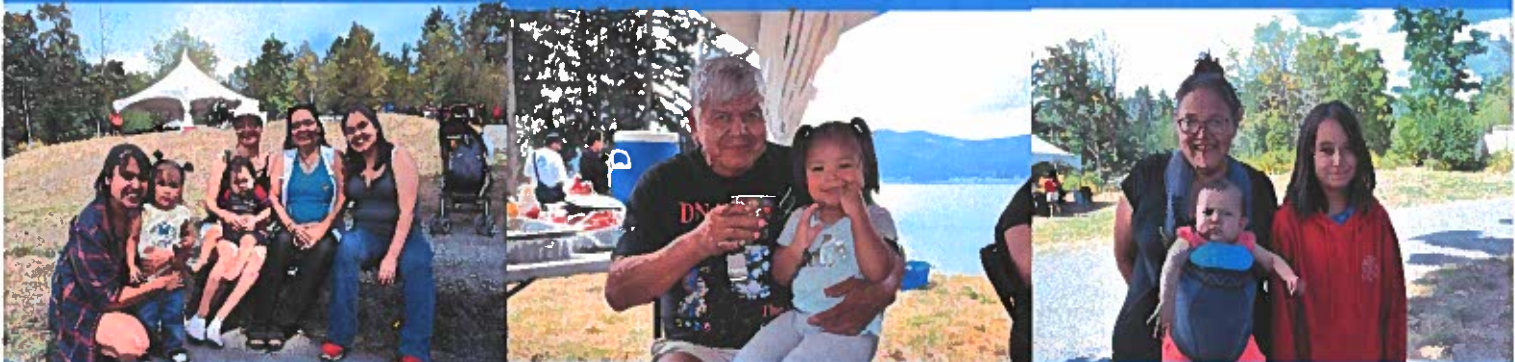


Pauquachin First Nation

NEWSLETTER

Some Pictures from Pauquachin Day on August 1, 2019



Pauquachin Vests for Members



Gold 65 years and up

Silver 55 - 64 yrs

Bronze 16 - 54 yrs



To sign up for a vest please contact Darlene Henry at 778-351-2920 or email at darlene@pauquachin.com. The vests are for Registered members only. There is no cost.

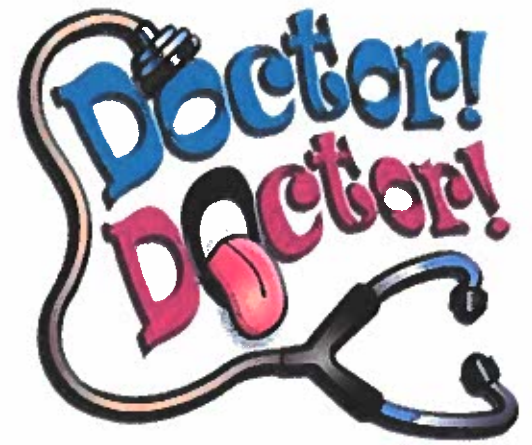
Family Doctor

For Pauquachin members who do not have a family Dr. please register with Lucia Bartleman or Maryann Daniels as we are entering into an agreement to provide services at Pauquachin.

They can be reached at (250) 656-0191

Lucia - extension 110

Maryann - extension 108



HEALTH DEPARTMENT:

COMMUNITY LUNCHEONS:

There will be NO community luncheons over the summer. They will start again in September.

GOOD FOOD BOX:

There will be NO Good Food Boxes until September,11,2019

FOOT CARE WITH JACQUI PAUL:

Aug.15,2019

IF you CANNOT make your appointment it is very HELPFUL if you cancel in advance.

We still have to pay although you do NOT show.

ACUPUNCTURE:

Aug.20,2019 There is one 11:35 am appointment available

Please call MaryAnn Daniels to book appointment.

MEDICAL DRIVES:

Are for households with NO vehicle. It is very helpful if we have 24 hours advance notice.

With the exception of an EMERGENCY.

MASSAGE WITH SONIA PAUL:

Mon. Aug. 19/19

Please book with MaryAnn Daniels

NURSE PRACTITIONER:

Katie Cox is on Mondays & Wednesdays 9:30ish to 2:30 ish.

PUBLIC HEALTH NURSES:

Monica is in on Tuesdays & Melinda is in on Thursdays from 9:00 am – 4:00 pm

HAIRCUTS: (Sarah Elliott)

Wed. Aug.14/19 Please book with reception

HOUSING NEWS

Housing Committee

I'm happy to introduce the Pauquachin First Nation Housing Committee!

