Pauquachin First Nation Brings you...

Tsitsulh Suse (Rise Up!)
A Women's Wellness Conference
March 27 - 29, 2018

Mary Winspear Centre
2243 Beacon Ave W, Sidney, BC V8L 1W9
You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops,
Weakened by my soulful cries?

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own backyard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I’ll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds

At the meeting of my thighs?

Out of the huts of history’s shame
I rise
Up from a past that’s rooted in pain
I rise
I'm a great ocean, leaping and wide,
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear
I rise
Into a daybreak that’s wondrously clear
I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope for the brave.
I rise
I rise
I rise.

By Maya Angelou
The conference is an invitation to Indigenous Women from across southern Vancouver Island to join us for a wellness event that celebrates our hopes, dreams, strengths and triumphs. We anticipate 300 Indigenous women will attend. The event will take place at the Mary Winspear Centre in Sidney, BC and is scheduled for March 27-29, 2018.

The three day conference is entitled, “Tsitsulh Suse’”, Hul’qumi’num for “RAISED UP” or “RISE UP!” Major contributing sponsors for the event include First Nations Health Authority and Homewood Health.

Women are integral to the fabric of each First Nations community. Their strength, perseverance and capacity to love bring hope to despair, joy to sadness, and a sense of belonging and trust to fear. Our women have not been immune to the effects of colonization, trauma or violence but every day they choose to rise up. For three days we offer gratitude and appreciation; we offer warmth and togetherness; and we offer laughter and love in hopes of renewing energy and restoring balance. Tsitsulh Suse’ will look forward, not back; up, not down; inside not outside, as we continue our journey to wellness.

Our wellness focus will cover four areas. They include mental, physical, emotional and spiritual wellness. Through a series of breakout sessions, stories of triumph will be told, skills and strategies will be shared and practical hands-on learning will occur all in the quest to open hearts, and explore personal and community wellness. A keynote speaker will provide inspiration, while another will provide laughter and playfulness. A panel discussion will confirm the value of education and its prominent role in creating strong and healthy communities. We will showcase a number of strong, indigenous women and their views on education. For entertainment, we’ve planned a Cultural Sharing evening that embraces and celebrates who we are. The second night will feature a female, indigenous Comedian.

The conference schedule will also support a blanketing ceremony and a one-time project legacy initiative for participating communities. We hope momentum generated at the conference will take root in all Nations across southern Vancouver Island.

Thank you for joining us!

The Tsitsulh Suse’ Conference Committee
Women are the foundation of our families and our communities. They are our grandmothers, our mothers, our sisters, our aunties and our daughters. Tsitsulh Suse is inspired by and honours women who rise up in the face of adversity and model the spirit of wellness and growth. FNHA is a proud partner with Pauquachin First Nation to support this three day gathering of the Coast Salish Family to celebrate and promote women’s strength and resiliency. As a health and wellness partner to all BC First Nations, we raise our hands to all of our women, the generations who came before and those who follow in their footsteps.

Brennan MacDonald
On behalf of Homewood Health, welcome to Tsitsulh Suse' (RISE UP!)

Homewood Health is Canada’s leader in mental health, trauma and addiction treatment and we are honoured to be involved in this important conference. As some of you may know, we are officially joining the community with the opening of our Western Inpatient facility at the end of this year in the Saanich region. At Homewood, we nurture a culture of mental wellness – for our clients, our employees, and with stakeholders in the community. We are excited and honoured to partner with Pauquachin First Nation and the First Nations Health Authority to host this women’s wellness conference.

Clinical experts from Homewood will lead four sessions at the conference:

- The Science of Happiness
- Change How You Think Through Responsible Optimism
- The Wonders of Mindfulness
- The Healing Power of Creativity

Through these sessions, we hope that you will gain an understanding of habits and activities that can improve your mental health, what scientific research has discovered about our ability to influence our mood, and steps we can all take to cultivate resiliency.

