

APRIL 2023 NEWSLETTER

N'Quatqua Band/Health Station

Jenn Levine/Reception ext.221

Email: jennifer.levine@nquatqua.ca

Deadline for next newsletter will be:

Tuesday- May 16, 2023

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.



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

Lunch

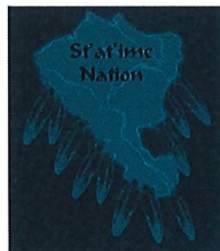
12:30pm-1:00pm

**N'Quatqua Band & Health
Station**

OFFICE CLOSED

Wednesday- May 10th, 2023

(Holiday- St'at'imc Declaration Day)



OFFICE RE-OPEN

Thursday- May 11th, 2023

From N'Quatqua Band Staff.

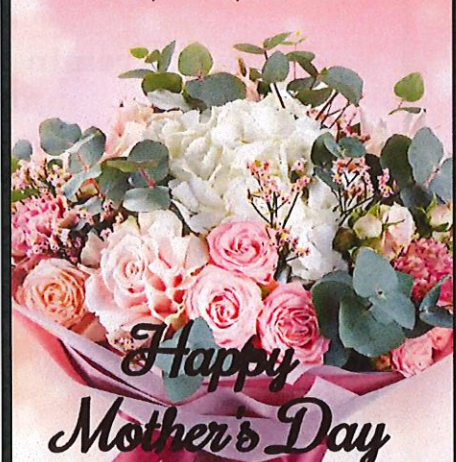
HAPPY

EARTH DAY 2023

Saturday, 22 April, 2023

Let's take care of our
earth by taking care
of its ecosystem.

14th, MAY, SUNDAY



 **Ts'kw'aylaxw
FIRST NATION**

IS HOSTING
THE
**ST'AT'IMC
GATHERING**

**MAY
8, 9, 10
2023**

**SAVE
THE
DATE**

MORE INFORMATION TO
FOLLOW

Social Development Worker- Sylvia Patrick

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

Renewals & Utility bills are due: **Monday- April 17th, 2023**

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

Direct Deposit/Cheque: **Wednesday- April 26th, 2023**

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

Thank-you,

Sylvia Patrick
Social Development Worker
(604) 452-3221 ext. 224

Squamish
Community Shopping Day
(BUS)

Wednesday- April 26th, 2023
leave at 9:00am

Please phone the N'Quatqua Band & Health Station
to put your name on the list.
(604) 452-3221

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

**** Must wear a face mask on Band Vehicles****



April 20th | 10 A.M

N'Quatqua Health Station, Darcy, BC

EARTH DAY EVENT

Come on out and clean up our community, **gloves and garbage bags** available to everyone. **There will be prizes for the most garbage collected.** Lunch will be at 12:30pm (hotdogs). Come out have fun and take pride in our land.

Sponsored by: Community Wellness

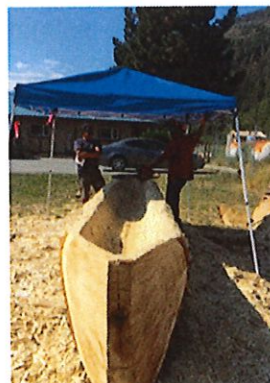
Contest

Name our t'laoz'!

Come on everyone put your thinking caps on and let's give our Canoe a name.

Names will be posted on Facebook for a vote.

Winner will receive a gift card.



