

Gusgimukw Buzz

December 11th – January 4th 2021

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



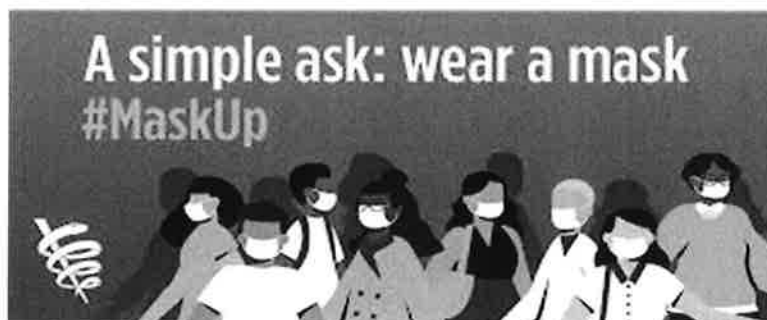
- **December/January internet will be covered**

For sale vacuum \$123

Call Lily cell 949-7503/home 949-8555



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

Ryan Brezzi Ext. 119

Travis Walkus

Lands

James Redford Ext.135

April Webber Ext.136

Forestry

Charles Sheard Ext.132

Fisheries

Erin Ext.131

Jacob Nelson

Stephen Clair

Gwabalish Fishing Society 230-4651

Florence Van Graven Ext.134

Economic Development (250) 949-8147

Ashlee Ext.129

Jenny Ext.129

Elders Center (250) 949-3043

Wade Charlie

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

Karen

Daycare (250) 949-6498

Yvonne Dixon

Mary Nelson

Patricia Hall

Isabell Nelson

Delia Price

Ashley Nelson

Samantha Nelson Sr.

Winnifred Nelson

Tommy Brown

QUATSINO FIRST NATION
COUNCIL ELECTIONS 2020

NOTICE OF ELECTION RESULTS – COUNCILLORS

| | | |
|----------------------|----------------|----|
| BALLENTYNE | Hunter | 58 |
| CLAIR | Raymond Sr. | 22 |
| CONROY | Sonja | 50 |
| HALL (SPECK) | Patricia | 75 |
| HUNT | Stephanie | 23 |
| HUNT | Tammy | 33 |
| JOHNNY | Shannon | 29 |
| LUSCOMBE | Lisa | 31 |
| MORASH (BROTCHIE) | Marilyn | 46 |
| NELSON | Dorothy (Dede) | 21 |

| | | |
|------------|----------|----|
| NELSON | James | 31 |
| NELSON | Joshua | 20 |
| NELSON | Richard | 49 |
| NELSON | Riley | 47 |
| NELSON | Samantha | 43 |
| SAGMEISTER | Corine | 31 |
| VAN GRAVEN | Florence | 37 |
| WALLAS | James | 53 |
| WAMISS | Billy | 7 |
| WAMISS | Nancy | 30 |

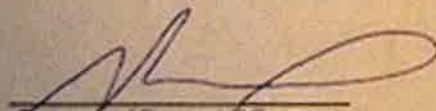
Number of spoiled, rejected or cancelled ballots: 6

Based on the above, I hereby declare the following candidates elected to the position of Councillor:

1. Patricia Hall (Speck)
2. Hunter Ballentyne
3. James Wallas
4. Sonja Conroy
5. Richard Nelson

Given under my hand at Coal Harbour, this 4th day of December 2020.

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


Signature of Electoral Officer

QUATSINO FIRST NATION
COUNCIL ELECTIONS 2020

NOTICE OF ELECTION RESULTS - CHIEF

| | | |
|--------|---------|----|
| BOYD | Jodi | 15 |
| CLAIR | Arlene | 7 |
| CLAIR | Stephen | 39 |
| NELSON | James | 40 |
| NELSON | Tom | 56 |

Number of spoiled, rejected or cancelled ballots: 6

Based on the above, I hereby declare the following candidate elected to the position of Chief:

1. Tom Nelson

Given under my hand at Coal Harbour, this 4th day of December 2020.

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


Signature of Electoral Officer

Yo, Quatsino Community

During this time we are restricting in-person contact at the Administration Building.

All meetings with staff during the orange phase will be virtual- either through zoom or via telephone. There will be no in-person appointments at this time.

If you do need to come in-person (e.g. dropping off or picking up documents, purchasing cigarettes or paying rent), we ask that you limit visits to Monday, Wednesday or Friday.

Our office hours remain the same: Monday-Friday 8am-12pm & 1-4pm.

To contact staff or book an appointment:

Monday, Wednesday, Friday: 250.949.6245

Tuesday and Thurs: 250-949-1351

Thank you for your continued patience as we work together to get through this pandemic.

Please remember to wear your facemask, wash your hands often, and only go to town for your essentials.

Be Calm, Be Kind, Be Safe

Gila kas la

Quatsino Administration Building.

