

April 2, 2020

To: Tseshaht First Nations Members
From: Hugh Braker,
Tseshah Emergency Operations Centre

Re: Update on COVID-19 Information

An update on the numbers as of today, April 2, 2020 at 12:30 noon:

Canada has 11,188 known cases currently with 1,387 of those in the last 24 hours. We have had 134 deaths in Canada with 20 of those in the last 24 hours. I expect those numbers to rise later this afternoon. As of this morning, BC has 1,066 cases and has had 25 deaths. Dr. Henry will update those numbers at 3 pm and I do expect them to rise. Vancouver Island has 72 confirmed cases and you can assume Port Alberni has several cases. Don't forget that Dr. Hasselbach of Nanaimo says we can multiply the known case by 4-6 to get the true number of infected.

As an example of other countries: The US has 237,877 known cases currently and 5,718 deaths and has had 705 deaths since yesterday evening and up to 1:30 pm today. The US had 1,049 deaths yesterday in a 24 hour period. The US had 26,473 new cases in a 24 hour period yesterday.

Italy has had 13,915 deaths, Spain 10,096 deaths and France 5,387 deaths. France has had 1,355 deaths just in the past 24 hours.

I mention those numbers so you know that we are nowhere near the end of this pandemic yet. President Trump's best medical advisers said Tuesday that the US will have an estimated 100,000 to 200,000 deaths. Other doctors say that figure is way too low. Dr. Henry of BC says we will be in the current situation until summer and there may be another wave of the disease after that. So now is not the time to relax. Now is the time to double down and maintain physical distancing at all time, wash your hands properly every chance you get, don't touch your face and do all that the doctors have advised us. Only if we all follow the guidelines will we hopefully keep COVID-19 out of our reserve. So far, the numbers in BC and Canada are lower than other comparable nations. We need to keep it that way.

- 1) A reminder that visitors to hospitals are not permitted except for:
 - a. To visit patients critically ill,
 - b. To visit patients in palliative care, and

- c. For patients to frail and who require a family member to escort them for safety.

If you are approved for a visit, you will be required to pass a screening test.

- 2) BC Hydro. Yesterday, the Premier announced that anyone (or your spouse) who has lost a job or had their wages cut as a result of COVID-19 can apply to receive a hydro credit worth three times their average monthly hydro bill. Small businesses forced to close can have their hydro bill from April to June forgiven. For residential customers the application forms will be available next week. For small businesses, the application forms will be ready the week after. The Tseshah EOC is currently exploring the possibility of hiring someone for a short time to help members fill out the forms.
- 3) This April is, so far, cool. We are exploring with Dwayne the possibility of obtaining wood for all members who have wood stoves. Watch for an announcement on that soon.
- 4) Gail wishes to advise everyone that she will be distributing hand sanitizer at the Family Centre (beside the Longhouse) this Saturday beginning at 11:30 am. It will be on a first come, first serve basis. Bring your own container. Please stay in your car. The workers will take your container and then return it to you when the sanitizer has been put in it. This past week the EOC also distributed sanitizer. We received complaints that it smelled too strongly of alcohol. We will be trying to correct that by putting scented oil into it. Hopefully, that will take care of the problem. We are ordering more hand sanitizer for free distribution to members. Please watch for announcements.
- 5) CERB See handout. Again, the EOC is looking at hiring someone to assist those who need help filling the form out.
- 6) Fishermen and women. Many fish buyers are not buying fish due to the COVID-19 closures. The EOC is therefore recommending to Council tonight that we send a letter to government asking that the UI be extended. We are also recommending that a letter be sent to ensure that fishermen and women qualify for the hydro exemption, Federal CERB and any other benefits.
- 7) For those members who have mortgages, we are currently seeking advice from CMHC as to whether our members qualify for the mortgage deferral announced and if so how we can apply. Watch for announcements on that.
- 8) The EOC is also enquiring if the announced BC rental supplement applies to our members. The supplement is for up to \$500 per month with restrictions as to who it applies to. Watch for announcements from the EOC on that.
- 9) Nurses. The NTC nurses tell us they are having regular contact with high priority clients in Tseshah to check up on them. Do forget the helpline numbers. The nurses are also exploring the possibility of resuming vaccinations for children. Those would be by appointment only. The NTC nurses are looking at having the vaccinations at their 3rd avenue office and also the Tseshah Administration building. Watch for further announcements on that.
- 10) You will, by now, have seen the signs up closing the Dam and both playgrounds. We are asking for restricted access to the cemetery. I appreciate that people like to go to the cemetery on birthdays, mothers' day and fathers' day. We just ask that you restrict your time there to 2 people per grave at a time.

- 11) I want to thank Braker Electric for it's donation to Tseshaht. Braker Electric has donated \$600 to help Tseshaht buy supplies during this emergency. Tlecko! Tlecko!
- 12) Lastly, we hope to have another emergency bulletin out this week. If you wish to receive it by email, that would be helpful. Just let Gina know your email address. Her number was in the last bulletin and we will repeat it in the bulletin this week.

We ask that everyone stay safe, continue to practice the direction from doctors and help keep our community COVID-19 free.

Thank you all.

Hand Sanitizer

Gail will have hand sanitizer at the Family Centre on Saturday. First come first serve, on Saturday, must bring a clean bottle.

