

# JANUARY 2023 NEWSLETTER

## N'Quatqua Band/Health Station

Jenn Levine/Reception ext.221

Email: [jennifer.levine@nquatqua.ca](mailto:jennifer.levine@nquatqua.ca)

Deadline for next newsletter will be:

**Wednesday- February 8, 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

# NOTICE



UPON ENTERING  
PLEASE USE  
HAND SANITIZER

HELP STOP THE  
SPREAD OF COVID-19



## Social Development Worker– Sylvia Patrick

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

Renewals & Utility bills are due: Monday– January 16th, 2023

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

**Direct Deposit & Cheque Day:**

Thursday– January 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

**Friday- January 27<sup>th</sup>, 2023**  
**leave at 8:00am**

Sign up before Jan. 26<sup>th</sup>

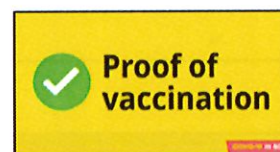
Please phone the N'Quatqua Band & Health Station  
to put your name on the list.  
(604) 452-3221

**(LIMITED SEATS AVAILABLE)**

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\*

**\*\* Must provide proof of double vaccination before traveling on Band Vehicles \*\***

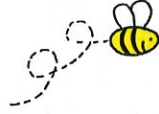


# CHR Corner



Office Closed: January 2, 2023

Food Coupon:



Ready for pick up on January 12th, 2023

Milk Program:

Wednesdays, January 11th and 25th, 2023



\*\*\*\*\*

## Squamish Shopping Trip

January 27th, 2023



Please sign up at the Front desk , Double vaccination is require and mandatory masks wearing at all times on the Bus for everyone's safety.

\*\*\*\*\*

January 20, 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.

\*\*\*\*\*

## Covid Booster/ Flu vaccine update:

Due to the SSHS Nursing shortage , its is recommended to get Covid booster and flu vaccines/ mist at the Frontier Pharmacy in Pemberton or make an appointment at the Pemberton health unit at the Pemberton Health center at 604 894-6967

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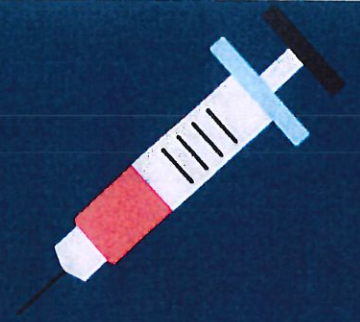
## Vancouver Sun run 2023

Anyone interested in signing up for Sun run 2023 ( April 16th 2023)

Please meet with CHR for the registration information :)

\* limited High-vise vest available for walkers, please see CHR





VANCOUVER COASTAL HEALTH AND SOUTHERN STL'ATL'IMX HEALTH SOCIETY:

# HARM REDUCTION AND NALOXONE TRAINING WORKSHOP

Participants will learn about:

- What Harm Reduction is in terms of substance use
- How folks who use substances can stay safe and how families can support them
- Community Resources for folks who use substances
- How to identify and respond to an overdose emergency
- How to administer Naloxone with an injection kit and nasal kit