Email: adele.fletcher@nquatqua.ca

P (604) 452-3221

Emails for N'Quatqua Band Staff

Phone: (604) 452-3221 & (604) 452-3290

Fax: (604) 452-3295 & (604) 452-3280

N'Quatqua Band/Health Station Staff emails

Reception- Jenn Levine	ext.221	jennifer.levine@nquatqua.ca
Community Health Representative- Nicole Patrick	ext.222	nicole.patrick@nquatqua.ca
Elders Coordinator- Sharleen Patrick	ext.222	Sharleen.patrick@nquatqua.ca
Family Support- Victoria McDonald	ext.223	victoria.mcdonald@nquatqua.ca
Social Development- Sylvia Patrick	ext.224	sylvia.patrick@nquatqua.ca
Lands & Resource Dept.- Dennis Silzer-Smith	ext.225	dennis.silzer-smith@nquatqua.ca
Accounting- Kristy Stowell	ext.226	kristy.stowell@nquatqua.ca
LSTC Projects & Accounting Specialist- Linda Brown		linda.brown@lstc.ca
Band Admin. Assistant & Councillor- Chantel Thevarge	ext.227	chantel.thevarge@nquatqua.ca
LSTC Chief Administrative Officer- Sheldon Dowswell		Sheldon.dowswell@lstc.ca
Band Administrator- N/A		
Wellness Worker- Adele Fletcher		adele.fletcher@nquatqua.ca
Chief- Micah Thevarge		micah.thevarge@nquatqua.ca
Councillor-Doris Peters		doris.peters@nquatqua.ca (604) 862-0532
Councillor- Dennis Silzer-Smith		dennis.silzer-smith@nquatqua.ca
Housing Coordinator- Jason Bob		jason.bob@nquatqua.ca

Operation & Maintenance

Fire Dept.- Duane Thevarge	duane.thevarge@nquatqua.ca
Water Works- James Gellatly	james.gellatly@nquatqua.ca

Education Trailer (604) 452-3291

Education Coordinator & employment- Julie Thevarge	julie.thevarge@nquatqua.ca
--	----------------------------

N'Quatqua Child & Family Development Centre emails (604) 452-3584

Anita Patrick- Director	anita.patrick@nquatqua.ca
Sylvia Levine- ECE, Infant Toddler Educator, Special Needs Educator	sylvia.levine@nquatqua.ca
Ryan Peters- Early Childhood Educator Assistant	ryan.peters@nquatqua.ca
Rechelle Patrick	
Eunice Sam	
Rena Patrick	

Polling Notice For the N'Quatqua First Nation Election

Notice is hereby given to the electors of the N'Quatqua First Nation that a poll will be held to elect two (2) Councillors to the Council of the N'Quatqua. The poll will be held at **The N'Quatqua Administration Office, 120 Casper Charlie Place, D'Arcy, BC on, April 26, 2023** from 9:00 AM until 8:00 PM (local time).

And that I will count the votes at **N'Quatqua Administration Office, 120 Casper Charlie Place, D'Arcy, BC on April 26, 2023** immediately after the close of the poll and declare the results of the election.

Given under my hand at D'Arcy B.C., British Columbia,
on March 16, 2023.



F.P.Schiffner
Electoral Officer
N'Quatqua
Phone: 1- 604-786-2512
Toll free: 1-800-813-2173
Email: fschiffner90@gmail.com

**N'QUATQUA
FINAL LIST OF
QUALIFIED CANDIDATES
APRIL 26, 2023 ELECTION**

COUNCIL

1	SILZER-SMITH, DENNIS
2	STOWELL, KORIE
3	THEVARGE, CHANTEL
4	WILSON, LONNIE



F.P.SCHIFFNER ELECTORAL OFFICER

Josie's Reflections 2023:

November-

It was a cool November morning, I entered the Education Trailer for the first time as an employee with Julie Thevarge. I was excited to be working in the community again – however, I am still unsure whether Julie is human or not!!!!

As suspicious as I was about “her” I was also very busy getting the feel of my new position within N’Quatqua, she sent me over to the Day Care for an entire week (what is “she” hiding?) she had me running back and forth from the Band Office, I still don’t know what she did at the other end of the Trailer all day, it’s the mystery that will stay with me for a while.

December-

With the frozen winter weeks approaching, I anxiously awaited to see how this non-human life form, who claimed to be the Education Department Administrator would handle the frigid and wet weather upon us!

Reasons I suspect Julie is not human are as follows:

All she drinks is coffee. I have never seen her eat food with my own eyes, her brain moves faster than a bullet train! I can never keep up with her! How lucky for her to not spend much time with us as Cassidy went on Vacation, so I was alone to ponder her existence until after the holidays.

The Trailer was always cold - maybe her hard drive preferred it that way? She did always complain about how hot it was in here, nor did I notice her ever wearing a jacket even though the temperature had reached -15 multiple nights..