2020 K'AK'OT'LATS'I SCHOOL CHRISTMAS BAZAAR

GRAND PRIZE DRAW

65" LG UN 70 Series UHD 4K Smart TV

- Real 4K IPS Display (Wide Viewing Angle)
 - webOS + LG Channels
 - Active HDR (HDR10, HLG)
- "Works with" Google Assistant & Alexa, Apple Airplay 2 | Homekit



DRAW DATE: DEC 17, 2020

(Ticket sales end at midnight Dec 16th)

Tickets \$10.00 or 3 for \$25.00

Contact Marie @ school (250-949-9666)

-or-

Visit: ["K'ak'ot'lats'i Christmas Bazaar 2020"](#) page on Facebook

2020 K'AK'OT'LATS'I SCHOOL CHRISTMAS BAZAAR

GENERATOR DRAW



Performance 4450-Starting Watt Gasoline Portable Generator with OEM Engine

Up your generator game with the P03501 portable generator. Perfect for every occasion, this exclusive generator offers the essential tools you need to take your adventure to new heights.

- 208Cc engine with low oil shut down and cast-iron sleeve
- 5-gallon tank provides 14 hours runtime
- RV ready multi feature control panel with covered outlets
- Heavy duty never-flat wheels and high leverage single folding handle
- Includes engine oil, funnel and FIRMAN assembly tool kit
- This unit comes with a Free Wheel Kit and Heavy-Duty Generator Cover
- Generator accessories Include Oil, Spark Plug Wrench, Shipping Bracket Wrenches, Funnel, and Manual
- Generator comes with a Legendary 3 Year Warranty

DRAW DATE: DEC 17, 2020

(Ticket sales end at midnight Dec 16th)

Tickets \$10.00 or 3 for \$25.00

Contact Marie @ school (250-949-9666)

-or-

Visit: ["K'ak'ot'lats'i Christmas Bazaar 2020"](#) page on Facebook



Orange: Restricted

| | |
|---|--|
| Conditions (one or more condition is met) | <ul style="list-style-type: none">• Vancouver Island case counts are increasing exponentially,• < 10 days since COVID + individual entered self-isolated in Quatsino,• Possible community transmission,• Island Health Care System approaching capacity. |
| Recommend | <ul style="list-style-type: none">• Remote work if possible, stagger shifts to limit number of people in the same time• Maintain physical distancing with anyone outside household members• Wash hands many times a day |
| Gatherings | <ul style="list-style-type: none">• Immediate household• Vulnerable dependents• Remote work options when possible |
| Travel (except medical emergency) | <ul style="list-style-type: none">• Limit Travel to: North of Comox• Cancel or postpone all elective appointments and procedures |
| Individuals in community | <ul style="list-style-type: none">• Residents• Essential workers• Those conducting direct business• (Add separate doc with examples) |
| Record time and location of | All locations visited outside: <ul style="list-style-type: none">• Outside of Quatsino |
| Household representative | One individual / household pickup essential items. |
| Self-isolation | <ul style="list-style-type: none">• Individuals with COVID Symptoms• Individuals COVID+ (+10 days after infectious period) Recommended <ul style="list-style-type: none">• Any individual returning from outside North Island (Beyond Comox) |
| If you have any COVID Symptoms, Contact: | <ul style="list-style-type: none">• Nurse via Clinic• Local COVID line at 250-902-6091• Follow the advice given |
| Band Administration | <ul style="list-style-type: none">• Health Clinic Open (appointment only)• Band office closed to public.• All Staff working remotely as much as possible, shifts are staggered to limit the number of people in the building at time |
| School/Daycare | <ul style="list-style-type: none">• School/daycare Open• Additional safety precautions |



First Nations Health Authority
Health through wellness

THE FLU SHOT

More Important in 2020



Flu season typically runs from November to April each year.

Influenza (the flu) is a dangerous respiratory illness that can lead to serious health complications and even death. Getting vaccinated is recommended as the best way to prevent influenza.

THE FLU SHOT IS:

HEALTHIER



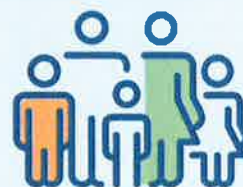
It's more important than ever to get the flu shot. Keeping our bodies healthy makes it easier to fight off respiratory illnesses, such as COVID-19 and pneumonia.

SAFE



The flu shot is tested extensively for effectiveness and for safety. The vaccine is your best protection against more serious illness.

FOR EVERYONE



Everyone over the age of six months should be immunized. Elders (65+) and children under five are at the highest risk of hospitalization from flu complications.

The flu shot is free for all First Nations people in British Columbia. Contact your local health centre, nurse practitioner, or pharmacy.



MASK UP.



LATHER UP.



SLEEVE UP FOR THE FLU SHOT.

For more information, visit www.fnha.ca/flu

2021

Need Motivation?

Need to get inspired?

If so, join our 12-week weight loss challenge

Registration fee will be \$20 and Ixmagilas will sponsor \$1500 and both together will determine the cash prizes for 1st and 2nd possibly 3rd place

This challenge will be by percentage weight loss, use same scale for first and last weigh in.

Registration fee will be due by first weigh in January 11th

12 WEEK WEIGHT LOSS CHALLENGE
January 11TH TO April 5th

Open to all staff and community residents

Message or text Frankie if you have any questions

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.