

N'QUATQUA COMMUNITY PLAN | 2016



ACKNOWLEDGMENTS

We would like to acknowledge and thank the community members who participated in the comprehensive community planning (CCP) process and Juanita Peters for providing the photos used in the Comprehensive Community Plan.

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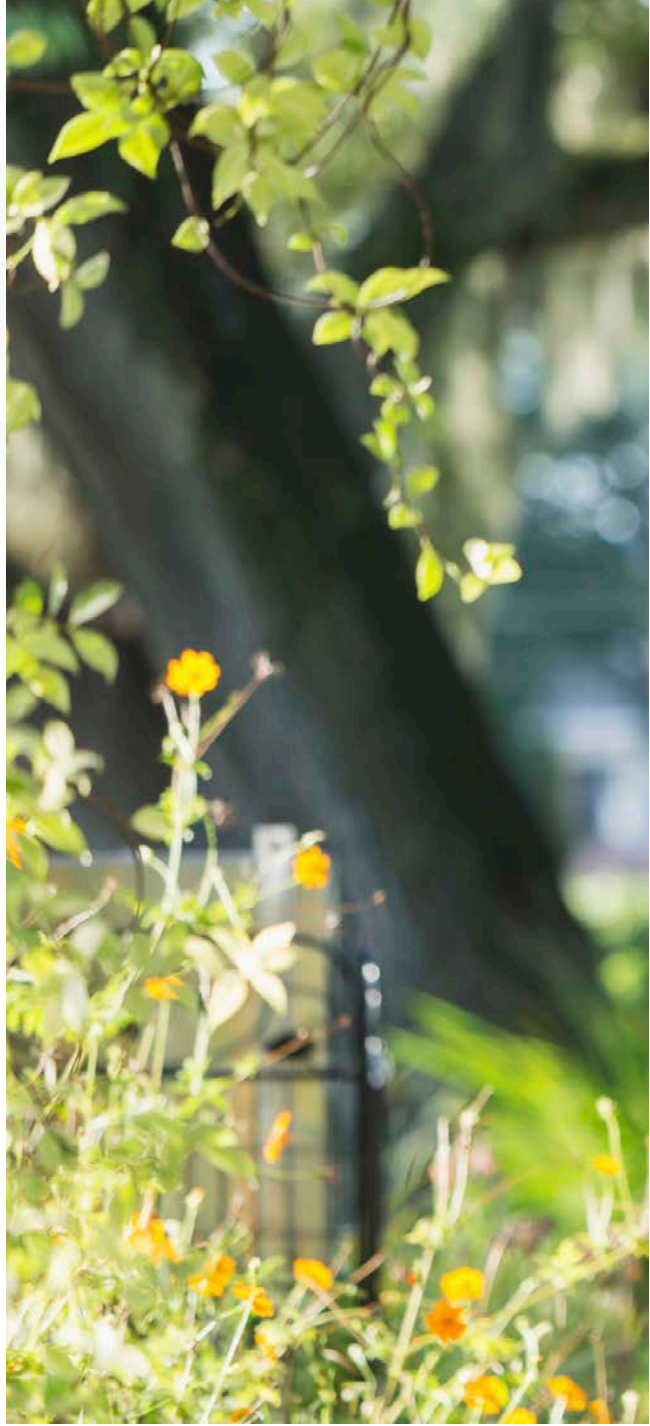
Lloyd Peters

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A CCP is a living document that is meant to be updated as the community evolves, actions are implemented, and goals are met.

It also a flexible document, intended to respond to future challenges — challenges that may not be foreseen at this time, but, through collective action, a common vision, and a strong plan, can be overcome in the future.



Introducing the CCP

N'Quatqua First Nation (N'Quatqua or the Nation) is planning for its future through the development of its Comprehensive Community Plan (CCP). The CCP will guide community development and decision-making over the next 20 years across all core areas of community life, including:



To achieve this overall goal, the Plan sets a vision for the community as a whole, identifies priorities / goals for each area of community life, and identifies strategic action items to achieve these priorities.



Implementing these strategic actions will require a collective and focused effort from the community, staff, and leadership over a sustained period of time. However, if successful, N'Quatqua will be an even stronger, more resilient, and more engaged community 20 years from now.



Developing the Plan

The Comprehensive Community Plan (CCP) was developed through a community-driven planning process led by the N'Quatqua Lands & Resources department, which involved close consultation with the CCP Committee, active participation by staff, and regular community engagement. Technical planning support was provided by Urban Systems. Key activities included:

- » Two all-day workshops with staff and the CCP Committee
- » Active Facebook page
- » Community-wide survey
- » Additional meeting with the CCP Committee
- » Community-wide event
- » GIS mapping

COMMUNITY SURVEY

The two-part community survey formed the backbone of the CCP. It included a 'short form' Hopes & Dreams survey in addition to a 'long form' Ideas & Recommendations survey (with a shorter version for members 12 and under).

Comprehensive Community Plan (CCP)
Survey 1: Hopes & Dreams

Please complete this survey and return it to the Administrative Office or email it to nirc@nquatqua.ca by **January 29th, 2016** to be eligible to win an **iPad!**

1. Please indicate your age category: (13-19) (20-29) (30-39) (40-49) (50-59) (60+)
2. Gender: **M** **F**
3. Are you a registered Band Member: **YES** **NO**
4. Are you a community member? **YES** **NO**
5. Are you from another band? If so, which one? _____ **YES** **NO**
6. Do you live in N'Quatqua? **YES** **NO**
7. If no, where do you reside? _____ **NO**

Quatqua is: _____

Comprehensive Community Plan (CCP)
Survey 2: Ideas & Recommendations

Please complete this survey and return it to the Administrative Office or email it to nirc@nquatqua.ca.

For one on one or group support going through the survey please contact Lands Manager Lucinda P or GIS Tech. Shawn Patrick at 604-452-3221. **You can also FAX them back to 604-452-3280**

Survey 1 & 2 are due on January 29th, 2016, HOWEVER to be eligible for the prize draws, please submit as soon as possible! Ask about the Survey 2 designed for 12 & under.

