

MAY 2023 NEWSLETTER

N'Quatqua Band/Health Station

Jenn Levine/Reception ext.221

Email: jennifer.levine@nquatqua.ca

Deadline for next newsletter will be:

Wednesday- June 7, 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.

N'Quatqua Band & Health Station

OFFICE CLOSED

**Monday- May 22nd, 2023
(Victoria Day)**



OFFICE RE-OPEN

Tuesday- May 23rd, 2023

From N'Quatqua Band Staff.



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

Ts'kw'aylaxw
FIRST NATION
IS HOSTING
THE
ST'ÁT'IMC
GATHERING
MAY
8, 9, 10
2023
MORE INFORMATION TO
FOLLOW
14th, MAY, SUNDAY
Happy
Mother's Day

Social Development Worker- Sylvia Patrick

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

Renewals & Utility bills are due: Thursday- May 18th, 2023

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

Direct Deposit/Cheque: Monday- May 29th, 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- limited seats)

Monday- May 29th, 2023
leave at 8:00am

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****



CHR Corner



Office Closed: May 10 and 22, 2023

Food Coupon:



Ready for pick up on May 15, 2023

Milk Program:



Wednesdays, May 3rd, 17th and 31st, 2023

Squamish Shopping Trip

May 29, 2023

Please sign up with the Front desk

Seats are limited



May 30th, 2023

Neena Deol a Registered Dental Hygienist will be in community for cleanings, check ups and other services. Please call the CHR for an appointment with Neena. Limited appointments available for each visit.

Registered Physiotherapist

Lindsay will be in community on May 3rd, May 17th and May 31, 2023.

Please call the CHR to Book an appointment with Lindsay (604) 452-3290

45 minute appointments available for community members.

Nurse Practitioner Erica Vanzanten

Erica will be in Community on May 9th and 23, 2023

Please call the Pemberton Health Centre for an appointment at (604) 894 6454





N'Quatqua Community Camping

BC Parks

Covid-19: Restrictions, each campsite is responsible for cooking their own meals.

** please follow all provincial health guidelines.*

September 7th to 10th, 2023

Birkenhead Provincial Park



Sign up by August 10, 2023 * Limited sites available *

We would like to invite you to join the community camping at the Birkenhead Provincial Park.

Please note:

Camping food will be provided for Friday/ Saturday/ Sunday

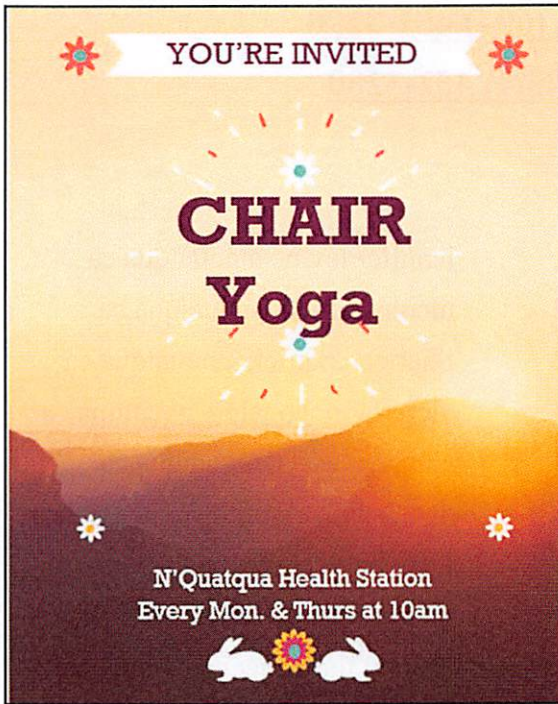
Department collaboration : Community Health, Lands & Resources, Social Development, Family support, Education, Children and family development center.



QUIET TIME AT 10:00 PM


PLEASE RESPECT THE PROVINCIAL PARK RULES

YOU'RE INVITED




CHAIR Yoga

N'Quatqua Health Station
Every Mon. & Thurs at 10am



Chair Exercise



Where: N'Quatqua Health Station Boardroom
When: Every Wednesday Morning
10 am
Starting: May 3, 24th, 31st
Come in comfy clothes, bring own water bottle.