Top Row: Janis Henry, Gerald Henry, Lorna Bob (Chair), and Deanna Underwood (Technician)

Bottom Row: Ivy James Sr, Esther Bob, and Sharon Henry.



The Housing Committee has met twice now and are eager to get started!
What have we done so far?

We have:

- Signed Oath of Confidentiality Committee Declaration
- Signed Conflict of Interest Policy
- Reviewed the Terms of Reference (TOR) and submitted a "Decision Note" to Chief & Council recommending that Pauquachin First Nation accept the TOR by BCR.
- We are in the process of reviewing the updated Housing Policy & Procedures, each making their notes and bringing the recommendations to the table when we next meet. When we have finished compiling all agreed upon changes, the Housing Committee will forward the document to Chief & Council for acceptance and ratification by BCR.
- Our next scheduled meeting is September 16th.
- Capacity Development: Ready to Rent starting in September.
- Capacity Development: Arrears Management workshop to be held in the New Year for Housing Committee and Housing Staff.

We have a great team! I'm looking forward to working with each one of you!

Submitted by Deanna Underwood – Housing Manager







RENTSMART
CERTIFICATE

PUBLIC COURSE

“ Words can't describe how RentSmart has helped me with my housing ”

- GRADUATE

THE RENTSMART CERTIFICATE TRAINING OFFERS:

-  Fun and interactive activities
-  A certificate that is recognized by many housing providers
-  Your rights and responsibilities as a tenant
-  Ongoing support by tenancy experts

GRADUATE CERTIFICATE

Jane Doe

has successfully completed the RentSmart course



RENTSMART



FREE for Participants

Bus Tickets and Food
Provided

DATES: September 3, 10,
17, and 24

5:30 - 8:30pm

LOCATION: 9010 West
Saanich Road

TO REGISTER CALL : Deanna Underwood
Housing Manager, Pauquachin Nation
778.351.2920 Ext. 207

HEAD START

Baby Group:

Baby group is for families expecting and with children ages birth to three years old. It is a biweekly drop in group. We have visitors like VNFC, COHI, or our Public Health Nurses come in if you have any questions about your child during this very important age. September groups are on Mondays 9th & 23rd.

HS Preschool:

Preschool registration will be open September 4th-6th, please come see Angel for a registration package. Preschool for children ages 3 & 4 years old. The limit for Pauquachin Head Start Preschool will be 10 children. Gradual entry starting Sept 10th, 9am-12pm. Pick up will be at bus stops which will be send out before preschool starts. Drop off will be at home. More information to come in early September.

COHI (Children's Oral Health Initiative):

We are entering 7 years with COHI being in our Pauquachin Community. I have to say it has been very successful. I get happy and sad now that the babies we seen when we first started are going to be graduating out of the COHI program. Where has the time gone.

COHI is for families – prenatal to children birth – 7 yrs old. Our Dental Hygienist comes into the community twice a month. She is a great resource if you are having any struggles with your child's Oral Health. We also have a Dental Therapist who comes in at least twice a year. She provides Free Sealants and temporary fillings for children signed up in the COHI program. So, for instance if you are struggling to get your child to the Dentist for what ever reason, Mel our Dental Therapist, can see your child and do a temporary filling with no antistatic and it is right in the office here. Great services that COHI provides.

September 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Head Start Preschool registration	5 Head Start Preschool registration	6 Head Start Preschool registration	7
8	9 Baby Group 10:30am- 12:30pm	10 HS Preschool 9am-12pm	11 HS Preschool 9am-12pm	12 HS Preschool 9am-12pm	13	14
15	16	17 HS Preschool 9am-12pm	18 HS Preschool 9am-1pm	19 HS Preschool 9am-1pm	20 COHI	21
22	23 Baby Group 10:30am- 12:30pm	24 HS Preschool 9am-1pm	25 HS Preschool 9am-1pm	26 HS Preschool 9am-2pm	27 COHI	28
29	30	1	2	3	4	5
6	7	Notes Welcome back from Summer				

If you do not have a cheque, contact or visit your financial institution. They can provide your bank account information to you.

You **must** request a stamp from your financial institution if you are submitting a direct deposit enrolment form without attaching a void cheque.