- a) Please indicate your age category: (13-19) (20-29) (30-39) (40-49) (50-59) (60+)
- b) Gender: **M** **F**
- c) Are you a registered N'Quatqua Band Member: **YES** **NO**
- d) Are you a community member **YES** **NO**
- e) Are you from another band? If so which one? _____ **YES** **NO**
- f) Do you live in N'Quatqua? **YES** **NO**
- g) If no, where do you reside? _____
- h) Do you have future plans to move home to N'Quatqua? **YES** **NO**

Culture & Language

1. Can you speak Ucwalmicw's? **YES** **NO**
2. Do you understand Ucwalmicw's? **YES** **NO**



COMMUNITY STRENGTHS

Through the various surveys, community members identified a number of core strengths to be built upon and enhanced. These included:

- » Strong community pride
- » Respect and appreciation for natural beauty and resources
- » People come together during tough times
- » Members care about the well-being of youth and elders
- » Members take pride in N'Quatqua's cultural heritage

COMMUNITY CHALLENGES

Members reported a generally good quality of life, but saw opportunities for improvement. Members would like to see more:

- » Employment opportunities
- » Outlets for youth
- » Improved housing
- » Practice / sharing of language and culture
- » Opportunities to come together as a community
- » A healthier community
- » Local services and amenities

The below word cloud was generated from member responses regarding N'Quatqua's strengths:



Vision

MEMBERS SHARE A COMMON VISION FOR A BRIGHT FUTURE OVER THE NEXT **20+** YEARS.

A FUTURE WHERE...



More members are living in the community

Today's youth are leading the community

We are financially strong and self-sustaining

More members are building their own homes



**Our indoor
and outdoor
facilities are
top notch**

**We are a
connected
and engaged
community**

**Our cultural and
environmental
heritage is
protected**

**Economic
development
brings jobs and
revenue to the
community**

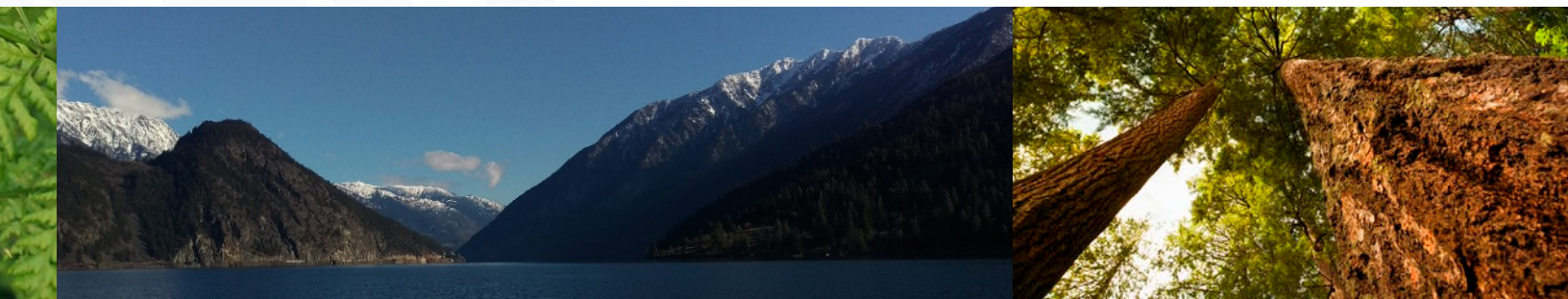
**We have well-
maintained and
diverse housing
options**

**Members
regularly get
together for
events and
activities**

**A good
education
is valued and
attainable**

**There is
sharing and
teaching of
cultural
traditions**

**Elders get the
care they need in
the community**



Community Context

N'Quatqua is located at the head of Anderson Lake and at the mouth of the Gates River in D'Arcy, British Columbia, approximately 45km northeast of Pemberton, 75km northeast of Whistler, and 200km northeast of Vancouver. N'Quatqua is a member of St'at'imc Nation, which comprises 11 bands located within the St'at'imc territory, and is an original signatory to the 1911 Lillooet Declaration.

N'Quatqua's traditional territory extends from Lillooet Lake in the southeast to Gold Bridge in the northwest and includes an extensive range of mountains, lakes, rivers, valleys, roads, and small settlements.

