

# **MUSQUEAM NEWSLETTER**

**Friday June 24, 2016**

**Tel: 604-263-3261, Toll Free: 1-866-282-3261,  
Fax: 604-263-4212...Safety Patrol: 604-968-8058**

## **MUSQUEAM RECREATION**

**"CANADA DAY"!!!**

**PLEASE BE INFORMED THAT THE MUSQUEAM  
GYMNASIUM**

**WILL BE OPEN  
ON CANADA DAY  
FROM 10:00 AM—5:00 PM**

**THANK YOU**



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**ST. MICHAELS' CHURCH  
ON CROWN STREET,  
PLEASE COME JOIN US  
EVERY SUNDAY FOR  
MASS**



**FREE**



**FREE**

**\* Please be informed that you can view the MIB Newsletter and any Upcoming Meetings's and/or Workshops etc.  
On the Musqueam website ~ [www.musqueam.bc.ca](http://www.musqueam.bc.ca) ~ under the "Newsletter Section".... Thank you :)**

## A Future Development Plan for Musqueam

*“As stewards of our territory and caregivers for generations yet-to be born, we deeply understand the importance of planning wisely for our lands.” – Musqueam Land Use Plan*

Musqueam is planning its future through the creation of a Future Development Plan. The purpose of the Future Development Plan is to develop a strategy for how Musqueam will use its reserve lands over the next 100 years. This is important due to Musqueam’s limited land base, the value of the land as a base to the Nation, and the potential to use the lands to help the Nation advance goals identified in the updated 2011 Comprehensive Sustainable Community Development Plan. These include:

- Housing a growing population
- Protecting the environment and the Nation’s cultural heritage
- Expanding services and amenities on reserve (health, recreation, etc.)
- Generating employment opportunities for members and revenue for the Nation

Considering the importance of this issue, Musqueam would like the Future Development Plan to represent how members feel the Nation’s reserve lands should be used.

***We want to hear your voice. Please visit <http://fluidsurveys.com/s/musqueamFDP/> to complete a survey to inform the future development of Musqueam lands. Surveys can also be obtained by contacting Kim A. Guerin, Land Code Coordinator, at 604 263-3261 or [kimaguerin@musqueam.bc.ca](mailto:kimaguerin@musqueam.bc.ca)***

The Future Development Plan and this survey focus on the lands in IR2, due to its size, location, and importance as the community core. Your feedback will directly inform the choices that Musqueam makes with regard to the use of these lands moving forward.

***Please submit your survey online or return your completed survey to the Band Office no later than Tuesday, July 5, 2016.***

This survey is the first step in the feedback process – you will have additional opportunities to provide feedback over the course of the development of the Future Development Plan.



**MUSQUEAM INDIAN BAND**

6735 Salish Drive  
Vancouver, B.C. V6N 4C4  
Telephone: 604 263-3261  
Fax: 604 263-4212

**Job Posting**

**COMMUNITY CENSUS RECORDERS  
For the 2016 Musqueam Census**

**4 Summer Temporary Positions – July/August (8 Weeks)  
(35 hours/week, with some flexibility)**

**Position Summary:**

Musqueam Chief and Council approved nəčəmat tə šxʷqʷeləwən ct (We are of one heart and mind) – Musqueam's Comprehensive Community Plan (CCP) in 2011. The Community Plan provides leadership, administration, and membership with direction and guidance on how the community develops. As part of the Monitoring and Evaluation phase of the planning cycle, Musqueam is conducting a community Census to track progress towards achieving the community's vision and goals outlined in the CCP.

Reporting to the Planning Assistant and Associate Director of the Treaty, Lands & Resources Department, the Community Census Recorders will engage with Musqueam community members to promote and record responses to the 2016 Musqueam Census. This position is partially funded by the Human Resource and Skills Development Canada – Canada Summer Jobs Program (HRSDC-CSJP). To meet HRSDC-CSJP funding requirements, the applicant must be between 15 and 30 years of age (at the start of employment), have been registered as a full-time student during the preceding academic year, and intend to return to school on a full-time basis in the next academic year.