Food Hampers

To receive a Saturday food box you must pm Gail on Facebook or phone 250.731.6622.

Please note you **MUST** put your name in ahead of me.

Drop in's will be put on list for the following week or put on list at end of day if supplies last.

Games will be added to family boxes while supplies last.

Thank you for your cooperation and gratitude it has been a pleasure offering this small hand up to each of you who have utilized this service.

USMA

Any USMA issues phone 250.724.3232 and follow the prompts.

Gail is working with them remotely.

Counselling

Counselling with Linda Pelech is available via phone 250.720.3091 or Skype lindapellech@gmail.com

Spring Clean-up

Spring Clean-up has been postponed until further notice.

Firewood

All those members who have a wood stove – if you would like a cord of wood please contact Gina Pearson. Her email address and telephone number are in this bulletin. We hope to begin getting more wood for those with wood stoves next week.



Gina Pearson has taken on the role of Planning for our Tseshahat EOC Team. One of the duties for the planning section is assisting with collecting data.

Gina, EOC Planning, will check in with membership as often as possible. She will be asking community members the following questions;

- **How they would like to receive weekly notices (email or delivered)**
- **If anyone in your household has any compromised immune systems;**
- **Updated mailing address information;**
- **Check how your family is doing.**

Email: gina.pearson62@me.com

Facebook Messenger: Gina C Pearson

Phone number: 250.913.0282

(this is for ALL Tseshahat membership on-reserve and off-reserve, Canada and US)

You can call or message her between 9:00 am - 9:00 pm, Monday-Friday.

Please take care of yourself and your family, Chuu



Visitor restrictions in place at Island Health facilities



Only essential visits allowed to Island Health facilities

MARCH 21, 2020

Island Health is working in partnership with the Ministry of Health and BC Centre for Disease Control to respond to COVID-19. The situation is evolving quickly and our strategies are evolving to keep people in the communities we serve safe.

To support the Provincial Health Officer's directions around social distancing and protect our residents, patients and staff from the transmission of COVID-19, Island Health has made the difficult decision to allow only essential visits to our facilities.

Essential visits will be considered for patients who are:

- critically ill
- receiving end-of-life care
- frail and need an escort or family member for their safety

Eligible essential visitors must pass important screening criteria. This means they cannot have a cough, runny nose, fever, sore throat or shortness of breath, and they cannot have travelled outside of Canada in the last 14 days.

We understand the importance of visits from family and loved ones to our patients and long-term care residents and we appreciate your understanding and support in helping to keep everyone safe.

The British Columbia Centre for Disease Control is the recommended resource for provincial information that is accurate and current: <http://www.bccdc.ca/>. Information is being updated frequently on the site at this time and individuals are encouraged to check back regularly (eg. daily).

Island Health also has frequently updated information on our website:

www.islandhealth.ca/covid19

EMERGENCIES

If you are in urgent need of medical care, please call 911. If you require health care advice for a non-urgent concern, call HealthLink BC at 811.

TERRITORIAL ACKNOWLEDGEMENT

Before Canada and BC were formed, Indigenous peoples lived in balance and interconnectedness with the land and water in which the necessities of life are provided. Health disparities persist, which are due to the impacts of colonization and Indigenous-specific racism. Healthy lands, healthy people. Island Health acknowledges and recognizes these homelands and the stewardship of Indigenous peoples of this land; it is with humility we continue to work toward building our relationship.

Thank you for printing this page from IslandHealth.ca. You might find this additional information useful.

Contact Island Health

Phone: (250) 370-8699 Toll-free: 1 (877) 370-8699

Compliments & Complaints

Phone: (250) 370-8323 Toll-free: 1 (877) 977-5797

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Preparation Tips

Have your documents ready in case you or someone in your family needs to see a medical professional. Do one for each person who resides in your home.

Documents Like:

- Driver's Licence
- Medical Card
- Status Card
- Secondary Health Insurance

Write down a list:

Person 1
Medications: _____
Allergies: _____
Medical History: _____
Emergency Contact: _____

Person 2
Medications: _____
Allergies: _____
Medical History: _____
Emergency Contact: _____

Person 3
Medications: _____
Allergies: _____
Medical History: _____
Emergency Contact: _____

Person 4
Medications: _____
Allergies: _____
Medical History: _____
Emergency Contact: _____

Put all of these in a Ziploc bag, wallet, purse, bag etc. Have it in a location in your home where you can easily grab and go. If you need any addition forms please contact the Tseshaht Administration at 250-724-1225.

Statement From NTC Nurses

NTC Nursing Support During COVID 19 Memo to NTC Nations

NTC and NTC Nursing is keen to work with the nations to keep us all as safe as we can in light of the Covid19 pandemic. We are closely following the guidelines set out by the World Health Organization (WHO), the province's Center for Disease Control (BCCDC), our Provincial Health Officer Bonnie Henry and our Physician Ian Warbrick. Based on this up-to-date and reputable information we are recommending the following:

1. The overall message from public health officials is to socially distance from people and the best way to accomplish that is by staying home. We suggest that people take advantage of this by playing outside with your children, gardening or doing those things that we never have time to do.
2. Prevent illness by washing your hands. Wet hands, apply liquid soap, lather and scrub for 20 seconds, rinse for 10 seconds, dry your hands, turn off the tap with a paper towel.