January-

After the Holidays Julie was.. different. Different how? Maybe she took advantage of having 2 weeks off to get upgrades to her main frame. Conveniently, I was asked to cover someone from the Band Office as they had fallen ill, because that is what my position here entailed as a Youth Intern. I would go where I was needed within the Band Office, I spent most of my time in the Education Trailer helping Julie organize events, and create posters for the youth and community members to attend. Being so busy at the front desk I rarely had time to think about how I was going to expose Julie for what she really was (to my suspicions) an evil robot sent from space to spy on us!!!

February-

It had been close to 3 months since my contract had started with the Band, I still had no real proof or plan on how to prove to the world that Julie was not human.

Again, suspicions arise as she informs us she will be leaving to Mexico for 2 weeks..

Being the shortest month of the year, Ground Hog Day, and Valentine’s Day, conferences, webinars etc., we weren’t in the Trailer much. We learned that Spring would still be weeks away which meant more frosty mornings, our gardens would have to hold off a little longer, and we wouldn’t hear any song birds any time soon.

For Valentine's Day myself, and a few other people from the office made our way to Downtown Vancouver for a MMIWG2S (Missing & Murdered Indigenous Women, Girls, 2 Spirit) march! The sun blessed us for the day, however the cities large buildings towered over us and sent a chill down our spines that took hours to shake off after we had gotten back on the road to come home – still, a very beautiful and memorable day for all!

March-

With our last day in the Education Trailer approaching, tensions were running high. Spring Break was approaching, and we would soon have a bunch of students under our care! Julie, being the robot she is, did not seem too phased by this as much as we were. (Am I the only one not surprised?)

We spent the first couple of weeks sending emails, making Facebook posts, trying to connect with the students on who was signing up for the program, trying to finalize things to do with them, trying to book speakers to come in.. it was hectic! But when the day came, everything fell into place. We had an amazing 2 weeks with the kids, kept them busy, encouraged them to be open to other work options off the reserve, brought them on fun adventures, had great food, even connected with the Post Secondary kids out in the city!

As I sit here typing this, I can't help but feel a little nostalgic about my 5 months here with Cassidy, the robot, and the youth... I hope we made a good impression on their forming brains, intrigued them to seek further education, and want to explore other job areas that are out there.

Being my last day I was hoping to have some concrete proof for the world on Julie's true form, I guess that will be for another day.

Kassidy's Reflection!

November 2022 – Start of my contract.

I started my work days opening for afterschool program on Monday, Wednesdays and Fridays. We had boardgames, Xbox Projector Bowling, Arts and Crafts, & Snacks Followed by dinners. I Also hosted some beading nights on Tuesdays with Adele learning how to make medallions.

December, 2022 –

I continued on Opening the trailer on Monday Wednesday and Fridays Providing yummy dinners and snacks.

January, 2023 –

As I continued to open up the trailer Monday, Wednesdays, and Fridays I also got to start planning events. In January I got to plan host and hire a community member (Derrick Barney) to come and help me run a Lahe! night and a prepared a feast.

Also hosted another beading class with Adele, learnt how to make medallion earrings.

February 2023 –

February was a fun month,

Feb 1st & 2nd Josie and Myself Started the month attending a conference In Vancouver with the British Columbia Assembly of First Nations (BCAFN) Youth Conference. They had lots of guest speakers who came and presented to us. This Is a conference I highly recommend for all youth to attend!

I organized and purchased a new pool table from home depot this was huge for our drop-in nights at the education trailer, once it arrived I was averaging 6-8 youth a night. We also started with having an amazing tutor come in and work with all students. She provides a safe and fun environment for the students and they accomplish lots of work., whether it be studying or homework. We had lots of fun throughout the month and so did the youth.

Kate our tutor was in on Mondays and Wednesdays from 1 – 6pm I would do pemberton shopping trips every Monday to stock the shelves and fridges and race back to cook dinner for the youth attending afterschool program on those days.

March 2023 –

This was a huge month for us, not only was it our last month it was also our BEST month! We had our heads in the books and got to plan a wicked spring break for our Highschool students.