**Duties:**

- Raise community awareness about the Musqueam Census and promote the Census at community events;
- Contact Musqueam members to participate in the Musqueam Census through door-to-door canvassing on-reserve, telephone calls, mail-outs, social media, and emails;
- Conduct Census surveys with on and off-reserve members (over the phone or in-person);
- Transcribe responses to survey questions and input data into survey software;
- Liaise and work collaboratively with other Community Census Recorders;
- Complete related administrative duties.

**Qualifications**

- Have completed at least 2 years of high school;
- Have been registered as a full-time student during the preceding academic year and intend to return to school on a full-time basis in the next academic year.

**Skills:**

- Effective organizational skills;
- Good reading and writing skills;
- Enjoys working with a range of community members (youth, Elders, etc.) from different families;
- Effective interpersonal, communications, and listening skills;
- Ability to work both independently and within a team environment;
- Ability to prioritize and work effectively under pressure to meet deadlines;
- Ability to maintain accuracy and attention to detail;

- Ability to maintain confidentiality;
- Knowledge of Musqueam and/or experience working in a First Nations community is a very strong asset.

**Working Conditions:**

- Work is performed in the office and out in the community;
- Census Recorders will work in teams of two and record Census responses in community members' homes or alternative locations if necessary;
- Must be flexible to work with the schedules of community members (i.e., possibly in the evenings and on weekends);
- Work will be conducted in July and August; start date July 4<sup>th</sup>
- Criminal Record Check must be completed.

**Applicants of Musqueam and/or Aboriginal ancestry are encouraged to apply.**

Please e-mail a cover letter and resume to Musqueam Indian Band, HR at:

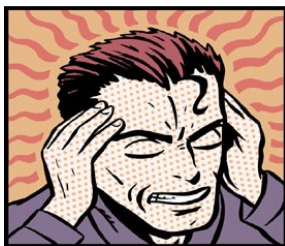
[jobs@musqueam.bc.ca](mailto:jobs@musqueam.bc.ca)

Please write "*Community Census Recorders*" on the subject line.

**The closing date for applications is June 22<sup>nd</sup> and will remain open until filled.**

\*We thank all applicants; however, only those short-listed will be contacted

## Musqueam Education Notice      **Friday June 24, 2016**



**Answer to last weeks riddle: A snail**

**This week:** Take away my first letter, and I still sound the same. Take away my last letter, I still sound the same. Even take away my letter in the middle, I will still sound the same. I am a five letter word. What am I?

### Summer Vacation

Southlands last day– June 29th

Immaculate Conception last day– June 29th, dismissal at 10:30

Point Grey report card and yearbook pick up– June 29th

Kitsilano report card pick up– June 29th



### Attention Recent High School Graduates

If you plan on going to a post-secondary institution in September please make sure that you have:

- Come in for a meeting with the Education Department
- Completed the MIB Education forms
- Sent in a copy of your acceptance letter

If you have any questions or would like to make an appointment please contact April (learning facilitator)

### Scholarships and Bursaries

The First Citizens Fund student bursary program is now open. For eligible students the level of assistance will be \$700 per semester. Funding is distributed to students on a first come, first serve basis. **Deadlines: Fall Semester 2016- Due Aug 31st 2016; Winter Semester 2017– Due Dec 31st 2016; Summer Semester 2017– Due Apr 30 2017**

Applications can be found at: <http://www.bcaafc.com/programs/firstcitizensfund/31-studentbursary>

If you need any assistance you can contact April (Learning Facilitator)



#### Education Department:

Faye Mitchell, Education Coordinator,  
April Campbell, Learning Facilitator

Delphine Campbell, Education Assistant,

Ph. # 604 - 263 - 3261    Fax # 604 - 263– 4212

Toll free: 1-866-282-3261



### Summer School

If you will be attending summer school and need to register, please come in for a meeting with the education department.

Please bring a letter from your teacher confirming that you are required to take summer school.

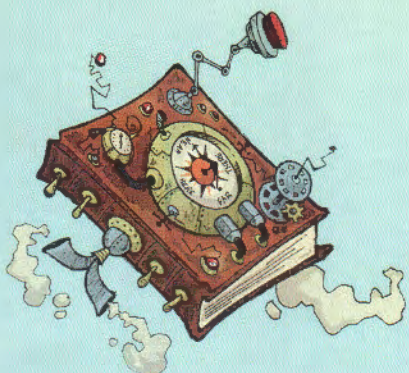






# Book A Trip

*Summer Reading Club 2016*



Have fun all season long  
with free summer programs  
for kids and families.

