

MUSQUEAM NEWSLETTER

Friday September 16, 2016

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

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

EVERYONE IS WELCOME

MUSQUEAM 101 – Wednesday September 21, 2016

stem? (what?) Musqueam 101 September 21, 2016

Block F Lands Development

Development of the Block F Lands – join us for a discussion led by Jay Mearns and Doug Avis from Musqueam Capital Corporation. They will be updating everyone on the activities and plans for the Block F Lands.

Presenters:

Doug Avis - Vice President, Real Estate, Musqueam Capital Corporation

Jay Mearns – Operations Manager, Musqueam Capital Corporation

ni? ʔəncə? (where?)

Musqueam Administration Offices

təmtəm? (when?)

Wednesday, September 21. Dinner will be served at 6:00 p.m. The presentation will start at 7:00 p.m.

PLEASE JOIN US!

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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 :)

ROBERTS BANK TERMINAL 2 PROJECT WORKSHOP

Hello Musqueam Community!

Vancouver Fraser Port Authority staff will be presenting information regarding the Roberts Bank Terminal 2 Project.

Date: Monday, September 26, 2016

Time: 5:30 to 7:30 pm

Location: Boardroom 1 at the MIB
Administration Building

Dinner will be served

**MUSQUEAM INDIAN BAND**

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

JOB POSTING**Musqueam Indian Band****Aboriginal Fisheries Officer****6 month term position (October – April 2017)****Full-Time – 35 hours/week**

The Musqueam Indian Band is seeking an Aboriginal Fisheries Officer (AFO) for a six month term. Reporting to the Fisheries Manager in the Musqueam Fisheries Department this position is responsible for the monitoring of the various Musqueam fisheries. The Aboriginal Fisheries Officer also provides public education and awareness of the various fisheries, their cultural importance, the resource limitations and conservation. This is an excellent opportunity for an interested community member to develop new skills.

Duties:

- Monitors and collects information on fishing and fish habitat related activities to provide status reports on harvesting activities and or habitat degradation for use by the Musqueam Fisheries Commission.
- Promotes stewardship of the fisheries resources and habitat among the various user groups.
- Assists in training courses for new recruits, colleagues, individuals from other agencies, and public organizations.
- Acts as Musqueam Fisheries Commission liaison in the community and provides assistance to federal, provincial, and local enforcement agencies.
- Collects and records information on hours worked on fisheries or habitat related activities such as: sites inspected; checks of vessels, persons, or vehicles; actions taken; and administrative duties, for planning use by the Commission.
- Develops and maintains effective working relationships with colleagues and outside agencies.

Knowledge and Abilities:

- Skill and knowledge usually attained by successful completion of Secondary School; courses in conservation or habitat management; or an equivalent combination of skill, knowledge, and experience.
- Knowledge of, and experience in, the Aboriginal fisheries, the fishing industry, habitat management, or conservation programs.
- Knowledge and experience of similar program delivery in the context of Musqueam or First Nations culture and history.
- Ability to use tact and good judgment in dealing with sensitive and complex issues.
- Ability to maintain confidentiality.

- Good writing skills for reports and filing.
- Ability to drive and provide a licensed vehicle for work purposes.
- Willingness to provide a Drivers' Abstract.
- Ability to operate small vessels.

Working Conditions:

- Successful Criminal Record Check.
- Valid Class BC Driver's License and Drivers' Abstract.
- Must be available for on call shifts at all times during the fishing times/season.

Please apply by emailing a cover letter and resume to Musqueam Indian Band
Human Resources at jobs@musqueam.bc.ca
Please write "AFO" on the subject line.

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

Please apply by September 16, 2016; position 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
Corporate Administrative Assistant
Regular Full-time

Position Summary:

Reporting to the Office Supervisor the Corporate Administrative Assistant is responsible for the providing administrative support for the Band Administration's four Divisional Standing Committees and other general office administrative duties as needed. This position will work closely with the Secretary to Chief & Council.

Responsibilities:

- For all meetings, prepare pre-meeting documents, attend the meetings, record minutes, and prepare follow-up documents within the 5 day deadline.
- Prepare/transcribe minutes, assist with agendas, notices, and follow-up correspondence as required.
- Assist with communication and updates regarding meetings and briefings as required.
- Available to cover for the Secretary to Chief & Council for back up and vacation relief.
- Maintain attendance of Committee members.
- Distribute honourariums for community members.
- Order supplies for Council and Committee meetings.
- Assist with travel arrangements; arrange per diem payments
- Assist with external meeting set-up; coordinate with venues
- Assist with administrative projects.
- Provide reception and other administrative support as needed and as time permits.