By being here at this conference you are taking a proactive approach to your own wellness, which is essential to leading a healthy life. Homewood is committed to helping people thrive in their work, home, and community lives and we look forward to seeing all of you in a few weeks.
Island Culinary Service
Catering and Food Service Excellence for over 30 Years

Graham Little  Executive Chef | Owner

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British Columbia Responsible & Problem Gambling Program

First Nations Health Authority
Health through wellness

Homewood Health
**Conference at a Glance**

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<th>Time</th>
<th>Tuesday 27-Mar-18</th>
<th>Wednesday 28-Mar-18</th>
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<tr>
<td>7:30 AM</td>
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<td>Yoga</td>
<td>Zumba</td>
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<td>Continental Breakfast</td>
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<td>10:00 AM</td>
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<td>Ms. Tonia Jo Hall</td>
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<td>10:15 AM</td>
<td>Vendors/Booths/Self Care OPEN</td>
<td>BREAK</td>
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<td>10:45 AM</td>
<td>10:00 am to 5:00 pm</td>
<td>Tuesday &amp; Wednesday</td>
<td>Breakout Sessions #2</td>
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<td>Bodine Family Hall</td>
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<td>Buffet Lunch 12:00 - 1:00 pm</td>
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<td>Celebration Lunch 12:00 - 1:00 pm</td>
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<td>Charlie White Theatre</td>
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<td>Pauquachin: Chief Rebecca David</td>
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<td>FNHA: Brennan MacDonald</td>
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<td>BREAK 2:15 - 2:45 pm</td>
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<td>2:45 PM</td>
<td>Breakout Sessions #1</td>
<td>Breakout Sessions #4</td>
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<td>A. Storytelling - SLOLENTOC Bartleman</td>
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<td>Practicing Mindfulness</td>
<td>Practicing Loving-Kindness</td>
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<td>C. Drum Making</td>
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<td>D. Rise Up!</td>
<td>D. Legacy Project Planning</td>
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<td>WELLNESS BREAK 4:00 - 5:30 pm</td>
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<td>5:30 PM</td>
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<td>7:00 PM</td>
<td>Entertainment Cultural Sharing Night</td>
<td>Entertainment Comedian: Ms. Tonia Jo Hall</td>
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<td>Charlie White Theatre</td>
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* Vendors/Booths/Self Care: 10:00 am to 5:00 pm, Tuesday and Wednesday
* All meals will be served in the Bodine Family Hall.
In 2011, Tonia began producing Youtube videos as a means to "reach out to my people; teach them to smile, think positively, and spread laughter." The graduate of Sitting Bull College in Fort Yates, North Dakota, is Lakota/Dakota/Hidatsa, a mother of two, and also aspires to be a Lakota Language teacher. Tonia brought her comedy to the stage in 2011. Since then, she's been busy producing videos, making guest appearances as her popular character "Auntie Beachress", and performing at various casinos, celebrations, and events throughout the U.S. and Canada. Join Tonia Jo Hall for an inspirational keynote address.

Pudding Ponderings: Lessons learned from the Sweet Life
As you know Mrs. Pudding has been around the block a time or two!
Join her this time as she takes you not just around the block but across this great country.
Mrs. Pudding has visited over 138 communities from coast to coast.
With her usual wit and zany way of seeing the world, she will share the wisdom, teachings, stories and humour she has learned on her journey.
Come join us....
1A
Success Is A Native Trait
Lorraine Cress
(Lolly Williams)

Life Skills empowerment is increasing the spiritual, political, social or economical strength of an individual or community. It is about building confidence in our capacities and capabilities. Life skills empowerment is having the ability to cope with stresses and challenges of daily life. It is having the skills to communicate, read and write, and make good decisions. It includes getting good jobs, solving problems, and managing our time well. Like skills empowerment is having a plan and being committed to ensuring our own positive future.

