

MUSQUEAM NEWSLETTER

Friday August 19, 2016

Tel: 604-263-3261, Toll Free: 1-866-282-3261,

Fax: 604-263-4212...Safety Patrol: 604-968-8058



Musqueam Social Development

This is an invitation to parents and community members to join our 8-week beading class!

stem? (What?): Learn to Bead

təmtem? (When?): July 21 to Sept 8 Every Thursday 6pm to 8pm

ni? ʔəncə? (Where?): Community Centre Café 6777 Salish Dr.

Come out to learn how to bead or brush up on your skills. This group will run every Thursday evening for 8-weeks.

All beads and materials will be provided

This group will be taught by Megan Harkey who is very skilled at bead work

A light snack and refreshments will be provided

If you are interested in joining or would like more information, please call Virginia Scotchman or Karen Dan-Wilson
604-558-4677

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ST. MICHAEL'S CHURCH

Please join us at
Church, Every Sunday
@ 12:45 AM

St. Michael's Church
on Crown Street.



* 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 ~ under the "Newsletter Section".... Thank you :)



Interested in learning hənqəminəm?

ni? ʔəncə kʷəw məkʷ wet ?
ni? nem ʔe:ʔən ʔə tə shənqəminəm skʷul!

Where is everyone?
They went to hənqəminəm class!

Register Now

for the hənqəminəm language classes offered through the collaborative
Musqueam-UBC First Nations and Endangered Languages Program

FNLG 101B - the introductory level
Larry Grant & Fiona Campbell
From 4:30 to 6:00 every Tuesday and
Thursday.

FNLG 201B - the second year level
Marny Point
From 4:30 to 6:00 every Monday and
Wednesday.

Call or Email Vanessa in the Language and Culture Department if you're interested

604.263.3261
vanessa@musqueam.bc.ca

Classes start Tuesday, September 6th &
Wednesday September 7th

MUSQUEAM 2016 COMMUNITY CENSUS

Musqueam Administration is collecting its own Census information to understand community composition and the needs and opinions of Musqueam community members living on and off-reserve.

All information will be kept confidential and will only be used by the Musqueam Band.

What
do **YOU**
think?

THE 2016 MUSQUEAM CENSUS IS ROLLING OUT IN TWO PARTS:

1:

HOUSEHOLD CENSUS

*to be completed
by ONE head of
each Musqueam
household.*

AVAILABLE NOW!

2:

PERSONAL CENSUS

*to be completed
by ANY member
of the Musqueam
community.*

AVAILABLE NOW!

**COMPLETE THE 2-PART 2016
MUSQUEAM COMMUNITY CENSUS
FOR YOUR CHANCE TO WIN!**

Each part
you complete
will give you
an entry into
weekly prize
draws and the
grand prize draw
for a Lenovo
tablet!



WAYS TO COMPLETE BOTH THE HOUSEHOLD AND PERSONAL CENSUS:



ONLINE

Please visit census.musqueam.bc.ca. You must register to receive a link to complete the survey. It is best viewed on a computer or tablet.



AT HOME ON-RESERVE

Our Census Recorders, Brittany Point, Sara Louie, Angelina Rice-Louis & Zoe Craig, will be going door-to-door on the reserve. They are also available by appointment. Please email CCP@musqueam.bc.ca or call 604-269-3330 to make an appointment.



IN THE COMMUNITY CENTRE

Our Census Recorders are available to meet you in the Musqueam Community Centre. Please email CCP@musqueam.bc.ca or call 604-269-3330 to make an appointment.



THROUGH MAIL

If you are off-reserve and would like to complete the Census on paper, please email CCP@musqueam.bc.ca or call 604-269-3330 to make arrangements.



AT CENSUS EVENTS

Keep your eyes on the newsletter and [Musqueam Community Census Facebook page](#) for details!



A Comprehensive Community Planning Initiative



MUSQUEAM INDIAN BAND

6735 SALISH DRIVE
VANCOUVER, B.C.
CANADA V6N 4C4
TELEPHONE: 604 263-3261
FAX: 604 263-4212

Child Care Worker

Full-time

Leave of Absence Term Position

Position Summary:

The Child Care Worker provides a safe, stimulating environment for young children, and conducts individual and group activities to encourage learning and develop social interaction skills. Prepares and/or serves children's meals. Maintains appropriate records of attendance and activities. Ensures the children's hygiene, welfare and safety. As part of the Child Care Centre team, works with the other staff to develop and plan the program activities. Maintains a positive work environment and attitude with children, parents and other Child Care staff.