AA OR WELLBRITY MEETINGS

Wednesday- April 19th
And every other Wednesday's
May 3rd - 31st

At: 7pm-8pm
Band Health Station
Coffee and snacks by donation





Mother's Day Tea

Sign-up with Jenn to let us know that you are coming with your MOM on Fri- May 12th/2023.
This will take place here at the Health Station @ 10 am.
Tea, cookies and strawberries
Weather permitting, we will have it outside.
Any questions please ask Adele

Come on out share a story have some hot tea or hot chocolate and some snacks.
If you need a ride please message or call me.


Women's Fire Circle

Wednesday- May 24th
And every other Wednesday's after
7 pm
Indian Beach
Darcy, B.C.



Social Craft Night

Bring your own



* Bring your own crafts you would like to work on and come and be social, visit, share, help each other out.
Thursday's- May 4th, 11th, 18th, 25th
7:00pm
N'Quatqua Band office Boardroom
Snacks, drinks provided
Community Wellness Worker: Adele Fletcher

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
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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	



Family Support/Preservation Worker

Victoria McDonald

Family Dinner

Friday- May 12th, 2023

Menu:

Sheppard's Pie & Bun

**Pick up at the Band office between
4pm-6pm, watch for posting on
Facebook.**

For each house On- Reserve who signed up.

COMMUNITY NOTICE

N'QUATQUA

WATERMAIN EXTENSION AND PHASE 1 SUBDIVISION CONSTRUCTION



Please note that construction work will commence in the community to extend the existing water main and to develop Phase 1 of a new subdivision along Hunter Jack Crescent. The proposed works includes a road extension of Hunter Jack Crescent, extension of the existing watermain, tree clearing, excavation of roadside ditches, installation of wooden bollards and signage, and hydraulic seeding.

This project will seek to increase the level of service of the current water infrastructure for community members on Hunter Jack Road and Hunter Jack Crescent. This work will provide increased water pressure, system reliability, and provide opportunities for additional housing.

Work commences May 2023 and will progress until July 2023.

Please Note:

- ➔ There will be noises, construction activity, and traffic control as needed along Hunter Jack Crescent and Hunter Jack Road.
- ➔ Work in the early stages of the project will take place in close proximity to homes on Hunter Jack Crescent with possible access restricted to this area when trucks are hauling.
- ➔ All work will occur between 8:00am and 6:00pm which may be subject to change. The community will be notified of any time changes.
- ➔ We kindly ask no interactions with the contractors and workers. Please contact the administrator office for any inquiries.




Apologies for the inconvenience and we appreciate your patience through this process. Please direct any inquiries to the administration office.



N'Quatqua Child & Family Development Centre

604-452-3584

May 10th Statimc Declaration Day, we are closed Wednesday & open Thursday May 11th.