The beginning of the month we started with all our implement and planning sessions on our spring break adventures. Between Julie, Josie and Myself we managed to have something planned for the whole two weeks. Here's a bit of the spring break activities-

We Started on Tuesday March 14th with a traditional day with Chris Wells and Joshua Anderson the kids learnt to make Tabaco ties, with these tabaco ties the kids learnt how to introduce themselves in our language and honor every course instructor with a thank you gift and a tie

On Wednesday March 15th we were invited down to the SLCC to do a course with Jen Campbell on self-reflection and personalities followed by a fun afternoon at the meadow park sports center for some physical activity.

On Thursday March 16th we started out our morning with a great presentation at Pemberton Golf course sunstone we came back to N'Quatqua for the afternoon and learnt how to create and make our own t-shirts with Cole, they also started their reflection boards this day

Friday March 17th was a planned walk around the veins of the community/Every Street.

Second week;

March 20th, we started the morning with the change of seasons opener with our child and family development center and then loaded our van headed to Vancouver. The Youth got the chance to be treated to dinner Old spaghetti factory and followed by entering our home for the next couple nights which was a Mansion Air B&B with a large indoor pool and hot-tub with 13 double bed, 7 bedrooms, 5.5 bathrooms! The youth were STOKED!

March 21st, the youth took turns on preparing meals, for breakfast Dallas and Cassius woke up and started cooking, Pancakes, Bacon, Eggs, and Hash browns. We followed into the morning going over our Parent Tool Book Guide with them which I was very happy with how successful we were. Followed in to a nice Lunch I prepared we had a couple guest speakers come (Shawn Patrick & Graham Wong) to tell us a bit about their journey on going to school on their 2nd year carpentry course. We followed up that evening with some go carting, bowling and a late dinner cooked at home and prepared by Mason, Elwood and Myself.

March 22nd, we woke up to a great breakfast cooked and prepared by Georgie and Dawson. The Youth got their Last chance at using the pool before we had to leave. We Left the house at 10:30am to be down at the Crisis Centre for 11am for a program on Self-Care. After we went out to Hunter and Clint's for a visit and presentation on their schooling and living situation in New Westminster. Then it was home time!

March 23rd, the youth got to help with canoe making and work on their presentation boards.

March 24th, we had Whistler Personal Solutions in to run a morning workshop. Followed that was a BBQ Celebration for them participation in the two-week program! Here they got to present their poster boards to their family and friends.

This day while everything was happening I got to plan another quick event for the 27th – 29th for 2 youth and 2 chaperones to go to North Vancouver for a Youth Suicide Prevention Life Promotion Workshop with First Nations Health Authority

March 27th – 29th

North Vancouver for the Youth Suicide Prevention Life Promotion Workshop, First Nations Health Authority put us up at the holiday inn in North Van and hosted this workshop at the Squamish Nation Long house, This Workshop was very spiritual related and was more aimed towards a talking circle then book work. We got to learn the understandings of Suicide Awareness in each one of our communities. Everyone Spoke out on what resources are provided in the communities and how we try to help the ones in need. We were given tools such as a Manuel and worked our brains on suicide Prevention, Intervention and Postvention as a community.

I highly recommend this course and opportunity if it comes available again to anyone who can take it!

I have learnt so much over the last 5 months that I will carry with me to any other job opportunity that comes up.

I certainly enjoyed my winter months working for Julie our Education Coordinator for N'Quatqua, the opportunity to work along side great staff and create fun filled busy months was amazing! Working with Youth is something I strive to do and will keep applying for every chance it comes up.

Thank you for giving me this opportunity!

Kassidy.

Parent tot – Walking Program

April 14th 21st 28th

N'Quatqua Child and Family Development Center

Start: 9:00 am to 11:00 am

Open to everyone with children age 0 to 6 years

- ◆ This program will be run outside of the center. Please dress for the weather. Bathroom will be available to use.
- ◆ We will meet in the front yard of the infant toddler play area at 9am to 10 am where there will be coffee, tea, hot chocolate and a light snack set up outside. (bring your own to go mug)
- ◆ 10am sharp head out for our walk for 1 hour.

7 DAYS A WEEK
9AM-9PM



MOBILE DENTAL CLEANING

in the Greater Vancouver Area

NEENA DEOL
Registered Dental Hygienist

**We provide Cleanings, Oral Cancer Screenings,
Whitening Treatment and more!**

We bill insurance directly.

