

Mamalilikulla First Nation Mission Statement: Working together to build a strong, proud, healthy, informed, and respectful Mamalilikulla community to meet the needs of our people together

# MAMALIKULLA FIRST NATION

In order to create a strong, self-sufficient and independent Mamalilikulla Nation, we seek opportunities to bring our community together and build capacity amongst members through joint interest of our land, language, and culture



## IN THIS MONTHS:

- Mamalilikulla Art Purchase
- MFN Costume Contest
- Future Guardian?
- ixk̄as̄alala x̄is ma'yud̄tamxd̄amus
- MFN Membership Committee
  - Oath of Office - What you will sign
  - Membership Application - **REVIEW**
- MFN Clam Digging Interest?
- Plan W included with Pictures

## CLAM DIGGING

MFN is putting out feelers to any Mamalilikulla members interested in learning how to clam dig. Andy Puglas, our Guardian Watchmen Manager, is looking to teach four members in 2 sessions starting November 22nd, and the second session will be starting December 5th

Interested members contact Twyla  
[communications@mamalilikulla.ca](mailto:communications@mamalilikulla.ca)



Richard Sumner



Richard Sumner



# MAMALILIKULLA ART PURCHASE

## CALLING OUT TO ALL MAMALILIKULLA ARTISTS!

Mamalilikulla Administration is looking to purchase smaller scale artwork to showcase in our new office boardroom.

Any Mamalilikulla members interested in selling your art pieces, such as prints, carvings, etc. please email pictures, prices, and contact information to Sonia or myself at:

[admin@mamalilikulla.ca](mailto:admin@mamalilikulla.ca)

[communications@mamalilikulla.ca](mailto:communications@mamalilikulla.ca)

**íka'enuxw**  
**[íka] ('e) (nuxw)**  
**carver**

Herman Bruce Jr.



**Gat'inuxw**  
**(ga) [t'i] (nuxw)**  
**good artist, one who makes things well**

# **MFN COSTUME CONTEST**

## **ADULTS & KIDS**

**1ST PRIZE \$150**

**2ND PRIZE \$100**

**3RD PRIZE \$50**



Please submit Halloween costumes pictures to [communications@mamalilikulla.ca](mailto:communications@mamalilikulla.ca).

The winner is to be chosen by the Council, and the winner will be posted to our FB page and November newsletter.

## CERTIFICATES REQUIRED

**Small Vessel Operator Proficiency (SVOP)**

**Small Domestic Vessel-Basic Safety (SDV-BS)**

**Radio Operator Certificate – Marine (ROC-M)**

**Stability**



### ABOUT NRTG

Natural Resources Training Group (NRTG) is a privately-registered training agency specializing in developing and delivering quality hands-on, fisheries and natural resource-related training programs. We deliver our short, applied professional development

# Land Guardian

CERTIFICATE PROGRAM

### Course Description:

NRTG's Land Guardian Program (LGP) is designed to meet the increasing demand for skilled guardians employed within communities, industry, non-profit organizations, or regional stakeholder groups. Graduates of this program are capable of performing guardian roles and observing, recording, and reporting results, information, and advise to industry stakeholders, government and regulators. Participants are provided practical skills and abilities in four core skill areas:

### Safety and Fieldwork Logistics:

- Field safety, planning, data collection and management, navigation and orienteering, mensuration and reporting.

### Environmental Monitoring:

- Construction site monitoring, spill response, erosion and sediment control, working with legislation, identification, protection and management of sensitive habitats & species.

### Identification & Assessment of Environmental Features:

- Basic identification of significant fish, wildlife & vegetation species; introduction to species-at-risk, and rangeland, marine, riparian, and sensitive habitats.



*"This is an amazing course! It has given me so much more field tools that will help me carry out my work duties as an aboriginal guardian."*

—Shirley Jack and Ibrahim Brack-Akmal

### Management:

- Technical writing, business correspondence, fish & wildlife management, project management and supervision.

The LGP is a comprehensive educational program, designed and developed by NRTG with input from industry sector representatives (e.g., oil & gas, mining, agriculture, marine, forestry, fisheries, environment, cultural heritage, linear development and natural resources). Delivery of the program is over five consecutive weeks (200 course hours) with classroom time conducted on-line (Zoom) and directed field exercises completed by the students in their local area. Roles which students will be able to fulfill upon completion of the program include Land Guardian, Watchman, Field Supervisor, and Land Management positions.

*Each NRTG course includes free, lifetime admission. Enrol once - come back anytime.*



*"This course exceeded my expectations."*

# FUTURE GUARDIAN?

## JOIN THE MAMALIKULLA GUARDIAN WATCHMEN PROGRAM

### 2023 GWP SEASON

The Mamalilikulla are based on northern Vancouver Island, in the Queen Charlotte Strait region. Our people are now scattered all over Vancouver Island, western Canada and the United States. Our administrative base is in Campbell River. The Mamalilikulla territories are situated in the mouth of Knights Inlet and the western section of the Broughton Archipelago, mainly on 'Mimkwamlis (Village Island).

