

Gusgimukw Buzz

November 30th- December 11th 2020

All Administration building will be closed for Christmas break on Thursday December 17th 2020 @ 4p.m and will reopen in the new year on Monday January 4th, 2021. @ 8a.m

- December internet will be covered

Please see attached schedule for reception in office hours.

Please call reception cell phone as office doors will be locked 2 days a week.

ALL ADMIN BUILDINGS REQUIRE FOR MASKS TO BE USED AT ALL TIMES.



Quatsino First Nation
Administration Staff:

(250) 949-6245 F: (250)949-6249

Cary lee Calder	Ext.113
Helen Charlie	Ext.139
Melinda Sheard	Ext.125
Collen George	Ext. 123
Bonnie Wallas	Ext.138
Leonard Nelson	
Samantha Nelson	Ext.115
Marilyn Morash	
Bobby-Jean Nelson	
Karen Cook	Ext. 126
Ryan Brezzi	Ext. 119

Lands

James Redford	Ext.135
April Webber	Ext.136

Forestry

Charles Sheard	Ext.132
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Fisheries

Erin	Ext.131
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Jacob Nelson
Stephen Clair

Gwabalish Fishing Society

Florence Van Graven	Ext.134
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Economic Development (250) 949-8147

Ashlee	Ext.129
Jenny	Ext.129

Elders Center (250) 949-3043

Brenda Dowden

Health Centre

(250) 949-7161 F: (250) 949-9224

Jane	Ext.221
Jen	Ext.230
Frankie	Ext.226
Beth	Ext.229
Tammy	Ext.231
Anita	Ext.232
Angela	

Daycare (250) 949-6498

Yvonne Dixon
Mary Nelson
Patricia Hall
Isabell Nelson
Delia Price
Ashley Nelson
Samantha Nelson Sr.
Winnifred Nelson

QUATSINO FIRST NATION
COUNCIL ELECTIONS 2020

Notice of Polls – Covid-19 Precautions

All Quatsino First Nation Voters are hereby notified that Polls for the position of one (1) Chief and five (5) Councillors are to be held:

DATE: Friday December 4th, 2020

TIME: 9:00am – 8:00pm

LOCATION: Gymnasium at IR #18 – 304 Quattishe Rd. Coal Harbour, BC

Due to Covid-19 concerns:

1. Voters are asked to wear a mask, use the hand sanitizer provided, observe physical distancing instructions and do not congregate at or near the Polling Place;
2. The ballot count will be held virtually only (no in-person attendance). The count will be broadcast on Zoom at the following coordinates:

<https://us02web.zoom.us/j/81330400317?pwd=VjVhVXgzbnRlZlEvdEcrRC9ramtvdz09>

Meeting ID: 813 3040 0317

Passcode: 915719

Find your local number: <https://us02web.zoom.us/j/81330400317?pwd=VjVhVXgzbnRlZlEvdEcrRC9ramtvdz09>

An Elector may vote by either:

1. Completing and delivering to the Electoral Officer a mail-in ballot form before the time set for the election, or
2. Attending the Polls.

The votes will be counted at the polling station at 8:00 p.m. on the 4th day of December 2020.

The results will be declared immediately following the count.

A list of Electors is posted in the Band Office and available online.

Given under my hand at Victoria, this 19th day of November, 2020.

MARCUS HADLEY
255 LINDEN AVE
VICTORIA BC V8V 4E6
(250) 884-4703
marcus.hadley@gmail.com


Signature of Electoral Officer

If you have any questions, please call or email the Electoral Officer.



Quatsino First Nation
305 Quattishe Rd.
Coal Harbour, B.C.
V0N 1K0
referrals@quatsinofn.ca
Phone: (250) 949-6404

Dear Quatsino Community Members

To help limit the potential spread of COVID-19 and to protect everyone in our community, all members are asked to follow the new recommendations of the Provincial Health Officer.

Effective immediately:

- It is mandatory to wear a mask in all public buildings
- Limit social gatherings to your immediate household

(We can still fulfill family responsibilities, family walking children to school, caring for family members.)