In our correspondence with the nations, many have indicated they don't want unwanted visitors / staff in their communities. They have at the same time requested that our Nursing team continue to provide services, which have been deemed essential to support health and wellness in the community. In order to honor this request, the NTC nursing team will be doing the following:

1. The NTC Nurse Help Line (see below for numbers) has been set up for clients to connect with a nurse for any health related questions.
2. If there is an urgent need for a nurse to make a community visit, this will be assessed with the NTC Clinical Nurse Lead to ensure the client does not have fever, a new cough, and any difficulty breathing. We will only make home visits to those most in need following proper hygiene between visits. All other clients will be connected via telephone.
3. Immunizations for children may be delayed and will be decided case by case with appointments spaced out to limit contact with others.
4. Immunizations for elders are not recommended as risks outweigh the benefits at this time.

Communities and NTC are in need of supplies, as is everyone else but there is currently a world-wide shortage. We have reached out to FNHA, Aboriginal VIHA, BCCDC and private companies without any success in obtaining supplies. We will let you know if we are able to secure supplies.

We had a teleconference with the nations with respect to services for the Elders, as the most vulnerable members of their nations. Out of the 9 nations on this call, only 3 had need for more home care services. We are trying to find Personal Care Workers for those nations. This has always been a challenge and we will keep you updated on our progress. We encourage family members to help out as much as possible at this time.

PHONE HELP LINES

Help Lines Include the following:

- 1-888-COVID19 (268-4319). You can call this number for non-medical support, travel questions and social distancing information.
- 811. This is the general help line for health information including COVID19
- BC Children's Hospital 1-833-784-4397 between 7 am to midnight. This is to answer questions about COVID19 and children.

NTC Nursing is aware that the 811 phone lines are very difficult to access with long wait times, therefore NTC Nursing will provide a way for NTC members to contact nurses to help with any questions related to health needs and/or COVID19 questions.

NTC members can contact NTC nursing support by calling either Francine Gascoyne 250-735-0416 or Catherine Gislason 250-720-1763 Monday through Friday between 8 am – 4:30 pm. This service will put members in touch with a nurse who can provide instructions and assistance over the phone.

We continue to pass along the recommended messages as set out by our Provincial Health Officer: Stay at home, wash your hands frequently and don't touch your face, use cough etiquette, maintain social distancing, clean and disinfect frequently touched surfaces at least twice a day, and call 811 day or night for guidance. If you cannot get through on the 811 or other lines, call the NTC Nurse Help Line.



COVID-19

More ▾

British Columbia

B.C. announces 3-month relief on BC Hydro bills for some customers, small businesses

Premier also announces 1 per cent reduction in rates for all BC Hydro customers

CBC News · Posted: Apr 01, 2020 12:43 PM PT | Last Updated: April 1



Small businesses forced to close as a result of COVID-19 will have their April to June 2020 bills forgiven, Horgan announced on Wednesday. (Michael McArthur/CBC)

comments



Premier John Horgan announced Wednesday measures brought in by BC Hydro to address the economic impacts of COVID-19 — including a universal one per cent reduction in rates for all customers.

Residential customers who have lost jobs or had wages reduced as a result of COVID-19 will receive a credit worth three times their average monthly bill over the past year. It will not have to be repaid.

Small businesses forced to close as a result of COVID-19 will have their April to June 2020 bills forgiven.

BC Hydro will also give the option of a three-month deferment to large businesses.

Major industry partners, including pulp mills and mines, will be able to defer 50 per cent of their bill for three months.

Watch Premier John Horgan address economic anxieties:

B.C. Premier John Horgan says it's going to take 'extraordinary resilience from British Columbians to get through' the COVID-19 pandemic. 1:02

Small businesses will be able to apply starting the week of April 14. Customers have until June 30 to apply.

"These initiatives are in place for today, not for forever and we will be able to guide British Columbians as we get closer to bending that curve," said Horgan.

"We will do everything we can to support them."

- **What you need to know about COVID-19 in B.C. on April 1, 2020**

\$477 reduction for average out-of-work residential customer

Minister of Energy, Mines and Petroleum Resources Bruce Ralston said the rate reduction is the first rate decrease "in decades," and is not a result of COVID-19.

A written statement from the province said the average residential customer's bill is \$159 per month, and the average credit provided will be \$477. Some customers may also be eligible for

BC Hydro's existing Customer Crisis Fund, which provides access to grants of up to \$600 to pay their bills.

The average bill savings for small businesses who qualify will be \$121 per month, so the average total bill savings would be \$363.

BC Hydro has also halted all service disconnections for non-payment during COVID-19 and cancelled all non-emergency planned power outages affecting its customers.

Ralston said the cost of the programs targeted toward residential customers and small business will cost between \$80 and 90 million.

Horgan said the BC Utilities Commission is in discussions with FortisBC — a private utility company that provides natural gas and electricity to B.C. residents — about what reductions they will be offering to customers, and that its program will likely mirror what is being done by BC Hydro.

- **Deferring rent not sustainable over the long term for small businesses hit hard by COVID-19**

If you have a COVID-19-related story we should pursue that affects British Columbians, please email us at impact@cbc.ca.

