

TSAWOUT FIRST NATION

NEWSLETTER

www.tsawout.ca

APRIL 2024



YOUTH BOAT CHARTERS

See p.10 for more photos.

Early Learning and Childcare Center

A new and exciting venture for our youth is in the works. The Early Learning Center will host 94 childcare spaces which includes infant and toddler spaces, before and after school care, Language Nest and the Head Start program.

See page 12 for more details.

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COMEDY AND MAGIC NIGHT AT TSAWOUT

In alignment with the Elders Committee's suggestion to foster laughter and joy in our community as a step towards enhancing mental health and overall wellness, we've organized two fun-filled community gatherings. These events are designed for us all to come together and create lasting memories.

We warmly invite you to attend and encourage you to bring your families and loved ones for a time filled with positive vibes!

ALL AGES WELCOME!

FRIDAY, APRIL 26, 2024 - 7-9PM

STÁUTW
FAMILY COMEDY NIGHT

FEATURING

★ **KEITH "BUBBAS" NAHANEÉ** ★

JOIN US FOR A NIGHT FULL OF BELLY
LAUGHS WITH YOUR FAMILY!
REFRESHMENTS PROVIDED

DOOR PRIZES AVAILABLE!
STÁUTW GYMNASIUM



STÁUTW

FAMILY MAGIC NIGHT

FT MAGICIAN JASON VERNERS

05
APRIL

STÁUTW GYM
7PM - 9PM
APPETIZERS
ALL AGES WELCOME!

JOIN US FOR A NIGHT OF FUN AND
LAUGHTER TO CREATE MEMORIES
WITH YOUR FAMILIES AND
COMMUNITY! MAGICIAN JASON
VERNERS IS GOING TO BLOW YOUR
MIND AND LEAVE YOU WONDERING,
“What in the world!?”

DOOR PRIZES
AVAILABLE!



DROP IN INTRODUCTION TO SELF DEFENSE

EVERYONE WELCOME! PLEASE JOIN US IN THE AUDITORIUM ON TUESDAY APRIL 2ND. CLASS STARTS AT 10:00AM PLEASE ARRIVE 15 MINUTES EARLY IF YOU CAN.

Walking Like Warriors:
Introduction to Self-Defence

APRIL 2ND, 2024 | 10AM - 11:30AM
FREE ONLINE WEBINAR

ALANA COOK
MÉTIS NATION
BRITISH COLUMBIA

KEANAN KELLAR
TERRACE
BRITISH COLUMBIA

UBC Learning Circle | First Nations Health Authority | THE UNIVERSITY OF BRITISH COLUMBIA | Centre for Excellence in Indigenous Health

REGISTER FREE ONLINE: WWW.LEARNINGCIRCLE.UBC.CA

Professional MMA Fighters Alana Cook and Keanan Kellar will take you through an interactive, informative, and inspiring ninety-minute lesson on basic self-defence. This workshop includes martial arts demos, situational awareness, body language, street safety, and practical self-defence tools that everyone should know. Learn how to prevent conflict, protect yourself, and escape from unsafe situations. This course is for people of all ages, sizes, and athletic ability.



STAUTW Multipurpose Room

**Please contact Kristal @
kunderwood@tsawout.ca or Michelle @
(250)532-3473 if you have any donations!**

ARE YOU *Interested!*

WE WANT TO HEAR FROM



HARVESTING CEDAR

Traditionally, our Ancestors would harvest cedar and willowbark. Rope was made out of cedar and willowbark roots to make nets for our Reef Net fishery. We want to look forward and plan a workshop to harvest some cedar. Are you interested? Sign up!



SPINNING WOOL & WEAVING

Our Ancestors wore wool to protect themselves from the elements when out on the Salish Sea to keep warm. Are you interested in a workshop working with wool?



DRUM MAKING

We have some hides available to provide a drum making workshop. Limited spaces are available but want to see how much interest there is. If you are interested, please sign up!

SIGN UP NOW

If you are interested in these types of workshops, please sign up. Dates TBD. If you have any questions, please contact Jennifer Claxton in the STÁUTW Fisheries department.



7728 Tetayut Road



250-652-9101, ext. 324



nrpcoordinatorsawout.ca



TSAWOUT OFFERS REFLEXOLOGY FOR EVERYONE

THE BENEFITS OF

Overall
Wellness

Manage
Stress &
Anxiety

Improve
Sleep

Diabetes
Support *

REFLEXOLOGY



*Reflexology is a complementary therapy and does not treat medical conditions

Call Health Reception to book an appointment!

April 12, June 26, July 10 and July 31, 2024

COMMUNITY NEWS & EVENTS

Service BC Mobile Service Centre

A Mobile Service BC is coming to Tsawout on **Thursday April 4, 2024 from 10:00am - 3:00pm.**

The services that can be accessed include:

- CRA Services (Benefits and Credits available such as Canada Child Benefit, Disability Tax Credit, GST/HST Credit, Tax slips, forms and resources)
- Pension Information on Old Age Security and Canada Pension Plan
- Get a Social Insurance Number (birth certificate in most cases will be required)
- Receive an access code to sign up for online My Service Canada
- Canadian Dental Care Plan information
- General Government of Canada information
- ICBC Photo Identification
- BC Services Card Application
- BCeID Application
- Vital Statistic Documents (Birth Cert., Marriage Licence, Death Cert., Name Change)
- Landlord and Tenant Relations
- Rural Property Tax
- Hunting and Fishing Licence
- Medical Services Plan applications
- Traffic Tickets and Disputes
- Ambulance Service Fee Payments
- Court Fines
- Provincial Sales Tax (PST)
- Fuel Tax Refund for Persons with Disabilities



Bring any ID you have as what is required depends on what service you are accessing.



FISHERIES NEWS

Nicole Jung, Centre for Indigenous Fisheries Graduate Student

Greetings! My name is Nicole Jung and I am a settler-descendant of Chinese immigrants who grew up on the unceded territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səlilwətaɣ (Tsleil-Waututh) Nations in what is known to some as Vancouver.

I am an artist-researcher, the daughter of a storyteller, and a person who feels things deeply. In 2022, I completed a double major in Marine Biology (Honours) and Indigenous studies, through which I had opportunities to partner with organizations such as Ha'oom Fisheries Society and the W̱SÁNEĆ Leadership Council. These partnerships and the work conducted through them were, and continue to be, foundational to my understanding of what research with and for Indigenous Nations looks like. My desire to seek more just and sustainable futures in my work is inspired, in large part, by the ways I have been welcomed, taught, and loved by your community.



Since first volunteering as a Tsawout summer children's camp leader over a decade ago, I have developed many different ties to the Tsawout community in roles that often escapes English words, but that can resemble a combination of being a youth leader, mentor, neighbour, 'auntie,' and friend. My husband (Josiah Ng) and I lived several years in community based on the hospitality of Tsawout Elder Bernadette Calvo, and continue to thrive because of our many connections here.

