

# TESLIN POST



Village of Teslin  
Box 130  
Teslin, YT  
Y0A 1B0

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## To reach:

**Shelley Hassard, CAO**  
[shelley.hassard@teslin.ca](mailto:shelley.hassard@teslin.ca)

**Matthias Liniger, Treasurer**  
[matthias.liniger@teslin.ca](mailto:matthias.liniger@teslin.ca)

**Cole Hunking, Public Works Foreman**  
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**Kelsey Hassard, Recreation Programmer**  
[teslinrec@teslin.ca](mailto:teslinrec@teslin.ca)

**Rose Ann Cardenas, Admin Assistant**  
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Visit us at  
[www.teslin.ca](http://www.teslin.ca)

## What's inside?

- ❖ Council Minutes
- ❖ Administration Report
- ❖ Public Notices / Announcements
- ❖ Teslin Recreation (Activities & Events)
- ❖ Photos
- ❖ Prostate Cancer Awareness Month
- ❖ Healthy School Snacks Recipe
- ❖ Back-To-School Crafts

The Village of  
*Teslin*



Gateway to the  
Southern  
Lakes



# Village of Teslin

July 10, 2017  
Regular Council Meeting  
Minutes

## Meeting # 12- 17

Members Present: Mayor Clara Jules  
Councilor Gord Curran  
Councilor Denise Johnston  
Councilor Lance Saligo  
Councilor Trevor Sallis

Member Absent:

Public Present: Cnst. Pradolini

Mayor Clara Jules called the meeting to order at 7:30 p.m.

### 1. Adoption of Agenda

1.1. Adoption of the Agenda for July 10, 2017.

63-12-17

Moved by Councilor Johnston;

Seconded by Councilor Sallis;

**BE IT RESOLVED** that Village Council adopted the Agenda for July 10, 2017 with the following additions:

**10.2 TTC Request for Zoning Amendment**

**10.3 AYC Update**

~carried~

### 2. Adoption of Minutes

2.1. Adoption of the Minutes for June 26, 2017 Minutes Enclosed.

64-12-17

Moved by Councilor Curran;

Seconded by Councilor Saligo;

**BE IT RESOLVE** that Village Council approved the Minutes of June 26, 2017 as presented.

~carried~

### 3. Hearing of Delegations and Individuals

3.1. RCMP Report - June 2017

Cnst. Pradolini attended the meeting, gave a verbal report and answered questions from Council.

### 4. Reports and Recommendations of Boards Established by Council

4.1. CAO Report for June 2017  
Information.



- 4.2. Recreation Report for June 2017  
Information.

5. **Reports from Village Administration, Standing or Special Committees of Council**

6. **Receipt of Notice of Motion to be considered at a Subsequent Meeting of Council**

7. **Consideration of Items of Correspondence**

- 7.1. Invitation - Teleconference Marijuana and Local Government  
Information.
- 7.2. FCM - Marijuana Legalization and Regulation Municipal Perspective.  
Information.
- 7.3. Minister Pillai - Community Development Fund Annual Report  
Information.
- 7.4. Yukon Government News Release - Major Infrastructure Investment in  
Yukon  
Information.

8. **Consideration of Items of Accounts Payable by Village**

- 8.1. June 2017 Accounts Payable

65-12-17

Moved by Councilor Curran;  
Seconded by Councilor Saligo;

**BE IT RESOLVED** that Village Council approved the June 2017 Accounts Payable in the amount of \$143,962.33 as presented.

~carried~

9. **Introduction and Consideration of By-laws**



**10. New and Unfinished Business**

10.1. Award Contract - Alaska Highway Vegetation Control

66-12-17

Moved by Councilor Curran;

Seconded by Councilor Saligo;

**BE IT RESOLVED** that Village Council award the contract to the lowest bidder, Sonrise General Contracting.

~carried~

10.2. TTC Request for Zoning Amendment.

Council gave direction to the CAO to schedule a public hearing on the Zoning Amendment for Tuesday July 25th, 7:30pm in the RecPlex and to advertise the hearing locally, including a letter to the residents on the Sawmill Road.

10.3. AYC Update

Councilor Curran gave a verbal update on AYC.

**11. Question Period****12. Closed Session****13. Scheduled meetings and other important dates for Council**

13.1. Scheduled Meetings

**14. Adjournment**

Meeting adjourned at 8:45 p.m.





# Village of Teslin

July 24, 2017  
Regular Council Meeting  
Minutes

## Meeting # 13 - 17

Members Present: Mayor Clara Jules  
Councilor Gord Curran  
Councilor Denise Johnston  
Councilor Lance Saligo

Member Absent: Councilor Trevor Sallis

Public Present: Volunteer Fire Department Chief –  
James Smarch

Mayor Clara Jules called the meeting to order at 7:30 p.m.

