

SEPTEMBER 2021 NEWSLETTER

N'Quatqua Band/Health Station

Jenn Levine/Reception **ext.221**

Email: jennifer.levine@nquatqua.ca

Deadline for next newsletter will be:

Wednesday- October 6 , 2021

If you have any important information or suggestions for the newsletter you would like to share please contact the Band & Health Station at the front desk during office hours or email me before the deadline.

Welcome to the N'Qautqua Band Offices



In order to reduce the risk of exposure to the virus that causes COVID-19, we are limiting the number of people within this space:

One Visitor Inside At A Time

Please refrain from entering this office until the prior visitor has departed.

NOTICE

**WE COMMIT TO THE
WELL-BEING OF OUR
VISITORS AND EMPLOYEES**



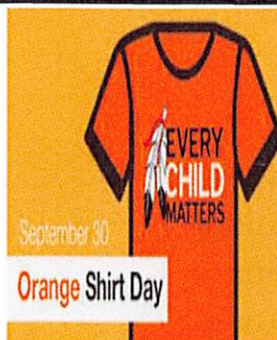
**PLEASE WEAR
A FACE MASK**

Office Closed

Thursday- September 30, 2021
(Holiday- National Day for Truth and Reconciliation)

Office Re-Open On

Monday- October 4, 2021



Office Closed

Monday- October 11, 2021
(Holiday- Thanksgiving Day)

Office Re-Open On

Tuesday- October 12, 2021

Happy Thanksgiving!



Band Office Box 88
Health Office Box 100
D'Arcy, B.C. Canada
V0N-1L0

120 Casper Charlie Place
Toll free # 1-800-933-0323

Band Office Phone & Fax

(604) 452-3221 (P)
(604) 452-3295 (F)

Health Office Phone & Fax

(604) 452-3290 (P)
(604) 452-3280 (F)

Office Hours

**Monday- Thursday
9:00am-4:30pm**



Check out the
N'Quatqua Website
www.nquatqua.ca



Chiropractor– Mike Jess

In the office every **Wednesday's** from **9:30am-11:00am**.
Please call the office ahead of time if you would like
to make an appointment time.

A mask is required for each visit.



N'Quatqua Annual General Meeting

Saturday– October 23, 2021

10:00am-2:00pm

Conference Call or Zoom Meeting (Internet or phone)

Chantel Thevarge is inviting you to a scheduled Zoom meeting.

Topic: N'Quatqua Annual General Meeting

Time: Oct 23, 2021 09:30 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/95123615251?pwd=OWtYNG9qNWNsR3I4VittelJiQzVrdz09>

Meeting ID: 951 2361 5251

Passcode: 130822

Dial by your location

+1 778 907 2071 Canada

+1 204 272 7920 Canada

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 647 374 4685 Canada

+1 647 558 0588 Canada

Meeting ID: 951 2361 5251

Passcode: 130822

Find your local number: <https://zoom.us/u/agttiGxLr>

On-call Social Development Worker- Charmaine Johnny

****Friendly Reminder to Social Assistance Clients****

Renewals & Utility bills are due: **Monday- September 20, 2021**

(Renewal slips can be found at the Band/Health Station table)

Check day: **Tuesday- September 28, 2021**

(For Direct Deposit)

If you have any questions, comments or concerns please give me a call.

Thank-you,

Charmaine Johnny/On-call Social Development Worker

(604) 452-3221 ext. 224

Email: sylvia.patrick@nquatqua.ca

Community Shopping Day

SQUAMISH TRIP- (Leave at 9:00am)

Tuesday- September 28th, 2021

Please phone the N'Quatqua Band & Health Station
to put your name on the list.