FIGURE 1.0 TRADITIONAL TERRITORY OVERVIEW

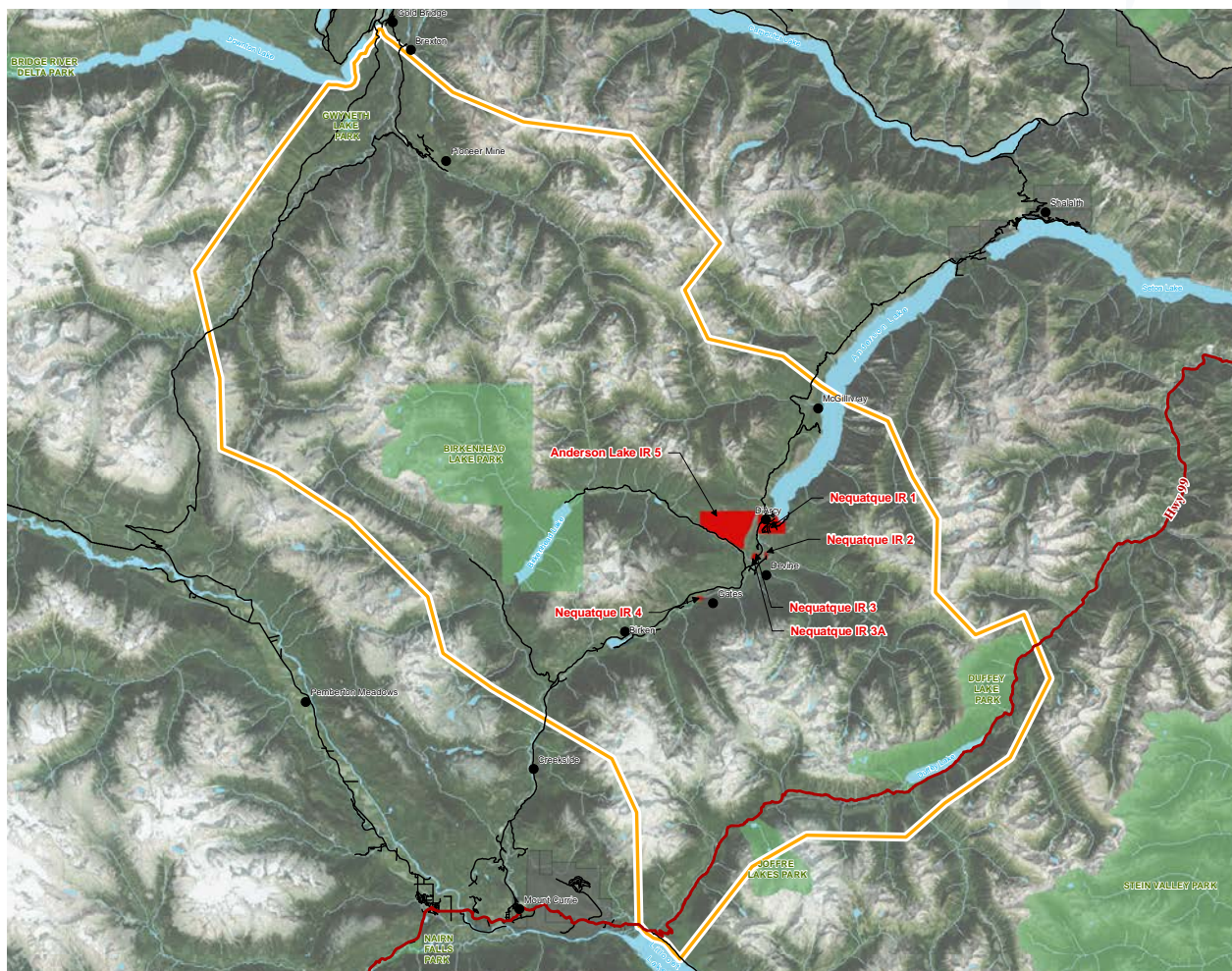


FIGURE 2.0 N'QUATQUA RESERVES

Name	Hectares
Anderson Lake 5	594.6
Nequatque 1	177.0
Nequatque 2	7.1
Nequatque 3	8.1
Nequatque 3A	9.5
Nequatque 4	8.0
TOTAL	804.3

The Nation has 6 reserves located in the heart of its traditional territory, totaling over 800 hectares. Nequatque 1 is the primary residential centre for the Nation and includes:

- » Member Housing
- » Central Gas & Service Station
- » Health & Social Development Building (w/ Administration Offices)
- » Child & Family Development Centre
- » Community Hall
- » Church & Cemetery
- » Gates Creek Spawning Channel
- » Fish Hatchery
- » Fire Hall
- » Youth & Elders Building
- » Indian Beach



DECLARATION OF THE LILLOOET TRIBE (MAY 10, 1911)

To Whom It May Concern:

We the underwritten chiefs of the Lillooet tribe (being all the chiefs of said tribe) declare as follows:

We speak the truth, and we speak for our whole tribe, numbering about 1400 people at the present time.

We claim that we are the rightful owners of our tribal territory, and everything pertaining thereto. We have always lived in our Country; at no time have we ever deserted it, or left it to others. We have retained it from the invasion of other tribes at the cost of our blood. Our ancestors were in possession of our Country centuries before the whites came. It is the same as yesterday when the latter came, and like the day before when the first fur trader came. We are aware the B.C. government claims our Country, like all other Indian territories in B.C.; but we deny their right to it. We never gave it nor sold it to them. They certainly never got the title to the Country from us, neither by agreement nor conquest, and none other than us could have any right to give them title. In early days we considered white chiefs like a superior race that never lied nor stole, and always acted wisely and honorably. We expected they would lay claim to what belonged to themselves only. In these considerations we have been mistaken, and gradually have learned how cunning, cruel, untruthful and thieving some of them can be. We have felt keenly the stealing of our Lands by the B.C. government, but we could never learn how to get redress. We felt helpless and dejected but lately we begin to hope. We think that perhaps after all we may get redress from the greater white chiefs away in the King's Country, or in Ottawa. It seemed to us all white chiefs and governments were against us, but now we commence to think we may yet get a measure of justice.

We have been informed of the stand taken by the Thompson River, Shuswap, and Okanagan tribes, as per their declaration of July 16th, 1910. We have learned of the Indian Rights Association of B.C., and have also heard the glad news that the Ottawa government will help us to obtain our rights. As we are in the same position in regard to our lands, etc., and labour under the same disadvantages as the other tribes of B.C., we resolved to join with them in their movement for our mutual rights. With this object, several of our chiefs attended the Indian meeting at Lytton on Feb. 13th, 1910, and again the meeting at Kamloops on the 6th Feb. last. Thereafter we held a meeting ourselves at Lillooet on the 24th Feb. last, when the chiefs of all the Lillooet bands resolved as follows:

First - That we join the other interior tribes affiliated with the Indian Rights Association of the Coast.

Second - That we stand with them in the demand for their rights, and the settlement of the Indian land question.

Third - That we agree unanimously with them in all the eight articles of their Declaration, as made at Spences Bridge, July, 1910.

In conclusion, we wish to protest against the recent seizing of certain of our lands at "The Short Portage," by white settlers on authority of the B.C. government. These lands have been continually occupied by us from time out of mind, and have been cultivated by us unmolested for over thirty years. We also wish to protest against the building of railway depots and sidings on any of our reservations, as we hear is projected. We agree that a copy of this Declaration be sent each to the Hon. Mr. Oliver, the superintendent of Indian Affairs, the Secretary of the Indian Rights Association, Mr. Clark, K.C., and Mr. McDonald, Inspector of Indian Agencies.

(Signed)

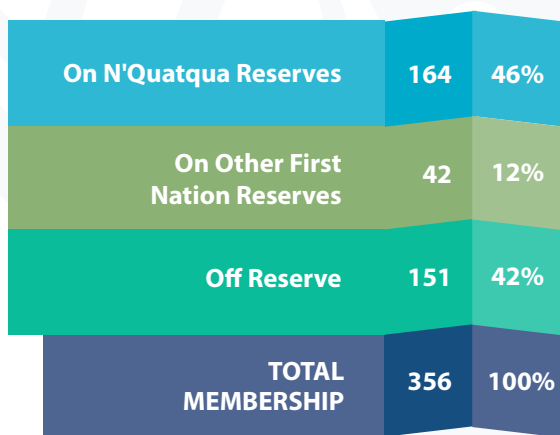
JAMES NRAITESKEL, Chief Lillooet Band
JAMES STAGER, Chief Pemberton Band
PETER CHALAL, Chief Mission Band
JAMES JAMES, Chief Seaton Lake Band
JOHN KOIUSTGHEN, Chief Pasulko Band
DAVID EKSIEPALUS, Chief No. 2 Lillooet Band
CHARLES NEKAULA, Chief Nkempts Band
JAMES SMITH, Chief Tenas Lake Band

HARRY NKASUSA, Chief Samakwa Band
PAUL KOITELAMUGH, Chief Skookum Chuck Band
AUGUST AKSTONKAIL, Chief Port Douglas Band
JEAN BAPTISTE, Chief No. 1 Cayuse Creek Band
DAVID SKWINSTWAUGH, Chief Bridge River Band
THOMAS BULL, Chief Slahoos Band
THOMAS JACK, Chief Anderson Lake Band
CHIEF FRANSOIS THOMAS ADOLPH, for La Fountain Indians

Population

In 2015, N'Quatqua had 356 registered members, with 164 members living on N'Quatqua reserves, 42 members living on other First Nation reserves, and 151 members living off reserve. All but 12 members living on N'Quatqua reserves live on IR1.