### 1. Adoption of Agenda

1.1. Adoption of the Agenda for July 24, 2017.

67-13-17

Moved by Councilor D. Johnston;  
Seconded by Councilor G. Curran;

**BE IT RESOLVE** that Village Council Adopted the Agenda for July 24, 2017 with the following addition:

**10.2 AYC Update**

~carried~

### 2. Adoption of Minutes

2.1. Adoption of the Minutes for July 10, 2017 Minutes Enclosed.

68-13-17

Moved by Councilor L. Saligo;  
Seconded by Councilor D. Johnston;

**BE IT RESOLVED** that Village Council approved the Minutes of July 10, 2017 as presented.

~carried~

### 3. Hearing of Delegations and Individuals

3.1. Fire Chief Report

Fire Chief James Smarch gave Council a verbal report on the operations of Teslin Volunteer Fire Dept.

### 4. Reports and Recommendations of Boards Established by Council

### 5. Reports from Village Administration, Standing or Special Committees of Council

5.1. June 2017 Financial Statements



69-13-17

Moved by Councilor G. Curran;

Seconded by Councilor L. Saligo;

**BE IT RESOLVED** that Village Council approved the June 2017 Financial Statements as presented.

~carried~

6. **Receipt of Notice of Motion to be considered at a Subsequent Meeting of Council**

7. **Consideration of Items of Correspondence**

7.1. Contribution Request for 5th Haa Kusteeyi Celebration

70-13-17

Moved by Councilor G. Curran;

Seconded by Councilor L. Saligo;

**BE IT RESOLVED** that Village Council donates \$20,000 from the Recreation reserve account and any VOT service required during normal business hours. Any services needed after hours or during the weekend must be paid at overtime rates.

~carried~

7.2. Amendments to the Pounds Act for Livestock Control.  
Information.

7.3. Minister Streicker - Invitation to CMG Review Working Group  
Council indicated that they were supportive of the CAO, Shelley Hassard, sitting on either the CMG working Group, or solid waste working group for AYC.

7.4. News Release - Texas 4000 Charity Bike Ride  
Information

8. **Consideration of Items of Accounts Payable by Village**

9. **Introduction and Consideration of By-laws**

9.1. First Reading of ByLaw #17-224 Zoning Amendment

71-13-17

Moved by Councilor D. Johnston;

Seconded by Councilor L. Saligo;

**BE IT RESOLVED** that Village Council had a First Reading of the ByLaw #17-224 Zoning Amendment.

~carried~



**10. New and Unfinished Business**

## 10.1. 2017 Sale of Surplus Items

72-13-17

Moved by Councilor G. Curran;

Seconded by Councilor L. Saligo;

**BE IT RESOLVED** that Village Council approved the list of surplus items for sales.

~carried~

## 10.2. AYC Update

Council Curran gave a verbal update.

**11. Question Period****12. Closed Session****13. Scheduled meetings and other important dates for Council**

## 13.1. Scheduled Meetings

**14. Adjournment**

Meeting adjourned at 8:53 p.m.



# September 2017: Prostate Cancer Awareness Month in Teslin

Last August 22, 2017, Regular Council meeting under the resolution #77-14-17,


**WHEREAS**, prostate cancer is the most common cancer to affect Canadian men; and  
**WHEREAS**, 1 in 7 Canadian men will be diagnosed with the disease in his lifetime; and

**WHEREAS**, an estimated 21,300 Canadian men will be diagnosed with prostate cancer this year; and

**WHEREAS**, the survival rate for prostate cancer can be over 90% when detected early; and

**WHEREAS**, those with a family history of the disease, or those of African or Caribbean descent, are at a greater risk of developing prostate cancer; and  
**WHEREAS**, Prostate Cancer Canada recommends that men get a PSA test in their 40s to establish their baseline;


**THEREFORE, BE IT RESOLVED that**, Village Council do hereby proclaim **September 2017 as Prostate Cancer Awareness Month** in Teslin.




Prostate Cancer Canada  
prostatecancer.ca

## PSA : Know Your Number


### Risk Factors




**Age:** Risk for prostate cancer increases with age.




**Race:** Men of black African or black Caribbean descent have increased risk for prostate cancer.




**Family History:** Men with a first degree relative (brother, father, son) with prostate cancer have an increased chance of getting the disease.





**Did you know?**


The PSA test is a simple blood test, taken from your arm, that measures the amount of prostate specific antigen in your blood.



While there are controversies with the PSA test, high numbers serve as a powerful red flag for further investigation.

### Prostate Cancer Canada Recommends

At Age		
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <small>UNDER</small> <b>40</b> </div>	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>40 - 70</b> </div>	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>70+</b> </div>
<small>Years</small>		
At high risk? Talk to your primary care provider about prostate cancer.	Get a PSA test in your 40's to establish your baseline.	The decision to end PSA testing should be based on individual factors.



PCC advocates for shared decision making between doctor and patient

**For more information, visit [prostatecancer.ca](http://prostatecancer.ca)**

Prostate Cancer Information Service  
 1-855-PCC-INFO (1-855-722-4636) or email [support@prostatecancer.ca](mailto:support@prostatecancer.ca)

Charitable Registration Number: BN 85127 0644 RR1001





Prepared by:  
Shelley Hassard, CAO  
Cole Hunking, Public Works Foreman

### **TESLIN ROADS**

All roads are in summer driving condition we have done some patching and will continue as needed throughout the summer. The Road (BST) project has started and is on schedule to be complete next month. The Alaska Highway shoulder mowing contract has been awarded to Sonrise Contracting the work has started will be completed by the end of the month.