As directed by the Mamalilikulla Nation, the Mamalilikulla Guardians will participate in the monitoring and protection of marine and terrestrial resources and habitats within our territory. The Guardians will have a presence throughout our territory through their patrols and will act as the eyes and the ears on the water and land. Specifically, the Guardians will monitor the impacts of resource use on the health of our territory and cultural values.

The Guardians will be responsible for conducting surveys, collecting data and reporting activities. The Guardians are our ambassadors for the territory, interacting with visitors, resource-users and other agencies/organizations that are active in our territory.

**2 POSITIONS  
AVAILABLE FOR  
NEXT SEASON  
START UP IN MAY**



**NATURAL RESOURCES  
TRAINING GROUP**

*Training Programs to help you  
build and advance your career  
in Natural Resources*

# Land Guardian

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**Omineca Jack**  
Land Guardian  
British Columbia

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*Each NRTG course includes free, lifetime admission.*

*Enrol once - come back anytime.*

### To Register Contact Us:

**EMAIL: [info@nrtraininggroup.com](mailto:info@nrtraininggroup.com)**

**CALL: 1-877-388-2172**

**[www.nrtraininggroup.com](http://www.nrtraininggroup.com)**



*“This course exceeded my expectations. By far the most informative and engaging course I have taken. Amazing instructor and course!”*

**Stacy Boozalak**  
Biologist  
Burnaby, BC

### ABOUT NRTG

Natural Resources Training Group (NRTG) is a privately-registered training agency specializing in developing and delivering quality 'hands-on', fisheries and natural resource-related training programs. We deliver our short, applied 'professional development' programs to industry professionals, stakeholders, and aboriginal groups in communities throughout North America.



**NATURAL RESOURCES  
TRAINING GROUP**

# Land Guardian

**CERTIFICATE PROGRAM**

## How does this program differ from the Environmental Field Skills Certificate program?

The role of the Land Guardian is independent and impartial from that of a contractor or project owner. The Guardian observes, records, and reports upon activities relating to natural resource projects and possesses a suite of skills and abilities in field techniques, communications, safety, and management. However, the Guardian is not an environmental monitor. An environmental monitor is involved in performing the technical aspects (e.g., water quality monitoring, fish, wildlife, and vegetation surveys, monitoring, etc.) of a natural resource-related project. The Land Guardian interacts much more with communities, regulators, project personnel, engineers, biologists, and other professionals. They are viewing activities upon the land and water through the lens of Indigenous concerns and rights, and this position entails a considerable amount of written and verbal communication with a very wide range of people. The environmental monitor has a much smaller scope of responsibilities with a focus on monitoring day-to-day construction activities or specific concerns.

The Guardian needs to be familiar with the activities and sampling methods – their efficacy and limitations – of the environmental monitor in order to interpret the results. Thus there is some overlap between the two positions. The relationship between the two is analogous to the apprentice and journeyman process in vehicle repair – the apprentice (environmental monitor) completes the day-to-day tasks but may not see the bigger picture. The journeyman (guardian) may delegate the routine tasks to the apprentice while keeping her eye on the bigger picture. Both positions are integral and they rely upon each other.

NRTG's Environmental Field Skills Certificate program and Fisheries Field Skills Certificate program will train students to perform the many technical duties and specific tasks of environmental monitoring. A LGP graduate will know industry standards and legislation, and, in addition to an understanding of how standard data collections are completed, will know how to effectively observe, record, and report their findings in order to make changes or protect resources.

Contact NRTG for further details.

## Objective

**Upon successful completion, program graduates are qualified and able to:**

- Observe, record and report environmental field data
- Interpret and apply environmental legislation in a reporting role
- Write effective business communications and reports
- Prepare and present briefings to appropriate parties
- Develop reports and communicate results with industry stakeholders
- Identify cultural heritage surveys and studies
- Conduct water quality & field assessment procedures
- Identify and interpret environmental field conditions
- Identify procedures for standard environmental assessments for: water, vegetation, wildlife (ungulates, birds, amphibians), fish, soil, & wetlands
- Identify and classify types of vegetation, wildlife (ungulates, birds, amphibians), fish, soils, and wetlands
- Identify best practices for environmental monitoring during construction projects
- Identify and contrast best practices for fish habitat and streambank restoration
- Assess fish passage at stream crossing and beaver activity sites
- Design and implement field monitoring programs
- Manage project objectives, budgets, resource scheduling and crew supervision
- Identify sensitive species and uphold sensitive habitat working windows
- Identify best practices for erosion and sediment control measures



*“Alan is fantastic and very friendly! Makes sure everyone is comfortable and is very patient.”*