(604) 452-3221

(LIMITED SEATS AVAILABLE FOR BUS- 8)

Priority seats for SA Clients/Elders/ Persons with no vehicle

Friendly reminder there is zero tolerance of any Drugs, alcohol and marijuana permitted on the bus

Masks are Mandatory at all times



We are pleased to update the N'Quatqua community that BC Housing has approved funding for us to begin the siteworks (clearing, grading, foundations) for the 10-unit rental housing project on Hunter Jack Crescent! We anticipate that over the next month or so, we will be mobilizing on-site and initiating the siteworks. This is an important project milestone and gets N'Quatqua one (big) step closer to realizing this exciting project.

As the siteworks get underway, we will also be working with BC Housing to finalize the building designs and funding approval for the full development. The plan remains as before, which will include the development of two 2-bedroom triplexes (6 units in total) for Elders and singles and one 3-bedroom fourplex (4 units in total) for families. Based on the current schedule, we anticipate the project will be completed by the end of next summer 2022 (to be confirmed once we receive final approval).

Thank you for those that have indicated interest in the project (as contractors, labourers, support staff). We will be following up with you shortly with regards to next steps.

We look forward to keeping the community updated and breaking ground in in the coming months!

In the meantime, if you have any questions, please feel free to reach out to Jason Bob at jason.bob@nquatqua.ca or 604-452-3526.

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Thank you,
Chantel Thevarge
N'Quatqua Council

N'QUATQUA

21 Lakeshore Dr.

P.O. Box 88

D'Arcy, BC V0N 1L0

Phone (604) 452-3221

Fax (604) 452-3295



September 13, 2021

N'Quatqua Housing Project Announcement

Clark Builders is looking forward to commencing construction on the N'Quatqua Housing project on or around September 20, 2021. We expect the project to take approximately 12 months. Our planned activities for September through to early November will focus on clearing brush and trees, followed by site grading. As a result, we expect light to moderate truck traffic most days and will be instructing truck drivers to operate with extreme caution through the community.

Noise on site (Hunter Jack Cres.) will be moderate, with excavators and other heavy equipment operating between 7:30 – 4:30 pm Monday to Friday

We thank you in advance for your cooperation in keeping everyone safe by giving some extra room to trucks or equipment if they are encountered in the community, and if possible, keeping pets on a leash when walking by construction activities.

Thank You,

Jason Bob

Nquatqua Housing Coordinator

604-452-3526

604-452-3221msg

September Community Wellness Newsletter

Carol Thevarge, 604 452 3221, carol.thevarge@nquatqua.ca

Therapy Tuesdays- are still happening, call Jenn to book a time, 10 am – 4 pm
September 21st and 28th – Bio Mat and relaxing tunes only, due to rise in
Covid Cases.

AA Wednesday- every second Wednesday of the month, September – 15th & 29th
7pm – 8pm, boardroom.

Ladies Visiting Thursday- every second night of the week, September 9th and 23rd
7pm, boardroom.

International Overdose Awareness Day- September 15th at 6-8pm in front of the
band office, tents will be set up with Appetizers, hot xosum, swamp tea, 3 guest
speakers and open to share your story. Everyone will take a Naloxone Kit home.

-**Robyn and Mark Howard**: to talk about Iboga African Herbal remedy for
addictions.

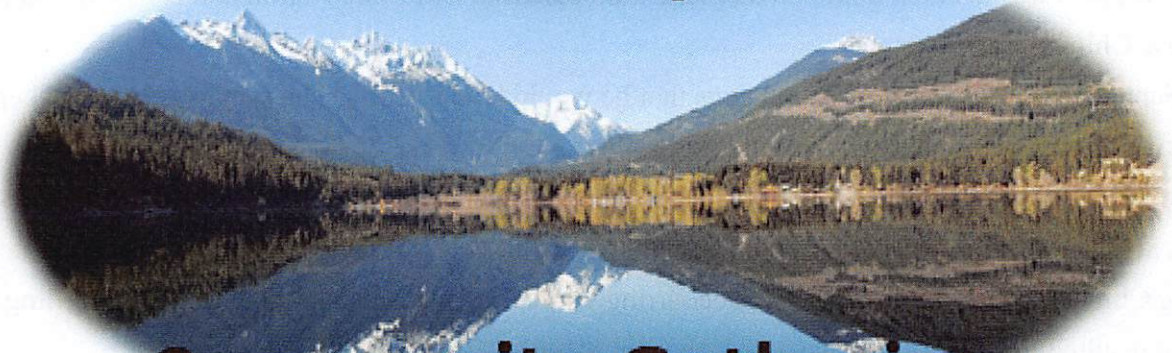
-**Candice Stevenson**: who has worked through the opioid crisis for several years,
to come and share of her experience and do a Naloxone demo.

