
November 30th, 2024	December 15th, 2024
December 31st, 2024	January 15th, 2025
January 31st, 2025	February 15th, 2025.
February 28th, 2025	March 15th, 2025.

Q & A's

4 Dates? What does this mean?

This is a scheduled outline of the distribution dates from the application cut off dates. Sometimes we loose our status/treaty numbers, sometimes we can't get a void cheque in a timely manner. This is simply a guide in the case you are not able to immediately complete your application for the \$1,500 CAD.

Do I have to send in an application for my child that is under the age of 18?

No you do not! Klahoose will automatically put these funds into the holding account for your child/children. Are you wanting an account update? Contact Tanisha Heins to request an account summary.

GENERAL INFORMATION

■ Klahoose čiy čuy (Children) School lunches

Every day there is school, the Klahoose Kitchen will be providing the school čiy čuy (Children) with a healthy bag of lunch delivered to the 't'oq' bus stop for 8:00 AM.

Do your čiy čuy (Children) have any allergies? Please call the Multipurpose Building Reception to let us know!

email: klahoosekitchen@klahoose.org

■ Reduce, Reuse, Recycle!

Every Tuesday is Compost Day!
Please have your compost bucket at the end of your driveway before 2:00 PM Pick-up.

Every Wednesday is Recycle Day!
Please have your tri-colour recycling bags at the end of your driveway before 9:00 AM Pick-up.

Every Thursday is Garbage Day!
Please have your garbage bins out at the end of your driveway before 9:00 AM pick-up!
Remember, 2 bags per household.

Have clothes and household items that can be reused? The Cortes island Free Store Fall hours are from 9:00 AM - 12:30 PM, Thursday - Sunday.

■ Elder's lunches.

The Klahoose Kitchen provides lunches for the Elders from Monday - Thursday.

Delivery is door-to-door around 12:00 PM!

Have any allergies? Food preferences? Please contact the Multipurpose Building and let us know!

Email: klahoosekitchen@klahoose.org

■ Gardening 2025

Even though we are going into fall/winter, there is never a time too soon to plan garden beds for the spring! Do you have inspiration of what you would like to see in our 2025 garden?

Here are some examples of spring plants:

- Arugula - tart, peppery green leaf great for sandwiches, adding to salads or topping pizzas. Start Seeds Outside March 25th - 30th.
- Broccoli - Start seeds outside March 25th - 30th.
- Carrots - Start seeds outside March 26th - April 6th.
- Collards - Start seeds outside March 30th - April 6th.
- Dill- Start seeds outside April 13th - 23rd.
- Eggplants - Start seeds inside February 23rd - 24th.

Let Eva Delorme, Communications Coordinator know! Email: info@klahoose.org



Thanks to the almanac for this information!
<https://www.almanac.com/gardening/planting-calendar/BC/Courtenay>



and use the QR Code to check out their website for you self!