Knowledge and Abilities:

- Three (3) years' experience in a similar role, post-secondary education in office administration and or an equivalent combination of education and experience.
- Knowledge of Roberts Rules of Order.
- Musqueam Indian Band First Nation Member is an asset.
- Familiarity with First Nations Governance is an asset.
- Strong computer skills in Microsoft Office and Adobe
- Good interpersonal skills.
- Excellent verbal and written communication skills.
- Strong administrative and organizational skills.
- Ability to meet deadlines.
- Strong attention to detail.
- Ability to maintain confidentiality.
- This position requires availability to work a minimum of 4 evenings a month, and flexible to work variable hours for Committee support, including some weekend work.

Working Conditions:

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

Please apply by emailing your cover letter and resume to Musqueam Indian Band, HR at:
jobs@musqueam.bc.ca

Please write « *Corporate Admin Assistant* » on the subject line.

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

Posting close date is September 23, 2016 and will remain open until filled.

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



MUSQUEAM INDIAN BAND

6735 Salish Drive
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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**

Please 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

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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.
This position will remain open until filled.

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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
- HR Manager
- 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

For more information about Musqueam please visit www.musqueam.bc.ca

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 Education Notice **Friday September 16, 2016**



Answer to last weeks riddle: Of course, one hundred is more than one

This week: When you need me, you throw me away. But when you're done with me, you bring me back. What am I?

Scholarships and Bursaries

The Early Childhood Educators of BC has announced that the ECE Student Bursary Program is open for the Fall 2016 semester. Priority will be given to Aboriginal students, students attending ece programs with an Aboriginal focus, and/or students working to achieve infant/toddler designation. Students must be attending an ECE program at an approved educational institution.

DEADLINE: applications are due **November 10, 2016 at 5:00pm**

You can find the application and guidelines at http://ecebc.ca/programs/student_bursary.html

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

Education Department Supports and Services

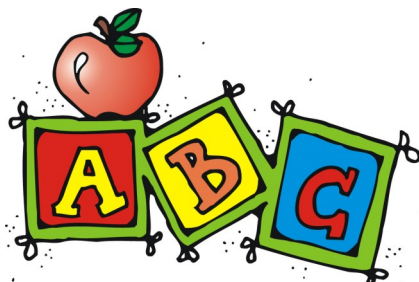
ELEMENTARY SCHOOL: Musqueam students living on reserve are eligible for the following:

- Start-up school supply allowance: issued directly to the school if your child receives a supply kit at the beginning of September
-if the school does not provide your child with a supply kit, a start up allowance cheque will be issued to the parent
- Tutoring
- Field trip fees
- School Bus transportation to and from Southlands Elementary and Immaculate Conception School
- Bridge Through Sport after school programs –in partnership with Health, Recreation, and UBC

SECONDARY SCHOOL: Musqueam students living on reserve are eligible for the following:

- Start-up school supply allowance, cheque issued to student in September
- Monthly bus fare cheque and small supply allowance
- Tutoring
- Field trip fees

Contact the Education Department for more information



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

EMPLOYMENT AND TRAINING DEPARTMENT NEWS

PLEASE NOTE THE DATE CHANGES

Musqueam Employment and Training **Intro to Craftworker**

UPCOMING TRAINING OPPORTUNITIES

October 3 to December 23, 2016

(December 9 to 23 is to be confirmed – dependant on practicum placements)



A Construction Craft Worker (Labourer) works mostly on construction sites in residential, institutional, commercial, and industrial settings, including pipelines, utilities, hydroelectric dams, roadways, bridges, tunnels, shipyards, mining and railways. Construction Craft Worker (Labourer) tasks include site preparation and cleanup, setting up and removing excess equipment, and assisting on concrete, masonry, steel, wood and pre-cast erection projects. They handle materials and equipment and perform demolition, excavation and compaction activities. They may also perform site safety and security checks.

Program Includes:

- 8 weeks in class and hands on learning
 - 2 weeks of safety training
 - 2 weeks of practicum.
- Upon completion participants will take their Level 1 Exam with ITA – Craftworker is a 2 year Red Seal.
 - Will take place in the Musqueam Community.
- Transportation, small living allowance and daily meals provided.

Pre-Reqs: Essential Skills Assessment and in some cases an Essential Skills course.
DEADLINE FOR ESSENTIAL SKILLS TESTING IS MONDAY AUGUST 6, 2016

Please note some of this program is subject to change. Please contact Lindsay at 604-269-3355 or Terry at 604-269-3367, AS SOON AS POSSIBLE for more information or to complete an application.

