

# SEPTEMBER NEWSLETTER

## Sept30

Wear orange to support residential school survivors

#OrangeShirtDay



## PNWTS UPDATES & ANNOUNCEMENTS

### SEPT FED FARM VOLUNTEER OPPORTUNITY

SEPT 24 @ 1 - 3 PM

PNWTS has proudly donated to the [FED FARM](#) project for the second consecutive year. This year, we have an exciting opportunity to volunteer at their farm in Vic West. If you are interested in getting your hands in the dirt, please sign up by contacting [lsabella@pnwts.com](mailto:lsabella@pnwts.com). Don't forget everybody is eligible to claim paid volunteer hours at PNWTS.

### CANADA LABOUR CODE A PRINTED COPY AND ONLINE ACCESS ARE BOTH AVAILABLE NOW

Everyone at PNWTS should have access to the Canada Labour Code to understand the workers' rights and responsibilities. Printed copy is available at the information board at the office stairway. On-line copy can be accessed [here](#).

### INTRODUCE PNWTS FIRST-AID STATION LOCATED AT MAINFLOOR WASHROOM AT THE OFFICE

We prioritize everyone's health and safety, so we've ensured that first-aid kits are available across all work areas, including buses, shuttles hut and GT points this season. Now, we've also established a first-aid station at the office—please use it as needed.



## FALL GO BY BIKE WEEK SEPT 23 - OCT 6

ENTER TO WIN AN E-BIKE OR EVEN  
A CYCLING ADVENTURE IN ITALY!

Both [the province](#) and [the city](#) are hosting various activities to celebrate Go By Bike Week. Ride your bike to work, or anywhere really. Any destination counts. There are hundreds of prizes to be won. Once you register your GoByBike account, please join our team [PNWTS Wheel Warriors](#).

Learn more: <https://gobybikebc.ca/>

## SALUTE TO OUR DRIVERS

In some countries the driver of a bus or coach is called a “Captain” and we want to salute our drivers for the work they do. Odd hours and even odder circumstances do not deter these committed experts who weave tons of steel through throngs of people on narrow streets.

It all starts with that friendly hello and then with a calm demeanor that only a seasoned sailor could know, these men and women introduce folks from around the world to our cherished space while navigating hairpin turns, bikes, scooters, cars, horses, carts and crowds. If we were to throw in a camel or caravan, they likely would not flinch - and just keep the bus rolling.

Our fleet is in good hands as our drivers move our guests quickly, safely and efficiently in the Victoria area. They are at the helm for PNWTS and we would like to show our appreciation with a little treat from the top deck: *Breakfast English Muffins for all drivers on Sept 5<sup>th</sup>*.

## PEOPLE GATHERED HERE

At PNWTS we stop the bus at many interesting points but the break by the Delta Hotel has special significance. Situated right on the Songhees/Westsong walkway and just steps from Songhees point, the area is steeped in history and culture.

The Songhees were not a singular tribe but a gathering of extended family groups that spoke the ləkʷəŋən (Lekwungen) dialect of the Coast Salish language. The name Songhees means “people gathered from scattered places.” It is interesting that the inviting and beautiful Songhees/ Westsong walkway remains a place where folks gather from all over the world.

Songhees Point, was originally the village site and named p’áləc’əs which mean ‘cradle board’. After little children learned to walk, their cradles were left at the headland as it was considered sacred because of the spiritual power of the water. The point itself also served as an important landmark for the incoming canoes.

For thousands of years the Songhees hosted trading, fishing, hunting, food production, gathering and social events. The massive interruption in the natural way of living and in the changes to the waterfront forced the nation to retreat in 1911. Today, a totem pole stands on the shore in a welcome to ‘people from scattered places’ and reminds us of the importance of the First Rights Holders in our community.

## BACK TO THE LAND

Farming, the production of food through agriculture, has never been known to be an easy endeavor. It takes a lot of resilience when the weather determines your yields and the markets determine your margin. But the Victoria area has a long history of farming from both the indigenous and conventional lens.

It started with the harvesting of bulbs, berries, herbs, grasses and roots that were indigenous to the area. After colonization the industry was driven by the Hudson's Bay Company and included small cultivated lots with large pastoral areas for cattle. The animals were brought in and off loaded at Cattle Point, grazing predominantly in what we know today as Victoria, James Bay, Fairfield, Oak Bay, Uplands, Esquimalt, Hillside, Craigflower, Cloverdale, View Field, Constance Cove, North Dairy and Colwood. The bonus of having cattle was the hide for tanning for leather and the manure to build the soil so farmers could then grow grain, root, tree fruit, vegetable and other sources of food.

Agriculture was foundational for the survival of early settlers but the Victoria area was wrought with 'gentlemen farmers' who had the money but lacked skill. This, combined with a lack of long-term vision shook the stability of area farms. As those ill fitted folks left and the population grew, the farms became tiny blocks, much like we see today.

At PNWTS we believe in food as the foundation for a healthy community. This is reflected in our work within the United Nations Sustainable Development Goal #2. Not only do we support the concept of a healthy agricultural industry in BC, we strongly align with

regenerative agriculture that is both sustainable and environmentally conscious. We give generously to the FED FARM project and this year our donation



was targeted for the *Our Place Rooftop Food Garden Expansion*.

If you would like to get your hands in the dirt and back to the land for a day, the team at PNWTS will be volunteering at FED FARM on September 24th 1-3pm. Sign up by contacting [Isabella@pnwts.com](mailto:Isabella@pnwts.com) for more details.

## Dates To Note:

Sept 2 - Labour Day

Sept 15 - Terry Fox Run

The Terry Fox Run is an annual non-competitive charity event held in numerous regions around the world in commemoration of Canadian cancer activist Terry Fox, and his Marathon of Hope, and to raise money for cancer research.

Sept 16 - World Ozone Day

Sept 21 - International Day of Peace

The International Day of Peace is a global call for ceasefire and non-violence.

Sept 22 - World River Day

Sept 22 - Autumnal Equinox

The Autumnal Equinox, also known as the Fall Equinox, is a natural phenomenon that occurs in September in the Northern Hemisphere. It marks the transition from summer to autumn and is one of the two days in the year when day and night are approximately equal in length.

Sept 22 - Sep 28

Gender Equality Week

Observed in the fourth week of September, Gender Equality Week underscores the importance of achieving gender equality in all aspects of Canadian society. Its goal is to raise awareness of the contributions that the community has made to the identity of Canada.

Sept 30 - National Truth and Reconciliation Day

also known as Orange Shirt Day