GET IN TOUCH

to make appointment contact:
(604) 452-3221 ext. 222
CHR- Nicole Patrick

Neenadeolrdh@gmail.com
N'Quatqua Band/Health Station

April 24th

N'Quatqua Newsletter – Health Planning Survey Link Re-Opened, To Close April 22nd, 2023

EHA 452 and Associates will be supporting the process the completion of your Community Health and Wellness Plan and the Firelight Group is supporting the ELCC engagement. We would like more surveys to be completed.

This survey is a major step in receiving feedback and information from community members. The survey looks at a variety of areas from specific health questions to community safety. The analysis of your feedback will be used to develop your community health and wellness plan.

This survey will take around 25-30 minutes to complete and your answers will be anonymous. You can either take the survey online using this link:

https://www.allcounted.com/s?did=wpv5dx1dl5auv&lang=en_US

or

if you would like to do a telephone, a hard copy, or an in-person meeting, please send an email to wheresmissmo@yahoo.ca or call (604) 828-1512 to make arrangements to do so.

For completing the survey, you will receive a gift card in the amount of \$25 to either Chevron, Save-On or Walmart. We noticed we forgotten the 3 door prizes, all completed surveys will be put into the draw to be drawn after the second call for surveys closes.

Thank you,

EHA452 & Associates.



Got Burdock?

Tips for beating back those burrs!

Have you ever got burdock burrs stuck to you? What about in your horse's mane or on your dog? They are no fun! It is so hard to get them off your sweater or out of your dog's fur!! Here are some tips on how to get rid of burdock before those pretty purple flowers turn into big, nasty burrs!

What is Burdock?

Don't know what we are talking about? First of all, count yourself lucky! Second of all, look for a plant that starts out looking like rhubarb. It has large, wide leaves that grown in a cluster in its first year. In the second year, it sends up many stems with purple, thistle-like flowers that turn into loonie-sized burrs. It has a large taproot. Check out these photos and the LRISS website for more info. www.LRISS.ca

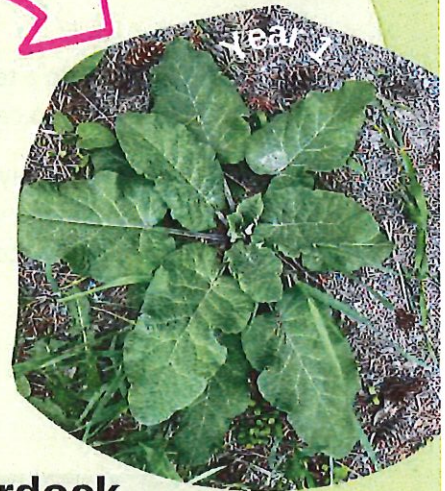
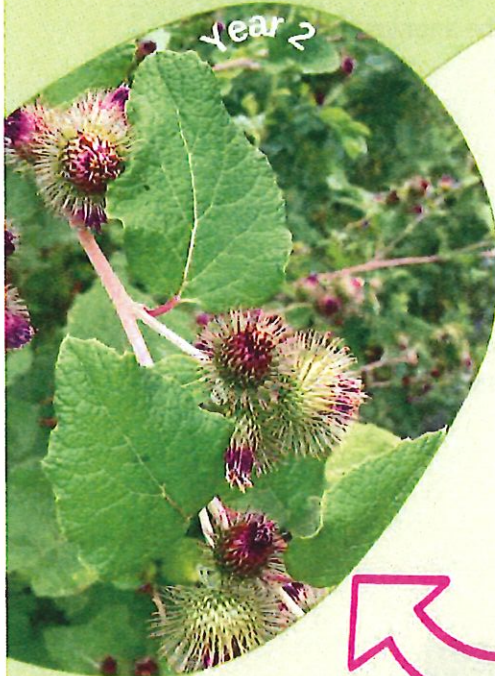
Removing Burdock

This process takes time so be prepared and patient: Check your property and surrounding area including roads, forest, & yard edges. Remove small patches. Dig up small plants including the root. Keep an eye out for new plants and plant something else to create some competition.