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COVID-19 Relief Fund

We recognize that COVID-19 has resulted in financial hardship for many of our customers, particularly those that have experienced job loss, have had to close their businesses, or are otherwise unable to work due to COVID-19. To support our customers during these challenging times, we're introducing the COVID-19 Relief Fund.

For residential customers

If you or your spouse/partner have lost employment or have become unable to work due to COVID-19, you may be eligible for three months of bill credit based on your average consumption.

Application form to open next week

The application is not open yet, but we expect it to be open the week of Monday, April 6. Once it opens, there is no rush to apply. Eligible customers can apply any time until June 30, 2020 to receive the credit.

[Learn about the COVID-19 Relief Fund for residential customers.](#)

For small businesses

If you own a small business that needed to close due to COVID-19, you may be eligible to have your business' electricity use charges waived for up to three months.

Application form to open the week of April 13

The application is not open yet, but we expect it to open the week of April 13. Once it opens, there is no rush to apply. Eligible business customers can apply any time before June 30, 2020 to have their business' bills waived for April, May and June.

As a result of an application submitted to the BC Utilities Commission last August, BC Hydro rates have decreased one per cent as of April 1.

Need help with your bill?

Get answers to questions about paying your bill, rates, moving your account and more.

[Get help](#)

Careers

We look for exceptional people to bring new ideas and fresh thinking to BC Hydro.

[Learn more](#)

Get in touch with us

Call us to report a power outage in your area or to get information you couldn't find online.

[Contact us](#)


Hugh Braker

From: Holly McLaughlin <hollybmclaughlin@hotmail.com>
Sent: April-02-20 1:30 PM
To: Hugh Braker
Subject: Fw: Gord John's fb

This is the information that Gord John put on his fb post

From: Brandee Marie <B.marie.sam@hotmail.com>
Sent: April 2, 2020 1:17 PM
To: Holly McLaughlin <hollybmclaughlin@hotmail.com>
Subject: Gord John's fb

Canadian Emergency Response Benefit (CERB)

Fact Sheet (this is what we know at this time)

Who can apply for the CERB?

- Any resident of Canada who is 15 years old or older, and who, for 2019 or in the 12-month period preceding the day on which they make an application has a total income of at least \$5,000 from:

- o employment; or
- o self-employment; or
- o EI maternity benefits; or
- o EI parental benefits.

Who qualifies for the CERB?

- The CERB applies to an extremely broad group of workers in Canada. CERB covers Canadians including those who:

- o lost their job,
- o are sick,
- o quarantined,
- o taking care of someone who is sick with COVID-19,
- o working parents who must stay home without pay to care for children who are sick or at home because of school and daycare closures; and
- o wage-earners, salary-earners, as well as contract workers and self-employed individuals who would not otherwise be eligible for Employment Insurance (EI) who lost their income because of COVID-19

How much will I get?

- \$2,000 for every 4 weeks you are eligible, up to a maximum of 16 weeks, between March 15, 2020 (retroactive) and October 3, 2020.

Can foreigners benefit from it?

- Foreign citizens who have obtained a Working Holiday Program (WHP) are eligible.

If I have kept my employment relationship but my income has decreased because of the crisis, do I qualify?

- Not in all cases. The program is divided into four-week increments. In order to receive benefits, you will have to show that you have absolutely no income for a minimum period of 14 consecutive days within each four-week period. However, income can be received on the other days.

- This means that a worker who had two part-time jobs and loses one of them because of COVID-19 is not eligible.

If my spouse still has his or her salary, does that affect my claim?

- No. You're still entitled to the \$2,000 a month.

I have already applied for Employment Insurance. Am I eligible?

- Yes, if you applied after March 15, CERB will then replace the Employment Insurance you were supposed to receive. You do not need to apply again. Your current application will be converted into an application for CERB.

- If you applied before March 15, you will have to wait until your EI benefits have expired. You may then be eligible for CERB.

If I'm already on EI, will I get the \$2,000 a month?

- Not immediately. You will have to wait until your EI benefits run out before you are able to collect the CERB. The two amounts are not cumulative.

Is there a limit to the number of cheques per household?

- No. For example, if five people who live in the same household meet the criteria, they can all receive the \$2,000 per month.

Will I be entitled to \$2,000 a month even if I earned less than that amount before I lost my income?

- Yes, you will receive \$2,000 per month if you earned at least \$5,000 in the previous 12 months. So your monthly income may increase temporarily, but keep in mind that the program is for a maximum of 4 months.

When can I apply?

- It will be possible to apply from the week of April 6.

When will I receive my cheque?

- The first cheque should be received approximately 10 days after you apply.

And when will I stop receiving my cheque?

- You will stop receiving this cheque after four months, or sooner if you return to work.

What steps do I need to take to register?

- You will need to register on a new website that will be set up the week of April 6 by the federal government.

The address of this site has not yet been released.

Will I be able to call a phone number to register if I don't have access to the Internet?

- Yes, but the federal government has not yet released the number.

Will it also be possible to apply in person?

- Federal government has not yet indicated whether this will be possible.

How often will the money be paid out?

- The money will be paid every four weeks.

Is the \$2,000 taxable?

- The CERB is a taxable benefit, but the Government has announced that tax recovery will be deferred. Further details are unavailable at this time.