If you do not have a bank account:

Make an appointment with the Social Development Worker to receive assistance to open a bank account.

Once you have the documents/information:

Bring the documents/information to Heather Gibbs, Social Development Worker at the Social Development Office in the Health Building. You can also leave the documents/information with reception, and they will be kept locked in a secure area until they are collected by Social Development.



ALERT: Fentanyl Overdose

The population of First Nations and opioid related overdoses continues to rise making it a severe increasing threat to the health and wellness of our people and communities.

Some facts:



- There were approximately 58 suspected illicit drug toxicity deaths with fentanyl detected in May 2019

Effects of Fentanyl

Fentanyl or its analogues were detected in approximately 83% of illicit drug toxicity deaths in 2019 and 87% of illicit drug toxicity deaths in 2018.

Fentanyl is an extremely dangerous opioid that can result in overdose and death

Impacts on First Nations people and communities



From Jan-May 2019, carfentanil has been detected in 102 suspected illicit toxicity deaths. This is almost three times as many toxicity deaths where carfentanil was detected compared to all of 2018.

(Note this is subject to change as further toxicology results are received)

Fentanyl in WSA NEC Communities



Harm to our communities

We are shocked and saddened to report that the increase of drug use in the WSA NEC communities has increased, resulting in, increased 911 calls, RCMP reports on sexual assaults, rapes, violence and near death experiences. The most recent reports confirm Youth are purchasing the drugs from our own people who are drug dealers.



The opioid crisis will continue to grow and effect more of our youth and community members if the problem is not addressed

What are we doing?



Education

Tsartlip recently completed a 6 week training program for Youth, where youth learned about the legalization of Cannabis and precautions to watch for and most important what is "Legal" and what is "Illegal". As we work to make progress with Youth and parents the work is sabotaged by illegal behaviors in our communities.



"Naloxone can save a life" and our goal is to get one kit in every household and offer a training program on how to use the kit. Due to the most recent overdoses of youth

NALOXONE TRAINING is available for all community members through our health centre.

Where to get help?

Tsartlip Health Centre
250 652 4473
Tsartlip Community Health
Nurse
250 652 4473

Please consult any of our health staff if you have questions or would like to participate in training

STAFF CONTACT LIST

Health Building: (250) 656-0191

Fax # (250) 656-6134

Website: www.pauquachin.com

Name	Title	Extension	Email
Shawnee Henry Voyageur	Receptionist	100	reception@pauquachin.com
Maurice Tom	Maintenance		maurice@pauquachin.com
Steven Bob	Maintenance		steven@pauquachin.com
Katie Cox	Nurse Practitioner	101	Katherine.Cox@VIHA.CA
Theresa Dubas	Life Coach	103	theresa@pauquachin.com
Angel Henry	Head Start / IDP	105	angel@pauquachin.com
Melinda Andrews-Wittman Monica Stevenson	Public Health Nurses	107	nurse@pauquachin.com
Maryann Daniels	Health Coordinator	108	maryann@pauquachin.com
Narrene Williams	Employment Coach	109	narrene@pauquachin.com
Vacant	Community Outreach Coordinator		
Lucia Bartleman	Health Manager	110	lucia@pauquachin.com
Vacant	Education Coordinator	112	edcoor@pauquachin.com
Heather Gibbs	Social Development	114	socdev@pauquachin.com
Administration Building: 778-351-2920			
Darlene Henry	Administrative Assistant	200	darlene@pauquachin.com
Susan Miller	Administrator	201	administrator@pauquachin.com
Lila Underwood	Councillor	202	lila@pauquachin.com
Lorna Bob	Councillor	202	lorna@pauquachin.com
Alva Bob	Councillor	202	alva@pauquachin.com
Herman Henry	Councillor	202	herman@pauquachin.com
Chief Rebecca David	Chief	203	rebecca@pauquachin.com
Vijay Vyas	Finance	205	vijay@pauquachin.com
Marquita Wilkinson	Finance	206	marquita@pauquachin.com
Deanna Underwood	Housing Officer	207	deanna@pauquachin.com
Nathan Paradis	Fisheries Coordinator	209	fisheries@pauquachin.com