I am now beginning my graduate-level studies at the University of British Columbia's Centre for Indigenous Fisheries where I am supervised by Dr. Andrea Reid (Nisga'a). As a graduate student, I will be partnering with the Tsawout Fisheries Department to do work that deepens our collective understandings of ÁĆEX (Dungeness crab) in Tsawout waters, specifically focusing on the QEN'T Marine Protected Area. My hope is to deepen Tsawout youth connections to these waters and support intergenerational knowledge sharing in our approaches to this work.

I am deeply indebted to this community for your generosity and love, and my intention in this work is to continue reciprocating these things in ways that support the flourishing of the W̱SÁNEĆ communities. I am grateful for all the teachings I have received here and those I will continue to receive through this work.

HÍSWƷE, I look forward to connecting with many of you in the work that is to come!



FISHERIES NEWS - ROTARY SCREW TRAP

The Fisheries Department is excited to start a new program on Tetayut Creek. A Rotary Screw Trap (RST) will be installed in the creek to catch outmigrating salmon fry and smolts.

Salmon smolts and fry will be enumerated, fork lengths measured and released back into the creek. Other species such as Cutthroat trout, Rainbow Trout, and Sculpin are also expected to be seen in the trap. This will give the Fisheries Department a better understanding of the numbers of fish in Tetayut Creek.

The RST will be installed in April and remain in the creek until mid-June. Fisheries Staff will be checking the trap daily (including weekends) to ensure the trap is operating correctly and see if there have been any fish caught.

If you have any questions or concerns, please contact the Fisheries Department: 250-652-9101 ext. 324 or fisheriesbiologist@tsawout.ca



FISHERIES NEWS - STÁUTW YOUTH & ELDER BOAT CHARTERS

REEF NET REVITALIZATION PROJECT: March 18-22, 2024

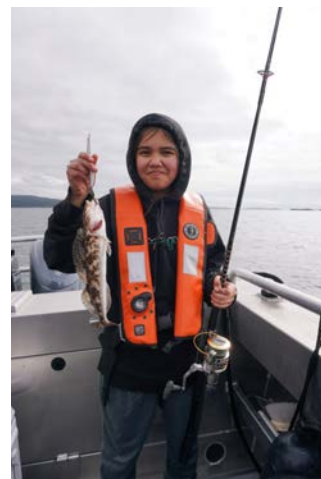
The Salish Sea and our Village Sites

What an amazing week spent with our Elders and youth out on the Salish Sea; sharing the history of our Village sites, exploring the islands, our reef net sites, and did some fishing. We have many future stewards of the land and sea; future Fisheries team.

HÍSWŪKE SÍAM HALE for everyone's support during this time.



FISHERIES NEWS - STAUTWY YOUTH & ELDER BOAT CHARTERS



EDUCATION NEWS - Early Learning and Childcare Center

STÁUTW Education Department has worked hard in the planning of this much needed childcare service for our Nation.

The vision to expand and support the current growing needs within STÁUTW First nation and surrounding communities has been strategically planned within the last few years. This Early Learning Center will host 94 childcare spaces which includes infant and toddler spaces, before and after school care, Language Nest and Head Start.

STÁUTW'S Mandate "children are our most valuable resources and we strive to support and encourage positive sense of self, and the desire for life long learning", has been the vision when creating this building. Our vision is to create a healthy, safe and well educated community of all ages to participate in all aspects of community life. As Saanich people, we strive to be whole in the spiritual, cultural, physical and emotional sense. Each of the programs will promote the SENĆOTEN language, our goal is to provide a culturally rich land based programming which supports the Leadership's vision for the children. The site is located within the community of Tsawout, adjacent to the Health Center and on the road leading to the newly completed Bighouse.

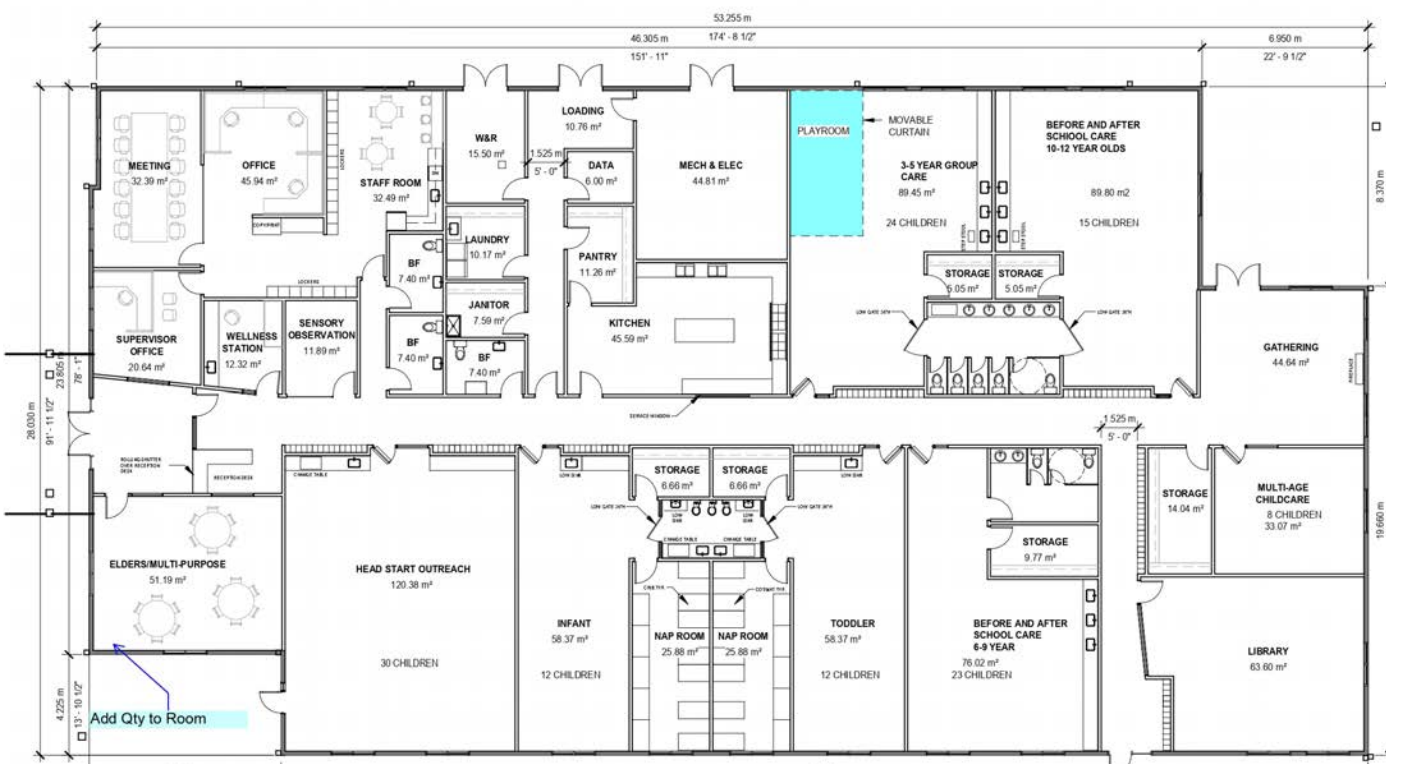
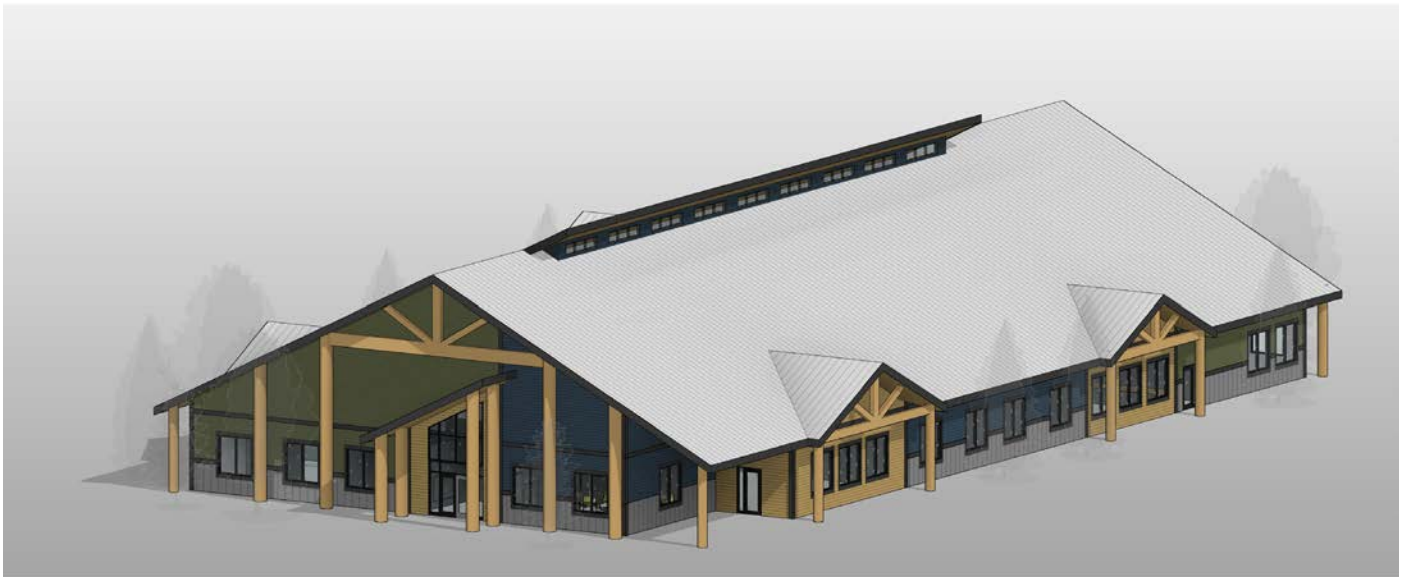
Tsawout wants take the lead to care for and nurture their own children/students/parents, staff and be in control of what happens with/to their children. Providing childcare supports will lift up our families and provide positive outcomes and opportunities, which will have a ripple effect for us all today and for our future generations to come. Having families involved in our programs, community members and Leadership coming and sharing their cultural gifts with all of our programs. This is a huge significance for the Nation when reflecting on the harsh negative past of colonialism. This will be a positive addition for the community and surrounding areas, we will be creating a safe and inviting environment for all our families and children. Tsawout will be able to work together as a Nation to support these various needed Childcare and other Early Learning services, and will be able to create a new memories and hope for the future generations to come.

