

Pqúsnalcw Renovations Underway

Former Lílwat Health & Healing building is being repaired and updated

Pqúsnalcw, also known as the “old Health & Healing Building,” will be undergoing renovations this spring and summer. This work, made possible through federal funding, will be carried out by Murphy Construction.

The focus of the work at Pqúsnalcw (Eagle’s Nest) will be on the building envelope, specifically the roof, heating and ventilation systems to increase energy efficiency. As well, the kitchen will be enhanced to accommodate greater community food preservation and tie-in with Lílwat Nation’s agricultural program. A commercial food dehydrator and vacuum sealer, convection ovens, fridges and freezers, are among the upgrades the kitchen will receive.



BUILT IN 1999, PQÚSNALCW is in need of repairs and updating. Shown here prior to opening, the building was recognized with a 2000 Lieutenant Governor of British Columbia Award for architecture. Photo: Acton Ostry Architects

Impact on Programs Offered at Pqúsnalcw

Programming taking place at Pqúsnalcw will continue as scheduled, although there will be disruptions. Wellness services currently available at Pqúsnalcw include:

- After School Program for children 6 to 12 years old
- Dental services
- Speech and Language Pathologist services
- Occupational Therapist services

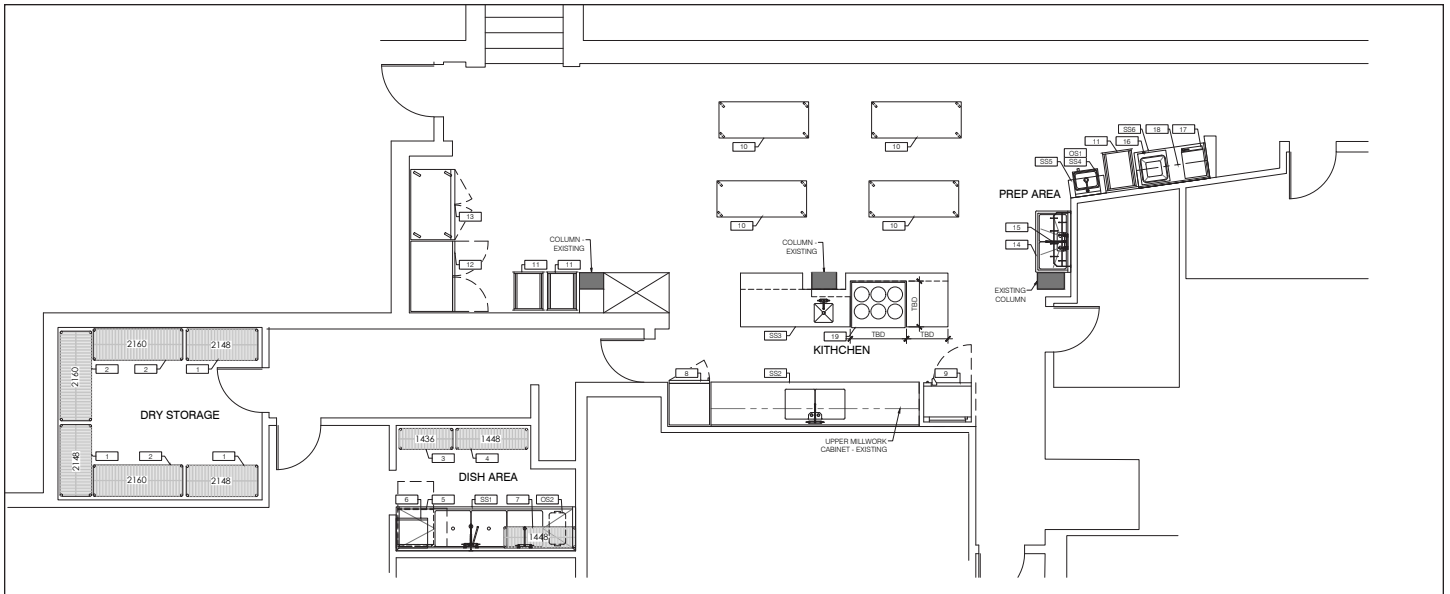
In the case of a major disruption, a program or service may be temporarily relocated to Lílwat Health & Healing. Contracted service providers will contact their clients in the case of any changes. No new services will be offered at Pqúsnalcw until after construction is completed.

Much of the work being done to the building will generate noise and construction debris. Some parking may be used to accommodate a construction debris bin. Delivery and drop-off, for appointments or the After School Program will not be impacted.

Lílwat Nation’s Infrastructure Department will work with Murphy Construction and Lílwat Health & Healing to manage these inconveniences.

Specific Upgrades to the Pqúsnalcw Building

- New heating and cooling equipment, including nine high-efficiency propane furnaces and nine heat pumps will be installed. The furnaces will provide back-up to the new heat pump system that will more efficiently heat and cool the building.
- All existing air conditioning will be removed.
- Hot water tanks will all be replaced with new hybrid tanks that are more efficient.
- Roof asphalt shingles and skylights will be replaced.
- Some, but not all, windows will be replaced.
- The existing building cladding and soffits will remain, but will be repaired where needed.
- The entire exterior building will be repainted in the existing colours.
- All the interior lights will be replaced with new energy efficiency LED fixtures.
- The front entrance will be refreshed and repaired. Repairs will include new concrete.



CHANGES TO THE KITCHEN AT PQÚSNALCW will allow more community members to get involved with activities such as canning and drying food grown as part of the nation's agricultural program. Commercial quality equipment will be added to help with food preparation and preservation.

Specific Upgrades to the Pqúsnalcw (continued)

- A new concrete path, paralleling the existing parking, will be built to lead to a new second entrance that will use the door that currently goes into the Community Health Room. This room will now act as a reception/waiting room for contracted health services including dental.
- Upgrades to the kitchen will allow it to be more Food Safe and accommodate programs that involve cooking, food preparation, cleaning and storage. This will include converting the small kitchen in the back to a commercial dish washing room and one of the office rooms into a food storage room.
- There will be interior painting and repairing and refreshing of the existing flooring, especial the lino flooring the childcare areas.
- There will be some repair and improvement to the Wi-Fi and IT infrastructure.

Questions? Concerns? Or Comments?

If you have any question, concerns or comments about the renovations to Pqúsnalcw, please contact either Líl'wat Nation Director of Infrastructure Tom Laviolette or Murphy Construction Project Manager Christine Pearse.

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This information is current as of March 21, 2002.

Construction Schedule

Work on the building's roof has already started and is anticipated to be completed by April 7. The work plan calls for the construction to be completed by the end of summer. The community will be updated if there are significant changes to the schedule through Líl'wat Nation's Website blog and Facebook page.