<p>Please sign in when you come into our building, sanitize, continue to be COVID safe</p> <p align="center">*</p> <p>Afterschool Program hours 10am-4:45pm except on Pro-D days then its 8:30-4:15pm Bring extra changings</p>	<p>Kate & Pippa will be here on June 5th.</p> <p>We are so excited to introduce <u>nXexzumalus</u> who will be coming Wednesday mornings to speak <u>Ucwalmicwt</u> with our Toddlers & Preschool children - basic commands, animals, colors, prayer, songs, this is such a blessing</p> <p>Due to Licensing, staff were reorganized to meet requirements for the programs. Yay, I love the support we get from Heather Nash.</p>	<p>Seeking On call workers: 604-452-3584</p> <p>Food Safe, First Aid, Criminal Record Check. (from the Criminal Record Check Program in Victoria) is required to work in this licensed facility.</p> <p>★ RA's, ECE's , IT's, SN certified on-call workers</p> <p>Happy Mothers Day to all our moms, grandmas', aunties, future Matriarchs' on May 14th</p>
<p>-Please let us know who is picking up your child and ensure they are on your <u>emergency pick up list</u>, call us if you need to update it. Let your contacts know they are on this list too</p>	<p align="center"><u>Congratulations Otter</u> (Destiny Smith)</p> <p>Council Doris Peters and myself were called as Witnesses to an incredible love filled Ceremony of 8 young girls finishing their Puberty Rites up Pemberton Valley at the Lil'wat Camp. Their training from May 4th to 7th. This rite of passage is so important in our St'at'imc , I lift my hands and heart to Alanah Wood, the Aunties, Elders, Parents, Grandparents, Family & friends who came and to all the helpers in camps. Congratulations Otter (Destiny) we are so very proud of you & your family.</p>	<p>Our 2 Coho are still growing despite the power outages.</p> <p>Closures:</p> <ul style="list-style-type: none"> - May 10th: Statimc Declaration Day. -May 16th for power outage <p>& May 22nd Victoria Day Stat. We are closed for that Monday.</p>
<p>Extra clothes please for cubbies</p> <div align="center">  <p>★ <u>Happy Birthday</u></p> <p>Sylvia Levine May 7th Robin John May 8th</p> </div>		

Parent tot – Walking Program

May 5th, 12th, 19th & 26th

N'Quatqua Child and Family Development Center

Start: 9:00Am to 11:00Am

Open to everyone with children age 0 to 6 years

The program will run rain or shine, our bathrooms are 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 out.
(bring your own to go mug)

10am sharp head out for our walk for 1 hour.

N'Quatqua Water Notice



Limit water usage on the N'Quatqua Main-Line

We currently have 1 Pump working on the
N'Quatqua Main-Line.

We are excepting this issue to be fixed by the end of
May 2023.

- ◇ Please Limit watering your Lawn
- ◇ Reframe from over night/all night watering.
- ◇ Very Minimal use during power outages.

~ Water Department
N'Quatqua Band



First Nations Health Authority
Health through wellness

NOTICE OF INDIVIDUAL WELL SAMPLING

To N'Quatqua Members,

As part of FNHA Drinking Water Safety Program, the N'Quatqua and Devine community water systems have been routinely sampled to support the community members in accessing safe and reliable drinking water. This year FNHA would also like to include the sampling of all the individual water systems to ensure health risk assessment can be provided to private well owners and N'Quatqua administration in a timely manner.

The sampling parameters include total coliforms, *E.coli*, general chemistry and total metals. Aside from sampling, general information pertaining to the private well would also be collected such as the name of the registered owner, address, source type and the number of connections.

The time frame for sampling would likely fall between July to October depending on the home residents' availability.

Should you have any questions, please contact your Community Health Representative, Nicole Patrick, or FNHA Environmental Health Officer, Joanne Chang, at joanne.chang@fnha.ca.

Thank you."

Happy to discuss further should additional information need on my visit on May 17th, 2023 at the Health station at 9:00 am

Joanne Chang, B Sc., CPHI (C)
Environmental Health Officer
Vancouver Coastal-Fraser Salish Region