-**Lavern Wallace**: to speak about Traditional Uxwalmixc Medicines of our people
around sobriety and addictions. Open the floor to hear your stories of overcoming
addiction.

September 30th - Orange Shirt Day

11:00 am, Gather around the Apricot tree, smudge & say a prayer, share and sing
some songs, remembering the ones that have been found at the residential
schools. Boxed lunch's at noon. **Current Count; 6509.**

N'Quatqua



Community Gathering

Saturday- September 25th

10am – 5 pm

Indian Beach

This event has been changed from inviting practitioners to keeping it local due to the rise in Covid Cases in our Territories. Come out and visit and feast together N'Quatqua. Medicine bags for everyone.

Please be mindful of Social Distancing and wearing your mask & sanitize

10 am– opening with Chris Wells, prayer and smudge

Basic YOGA Stretches with Saqa Thevarge – 11:00 am – 1pm, 3pm, 4 pm

Energy Brushing with Keith and Bernie Nahanee, Tee Pee #1

Moccasin Making – Barb Peters

Drum Making – Gerald and Darla Thevarge

Canoes and Kayaks will be available 11 – 4

Kla7cha7 Salmon Feast: *please be ever so kind to the king of all swimmers for giving their lives up for us in the creation of this world. Save all your fish bones to put back in the river as we pray for the return of many salmon to continue feeding us pitiful ones.*

Pa'l7altsem: visit around a fire and sing some songs

Bubba's Comedy Show- 5pm-6pm, Finish the Day with a Laughter and more fun!!!!

Christopher Fletcher

I just want to take some time and acknowledge you and all your hard work.

Last year, N'Quatqua entered into an agreement on behalf of St'at'imc Nation and BC Hydro to try and increase Chinook salmon stalks.

Last September Chris accepted 75000 eggs that he would tend to daily. These eggs were to be kept at a certain temperature in incubator trays at our hatchery.

This was a brand-new experience, as we, our hatchery was housing trout for the last 30 plus years.

Chris, along with his youth worker that he mentored, Clint Peters Jr. worked diligently and learned about raising Chinook eggs - babies. This was occurring while they were also looking after and feeding our trout (which resulted in being expensive pets lol)

Trout are no longer on the hatchery grounds, as earlier stated, they became expensive pets without any return back to the community business.

This summer, a couple of our youth also had the opportunity to work and learn with Chris and the Chinook.

This past August, just a short few weeks ago, Chris, alongside other respected Elders, St'at'imc members, technicians and officials, released the juveniles that Chris had raised, into the Lower Bridge River.

This is an initiative to increase our salmon stalks.

We are now waiting to receive another shipment of Chinook eggs for yet another year to house and raise in our Hatchery.