**Jessica Lohnes**  
Biologist, Parks Canada  
Nova Scotia

### To Register Contact Us:

**EMAIL:**  
info@nrtraininggroup.com

**CALL:**  
1-877-388-2172

www.nrtraininggroup.com





## Course Format

The LGP is offered as an online training program combined with independent exercises and field practice. In this 'blended' format, NRTG instructors deliver course content and theory online in short, focused presentations and assign field exercises to students who then conduct these on their own. Later in the afternoon the students reconvene with the instructor and fellow students to review & receive feedback on results. In this format, students will be required to conduct outdoor activities and record and submit field data, photographs, or video (using cell phones, etc.) for group reviews and discussions. This online course format implements and upholds all NRTG policies and requirements to ensure a safe working environment for everyone. In the online format, course participants are in the field each day learning important skills and procedures in a very realistic and practical setting, under the direction of experienced instructors.

## Course Customization:

The LGP can be customized for an organization or community based on their needs. This may include additional content such as RISC Archaeology & CMT Training for Crew Members or any other NRTG training program. NRTG can also develop new course content upon request.

The LGP also recommends a number of electives to complement a LGP Certificate (see below). NRTG will assist groups with coordinating a community-based delivery of these or other training options:

- Swift Water Rescue
- Wilderness First Aid
- Off-Road Driving
- RISC Archaeology & CMT Training
- Cultural Heritage Monitor
- SVOP Operator
- ATV Certification
- Snowmobile Operators Certification

Please contact us with your ideas and needs, and we'll work with you to design and deliver a specialized training program that meets your needs.

## Potential Students:

Course participants typically include; existing land guardians, environmental monitors and technicians, Aboriginal stakeholders, and resource workers.

## Pre-requisites:

None. A standard one or two-day First Aid course is required.

## Personal Equipment Requirements:

Course participants are required to provide their own personal protective equipment.

- Suunto PM5 Clinometer
- Waterproof Field Book
- Suitable outdoor clothing
- Bag lunch & refreshments each day

## Course Fees:

Course fees will vary by course delivery location. For further information, please refer to our Course Schedule.

## How Do I Attend?

The Land Guardian Program is available via our website schedule, or on contract to community groups. The LGP is regularly scheduled throughout the year. (providing suitable weather conditions for student field exercises). Interested groups or organizations can also arrange for an 'in-house' or contract delivery of this program. In either scenario, contact NRTG for further information.

**If you would like to have the LGP delivered to your group or community, please consider the following:**

- 1) Contact us well in advance of your preferred course start date.
- 2) If applicable, secure program funding
- 3) Recruit course participants (this course has a minimum enrollment of 10 participants).
- 4) Coordinate course participant equipment, classroom facility, and contractual agreement with NRTG.



“Excellent balance of field vs class and we learned valuable skills that will certainly help me with my position.”

Colin LaRochelle

## Related Training:

- Environmental Field Skills
- Cultural Heritage Monitor
- Fisheries Field Skills
- Forestry Field Skills
- RISC Archaeology & CMT Training for Crew Members

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CALL:  
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# Mamalilikulla First Nation would like to wish a very Happy Birthday to everyone who has a birthday in October!!

## ixk̄as̄alala x̄is ma'yudt̄amxd̄amus

Richard Sumner Oct. 1st

Councilor Brad Puglas Oct. 1st

ixk̄as̄ala 22nd Julia Fitzgerald Oct. 4th

ixk̄as̄ala 36th Richard Gladstone Oct. 5th  
Love Mom, Siblings and Little nephew

Linden-Medrice Mountain Oct. 6,

Alexia Quinn Oct 9th

George Charlie Sr 's birthday Oct. 13th!

ixk̄as̄ala 8th Lisa Maracle-Bee Oct. 14th

ixk̄as̄ala 3rd Cora Chickite Oct. 14th

David Unick Oct. 14th

ixk̄as̄ala 36th Hank Maracle-Bee Oct. 15th

Uncle Bingo/ Robert Dawson Oct. 16th

ixk̄as̄ala 57th Georgenia James Oct. 17th

Darren Legis Oct. 19th

Crystal Bee Oct. 20th

ixk̄as̄ala 6th Mary Maracle-Bee Oct. 24th

ixk̄as̄ala 23rd Caitlyn Bruce-Storie Oct. 28th  
Love Mom

ixk̄as̄ala 34th Chip Mountain &  
Daughter Alara Rose 4th Oct. 28th

Pauline Baker Oct. 29th

Jordan Manson Oct. 29th

ixk̄as̄ala 8th Owen Bell Oct. 30th

ixk̄as̄ala 21st  
Jessica Mountain  
Oct. 17th



ixk̄as̄ala 5th  
Ares Goosehead  
Oct. 18th





# Mamalilikulla First Nation

168-1436 Island Highway, Campbell River BC V9W 8C9  
(ph) 250-287-2955 (fax) 250-287-4655 toll free 1-888-287-2955  
[john@mamalilikulla.ca](mailto:john@mamalilikulla.ca)

The Chief and Council are seeking applications from the band membership to preside on the MFN Membership Committee.