Life skills empowerment means to take a journey of self-discovery, of healing, and of wellness. Along the way, you will want to figure out what kind of person you want to be. Life skills empowerment will help you find your passion and purpose in life. It will prepare you to bring out the BEST in YOU and in OTHERS!! Are you READY??

1B
Meditation
Part 1 of 2
Peter Renner

Becoming mindful means paying attention to our experience of the present moment, both within and around us. The aim is to calmly tap into our inner wisdom and meet stressful situations with curiosity and self-compassion. In this short workshop we’ll practice guided meditation and explore ways of bringing mindfulness into everyday life.

1C
Drum Making
Frank & Jackie Louie

Come and join us for an opportunity to make your own drum. All the materials are provided.

SPACE IS LIMITED TO 30 PARTICIPANTS per session, so register early.

1D
Rise Up!
Theresa Dubas

 Millions of children have heard the quote by Dr. Seuss. “Why fit in when you were born to stand out?” As adults, however, we forget that message as we struggle with day to day responsibilities, stuck in a rut, desperately trying to fit in. For a brief moment, let your imagination take you to the wilderness of possibilities and a step closer to the life you so richly deserve. Come and have some fun, and maybe, just maybe, you will uncover a truth about yourself long forgotten. Ladies, it’s time to RISE UP!
My Name is Lucia Bartleman (StaQwal) a member of Tsartlip First Nation, mother of 4 handsome boys, 19 grandchildren. My parents were Charlie Tom from Tsartlip First Nation and Nora Tom (Seymour) from Stzuminus First Nation.

I have worked for Pauquachin Nation for 21 years which started as Community Health Representative, then Health Supervisor and now Health Manager. Health and Wellness has always been my passion and you have to enjoy your job to stay with it as long as I have.

Whether you’re suffering from stress, fatigue, illness or simply want to regain some balance in your life - mindfulness can help! In this session, we will explore different ideas related to mindfulness practice, highlighting cultural nuances and other features that can make it meaningful for a range of individuals. You’ll learn handy bite-size chunks of advice to help you identify easy and manageable ways to inject mindfulness into your life.

Scientific studies have shown that 50% of our individual differences in happiness are determined by our genes, 10% by our life circumstances, and 40% by our intentional activities. In this session, participants will develop a deeper understanding of happiness including the latest research in the field of study. We will also examine areas where they can have the greatest impact and influence on increasing happiness and well-being as well as learn research-based techniques to build long-lasting happiness.

In this creative workshop, explore inner strengths and lived experiences that have given us skills and character. Each participant will come away with a keepsake to remind her of the gifts she brings to her life, family, community, and beyond.
3A
Story Telling
Narrene Williams

Born in Seattle Washington to a German/Polish/Pilipino Mother and Coast Salish Father. Relocated to Pauquachin First Nation to her grandparents Chief Williams /Vi Williams at six. Her story is one of a kind, her story is raw real and quite amazing as her journey does a 360 at age 15 by becoming a mother, and has been serving the WSANEC communities for the 18 years at a professional level in many different areas, mostly high risk youth and for the first time will share to inspire many other women to heal, embrace, love, laugh, listen, forgive and empower yourself to be great for you have one life to live.

3B
Change How you Think Through Responsible Optimism
Emma Richard, Clinical Manager Homewood Health

What makes positive thinking so powerful? Thinking optimistically, rather than negatively or pessimistically, is a proven key to avoiding feelings of depression, persisting longer at challenging tasks, and facing each day with hope and excitement. During this program, we will work on changing your self-talk towards responsible optimism, examine your self-talk style, and discover how you define the exact thoughts that run through your mind when bad of unwanted events happen.

3C
Legacy Project Planning
First Nations Health Authority

The focus of this session will be to provide participants an opportunity to brainstorm innovative and creative ways to implement a legacy project initiative in their own community, and thereby continue the momentum of Tsitsulh Suse’. Representatives from First Nations Health Authority and Pauquachin First Nation will be on hand to generate ideas, stir your imagination and provide encouragement and guidance on any aspect of planning.