First Nations Health Authority
Health through wellness

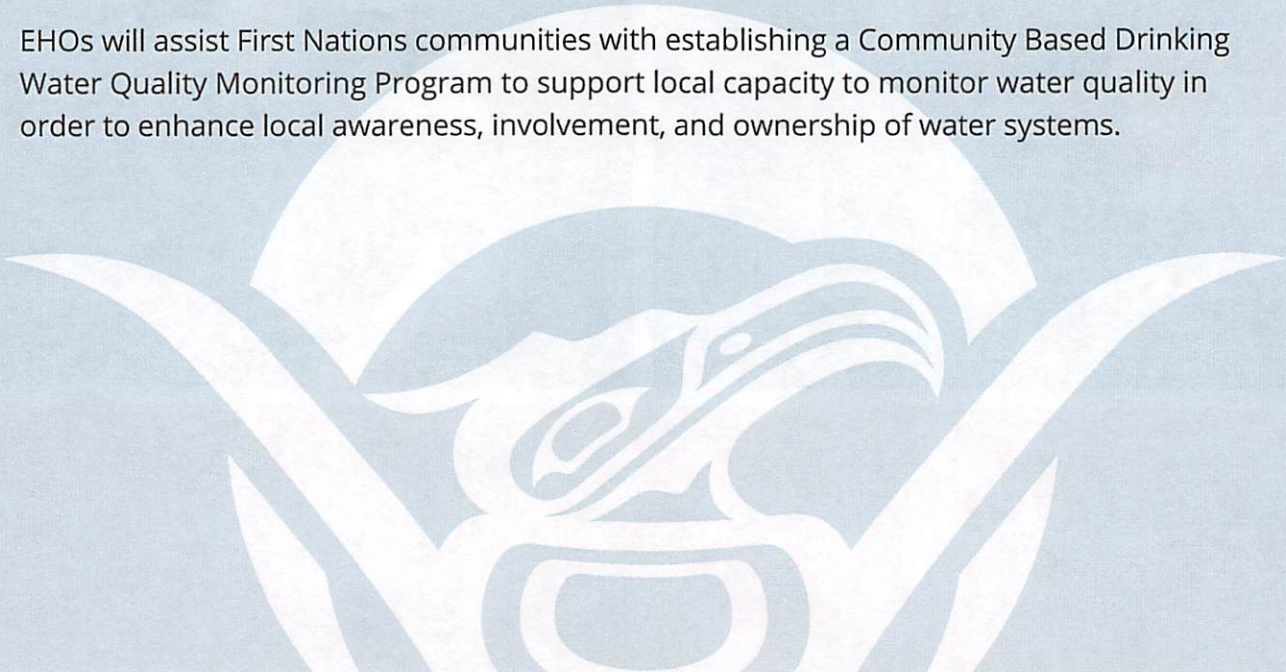
Drinking Water Safety

FNHA Drinking Water Safety Program

The FNHA Drinking Water Safety Program (DWSP) works in partnership with First Nations communities to support access to safe and reliable drinking water from their community water systems. As part of the DWSP team, Environmental Health Officers (EHOs):

- Inspect drinking water systems and test drinking water quality to meet the *Guidelines for Canadian Drinking Water Quality*.
- Interpret drinking water quality results.
- Provide advice, guidance and recommendations to First Nations communities pertaining to drinking water safety issues such as boil water advisories (BWA), do not consume advisories (DNC) or do not use (DNU) advisories.
- Provide training for Community Based Water Monitors (CBWMs).
- Review plans for new or upgraded community water systems from a public health perspective.
- Provide information and support on safe drinking water practices and prevention of risks to Chief and Council and community members.
- Investigate water borne illnesses.

EHOs will assist First Nations communities with establishing a Community Based Drinking Water Quality Monitoring Program to support local capacity to monitor water quality in order to enhance local awareness, involvement, and ownership of water systems.



Community Based Drinking Water Quality Monitoring Program

Community Based Drinking Water Monitors (CBWM) play a key role in the Drinking Water Safety Program as the designated person responsible for sampling, testing, recording and communicating the microbiological quality of drinking water within the community. The CBWM is also responsible for distributing results and may assist with developing and carrying out a drinking water quality awareness program.

The CBWM may be a Community Health Representative (CHR), Water Treatment Plant Operator (WTPO), or another individual selected by the Band. If a community does not have a CBWM, the activities may be completed by the FNHA Environmental Health Officer or an FNHA Environmental Health Technician.

Environmental Health Officers train CBWMs to sample and test the drinking water for potential microbial contamination using community lab equipment (Colilert®). WaterTrax®, an internet-based data management system, is used to securely manage all drinking water quality data to which the CBWM, Band Health Directors, and the Drinking Water Safety Program (DWSP) team have access.