FIGURE 3.0 2015 N'QUATQUA MEMBER POPULATION



Over the last 20 years, N'Quatqua's population has grown by approximately 48% – from 239 to 356 total members – or an average of 2.4% annually.

This growth was driven by the on-reserve population (N'Quatqua and other First Nation reserves) over the first 10 years of this period, while growth off reserve has been the primary driver over the last 10 years.

FIGURE 4.0 HISTORIC GROWTH COMPARISON – ON RESERVE VS. OFF RESERVE

	1995 - 2005	2005 - 2015
On Reserve (N'Quatqua & Other First Nation Reserves)	30%	0%
Off Reserve	12%	64%



FIGURE 5.0 N'QUATQUA RESERVE OVERVIEW

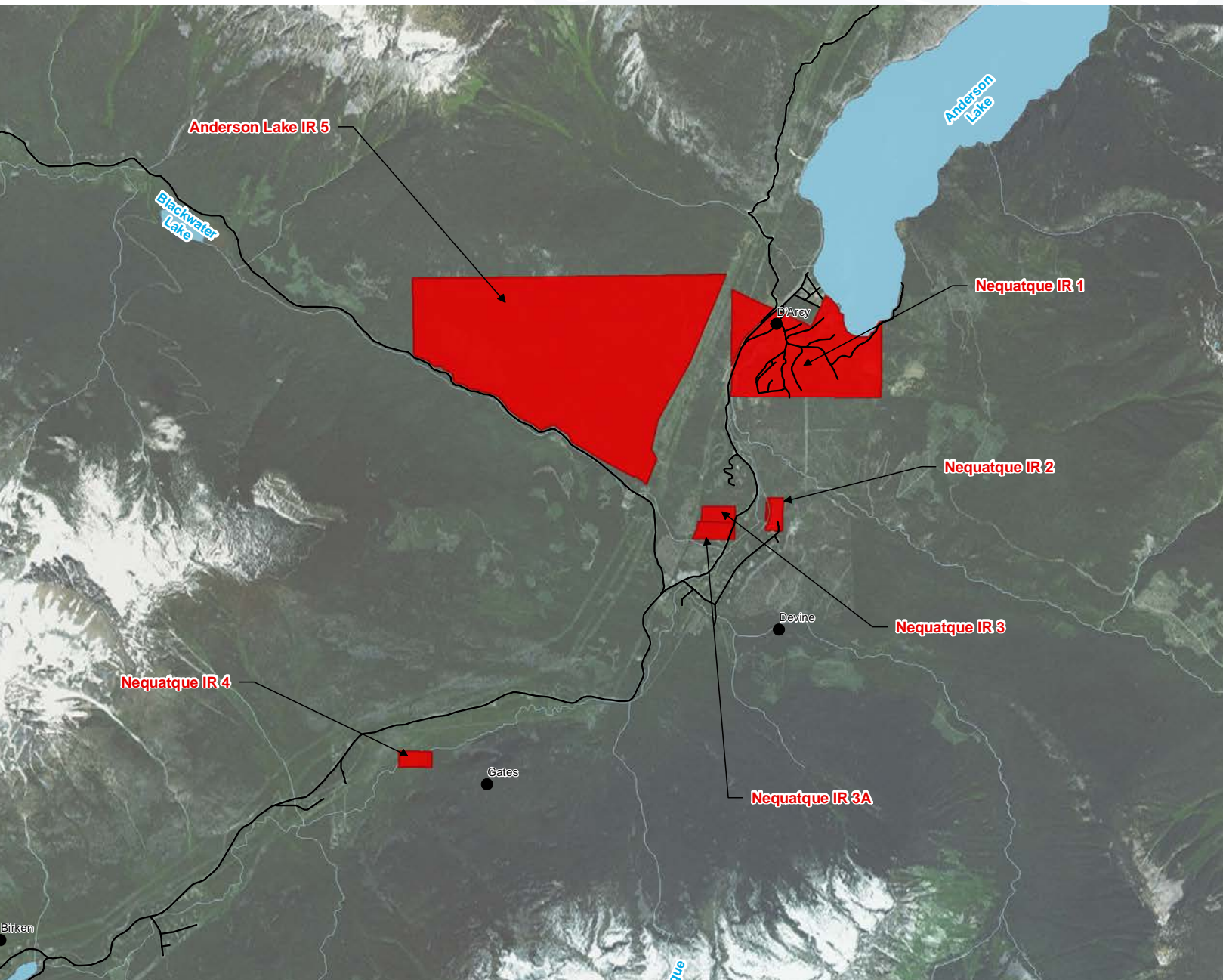
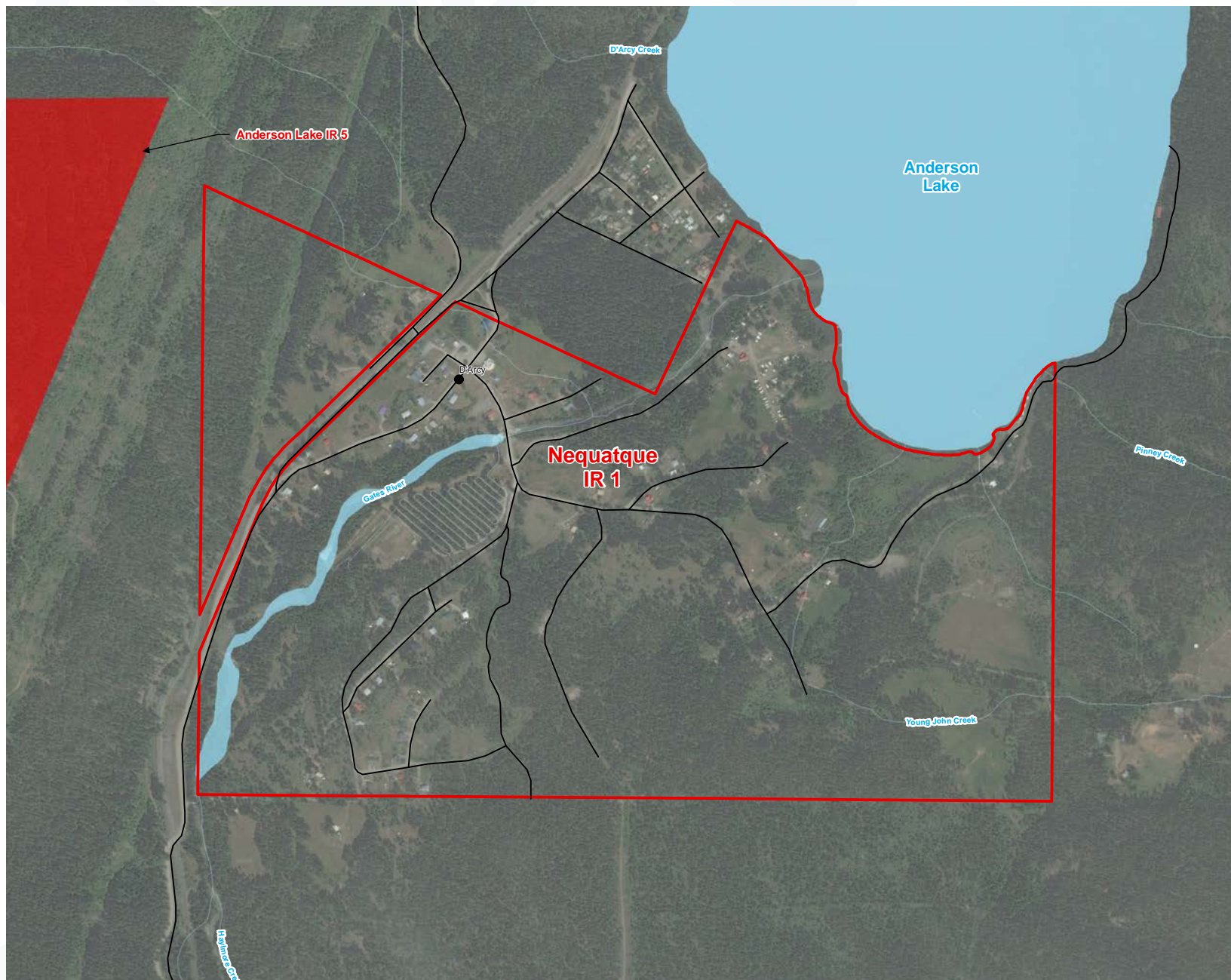