The accessibility plan includes the following:

- Development of the physical environment will meet diverse mobility needs at our new center, we will have some staff to facilitate the diverse needs of each individual family with the Special Needs certification and reach out to specialist supports and training for staff as needed.
- We will be inclusive to children with various abilities and staff will take the needed training to best meet the needs of children and families in an inclusive way.
- Transportation will be provided to access the program with families who don't have transportation which is also a barrier.
- The design of the facility is in full compliance with Section 3.8 of the BC Building Code: Building Requirements for Persons with Disabilities.
- The building is accessible throughout. An accessible path of travel will be provided from parking stalls for persons with disabilities to the accessible main entrance.
- Power door operators are provided at the main entrance.
- Accessible Universal washrooms are provided.
- Required door swing clearances for wheelchairs are provided throughout the facility.

EDUCATION NEWS - EARLY LEARNING & CHILD CARE CENTER

Schematic Drawings of Tsawout Early Learning and Child Care Centre



EDUCATION NEWS - LANGUAGE NEST UPDATE

STÁUTW SENĆÓFEN,ÁUTW - The Language Nest is a language program for children from 0-5 years old, where they are immersed in SENĆÓFEN Language.

The Language Nest Program runs from Monday to Thursday from 8:30 am - 3:00 pm. There is currently a waitlist, but we are still accepting registration applications.

Here is a look at what our day looks like:

- 8:30 am - 9:00 am: Children Arrive
- 9:00 am - 9:30 am: Breakfast
- 9:30 am - 10:00 am: Free play/Crafts
- 10:05 am: Circle time
- 10:30 am: Outside/Walk
- 11:15 am: Inside time/ wash hands
- 11:30 am - 12 pm: Lunch time
- 12:00 pm - 2:00 pm: Naptime
- 2:00 pm: Snack time
- 2:15 pm - 3:00 pm: Free Play/Crafts/outside
- *2:30-3:00 pm - Pick Up/Home time.



EDUCATION NEWS - LEARNING HOUSE

During the Spring Break Camp, children travelled by city bus to Centennial Park, Tulista Park and Panorama Rec Centre. They worked with wool and looms with Simone and Caroline. They also had the opportunity to put their acting skills to the test and shot and edited their own videos. They were so thrilled to see the progress of the videos they did. Our last day consisted of an Easter Carnival with an Easter Egg Hunt, a clown show, balloons, and face-painting.



WELLNESS DEPARTMENT

Mental Health and Addictions Counsellor Update

Spring blessings to you and may this new fold of energy bring more love and peace of mind to you and your family.

We have one person currently in treatment and we have two on the waitlist.

Walk with Sobriety Group is in the works and we will put out more information once it is finalized. This group will be incorporating the weight-room to help members continue to work towards holistic wellness.

Youth Culture and Knowledge Teachings Group is also in the works, which will involve learning to make drums and drumsticks starting mid-April. I continue to support members seeking counselling and treatment centers applications.

In this newsletter, I have also attached:

- FNHA summary of services poster such as dental and vision
- FNHA approved providers list that can meet you from home or anywhere that works for you.
- FNHA Mental health and Supports for Indigenous People contact sheet.
- Overdose Awareness and how to respond. We have naloxone kits, so please come by to the Wellness or Health Department obtain one.
- RAAC Access (Rapid Access Addictions Clinic) pamphlet. Intensive, time limited support with multidisciplinary team providing full range of addiction assessment, medical treatment, counselling, and care transition planning. Walk in and self-referral are at 1119 Pembroke St. Spots fill up quickly – Opens 9am.

These resources are for you to look over and get familiar with what is out there. Please reach out to me if you need any support getting to these services.

We recognize that stress takes away from enjoying the small things in life and listening to Elders sharing that our community needs to laugh more, we have planned two community and family friendly fun nights. Please see the posters for Magician night on April 5th and Comedy night on April 26th.

In the meantime, please send me a note if you have any questions.