**For more information about Drinking Water Safety,
please contact your Environmental Health Officer or visit our website:
www.fnha.ca/what-we-do/environmental-health**

[View this email in your browser](#)

May 2023 Newsletter



Environment

Úsa7 - Black Huckleberry – *Vaccinium memberanaceum*



Figure 1: https://calphotos.berkeley.edu/cgi/img_query?enlarge=0000+0000+1012+0944

Figure 2: *The Illustrated Flora of British Columbia*

This month's Berry of the Month is Úsa7, commonly known as black huckleberry or thin-leaf huckleberry. Úsa7 is a shrub that can grow to 1.5 meters and is known for its sweet tasting purple to dark purplish-reddish round-shaped berries. The leaves have finely toothed margins that are usually between 2 and 6cm long with the widest

point varying from 1-3 cm as per the photo above. Úsa7 has a wide tolerance of soils from high pH to low nutrient sites or dryer and everything in between, hence the ability to find it throughout St'át'imc territory. Due to its resiliency, relative abundance, and sweet tasting berry it is one of the more commonly collected plants to be eaten as is, dried and preserved, or made into jams or other edible goodies.

If you (or anyone you know) has a suggestion for future segments of "Berry of the Month" please drop an email to either one of the SGSEnvironment Technicians at nmorgenstern@statimcgs.org or nandrascik@statimcgs.org.



Figure 3: Water collection on February 27th. Left to Right: Ellen, Nina, Danny.

Chinook and Coho Salmon environmental DNA(eDNA) Sampling at Bridge River on Feb 27th

Gaps in understanding of habitat needs and usage exist for the regionally threatened populations of Chinook and Coho Salmon within St'át'imc Territory. Annual surveys are conducted within the Bridge River Watershed; however, the Yalakom River, a Bridge River tributary, is a location where Chinook and Coho spawning and rearing habitat have not been recently monitored. Since the fall of 2022, SGS Environment and Xwísten have been collecting water samples during spawning periods to test for the presence of Chinook and Coho eDNA within the Yalakom, while using water eDNA samples from the Bridge River as positive field controls. On February 27th, SGS Environment and Xwísten's Fisheries Biologist, Danny O'Farrell continued their assessment of these salmonid species by collecting water eDNA samples during the Chinook and Coho fry emergence period at Bridge River. The samples collected

during this event are the positive field controls. The fry emergence eDNA sampling event at the Yalakom will occur during the spring of 2023.

SGS Environment gratefully acknowledges the financial support from the Fish and Wildlife Compensation Program (FWCP) to fund the community engagement component of this project.

PIT-tagging of Juvenile Chinook Salmon at the Tenderfoot Hatchery in Squamish



Figure 4: Outside of the Tenderfoot Hatchery in Squamish. Left to right: Ellen, Chris, Jen, Angie, Nicole, Nina, Luke, & Darwyn.

The Portage Creek Chinook Recovery Program is led by led by SGS Environment in collaboration with In stream Fisheries Research and support from DFO and BC Hydro. This past March, the SGS Environment team spent a week at the Tenderfoot Hatchery PIT-tagging juvenile Portage Chinook Salmon. The release ceremony will be held in late April at one of our local watersheds. The use of thePIT-tags will collect prudent information of the Chinook Salmon during their life process, including lake migration, production, and ocean survival. The SGS Environment team learned how to PIT-tag with two different methods, tagging gun and scalpel. The team of SGS Environment and InStream PIT-tagged ~14,000 fish over a four-day period. This PIT-tagging study is being done to preserve and re-build this unique population, while gathering key information on the limiting factors that



Figure 5: Angie and Nina seen in the PIT-tagging'line-up'.

may be contributing to the reduction of this threatened salmon population.

OFA Level 3

Over the last two weeks of March, Environmental Technicians, Nicole and Nina, were in Kamloops and undertook the training for their Occupational First Aid (OFA) Level 3 course with St. John's Ambulance. It was along, intense, and informative two weeks where at the end they both came out with their certification. They plan on taking what they learned to help improve safety protocols at SGS before the start of this year's field season and to review contents of First Aid kits before going out in the field. They also feel more confident working out in the bush with the information and training they now have relating to safety.