**Learn Life Saving Tips with Hands on Naloxone Training**

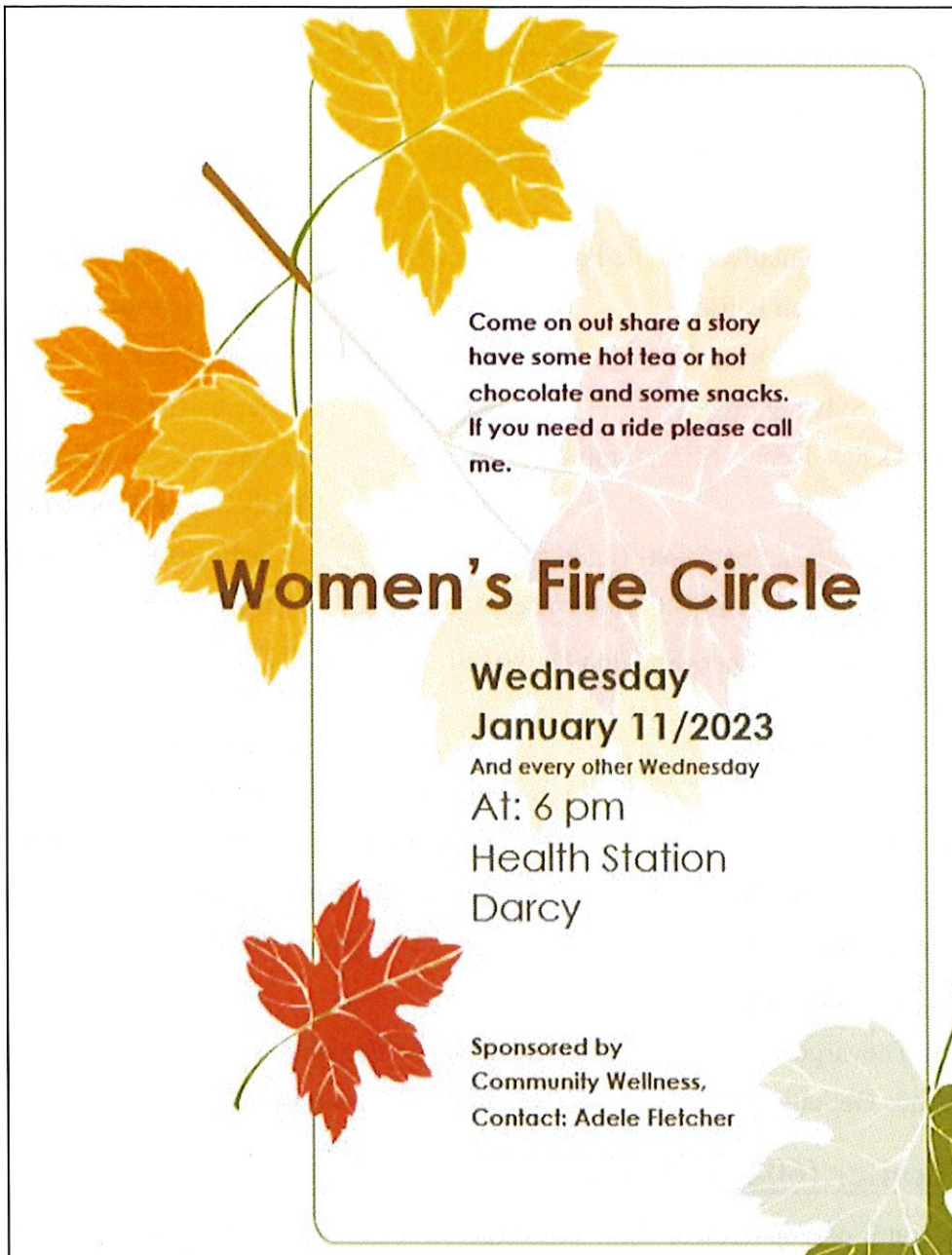


**FREE Naloxone Take Home Kits and FREE Refreshments**

**FEBRUARY 2, 2023 AT 1:00 PM**  
**N'QUATQUA HEALTH CENTRE**

PRESENTED BY:





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

## Women's Fire Circle

Wednesday  
January 11/2023  
And every other Wednesday  
At: 6 pm  
Health Station  
Darcy

Sponsored by  
Community Wellness,  
Contact: Adele Fletcher

## AA OR WELLBRITY MEETINGS

Wednesday 18<sup>th</sup> And every other Wed.

At: 7pm-8pm

Band Health Station

Coffee and snacks by donation

## 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 Dowsell		Sheldon.dowsell@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
Youth Intern– Josie Joseph	youthworker452@gmail.com
Youth Worker– Cassidy Barley	01youthworker@gmail.com

### 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
Jennifer Peters - Early Childhood Educator Assistant	
Rechelle Patrick	
Eunice Sam	



**N'Quatqua Child & Family Development Centre**

604-452-3584

<p><b>Please sign in when you come into our building, sanitize, continue to be <u>COVID</u> safe</b></p> <p align="center">*</p> <p><b>Afterschool Program hours 10am-5:45pm except on Pro -D days then its 8:30-4:15pm</b>  <b>Bring extra changings</b></p>	<p><b>Kate &amp; Pippa will be here on January 9th at 10am</b></p> <p align="center"><b>We are so excited to introduce <u>nXexzumalus</u> who will be coming Wednesday mornings to speak <u>Ucwalmicwt</u> with our <b>Toddlers &amp; Preschool children</b> - basic commands, animals, colors, prayer, songs, this is such a blessing</b></p> <div data-bbox="662 957 956 1184" data-label="Image"> </div>	<p><b>Seeking On call workers:</b>          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>★ <b>RA's, ECE's , IT's, SN certified on-call workers</b></p> <p><b>Due to Licensing, staff were shifted until the end of February to meet requirements for the programs. Yay, I love the support we get from Heather Nash.</b></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>We welcome new Toddlers and Preschoolers &amp; Afterschool Children to our programs. We started to witness the increase in these past three months, we are not yet at capacity but working on it . (20 children) We have a current waitlist in our Toddler Program</p>	<p align="center"><b><u>Cultural Corner</u></b></p> <p><b>Thank you to Gerald Gabriel for coming to help with the Winter Solstice Ceremony - Dec 21st so very appreciated.</b></p> <div data-bbox="1149 1524 1317 1619" data-label="Image"> </div> <p align="center"><b>Thank you Skalula (Derrick) for Drumming on Tuesdays</b></p>
<p>Bring extra clothing in case your child gets wet, winter is still with us.</p>		
<div data-bbox="245 1262 477 1419" data-label="Image"> </div> <p>★  <b><u>Happy Birthday</u></b>  <b>Teagan Jan 19th</b>  <b>Evelyn Jan 22nd</b>  <b>Lola Jan 31st</b></p>		



# Ribbon Skirts & Vests

W/ Barb Peters

Ages K – 12

Parents must participate with children under the age of 12 years.

Please come and get measurements taken @ the N'Quatqua Education Trailer -

on January 23<sup>rd</sup>, 2023

From- 5 – 7pm

**DATES FOR THE SEWING CLASSES TO START WILL BE POSTED AT A LATER DATE!**

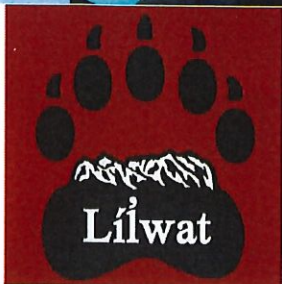
If you have any Questions please contact Julie Thevarge or Cassidy Barley

Phone: 604-452-3291





kukwstumúlhkałap for  
making our trip to  
Sutikalh with Hubie Jim  
possible!



FNESC

