



Pauquachin First Nation Newsletter

March 8, 2019

March 29 – General Band Meeting

Save the date for our next General Band Meeting, more details to follow in next newsletter

Message from Gert Seymour – Social Development

Good day to you all,

Here it is March already. Let's hope or pray for warmer weather. Time change on March 10th.

T5007s are ready. If you were on Income Assistance and received more than \$500, you have a T5007.

Next Cheque Issue: Thursday, March 28th, 2019

8:30 AM to 3 PM only

Declarations due by March 21st.

Hydro bills: I need a monthly billing from Hydro in your files.

When I receive hydro bills, I make sure the amount is correct that this office pays.

Due to the severe weather, your hydro has probably gone up. If I don't see it, that means I have not paid the correct amount.

If you get disconnected, you will have to repay anything above your equal Payment plan.

HOME REPAIRS AND MAINTENANCE...WHO YOU GONNA CALL?

SOCIAL HOUSING/RENTAL UNITS.

If you reside in a home with an active mortgage (CMHC – Social Housing) or in a permanent rental unit then you contact Deanna Underwood – Housing Manager.

Privately Owned Homes

If you reside in a home that is PRIVATELY owned, no rent being paid or no mortgage, this is for **minor** repairs and/or emergencies. Contact Susan Miller – Administrator.

Both Ladies can be reached at the office located at 992 Sunset Lane or telephone 778-351-2920.

RENOVATION REQUESTS

Submit your WRITTEN request to the Housing Department. All requests will flow through the Housing Committee and recommendations made to Chief & Council who hold final authority. Direction will be forwarded to Deanna to initiate the application process based on Funder timelines.

BAND OWNED UNIT - NEW CONSTRUCTION

Once the Housing Strategy and Land Use Plan have been approved and ratified, Deanna will be given direction to proceed with preparing necessary surveys, infrastructure, etc. required to meet the strategies identified.

PRIVATE MORTGAGE – RBC

Pauquachin Nation does have an active On-Reserve Loan Agreement with the Royal Bank. Deanna can provide direction for those members who qualify.

Are you considering private mortgage/construction? Are you interested in registering to attend an information session presented by RBC?

- Is your credit rating ready to qualify for a mortgage?
- What can you do to improve your credit rating?
- What documents do you need to present to RBC to establish readiness?
- Any other questions you may have?

If we have interested Pauquachin members, we will arrange for RBC to come into our community.

READY TO RENT AND BASIC HOME MAINTENANCE

It's been awhile since Pauquachin has hosted Ready to Rent or Basic Home Maintenance workshops. Please keep in mind that when applying for vacant units within Pauquachin Nation, having one or both certificates adds additional points to your application when being considered for vacancies.

Are you ready for another round hosted here in Pauquachin? If we have enough interest, another round will be arranged.

Please contact Deanna to sign up for any of the above programs.

Message from Nathan Paradis – Fisheries Coordinator



Seafood Survey Update

Thank you everyone who participated in the seafood survey. I gathered 115 surveys in Pauquachin. This survey helped us understand what our community members like. The top four seafood community members want are:

1. Sockeye salmon
2. Halibut
3. Dungeness Crabs
4. Prawns

There will be two \$100.00 cash prizes for the people who participated in the survey. The draw will take place at the hall during the community lunching on Wednesday the 13th at 12:00pm.



***Join the conversation
Your voice - Your ideas
Your Direction***

Help Shape the Strategic Plan for Pauquachin

You are invited to participate in Pauquachin's Strategic Planning. Come and help shape a strategic plan that best serves the needs of Pauquachin. Information from all sessions will be compiled and reported back to you. Your voice matters!

Monday March 18, 2019 Community Sessions

Session (1) from 1-3 pm, Lunch Served at noon//

Session (2) from 6-9 pm, Dinner served at 5 pm

Location: - Pauquachin Cultural Room

There are two sessions- one in the afternoon and one in the evening.

Join in the conversation at whatever session best works with your day.

Some questions to think about:

- What makes you most proud of Pauquachin? What makes Pauquachin stand out? What does Pauquachin do well?
- What are the 3 most critical issues facing Pauquachin community members? Why are these issues important to you?



Message from Community Outreach Coordinator – Karen White

Hello, my name is Karen White, I have been hired by Pauquachin First Nation as the Community Outreach Coordinator. My heritage comes from on my mother's side Nuu- chah-nulth Nation and my father's side Snuneymuxw First Nation. I am currently a Cowichan Tribes Member and have lived and raised my children for over 30 years. I have worked in many areas throughout the years and bring a wealth of experience and knowledge around our culture and teachings. I am excited to be here in Pauquachin First Nation, I have met a few members but look forward to meeting all of you to find out what preventative initiatives you would like to see happen in your community?

Hych 'qa and I look forward to hearing from you.

Karen White

Community Outreach Coordinator

Pauquachin First Nation

Telephone: (250) 656-0191 Cell: (250) 507-9194

Email: karen@pauquachin.com

Spring break activities March 18 – 29, 2019

Hello Members:

We will be hosting outings during the spring break between March 19-28th, 2019. We will be hosting:

- skate and swim at Panorama Recreation Centre
- PJ Movie time in the Hall
- Cultural Day
- Imax and Spaghetti Factory

Please sign up at the reception area with Shawnee as soon as possible. We will then confirm dates and times and arrange to have permission forms signed.

The ages are between 5-17, and for swimming 7-17 a parent needs to be in the pool for any child under 7 years of age.

Exciting time, we look forward to hearing from you and signing up.

March 2019

Health Department

March 2019

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2019

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Feb 24	25	26	27	28	Mar 1	2
3	4 9:30am NP, Katie Cox	5 8:30am Acupuncture 9:00am PHN, Monica	6 9:30am NP, Katie Cox	7 9:00am PHN, Melinda	8	9
10	11 9:00am Foot Care 9:30am NP, Katie Cox	12 9:00am PHN, Monica	13 Comm. Lunch GFB Haircuts NP, Katie Cox	14 9:00am PHN, Melinda	15	16
17	18 9:00am Massage 9:30am NP, Katie Cox	19 9:00am PHN, Monica	20 9:30am NP, Katie Cox	21 9:00am PHN, Melinda	22	23
24	25 9:30am NP, KATIE COX 6:00pm Movie Night	26 9:00am PHN, MONICA	27 9:30am NP, Katie Cox	28 9:00am PHN, Melinda 1:30pm Foot Care	29	30
31	Apr 1	2	3	4	5	6

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
Gertrude Seymour	Social Development	102	gert@pauquachin.com
Theresa Dubas	Life Coach	103	theresa@pauquachin.com
Angel Henry	Head Start / IDP	105	angel@pauquachin.com
Lucia Bartleman	Health Manager	106	lucia@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
Karen White	Community Outreach Coordinator	110	karen@pauquachin.com
Training Room		111	
Head Start Room		115	
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
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Chief Rebecca David	Chief	203	rebecca@pauquachin.com
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Marquita Wilkinson	Finance	206	marquita@pauquachin.com
Deanna Underwood	Housing Officer	207	deanna@pauquachin.com
Nathan Paradis	Fisheries Coordinator	209	fisheries@pauquachin.com