## DUNBAR BRANCH LIBRARY

4515 Dunbar St. | 604.665-3968

### Electric Bugs

Tue, July 5 @ 2:00 p.m. | Registration. 9-12 yrs.

### Lego! iPad program

Tue, July 19 @ 2:00 p.m. | Registration. 8-12 yrs.

### Paper Minecraft Travel Tales

Tue, July 26 @ 2:00 p.m. | Drop-In. 6-12 yrs.

### Castle Siege Challenge

Tue, Aug 9 @ 2:00 p.m. | Drop-in. 6-12 yrs.

### Book a Trip to Your Library

Tue, July 12, Aug 2 & 16 @ 2:00 p.m. | Drop-In.

### SRC Celebration

Tue, Aug 23 @ 2:00 p.m. | Drop-In. All Welcome!

For a complete listing of Summer Reading Club programs, visit [vpl.ca/SummerReading](http://vpl.ca/SummerReading)



Vancouver Public Library

[vpl.ca/SummerReading](http://vpl.ca/SummerReading)



Presented in partnership with the British Columbia Library Association with the assistance of Libraries Branch, Ministry of Education and the RBC Foundation. Illustrations by Lee Edward Fodi © 2016



**LAST DAY OF THE PRESCHOOL PROGRAM IS JUNE 23, 2016**

**Daycare Hours:** Monday—Friday 7:45—5:00pm

The Children's House phone # 604 269-3302

Renee Stogan Supervisor email: [childcaresup@musqueam.bc.ca](mailto:childcaresup@musqueam.bc.ca)

**BIG SHOUT OUT TO MIKE STEWART:**

**THANK YOU FOR FILLETING THE SPRING SALMON FOR OUR PRESCHOOL CHILDREN'S GRADUATION  
DINNER!!!!**

**Preschool Registration**

Preschool Registration for children who are ages 3-5 will open July 4, 2016

If you would like to register your child for preschool please contact Renee Stogan Supervisor at:

604 269-3302 or email: [childcaresup@musqueam.bc.ca](mailto:childcaresup@musqueam.bc.ca)

**The Children's House Staff**

Renee Stogan Manager: 604 269-3302 email: [childcaresup@musqueam.bc.ca](mailto:childcaresup@musqueam.bc.ca)

Infant/Toddler Staff: Ernestine Herman, Sherry Point, Christy Charles, Tamara Jones

Preschool Staff: Marie Grant, Kelly Herman, Sarah Hussain

# Employment and Training Department News

## **Looking to Start School Soon?** **Is the program you are interested** **in under a year in length?**

If you are interested in getting your trades certificate, working towards a red seal, or would like to take a program that is one year or less. Come see us in Employment and Training!!

We have some funding available this year and would like to invite you down to submit your application.

When you come in to meet with us it is helpful to bring the following information...

- Summary of the courses or program you are interested in.
- Your resume if we do not already have it on file.
- Cost of course and start dates.
- ID that we can photocopy

Please contact Lindsay Gibson or Terry Jordan at 604-263-3261 as soon as possible in order to ensure funding.

## **Office Administration Employment** **Training Program**

The Office Administration Employment Training Program prepares students for employment opportunities with government, industry, and Aboriginal organizations.

Students become proficient at creating business documents using MS Word, Excel and Outlook; gain confidence in public speaking through delivering PowerPoint presentations; learn basic bookkeeping and QuickBooks; develop interpersonal relations skills and the essential skills to become adept at managing the roles and responsibilities of the office professional. They will compose and format business documents; organize information, tasks, files and meetings; and learn to become the office go to person for information, organization and planning. Students will also gain skills in networking, interviewing and working with employers in a four-week practicum.

The Musqueam Employment and Training Department plans to deliver an Office Administration Program at the Musqueam Community Centre in early January. If you are interested in taking this program, please register with Lindsay Gibson 604-269-3355.