FIGURE 6.0 NEQUATQUE IR 1



Core Community Planning Areas

The following sections address **nine (9) community planning areas** that form the core of the CCP. Each section provides an overview of the current situation, goals moving forward, and potential action items for each area.

Core Community Planning Areas



Lands & Resources



Governance & Administration



Housing



Economic Development



Head Start, NCFDC & Education



Health & Recreation



Culture & Language



Community Wellness



Facilities & Infrastructure

Messages from Leadership and Administration

Developing the CCP was an incredible valuable experience. The input we collected from community members showed our common values and aspirations for the future. It is crucial this plan is implemented for future generations.

CHIEF HARRY O'DONAGHEY



I see the CCP helping our community in becoming a thriving and self sustaining community that learns from our past by keeping our culture and heritage alive but at the same time welcoming the challenges of keeping up with modern society.

COUNCILLOR SHARLEEN PATRICK



As a member of Council, the CCP is a tool myself and my fellow councillors can continue to reference, ensuring we are transparent and accountable to N'Quatqua members.

COUNCILLOR CHANTEL THEVARGE



This process is about creating a plan focused on working together in unity, becoming stronger and healthier.

COUNCILLOR TERESA SAMPSON



The CCP is a tremendous value for our community. The membership has put together this plan for the future, for myself as band manager and our leadership to follow.

BAND MANAGER VAUGHAN GABRIEL



This process has given membership a chance to voice their opinion on how they see our community in the future. It provides us the tools to start building a strong foundation.

COUNCILLOR SHARLEEN PATRICK



Going through the CCP process has been a valuable leaning experience for everyone involved.

COUNCILLOR CHANTEL THEVARGE



The CCP will help our community come together in unity, in good health, body and mind, and help us move ahead as one big happy community.

COUNCILLOR TERESA SAMPSON



Lands & Resources

Lands and resources are at the core of N'Quatqua's identity and vital to its future. This includes the Nation's over 800 acres of reserve lands and over 170,000 acres of traditional territory. Members value the Nation's lands and resources and want to preserve them for future generations. This requires protecting the area's natural beauty, its watersheds, and its diverse plant and animal life as well as raising awareness of its cultural significance and history. Members see lands and resources as an important part of the Nation's economic future and want to ensure that they are utilized in a strategic and sustainable manner. Members strongly identify with the Nation's lands and would like to see more members have the opportunity to return home. Accomplishing these diverse goals will require careful planning around the use of this precious resource.

KEY GOALS

Protect cultural, food harvesting, and environmentally sensitive areas from development.

Utilize strategic lands to advance community and economic development goals.

Reduce / mitigate the impacts of development on the Nation's lands.

Increase knowledge of the Nation's lands, understanding of its stewardship and carefully plan for its future use.

PRIORITY ACTIONS

1. Complete a Traditional Land Use Plan.
2. Complete a Community Land Use Plan. Develop policies around key areas, including CP lands.
3. Lead community field trips to identify sites for protection, including food harvesting, cultural, and medicinal resource areas.
4. Install signage around the community to tell the story of N'Quatqua and the Nation's lands.
5. Work with Province to resolve ownership issues surrounding Lot 100.



Housing

Housing its members is a mission of N'Quatqua. This includes building and managing N'Quatqua-owned rental housing as well as providing opportunities for members to build and own their own homes. Currently, there are 70 homes on the Nation's reserves, with 44 homes under N'Quatqua ownership. The large majority of member housing is located on IR 1, with a small number of units located on IR's 2, 3, and 3A.

As in many communities, housing at N'Quatqua is an important topic that affects all members and is one of the community's top priority areas. Key issues include improving and expanding the housing supply, diversifying housing options, strengthening management practices, and enhancing community infrastructure to support the Nation's housing needs.

KEY GOALS

Better maintain existing housing and improve construction standards for future housing.

Educate members on maintenance responsibilities (homeowner / tenant / Nation).

Reduce arrears (approx. \$500,000) and increase collection and enforcement.

Build new rental housing on reserve.

Provide opportunities for members to build own homes on reserve.

Build a greater variety of housing (singles, young families).

Build Elders facility.

Improve accessibility of existing / future homes.

PRIORITY ACTIONS

1. Develop a Housing Strategy to guide future funding and development. Key needs include Elders facility, rental, and member-financed housing.
2. Review and update the Nation's Housing Policy.
3. Educate tenants on maintenance responsibilities.
4. Utilize / train community members to assist with housing maintenance.
5. Form a new Housing Committee.
6. Meet with tenants one-on-one to increase awareness and understanding around housing arrears. Work with tenants to develop feasible repayment plans.
7. Improve internal accounting and management practices around housing.
8. Improve water, sewer, and fire protection for homes in the community, particularly along Lake Shore Drive.