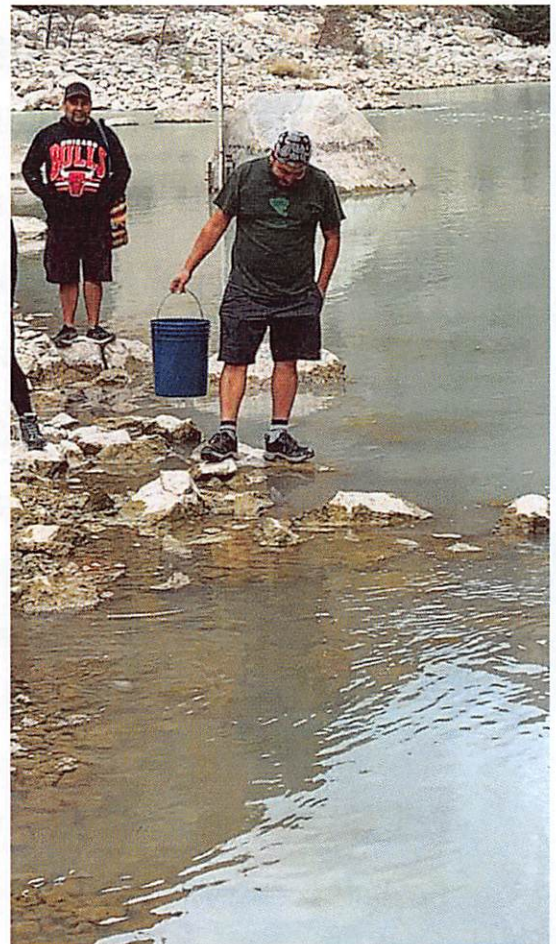
[Christopher Fletcher](#), you are an inspiration and I am so proud of you!

Thank you for your commitment and dedication.

Your community and entire Nation are so proud of you!

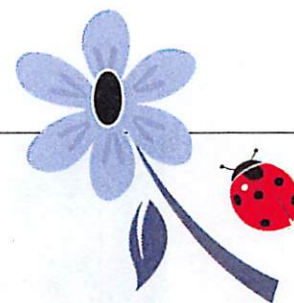
All My Relations

Chantel Thevarge



Family Support

Victoria McDonald



September Newsletter

It is time to start our canning program. I will be teaching the following;

October 4 to 8	Spaghetti meat sauce & Spaghetti sauce
October 11 – 15	Corn, carrots, Vegetables
October 18 – 22	Pickled beets, Vegetables
October 25 – 29	Salsa
Nov 1 – 5	Jams

Please contact Victoria to register. Canning will start October 4, 2021. You will need to register for these programs as I will need to know how much supplies to purchase. **Deadline for these classes will be September 27, 2021.** These classes will be in the evening and all day Fridays. Covid protocol will be enforced. If you are not able to attend on these dates, call me and we can make arrangements. If there is something else that you want to learn how to can let me know.

I have handed out to each household a canner and jars, if you have not received your jars, please let me know and I will deliver to you. I will be handing out the Certo shortly.

Harvesting program is still in place. If you are going to go harvest pine mushrooms, please take a picture and you can receive a gift certificate for the N'Quatqua gas station. I will require a picture. If you have questions please call.

I have started a wellness plan for families and individuals, if I have not contacted you and you would like more information on this please call me to set up an appointment.

If you or your family would like to learn more about communication, parenting or if there are workshops that interest you again call the office and lets work together



Friday, October 8, 2021
Skatin Community School

Turkey Luncheon served at 1 PM
Meeting starts at 2 PM

Transportation is available.

To arrange a ride, please call:
Bobbi-Jo Leo at 604.894.0151
or email bobbi-jo.leo@sshs.ca
by Tuesday, October 5.

Great door prizes!



Southern Stl'at'imx
Health Society





N'Quatqua Child & Family Development Centre

604-452-3584

We gently remind that your child has indoor shoes for our **monthly Fire Drills** and the children and staff must always have footwear. **Thank you Derrick Barney for coming to drum and sing with us on Tuesday mornings 10:30am, he sometimes does Language too**



"Gift Box"