Naamat, Mental Health & Addictions Counsellor

Email: mhac@tsawout.ca



First Nations Health Authority
Health through wellness

YOUR NEW HEALTH BENEFITS PLAN IS HERE

Dental, Vision Care, and Medical Supplies & Equipment



The First Nations Health Authority has partnered with Pacific Blue Cross to administer your Dental, Vision and Medical Supplies & Equipment (MS&E) benefits right here in BC.

The new system is faster, easier to use, and you don't need as many pre-approvals to access services. Based on Community feedback, the FNHA has also expanded coverage for many preventive health services and special needs.



DENTAL

- More coverage for preventive services
- 2 exams and 2 cleanings per year
- Night guards eligible
- White fillings eligible
- New set of dentures every 5 years
- Higher coverage for crowns
- Bridges, veneers, inlays, and onlays eligible
- Separate coverage for dental accidents



VISION CARE

- No pre-approvals needed for eye exams and standard eyewear
- For clients 19 and older:*
- \$100 every two calendar years for eye exams
 - \$275 every two calendar years for standard eyewear
 - \$415 for high-index lenses
- Children and youth under 19 receive annual coverage
- There is also a process to support clients with complex needs



MEDICAL SUPPLIES & EQUIPMENT

- Fewer pre-approvals required
- Streamlined process for pre-approvals
- Faster claims processing
- Faster reimbursement if you pay out of pocket



LEARN MORE AT: WWW.FNHA.CA/BENEFITS OR CALL 1.855.550.5454



Download the app at pac.bluecross.ca/mobile



Claim online at pac.bluecross.ca/member

WELLNESS DEPARTMENT

First Nations Health Benefits Mental Health Provider List

FNHA First Nations Health Benefits Mental Health Provider List

Current as of February 2024

The following is a list of Mental Health providers that have met the First Nations Health Benefits (FNHB)'s eligibility criteria identified and in good standing with one of the following professional bodies: BC Association of Clinical Counsellors, BC College of Social Provider Agreement Form; and agree to complete San'yas Cultural Safety Training within one year of their registration with FNHA.

We do our best to ensure the accuracy and reliability of the list. It is the responsibility of FNHB-registered providers to update the FNHA of any changes in their

Legend of Provider Designations:	
CCC	Canadian Certified Counselor
RCC	Registered Clinical Counselor
RCSW	Registered Clinical Social Worker
RSW	Registered Social Worker
Psych	Psychologist