If the plant has started to grow stems and flowers, the root may be too big to remove. The best method is to dig below the dirt about 5-10cm at the base of the stem and cut off ALL of the green leaves and stem. Make sure Nothing is left that could see the sun! Check for regrowth often.

Bag that Burdock!

Everything you remove should be bagged and taken to the landfill. Do not compost especially the burrs. If you have a LOT of Burdock, cutting off the flowers & burrs is a great start because burdock reproduces by seed.



[View this email in your browser](#)



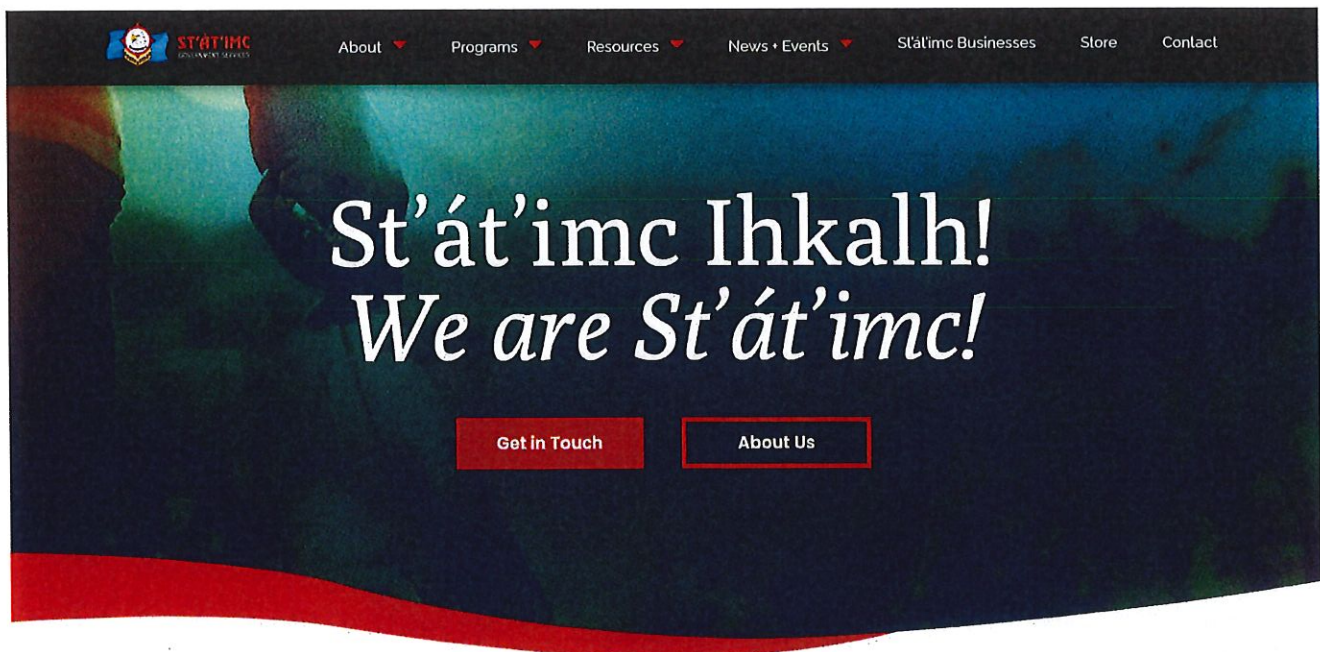
April 2023 Newsletter

Ƙálah, wa7 cwícwiten i skwíqeqa Ihwas qapts.
'Listen, you can hear the robin whistling in the spring.'

New St'át'imc Website

Our new website is up and live! Check it out. www.statimc.ca

Thank you to Linda Redan for helping us correct some language on the website.



Bridge River Transmission Project – Field Investigations Continuing in 2023

The Bridge River Transmission Project is being carried out to upgrade and improve the ability of the existing 2L90 Transmission line to move electricity from Bridge River, where it is produced, to other parts of the province. The 76km transmission line runs from the Bridge River Terminal in Tsal'alh to the Kelly Lake Substation, north of Ts'kw'aylaxw. The project is currently in Definition phase, targeting construction to begin in late 2024 and lasting approximately two years.