 <p><u>September Birthdays</u></p> <p>Rechelle Sept 10th Dallas Sept 10th Ainsley Sept 25th</p> <p>Happy Gardening: share your vegetables, recipes</p>	 <p>Please continue to be COVID safe 🤝 for everyone</p> <p>Kate & Pippa will be here on <u>Sept 13th</u>, they are wonderful resource for our children and families</p> <p>➤ Any new information for your emergency contacts please let us know if there is changes</p>	<p><u>Interested In working with us:</u></p> <p>604-452-3584</p> <p>If you are interested in applying with us - call Lisa for information on how to get certified as Responsible Adult, if you register and pay for your course, you pass and we can reimburse you, you also need Food Safe, First Aid, Criminal Record Check. (from the Criminal Record Check Program in Victoria).</p> <p>★ ECE's , IT's, SN certified on call workers needed too.</p>
<p><u>Welcoming Salmon Ceremony</u></p> <ul style="list-style-type: none"> Thursday Sept 2nd at 11am at the bridge in D'Arcy by the Spawning Channel, and walk to the beach. <p><u>Change of Seasons Ceremony</u></p> <ul style="list-style-type: none"> Tuesday Sept 21st at 9:30am - Parking Lot 	<p>★ All Day ASC Program Monday Sept 27th 8:30-4:30 (District wide Pro D Day)</p> <p><u>We are Closed on Thursday Sept 30th for National Orange Day: every child matters</u></p>	<p>ASC Program hours have changed from 10am to 6pm with the latest pick up at 5:45pm except on Pro D days, please enter by back playground to sign out your child.</p> <p>Please call if you have any questions</p>

red jasper



amethyst



The t-shirt will have the following written in ucwalmicwts. (English will not be on the t-shirt.)

i7mats	grandchild
Kika7	girl, woman
Smúlhats skúza7	daughter
Kécekec	older sister
Stunc	niece
Snúkwa7	friend, relative
Núxwa7	sweetheart

[click on this to hear pronunciations from fluent speakers](#) or go to: www.FirstVoices.com

Coming soon:
ucwalmicwts t-shirt #5 young men 13-18yrs,
ucwalmicwts t-shirt #6: girls 0-12yrs,
ucwalmicwts t-shirt #7: boys 0-12yrs.

This offer is available until Sept 23, 2021.

Questions ? email: lisa.sambo@nquatqua.ca

: shown are to give you a general idea of how the product will look and are not 100% accurate as certain digital aspects may appear slightly different on the physical product.

ucwalmicwts t-shirt #4: to honour young women to restore fluency in ucwalmicwts

Are you an off-reserve N'Quatqua young woman who is 13-18 years old?

Are you a young woman who is living in N'Quatqua and 13-18 years old?

If you answered YES to one of the above questions, you are eligible to receive ONE FREE ucwalmicwts t-shirt.

Follow the link to place your order

<https://urstore.ca/group/nquatqua-young-woman-t-shirt>

or email Lisa with t-shirt size and colour, or phone 604-452-3584, or stop by N'Quatqua Child and Family Development Centre

Are you a non-N'Quatqua member and want to buy an ucwalmicwts t-shirt?

Are you a N'Quatqua member and want to buy an extra one for yourself?

Are you a N'Quatqua member and want to buy some for your friends or relatives?

Do you have a 0-12 year old girl and want to buy one for her?

If you answered YES to one of the above questions follow the link to buy ucwalmicwts t-shirt #4.

They are \$14.95 each

<https://urstore.ca/group/nquatqua-young-woman-t-shirt-pd>

Kukwstumúhkalap: thank you (more people to more people)



N'Quatqua Band PO Box 88, D'Arcy BC V0N 1L0 P:604-452-3221 F: 604-452-3295

After School Program Coordinator

REPORTS TO: Education & Employment Coordinator
DURATION: September 2021 – June 2021
JOB FUNCTION: Assist in providing supervision to individual or groups of students enrolled in a progressive, challenging program for youth Program; Winter & Spring Break Camps, Pro-D Day, Afterschool & Weekends.
DEADLINE: Resume & Cover letter to Julie Thevarg; Julie.thevarg@nquatqua.ca Sept 21, 2021, 3 pm

