

Pauquachin First Nation Newsletter

June 14, 2019



General Band Meeting

The next meeting is on Wednesday, June 26, 2019,
at 5:30pm

Here is our agenda:

1. Opening prayer
2. Dinner / Minutes from April 10 meeting
3. Robert's Bank Terminal 2 Project presentation
by Port of Vancouver
4. Committees Update
5. PFN Trust expenditures
6. Chief and Council portfolio updates

Thank you

Chief and Council

HEALTH DEPARTMENT:

MASSAGE DAY W/ SONIA PAUL:

Mon. June 17/19:

Book appointment with Reception

FOOT CARE W/ JACQUI PAUL:

Thurs. June 20/19 & July 4, 20149

Please book with MaryAnn Daniels.

Let us know IF you should NOT be able to make appointment ahead of time.

MOVIE NIGHT:

June 24

Must ride on the bus unless cleared with Lucia.

Bus leaves hall at 6:00 pm

ACUPUNCTURE W/ JACQUI PAUL:

Tuesday June 25/19

Please book appointments with MaryAnn Daniels

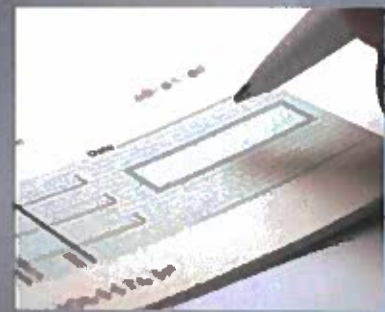
(2 appointments available)

NURSE PRACTITIONER: KATIE COX

Is generally in on Mondays & Wednesdays 9:30ish to 2:30ish

PUBLIC HEALTH NURSES:

Monica & Melinda are in on Tuesdays & Thursdays from 9:00 am -4:00 pm



Thursday JUNE 27

Next Income Assistance Cheque Issue Day

In the Health Building at 9:00 am.

Please submit your completed renewal and job search to reception by
FRIDAY, JUNE 21.

RENEWALS MUST BE RECEIVED IN ORDER TO RECEIVE A CHEQUE

EMPLOYABLE CLIENTS MUST COMPLETE JOB SEARCH FORM

(SOCIAL DEVELOPMENT POLICY AND PROCEDURES 4.2)

COMING SOON! NEW PROGRAMS FOR EMPLOYABLE CLIENTS

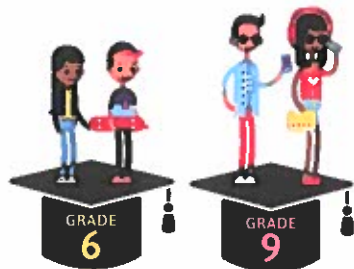
Heather Gibbs will be the temporary Social Development Worker

Extra Protection: Childhood Vaccines Available for Purchase

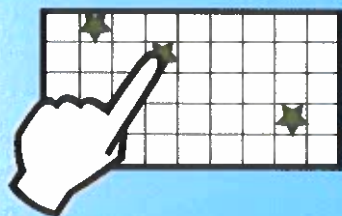
Talk to your health care provider to find out more



Routine vaccines in BC are provided free and protect infants and children against 14 different diseases



Routine vaccines in BC are provided free to school-age children and teens. As your child gets older, they may be at risk for new and different diseases that can be prevented by vaccines



BC Routine Vaccine Schedules:
[ImmunizeBC.ca/vaccine-schedules](https://immunizebc.ca/vaccine-schedules)



Children may benefit from additional vaccines that are not included in the BC routine vaccine schedule. These vaccines are available for purchase from travel health clinics, most pharmacies and some doctors' offices



Did you know?

Additional vaccines or doses of vaccines may be recommended and provided for free to children with certain health conditions.



If you are travelling, your child may require vaccines to protect against diseases that are rare in Canada, but common in other parts of the world. Travel vaccines are available for purchase at travel health clinics, some doctors' offices and most pharmacies (pharmacists may immunize children 5 years of age and older).