Head Start, NCFDC & Education

Education is the foundation upon which to build a successful community. N'Quatqua supports its members' education from birth through the N'Quatqua Child and Family Development Centre (NCFDC), which through its Head Start program and Skalula7 after school program provides vital programming for children aged 2.5 to 11. Beyond the Nation's boundaries, the Education Department works with local schools to provide support to Aboriginal youth in elementary and high school as well as provides financial support for higher education through its Post Secondary Program.

Nonetheless, challenges remain. Members note that it can be difficult to complete one's education, receive a quality education, or obtain skills that translate into employment. To respond to these and other challenges, members would like to see the Nation provide more on reserve educational opportunities in addition to providing stronger support to those pursuing their education and careers off reserve.

KEY GOALS

- Build the skills of members to better meet the needs of employers.
- Help students and parents see the value of education.
- Improve the educational experience of students.
- Provide more educational opportunities on reserve (improve accessibility).
- Support financially members who would like to pursue further education.
- Provide additional learning opportunities and support for students outside of school (homework, counseling, cultural / history classes).
- Build support networks for students off reserve.

PRIORITY ACTIONS

1. Update the Nation's post-secondary policy and increase the living allowance.
2. Increase the capacity of the NCFDC after-school program.
3. Build an education centre on reserve for members.
4. Offer adult basic education programming on reserve.
5. Incorporate culture and language into Head Start and NCFDC. Expand programming to include drumming, signing, dancing, gardening, and more.
6. Offer parenting and life skills classes to ensure parents have the tools they needs to support their child's education.
7. Start promoting the infant and toddler program.
8. Offer additional support and training for members to supplement and reinforce their current education (school children, apprentices).



Culture & Language

N'Quatqua is rich in history and culture. Members feel strongly about the need to preserve, practice, and share the Nation's language, cultural traditions, and history to ensure that it remains strong through the generations. This includes canoe building, drumming, hunting, trapping, fishing, herbology, and foraging, as well as stories of the ancestors and the land. Accomplishing N'Quatqua's cultural goals will require engaging elders and other members knowledgeable in these areas to share their expertise with the broader N'Quatqua community, especially the youth. It will require documenting, mapping, and protecting cultural, natural, and archaeological sites on the Nation's lands. It will require building and maintaining a cultural library, including obtaining invaluable oral histories on record at the University of British Columbia (UBC). These efforts will not only increase community pride and understanding within N'Quatqua, but also encourage opportunities to teach others outside N'Quatqua about the Nation's rich history and traditions.

KEY GOALS

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Incorporate culture and language into daily life.

Protect cultural landmarks, areas, and resources.

Hold more cultural gatherings and activities in the community.

Teach cultural practices & language to members and non-members.

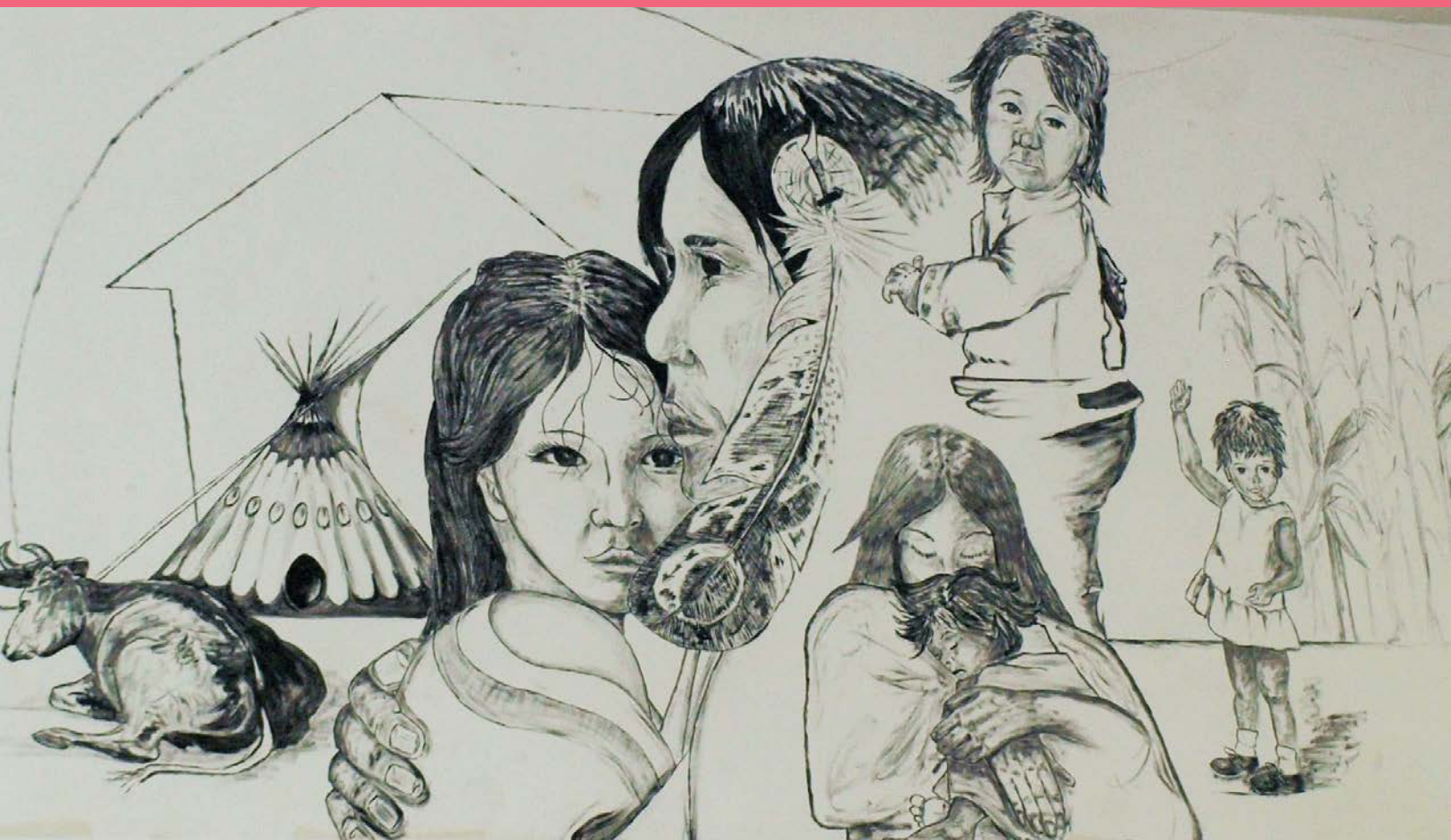
Build dedicated cultural spaces / facilities (sweat lodge).