### **SOLID WASTE FACILITY (LANDFILL)**

To comply with our new waste management permit, we have done some upgrades to our transfer station these upgrades also make it more user-friendly. The new bylaw has been passed by Council and the new fees were in effect January 2017. The landfill fees and fines are listed in the Teslin Post, available at the Village office, posted at the landfill and on our website. If you would like to review the bylaw please stop by or call the Village Office.

Over the next few months we will be implementing the new bin system at the landfill; construction waste, metal, and appliance areas of the landfill will be closed to the public and the public will drop these waste streams into designated bins that are setup near the household waste bin. Arrangements can be made with the Village office for commercial vehicles to continue have access to the designated areas.

An average of one refuse bin a week is being sent to Whitehorse landfill for disposal. Everyone is encouraged to do recycling at home and at work to reduce the amount of material that goes to the landfill.

### **LAGOON AND SEWER SYSTEM**

All systems are in good working order. Please be aware and careful on what is being flushed down the system. Cleaning and inspecting of the sewer lines has begun and will be complete this fall.

### **WATER QUALITY/ WATER DELIVERY**

The new Water Treatment Plant (WTP) is in good working condition and we are planning some regular maintenance for the summer months. The annual water report is due at the end of March we are compiling information and will have the report to the water board by the end of the month





## Administration Report AUGUST 2017

Please ensure that pathways to the water fill spouts are clear and sanitary for safe water delivery. Please notify us if you will be away and not requiring water delivery. Kindly ensure that spouts & tank whistles are in good working order and lids closed to help avoid water overflow.

We have trained more staff on our water truck and delivery system so we have a few backup operators to help ensure our delivery system operates smoothly.

Please keep your driveway accessible for the water truck.

### **DOG CONTROL**

We have received some complaints and concerns about dogs running at large. Please ensure your pets are secure on your property. We take these reports very serious and are actively pursuing loose dogs, our public works staff do patrol for stray dogs 7 days a week! If you have stray dogs wandering on your property, please call the Village office.

The Yukon Government has announced a new community dog spay program which began Aug. 1<sup>st</sup>, the project will provide \$ 250.00 per spay surgery of one female dog, per dog owner in rural communities. Teslin Tlingit Council and Village of Teslin have created a program to enhance the YG program by assisting residents with neutering male dogs. The joint Councils will provide up to \$ 250.00 to residents of Teslin for one male dog. Please call the Village office for more information and to make arrangements to use this program.

### **RECREATION BUILDINGS**

Youth recreation summer camps are in full swing and keeping the kids occupied! Check out Teslin recreation Facebook page, the recreation calendar, and posters around town for programming and events.

We have completed some minor renovations in our buildings to add some storage space. Painting in the arena hallways continues. The LED light replacement RFP closes at the end of the month.

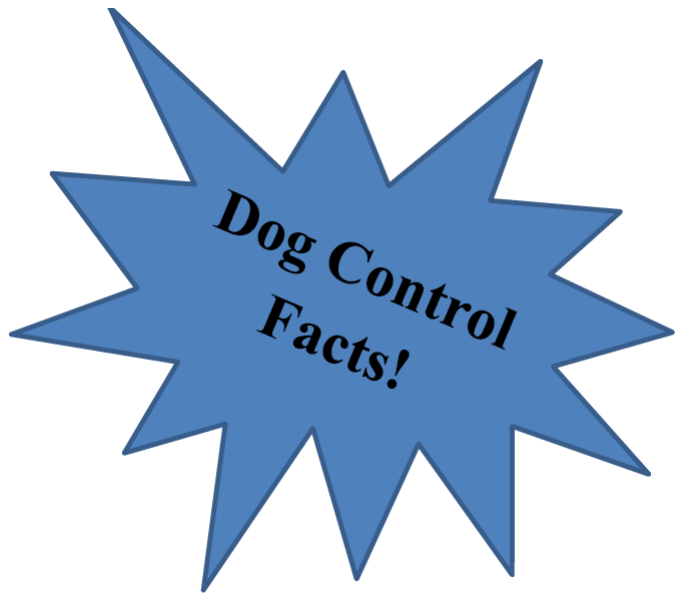
### **OTHER**

911 is working in Teslin if you have a fire emergency you can call 911 or 390-2222 to reach our volunteer fire department.

Shelley Hassard, CAO

Cole Hunking, Public Works foreman





All dogs must be licensed with the Village Of Teslin. There are two programs sponsored by YG & TTC/VOT to assist dog owners with the vet bill to have your dog spayed or neutered. Dogs running at large (off their property & not with the owner) will be picked up by the Village of Teslin. We only hold dogs in our pound for 3 business days after that the dog will be relocated or re-homed.