## **QUALIFICATIONS TO BECOME A COMMITTEE MEMBER**

To qualify for appointment to the Membership Committee a person must:

- (a) Be registered on the MFN Membership list;
- (b) Be an elector (above the age of 18 years);
- (c) Possess moral character, credibility, and reputation in the MFN community;
- (d) Have knowledge of the MFN community and MFN culture and traditions;
- (e) Except for the member of Council appointed, must not be a member of Council; and,
- (f) Not have been convicted of an indictable offence in Canada or a felony offence in the United States within 10 years prior to their appointment.

**TERMS OF REFERENCE AS PER MFN MEMBERSHIP CODE ARE AS FOLLOWS:**

## **MEMBERSHIP COMMITTEE DUTIES:**

After the effective date, Council shall appoint a Membership Committee in accordance with these Membership Rules, which Membership Committee shall be responsible for performing the following duties and exercising the following powers:

The Membership Committee may:

- (a) Receive and Review applications for Membership in MFN;
- (b) Request and obtain from persons applying to become a Member all documents and information required to be provided under these Membership Rules or that the Membership Committee otherwise

considers to be relevant to determine an application of membership;

- (c) Interview applicants for membership if he or she is an adult, or the parent or guardian of the applicant in the case of children under the age of 19 years;
- (d) Interview parents/guardians of Adult Children of varying abilities;
- (e) Receive and review relevant evidence, including from witnesses;
- (f) Consider these Membership Rules, the regulations, and any other applicable membership criteria, guidelines, or policies in making a recommendation on whether a person meets the criteria to be a Member;
- (g) Provide a written report to Council that sets out the recommendations of the Membership Committee on whether a person applying to become a Member meets the criteria to be considered in a membership vote to become a Member and whether Council ought to accept or reject a person's application to become a Member;
- (h) Provide advice to Council and MFN Members on membership matters generally and these Membership Rules; and
- (i) Do such other acts consistent with the Mamalilikulla First Nation laws, policies, and regulations under which it is acting, as required to carry out its responsibilities.

#### **APPOINTMENT OF MEMBERSHIP COMMITTEE:**

Council shall, by resolution, appoint a Membership Committee of five (5) members, one of whom shall be a member of Council.

Council shall decide the member of council position by random draw.

To qualify for appointment to the Membership Committee a person must:

- (g) Be registered on the MFN Membership list;
- (h) Be an elector (above the age of 18 years);
- (i) Possess moral character, credibility, and reputation in the MFN community;

- (j) Have knowledge of the MFN community and MFN culture and traditions;
- (k) Except for the member of Council appointed, must not be a member of Council; and,
- (l) Not have been convicted of an indictable offence in Canada or a felony offence in the United States within 10 years prior to their appointment.

### **TERM OF APPOINTMENT:**

The members of the Membership committee who are not members of council shall be appointed for a three (3) year term and may be re-appointed for one additional term at the sole discretion of Council.

If position on the Membership Committee becomes vacant, Council may appoint a replacement member for the balance of that term as soon as practical.

A position on the Membership committee becomes vacant where a member:

- (a) Dies;
- (b) Resigns by sending notice in writing to Council;
- (c) Is convicted of an indictable offence in Canada or a felony in the United States; or
- (d) Fails or refuses to sign the Oath of Office within 30 days of their appointment.

A vacancy in the membership of the Membership Committee will not impair the right of the remainder of the committee to act, provided a quorum remains.

### **OATH OF OFFICE:**

Each member of the Membership Committee, before entering upon his or her duties, shall take and subscribe hereto before a Commissioner for Oaths.

### **DELEGATION OF AUTHORITY:**

The Membership Committee shall act in an advisory capacity and make recommendations to Council, and always remains under the exclusive jurisdiction of Council.

**PROCEEDINGS OF THE MEMBERSHIP COMMITTEE:**

Subject to these Membership Rules and the regulations, the Membership Committee may determine its own schedule, place of meeting, procedures, and method of conducting its meetings, but shall meet no less than one time per year to review and make recommendations on outstanding applications.

**CHAIRPERSON:**

At the First meeting of the Membership Committee, the Committee shall select from among its members, other than the member that is on Council, a chairperson for the term of their appointment and an alternate chairperson, who also may not be the sitting council member to act in the absence of the chairperson.

The chairperson shall be responsible for organizing, calling committee members, and presiding at all meetings of the Membership Committee and for ensuring those minutes of all meetings are recorded and distributed only to members of the Membership Committee and to Chief and Council.