Inspiring Hope and Health for Aboriginal children and youth through soccer

## ANNUAL HOPE AND HEALTH EVENT

JULY 20 2016 MUSQUEAM SPORTS FIELD

**AGES 5-18 WELCOME**  
10:00 am to 4:00 pm (registration opens at 9:00)

**Activities Include:**

- Full day Skills & Drills Daycamp\*
- Arts & Crafts and Cultural Stations
- All skill levels welcome
- Bouncy Castles
- Face-painting

**Participants Receive:**

- An authentic event jersey
- Game size soccer ball
- High touch experiences interacting with 10+ Vancouver Whitecaps FC special guests
- Boot drive distribution: new and gently worn cleats (first come, first serve basis)
- Healthy snack, water and lunch

**MUST REGISTER BY JUNE 30 2016**

Courtenay Gibson  
cgibson@musqueam.bc.ca  
P: 604.269.3451  
TF: 1.866.282.3261

 **SOCCERX.COM**  
CANADA'S LARGEST SOCCER STORE



Sponsorship and scholarship opportunities available.  
Please contact Daana@hopeandhealth.org for more information.

# x<sup>w</sup>məθk<sup>w</sup>əyəm Recreation Notice

June 23<sup>rd</sup>, 2016

## Little Kickers

We will be hosting Little Kickers again in July.

Please note **PRE REGISTRATION AND REGULAR ATTENDANCE** are a requirement of participation in this program.

Please contact Courtenay Gibson, Recreation Coordinator if you are interested. We will not start this program until we have enough students registered.

18 Months – 2.5 yrs (4:00 pm)

3.5 – 5 yrs (5:00 pm)

5-7 yrs. (6:00 pm)

**Register Now**



CONFIDENCE - COORDINATION - CONTROL - CAMARADERIE

## Little Kickers - What to expect!

Here is a little insight to help you and your child get the most out of their Junior Kicker classes!

### Little Kicks (1.5 - 2.5 yrs)

#### • Our main goals for this age group:

- To have FUN!
- To develop overall gross motor skills
- ★ Specifically kicking the ball vs throwing it
- Socially - how to listen and follow direction; develop attention span; positive interaction with peers

#### • Helpful notes:

- Only one caregiver may participate in the class itself at a time.
- Both parents are welcome to attend classes, however we find that children are better focused when only one caregiver is present.
- It may take several weeks for your child to participate in the class at all! We anticipate sporadic participation from this age group. It is a structured class and their ability to listen and follow direction for 45 minutes comes with their own development and time.
  - ★ They may need to observe a few weeks from the sidelines and ease in by playing one or two games a week. This is totally normal and to be expected.
- We anticipate very erratic participation from this age group. It is a structured class and their ability to listen and follow direction for 45 minutes comes with time and development.
- If your child is crying and/or having a difficult time - try to take them out of the room or off the field to change their environment. Once they have settled down, encourage them to rejoin the class!



### Junior Kickers (2.5 - 3.5 yrs)

- What we are looking for to move into Junior Kickers:
  - Ⓢ Is your child ready to participate in the class independently (without your support)?
  - Ⓢ Have their listening skills improved and can they follow direction?
  - Ⓢ Has their attention span increased?
  - Ⓢ Are they kicking more than throwing the ball?
  - Ⓢ Have they begun to dribble and are they able to stop/squash the ball?
  - Ⓢ Can they differentiate between little kicks and big kicks?



## Gentle & Trauma Informed Hatha Yoga

Dates: June 24 to July 14 2016

Time: Thursdays 6:30 pm to 7:30 pm

Location: Yoga Studio, Musqueam Community Centre  
6735 Salish Drive, Vancouver, BC

This class will be a gentle, Hatha yoga class to help decrease stress, improve balance, concentration, brain function and so much more. Join us to recharge and regenerate.

All levels welcome. Live happy.

Teacher Info: Denise has practiced yoga for over 15 years. She teaches Hatha, Yin and Gentle, Trauma Informed Yoga. She has certificates from Langara College: Yoga Teacher (250 hrs) and Yoga for Trauma, Resilience and Emotional Well-being.

Guest Teachers from Langara Community College will provide specialized classes such as Yoga for Pain Management and Vinyasa Flow.