**Pound Fees**

Licensed Dog – First offense \$75.00

Unlicensed Dog- First offense \$100.00 plus the purchase of a license \$80.00

**Cost of License**

Not spayed or neutered - \$80.00

Spayed or neutered -FREE

**Please Note**

Citizens can catch & hold any dog that is running at large & turn the dog over to the Village Of Teslin

For more information please contact the Village Of Teslin

Phone: 867-390-2530

Email: [admin.teslin@teslin.ca](mailto:admin.teslin@teslin.ca)

# Gymnastic Camp



# Gymnastic Camp





# Stand-Up Paddle Boarding



# Science Camp



# Beverage Container Regulation

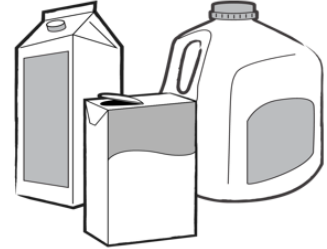
Starting last August 1, 2017, refunds for ready-to-serve beverage containers will be divided into 3 groups:



**750ml and MORE**  
Surcharge you pay: 35¢  
Refund you get: 25¢



**LESS than 750ml**  
Surcharge you pay: 10¢  
Refund you get: 5¢



**ALL MILK and MILK SUBSTITUTES  
ALL SIZES**  
Surcharge you pay: 10¢  
Refund you get: 5¢

*Easy for you, easy on the environment. Learn more at [ygrecycles.ca](http://ygrecycles.ca)*



Just reminding you to let VOT know your volunteer hours so we can keep track for the volunteer of the year program!

## Teslin's New Volunteer Recognition Program

Starting July 1<sup>st</sup>!

Big prizes to be awarded each year!  
Track Hours within local groups  
Coordinator for each group reports on hours & activity to VOT Admin  
In May of each year, the information gets sent to a Joint Council meeting for the decision making and on every July 1<sup>st</sup> we will announce the winner!



## BADMINTON NIGHTS

Every Thursday  
7-9 PM  
Recplex

**Free**

We have racquets and  
all other supplies - just  
bring yourself!



## Seniors/Elders Walking Group

When: **Every Tuesday**  
Where: **at the Recreation Centre**

*For questions or concerns, please contact  
Kelsey Hassard at 335-4250 or [teslinrec@teslin.ca](mailto:teslinrec@teslin.ca)*



# RECREATION ACTIVITIES & EVENTS

## After School Activities

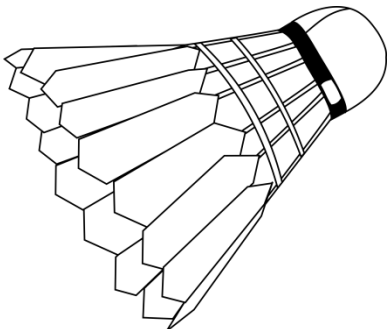
### September Schedule

**Mondays:** Grade 4 -9 After School Sports (3:30 - 5:00) at the Rec Center

**Tuesdays:** K4 - Grade 4 After School Sports (3:30-5:00) at the Rec Center

**Wednesdays:** Grade 4 -9 After School Sports (3:30 - 5:00) at the Rec Center

**Thursdays:** Grade 4-9 After School Sports (3:30 to 5:00) at Rec Center



# senior socials

Wednesday at the RecPlex  
from 10am to 12pm

Come play cards, visit,  
and have a good time!

If you have any questions or concerns  
Contact Kelsey at [teslinrec@teslin.ca](mailto:teslinrec@teslin.ca) or 867-335-4250



## BORN TO FLY

Are you in grades 3 to 8 and interested  
in being a part of a really cool girls  
group?

If so then come to the Recreation Centre  
every Friday from 8 – 10pm to take part  
in cool activities, games and crafts!

Snacks provided!

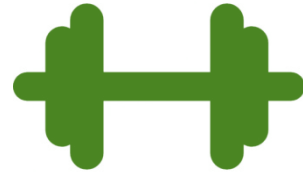
Contact Kelsey at [teslinrec@teslin.ca](mailto:teslinrec@teslin.ca) or  
335-4250 if you have questions!



# FUN & GAMES



# NEW FEES FOR EXERCISE ROOM



**1 Time Visit (All ages)                      \$5**

**Youth/Senior (youth up to 18 years – seniors (55 +))**

1 Month	\$15
3 Months	\$30
1 Year	\$120

**Adult (18 – 54 years)**

1 Month	\$30
3 Months	\$60
1 Year	\$240

**Family**

1 Month	\$45
3 Month	\$90
1 Year	\$360

All Youth must be accompanied by an adult and an experienced weight room user. Family rate includes up to 2 adults & 2 youth who live in the **same** household.

All users must complete an exercise room waiver before using the exercise room.