Region	City of Practice	Provider Name	Designation	Virtual Care	Telephone	Availability	Indigenous Ancestry	Provider Gender	LGBTQ2SI Sensitive Services	Works with children 0-5	Works with children 6-12	Works with children 13-17
BC - Vancouver Island	Virtual Only	ABERDEEN, SHERYL	RCC	Yes (Telehealth Only)	(250) 858-2366	Accepting new clients immediately	No	Woman	Yes	NO	YES	YES
BC - Fraser	Virtual Only	AHANI, BEHI	RSW	Yes (Telehealth Only)	(778) 240-2923	Accepting new clients immediately	No	Woman	Unspecified	NO	NO	NO
BC - Fraser	Virtual Only	ALEXANDER, CAROL	RCC	Yes (Telehealth Only)	(604) 551-3865	Waitlist less than 1 month	No	Woman	Yes	YES	YES	YES
BC - Interior	Virtual Only	ALEXANDER, WADE	CCC,RCC	Yes (Telehealth Only)	(778) 472-0388	Accepting new clients immediately	No	Prefer Not to Say	Yes	NO	NO	NO
BC - Northern	Virtual Only	ALF BRADY	CCC	Yes (Telehealth Only)	(250) 842-5888	Waitlist less than 1 month	No	Man	Yes	NO	NO	NO
BC - Northern	Virtual Only	ALTAR, TED	Psychologist	Yes (Telehealth Only)	(250) 641-9000	Accepting new clients immediately	No	Man	Yes	NO	NO	YES
BC - Fraser	Virtual Only	AMARAL, PRISCILLA	RCC	Yes (Telehealth Only)	(672) 671-9473	Accepting new clients immediately	Unspecified	Woman	Yes	NO	YES	YES
BC - Interior	Virtual Only	ANDERSEN, HEATHER	CCC	Yes (Telehealth Only)	(250) 314-0377	Accepting new clients immediately	Unspecified	Woman	Unspecified	NO	NO	NO
BC - Vancouver Coastal	Virtual Only	ARBER, CRYSTAL	RSW	Yes (Telehealth Only)	(604) 340-4529	Accepting new clients immediately	No	Woman	Yes	NO	NO	NO
BC - Fraser	Virtual Only	ARPINK, JENNIFER	Psychologist	Yes (Telehealth Only)	(604) 991-8244	Waitlist more than 2 months	No	Woman	Yes	NO	NO	NO
BC - Fraser	Virtual Only	ATKINSON, LEANNE	RCC	Yes (Telehealth Only)	(672) 886-1157	Accepting new clients immediately	No	Woman	Unspecified	NO	NO	NO
BC - Vancouver Coastal	Virtual Only	AULAK, RAVIN	RCC	Yes (Telehealth Only)	(778) 995-9525	Accepting new clients immediately	No	Woman	Unspecified	NO	NO	NO
BC - Fraser	Virtual Only	BAHREINI, SAHAR	RCC	Yes (Telehealth Only)	(778) 706-4224	Accepting new clients immediately	No	Woman	Yes	NO	YES	YES
BC - Fraser	Virtual Only	BAINS, RUBY	RCC	Yes (Telehealth Only)	(604) 783-4109	Accepting new clients immediately	No	Woman	Yes	NO	NO	YES
BC - Fraser	Virtual Only	BAINS, RUBY	RCC	Yes (Telehealth Only)	(604) 220-6572	Accepting new clients immediately	No	Woman	Yes	NO	NO	YES
BC - Interior	Virtual Only	BALISKY, KEITH	RCC	Yes (Telehealth Only)	(780) 289-4538	Accepting new clients immediately	No	Man	Yes	NO	NO	YES
BC - Vancouver Coastal	Virtual Only	BARRON, RAMONA	RCC	Yes (Telehealth Only)	(604) 657-8691	Unknown	Yes	Woman	Yes	NO	NO	NO
BC - Vancouver Coastal	Virtual Only	BECKER, JENNA	RSW	Yes (Telehealth Only)	(604) 345-4040	Accepting new clients immediately	No	Woman	Unspecified	NO	NO	YES
BC - Fraser	Virtual Only	BELL, CYNDI	RCC	Yes (Telehealth Only)	(604) 377-0114	Waitlist less than 1 month	No	Prefer Not to Say	No	NO	NO	NO
BC - Vancouver Coastal	Virtual Only	BELLEHUMEUR, NIKKI LEE	RCC	Yes (Telehealth Only)	(604) 358-5852	Waitlist 1-2 months	No	Non-Binary	Yes	NO	NO	NO
BC - Fraser	Virtual Only	BENEDIX, BOHANG	RCC	Yes (Telehealth Only)	mbohng@gmail.com	Accepting new clients immediately	No	Woman	Yes	YES	YES	YES
BC - Fraser	Virtual Only	BERGEVIN, DANIELLE	RSW	Yes (Telehealth Only)	(778) 322-1624	Accepting new clients immediately	Metis	Woman	Yes	NO	NO	YES
BC - Vancouver Island	Virtual Only	BERRY, JANE	RSW	Yes (Telehealth Only)	(780) 905-4992	Waitlist less than 1 month	No	Woman	Yes	NO	NO	NO
BC - Fraser	Virtual Only	BERRY, JENNA	RSW	Yes (Telehealth Only)	(403) 561-3198	Accepting new clients immediately	No	Woman	Yes	NO	NO	NO
BC - Vancouver Coastal	Virtual Only	BEYERS, JOANNA	RSW	Yes (Telehealth Only)	(778) 363-5930	Accepting new clients immediately	No	Unspecified	Unspecified	NO	NO	YES
BC - Interior	Virtual Only	BLAIR, SHELLEY	RCC	Yes (Telehealth Only)	(250) 819-1685	Waitlist 1-2 months	Unspecified	Unspecified	Unspecified	NO	NO	NO
BC - Fraser	Virtual Only	BOVE, CARRIE	RCC	Yes (Telehealth Only)	(604) 417-7710	Accepting new clients immediately	No	Woman	Yes	NO	NO	NO
BC - Vancouver Island	Virtual Only	BROHART, TESSA	CCC	Yes (Telehealth Only)	(250) 816-6393	Waitlist 1-2 months	Yes	Woman	Yes	NO	NO	YES
BC - Interior	Virtual Only	BROOKER, ANYA	CCC,RCC	Yes (Telehealth Only)	(613) 217-0964	Accepting new clients immediately	No	Woman	Yes	NO	YES	YES
BC - Vancouver Island	Virtual Only	BRYANT, CHARITY	RCC	Yes (Telehealth Only)	(778) 732-2578	Accepting new clients immediately	No	Woman	Yes	NO	NO	YES
BC - Vancouver Coastal	Virtual Only	BUXBAUM, JESSICA	RCC	Yes (Telehealth Only)	(604) 512-2297	Accepting new clients immediately	No	Woman	Yes	NO	NO	NO
BC - Vancouver Island	Virtual Only	CAMERON, LYNN	RCC	Yes (Telehealth Only)	(250) 325-5306	Accepting new clients immediately	No	Woman	Yes	NO	NO	NO
BC - Vancouver Coastal	Virtual Only	CARDOSO, CHRISTOPHER	Psychologist	Yes (Telehealth Only)	(604)770-2881	Waitlist less than 1 month	No	Man	No	NO	NO	NO
BC - Interior	Virtual Only	CARNEGIE, GINA	RCC	Yes (Telehealth Only)	(250) 879-0234	Waitlist less than 1 month	No	Woman	Yes	NO	NO	NO
BC - Northern	Virtual Only	CARPENTER, VANESSA	RCC	Yes (Telehealth Only)	(778) 764-2668	Accepting new clients immediately	Yes	Unspecified	Unspecified	NO	NO	NO
BC - Vancouver Coastal	Virtual Only	CARUS, URSULA	RCC	Yes (Telehealth Only)	(604) 966-4090	Waitlist more than 2 months	First Nations	Woman	Yes	NO	NO	YES
BC - Vancouver Coastal	Virtual Only	CHAHAL, JAGDEEP	RSW	Yes (Telehealth Only)	(604) 259-6807	Accepting new clients immediately	No	Woman	Yes	NO	NO	NO
BC - Vancouver Island	Virtual Only	CHANG, MING HUEY	RCSW	Yes (Telehealth Only)	(778) 883-2238	Accepting new clients immediately	No	Woman	No	NO	NO	YES
BC - Vancouver Coastal	Virtual Only	CHARETTE, BRIE	RSW	Yes (Telehealth Only)	(604) 971-0359	Accepting new clients immediately	No	Woman	Yes	NO	NO	NO
BC - Vancouver Coastal	Virtual Only	CHAU, FUNG MING	CCC,RCC	Yes (Telehealth Only)	(604) 250-8405	Accepting new clients immediately	No	Woman	Unspecified	NO	NO	NO
BC - Vancouver Coastal	Virtual Only	CHEN, DONNA	RCC	Yes (Telehealth Only)	(604) 773-1578	Waitlist less than 1 month	No	Woman	Yes	NO	NO	NO
BC - Fraser	Virtual Only	CHENG, MICHAEL	RCC	Yes (Telehealth Only)	(604) 961-6173	Accepting new clients immediately	No	Man	Yes	NO	NO	YES
BC - Vancouver Island	Virtual Only	CHENG, MICHAEL	RCC	Yes (Telehealth Only)	(250) 888-7408	Accepting new clients immediately	No	Man	Yes	NO	NO	YES
BC - Fraser	Virtual Only	CHKOKAR, BEL	RSW	Yes (Telehealth Only)	(778) 723-2968	Unknown	No	Woman	Unspecified	NO	NO	NO
BC - Vancouver Island	Virtual Only	CHOLEWA, TYMARAH	RCC	Yes (Telehealth Only)	(604) 314-1254	Accepting new clients immediately	No	Woman	Unspecified	NO	NO	NO
BC - Fraser	Virtual Only	CONLON, SANDRA	RCC,RSW	Yes (Telehealth Only)	(250) 661-7538	Accepting new clients immediately	Metis	Woman	Yes	NO	NO	NO
BC - Vancouver Coastal	Virtual Only	COOK, AINSLIE	RSW	Yes (Telehealth Only)	(604) 616-7161	Accepting new clients immediately	No	Woman	Yes	NO	NO	NO
BC - Vancouver Island	Virtual Only	CORREIA, FATIMA	RCC	Yes (Telehealth Only)	(250) 941-1555	Accepting new clients immediately	No	Woman	Yes	NO	NO	NO
BC - Interior	Virtual Only	CORY, VICTORIA	RCC	Yes (Telehealth Only)	(613) 277-9501	Accepting new clients immediately	No	Woman	Yes	NO	NO	YES
BC - Vancouver Coastal	Virtual Only	COUPLAND, SARAH	Psychologist	Yes (Telehealth Only)	(604) 871-0490	Waitlist less than 1 month	No	Woman	Yes	NO	NO	NO
BC - Interior	Virtual Only	DAVISON, TRACY	RSW	Yes (Telehealth Only)	(778) 586-6365	Waitlist less than 1 month	First Nations	Woman	Yes	NO	YES	YES
BC - Fraser	Virtual Only	DE ROO, MONICA	RCC	Yes (Telehealth Only)	(604) 440-7349	Accepting new clients immediately	No	Woman	Yes	NO	YES	YES
BC - Vancouver Coastal	Virtual Only	DEMICHELS, HIROKO	RCC	Yes (Telehealth Only)	(604) 290-6926	Waitlist less than 1 month	No	Woman	Yes	NO	NO	NO
BC - Vancouver Coastal	Virtual Only	DODD, NADINA	RCC	Yes (Telehealth Only)	(778) 861-7566	Accepting new clients immediately	No	Woman	Unspecified	NO	YES	YES
BC - Vancouver Coastal	Virtual Only	DOOLAN, BRENNIA	RCC	Yes (Telehealth Only)	(604) 256-5850	Accepting new clients immediately	Yes	Woman	Yes	NO	YES	YES
BC - Fraser	Virtual Only	DOUGLAS, LEAH	RCSW	Yes (Telehealth Only)	(604) 626 6005	Waitlist more than 2 months	No	Woman	Unspecified	NO	NO	NO
BC - Vancouver Coastal	Virtual Only	DOUHAN, PAUL	RSW	Yes (Telehealth Only)	(778) 869-6945	Accepting new clients immediately	No	Man	No	NO	NO	YES
BC - Interior	Virtual Only	DUSTIN, JENNIFER	RSW	Yes (Telehealth Only)	(778) 639-0107	Accepting new clients immediately	No	Woman	Yes	NO	NO	YES
BC - Interior	Virtual Only	EKMAN, SHANI	RCC	Yes (Telehealth Only)	(250) 486-1223	Accepting new clients immediately	No	Woman	Yes	NO	NO	YES
BC - Fraser	Virtual Only	ERENLU, ALICIA	RCC	Yes (Telehealth Only)	(778) 838-5332	Accepting new clients immediately	Metis	Woman	Yes	NO	YES	YES
BC - Northern	Virtual Only	ERICKSON, STEPHANIE	RCC	Yes (Telehealth Only)	(778) 510-5727	Accepting new clients immediately	First Nations	Woman	Yes	NO	YES	YES
BC - Vancouver Coastal	Virtual Only	EVANS, BROOKE	RSW	Yes (Telehealth Only)	(604) 781-3987	Accepting new clients immediately	No	Woman	Yes	YES	YES	YES
BC - Vancouver Island	Virtual Only	FAIRWEATHER, REBECCA	RCC	Yes (Telehealth Only)	(250) 616-2882	Waitlist less than 1 month	No	Two-Spirit	Yes	NO	NO	YES