Over the next several months, you may notice crews out doing field investigations along the line and some helicopter activity on south Seton Lake. These investigations are to help refine the design for construction and inform management plans so that the work can be done safely, efficiently and in a way that minimizes impacts to the land and to communities. One important focus area of the 2023 field season is finalizing access plans for getting crews and equipment to the 2L90 structures where project work needs to happen. Preliminary access locations have been shared and we've heard feedback that this needs to be done in a way that considers and minimizes impacts to archaeology and cultural sites, stream crossings, and wildlife values; and manages for the spread of invasive species. We've heard concerns from communities that creating new access could encourage more people to enter these areas and that this needs to be thoughtfully addressed, along with consideration for visual impacts that come with new road construction. We want to work closely with communities throughout the field season to ensure we continue to discuss these issues and that communities have ample time to review and input on plans.

In parallel with the field work, the Project is studying the potential impact of temporary workers coming into the community for this and other BC Hydro projects and what that may mean for the local economy, housing access and affordability, pressures on local services, health and community wellbeing, gender-based impacts, etc. And we have also been working closely with SGS to overlay the project footprint with information in the Land Use and Occupancy System data base and use it to understand any additional design and management considerations that need to be factored in to help avoid and mitigate impacts to traditional and cultural use sites.

The project has come a long way since engagement started in 2019 and we want to take the opportunity to recognize the contributions of the Culture and Community Forum (CCF) for this. This group was formed in late 2021 in response to St'át'imc Authority concerns raised through the BCUC process and has a mandate to ensure St'át'imc cultural values and community perspectives are considered and integrated into project plans and key deliverables. It includes community representation from T'it'q'et, Sekw'el'was, Xwisten, Xaxli'p and Ts'kw'aylaxw and is administered through SGS, with support from Two Worlds Consulting. The CCF work started with a gap analysis of project deliverables and is now working on an implementation plan to guide how key St'át'imc values are considered in ongoing project work. This is only one aspect of project engagement, and does not replace community consultation, but it has added an important level of rigour and structure that has proven important for carrying out a project of this nature.

Procurement opportunities are in development and more information is forthcoming on this to support St'át'imc business planning and readiness to take on of this work.

BC Hydro's Indigenous Scholarship and Bursary Application

BC Hydro's Indigenous Scholarship and Bursary application is opening on April 1 for all Indigenous students. Deadline June 17 at 4pm.

Please share the attached fillable form with your post-secondary students. Applications can be emailed to indigenous.awards@bchydro.com

Last year there was a high representation of St'át'imc among the recipients of the BCH scholarship. It would be great to see a high participation again.

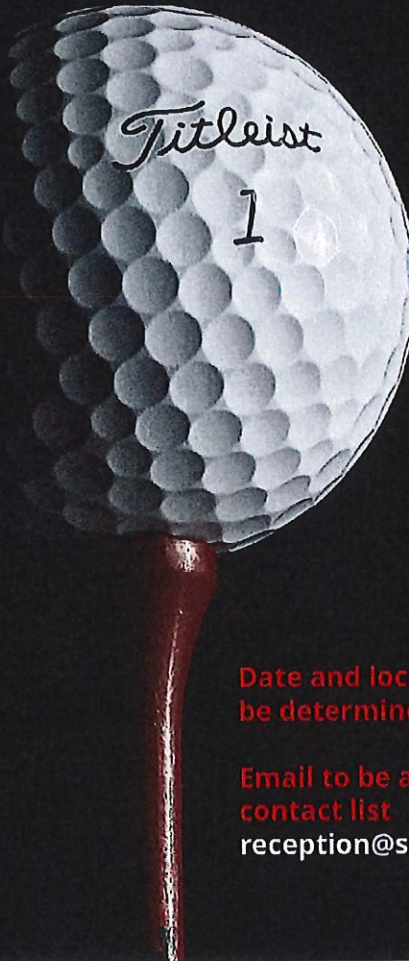
\$5000 scholarships are available for Indigenous students in full-time degree, diploma, certificate, or technical/trades programs connecting to BC Hydro careers. Visit [bchydro.com/community/indigenous-relations/opportunities/individuals/donations_sponsorships.html](https://www.bchydro.com/community/indigenous-relations/opportunities/individuals/donations_sponsorships.html) for eligible programs.