# Gym Hours

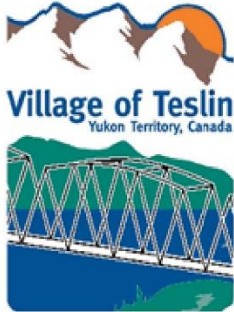


Sunday 8:00 am – 5:00 pm  
Monday 8:00 am – 9:00 pm  
Tuesday 8:00 am – 9:00 pm  
Wednesday 8:00 am – 9:00 pm  
Thursday 8:00 am – 9:00 pm  
Friday 8:00 am – 5:00 pm  
Saturday - Closed



**Reminder**  
*The door code is changed monthly  
Memberships can be purchased at  
the Village office # 390-2530*





There will be  
**NO Water Delivery**  
**on Monday**  
**September 4, 2017**

For **LABOUR DAY**

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*All Monday water Customers will receive water  
delivery on Tuesday.*

Sorry for any inconvenience.

Posted Tuesday, August 29, 2017

## Credit Distance Courses

### Fall Semester Duration

15 weeks

September to December

### Tuition and Fees

Varies depending on the course

These courses are available via distance and can be accessed either at home with a computer and internet connection, or at the Teslin campus (with prior arrangement).

If you have questions or to register you must contact the Program Advisor of each division who is listed at the bottom of each list section.

For course outlines visit [www.yukoncollege.yk.ca](http://www.yukoncollege.yk.ca).

If you need additional help, please contact the Teslin Campus at 390-8800.

LIBERAL ARTS COURSES		
Course Name	Dates	Schedule
Climate Change and Policy Literacy	Sept 6 - Dec 21	Online
Policy Responses & Options	Sept 6 - Dec 21	Online
History of Yukon First Nations & Self Government	Sept 6 - Dec 21	Online
Language & Culture Preservation	Sept 6 - Dec 21	Online
Introduction to Women's Studies	Sept 6 - Dec 21	Online
Academic Writing & Critical Thinking	Sept 6 - Dec 21	Wednesdays 4:00pm - 7:00pm
Introduction to Psychology	Sept 6 - Dec 21	Mondays 4:00 - 5:00 pm
Introduction to the Fields of Anthropology	Sept 6 - Dec 21	Mon/Wed 10:30 - 12:00
Public Policy	Sept 8 - Dec 21	9:00am - 4:00 pm Alt Fridays
If you are interested in any of these Liberal Arts courses, please call Victoria Castillo at 867.456.8615		



# Upcoming Credit Distance Courses



## EARLY LEARNING & CHILD CARE CERTIFICATE COURSES

Course Name	Dates	Schedule
Cultural Competencies in ELCC	Sept 7 to Dec 7	Thursdays 6:30 - 9:30
Child Growth & Development 1	Sept 12 to Dec 12	Tuesdays 6:30 - 9:30
Introduction to ELCC	Sept 6 - Dec 6	Wednesdays 6:30 - 9:30
Field Placement 1	Sept 18 - Dec 1	Monday - Friday Off Site
Integration Seminar 1	Sept 11 - Dec 1	Mondays 4:30 - 6:30
Philosophies of ELCC	Sept 6 - Dec 6	Wednesdays 6:30 - 9:30
Ecology of the Family	Sept 7 to Dec 7	Thursdays 6:30 - 9:30
Field Placement III	Sept 18 - Dec 8	Monday - Friday Offsite
Integration Seminar III	Sept 11 - Dec 1	Online
Leadership, Team Building & Administration	Sept 12 - Dec 12	Tuesdays 6:30 - 9:30
Please contact Brooke Alsbury at 867.456.6989 for more information or to register		

## COLLEGE PREPARATION COURSES

Course Name	Dates	Schedule
Introduction to Biology	Sept 5 to Dec 15	Tues/Thurs 1:00 - 2:30
Introduction to Chemistry 1	Sept 12 to Dec 15	Mon - Thurs 10:30 - 12:00
English: Communication through Reading & Writing	Sept 6 - Dec 14	Mon - Thurs 10:30 - 12:00
English: Communication through Reading & Writing	Sept 6 - Dec 14	Mon - Thurs 3:00 - 4:30
English: College Writing Skills	Sept 6 - Dec 14	Mon - Thurs 10:30 - 12:00
English: Composition & Literature	Sept 6 - Dec 14	Tues/Thurs 6:00 - 9:00
Environmental Change & Fish & Wildlife Health	Sept 7 to Dec 7	Tues/Thurs 1:00 - 2:30
History of Yukon First Nations	Sept 6 - Dec 14	Tues/Thurs 4:00 - 5:30
Basic College Math	Sept 6 - Dec 15	Mon - Fri 8:30 - 10:00 & M/W/F 1:00 - 2:30
Basic College Math	Sept 6 - Dec 15	Mon - Fri 1:00 - 3:00 & Fri 10:00 - 2:00
Intermediate Algebra	Sept 6 - Dec 15	Mon - Fri 8:30 - 10 & Wed 2:30 - 4:00 & Fri 10:30 - 12:00
Advanced Algebra & Trigonometry	Sept 6 - Dec 15	Mon - Fri 8:30 - 10:00
Principles of Physics	Sept 6 - Dec 14	Tues/Thurs 2:30 - 4:00
If you are interested in signing up for any College Prep courses, call 867.668.8850 or come to the campus to make an appointment with a Program Advisor		