First Nations Health Authority
Health through wellness

Mental Health and Cultural Supports



TELEPHONE AND ONLINE SUPPORT

Virtual Substance Use and Psychiatry Service. A free, referral-based service for First Nations people in BC and their family members. Health care providers, including the [Virtual Doctor of the Day](#) program, can refer you to this service. Available Monday to Friday. [FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)

First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service offers mental health counselling and crisis intervention to Indigenous people across Canada. Toll-Free: 1-855-242-3310 www.hopeforwellness.ca

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to youth. 1-800-668-6868 or text the word "connect" to 686868 to access text support.

KUU-US Crisis Services is available 24/7 to support Indigenous people in BC. <https://www.kuu-uscrisisline.com/24-hour-crisis-line>
Toll-Free: 1-800-KUU-US17 (1-800-588-8717)
Adult/Elder: 1-250-723-4050
Child/Youth: 1-250-723-2040

National Indian Residential School Crisis Line supports former Residential School students. The crisis line provides emotional and crisis services 24/7. Toll-Free: 1-866-925-4419

Provincial Alcohol and Drug Information Referral Service provides free referral services to support with any kind of substance use issue (alcohol or other drugs). Toll-free: 1-800-663-1441
Lower Mainland: 604-660-9382

Foundry: health and wellness supports, services and resources for young people ages 12 – 24 and their caregivers. No referral or assessment required. In-person: <https://foundrybc.ca/find-a-centre/>
Virtual: <https://foundrybc.ca/virtual/>

FNHA MENTAL WELLNESS AND COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

Health Benefits provides access to mental wellness and counselling services. All services require prior approval. A list of providers registered with Health Benefits can be found on the [Provider List](#) or by contacting: **1-855-550-5454.**

INDIAN RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT PROGRAM PROVIDERS (IRS RHSP)

Adah Dene Cultural Healing Camp Society
Margo Sagalon: 250-996-3813
Admin.elders@telus.net
Tracey Charlebois: 250-996-1475
Nakazdiieelders@telus.net

Carrier Sekani Family Services
For Vanderhoof: Catherine Lessard: 250-567-2900 or Toll-free: 1-800-889-6855
For Prince George: Rhonda Hourie or Cheryl Thomas: 778-675-0419

Gitanyow Human Services
Wanda Good: 250-849-5651
Wanda.e.good@gmail.com

Gitsxan Health Society
Martha Wilson: 250-842-6876

Nuu Chah Nulth Tribal Council
Vina Robinson: 1-250-724-3939
vina.robinson@nuuchahnulth.org
Daily Elliott: 250-720-1736

Indian Residential School Survivors Society
Carol Stegman: 604-985-4464 or Toll-free: 1-800-721-0066

Okanagan Nation Alliance
Toll-free: 1-866-662-9609

Tsow-Tun-Le-Lum Society
Toll-free: 1-888-590-3123

FNHA TREATMENT AND HEALING CENTRES

During the pandemic, Round Lake Treatment Centre and Gya'waa'Tlaab House of Purification are maintaining a live-in treatment program with additional precautions taken to abide by physical distancing and associated safety requirements. Most treatment centres have moved to providing virtual support to individuals and families.

Carrier Sekani Family Services
Call: 250-567-2900 or Toll-free: 1-800-889-6855 and ask for an ARP Team member
Email: rjohn@csfs.org

Kackaamin Family Development Centre
Call: 250-723-7789 or Toll-free: 1-833-205-6946

Namgis Treatment Centre
Call: 250-974-8015 or Toll-free: 1-888-962-6447 Ext. 2141

Nenqayni Wellness Centre
Call: 250-989-0301 or Toll-free: 1-888-668-4245

North Wind Wellness Centre
Call: 250-843-6977 or Toll-free: 1-888-698-4333

Telmexw Awtexw (Sts'ailes First Nations)
Call: 604-796-9829

Tsow Tun Le Lum
Call: 250-268-2463 or Toll-free: 1-888-590-3123

Wilp Si'Satxw Healing Centre
Call: 778-202-0162, 778-202-1349 or Toll-free: 1-877-849-5211

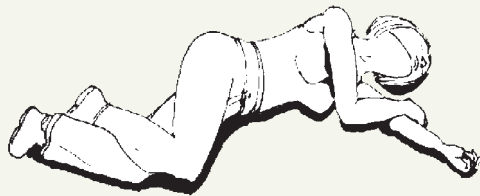
All information in this document is accurate as of September, 2022.

Overdose death can be **PREVENTED**

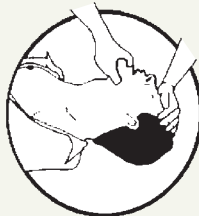
Take Home Naloxone Kits reverse overdose and save lives.

Follow the **SAVE ME** steps below to save a life.

If the person must be left unattended at any time, put them in the recovery position.



STIMULATE
Unresponsive?
CALL 911



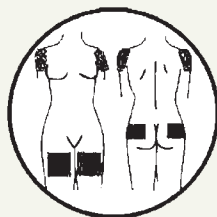
AIRWAY



VENTILATE
1 breath every
5 seconds



EVALUATE



**MUSCULAR
INJECTION**
1mL of Naloxone



EVALUATE
2nd dose?