This position is a full-time term position covering a leave of absence.

Duties:

- Program planning and preparation work prior to daily activities (e.g. Field trips and themes of the month)
- Plans and organizes traditional First Nations activities
- Plans, organizes and leads daily activities designed to stimulate the intellectual, physical and emotional growth of the children
- Encourages cooperation and participation of all children; strives to create a happy, caring, creative and respectful environment
- Encourages open communication with parents concerning the needs, progress and problems of their children
- Maintains constant supervision of all indoor and outdoor activities
- Prepares snacks that meet the standards of the Canada Food Guide, and cleans up after meals
- Changes diapers as needed
- Maintains children's attendance records
- Implements proper safety and hygiene practices, reports any unsafe or faulty equipment to the Child Care Supervisor
- Participates in training and development sessions, attends staff meetings
- Performs other related duties as required

Qualifications:

- Skill and knowledge usually attained by successful completion of Secondary School, and an ECE. Infant/Toddler certificate is an asset
- 1-2 years' experience in a Child Care setting; or an equivalent combination of skill, knowledge and experience
- Good interpersonal and communication skills
- Ability to build strong, positive relationship with parents, children and other staff
- Punctual and reliable
- Flexible, committed and enthusiastic
- Must have a clean Criminal Records Check, or be willing to undergo a Criminal Records Check

Licenses:

- Early Childhood Education license
- Infant/Toddler Certificate is an asset
- Valid Basic First Aid Ticket
- Food Safe certificate is an asset (or is willing to take)

Working Conditions:

- Work is mostly performed in a child care setting
- Attendance for off-site field trips will be required

Please apply by emailing a cover letter and resume to Musqueam Indian Band, Human Resources at jobs@musqueam.bc.ca

Please write "Child Care Worker Term Position" on the subject line.

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

Please apply by Friday, August 19, 2016 and will remain open until filled.

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





MUSQUEAM INDIAN BAND

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

Job Posting Housing Accountant Regular Full-time

This position is responsible for financial month-end and year-end reporting, bank reconciliations, balance sheet reconciliations, preparing audit files and assisting with annual budgeting in support to Housing Department working with the Finance department. The Housing Accountant will be a mentor to the staff members, assisting in training and development.

Duties:

- Produces month end financials and year end draft financial statements, variance analysis and other reports as directed.
- Administers government fund revenue and cost variance.
- Manages chart of accounts, general ledger transactions and balance sheet reconciliations.
- Oversees A/R, A/P procedures and GL reconciliations with sub-ledgers.
- Prepares bank reconciliation statements.
- Reviews historical financial reporting to ensure current statutory reporting is accurate and prepares and reconciles statutory reporting
- Reconciles G/L to programs' databases, monitors and assists with financial models for Housing to set foundation for Housing Authority,
- Maintains capital assets models and accounts amortization expenses.
- Assists in annual budget preparations and variance analysis.
- Maintains data integrity in accounting systems and advises on organizations IT needs to meet financial reporting requirements.
- Assists with training and mentoring of junior staff with financial reports.
- Develops and maintains effective working relationships with colleagues, administrators, and outside agencies.
- Performs other related duties as required.

Qualifications:

- Knowledge of accounting principles, practices and applications
- CGA/CMA with Diploma/University degree in accounting/Business
- 3-5 years progressive accounting and finance experience in Housing or Property Management
- Ability to analyze and synthesize data to communicate key high level messages
- Prior experience with integrated financial software
- Proven proficiency in MS Office applications including Excel and Word
- Great oral and written communication skills
- Flexibility to respond appropriately to changes and a desire to work in a growth-

- oriented environment
- Fund accounting/not-for-profit experience are assets

Knowledge and Abilities:

- Excellent written and verbal communication
- Self-motivated; shows initiative
- Demonstrates a learning attitude
- Good team spirit
- Good critical thinking and problem solving skills
- Flexible and adaptable to growth-oriented environment
- Good organizational skills; able to meet established reporting deadlines
- Strong working knowledge of accounting principles, practices, procedures and operations
- Strong sense of honesty, integrity, ethics; ability to maintain strict confidentiality with sensitive information
- Attention to detail and accuracy

Working Conditions:

- Work is performed in an office environment.
- May require additional hours of work and /or flexible hours of work from time to time.
- Successful Criminal Record Check.

**Please email your resume and cover letter to Human Resources at
jobs@musqueam.bc.ca**

Ensure that you write "Housing Accountant" on the subject line.

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

This position will remain open until filled

We thank all applicants for their interest in this position; however, only finalists will be contacted.