The Roberts Bank Terminal 2 Project

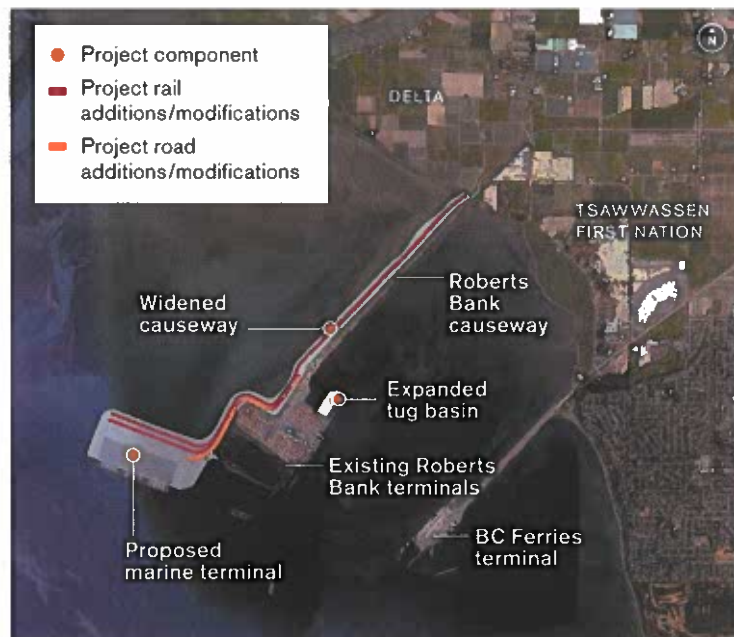
The Roberts Bank Terminal 2 Project is a proposed container terminal in Delta, B.C. that is needed to ensure Canada is able to meet its trade objectives through to the mid-to-late 2030s. The project is currently undergoing a federal review by an independent panel.



Responding to Canada's increasing trade

The Vancouver Fraser Port Authority is a federal agency under Transport Canada. Our mandate is to provide port infrastructure to help meet Canada's trade objectives, ensuring safety, environmental protection and consideration for local communities.

The port authority has proposed the Roberts Bank Terminal 2 Project because Canada's west coast container terminals are nearing capacity. Based on independent forecasts, Canada will not be able to handle growing container trade through West Coast ports as early as the mid-2020s.



Roberts Bank Terminal 2 Project components

Project components

The proposed Roberts Bank Terminal 2 project is a container terminal located in Delta, B.C. The project is currently undergoing a federal review by an independent panel. It includes three main components:

1. marine container terminal
2. a widened causeway to accommodate road and rail infrastructure needed for trucks and trains accessing the new terminal
3. expansion of the Roberts Bank tug basin to accommodate a second tug operations contractor needed to safely berth ships

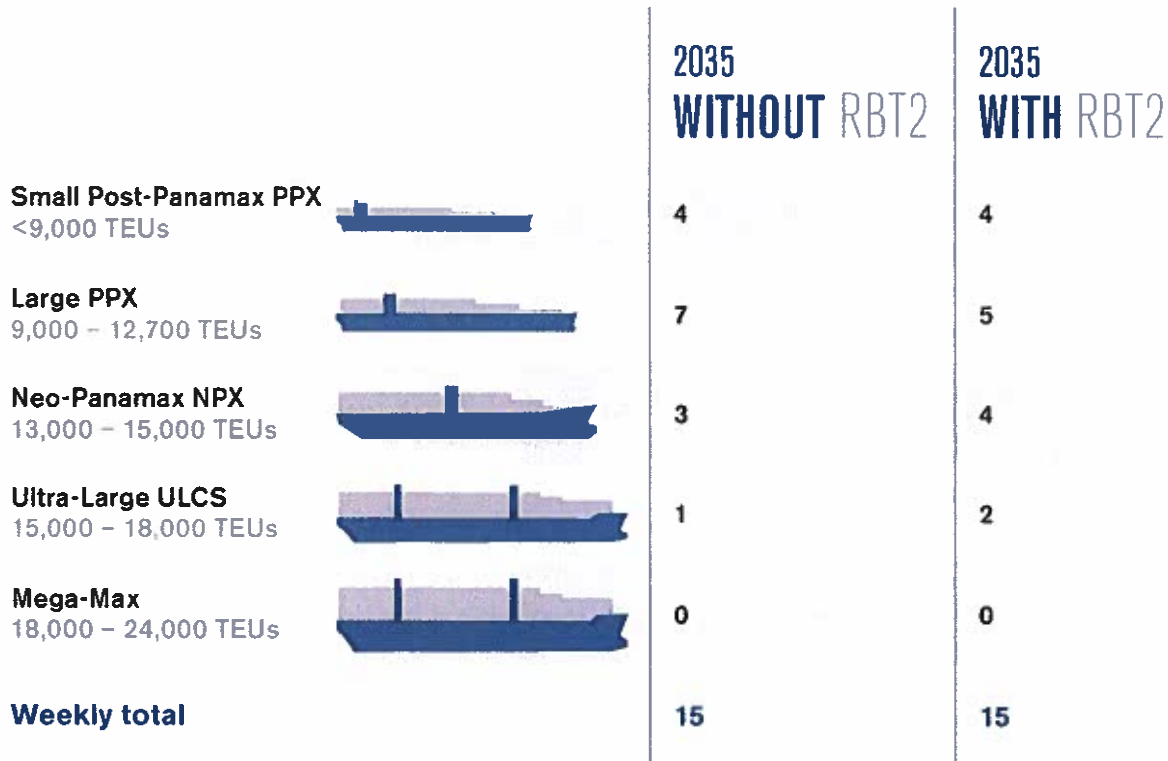
Marine shipping at the Port of Vancouver with the Roberts Bank Terminal 2 Project