Artwork created by:
towardtheheart.com



First Nations Health Authority
Health through wellness

If you see someone having an overdose: **Call 9-1-1**
To speak with a nurse about non-emergency overdose prevention: **Call 8-1-1**
For more information visit us online: www.fnha.ca/overdose

HOW TO RESPOND TO AN OPIOID OVERDOSE

Signs of an Overdose



Not Responding
Not moving, can't be woken up



Slow or Not Breathing
Not breathing or slower than every 5 seconds



Making Sounds
Snoring, gurgling, or choking sounds



Blue Lips & Nails



Cold or Clammy Skin



Tiny Pupils

Call 9-1-1 right away if you see any of these signs.
When you call 9-1-1 to report an overdose,
you won't be charged with simple drug possession

Follow SAVE ME Steps



S – Stimulate
Is the person unresponsive?
Call 9-1-1 RIGHT AWAY



A – Airway
Open mouth,
check airway



V – Ventilate (Give breaths)
Use breathing mask, pinch the
person's nose shut, give 2 big breaths



E – Evaluate
Still not breathing?
Proceed to Medicate



M – Medicate
Give Naloxone nasal spray through
nose, or inject Naloxone by syringe
into a muscle. **Keep giving 1
breath every 5 seconds**



E – Evaluate & Support
Person still not responding
after 3 to 5 minutes? Give
another dose of Naloxone

Other Community Opioid Treatment Services

Pandora Clinic

922 Pandora Avenue

Open: Mon-Fri 9 am-5 pm

Phone: 250-294-6714

Cool Aid Health Centre

**For people already registered
with the clinic**

713 Johnson Street

Open: Mon & Tue 9 am-6 pm;
Wed & Thu 9 am-8 pm; Fri 9 am-
3 pm; Sat 10 am-2 pm

Phone: 250-385-1466

Victoria Youth Clinic

For people aged up to 24

533 Yates Street

Open: Mon-Thu 11 am-6pm; Fri
11 am-4 pm

Phone: 250-383-3552

Outreach Services Clinic

603 Gorge Road East

Open: Tue 1 pm-7 pm; Wed 9 am-
5 pm; Thu 10 am-3 pm

Phone: 250-480-1232



Rapid Access Addiction Clinic

1119 Pembroke Street

Open weekdays

9:00 am to 12:00 pm

(closed on stat holidays)

Phone: 250-519-3485



The Umbrella Society is a peer support organization with staff who have lived experience with substance use, recovery and treatment. Umbrella staff can help clients get to their appointments at the RAAC or the other community opioid treatment services.

Address: 901 Kings Road, Victoria

Phone or text: 250-380-0595

Web site: www.umbrellasociety.ca



Rapid Access Addiction Clinic (RAAC) Victoria

*Information for people
interested in
care and treatment
for problematic
opioid use*

viha.ca





Are you protected against measles?

Measles is a highly contagious disease but the vaccine can prevent serious illness. Contact your local immunization provider to check your own or your child's immunization records. You can also check medical records through the BC Health Gateway online: healthgateway.gov.bc.ca

Find more information at:

Immunize BC: immunizebc.ca/measles

HealthLinkBC: healthlinkbc.ca/healthlinkbc-files/measles or call 8-1-1

The measles, mumps, rubella (MMR) vaccine is routinely given at 12 months and 4-6 years of age. If you're planning on travelling with young children, talk to your immunization provider about getting a dose before these ages.



First Nations Health Authority
Health through wellness

HOUSING DEPARTMENT

BC HYDRO

Get free energy saving products installed in your home. These items include air sealing for windows and doors, LED light bulbs, and water saving fixtures.



FIRE EXTINGUISHERS

Tsawout housing has fire extinguishers and smoke detectors for Tsawout homes. Contact Monique to request these items. Support can be provided for the installation of smoke detectors if necessary.

Contact Monique to request these items.

Tel: 250-652-9101 ext. 302

Email: housingoutreach@tsawout.ca

EMPLOYMENT DEPARTMENT

COMMUNITY SOCIAL PLANNING COUNCIL IN PARTNERSHIP WITH
TSAWOUT NATION

ID Clinic

MONDAY, MAY 6TH - 12:30-3:30 PM



WHAT CSPC CAN HELP WITH: CANADIAN BIRTH CERTIFICATE APPLICATIONS, ICBC APPOINTMENTS/PAYMENT FOR BCID & BC SERVICES CARD, STATUS CARD REPLACEMENT/RENEWAL

WHAT CSPC CANNOT HELP WITH: PASSPORTS, CITIZENSHIP/PR, OUT OF COUNTRY BIRTH CERTIFICATES, DRIVER'S LICENSE RENEWAL/REPLACEMENT



TSAWOUT FIRST NATION



COMMUNITY SOCIAL PLANNING COUNCIL
research·insights·solutions



Indigenous Coastal Waters Stewardship Society

Position:	General Manager
Reports to:	Indigenous Coastal Waters Stewardship Society (ICWSS) Board of Directors
Term:	Temporary Term Position with option of Full Time Permanent Position
Salary:	\$75K-85K plus benefits, based upon experience and qualifications.
Location:	Vancouver or Victoria (remote)

Summary of Position

Temporary Term position to start immediately, for a maximum of four months.

(15TH February 2024 to 15th July 2024)

At the time of the ICWSS AGM, this position will be reviewed by the incoming permanent ICWSS Board, and adjustments may be made. The start date will be ASAP, the performance will be assessed on the current criteria, understanding that the incoming ICWSS Permanent Board may make changes.

As of the Appointment of the Permanent Standing Board of ICWSS on the 9th of May 2024 the New ICWSS permanent Board will review the job Description and performance to date and adjust as they see fit. Should the incoming ICWSS Permanent Board chose to make significant changes including terminating the Term a payment equivalent to one months additional pay will be provided.

At the time of the Annual General Meeting, the incoming Permanent ICWSS Board of Directors, will set out their own criteria for this job, and the work will be assessed against the Criteria set by the incoming Board.

After review of performance, against these critiera:

The ICWSS Manager is responsible the organizational development and overall management of ICWSS. The Manager is accountable to the Board for all her/his/their staff/contractors conduct and progress on the strategic plan and ICWSS vision. The purpose of ICWSS, established in 2023, is to support First Nations marine sustainable stewardship capacity within the Salish Sea and the West Coast Vancouver Island waters, and ancestral territories, working together as one for the benefit of member Nations and future generations, in accordance with our values (two eyed seeing, working together as one, stewardship, and advocacy).

As the ICWSS Manager your priorities are to:

- Recruit and effectively manage key staff/contractors (including a Designated Administrator/Investment Advisor, Communications Coordinator, and Partnership Advisor),
- Work with and support development of a wide variety of strategic partners in the public and private sector that support realizing progress on the Strategic Plan, and ensure ICWSS sustainability,
- Ensure the development and adherence of HR, Financial Management Policies, and overall organizational development, and
- Support the Board to practice good governance.