For more information call Courtenay Gibson at the Recreation Office at [604.781.1470](tel:604.781.1470).

4 Sessions  
4 types of Yoga





# Musqueam Health Dept. Newsletter—June 24, 2016

Musqueam Health Department <b>Youth Centre</b> Abigail Speck at the Youth Centre at 604-269-3465 Email: youthcentre@musqueam.bc.ca				
Monday June 27th 2-9	Tuesday June 28th 2-9	Wednesday June 29th 10-9	Thursday June 30th 9-9	Friday July 1st
<b>Colouring Night</b>  4:00—8:00	<b>D&amp;A awareness</b> <b>JUST SAY</b>  <b>NO!</b> 5:00—7:00	<b>Arts &amp; Crafts</b>  5:00—8:00 Open at 10:00am for ICS early dismissal	<b>MOVIES</b>  <b>ALL DAY</b> SUMMER HOURS BEGIN: 9:00-4:00 	<b>Closed for Holiday</b> 

The Youth Centre will be open from 2:00 pm—9:00pm Monday—Friday

Children under 7 years old will be sent home; unless accompanied by a parent or guardian, who is at least 15 years old or older.

## National Native Alcohol and Drug Awareness Program - Cyndi Bell

**Coffee Time with Cyndi** - Wednesdays 5:00-6:00 pm in the Community Centre Café. Come join me for a chat over coffee! Everyone is welcome!! If you are around the Community Centre while your kids are at Bridge through Sport or MYP, feel free to visit me to just say “Hi” or to get some info about substance abuse and support for yourself or your loved ones.

**Did you know?...** 60% of High School students don't see regular marijuana use as harmful? But THC (the active ingredient in the drug that causes addiction) is nearly 5 times stronger than it was 20 years ago!

I am available for 1:1 counselling, treatment referrals, outpatient resources, information and support with respect to drug and alcohol use and abuse. Feel free to stop by or call to make an appointment: 604-269-3454

NNADAP/Cyndi Bell's office hours:

Mon, Tues, Thurs —> 10:00am-5:00pm

Wednesday —> 12:00pm—7:00pm /5—6 pm Coffee time w/ Cyndi in the café



## Musqueam Health Dept. Newsletter—June 24, 2016

**Community Health Nursing Program** –Natalie Frandsen, RN, -Patricia Mathison, Assistant



### You are Invited!

Bring your 1-3 year old for a free dental check up, fluoride varnish application and toothbrush.

**We will be at the Musqueam Community Centre on:**

**Tuesday, July 12<sup>th</sup>, 2016 from**

**9:15AM to 12:00PM**

***Sign-in sheet at Health Dept.***

Our public health nurse will also be there to answer any questions you may have.

*Service provided by Vancouver Coastal Health*

### Community Health Updates:

**Pre- and Post-natal  
Group—Postponed**

### Home & Community Care Program—*Romeo Cosio, RN*

**The Musqueam Home & Community Care Program** is available to our community members to assist with hospital discharges, home care aides, and all medical equipment. Home care assistance and all medical equipment require a doctors note with your needs specified.

Home Care Office Ph: 604-263-6539. *\*Please leave a message as Romeo may be on a home visit or with a client.*

***Home Care Office Schedule: Mon, Wed, Thurs, Friday 8:30-5:30 >> Tuesdays - OFF.***

**The Arjo Tub Program:** Is available at the Elder's Centre between 7-10am Monday to Friday. You will need a doctor's order for the use of the Arjo tub, describing your condition, and how often you are advised to use the tub per week.

Please call Patricia Mathison, Nurse Assistant for assistance in scheduling your Arjo tub appointments &/or

Home Care service scheduling changes or cancellations at 604-269-3354

*\*Cancellations: Please call at least **24 hours in advance**. Thank you.*

## Musqueam Health Dept. Newsletter—June 24, 2016



### Musqueam Elders Centre—*Brenda Campbell*

Please Note: **Ladies' Night** is changed to **WEDNESDAY** evenings 6:00-9:00pm, at the Musqueam Elders Centre.

For those Musqueam Elder's who are interested in attending the upcoming BC Elder's Gathering in July please call Brenda for more information. Ph: 604 263 – 6312.