DUTIES AND RESPONSIBILITIES:

- Works productively and consistently Planning, Implementing and evaluation of program with Education & Employment Coordinator, Head After School Program Teacher, parents, youth, community and outside agencies.
- Assists in the coordination and the distribution of afternoon snacks.
- Maintains bulletin boards, communicate effectively both orally and in writing
- Assists in registration, preparation of calendar, attendance and student information records and evaluations.
- Maintains order and procedures during all activities; e.g. classroom, gym, playground, etc.
- Assists in ordering supplies and maintaining facility and equipment.
- Transport students to and from activities and assist in preparation as required.
- Monitor and report behavior of students according to approved procedures; check and assist students with homework as necessary, attendance
- Assist students by providing proper examples, emotional support, a friendly attitude and general guidance.
- Perform routine clerical duties such as preparation of instructional and classroom materials; operate copy machines; maintain classroom records; maintain attendance records.
- Perform other duties as assigned

KNOWLEDGE AND ABILITIES:

- Basic subjects taught in the District schools, including arithmetic, grammar, spelling, language and reading, Correct English usage
- Assure the health and safety of students by following health and safety practices and regulations.
- Interpersonal skills using tact, patience and courtesy.
- Culture and Language, Protocols and Procedures

PHYSICAL DEMANDS:

- Work is performed while standing, sitting and/or walking in all kinds of weather or various locations.
- Requires the ability to communicate effectively using speech, vision and hearing.
- Requires the use of hands for simple grasping and fine manipulations.
- Requires bending, squatting, crawling, climbing, reaching.
- Requires the ability to lift, carry, push or pull medium weights, up to 50 pounds

EDUCATION AND EXPERIENCE:

- High School Diploma/G.E.D. Certificate and one-year experience in working with youth
- Valid First Aid
- Valid Drivers License
- Food Safe
- Criminal Record Check

N'Quatqua Band

PO Box 88

D'Arcy, BC,

V0N 1L0

P: 604-452-3221 F: 604-452-3295



Employment Opportunity: Janitor

Working Conditions: Part-time 2- 3 days per week, Flexible,

Deadline for Resume: September 21, 2021 3pm

Reports to: Education, Employment & Training Coordinator

The N'Quatqua Band is accepting applications for Custodians in our Education and Employment Department for Part-time work. Individuals will perform a variety of tasks related to the cleaning and sanitizing of Education & Employment Trailer/building and grounds.

Individuals must have the following qualifications:

- Physical ability to perform the required duties.
- Ability to use judgement in applying clearly prescribed methods and procedures.
- Ability to communicate effectively

Duties and Responsibilities include:

- Performs a variety of cleaning: floor bathroom, office, grounds around building
- Empties and cleans the Recycling containers – Organics, Waste and Recycling.
- Cleans and sanitizes building equipment and furniture as required.
- Picks up garbage inside and outside building.
- Operates, cleans and maintains custodial tools and equipment for daily use.

Qualified individuals must apply along with a complete resume.

Successful applicant will be subject to a criminal records check.

We wish to thank all applicants, however, only those selected for an interview will be contacted.

If you have questions contact Julie Thevarg, Education Employment & Training Coordinator at 604-452-3291 or Julie.thevarg@nquatqua.ca

Posted September 7th, 2021

N'Quatqua Central Service Station

(604) 452-3243



Store Hours:
Monday – Sunday

9:30am-8:00pm



Rentals are now closed for the Season

Masks are still mandatory in the store regardless of vaccination status.

We cannot guarantee that we will have disposable masks available so please bring your own or purchase one in store.

Shelley Fotsch

NCSS Manager

Shelley.fotsch@nquatqua.ca

(604) 452-3243

"KEEP A LID ON IT"



A recent survey of garbage bins in N'Quatqua showed that
TWO out of every THREE bins were left unsecured.