**QUORUM:**

The quorum for a meeting or hearing of the Membership Committee is majority of its members. (This number is 3).

**DECISIONS OF THE MEMBERSHIP COMMITTEE:**

The Membership Committee must make concerted efforts to reach its decisions by consensus, but if a consensus is not possible, a decision must be made by a majority vote of the members present during a meeting or hearing in accordance with these Membership Rules

All matters before the Membership Committee for a decision that are to be decided by a majority vote of members present, shall be made by a show of hands indicating a “yes” or “no” vote, and the chairperson shall only be entitled to vote in the event of tie vote.

Where there is a tie in voting the chairperson shall cast the deciding vote.

## CONFLICT OF INTEREST:

A conflict of interest arises in any situation where a member of the Membership Committee or person in their immediate family has a personal or business interest in the matter under consideration.

For the purpose of this section:

- (a) “**business interest**” means any financial involvement in a business; and
- (b) “**immediate family**” means a spouse (including a common-law spouse), parent, parent-in-law, grandparent, brother, sister, child (including adopted children or those living with you as your child), grandchild, spouse of an immediate family member.
- (c) “**Personal Interest**” means that if a member of the Membership Committee stands to benefit in any way by the perspective applicant’s success or failure to become a Mamalilikulla member; i.e., contractor or ex-partner, etc.

A member of the Membership Committee who has a real or perceived conflict of interest shall, as soon as possible, duly disclose the nature and extent of their conflict to the chairperson prior to, or at a meeting of, the Membership Committee.

Where a conflict of interest exists, the member affected shall not participate in the meeting where the matter is being considered and shall not be counted in the quorum, can not participate in the discussion, attempt to influence other committee members, nor vote on the matter under consideration.

Where a party to a matter before the Membership Committee or a member of the Membership Committee believes that a conflict of interest exists and the person with the conflict of interest has not declared the conflict, the party or other member of the Membership Committee may make an application to the remaining members of the Membership Committee for a ruling as to whether a conflict of interest exists.

If a quorum of the Membership Committee can never be established because of conflicts of interest, the matter shall be brought before a Council meeting called to consider the matter in question.

The decision at the Council meeting shall be reported in the minutes, and a resolution of Council shall be recorded and have the same effect as a decision of the Membership Committee as if no conflict of interest had existed.

**CONFIDENTIALITY:**

Members of the Membership Committee shall not release information they receive in their work with the Membership Committee or information relating to the deliberations, proceedings, and decisions of the Membership Committee, unless the information:

- (a) Is part of or related to the report on an application that the Membership Committee provides to Council.
- (b) Is public information; or
- (c) Is that which the Membership Committee, by a vote of members at a duly constituted meeting, decides to release.

**If you wish to be considered for the MFN Membership committee, please apply in writing, highlighting your qualifications to sit as a committee member to:**

**Chief & Council  
Mamalilikulla First Nation  
#168-1436 Island Highway  
Campbell River, BC V9W 8C9  
Or email [john@mamalilikulla.ca](mailto:john@mamalilikulla.ca)**



## SCHEDULE A

### OATH OF OFFICE

I, \_\_\_\_\_, do solemnly swear that I accept the office of \_\_\_\_\_ for The Mamalilikulla First Nation.

I will do my utmost to carry out the duties of my position faithfully, impartially and to the best of my ability, keeping in mind that at all times my primary duty is to serve in the best interests of The Mamalilikulla First Nation.

I swear not to disclose or cause to be disclosed, during or subsequent to my term of office as \_\_\_\_\_, any matter or information that is confidential under law or under a policy of Mamalilikulla First Nation, or that is designated as confidential by the Mamalilikulla First Nation Council.

SWORN BEFORE ME at

\_\_\_\_\_, this  
\_\_\_\_\_ day of \_\_\_\_\_,  
20\_\_\_\_\_.

\_\_\_\_\_  
Justice of the Peace, Notary Public,  
Commissioner for Oaths, etc.

\_\_\_\_\_  
Signature





# Membership Application

## **Applicants Information:**

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone No.: \_\_\_\_\_ Email Address: \_\_\_\_\_

Band Number: \_\_\_\_\_ Band Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

1. Please provide a description of your individual or family connection to the Mamalilikulla:

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2. Please give us a brief overview of your connection to the Mamalilikulla First Nation:

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3. What is the reason you want to become a Member?:

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4. Please be prepared to submit to and provide a recent criminal record check.

5. Please submit a written confirmation from the Band or First Nation, where at the time of their application they are listed as a member, that they will be removed from that Band or First Nation's list of members if they become a Member.