Go here for information: <https://www.canada.ca/en/services/benefits/ei/cerb-application.html>

Call our office if we can help: 1-844-620-9924

gord.johns@parl.gc.ca

Sent from Outlook Mobile

Hugh Braker

From: Ahmber Barbosa
Sent: April-02-20 11:35 AM
To: Hugh Braker
Subject: RE: RE: NTC nurses update

- 1-888-COVID19 (268-4319). You can call this number for non-medical support, travel questions and social distancing information.
- 811. This is the general help line for health information including COVID19
- BC Children's Hospital 1-833-784-4397 between 7 am to midnight. This is to answer questions about COVID19 and children.

These numbers might be useful if they haven't already been sent out ☺

From: Hugh Braker
Sent: April-02-20 11:30 AM
To: Ahmber Barbosa <ABarbosa@tseshaht.com>
Subject: RE: RE: NTC nurses update

We had in the last bulletin the numbers of two NTC nurses. Did you have any other numbers besides the 811 number to include in the bulletin?

-Hugh

From: Ahmber Barbosa
Sent: April-02-20 10:23 AM
To: Darren Mead-Miller <DMeadMiller@tseshaht.com>; Hugh Braker <HughBraker@tseshaht.com>
Subject: RE: NTC nurses update

Good morning,

I just had a call with the nurses from NTC. They have been regularly contacting high priority clients from Tseshaht to make sure they are doing ok. They also wanted to reiterate that they have a helpline available to people, and that if anyone is experiencing symptoms and having a hard time accessing 811 they are available to call, as well as for any other medical questions. I was wondering if we could post their numbers and issue them in the next bulletin? Furthermore they are considering starting to do vaccines for children again. They may open up their third ave clinic, by appointment only, as well as doing consent over the phone prior to the appointment, and only allowing one parent to accompany the child. In order to be more accessible to our community, they asked if they would be able to use board room three to do by appointment immunizations as well. They would maintain those safe distancing practices, as well as sanitizing after every client. Board room three is an ideal space for them, as it is large which makes distancing easy, and our building is relatively empty. Please advise whether or not we will allow them to use the space to do immunizations.

Helplines:

Francine: 250-735-0416
Catherine: 250-720-1763

Ahmbor Barbosa

Manager of Social Development & Health Services

Tseshaht First Nation

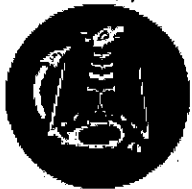
5091 Tsuma-as Dr., Port Alberni, BC V9Y 8X9

Phone: 250-724-1225

Fax: 250-724-4385

Website: www.tseshaht.com

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Travel Advisory

COVID-19 Update - April 3, 2020

The COVID-19 pandemic continues to affect all of us, including BC Ferries. Traffic across all of our routes is down approximately 80% because of COVID-19, and BC Ferries is adjusting service levels across multiple routes. The Coastal Ferry Services Contract with the Province of British Columbia has been amended to permit these service reductions.

These measures are being taken to protect the health and safety of communities and our crew, ensure the resiliency of our service, and match service levels to current demand. The changes are designed to ensure BC Ferries has sufficient capacity to allow the flow of essential goods, services, supplies and workers. Service reductions will go into effect on Saturday, April 4, for a period of 60 days on major routes and until further notice on other routes. Here is what will change:

Metro Vancouver – Vancouver Island

The three routes operating between Metro Vancouver – Vancouver Island will change as follows:

- Tsawwassen – Swartz Bay will operate with four departures from each terminal daily from the present eight:
 - o Swartz Bay: 9 am, 1 pm, 3 pm and 7 pm
 - o Tsawwassen: 7 am, 11 am, 5 pm, 9 pm
- Tsawwassen – Duke Point route will operate with four departures open to the public from each terminal daily from the present eight:
 - o Tsawwassen: 7:45 am, 12:45 pm, 5:45 pm, 10:45 pm
 - o Duke Point: 5:15 am, 10:15 am, 3:15 pm, 8:15 pm
- Tsawwassen – Duke Point route will also operate with four CARGO ONLY departures from each terminal Monday through Friday. These sailings are reserved for the movement of commercial goods and essential service workers, and the schedule Monday through Friday is:
 - o Tsawwassen: 5:15 am, 10:15 am, 3:15 pm, 8:15 pm,
 - o Duke Point: 7:45 am, 12:45 pm, 5:45 pm, 10:45 pm
- Horseshoe Bay – Nanaimo route has been suspended until further notice, and it will be re-evaluated based on demand. This route carries much less commercial traffic than the other two routes connecting Metro Vancouver and Vancouver Island. Commercial traffic is the priority right now to move essential goods to Vancouver Island. Alternate travel is available on the Metro Vancouver (Tsawwassen) to Nanaimo (Duke Point) route.

Customers with bookings on cancelled sailings will be automatically refunded. Those who wish to book on a new sailing may contact BC Ferries directly to do so.

Metro Vancouver – Sunshine Coast

- Horseshoe Bay – Langdale route will operate with six departures from each terminal daily from the present seven:
 - o Langdale: 6:20 am, 8:40 am, 10:50 am, 3:15 pm, 5:25 pm, 7:40 pm
 - o Horseshoe Bay: 7:30 am, 9:45 am, 11:55 am, 4:20 pm, 6:35 pm, 8:45 pm

Customers with bookings on cancelled sailings will be automatically refunded. Those who wish to book on a new sailing may contact BC Ferries directly to do so.