In 2018, the port authority asked Mercator International, a consulting agency with experts in the global transportation sector, to provide a forecast of container ship traffic travelling through the Salish Sea and serving Pacific Northwest ports, with or without the Roberts Bank Terminal 2 Project.

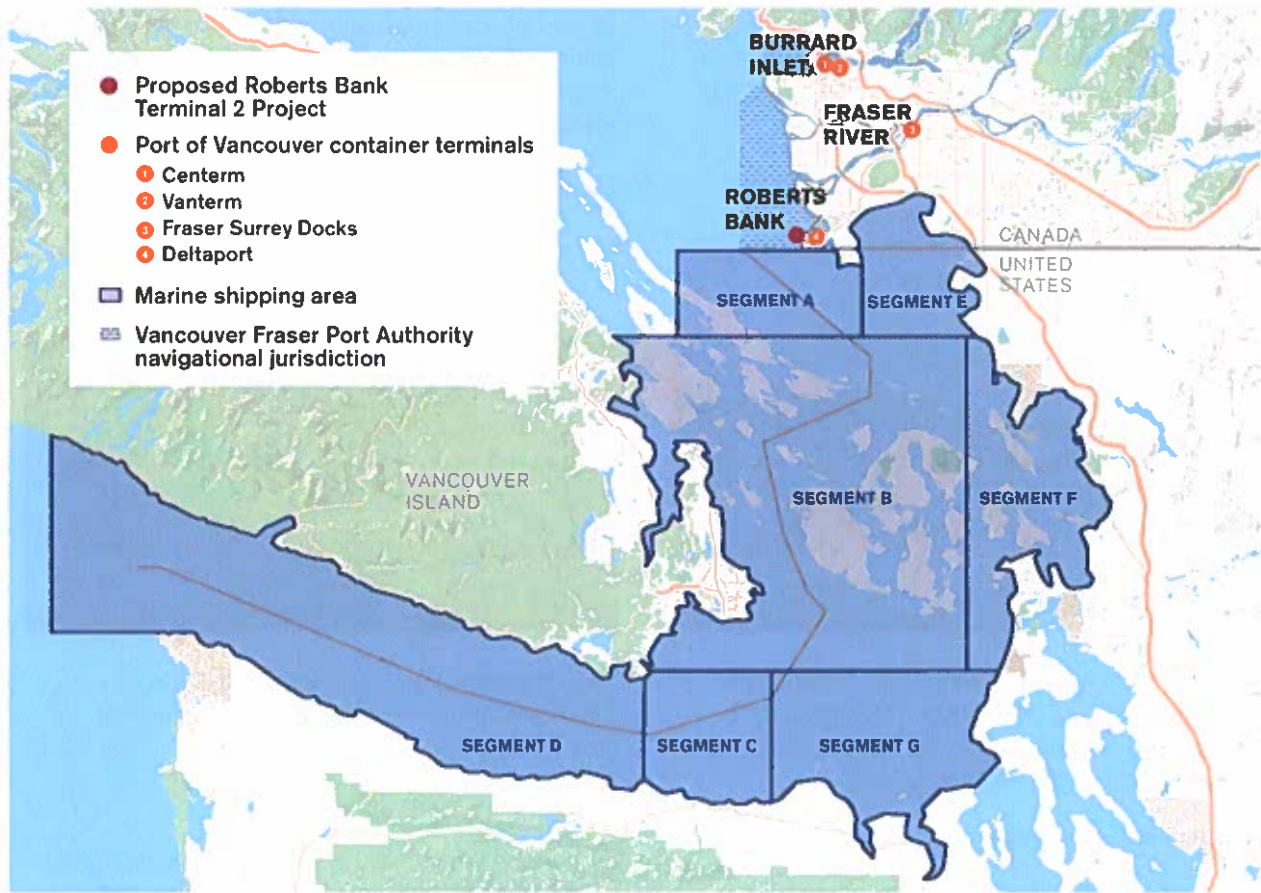
The study found that the total number of ships that serve the Port of Vancouver will not change whether or not the project is built. Further, it found that there will be fewer container ships in the future, despite increased container volumes because of larger ships visiting less frequently and dropping off more goods.