Garbage is a major Bear attractant! Bears that access garbage can become injured, cause property damage or become a risk to the community.

The bins are only bear (and horse) resistant when both clips are used...
So please **USE BOTH CLIPS** at all times.

Kukwstumckalap

Tips for properly managing garbage:

- Any food items can be frozen until garbage day to reduce the scent
- Recycle and compost as much as you can reducing the amount of garbage that is produced
- Wash & Clean out bins with bleach to eliminate smells and bacteria
- Collect garbage from the yard and lock in the bins; do not store unsecured garbage on porches or in sheds
- Inspect bins for any damage. Damaged bins can be replaced by contacting 604-892-5604

Sáqa7 Kage-Thevarge | sáqa7kt@gmail.com
N'quatqua Human-Wildlife Conflict Prevention Coordinator
Report Wildlife in Conflict to the RAPP line:
1-877-952-7277





Sea to Sky Optometry

Is scheduled to be in N'Quatqua:

Monday– September 27th, 2021

PLEASE BOOK YOUR APPOINTMENT AT
THE N'QUATQUA BAND & HEALTH
STATION

(604) 452-3221/3290

Please have your name, date of birth, status #, and care card #
on hand when you book. Approval can not be attained



Orange Shirt Day, Every Child Matters

September 30

Join us and hundreds of others across Canada and wear an orange shirt on **Tuesday, September 30** to honour the children who survived the Indian Residential Schools and remember those that didn't. **Every Child Matters.** We will wear orange shirts in recognition of the harm the residential school system did to children's sense of self-esteem and well-being, and as an affirmation of our commitment to ensure that everyone around us matters.

The Story Behind Orange Shirt Day

"I went to the Mission for one year. I had just turned 6 years old. We never had very much money, and there was no welfare, but somehow my granny managed to buy me a new outfit to go to the Mission School in. I remember going to Robinson's store and picking out a shiny orange shirt. It had eyelets and lace, and I felt so pretty in that shirt and excited to be going to school! Of course, when I got to the Mission, they stripped me, and took away my clothes, including the orange shirt. I never saw it again, except on other kids. I didn't understand why they wouldn't give it back to me, it was mine! Since then the colour orange has always reminded me of that and how my feelings didn't matter, how no one cared and how I felt like I was worth nothing. I finally get it, that the feeling of worthlessness and insignificance, ingrained in me from my first day at the mission, affected the way I lived my life for many years...I want my orange shirt back!"

Phyllis (Jack) Webstad, Dog Creek, BC <http://youtu.be/ll1pUrK29MM>

This orange shirt taken from one child, is a symbol of the many losses experienced by thousands of students, and their families and communities, over several generations including: loss of family, language, culture, freedom, parenting, self-esteem and worth and painful experiences of abuse and neglect. Wearing orange shirts are a symbol of defiance against those things that undermine children's self-esteem, and of our commitment to anti-racism and anti-bullying in general.

The date was chosen because it is the time of year that children were taken from their homes to residential schools, and because it is an opportunity to set the stage for anti-racism and anti-bullying policies for the coming school year. Orange Shirt Day is also an opportunity for First Nations, local governments, schools and communities to come together in the spirit of reconciliation and hope for generations of children to come.

Wearing an orange shirt and promoting the slogan, Every Child Matters, is an affirmation of our commitment to raise awareness of the residential school experience and to ensure that every child matters as we focus on our hope for a better future in which children are empowered to help each other. Let's not forget the children but honour them on September 30th.

See: Orange Shirt Day - Resources and Ideas (for classroom ideas)

Visit: Orange Shirt Day facebook page and add your event photos
<https://www.facebook.com/orangeshirtdayeverychildmatters>

Learn more:

Legacy of Hope <http://www.legacyofhope.ca/>

Reconciliation of Canada <http://reconciliationcanada.ca/>