Metro Vancouver – Southern Gulf Islands

Changes will be coming to the Tsawwassen – Southern Gulf Islands route. Details are currently being finalized and will be announced soon.

Brentwood Bay to Mill Bay

This route has been suspended until further notice, and it will be re-evaluated based on demand. The Malahat highway allows an alternative for customers to travel between these two areas by vehicle.

Northern Routes

For northern and mid-coast communities, BC Ferries will continue to operate at the current off-peak (winter) service levels. This means the Northern Expedition will travel between Port Hardy – Prince Rupert and Prince Rupert – Skidegate. The summer direct service from Bella Coola to Port Hardy will not be introduced at this time. Instead, service to these communities will continue to be provided by the Nimpkish and Northern Expedition. Customers with reservations on affected sailings will be notified by mid-May. For more information on the revised Northern schedules, please visit [bcferrries.com/schedules](https://www.bcferrries.com/schedules).

Other routes

The remaining routes are unchanged at this time. BC Ferries continues to work with the Province to determine what those service levels will be. We will update you with any changes.

BC Ferries Vacations

All customers with a confirmed BC Ferries Vacations booking that has been impacted by the service level adjustments will be contacted directly by a BC Ferries Vacations agent. We will work with you to adjust your travel plans. We will be contacting guests in order of departure date. If you require immediate assistance, please contact BC Ferries Vacations at 1-888-223-3779 Ext. 3, or email vacations@bcferrries.com. Vacations Call Centre business hours are 8:30 am – 5 pm from Monday – Friday, and 9 am – 5 pm on weekends and statutory holidays.

Our employees

Through this challenging time, BC Ferries' employees have demonstrated courage and determination to support coastal ferry service. Unfortunately, these service level reductions will result in temporary layoffs for hundreds of dedicated and loyal employees.

This was not an easy decision to make. BC Ferries' goal is to keep the layoffs to as short as possible. The company will need all these skilled people back as soon as possible to help restore ferry services when traffic returns.

We're in this together

We are proud of the work our dedicated employees continue to provide during this situation. Crews have been taking, and will continue to take, extra measures to ensure continued safe transport of critical goods and supplies to coastal B.C. communities. If you have a chance to relay a 'thank-you' to our teams online, please do.

Essential Travel Only

In line with directions provided by the Public Health Agency of Canada and other leading health authorities, BC Ferries continues to advise customers to avoid non-essential travel at this time.

Many communities served by BC Ferries have issued advisories to travellers notifying them of limited supplies, healthcare equipment and resources. Travellers should inform themselves of local situations before travelling, especially when travelling to northern communities such as Bella Bella, Bella Coola, Klemtu, Ocean Falls, Port Hardy, Prince Rupert, Shearwater and Haida Gwaii. The travel distances to these communities are long and the communities have limited resources for medical and other situations.

Other communities including Bowen Island, the qathet (Powell River) Regional District, and some Northern and Southern Gulf Islands. According to health authorities, staying at home and avoiding non-essential travel helps to "flatten the curve" and reduces the risk of the spread of the COVID-19 virus.

BC Ferries provides a lifeline to remote and to coastal communities in British Columbia, and will continue to provide vital services, such as delivering medical supplies and groceries to support communities, and transporting emergency workers, doctors and nurses, safely.

For more information on all the steps BC Ferries is taking during COVID-19, visit [bcferrries.com](https://www.bcferrries.com). For more information on schedules visit [bcferrries.com/schedules](https://www.bcferrries.com/schedules). BC Ferries hopes to resume the levels of service customers have come to expect soon.

VIRL offering online card registration, 24/7 WiFi and more while branches closed

FOR IMMEDIATE RELEASE

Friday, March 27, 2020: Vancouver Island Regional Library (VIRL) branches remain closed as a result of the COVID-19 pandemic, but we still have so much to offer VIRL cardholders across our library system. From existing online resources to new and enhanced offerings, VIRL is committed to offering services, amenities and entertainment to help in these challenging times.

Here are some of newest services and enhancements VIRL has made available:

Online Registration

We are so excited to be able to offer online registration for anyone who wants to take advantage of VIRL's amazing online resources. A library card is your gateway to ebooks, audiobooks, streaming movies and TV, music, and more.

Sign up here: <https://virl.bc.ca/get-help/get-a-card/>

24/7 WiFi

To help everyone stay connected, VIRL is now offering 24/7 WiFi outside all our branches for as long as we are able to. Those taking advantage of this service are reminded to follow all social distancing protocols as mandated by our Health Authorities.

Overdrive

VIRL has added unlimited copies of ebooks and audiobooks available on a wide selection of popular titles — no holds, no wait lists.

Here some more examples of exciting online resources at VIRL:

RBDigital

Access to thousands of downloadable audiobooks and magazines.

Lynda.com

Lynda.com offers courses with a focus on skills for business, creative industries, education, information technology, software, and web development. The tutorials are high quality and led by industry experts.

Find Lynda.com in our All Databases section.

Press Reader

The world's largest online newspaper and magazine kiosk, where you can browse and read hundreds of full-content premium newspapers and magazines from around the globe.