3D
The Healing Power of Creativity
TBA Homewood Health

What does creativity have to do with health, healing, and well-being? Whether it’s through art, music, dance, writing, or even baking, studies show that engaging in a creative activity can result in both physical and mental health benefits. During this session we will explore how creativity and the arts can help: you express thoughts and emotions that can be hard to put into words, lower stress and anxiety, cope with grief and loss, and help you shift your focus away from pain or stressful thoughts to activities that are soothing, enjoyable and fun.
Story Telling
SI,OLTENOT Bartleman

My name is SI,OLTENOT Madeline Bartleman (nee Williams) and I am honored to have the opportunity to be asked to share my story. I will be sharing the story of my family and my community and the journey that has lead me to where I am today. I chose the title of my presentation because it is important for me to acknowledge and recognize all of those around me that have helped me and supported me to get where I am today. It is my goal to have the opportunity to share my story in order to inspire ladies to continue to find their dream, set their goals to reach that dream and most importantly surround themselves with those that can help them reach the stars.

Meditation
Part 2 of 2
Peter Renner

Loving-kindness is an ancient Buddhist practice (known as ‘metta’) that offers ways with which to contribute to decency and good-will. It provides simple tools to develop non-judging acceptance of ourselves and others. We’ll practice guided meditations with the aim of enriching personal relationships at home, work, and in the community.

Drum Making
Frank & Jackie Louie

Come and join us for an opportunity to make your own drum. All the materials are provided.

SPACE IS LIMITED TO 30 PARTICIPANTS per session, so register early.

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Panel Discussion - The Value of Education
Thursday, March 29, 2018 - 10:45pm - 12:00pm

We have a group of beautiful, strong and successful ladies who will share their inspiring stories about the value of education and importance of education not only to them but to all of those around them. Each of the ladies all have their own stories and experiences that they will share about their educational journey and how the value of education plays a big role in the work that they all do today. There will be a sharing story period and then a question and answer period for the panel.

The Value of Education Panel—Mavis Underwood, Renee Sampson, Dr. Onowa McIvor, Maryann Gladstone, Moderator: SI,OLTENOT Bartleman

Entertainment

This is an open invitation to all individuals and/or groups attending the conference to share a song, dance or other cultural element with all those in attendance. Performances will be enjoyed in the Charlie White Theatre. If you are interested please contact:
Maryann Daniels, Tsitsulh Suse’ (Rise Up) Coordinator; 250.656.0191 Rise-up@pauquachin.com

We would love to save a spot for you.

As part of the evening, we are honoured to have the SENĆOŦEN LE,NOŦET students to open the cultural night with a prayer song and share two more songs with the group.
The SENĆOŦEN LE,NOŦET SCULHÁUTW students are a part of the SENĆOŦEN Immersion classes at LÁU,WELNEW Tribal School from grades preschool to grade 4. The SENĆOŦEN Immersion Language nest first began 6 years ago with the original cohort of students that are now in SENĆOŦEN immersion grade 4. Each year the class moved up a grade and our immersion program grows by one more grade.
We are also pleased to bring you the Westwind Inter-tribal Drum Group, an all women’s pow wow group from Tsawout and Tsartlip First Nations.
And finally, Pauquachin’s Women’s Drum Group will close the evening. We look forward to seeing n Students

Comedian Ms. Tonia Jo Hall
Wednesday, March 28, 2018 7:00pm

An Evening of Comedy

Join Tonia Jo Hall, an amazing indigenous comedian, for an evening of laughter. The fun starts at 7:00 pm and promises to deliver 60 minutes of gut-splitting humor! All of this can be enjoyed from the comfort of the Charlie White Theatre. Get there early to get the best seats in the house.
Please take some time to pamper yourself, enjoy the vendors and check out the booths. All will be open from 10:00 am to 5:00 pm on Tuesday, March 27\textsuperscript{th} and Wednesday, March 28\textsuperscript{th}. Enjoy!