MUSQUEAM INDIAN BAND

6735 Salish Drive
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JOB POSTING

Medical Office Assistant

**Part-time / Temporary: 3 days/week (6 hours/day)
September – December**

Musqueam's Medical Clinic is looking for a temporary part-time experienced Medical Office Assistant to cover a 3 month leave of absence. This is a new clinic and some initial duties will involve helping to establish best practice medical office procedures, policies and processes, while providing professional front end clinic reception, administration and assistance to community members, clients and staff.

A summary of duties include:

- Establish medical office administrative procedures and policies
- Coordinate procurement of clinic medical supplies and equipment
- Develop process and files for charting
- Participate in implementing patient charting through the new Electronic Medical Record (EMR) system
- Clinic reception, make clinic appointments, scheduling, general office duties, etc.
- Support Health Program Lead to assess opportunities to grow the clinic
- Coordinate visiting health professionals and liaise with allied health professionals
- Data reporting
- Participate in Musqueam Health Department planning sessions, community events and health fairs, etc.

Job Knowledge:

The position requires the following knowledge, skills and abilities:

- Grade 12 graduation, plus up to a one-year Medical Office Assistant certificate
- A minimum of two years recent experience working in a medical clinic or medical office
- An equivalent combination of education and experience may be considered
- Experience using a medical office computerized system (EMR) and aptitude to learning other software programs
- Demonstrated ability to maintain confidentiality regarding patient medical information and records
- Knowledge of and experience with Musqueam or First Nations culture and history is an asset
- Strong English communication skills (spoken and written) and the ability to communicate tactfully with others
- Demonstrated ability to maintain confidentiality regarding patient medical information and records

- The ability to professionally meet, deal with the public and provide information in a pleasant, helpful and confidential manner
- Ability to problem-solve and take initiative to resolve problems
- Ability to enter data accurately and pay attention to detail
- Exceptional organizational skills and the ability to effectively prioritize workload
- Ability to remain calm during periods of stressful high volume and to meet deadlines as required
- Ability to work independently and harmoniously as a member of a team
- Strong computer knowledge of Microsoft Office, good keyboarding skills and experience with other various office equipment such as printer, scanner, photocopier, etc.

To apply, please email cover letter and resume to jobs@musqueam.bc.ca
and write ***“Medical Office Assistant Temporary”*** on the subject line

Applicants of Musqueam and/or Aboriginal ancestry are encouraged to apply.
The closing date for applications is August 19th and will remain open until filled

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



MUSQUEAM INDIAN BAND

6735 Salish Drive
Vancouver, B.C. V6N 4C4
Telephone: 604 263-3261
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JOB POSTING
Musqueam Indian Band
Payroll Administrator
Regular Full-time

Position Summary:

Reporting to the Finance & Administration Manager, the Payroll Administrator is responsible for processing the Band's payroll, including reconciling the payroll sub-ledger to the general ledger, remitting taxes and government reporting, preparing monthly, quarterly and year end payroll statements.

Duties:

- Process payroll for 120-180 personnel. Entries will be required two days of every pay period
- Prepare year-end audit files and schedules for audited financial statements
- Preparation of monthly reports including: pension reports, general ledger reports and any other printouts required for staff and financial control purposes
- Tracking of all vacation, staff holiday pay and ATO (Alternative Time Off)
- Answer payroll enquiries from staff and managers regarding leaves, including: sick leave, cultural and vacation leave
- Process and manage Records of Employment
- Prepare government reports, WCB, taxes, T4 and others as required and ensure to adherence to federal, province or MIB policy and procedures
- Administering employee benefits including pension, health, dental and life insurance and prepare worksheet for GL entries and reconciliations
- Monthly/quarterly benefit plan reconciliations
- Preparation of payroll related government reporting
- Filing and records retention and other clerical duties as required
- Develops and maintains effective working relationships with colleagues, administrators and outside agencies
- Performs other duties as required

Job Knowledge:

The work requires the following knowledge, skill and/or abilities:

- 2 years payroll experience, with basic accounting knowledge
- A Payroll Compliance Practitioner (PCP) designation or equivalent work experience required; a Certified Payroll Manager (CPM) designation is an asset
- Strong MS Office skills

- Effective time management and problem solving skills
- Ability to work independently and within a team
- Knowledge and experience of similar program delivery in the context of Musqueam or First Nations culture and history is an asset
- Ability to use good tact and judgment in dealing with staff and outside agencies
- Ability to use requisite accounting software like ACCPAC and/or other payroll system software
- Ensures that all transactions conducted in the course of work are accurate and adhere to legislative requirements, Band policy and standard financial practices
- Ability to maintain confidentiality
- Ability to drive and provide a licensed vehicle for work purposes