Teslin Campus 867.390.8800  
ycteslin@yukoncollege.yk.ca

yukoncollege.yk.ca





# September

# 2017

## Recreation Calendar

**2017**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	01	02
03	04 STAT HOLIDAY	05 Seniors/Elders Walking Group 10 to 12 rec After school sports K4 to grade 4 3:30 to 5:00 rec	06 Seniors Social 10 to 11:30 rec After School Sports grade 4 to 9 3:30 to 5:00 rec Boys Club 6 to 8 rec	07 After School Sports K4 to grade 4 3:30 to 5:00 rec	08 Girls Club 8:00 to 10:00 rec	09
10	11 After School Sports grade 4 to 9 3:30 to 5:00 rec	12 Seniors/Elders Walking Group 10 to 12 rec After school sports K4 to grade 4 3:30 to 5:00 rec	13 Seniors Social 10 to 11:30 rec After School Sports grade 4 to 9 3:30 to 5:00 rec Boys Club 6 to 8 rec	14 After School Sports K4 to grade 4 3:30 to 5:00 rec	15 Girls Club 8:00 to 10:00 rec	16
17	18 After School Sports grade 4 to 9 3:30 to 5:00 rec	19 Seniors/Elders Walking Group 10 to 12 rec After school sports K4 to grade 4 3:30 to 5:00 rec	20 Seniors Social 10 to 11:30 rec After School Sports grade 4 to 9 3:30 to 5:00 rec Boys Club 6 to 8 rec	21 After School Sports K4 to grade 4 3:30 to 5:00 rec	22 Girls Club 8:00 to 10:00 rec	23
24	25 After School Sports grade 4 to 9 3:30 to 5:00 rec	26 Seniors/Elders Walking Group 10 to 12 rec After school sports K4 to grade 4 3:30 to 5:00 rec	27 Seniors Social 10 to 11:30 rec After School Sports grade 4 to 9 3:30 to 5:00 rec Boys Club 6 to 8 rec	28 After School Sports K4 to grade 4 3:30 to 5:00 rec	29 Girls Club 8:00 to 10:00 rec	30
01	02	Notes:				

ARCTIC  
INSPIRATION PRIZE



PRIX INSPIRATION  
ARCTIQUE

# APPLY NOW!

## UP TO \$3 MILLION WILL BE AWARDED

**\$1 MILLION**  
— FOR —  
**1 TEAM**

**UP TO  
\$500,000 EACH**  
— FOR UP TO —  
**4 TEAMS**

**UP TO  
\$100,000 EACH**  
— FOR UP TO —  
**7 YOUTH  
TEAMS**



**DO YOU HAVE AN  
INNOVATIVE IDEA?**

TO LEARN MORE, VISIT

**[ArcticInspirationPrize.ca](http://ArcticInspirationPrize.ca)**

The Arctic Inspiration Prize is for the North, by the North, with generous support from the South. It encourages, enables and celebrates achievements of the peoples of the North.



**Meals on Wheels** is a federal program that improves the nutritional status of the people in the community and promotes their capacity to live independently.

Open to all **Teslin residents** who are over 65 years (without referral) and to the disabled (long and short term with referral).

**Meals on Wheels** is managed by TTC Health and Social Department delivered to clients home on Tuesdays and Thursdays.

**Community lunch** is also provided by meals on wheels program and served every second Wednesday at the long house (open to whole community)

For questions and meal delivery, please contact  
Dale Secord 390-2532 ext. 383  
Dalyce Huot 390-2532 ext. 381  
Fay 336-3465



# Healthy Kids Snacks For School

## Tortilla Pizzas



What you need:

- Small corn tortillas
- Salsa
- Shredded cheddar cheese

Mound a little salsa and cheese on each tortilla. Cook on foil-lined tray in toaster oven until cheese has melted and is brown at the edges.

Kids can help: Assemble the "pizzas," cover the tray with foil.

Extras: A layer of refried beans under the salsa, cilantro for garnish, a dollop of sour cream or a sprinkle of finely chopped green pepper.

## Zucchini Muffins



Into a large bowl mix:

- 2 cups all purpose flour
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 1/8 tsp. nutmeg
- 1/8 tsp. ginger
- 1/8 tsp. allspice
- 1/2 tsp. salt

Stir in:

- 2 cups grated zucchini
- 1 apple peeled, cored and grated

In another bowl, beat:

- 3 eggs
- 2 tsp. vanilla
- 1/2 cup unsweetened apple sauce
- 1/2 cup oil (vegetable or canola)

Stir into flour mixture until batter is just combined. Spoon into well greased muffin cups, filling to the top. (Note: If you are using muffin liners you may need to spray with cooking spray to prevent the muffins from sticking to the paper.) Bake at 350° for 20 minutes.