EMPLOYMENT DEPARTMENT

What We Offer

- The salary for this position is \$75K - \$85K per year, dependent upon qualifications,
- Two (2) weeks of vacation as well as two (2) weeks of vacation at Christmas time (with the latter being subject to annual board approval),
- Benefits,
- Respectful work environment with a stellar work-life balance,
- 35-hour working week, and
- The opportunity to work-from-home.

Manager Responsibilities

Organizational Development

- Overseeing day-to-day operations to effectively advance progress on performance goals, in accordance with ICWSS values, policies, agreements, and applicable legislation,
- Developing, implementing, and maintaining the annual plan, budget, and risk mitigation, in accordance with the Strategic Plan, and relevant agreements,
- Attending regular meetings with the Board of Directors and support their work by assisting with drafting recommended agendas, briefings, reports, and minutes that ensure progress on the Strategic Plan and support good governance, and
- Regularly liaising with ICWSS strategic partners, member, and eligible First Nations.

Staff Management and Programs

- Responsible for all aspects of staff management, including but not limited to, hiring/contracting, orientating, training, coaching, developing, and managing their performance,
- Meeting with your team (staff/contractors) weekly and monthly to ensure effective communication, direction, and reporting,
- Ensuring proper supervision of staff to always ensure adherence to policies that maintains a safe, professional, healthy work environment.

Requirements

- Completed Bachelor's Degree in relevant area technical area (e.g. business administration, commerce, or a similar degree),
- Minimum of 5 years of management experience, preferably within a First Nations environment and demonstrating indigenous cultural competency, and in a position that controls and manages substantial assets,
- Strategic and long-range planning skills, coupled with experience in management, organizational development/governance,
- Excellent communication skills, both written and verbal, as well as strong organizational and timekeeping abilities,
- Preference will be given to persons who have a working knowledge of and respect for Indigenous coastal stewardship, and
- Strong leadership, rights holders, and stakeholder management skills, with the ability to diplomatically support advancing reconciliation using UNDRIP.

Conditions of Employment

- This is a full-time, permanent position, working remotely during regular work hours, and regularly supporting Board meetings (weeknights and weekends), with some travel required for quarterly and annual member Nation's meetings.

NOTICE TO ALL CLIENTS ON INCOME ASSISTANCE

Please ensure that declarations and all supporting documents are in by the 15th of every month. All declarations require applicant signature and, if applicable, it must include spouse signature, job search form, hydro and phone bill (if eligible), most recent paystubs and bank statements, if required.

**** NO DECLARATION (paystubs, job search) = NO CHEQUE ****

Cheque issue is the last Wednesday of every month. Cheques are available for pick up between 9 am to noon and 1 pm to 4 pm. No calls are taken on cheque day and no one can pick up someone else's S/A cheque unless that person is seriously ill, has mobility barriers or other extenuating circumstances.

Clients who submit their documents AFTER the deadline date can pick up their cheque on the following Friday.

Clients who need to update their file or apply for S/A need to book an appointment between Tues. to Thurs.

NOTICE TO ALL EMPLOYABLE CLIENTS

It is **MANDATORY** that all employable people seek employment. According to Social Development Policy 2.2: Termination of Benefits – Refusal or abandonment of employment opportunities, refusal to participate in an appropriate training or education opportunity or rehabilitation program will result in Social Development closing your file.

Failure to show any effort in seeking employment or education opportunities such as job searching, employment workshops or upgrading - will result with your SA file being closed. Whenever a decision is made to terminate client benefits, the client has a right to appeal the decision to Aboriginal Affairs and Northern Development Canada by picking up an administrative review form from Social Development. Thank you.

Tsawout Social Development (SD) – Income Assistance Application Process

STEP 1 – OBTAIN APPLICATION FROM TSAWOUT RECEPTION TO MAKE AN APPOINTMENT.

NO APPOINTMENTS WILL BE MADE A WEEK PRIOR TO OR DURING THE WEEK OF CHEQUE ISSUE.

- Complete Social Assistance Application Package
- Identification – Adults – 2 each (1 must be a photo)
- Identification – Children - 1 each
- Verification of Income – 60 day bank statements, pay stubs, 2 most recent pay stubs, EI Income and Spousal Support
- Utility Bills – BC Hydro, phone bill, gas or oil bill
- Tenancy Agreement – Tsawout Social Housing, CMHC documents or mortgage documents
- Privately Owned Homes – proof of ownership documentation
- Tax Forms – Canada Child Benefit, Notice of Assessment
- Other Supporting Documents

STEP 2 – INTAKE APPOINTMENT

- Bring all supporting documents to your appointment
- If you have a spouse, he/she needs to be present to sign all documentation
- Employable clients are required to discuss a plan to obtain employment or have an education plan to attain further skills that will help you gain employment.
- If you are unable to seek employment, the worker will need a medical note that will temporarily excuse you from seeking employment or until you are eligible to apply for PPMB (Person with Persistent Multiple Barriers) or PWD (Person with Disability) designation.

STEP 3 – PROCESSING







- Allow up to 5-7 business days for application approval.
- Worker will notify you of your eligibility for Income Assistance.
- We understand that you are in need of help and your matters are important to us. We are doing due diligence to ensure that the process is completed in a timely manner. We appreciate your patience.

STEP 4 – YOU HAVE BEEN CONTACTED TO INFORM YOU OF YOUR ELIBILITY STATUS

- **Approved Applicants** – Will now have the responsibility to assure that all documentation (Declaration, utility bills, pay stubs, job search or any other required documents) is submitted by the 15th of each month to ensure they receive their entitlement on time. ALL clients have a responsibility.
- **Ineligible Applicants** – Varies on the situation.
- Will have an opportunity to gather missing or additional supporting documents.
- If you are eligible for EI or in receipt of EI, you will not be eligible for Income Assistance.
- You have earned income that is more than what you are eligible to receive, then you have to wait 30 days to reapply.
- If applicant does not agree with the decision, the applicant can appeal the decision – Inquire about this process with the Social Development Worker.

**** Thank you for reviewing this information. It helps the review and assessment process. Social Development can be contacted at 250-652-9101 (ext. 306).**

APRIL GARBAGE, COMPOST & RECYCLING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 	4	5	6
7	8	9 	10 	11	12	13
14	15	16	17 	18	19	20
21	22	23 	24 	25	26	27
28	29	30				

Garbage pick-up (once/week) If your garbage is missed or not picked up, call BFI directly at 250-652-4414.

Compost (once/week) If your compost is missed or not picked up, call Refuse at 250-381-6007. If called the same day or early the next day, it is possible to have it picked up the same week if they are in the area and they will ask you to have it at the end of the driveway by 7 am on whichever date they advise. If not, it will have to wait until the next regular pick-up date.

Recycle (Bi-weekly) If your recycle is missed or not picked up, call Emterra at 250-385-4399. Call by 11:00 am the next day and they can probably do a pick-up. If any later, it would have to wait until the next pick-up date.

Reminder that the Heavy Garbage Program has ended. Please do not leave heavy garbage on the side of the road. We continue to clean up the dumpsite on Longhouse Road from the previous years programs. Please discard your heavy garbage at local metal recycle or Hartland landfill.