### Chronic Disease Management Program—*Merv Kelly*

Are you needing assistance with health information about Diabetes, high blood pressure, etc., and how to help manage these. Do you want to workout but don't know what's best for you?

You may call me or drop by my office:

**Hours – Monday to Friday:**

**9:30 am to 3:00 pm / 5:00 pm to 6:30 pm**

Available to assist all ages and levels of fitness for all community members.

Merv Kelly, Chronic Disease Management Facilitator

604-263-3261 – Extension 3455 / merv@musqueam.bc.ca

### Safe Drinking Water Monitor Program—

*Charlene Campbell-Wood*

#### Quick rules of thumb for drinking water:

- Drink half your bodyweight in ounces of water (if you weight 160lbs, drink 80oz of water each day).
- Carry a bottle everywhere with you as a reminder to keep drinking.
- Eat raw fruits and vegetables – they are dense in water. You can get water from food, not just from beverages.
- Drink water and other fluids until you urinate frequently and with light color.

Topic: Health & Medicine

See more about: water, hydration, dehydration, circulation, Training

## Musqueam Health Dept. Newsletter—June 24, 2016

### Musqueam Primary Care Clinic

**Clinic with Nurse Practitioner:** Angela Remocker, NP

**Clinic Days:** Tuesday-Thursdays 9:30-4:00 \*\*see calendar below.

**Appointments:** Call 604 266 0043 during business hours only. Leave a message as NP may be with a patient)

**Clinic Location:** Musqueam Elder's Centre. Home visits are scheduled for the mornings.

*PLEASE NOTE: We will be getting a locum filling in for our GP soon!*

*In the mean time our NP Angela Remocker is here Tuesdays—Thursdays please see her schedule below.*

## July Primary Care Clinic

THE NURSE PRACTITIONER IS AVAILABLE TO BOOK  
APPOINTMENTS ON CLINIC DAYS FROM 9:30-11:30/ 3:00-4:00  
PLEASE CALL ANGELA REMOCKER (604)266-0043

## 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 No Clinic	6 Nurse Practitioner Walk in hours 1-3	7 Nurse Practitioner Walk in hours 1-3	8	9
10	11	12 Nurse Practitioner Walk in hours 1-3	13 Nurse Practitioner Walk in hours 1-3	14 Nurse Practitioner Walk in hours 1-3	15	16
17	18	19 Nurse Practitioner Walk in hours 1-3	20 Nurse Practitioner Walk in hours 1-3	21 Walk in hours 1-3	22	23
24	25	26 Walk in hours 1-3	27 Nurse Practitioner Walk in hours 1-3	28 Nurse Practitioner Walk in hours 1-3	29	30
31						

# Request for Information:

## Rental of Food Truck

Salish Seas Fisheries Limited Partnership—a fisheries company owned by the Musqueam, Tla'amin and Tsleil-Waututh Nations—is determining whether to purchase a new state-of-the-art food truck to be rented out to Nation members. We would like to explore possibilities with Nation members in order to make a decision on whether to make this investment or not.

If interested in discussing renting a food truck, please outline:

- What you would like to sell (i.e. food, and what kind of food, or fresh fish or both) and where you would sell it
- Whether you could utilize any of our seafood (i.e. prawns, crab, salmon, herring, black cod or halibut) in your offerings
- Suggested rental terms (i.e. \$ amount; term by month or year)
- Equipment you would need in a food truck
- Your experience in the catering, restaurant or fish sales industries as well as business or entrepreneurial experience

Please submit information by June 29, 2016 to:

[bryan@inlailawatash.ca](mailto:bryan@inlailawatash.ca). Please note that material submitted is for information purposes only. This is not a formal RFP process.

Bryan Gallagher  
Business Development Manager  
778.836.9942  
[bryan@inlailawatash.ca](mailto:bryan@inlailawatash.ca)

**SALISH** SEAS  
Musqueam, Sliammon, Tsleil-Waututh.





**ST. MICHAELS  
CHURCH  
(CROWN  
STREET)**

**PLEASE JOIN US  
FOR MASS**

**SUNDAY MAY 8,  
2016**

**@ 12:45 PM.**