IndieFlix

This streaming movie service provides unlimited access to award-winning shorts, feature films, and documentaries from major festivals such as Sundance, Tribeca, Cannes.

Tumblebooks

Teachers and homeschoolers can find free educational ebooks for students from kindergarten to high school. No library card is required to access Tumblebooks.

- Kindergarten – elementary
- Middle school – high school

Mango Languages

Mango immerses you in real, everyday conversations in 45 different language courses, including Brazilian Portuguese, French, German, Italian, Mandarin Chinese, and Spanish.

Music

Access millions of downloadable and streaming music from Freegal Music and the Naxos music library.

“Social distancing can be a lonely experience for our customers, and VIRL staff have been working hard to find new, innovative, and exciting ways to help,” says VIRL’s Executive Director, Rosemary Bonanno. “Your libraries remain as places you can turn to for support, services, and connection. We will continue to innovate in the face of the fluid and unpredictable landscape we find ourselves in as a result of COVID-19.”

We’ve got a lot more to keep you engaged, entertained and informed in these uncertain times. Be sure to follow VIRL on social media, check our website regularly at virl.bc.ca or sign up for our monthly eNewsletter for tips, tricks, recommendations, and stories from across our system.

We’re here for you, just like always.

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First Nations Health Authority
Health through wellness

Keeping Kids Active during the Pandemic

Fun and Interactive Indoor Activities

Aboriginal Head Start On-Reserve recognizes and affirms that culture and language are the fundamental part of a child's development and reflect the uniqueness of our First Nations communities as we take into account the emotional, social, spiritual, physical and intellectual needs of its children. Our six key components include: (1) culture and language, (2) education, (3) health promotion, (4) nutrition, (5) parent and family involvement, and (6) social support.

Please consider safely using the following activities with adult supervision. Depending upon the age group, you may want to consider how you use the following examples and what materials are safe and hazardous free. For example: avoid small material items that could cause choking; avoid the use of items which are sharp, unclean and/ or unsanitary.

ACTIVE PLAY

Consider how physical activity can be incorporated into your child's daily activities. Climbing stairs, hopping, skipping, jumping, running, throwing and catching a ball are great ways to get physical! Include balancing on one foot, locomotion (moving from one place to another), and co-ordination (hand-eye or foot-eye co-ordination). Consider ways to make it fun like a sports day, make ribbons or map out the activities.

BUILD A FORT

Use blankets, sheets etc. to build a fort. Some children like to add items to the fort such as flashlights, teddy bears, pillows, music etc. To add to the fun you could have a picnic or share snacks in the fort.

GOING ON A BEAR HUNT

This is a fun game to play with children. You can call out the following and children will follow your lead. "Let's go on a bear hunt, are you ready, here we go" you can slap your hands on your lap as you add to the story. For example "Oh Look! I see a forest, we can't go around it, we can't go under it, let's go through it!" Use your feet to show how you walk through the forest.

You can then add items such as going over a mountain, through a stream, a swamp or over/under the bridge.

The highlight is "Going into the Cave...the dark, cold cave...." This is when children get really excited. "Better use my flashlight, oh no its not working!" "Oh what's that, its big, its furry.....It's a Bear!!!" Then repeat all the things you did as you go all the way back home.

You can add feeling to the walk such as going through the forest. "Brrrr.....its cold" as you use your hands on your arms to show the cold air. Some children may say we forgot our coat or boots- show how you will put on your coat or boots, zip zippers etc. Add soft foot steps to show how we walk softly amongst the forest ground.

Children enjoy drawing pictures after their experience on a Bear Hunt.

We're Going on a Bear Hunt | A Cosmic Kids Yoga Adventure!

<https://www.youtube.com/watch?v=KAT5NiWHFIU>

I SPY

A player will find an object, item or identify letters from a-z for the other player to guess. Take turns to guess items and say "I spy with my little eye.....something that is the color Red." The player will guess what items are the color red and once find it they take the next turn. Make it fun for the player such as "Brown Bear, Brown Bear what do you see?"

PUZZLES

Exercise those creative, cognitive and problem-solving muscles with a good puzzle. Have your child draw a picture on a cardboard or paper. Then use a felt or pencil to outline puzzle pieces directly on their drawing. Cut out the pieces with a pair of scissors, mix them up and get solving!

<https://www.diyncrafts.com/42896/home/parenting/15-easy-diy-kids-puzzles-that-are-fun-to-make-and-play-with>

FREEZE GAME

Have players freeze in specific poses: animals, shapes, letters or Fun Yoga Poses such as Frog, cow or turtle.

Then you could guess what the pose is or have them try another one.

Sun Salutations & Yoga with Animals
- Yoga for kids

<https://www.youtube.com/watch?v=8oGR5xucItI>



HIDE AND SEEK

One person covers his or her eyes and counts aloud while the other players hide. When the person is finished counting- he or she begins looking for the hiders. The last hider to be found is then next to count.

TREASURE HUNTS

Draw some clues on some pieces of paper — have fun with this and get creative. Put the first clue somewhere easy to find. Then leave as many clues as you like, making a trail to the final clue. Instead of a prize, the treasure hunt can lead to something special such as a hug, high five or special time together.