6. Please provide a copy of your current status card.

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Signature of Applicant

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Date



## FIRST SESSION

**1ST** DIG NOVEMBER **22ND** AT 7:30 PM

**2ND** DIG NOVEMBER **23RD** AT 8:10 PM

**3RD** DIG NOVEMBER **24TH** AT 8:50 PM



## SECOND SESSION

**MONDAY** DECEMBER **5TH** 7:00 PM

**TUESDAY** DECEMBER **6TH** 7:40 PM

**WEDNESDAY** DECEMBER **7TH** 8:20 PM

**THURSDAY** DECEMBER **8TH** 9:00 PM

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# MAMALIKULLA FIRST NATION

BUTTER CLAM DIGGING IN OUR TERRITORY  
OPPORTUNITY TO LEARN ABOUT HARVESTING BUTTER CLAMS  
LEARN TO SCHUCK AND PROPERLY CLEAN

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### PLEASE NOTE :

Most Full/Winter tides are at Dark and required head lamps and most tides start after 7:00 pm until midnight

**REQUIRED BOOTS, RAIN GEAR, GLOVES, WARM CLOTHING.**

Along with me Andy Puglas Guardian Manager will have 1 or 2 more teachers.

We will take the **1st four** in the 1st session and another four in the 2nd session.

The first tide will be Tuesday November 22nd **7:30 pm** Tide and maybe leave Campbell River at **1:00 pm** and Arrive In Telegraph Cove at **3:00 pm** and head to the Village Camp **4:30 pm** or so

### First session

1st Dig **Nov. 22nd 7:30 pm**  
2nd Dig **Nov. 23rd 8:10 pm**  
3rd Dig **Nov. 24th 8:50 pm**

### Second Session

Mon **Dec. 5th 7:00 pm**  
Tue **Dec. 6th 7:40 pm**  
Wed **Dec. 7th 8:20 pm**  
Thur **Dec. 8th 9:00 pm**

**SECOND SESSION WE MAY LEAVE CAMPBELL RIVER AT 1PM**

**PLEASE NOTE: THIS WILL BE A WEATHER PERMITTED GILAGASLA**

*Andy Puglas*

**GUARDIAN MANAGER**

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## First Nations Health Benefits (Plan W): Over-the-counter drugs

### Find full list

The table below lists over-the-counter (OTC) drugs that have 100% of eligible costs covered by Plan W.








To recommend and claim an OTC drug, pharmacists must complete the [Plan W OTC Recommendation form \(PDF, 931KB\)](#). Note: Insulins and [Plan W Non-Drug OTC Benefits](#) do not require the recommendation form.

<https://www2.gov.bc.ca/assets/gov/health/health-drug-coverage/pharmacare/planw-otc-meds.pdf>


#### How to access OTC medications covered by Plan W

Updates to the list will be published on a quarterly basis. Last updated: August 16, 2022

Search:

Chemical Name	Brand Name (from Health Canada)	Strength	Dosage Form	DIN/NPN	Manufacturer
acetaminophen	ACETAMINOPHEN 325MG TABLETS REGULAR STRENGTH	325 mg	tablet	02252805	CellChem Pharmaceuticals Inc.
acetaminophen	ACETAMINOPHEN 500MG TABLETS EXTRA STRENGTH	500 mg	tablet	02252813	CellChem Pharmaceuticals Inc.
acetaminophen	 TYLENOL 8HR ARTHRITIS PAIN	650 mg	tab er	02238885	McNeil Consumer Healthcare
acetaminophen	ABENOL	650 mg	supp rect	01919407	Pendopharm Inc.
acetaminophen	 ACET 120 mg	120 mg	supp rect	02230434	Pendopharm Inc.
acetaminophen	PMS-ACETAMINOPHEN SUPPOSITORIES 120MG	120 mg	supp rect	02046660	Pharmascience Inc.
acetaminophen	 ACET 160 mg	160 mg	supp rect	02230435	Pendopharm Inc.
acetaminophen	ACETAMINOPHEN CHEWABLE TABLETS 160 MG FOR CHILDREN	160 mg	tab chew	02017431	Laboratoires Riva Inc.
acetaminophen	 TYLENOL Chewables	160 mg	tab chew	02241361	McNeil Consumer Healthcare
acetaminophen	JUNIOR STRENGTH ACETAMINOPHEN TABLETS	160 mg	tab chew	02230934	Tanta Pharmaceuticals Inc.
acetaminophen	 TYLENOL PASTHELS	160 mg	tab rapdis	02347792	McNeil Consumer Healthcare
acetaminophen	 eCounter ACETAMINOPHEN Softmelts	160 mg	tablet	02142805	Vita Health Products Inc.
acetaminophen	PDP-ACETAMINOPHEN SOLUTION 160MG/5ML	160 mg/5 mL	liquid	00792691	Pendopharm Inc.
acetaminophen	CHILDREN'S ACETAMINOPHEN ORAL SOLN 160MG/5ML	160 mg/5 mL	liquid	01901389	Jamp Pharma Corp.
acetaminophen	 TYLENOL Fever & Pain	160 mg/5 mL	oral susp	02046040	McNeil Consumer Healthcare