Relationships:

- Finance Manager
- Finance Team
- Outside agencies
- CAO/Band Manager

Working Conditions:

- Work is performed in an office environment
- Successful Criminal Record Check

Please email a cover letter and resume to: jobs@musqueam.bc.ca
and write "Payroll Administrator" on the subject line

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

This position will remain open until filled

** We thank all those who apply, however, only those short-listed will be contacted.*



MUSQUEAM INDIAN BAND

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

JOB POSTING Musqueam Indian Band

Secretary to Chief & Council Regular Full Time

Musqueam Indian Band is seeking a Secretary to Chief & Council. Reporting to the CAO/Band Manager **the Secretary to Chief & Council** (the Secretary) is responsible for providing a full secretarial service to the Band Council. The Secretary records and produces the minutes of Council meetings, General Band Meetings, Shareholders meetings, and other meetings as required. The Secretary ensures that the Band Council is provided with all related documentation required in their meetings by assembling a Council Meeting Kit and is responsible for distribution of their motions and decisions. The Secretary is also responsible for the development and maintenance of a tracking system to provide easy access to Council motions and decisions. The Secretary also coordinates any necessary travel arrangements for Band Council and the assembly of briefing materials and travel itinerary for Council Travel.

Duties:

- Prepares and ensures appropriate agenda items, information, and Council kits are ready, complete, and available for respective meetings. For weekly Council meetings this is on the Friday prior to the Monday meeting for approval of notes by Band Manager). Ensures the availability of any necessary equipment for the meeting.
- Coordinates the attendance of the appropriate Council members for special or extraordinary meetings. Establishes that a quorum will be present, or advises of meeting cancellation or postponement.
- Maintains up to date database of recipient of meetings and extraordinary meetings.
- Records, transcribes types, distributes, and tracks minutes, motions, and council or General Band decisions. Take minutes at weekly meetings held on a weekday evening and in extraordinary weekend meetings. Records decisions, capable of giving insight into why decisions were made, and ensuring non present Chief and Council are familiar with decisions in meetings.
- Drafts and writes letters and reports when called upon.
- Ensures minutes are accurate and despatch final working draft of the minutes to the following weekly meeting, and 4 weeks after General Band Meetings and extraordinary retreats.
- Finalizes any amendments to the Council minutes, once passed by Council, by making any changes and then creating and completing a meeting folder both hardcopy and electronic that includes the final minutes and all meeting materials both pre and post meeting.

- Ensures that all materials and preparations are made for Council meetings both regular, special, and weekend; and, all preparations for Council Retreats (materials, travel arrangements, meals, refreshments, etc.)
- Assists Council by making necessary Band related travel arrangements.
- Prepares and distributes isolated motions for the Band Manager and program heads for the management meeting and their follow up action.
- Maintain calendar of important dates for the Band. Arrange agenda; coffee/food for meetings.
- Help organize special events for Chief and Council.
- Ensure all files are confidential, in a safe place, and in order. Responsible for the hard copy and electronic copy of all Council materials and minutes including Council meetings, Special Community Meetings, General Band Meetings etc.; and all correspondence related to Council business.
- Maintain confidentiality and comply with data protection in respect of databases of recipients of minutes.
- Distributes the finalized minute's weekly, to those Band Members and other distribution lists as may be developed from time to time, and to the Member section of the Band's web site.
- Liaise with Executive Assistant regarding amendments.
- Develops and maintains effective working relationships with Council, Band Manager, colleagues and the Band membership; works closely with the Executive Assistant to the Band Manager.
- Performs related duties for Band community meetings as required.
- Ensures full supplies for all correspondence and minutes to the Chief and Council and executives at all times.

Knowledge and Abilities:

- Skill and knowledge usually attained by successful completion of High School and courses and post-secondary training and certification in Business Administration, legal secretarial, or journalism and /or advanced Secretarial Courses combined with at 3-5 years in a First Nations or similar administration office in a secretarial role to senior administrative manager or elected Council; or an equivalent combination of skill, knowledge, and experience.
- Ability to take minutes, type minimum 60 wpm, audio typing.
- Expertise software applications and equipment related to the position (Microsoft Office, advanced copy machine operation, digital recording equipment, smart boards, etc.)
- Knowledge of Roberts Rules of Order in order to advise management and Council.
- Excellent communication skills, with the ability to communicate effectively with all levels of the organization, from community members to senior business leaders. This includes a pleasant, professional and assertive communication manner.
- Knowledge and experience of similar program delivery in the context of Musqueam or First Nations culture and history.
- Is self-directed with the ability to meet deadlines, as well as to prioritize under tight deadlines.
- Excellent organizational skills and is detailed oriented.
- Ability to understand and describe complex governance and business issues.
- Ability to use tact and good judgement in dealing with sensitive and complex issues.
- Ability to maintain confidentiality.
- Ability to drive and provide a licensed vehicle for work purposes.