SIMON SAYS

Choose one player to play the role of "Simon". The rest of the players will gather in a circle or line in front of Simon as she/he calls out actions starting with the phrase "Simon says": "Simon says...touch your toes." The players then have to copy Simon's action, touching their toes. If Simon calls out an action without uttering the phrase "Simon says," the players must not do the action. If a child touches his toes when Simon didn't say..., he or she is out of the game.

WHAT'S INSIDE THE BOX?

Use an empty box or a container that you can place items into. You could cover it with a towel or with colored paper to make it challenging for others to guess. Have one player place items such as fabric, nature items, toy etc. for other to guess. To make it fun you can place a blind hold over a players eyes so they cannot see what is in the box. Allow the player to feel the item as they try to guess what's inside the box.

MY MASTERPIECE-COLLAGE

Children enjoy creating their very own masterpiece! You can have them create this on an old plate, cookie sheet or piece of cardboard. Items in the home that are no longer of use are a great way for them to use their imagination and creativity skills. Items such as old shoe box, gift wrap, gift box, old tins, cotton, fabrics, berry baskets, yarn, buttons, craft paper, felts, crayons etc. You could add items from outside such as bark, sticks, and rocks. If you
This is a great opportunity to share weaving/crafting skills

CREATE A PUPPET

Take a clean gently used sock to create a puppet.
This is a great way to share a story, have a puppet show, play a guessing game and have fun with. Use felts to create eyes and a mouth, if you have old buttons or yarn, you could attach to create eyes, or hair for your puppet.



MAKE PLAYDOUGH - Ingredients

- 2 cups all-purpose flour
- 3/4 cup salt
- 4 teaspoons cream of tartar
- 2 cups lukewarm water
- 2 Tablespoons of vegetable oil (coconut oil works too)
- Food coloring, optional
- Quart sized bag

Stir together the flour, salt and cream of tartar in a large pot. Next add the water and oil. If you're only making one color, add in the color now as well. Cook over medium heat, stirring constantly. Continue stirring until the dough has thickened and begins to form into a ball. Remove from heat and then place inside a gallon sized bag or onto wax paper. Allow to cool slightly and then knead until smooth. If you're adding colors after, divide the dough into balls (for how many colors you want) and then add the dough into the quart sized bags. Start with about 5 drops of color and add more to brighten it. Knead the dough, while inside the bag so it doesn't stain your hands. Once it's all mixed together you're ready to PLAY. Store the play dough inside the bags once done to keep soft. Keeps for up to 3 months. Use safe house hold items such as butter knives, cookie cutters and other fun items to create and explore with.

**How to playdough without Cream of Tartar and absolutely no cooking! Follow the below link for step by step instructions.*

Ingredients:

- 4 cups of flour
- 1 1/2 cups salt
- 2 tbsp oil
- 1 cup warm water
- Food coloring

How to Make Playdough WITHOUT Cream of Tartar and No Cook!

<https://www.youtube.com/watch?v=C2ytbSa3mPg>

BALANCING GAME

Need a small object such as a pencil, eraser — or similar object to place on head. Play music as each child walks around balancing the object on their head. If the object falls off the child is frozen until another comes and places the object back on the head. Everyone stops and resets their object when the music stops. Game starts over when the music again starts.

MEMORY GAME

Hide up to five items under a small dish cloth. Lift up the cloth and allow the children to remember what is there. After a few moments cover the items with the cloth and slowly hide/ take away one item. Then lift the cloth up and have them guess what was taken away. This is a great way to guess colors, objects and/or names.

Importance of Balance, Structure and Routines

Children thrive with structure, it's imperative that we continue a daily routine. Roles and responsibilities guide children in understanding how to follow basic instruction and sense of organization, stability, and comfort. This also assists them in developing healthy, positive behavior and a sense of personal control. Routines not only have emotional benefits but health benefits as well!

CBC NEWS

As many schools and workplaces shut down, families, individuals and communities are heading out to the land to put cultural teachings into practice and as a way to keep each other safe through social distancing. For some, this has meant taking time to teach younger generations and community members how to harvest medicines, emphasizing the importance of passing on intergenerational knowledge at a time when there's heightened concern for the health and well-being of elders.

[COVID-19 concerns, closures have families and communities heading out on the land](#)

MEAL TIME

Sharing a family meal together. Have children assist you in setting the table, the preparation of the meal and clean up time. Children love to be helpers and enjoy taking on the role during this time. Take turns speaking about what you were grateful for on this day, what made you laugh or what you learnt in the day.

PRAYER AND TIME FOR HONORING

Consider early morning and/or sunset prayers with your children.

"Creator we thank you for this day, for our loved ones, the land, the water, and the animals."

BED TIME

Practice a regular routine for bedtime. Perhaps having a bath, brushing your teeth, washing your hands and face or reading a book together will assist children in resting well for the night.

OTHER HELPFUL LINKS

Digital Books

Check out your local Public Library as they have online digital books. For example: Vancouver Public Library (VPL): <https://www.vpl.ca/digitallibrary>

Build up your language skills and check out the games on the First Voices website.

<https://www.firstvoices.com/>

50 Ways to Keep Kids Engaged at Home during the Coronavirus Shutdown.

<https://www.amightygirl.com/blog?p=29196>

How to talk to your children about Coronavirus.

<https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus>