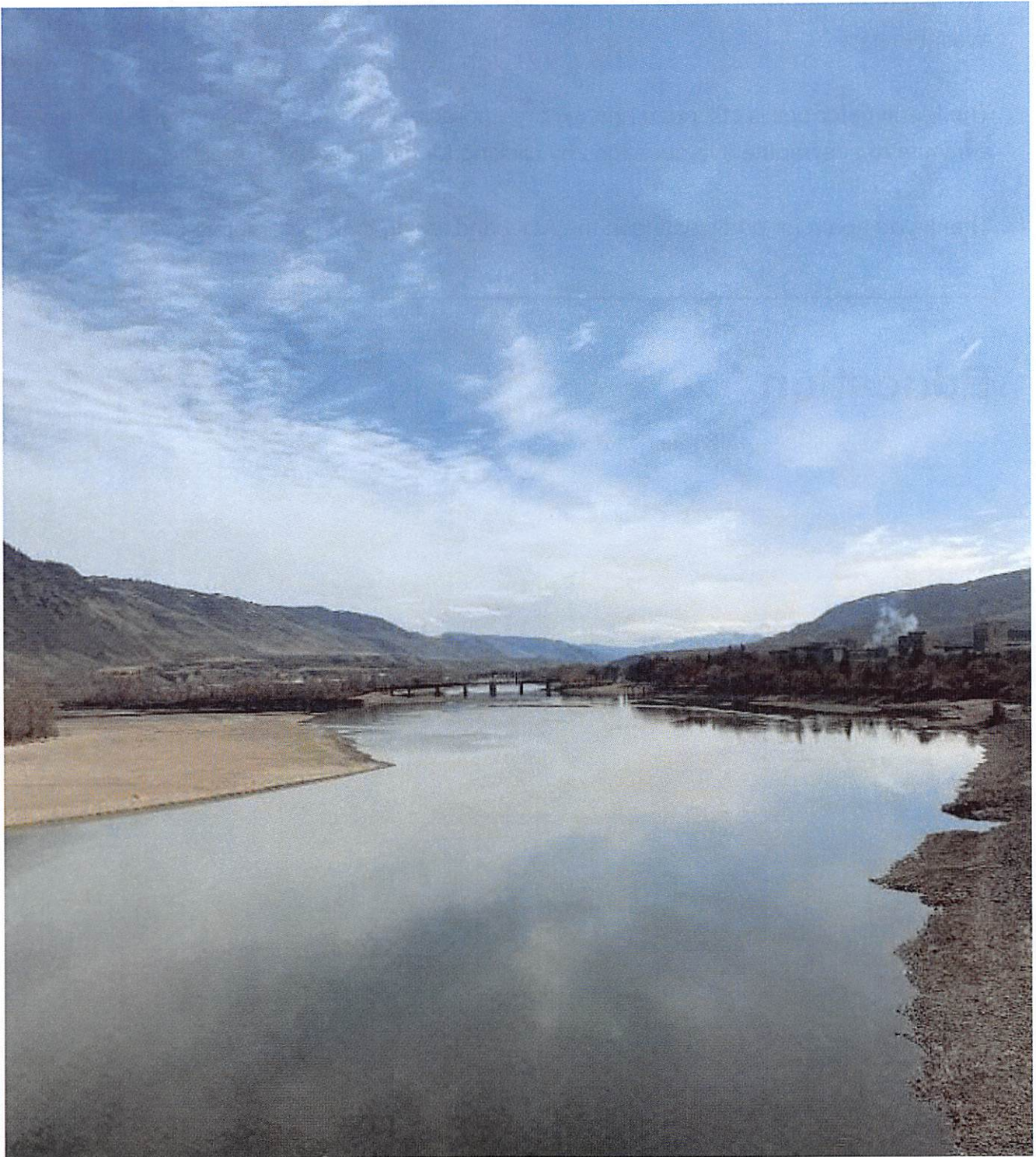


Figure 6: View of the Thompson River looking south in Kamloops.