Licenses

- Valid BC Driver's License;
- Successful Criminal Records Check

Please apply by emailing your cover letter and resume to Musqueam Indian Band, HR at:

jobs@musqueam.bc.ca

Please write « *Secretary to C & C* » on the subject line.

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

This position will remain open until filled.

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

Pranic Healing Musqueam Community Clinic

This Tuesday, August 23rd

Drop in and sign up for a Healing!
Meditation to start at 6pm, Healings begin at
approximately 6:30pm



- Tuesdays in the Yoga room
- Clinics begin with the Meditation on Twin Hearts for Planetary Peace and the healings follow thereafter
Meditation on twin hearts from 6 to 6:30pm
- Free 20 minute healing sign ups from 6:30 to 8pm
- Last healing at 7:30pm
- People are welcome to come to the meditation or not. All welcome to sign up for a healing

Pranic Healing is a non-touch energy healing system which strengthens the invisible bio-energy that interpenetrates and surrounds the body, keeping it alive and in a state of good health. This strengthening increases the self-repairing ability of the body and mind for physical, psychological and relationship wellness.



Please call or email Meghan (604.671.1258/mhajash@musqueam.bc.ca) for any questions. Otherwise pop in and sign up for a healing!

Musqueam Education Notice Friday August 19, 2016



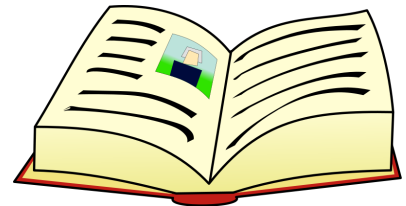
Answer to last weeks riddle: Fire

This week: They have not flesh, nor feathers, nor scales, nor bone. Yet they have fingers and thumbs of their own. What are they?

Post Secondary Policy Manual Presentation to Students and the Community

Come out to learn about Musqueam's Post-Secondary Policy Manual, refreshments will be provided.

DETAILS: August 30, 2016 5:00pm in the classrooms at the Community Centre



Education Awards

Education awards are now available for Musqueam Band members!!

GRADE 12 GRADUATES– If you graduated this June, please submit your final report card, Dogwood Certificate, and BC Ministry of Education transcripts to the Education Department, to receive your award.

GRADE 8 - 11– If you are interested in receiving an academic award please submit your final report card to the Education Department. The top academic student in each grade will receive an award.

Bus Information for Parents

ELEMENTARY- If your child will be riding the school bus, and is a Band Member, please fill out a bus form and return it to the Education Department (form on following page). If you prefer an electronic copy, please email April at learningfacilitator@musqueam.bc.ca

HIGH SCHOOL– If you child will be attending high school, and will require a monthly bus fare cheque, please contact the Education Department to ensure they are on the list.

Thank you!



**SEPTEMBER SCHOOL
CHEQUES WILL BE
ISSUED WEDNESDAY
AUGUST 31st.**



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

MIB SCHOOL BUS FORM

PARENT/GUARDIAN INFORMATION		Date:		
Parent/Guardian's Name				
Relationship to Child				
Street Address				
City		Postal Code		
Home Phone		Work:		
Email address		Cell:		
Alternate Guardian		Alternate ph:		
STUDENT INFORMATION:				
Student First Name		Student Surname		
Grade		Student PEN#		
Status Number		Date of Birth		
School attending (mark with a check)	<input type="checkbox"/> Southlands Elementary	<input type="checkbox"/> Immaculate Conception		
Medic Alerts: (Please identify any medic alerts or special needs that the bus supervisor should be aware of)				



Musqueam Health Dept. Newsletter—Aug.19, 2016



Musqueam Primary Care Clinic

*Dr. Michael Dumont, GP
Mackenzie Gomez, MOA*

Clinic Location: Musqueam Elder's Centre.

Friday 10 am- 4pm (until further notice)

If you require any other assistance or have questions, please contact Mackenzie at our Primary Care Clinic at: 604-266-0043 or moahealth@musqueam.bc.ca

****FOR EMERGENCIES CALL 911**

For Non-emergency Questions CALL 811



To All Community Members:

Specific Medical Supplies and Equipment are available to BC First Nations for personal use through the First Nations Health Benefits plan..