Record our language and history (Elders' stories) for preservation.

.....

PRIORITY ACTIONS

-
1. Install signage in St'at'imc language within community buildings, on reserve, and within the traditional territory. Incorporate words and greetings into regular member communications.
 2. Host cultural evenings in the community hall once a month. Activities may include drumming, story telling, and more.
 3. Document and record ceremony protocols of our culture. Gain access to existing archives at UBC.
 4. Offer year-round organized excursions for all members and summer culture youth camps. Activities may include canoe building, foraging, herbology, fishing, hunting, and more.
 5. Identify, map, and designate cultural areas within future Land Use Plans.
 6. Develop a Cultural Action Plan to coordinate human resources, budget, and schedule for coming years.
 7. Build a cultural centre on reserve.
-



Facilities & Infrastructure

Facilities and infrastructure help a community function and thrive. At N'Quatqua, this includes a range of community buildings, a water system, fire hall, spawning channel, fish hatchery, service station, cemetery, and roads. An important responsibility of the Nation's administration is operating and maintaining these assets. Moving forward, members would like to see the Nation repair, upgrade, and expand its facilities and infrastructure to better meet our current and future needs. Of particular importance is improving the community's fire protection infrastructure and building a community multi-use facility to house the band office (currently housed in the health centre) as well as provide dedicated spaces for cultural, educational, recreational, and community programming.

KEY GOALS

Determine what to do with the church (renovate or remove).

Improve the condition of the cemetery.

Provide dedicated spaces for key services (admin. office, health centre) and expand hours of operation (community hall).

Build indoor and outdoor recreation facilities (field, playground, ice rink, gym).

Build or dedicate a space for youth.

Build or dedicate a space for Elders.

Replace or upgrade the community hall.

Expand capacity of gas station to accommodate additional uses.

Establish systems to collect and monitor repair needs / replacement parts.

Expand the capacity of the daycare centre.

Identify and address water and septic issues.

Improve the fire fighting infrastructure (hall, trucks, reservoirs).

PRIORITY ACTIONS

1. Design and construction of new community multi-use facility.
 2. Design and construction of community water system extension to Lake Shore Drive and decommissioning of private wells.
 3. Upgrades to community water reservoirs to provide fire protection for any and all new future subdivisions.
 4. Installation of fire hydrants in community subdivision.
 5. New fire truck and equipment.
 6. Structural assessment of church.
 7. Design and construction of community sewer system and treatment facility to service all of IR 1.
 8. Repairs to cemetery.
 9. Review / update existing municipal servicing agreement (MTSA).
-



Governance & Administration

Members see strong governance and administration as an essential component to the Nation's success and members' quality of life. N'Quatqua is governed by a Chief and three Councillors, who are elected on two and four year cycles. Members rely on Chief and Council to make vital decisions and to serve as ambassadors and advocates for the Nation. Members rely on N'Quatqua staff and administration to help deliver services and manage the day-to-day operations in the community. Moving forward, members would like to see the Nation's governance and administration strengthened to ensure a prosperous future for N'Quatqua. This includes building capacity, incorporating best practices, clarifying roles and responsibilities, increasing transparency, improving communication, and building trust.

KEY GOALS

.....

Increase communication and engagement between Leadership and membership.

Increase the presence of Leadership in community.

Build stronger connections with members living off reserve.

Better define the roles and responsibilities of Chief and Council.

Attract and retain more N'Quatqua members in staff positions.

Improve the format of Band meetings.

Build the capacity of Staff and Leadership to thrive.

Create a safe means for members to share their concerns and be heard.

Build trust and increase transparency and accountability.

.....

PRIORITY ACTIONS

-
1. Hold Band meetings as the same format as the CCP meetings (workshop style).
 2. Provide more training and mentorship for N'Quatqua members in office and leadership positions. Key areas of focus include: leadership and decision-making, business / work planning, financial management, resource / asset management, customer service, health / safety in the workplace, and encouraging general professional development opportunities.
 3. Leadership to attend more functions / increase presence within St'at'imc to represent us as N'Quatqua.
 4. Written reports / updates (min. quarterly) from Leadership and Staff on any and all meetings / functions.
 5. Meet with Staff and Leadership to clearly identify / define roles and responsibilities.
-

Economic Development

Economic development is a vital component of a strong, successful, and sustainable community. It not only generates own-source revenue and jobs, but also brings new services, amenities, and visitors and be a source of community pride. N'Quatqua's economic development corporation, NEEDCO, owns and operates the N'Quatqua Central Service Station, which generated over \$420,000 in gross revenue in 2015/16. The Nation also has a fish hatchery on reserve, two forestry licenses in its territory (NRFL and wood lot), and is setting the stage to pursue tourism opportunities at Indian Beach.

Moving forward, Members see economic development as a top priority. There is a need for more jobs for members and revenue for the Nation. Members view the Nation's lands as an important resource that can be leveraged to meet these needs, through protection (cultural tourism, outdoor recreation), development (tourist accommodation), and cultivation (forestry). Members recognize that successful economic development requires careful planning to ensure the Nation's efforts and resources are utilized strategically and sustainably.

KEY GOALS

Cater to tourism in the area (eco-tourism, guided tours).

Develop the lakefront (hotel, boat rentals).

Utilize the Nation's natural resources (forestry, solar).

Expand / improve upon existing businesses.

Help support members with new businesses.

Create business opportunities that better align with members' skills.