Chemical Name	Brand Name (from Health Canada)	Strength	Dosage Form	DIN/NPN	Manufacturer
acetaminophen		160 mg/5 mL	syrup	00875996	Paladin Labs Inc.
acetaminophen		325 mg	caplet	00389218	Teva Canada Ltd.
acetaminophen		325 mg	suppt rect	02230436	Pendopharm Inc.
acetaminophen	JAMP ACETAMINOPHEN 325	325 mg	tablet	01938088	Jamp Pharma Corp.
acetaminophen	JAMP ACETAMINOPHEN 500	500 mg	tablet	01939122	Jamp Pharma Corp.
acetaminophen		650 mg	suppt rect	02230437	Pendopharm Inc.
acetaminophen		650 mg	suppt rect	02046695	Pharmascience Inc.
acetaminophen	ACETAMINOPHEN CHEWABLE TABLETS 80 MG FOR CHILDREN	80 mg	tab chew	02017458	Laboratoires Riva Inc.
acetaminophen	CHILDREN'S CHEWABLE ACETAMINOPHEN TABLETS 80MG	80 mg	tab chew	02129957	Vita Health Products Inc.
acetaminophen	CHILDREN'S ACETAMINOPHEN TABLETS	80 mg	tab chew	02015676	Tanta Pharmaceuticals Inc.
acetaminophen		80 mg/5 mL	syrup	00884553	Paladin Labs Inc.
acetaminophen		80 mg/mL	drops	00875988	Paladin Labs Inc.
acetaminophen	PEDIATRIX DROPS	80 mg/mL	drops	02027801	Teva Canada Ltd.
acetaminophen		80 mg/mL	drops	01905864	Laboratoires Trianon Inc.
acetaminophen		80 mg/mL	drops susp	02046059	McNeil Consumer Healthcare
acetylsalicylic acid (ASA)	NOVASEN	650 mg	tab dr	00229296	Teva Canada Ltd.
acetylsalicylic acid (ASA)	ENTERIC COATED ASA TABLETS 650MG	650 mg	tab dr	00794244	Vita Health Products Inc.
acetylsalicylic acid (ASA)	ENTROPHEN ECT 500MG	500 mg	tab dr	00852015	Pendopharm Inc.
acetylsalicylic acid (ASA)	ENTERIC COATED ASA TABLETS 325MG	325 mg	tab dr	02010526	Vita Health Products Inc.
acetylsalicylic acid (ASA)		325 mg	tablet	00530336	Vita Health Products Inc.
acetylsalicylic acid (ASA)		325 mg	tab dr	02150417	Bayer Inc.
acetylsalicylic acid (ASA)	ENTERIC COATED ASA TABLETS 325MG	325 mg	tab dr	00510696	Apotex Inc.
acetylsalicylic acid (ASA)	JAMP-ASA CHEW	80 mg	tab chew	02269139	Jamp Pharma Corp.
acetylsalicylic acid (ASA)		80 mg	tab chew	02280167	Odan Laboratories Ltd.
acetylsalicylic acid (ASA)		80 mg	tab chew	02009013	Pharmascience Inc.
acetylsalicylic acid (ASA)	SNS-ASA EC	80 mg	tablet dr	02427176	Sanis Health Inc.
acetylsalicylic acid (ASA)	ASAPHEN E.C. 80 MG	80 mg	tablet dr	02238545	Pharmascience Inc.