Mobility Aids, Orthotics, Oxygen supplies, Incontinence Supplies (Depends/Tena) are some **examples** of the products available to you.

To see the full list come visit us in the Health Department, we have a copy of the Health Benefits Information Package - a booklet that lists many medical supplies that are covered – people are always welcome to come to our Health offices to review.

Or call : 1-855-550-5454 & website www.fnha.ca/benefits

Community Health Nursing Program

*Natalie Frandsen, RN,
Patricia Mathison, Assistant*

Community Health Updates

Prenatal group update:

Pre- and Post-natal Group held on Tuesdays at noon will resume on September 6, 2016. If you have any topic ideas for our session feel free to let us know! Community Health Nurse, Natalie Frandsen is in the office and available to register you for the "Healthy pregnancy, Healthy Babies" Program. If you are pregnant you may sign up by calling Natalie Frandsen, CHN or Patricia Mathison, nurse assistant at 604-263-3261

Annual Flu Clinic and Village of Wellness Health Fair:

Save the date! The annual flu clinic and wellness fair will be held on November 24, 2-6 PM at the community centre.



Musqueam Health Dept. Newsletter—Aug.19, 2016

MIB Home & Community Care Program

Romeo Cosio, RN. MIB HCN
Patricia Mathison, Assistant

MIB Home Care Program

In home care is available to our Band Members living on reserve, to assist with hospital discharges, home care aides, and medical equipment.

In-home care and all medical equipment require a note from your doctor with your needs specified.

Romeo's Office Schedule:

Mon, Wed, Thurs, Friday 8:30-5:30

Tuesdays- OFF.

You may also call Patricia Mathison for assistance with your questions about home care service, or medical equipment.

Patricia's Schedule:

Monday-Friday 8:30-4:30 PH:604-269-3354

Cancellations of service

Please notify us as soon as possible for any Cancellations; at least 24 hours in advance is helpful.

The Arjo Tub Program

The Arjo Tub is a therapeutic bath offered through our Home Care Program and 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.

For an appointment call Patricia Mathison, Nurse Assistant at 604-269-3354

In Case of
EMERGENCIES
Don't hesitate to
CALL **911**

Safe Drinking Water Monitor Program

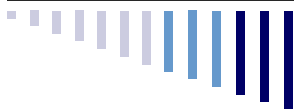
Charlene Campbell-Wood, MIB Drinking Water Monitor

How often should your water cooler be cleaned?

It is very important to clean your water cooler before every bottle change.

- Reservoir
- Drip Tray
- Replacement of water bottle

For more information on how you should clean your water cooler, check the water cooler supplier/manual; or go to FAQ about Bottled Water. www.hc-sc.gc.ca.



NNADAP National Native Alcohol and Drug Awareness Program

Cyndi Bell, D&A Counsellor

Please note: Cyndi Bell our NNADAP worker will be away from the office until further notice. Please see below contact list for your reference. You may access these programs by calling these numbers directly for assistance during Cyndi's absence.

NNADAP Contact list:

Access Central (detox, Daytox)	1 866 658 1221
BC Nurses Line	811
Suicide/Crisis Hotline	604-872-3311
BC 211 (referral service)	211
The Alcohol & Drug Information and Referral Service	604-660-9382

Chronic Disease Management Program

Merv Kelly, Chronic Disease Management Coordinator

Canadian Activity Physical Guideline

For Adults aged 18 to 64 YEARS

Guidelines; To achieve health benefits, adults aged **18 to 64 years** should accumulate at least 150 minutes of moderate aerobic activity per week.

(150 minutes = 5 times a week at 30 minutes – Monday to Friday).

It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week. More physical activity provides greater health benefits.

BEING ACTIVE FOR AT LEAST 150 MINUTES PER WEEK CAN HELP REDUCE THE RISK OF:

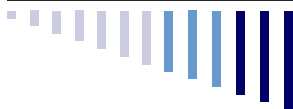
Premature death	Heart disease	Stroke	High Blood pressure
Type 2 Diabetes	Osteoporosis	Overweight & Obesity	

AND CAN LEAD TO:

Fitness	Strength	Mental health (morale and self-esteem)
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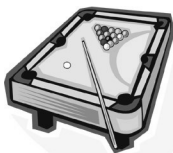
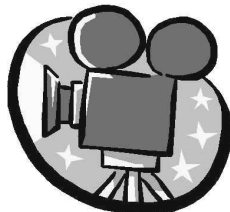
If anyone requires any assistance in starting up on a beginner program, please contact;