**SELF CARE**
- Acupuncture
- Massage
- Reiki
- Haircuts
- Ange Card Readings
- Tarot Card Readings
- Nails
- Cedar Brush Off
- Tea Leaf Readings
- Foot Massage
- Therapeutic Touch

**VENDORS**
- Hand Crafted
  - Jewellery
- Beaded Earrings
  - Crafts
- Handcrafted Jewellery
- Carvings
- Knitting
- Weaving

**BOOTHs**
- Traditional Medicine
- Traditional Teas
- Bridges for Women
- Responsible Gambling Program
  - Nil tuo
- Island Health
- Panorama Recreation Center
- Vancouver Island Health Authority
- Homewood Health
- First Nation’s Health
Mary Winspear Centre
Floor Plan

“Tsitsulh Suse (Rise Up!)” 2018
Accommodations

SIDNEY PIER HOTEL & SPA:
9805 Seaport Place, Sidney, BC, V8L-1A1; Telephone: 250-655-9445
1 x room with two queen beds $165.00 plus taxes x 3 nights = $495.00 plus taxes

SIDNEY WATERFRONT INN:
9775 1st Street, V8L 3E1 Sidney, Canada; Book Online
1 x Room with two Queen beds $128.00 per night x 3 nights = $384.00

CEDARWOOD INN & SUITES:
9522 Lochside Drive, V8L 1N8 Sidney, BC, Book Online
$120.00 per night x 3 nights = $360.00 plus taxes

TRAVELODGE: (right across the street)
2280 Beacon Avenue, Sidney, BC, V8L-1X1, Telephone: 250-656-1179 Fax: 250-656-7344
1 x Room with two Queen Beds $149.00 plus taxes x 3 nights = $447.00 plus taxes

SUPER 8 MOTEL:
2477 Mt. Newton Cross Road, Saanichton, BC, V8M 2B7; Toll-free 1-800-800-8000
1 x Room with Two Queen Beds $76.00 per night x 3 nights = $228.00 (with 2 per room)

EMERALD ISLE INN:
2306 Beacon Avenue, Sidney, BC; Book Online
1x Room, Queen bed, Sofa bed $189 x 3 = $567.00 for 3 nights

HOWARD JOHNSON: (Royal Oak)
4670 Elk Lake Drive, Victoria, BC V8Z-5M2; Toll Free: 1-866-835-2352
1 x Room with two double beds $129.00 Plus Taxes x 3 nights= $387.00

Car required (15 min. drive)

Band Offices are expected to cover Motel Costs and Pauquachin First Nation will REIMBURSE the bands (who are travelling) for a maximum of 5 rooms BASED ON DOUBLE OCCUPANCY.
"Rise Up" – Andra Day

You’re broken down and tired
Of living life on a merry-go-round
And you can’t find the fighter
But I see it in you so we gonna walk it out
Move mountains
We gonna walk it out
And move mountains

And I’ll rise up
I’ll rise like the day
I’ll rise up
I’ll rise unafraid
I’ll rise up
And I’ll do it a thousand times again
And I’ll do it a thousand times again
For you
For you
For you
For you

All we need all we need is hope
And for that we have each other
And for that we have each other
And we will rise
We will rise
We’ll rise
We’ll rise

I’ll rise up
Rise like the day
I’ll rise up
In spite of the ache
I’ll rise up
And I’ll do it a thousand times again
And we’ll do it a thousand times again
And we’ll do it a thousand times again
For you
For you
For you
For you

When the silence isn’t quiet
And it feels like it’s getting hard to breathe
And I know you feel like dying
But I promise we’ll take the world to its feet
Move mountains
Move it to its feet
Move mountains
And I’ll rise up
I’ll rise like the day
I’ll rise up
I’ll rise unafraid