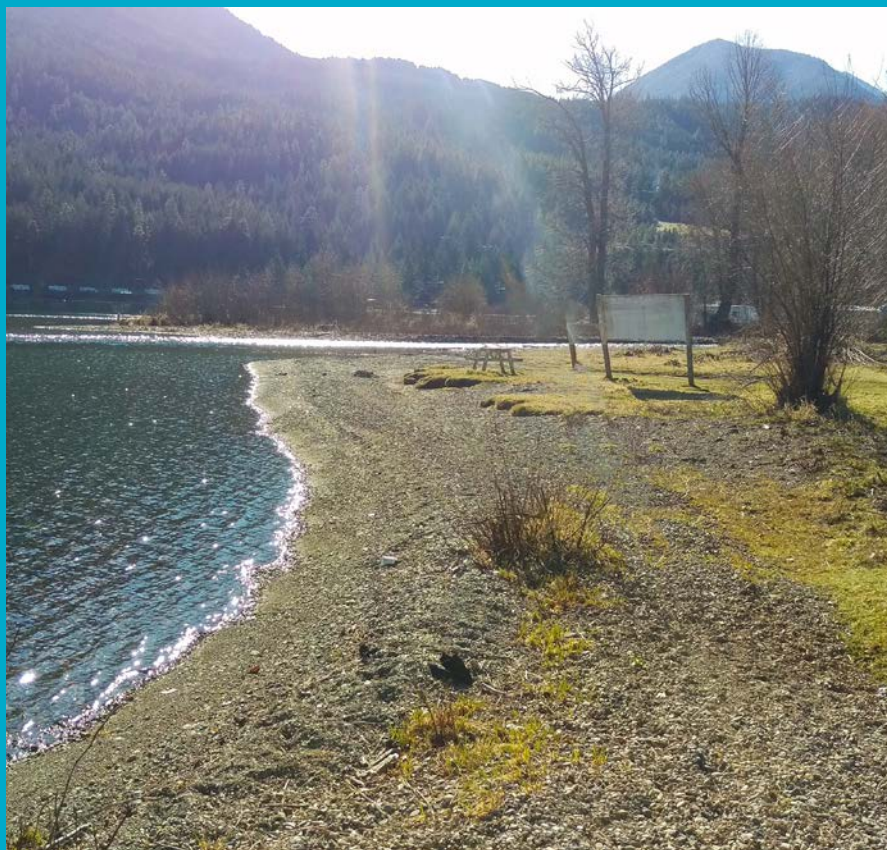
Focus on businesses that are eco / environmentally friendly or culturally compatible.

Provide better access (transportation) to jobs off reserve.



PRIORITY ACTIONS

1. Establish a cultural / eco-tourism operation with lakefront boat rental and local tours.
 2. Build a visitors' kiosk.
 3. Develop a 5-year Economic Development Plan, including skills inventory of members.
 4. Utilize existing logging rights.
 5. Expand / upgrade gas station to incorporate restaurant / cafe facility and food storage / sales.
 6. Explore potential partnerships with industry and government located within the traditional territory.
 7. Educate members on what economic development is and its benefits.
 8. Complete Highest and Best Use Study of N'Quatqua's reserve and adjacent lands. Including exploring the potential for a hotel business along the lakefront.
 9. Work with Province / local landowners to acquire strategic lands, based on results of Highest and Best Use Study.
 10. Assess potential for expansion / increased utilization of fish hatchery.
 11. Build financial management and business planning capacity of N'Quatqua members.
-



Health & Recreation

Members see health and recreation as essential for both individual and community well-being. Health was identified as the most important topic by CCP survey respondents. Members stressed the need for a holistic approach to health, including physical and mental health, and professional and self care. Members recognize the need for greater awareness regarding existing health services for members living on reserve, available through the Health Centre, as well as for members living off reserve, available through external providers. Members are in support of expanding current services on reserve, including providing a dedicated health centre space.

Recreational facilities on reserve are limited and include the community hall and youth building, both of which are at capacity and require updating. There are no fields for organized sports. Members support the development of modern indoor and outdoor recreational spaces as well as seeing greater utilization of existing or potential outdoor recreational opportunities in the area. This may include organizing member excursions and expanding recreational infrastructure, such as building trails.

KEY GOALS

Provide addiction treatment and recovery programs, facilities, or support.

Provide support for mental health (grief, loss, depression) and provide safe spaces.

Improve the quality of food available on reserve and provide assistance to families in need.

Better advertise and utilize available health resources.

Improve on reserve health outcomes (obesity) and expand health education (healthy choices, nutrition).

Provide recreational programming and spaces for youth (sports teams, excursions), adults (gym), and elders (activities).

Better utilize surrounding natural recreational areas.

Improve capacity on reserve to address health issues of all members and respond to medical emergencies.

PRIORITY ACTIONS

1. Return Health Centre to full operation / intended use (vs. current use as administration office).
2. Incorporate indoor and outdoor recreational spaces for all members in a new multi-use facility.
3. Offer drug / alcohol prevention programs on reserve / explore opportunities to connect members to resources off reserve.
4. Build trail network in-and-around reserve for hiking, walking, and biking
5. Build a community garden to promote outdoor activity and nutrition.
6. Send out a monthly newsletter on health and recreation programs to raise member awareness.
7. Provide more information and access to resources on traditional medicines, emergency preparedness, mental health, grief, addictions, and heart / stroke.
8. Provide support to members to organize and lead outdoor excursions.

Community Wellness

Community wellness touches on many of the other core community areas. In essence, it refers to the strength, vibrancy, and resiliency of a community. To foster community wellness, N'Quatqua members highlighted the need to build community pride, strengthen cultural understanding, and increase safety. This requires bringing members together, building relationships between generations, and having a common purpose. Throughout the CCP process, members' pride for their community was evident. They are proud of its culture, people, lands, and unparalleled natural beauty. However, some feel that the sense of trust and common purpose could be improved to make the community even stronger. Members support more community and cultural events, greater community involvement in ensuring safety on reserve, and improved gathering spaces. Members would like to see the community come together to address challenging topics, such as the impacts of drugs and alcohol and the future of the church

KEY GOALS

- Improve safety & security on reserve.
- Create opportunities for youth and elders to come together and build trust.
- Establish support networks for key demographics on reserve (parents, women).
- Create more healthy outlets for youth.
- Clean up the community (yards, graffiti) / reduce vandalism.
- Hold more community-wide social events and strengthen ties between members.

PRIORITY ACTIONS

1. Build a community multi-use facility [see Facilities & Infrastructure] and develop outdoor recreational areas.
2. Establish an elders / youth mentorship program.
3. Establish a community-member-led neighbourhood watch program.
4. Organize a semi-annual community clean-up.
5. Work with Tribal Police to improve response time and priority on reserve.
6. Initiate a community planning process to determine what to do with the church site [see Facilities & Infrastructure].
7. Hold an annual traditional pow-wow.
8. Host monthly community dinners / social activities on reserve [see Language & Culture].
9. Address issue of drugs and alcohol on reserve / consider policy to remove residents involved in illegal or dangerous activities [see Housing].
10. Improve safety along main road and railroad tracks.

Moving Forward

A tremendous amount of effort has gone into the development of the CCP. Thanks to the hard work of the community, N'Quatqua has a clear plan to move forward with. The next step in the process will be the implementation of the Plan, which will require steadfast commitment, dogged persistence, strategic thinking, and decisive action.

To begin the implementation of each of the identified projects, it will be necessary to further prioritize each project and develop a work plan, budget / funding, timelines, and project teams.

Through the development of its CCP and by beginning its implementation, N'Quatqua has set itself on a path for a bright future for current and future generations.