Annual Operations Update

Thank you to everyone that was able to participate in person and virtually in the Annual Operations Update last week. Attached is the presentation and once the

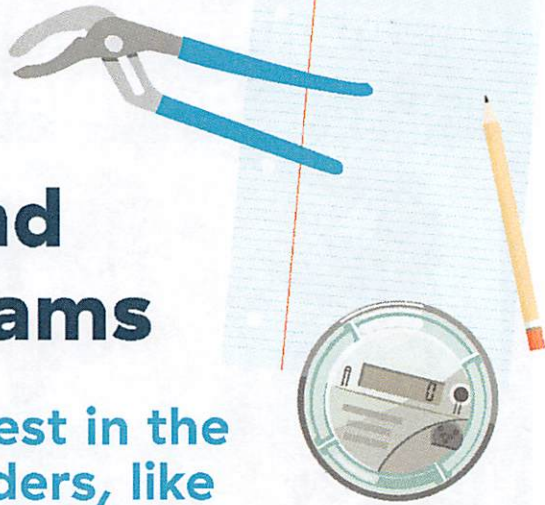
meeting notes are finalized we distribute those as well. The presentation is also available [here](#).

The Mentimeter poll is still open and we are appreciative to those who are able to take a minute to answer the five questions by clicking [Menti for the 2023 AOU feedback](#)

Thank you again for participating in the AOU and taking time to complete the poll.

Education

BC Hydro Indigenous Scholarship and Bursary Programs



BC Hydro wants to invest in the next generation of leaders, like you, to build a strong and healthy workforce across the province.

Our scholarships and bursaries are available to Indigenous students from BC First Nations or are an Indigenous permanent resident of BC studying at a Canadian post-secondary institution in a program that closely matches to careers at BC Hydro.

Application period: April 1- June 9, 2023

Scholarships in the amount of \$5000 are available to full-time students in degree, diploma, certificate, or technical/trades programs connected to BC Hydro careers.

Bursaries in the amount of \$2000 are available to part-time students in degree, diploma, certificate, or technical/trades programs connected to BC Hydro careers.

The Randy Brant Memorial Award in the amount of \$8000 will be awarded to the top overall applicant from all bursary and scholarship submissions.

For more information including program eligibility and application forms go to bchydro.com/scholarships or email indigenous.awards@bchydro.com.

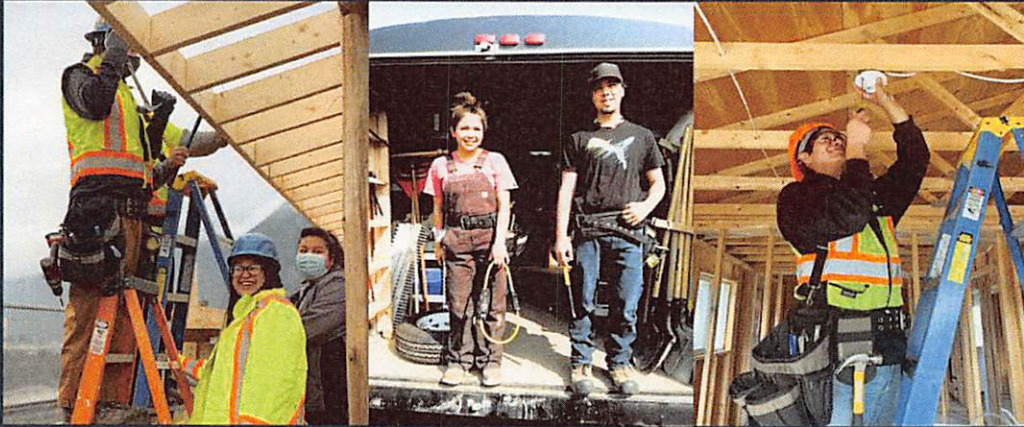


The Wolf gifted
to BC Hydro by
Art Thompson
from the Oisdeht
First Nation.

 **BC Hydro**
Power smart



TRU Residential Building Maintenance Worker Trades Sampler Program



REGISTER NOW!