Application period: Scholarship applications are accepted by email from April 1, 2022 to June 17, 2022.
Application deadline: Application packages must be received by 4:00pm closing time on June 17, 2022.

Sept 2023

SAVE THE DATE

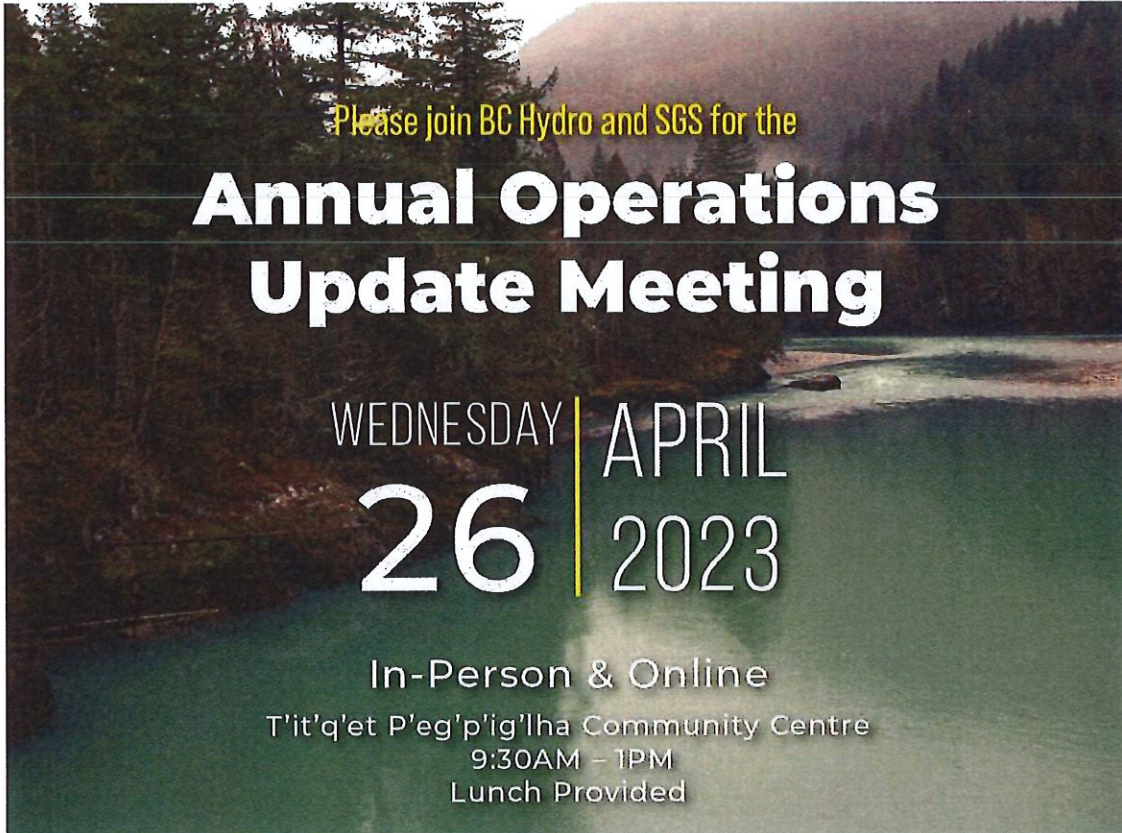
**St'át'imc Scholarship
FUNdraiser**



ST'ÁT'IMC

**Date and location to
be determined.**

**Email to be added to our
contact list
reception@statimcgs.org**



Please join BC Hydro and SGS for the

Annual Operations Update Meeting

WEDNESDAY | APRIL
26 | 2023

In-Person & Online
T'it'q'et P'eg'p'ig'lha Community Centre
9:30AM – 1PM
Lunch Provided

Meeting Description:

BC Hydro's Annual Operations Update will provide an overview of planned transmission, distribution, stations and small capital work in St'át'imc territory for the next year, along with an update on water management and education and training.

Meeting is open to all St'át'imc members
to register please contact Sherry Kane
at relationsmgr@statimcgs.org
or (250) 256-0425 ext.260