Go to: [ImmunizeBC.ca/travellers](https://immunizebc.ca/travellers)



QUESTIONS

- Visit: [ImmunizeBC.ca](https://immunizebc.ca)
- Visit: bcpeds.ca/families/immunization/
- Call HealthLinkBC at 8-1-1
- Speak to your health care provider

09/18



ImmunizeBC





Hydro hacks: Low-cost ways to beat the heat

Before you shell out for an air conditioner to keep cool this summer, consider other ways to stay comfortable that won't rack up your electricity bill.

Air conditioning alternatives can be just as effective at a fraction of the cost

Summer is pretty much here and although we're excited to get outside and enjoy the beautiful weather, the last thing you want to do is come home to a sweltering house. Running an air conditioner full blast will help keep your house temperatures low, but it will definitely increase your hydro bill.

There are simple changes you can make that will help keep your home a comfortable temperature. Get yourself a few ice packs and a fan, and you're on your way to enjoying a cool and cost-effective summer.

Throw some shade (on your windows)

The best way to keep your home cool is to prevent summer heat getting trapped inside your home. Window coverings can cut down on solar gain by as much as 65%. Keep the blinds/curtains closed when you're not home OR from mid-morning to late evening.

On really hot days, resist the temptation to leave your windows open all day. Wait until the temperature outside is cooler than inside. When the sun goes down, let that summer breeze flow through your home!

Using fans, the right way

Fans are a great option to help cool your home and can be much less expensive than air conditioners. Placing a fan next to your window at night will help bring in the cool evening air. If you're lucky enough to have a ceiling fan, make sure you set it to rotate **counter-clockwise** to generate a downward cooling breeze.

To maximize the cooling effect of your fan, fill a mixing bowl with ice and place it in front of your fan to achieve the extra-chill.

Take the cooking outside

When it comes to cooking this summer, cook outside if you can. Your oven is a large appliance that generates a lot of heat. Get inspired by some oven free dishes or BBQ. If you need to cook inside use smaller appliances; crock pots and toaster ovens generate considerably less heat in the kitchen

Ditch the incandescent lights, and unplug

If you are still holding on to your incandescent bulbs, let your comfort be your motivation. Incandescent bulbs produce about 2% light and 98% heat. Switching out incandescent bulbs with LEDs will not only help lower energy costs, it will also reduce excess heat produced in your home.

2019 War Canoe Schedule

Month	Days	Race	Location
May	4	Penn Cove Water Festival	Coupeville, WA
	11 - 12	Nooksack Days	Bloedel Donovan Park, WA
	18 - 19	River Spirit Canoe Races	Chilliwack Landing, BC
	25 - 26	Seabird Island 1 st Nations Festival	Agassiz, BC
		Snuneymuxw Canoe Races	Nanaimo, BC
June	1 - 2	Cultas Lake Water Sports	Cultas Lake, BC
	8 - 9	Tulalip Days	Tulalip, WA
		Cowichan Days	Cowichan Bay, BC
	15 - 16	Sasquatch Days	Harrison Hot Springs, BC
	21 - 23	Stommish Water Festival	Lummi, WA
	28 - 30	Whey-a-wichen	Cates Park, BC
July	6 - 7	North Van Canoe Races	Ambleside, BC
	7	Nin'wu Bday Race (Youth Races)	Wjolelp, BC
	13 - 14	Tsawout Canoe Races	East Saanich, BC
	20 - 21	Stz'uminus	Chemainus, BC
	27 - 28	Penelektut Canoe Races	Penelektut, BC
August	3 - 4	Geronimo CC Water Festival	West Saanich, BC
	10 - 11	Swinomish Days	Swinomish, WA
	17 - 18	Chief Seattle Days	Suquamish, WA
	23 - 25	Makah Days	Neah Bay, WA



STAFF CONTACT LIST

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