This 12-week TRU Residential Building Maintenance Worker (RBMW) Trades Sampler gives students hands-on experience so they can gain the basic understanding of the common construction trades needed as a RBMW which include carpentry, plumbing, electrical, drywall and painting, roofing, siding, and others.

The students will have the opportunity to work on projects in the community and help renovate local homes and buildings. Upon completion of the program, students will have many new construction skills, have increased their employability, and decided which trades career they want to pursue. Students will also participate in workshops on home energy advising and housing departments roles and responsibilities. Students will receive First Aid Level 1, Fall Arrest Certification, and Construction Safety Training Systems. Personal protective equipment and tools will be provided.

Information and Registration:

Indigenous Skills and Employment Training Program - ISETP

E: isetpadmin@lillooettribalcouncil.ca P: 250-256-7523 ext 301

or

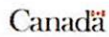
TRU-Lillooet E: kjolly@tru.ca P: 250-256-4296

Program is intended for students of Indigenous ancestry.

Program Dates:

May 8 to July 28, 2023

Lillooet



Funding provided by the Government of Canada through the Canada-British Columbia Workforce Development Agreement.





Call for Expression of Interest

RISC -Resource Inventory Standards - Archaeological Heritage and CMT Inventory Course



The Resource Inventory Standards and CMT Inventory Course (RISC) is a five day course designed to introduce field technicians to the discipline of archaeology. The course covers basic site identification, survey, and recording skills, and includes class and field components.

The Resources Information Standards Committee and the Archaeology Branch recognizes the historical, cultural, scientific, spiritual and educational value of B.C.'s Archaeological Heritage to First Nations and Indigenous Peoples.

Upon successful completion of the course, participants are registered with the province and receive a certificate signed by the Archaeology Branch as a Certified RISC Technician.

Information and Registration

Please contact TRU-Lillooet
E: kjolly@tru.ca P: 250-256-4296

Program Dates:
June 2023 Lillooet

Fee \$ 1,365 per person / 10 seats available

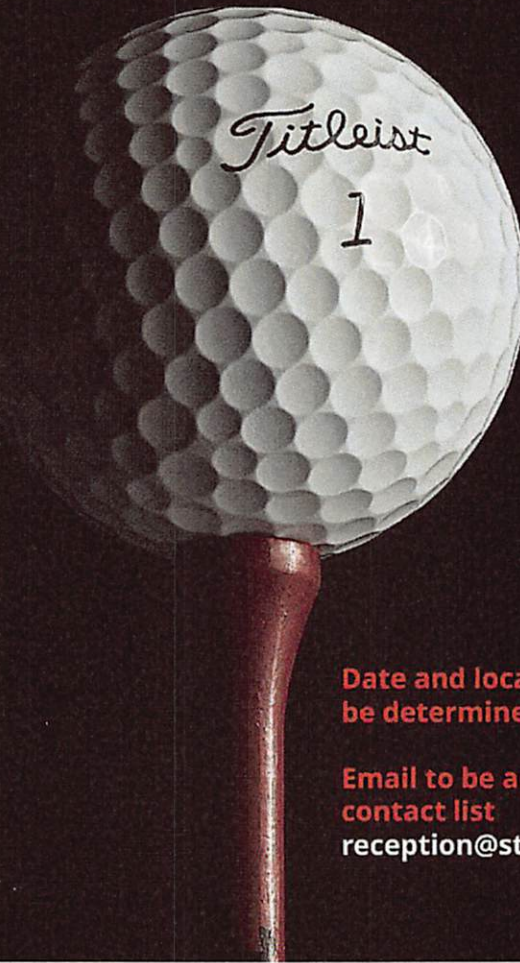


TRU is also offering a RISC course. SGS will provide seat sponsorship for St'at'imc learners. Students must apply for course through TRU (see poster). To receive sponsorship from SGS-SET they must email request to SET@statimcgs.org.

Sept 2023

SAVE THE DATE

St'át'imc Scholarship **FUNdraiser**



Date and location to
be determined.

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