Merv Kelly / merv@musqueam.bc.ca / 604-263-3261



YOUTH CENTRE

Abigail Speck at the Youth Centre at 604-269-3465 Email: youthcentre@musqueam.bc.ca

Monday August 22nd	Tuesday August 23rd	Wednesday August 24th	Thursday August 25th	Friday August 26th
Charades 	Colouring Night 	Scattergories 	Pool Tournament 	Movies 
4:00—7:00	4:00—8:00	4:00—9:00	4:00—7:00	4:00—9:00

The Youth Centre will be open from 9:00 am—9:00pm Monday—Friday Summer Hours

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

****Please note that the Youth Centre will be open @9:00 AM when kids have professional days****

Musqueam Elders

Brenda Campbell, Elders Coordinator

MUSQUEAM ELDER'S LUNCHEON:

When: Thursday Sept. 1, 2016

Time: 12:00 Noon

Location: Musqueam Elders Centre



Musqueam Ladies Group:

When: Every **Tuesday** Evening

Time: 6:00 – 9 : 00 pm

Location: Musqueam Elders

**This
Sunday!**

musqueam bike co-op

Meet at 1:30pm @ the Community Centre

kid-friendly BIKE RIDE

AUG 21 | **to camosun bog**
4km or 30 mins each way



bike



helmet



water



snack



Info for parents and guardians:

Children under 13 years must have a permission form and a waiver signed by a parent or guardian. Participants under 18 must have a waiver signed by a parent or guardian. Hand in the permission form and waiver to the ride leader at the beginning of the ride. Parents are welcome to chaperone.

Get a permission form and waiver online or from the ride leader on Sunday.

Permission form: <http://bit.ly/2av6j9I> | Waiver: <http://bit.ly/29O0VxC>

If you have any questions, e-mail: communications@bikecoop.ca



WARRIORS AGAINST VIOLENCE SOCIETY

“Back to School”

Loonie Toonie Fundraising Event

August 20th, 2016

5:00 to 9:00

Native Education College

285 East 5th Avenue (off Main St.)

Door Prizes

50/50

Raffle

Auctions

Food available

Donations gladly accepted

Collection Schedule

6635 Salish Drive, Vancouver, British Columbia, Canada



: Recycling



: Green Bin



: Garbage



: Electronics Drop-Off



: Leaf Collection Weekend



: Holiday

August 2016

S	M	T	W	T	F	S
		2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2016

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2016

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2016

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2016

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Visit vancouver.recollect.net to print this again.

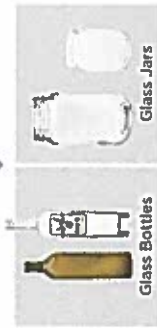
Powered by **ReCollect**

Grey Box

Glass Bottles + Jars

NEW

Start recycling glass bottles and jars in your Grey box as soon as it arrives. Recycle lids in your Blue box.



Glass Bottles

Glass Jars

ITEMS NOT ACCEPTED IN YOUR GLASS BOX



Look up your Grey box delivery date at:
vancouver.ca/recycle

Return wine, spirits, coolers, beer and juice bottles to a Return-It Depot for refund

Yellow Bag

Mixed Paper

Newspapers can be recycled in your Yellow bag.



Newsletters + Flyers

Boxboard Boxes

Magazines + Catalogues

Corrugated Cardboard

Pizza Boxes (Clean)

Moulded Boxboard

Gift Wrap + Greeting Cards (Paper Only)



PLEASE REMEMBER:



Flatten Materials Rinse Containers No Plastic Bags

Blue Box

Mixed Containers

More items are accepted including paper cups, milk cartons, Tetra Pak® and other containers.



Gable Top + Tetra Pak® Cartons

Frozen Dessert Boxes

Empty Aerosol Cans (Non-Paint)

Hard Plastic Containers/Lids

Paper Cups + Lids

Single Serve Coffee Pods (Lids in Garbage)

Steel + Aluminum Containers/Foil/Lids

Plastic Plant Pots/Trays

Spiral Wound Paper Cans



Green Bin

Food Scraps + Yard Trimmings

Wrap your scraps in newspaper. Plastic bags are not accepted.