Our goals at this point are to:

- Limit potential exposures to COVID-19
- Keep critical services running (including the school and daycare)

These guidelines are inline with recommendations from Dr. Bonnie Henry and is supported by Chief and Council as well as the Quatsino Communicable Disease Emergency Response Team. (CDER)

We understand that everyone is exhausted of the pandemic. These additional restrictions will not last forever and will help avoid having to make additional sacrifices.

Everyone, please, do your part to help keep our people safe.

Be kind, be calm, be safe

Samantha Nelson schedule

November – December 2020

Monday -In Office 8a.m-4p.m	Tuesday -Out of office	Wednesday -In Office 8a.m-4p.m	Thursday -Out of office	Friday
Cigarette sales 8-3p.m	Available through phone and email 8-4p.m	Cigarette sales 8-3p.m	Available through phone and email 8-4p.m	Cigarette sales 8-3p.m

Email: reception@quastinofn.ca

Phone: 250-949-1351 (Reception cell call or text)

On the days Reception is away from office you can contact the above for messages to be relayed to staff members.

Cigarette sale times

Monday 8:00a.m-3:00p.m

Wednesday 8:00 a.m-3:00p.m

Friday 8:00a.m-3:00p.m

Sales are for on reserve card holders ONLY!

DEBIT ONLY!!



Ax sila xa Gingananam Quatsino/Head Start Daycare

600 Clatux Road, Coal Harbour B.C VoN 1K0

250-949-6498

OUTREACH WORK

Bingo- Social Media
Black out Bingo was
won by 3 lucky winners
& they won Save-On
More cards.

ASQ's are available for
drop off or you can
drop by and I can bring
it to you.

I have potty training
charts and prize
containers if you need
any.

If you would like activity
kits for your children I
can make a package for
you.

If there is anything you feel you
need help with in regards to your
children ages 0-6 please reach
out to Patricia Hall.

November 2020

“Stay safe everyone”

If you would like some craft material for your
child/ren ages 0-6 please connect with us.

Tommy Brown our culture teacher has made
some coloring sheets if you are interested call or
comment on the Facebook Page.

The Headstart Program is free from 8:00 a.m to
1:00 p.m. All snacks, breakfast & lunch is
included. ***Daycare is 8:00 a.m to 4:15 p.m***

If you would like a book to read to your child
please let us know & we can drop it off to you.



***If you have any questions please
call Yvonne Dixon at 250-949-6498.***

Important Dates to Remember

Monthly Renewal Declaration forms for Income Assistance

Due by December 9th, 2020. **Note, there will not be a Mid-Month cheque, if you want a partial amount held until beginning of January please indicate that on your slip.

Gazette Hamper Delivery

December 12th, 2020 between 10:00am – 12:00pm.
Please be home to receive yours

Turkey and \$100 Save On More Gift Card

December 14th, 2020. Time to be determined.
Delivered to on reserve houses. This is in-lieu of our annual Christmas Community Dinner. Please be home to receive yours.

Thank You! Melinda

Ixmagilas Updates November 27, 2020.

Grocery & Medicine pickups: We will continue with these services for our community. If you have a grocery order and prescription that needs to be picked up, ***please make sure it is on the same day as we will only be picking up once a week per household/individual.*** So, if you have multiple people needing this to be picked up make sure they are all ready for the same day, thank you. We have expanded our services to everyday now but keeping it to once a week per person.

Lisa Greer- Will be doing phone call appointments only for the time being. Sorry for any inconvenience. She is not taking any new patients currently. Please call Jane at the clinic to book an appointment 250-949-7161 or text 250-230-2498.

Doctor visits- Our next scheduled Doctor coming to our community will be on Thursday, December 10th 1-4, Dr. Morin. Please call Jane to book an appointment.

Office hours and Guidelines: Office hours are 8am-4pm. Jane is available to answer the phone, Monday-Friday 8am-12pm & 1-4pm. Closed for cleaning 12-1pm and on holidays. Our doors are locked during these hours so please remember to call ahead.

We are not accepting any walk-ins right now, so if you need to see any of the nurses you need to call clinic 250-949-7161 or text 250-230-2498 to setup an appointment.

Patient Travel: Please have all your paperwork faxed to our office **250-949-9224** or via email if you wish attention Tammy: chr@quatsinofn.ca. **DO NOT SEND TO THE BAND OFFICE.**

Please have all paperwork handed in one week in advance to ensure your travel will be ready on time. Cheque's will be available for pick the day before your appointment and can be picked up at the clinic front door, but you **MUST** call 1st so Jane can be available to hand to you at the door. Thank you.