acetylsalicylic acid (ASA)		81 mg	tablet dr	02237726	Bayer Inc.
acetylsalicylic acid (ASA)		81 mg	tablet dr	02242281	Pendopharm Inc.
acetylsalicylic acid (ASA)		81 mg	tablet dr	02244993	Pharmascience Inc.
acetylsalicylic acid (ASA)	PRAXIS ASA EC 81 MG DAILY LOW DOSE	81 mg	tablet dr	02283700	Pharmascience Inc.
acetylsalicylic acid (ASA)	ASA EC 	81 mg	tablet dr	02426811	Sanis Health Inc.
acetylsalicylic acid (ASA)		81 mg	tablet dr	02427206	Vita Health Products Inc.
acetylsalicylic acid (ASA)		81 mg	tablet dr	02433044	Pharmascience Inc.
acetylsalicylic acid (ASA)		81 mg	tablet dr	02449277	Laboratoires Trianon Inc.
acetylsalicylic acid (ASA)		81 mg	tablet dr	02243801	Pharmascience Inc.
acetylsalicylic acid (ASA)		81 mg	tablet dr	02243896	Pharmascience Inc.
acetylsalicylic acid (ASA)	COATED DAILY LOW DOSE ASA 81 MG	81 mg	tablet dr	02377683	Apotex Inc.
bacitracin		500 unit/g	oint (g)	00584908	Pendopharm Inc.
bacitracin zinc/polymyxin B		500-10 k/g	oint (g)	02237227	Johnson & Johnson Inc.
bacitracin/gramicidin /polymyxn		500-0.25 mg	oint (g)	02237226	Johnson & Johnson Inc.
bacitracin/polymyxin B sulfate		500-10 k/g	oint (g)	00621366	Odan Laboratories
bacitracin/polymyxin B sulfate	POLYSPORIN STERILE OPHTHALMIC OINTMENT	500-10 k/g	oint (g)	02239157	Johnson & Johnson Inc.
bacitracin/polymyxin B sulfate	ANTIBIOTIC OINTMENT	500-10 k/g	oint (g)	02304473	Pharmascience Inc.
benzoyl peroxide		5%	cleanser	02162121	Columbia Laboratories Canada Inc.
benzoyl peroxide		5%	gel alcohol	02162113	Columbia Laboratories Canada Inc.
benzoyl peroxide	BENZAGEL 5 LOTION	5%	lotion	02166607	Columbia Laboratories Canada Inc.
bisacodyl		10 mg	supp rect	02458853	CellChem Pharmaceuticals Inc.
bisacodyl	BISACODYL SUPPOSITORY	10 mg	supp rect	02361450	Jamp Pharma Corp.
bisacodyl		10 mg	supp rect	00003875	Sanofi Consumer Health Inc.
bisacodyl	PMS-BISACODYL	10 mg	supp rect	00582883	Pharmascience Inc.
bisacodyl		5 mg	tablet dr	02246039	Jamp Pharma Corp.
bisacodyl		5 mg	tablet dr	02273411	Odan Laboratories Ltd.
bisacodyl		5 mg	tablet dr	00545023	Apotex Inc.
bisacodyl	PMS-BISACODYL	5 mg	tablet dr	00587273	Pharmascience Inc.

calcium		100/1.25 mL	liquid	80025523	Jamp Pharma Corp.
calcium	MCAL D1000	1000 mg	tablet	80019536	Mantra Pharma Inc.
calcium	NU-CAL LIQUID	100 mg	liquid	80043628	Odan Laboratories Ltd.
calcium		100 mg/1.25 mL	liquid	80025527	Jamp Pharma Corp.
calcium	SOLUCAL 20MG/ML	20 mg/mL	liquid	80002626	Jamp Pharma Corp.
calcium		20 mg/mL	liquid	80006877	Wampole
calcium	PHARMA-CAL 500MG	500 mg	caplet	80001122	Pendopharm Inc.
calcium	CHEWABLE CALCIUM TAB 500MG	500 mg	tab chew	00705373	Wampole
calcium		500 mg	tablet	00618098	Odan Laboratories Ltd.
calcium	O-CALCIUM 500	500 mg	tablet	00622443	Vita Health Products Inc.
calcium	APO-CAL 500 TAB 1250MG	500 mg	tablet	00682039	Apotex Inc.
calcium	CALCIUM 500MG TABLET	500 mg	tablet	02240240	Pharmetics
calcium		500 mg	tablet	02246040	Jamp Pharma Corp.
calcium	OYSTER SHELL CALCIUM 500MG	500 mg	tablet	80001408	Nutricorp International
calcium		500 mg	tablet	80003658	WN Pharmaceuticals Ltd.
calcium	CALCIUM 500	500 mg	tablet	80003773	Laboratoires Trianon Inc.
calcium	CAL-500	500 mg	tablet	80017732	ProDoc Ltée
calcium	M-CAL 500MG	500 mg	tablet	80055526	Mantra Pharma Inc.
calcium	CALCIUM CARBONATE 500 MG TAB	500 mg	tablet	80062015	Sanis Health Inc.
calcium carbonate		1000 mg	tab chew	02151138	GlaxoSmithKline
calcium carbonate		500 mg	tab chew	01970240	GlaxoSmithKline
calcium carbonate		750 mg	tab chew	01967932	GlaxoSmithKline
calcium polystyrene sulfonate	RESONIUM CALCIUM	999 mg/g	powder for solution	02017741	Sanofi-Aventis Canada Inc.
calcium vitamin D	CARBOCAL D 400	500 mg/400 IU	tablet	02245511	Sandoz Canada Inc.
calcium vitamin D	CALCIUM 500 D 400IU TAB	500 mg/400 IU	tablet	80004969	Laboratoires Trianon Inc.
calcium vitamin D	MCAL D400 CROQUER 500MG/400IU	500 mg/400 IU	tablet	80009412	Mantra Pharma Inc.
calcium vitamin D	BIOCAL-D FORTE	500 mg/400 IU	tablet	80012594	Biomed Pharma
calcium vitamin D	CALCIUM 500MG + VITAMIN D 400IU TABLETS	500 mg/400 IU	tablet	80002122	Jamp Pharma Corp.