# Healthy Kids Snacks For School

## Chocolate Banana Crepes



What you need:

- Pat of butter
- One banana, thinly sliced
- Handful chocolate chips
- Two flour tortillas
- Powdered sugar for dusting (optional)

Melt butter in non-stick pan. Arrange banana slices over one tortilla and mash them in very lightly with a fork. Dot with chocolate chips and place second tortilla on top. Slide into frying pan and cook for a few minutes on each side, until brown and golden at the edges. Let cool for a minute or two, then slice into wedges and serve dusted with powdered sugar, if desired.

Kids can help: Peel banana, spread banana slices on tortilla, lightly mash bananas and arrange chocolate chips over fruit

## Juice Jelly Cubes



Deb Perelman

What you need:

- 2 cups of your kid's favorite juice (we used grape and grapefruit in the photo)
- 2 packets of unflavored gelatin
- 1 tablespoon sugar or honey (optional)

Pour 1/2 cup of juice in a bowl and sprinkle gelatin over it. While this sits, heat the remaining juice to boil (can do this in the microwave for 2 to 3 minutes). Pour hot juice over juice and gelatin mixture and stir, adding in extra sugar if desired. Pour mixture into the bottom of a loaf pan and chill for three hours, or until firm. Cut into squares.

Kids can help: Measure, mix

Extras: Pour mixture into miniature or regular-sized muffin tins for different shapes.

# Healthy Kids Snacks For School

## Coconut Cashew Butter Bonbons



### Ingredients

- 1 cup crisp rice cereal
- 1/2 cup cashew butter
- 2 tablespoons pure maple syrup
- 1/4 teaspoon fine sea salt or table salt
- 1/4 cup unsweetened shredded coconut

Mix together the cereal, cashew butter, maple syrup, and salt in a medium bowl. Form the mixture into 12 1½-inch balls. Roll the balls in the coconut. Refrigerator in an airtight container for up to 5 days.

## Apple Snack Cake



### Ingredients

- 4 tablespoons unsalted butter, melted, plus more for pan
- 1 cup whole-wheat flour
- 3/4 cup granulated sugar
- 3/4 teaspoon baking powder
- 3/4 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/2 cup applesauce
- 1/2 cup buttermilk
- 1 large egg
- confectioners' sugar, for dusting

Heat oven to 350° F. Butter an 8-inch baking dish. Whisk together the flour, sugar, baking powder, baking soda, and cinnamon in a medium bowl; set aside. Add the applesauce, buttermilk, butter, and egg and mix to combine. Transfer to the prepared pan and bake until a toothpick inserted in the center comes clean, 20 to 30 minutes. Cool in the pan for 5 minutes, then turn out to cool completely. Dust with the confectioners' sugar.

# Back-to-School Crafts to Kick Off the School Year Right

## Backpack with Iron-on Patches



Source: <http://www.marthastewart.com/1519331/backpack-with-iron-on-patches>

### MATERIALS

- Backpack Iron-on patches
- Handheld iron
- Pressing cloth

### STEPS

1. To prep handheld iron, turn on to the hottest setting (avoid using steam) and work on a table or other hard, heat-resistant surface (not an ironing board, which has too much padding).
2. Place patches where desired on backpack.
3. To apply each patch individually, layer pressing cloth between the patch and iron. Press down on patch for 30 seconds, covering with heat evenly.

## Tree-Bark Pen Holder

### MATERIALS

- Sturdy cylindrical container
- Tree bark
- Scissors
- Wax twine

### STEPS

1. Choose a container that matches the height of the bark.
2. Wrap the piece of bark around the container. For a more finished look, trim the bottom of the bark with scissors to make an even line.
3. Secure bark by wrapping wax twine several times around the container. Knot and snip the ends of the twine.



Source: <http://www.marthastewart.com/267872/tree-bark-pen-holder>

# Back-to-School Crafts to Kick Off the School Year Right

## Painted Notebooks



Source:  
<http://www.marthastewart.com/1063902/martha-stewart-monthly-color-story-notebooks>

## Patch Keychains

### MATERIALS

- Patches
- Leather
- Super-fast glue
- Split key ring with chain
- Scissors
- Paper clips

### STEPS

1. Match your patches to complementary leather scraps. Apply a generous amount of glue to the back of your patch and adhere it to the right side of the leather, leaving excess fabric around the border of the patch including 2 inches at the top where you will attach a key ring and chain.
2. Trim excess leather using scissors. Leave a long strip from the aforementioned 2 inches of excess to attach the keychain ring.
3. Insert the key ring towards the opening and glue the end to the back of the leather.
4. Apply pressure to the glued area by using a paper clip. Let dry according to the glue instructions.