Foot Care: Beth will be doing Foot Care every 2 weeks. If you would like to make an appointment, please call Jane and she will add you to the list.

PATIENT TRAVEL VEHICLE STILL NOT IN USE FOR DOWN ISLAND TRIPS, SORRY FOR ANY INCONVENIENCE.

HOME AND COMMUNITY CARE VEHICLE

Please call the clinic 250-949-7161 or text 250-230-2498, well in advance so that we can ensure we have a driver available for your appointment. Monday- Friday 8am-12pm & 1-4pm, these trips can be to Port Hardy or to Port McNeill for Doctor/Dentist/Optometrlist or Blood work/X-ray

Only persons who have appointments will be allowed in the vehicle unless it is a minor child and only one parent can be the escort. Sorry for any inconvenience.

There will not be multiple families in one trip, so this will work strictly on a first come first serve. Please remember to call the clinic if you are cancelling your appointment so that could potentially give someone else the opportunity to utilize our services. Thank you!!

If you have a specialist appointment the vehicle could be used at anytime if it has not already been previously booked.

Also, please remember our vehicle does not transport patients to the hospital ER, please call the ambulance or a family member.

Thank you,

Clinic Staff

A note from the Nurses about clinic supplies...

The clinic does carry some items that we are able to give to community members but alternatively most community members are able to get these items on their own for free from pharmacy. Many over the counter medications and items are covered, some examples are acetaminophen(Tylenol) and diphenhydramine(benadryl), dressings (wound care supplies), lice treatments, Plan-B (morning after pill), prenatal vitamins, vitamins for kids, diabetic supplies and many more, some require a prescription from a physician or NP where others do not and they can be initiated by the pharmacist. We encourage you to obtain these items when possible from pharmacy as opposed to the clinic as we have a limited supply on hand at the clinic. If you are unsure what is available to you through pharmacy please check out the Pacific Blue Cross or health benefits through FNHA.

Health Clinic Staff is Available

As we change our Covid-19 response through phases we want to ensure that community members are aware that we are still available and working Monday to Friday from 8:00-4:00. Regular services will continue at this time. Appointments must be booked ahead of time. Please call us at 949-7161 if you have any questions or concerns.



First Nations Health Authority
Health through wellness

Book Your Flu Shot Now



The flu season is almost upon us and that means it's time to start thinking about where you're going to get vaccinated. The flu shot is free to all First Nations people in BC.

Dr. Shannon McDonald, the FNHA's Acting Chief Medical Officer, says:

THE FLU SHOT IS MORE IMPORTANT DURING COVID-19

"It helps keep our lungs healthy and our bodies healthy, so we're better able to fight off the COVID infection if we come across it."

THE FLU SHOT IS SAFE

"We test the shot quite extensively for effectiveness and for safety. Some individuals have a very brief reaction, just like you do as a child when you get an immunization. Basically, it means your body is doing what it's supposed to do when you're immunized, and that is to mount an immune response to whatever you're being given."

EVERYONE SHOULD GET THE FLU SHOT

"We focus our attention on Elders, those at risk, small children, but every one of us has people in our lives with whom we don't want to share a serious infection."

CHILDREN SIX MONTHS AND OLDER SHOULD GET A FLU SHOT

"Young children's immune systems aren't completely developed and sometimes an influenza infection can make them extremely ill."

FIRST NATIONS PEOPLE SHOULD RECEIVE THE FLU SHOT

"We know that our population have higher rates of chronic diseases and sometimes are immune-suppressed and therefore it's very, very important that a flu vaccine helps them and keeps them from getting sick."

You can watch a video of Dr. McDonald on YouTube speaking about the flu vaccine [here](#). You can also listen to her on [SoundCloud](#).

You can get your flu shot at your local health centre or nursing station, or you can find a flu clinic near you by searching the [Immunize BC website](#). As well, most pharmacies are carrying the flu vaccine, so ask your pharmacist about booking an appointment (this year appointments are widely required due to pandemic precautions).

For more information about the flu, prevention and protection, and other helpful links, visit fnha.ca/flu.