Fruits + Vegetables

Coffee Filters, Coffee Grounds + Tea Bags

Meat + Bones

Noodles, Pasta, Grains + Bread

Fish, Seafood + Shells

Pizza Boxes (Greasy) + Food Soiled Paper

Yard Trimmings

Eggs + Dairy



FOR MORE INFORMATION:
Phone: 3-1-1 TTY: 7-1-1
Visit: vancouver.ca/recycle





First Nations Fisheries Council of British Columbia

320-1200 West 73rd Ave • Vancouver, BC • V6P 6G5
TEL: 778-379-6470 • FAX: 778-379-6469
info@fnfisheriescouncil.ca • www.fnfisheriescouncil.ca

Calling all BC First Nations fishers and photographers...

The First Nations Fisheries Council is holding our photo contest!

Grand Prize: \$250 Visa Gift Card – Deadline September 23, 2016

The FNFC photo contest is back and we're seeking beautiful First Nations fisheries-related photos to appear in our **2017 calendar!** Twelve winning photos will be chosen, and one GRAND PRIZE winner will be selected from among the 12 photos. The grand prize photo will be featured on the calendar's cover, and the photographer will receive a \$250 Visa gift card! Photographers who submit the other 11 winning photos will each receive a \$25 Visa gift card. All winning photographers will also receive a copy of the calendar.

Depending on the geographic range represented in the photo entries, we will aim to select photos from as many different regions across the province as possible. We also hope to feature as many different species, aquatic resources, fishing methods and activities as possible, so you may get points for originality!

Some suggestions for photos: traditional First Nations fishing/harvesting practices, significant fishing or habitat areas, fish/aquatic resources, First Nations sustainable aquaculture activities, First Nations economic fisheries, youth fisheries engagement and learning, fisheries activities that are specific to your region, technical surveys/assessment/monitoring or scientific research activities, traditional food preparation and preservation methods using fish or aquatic resources, community feasts, cultural activities, or any other fisheries related scenes you can think of!

Please note: Whether or not your photo is selected for the calendar, by submitting photos to the contest, you grant permission to the FNFC to use your photo for publications, newsletters, communications, etc. FNFC always prints a photo credit to recognize the photographer.

With each submission, please include the following information:

- Location where the photo was taken
- Brief description of what's happening in the photo (species featured, events featured, people featured, etc.)
- Name of photographer, community or organization, phone number, and email address
- Photo credit as you would like it to appear in the calendar and/or in any FNFC communications/publications

Contest Guidelines:

- Each person may submit up to 5 photo entries for consideration.
- By entering a photo, you give the First Nations Fisheries Council permission to use it in future publications, communications, etc.
- You must own the rights to all photos submitted to the contest.
- Photos must be submitted electronically via email or Dropbox link, or delivered to our office on a USB drive, and must have high enough resolution for sharp, high quality printing in sizes up to 8.5" x 11".
- **Please include name, community or organization, phone number, and email address with your submission.**
- Please send emailed submissions to info@fnfisheriescouncil.ca or deliver to Suite 320 – 1200 West 73rd Ave, Vancouver BC.

The deadline for submissions is Friday, September 23, 2016.

For questions/comments or to submit photos, please contact us at: Tel: 778-379-6470 | Email: info@fnfisheriescouncil.ca



A UNITED VOICE FOR FIRST NATIONS FISHERIES

Summer Recreation Program

Monday August 22 nd , 2016	Tuesday August 23 rd , 2016	Wednesday August 24 th , 2016	Thursday August 25 th , 2016	Friday August 26 th , 2016
Cultus Lake Water Slides Leave at 8:45 am Return 5:00 pm  Please bring a lunch/money. Towel, sunblock, bathing suit and change of clothes <i>Please note priority will go to children aged 5-12 who have fundraised and have been participating in Rec. Parents may be required to drive if space is limited</i>	Games Day 9:00 am – 4:00 pm  Please Bring a lunch	Movie To be announced  Leave at 10:00 am Return 3:00 pm Please bring a lunch/money	Literacy Activities & Musqueam Properties Tour 9:00 am – 4:00 pm  Please bring a lunch	<u>Half Day Program ONLY</u> 9:00 am – 12:00 pm  Final Day Celebration *schedule subject to change

All children must have a completed permission slip to participate in the programs. If you have any questions or concerns please contact Courtenay Gibson, Recreation Coordinator cgibson@musqueam.bc.ca or 604.269.3451/604.269.3464

Please be reminded of our regular Recreation Program rules:

- Priority for all activities will go to children aged 5 -12 years of age, Musqueam members and those who attend the program regularly.
- Children must bring a lunch or money.
- Children must have a permission slip to attend.
- Children must be dressed appropriately for all activities.
- Bullying and disrespectful behaviour will not be tolerated.
- Children will be sent home after 1 major incident or after 3 warnings during the week.