### MATERIALS

- Martha Stewart Craft Paint
- spiral notebooks with cardboard fronts
- Foam Pouncer

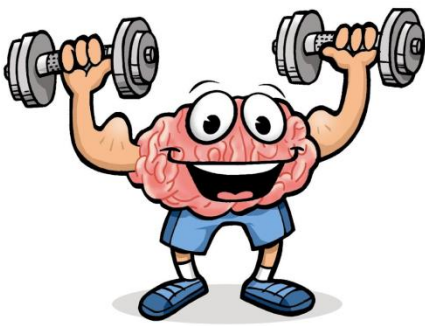
### STEPS

1. Base-coat two of the notebooks with Porcelain Doll and let dry. Base-coat third notebook with Wedding Cake and let dry.
2. Dot notebook: Using the large foam pouncers, add dots and alternate the colors in rows.
3. Ombre notebook: Using Camellia Pink, paint a wide stripe in center of notebook. Before it dries, paint a large stripe of Pink Dahlia at the bottom. Blend the colors where they meet, adding a little paint to your brush as needed.
4. Free-form stripes: Alternate Pea Shoot, Camellia Pink, and Porcelain Doll, creating stripes



Source: <http://www.marthastewart.com/1519420/patch-keychains>





# Brain Booster

	7							5
2	5					3	4	6
9		6	4					
5				4	9			
		7	5		8	9		
			2	6				4
					6	5		8
1	8	5					7	3
6							1	

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3	7	4	6	8	2	1	9	5
2	5	8	1	9	7	3	4	6
9	1	6	4	5	3	2	8	7
5	6	1	7	4	9	8	3	2
4	2	7	5	3	8	9	6	1
8	9	3	2	6	1	7	5	4
7	4	9	3	1	6	5	2	8
1	8	5	9	2	4	6	7	3
6	3	2	8	7	5	4	1	9

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hello  
long  
weekend

happy

LABOUR  
DAY



# Teslin Volunteer Fire Department

is looking for

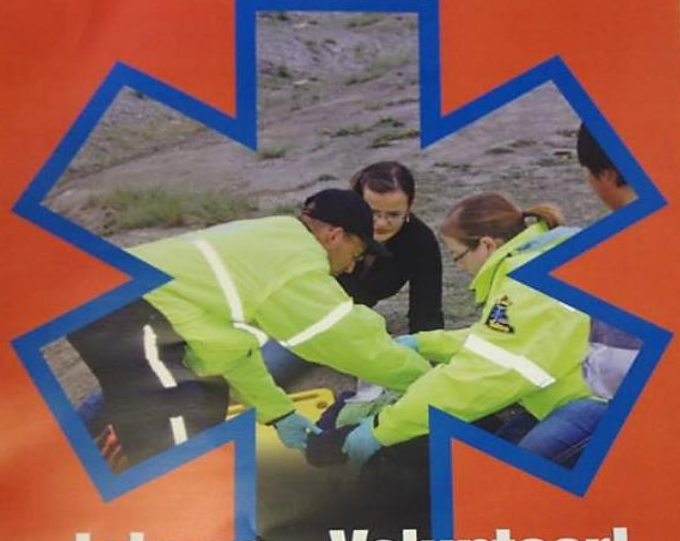
## VOLUNTEERS



## Tuesdays at 7pm

Contact James Smarch, Derek Baker or Cole Hanking  
for more information.

### Make a difference



## Join us - Volunteer!

Your EMS team needs your help



With Yukon EMS you will

- Challenge yourself
- Meet new people
- Serve your community; be a leader
- Learn valuable skills (like lifesaving first aid)
- Earn some money (when on active duty and on call)
- Most of all, you will make a real difference helping sick and injured patients

DO MORE THAN YOU  
IMAGINED POSSIBLE!

[www.community.gov.yk.ca](http://www.community.gov.yk.ca)

Contact your local EMS supervisor:

Patty Wiseman

390-2101 or 334-3047

Teslin Volunteer Fire Department  
TVFD Regular Meeting  
is scheduled every  
2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month at the  
Village Fire bay.

Teslin EMS Meeting & Training is  
scheduled every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of  
the month at the Ambulance Bay



# EMERGENCY PHONE NUMBERS



## Call 9-1-1 in an emergency

If you or someone else is hurt or in danger, phone 9-1-1 to get help from RCMP, the fire department or emergency medical services (EMS).

Call 9-1-1 when there is:

- a life-threatening emergency or medical situation
- a crime in progress
- a fire
- a serious accident
- an exposure to, inhalation or swallowing of a poisonous substance

Do not call to test 911. It is working!



### **FIRE**

(Teslin Volunteer Fire Department)

**390 - 2222**



### **AMBULANCE**

(Teslin Health Center)

**390 - 4444**



### **POLICE**

(RCMP Teslin Detachment)

**390 - 5555**

Northwestel

1-888-423-2333

ATCO Yukon Electric  
Report fallen tree on wire

1-867-633-7000  
1-867-633-7039

Report wildfires

1-888-798-FIRE  
(3473)

**EMO facts : TTC and VOT have a joint emergency plan.**

Emergency plan working group is a group of Individuals from different agencies in Teslin working together to keep our community prepared in case of an emergency.



Thank you very much to all those who contributed to this month's issue, and special thanks to all those who shared their awesome photos.

To receive an electronic copy of the ***Teslin Post*** and/or if you would like to have something posted in the monthly issue, please email: [teslinrec@teslin.ca](mailto:teslinrec@teslin.ca) or [admin.teslin@teslin.ca](mailto:admin.teslin@teslin.ca)

Any comments, suggestions, ideas, and photos are always welcome.