The Mercator study also concluded that larger ships will be coming to the Port of Vancouver sooner than anticipated. This increase in ship size will not alter the conclusions of effects assessment presented in the marine shipping addendum because these ships were included in that assessment.

Types of container ships calling weekly at Roberts Bank container terminals (2035)



Marine shipping area



Consultation with Pauquachin

Key themes of consultation:

- Effects of increased vessel traffic on the overall health of the Salish Sea
- Potential for an increase in vessel noise, emissions, and fuel spills
- Effects on marine fish, marine mammals and marine invertebrates
- Traditional use of lands and marine resources
- Potential for shoreline erosion and effects on archaeological sites

Wave environment

We have heard concerns about the potential for shoreline erosion and potential effects to archaeological sites from wake-generated waves, and concerns related to safety on the water.

Our assessment on the wave environment found the following:

- Container vessels generate waves that have similar characteristics to wind-generated waves and wake from other passing vessels
- Vessel wake is a small component of the existing wave climate
- Wake-generated waves from container vessels are not expected to increase in the future with the project

Larger vessels calling Port of Vancouver terminals in the future are expected to have lower cruising speeds and as a result, will generate smaller waves.

Southern resident killer whale

As part of our assessment of the proposed project on the southern resident killer whale (SRKW), our team of technical experts looked at a variety of comments raised about potential project effects:

- Disturbance to the acoustic environment
- Reductions in the availability of prey
- Contamination of sediment and water
- Disturbance from vessel strikes



The project is not anticipated to limit the survival or population recovery of the SRKW. The project is not anticipated to adversely affect the features of critical habitat needed for their life functions.

Mitigation measures include:

- Construction environmental management plans
- Use of marine mammal observers during construction to warn of approaching killer whales, resulting in suspension of works
- Awareness and education measures during construction and operation

Marine fish

As part of our assessment on the proposed project on marine fish, our team of technical experts looked at a variety of comments raised about potential project effects:

- Disturbance to fish habitat
- Impacts on fish productivity
- Juvenile salmon distribution and density



With mitigation, the project will result in a non-significant adverse residual effect on marine fish productivity.

Mitigation measures include:

- Placing the terminal in subtidal waters to prevent footprint effects on sensitive intertidal habitats such as eelgrass
- Creation of onsite habitats to enhance salmon and herring productivity and focus on priority species
- Commitment to prioritize additional offsetting focused on Chinook salmon
- Eulachon-specific mitigation measures including potential use of hydroacoustic technology to manage potential dredging-related disturbance to eulachon

Commitment to continue to work with Pauquachin

The port authority is committed to working with Pauquachin to create a better project. This includes opportunities to collaborate on mitigation and monitoring measures, environmental management plans, offsetting and the Follow-up Program.

For more information

Please visit portvancouver.com/RBT2 or call 604.655.9337



Interested in making a short video? right here in Pauquachin



Ages 14+

Artistic Self Expression

Fun

Creative personal growth

Positive

Family

August 6—27, 2019

Wapikoni Project will be at

Pauquachin Community Hall

FCFS—Space is limited

Some ideas:

What does Pauquachin mean to you?

What makes your family special?

Who is your role model?

What does community mean to you?

Honoring your Elders?

Honoring a new baby?

Summer time fun memories?

Cultural Strengths/Gifts

Special message to the community?

Your film/video will be
showcased at the end of
the summer

Sign up with Narrene, Community
Coordinator

t: 250-656-0191

E: narrene@pauquachin.com