For more information, a copy of the full posting or assistance applying for any opportunities listed please feel free to come by the office or contact Lindsay Gibson at (604)269-3355 or employassist@musqueam.bc.ca

EMPLOYMENT AND TRAINING DEPARTMENT NEWS

Office Administration Employment Training Program

PENDING FUNDING

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.

Alternatives to Craigslist

www.raisinfoods.com

Job postings are centered on the food and beverage industry.

www.eluta.ca

Provides direct links to original job posting

www.charityvillage.com

Non Profit Job Opportunities

www.unya.bc.ca/about-us/employment-volunteering

www.accessfutures.com/jobs

Opportunities posted by ACCESS

www.indeed.com

www.aboriginalcareers.ca

www.kijiji.ca

Reminder: if you want to work at a specific larger company, you can go directly to their website and look for the Employment/Career/Jobs sections. When you go to their sites you are usually brought to specific job postings or given the option to fill out an online application. See below for a few examples.

Michaels Canada

Canucks

Subway

McDonalds

Moxie's

Scotia Bank

Royal Bank

Urban Native Youth Association

For more information, a copy of the full posting or assistance applying for any opportunities listed please feel free to come by the office or contact Lindsay Gibson at (604)269-3355 or employassist@musqueam.bc.ca

Family SOAR!

An introduction to Curling, Golf and Tennis for families
Saturday September 24th, 11:30 AM – 6 PM

Introduction to 3 lifetime sports for ages 8+

Have you ever wanted to try curling, golf or tennis but weren't sure where to start?

We will visit the Marpole Curling Club, the Musqueam Golf Course and UBC Tennis Courts. You will have the chance to try out all three sports either in the gym or at the facility we visit. We will return to the Musqueam Community Centre at the end of the day for a light dinner.

- Easy introduction to each sport
- Orientation to the tennis court, curling club, and golf club
- Led by coach specialists in each sport
- Includes light dinner, snacks and transportation
- Age 8+
- In partnership with **Musqueam Recreation Services**



**For more
information:**
pbartel@curlbc.ca

604-333-3620
www.curlbc.ca





FIRST NATIONS FISHERIES LEGACY FUND



Thanks to a new **First Nations Fisheries Legacy Fund**, six First Nations – Katzie, Kwantlen, Kwikwetlem, Musqueam, Tsawwassen and Tsleil-Waututh – are now working together in close collaboration for the health of aquatic ecosystems of the Lower Fraser River and Burrard Inlet.

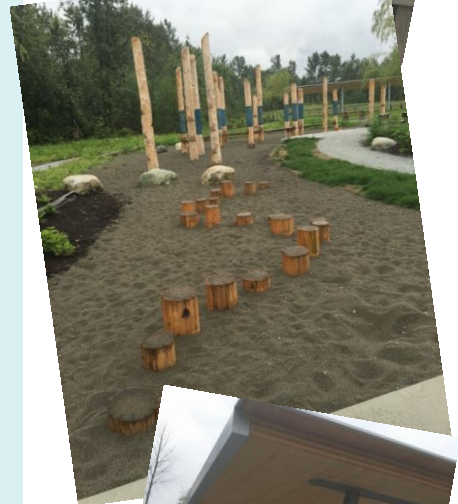


Society Contacts

- Katzie First Nation:
Debbie Miller
- Kwantlen First Nation:
Les Antone and Tumia Knott
- Kwikwetlem First Nation:
Craig Orr
- Musqueam:
Kyle Grant
- Tsawwassen First Nation:
Laura Cassidy and Mike Baird
- Tsleil-Waututh First Nation:
Michael George and Jason Forsyth
- Ex officio Province of BC:
Jemma Scoble

Mina Holmes:
FNFLF Coordinator
604-724-5356

info@firstnationsfisherieslegacyfund.ca



FNFLF is coming to your community in September
We are giving a presentation to update you about FNFLF and recent changes, opportunities, and to chat with your community FNFLF board member and Coordinator.
Look for a notice in your community newsletter or website.



Katzie
First Nation



Kwantlen
First Nation



Kwikwetlem
First Nation



Musqueam
First Nation



TSAWWASSEN FIRST NATION
sc̓awaθən məsteyaxʷ

Tsawwassen
First Nation



Tsleil-Waututh
First Nation



Surrey Bend Habitat Enhancement Project

The Surrey Bend Project has transformed the area into a recreational park with walking trails and picnicking areas, and an off-channel refuge for habitat.

The Project was a successful collaboration between FNFLF members and government, for the benefit of the environment.

The project included the construction of 2.2 kilometers of tidal channels to provide 20,000 square metres of tidal slough habitat and 60,000 square metres of riparian habitat in a predominately peat bog area. 1.5 kilometers of trail embankments at 1.4 to 1.9 metres above original grade were constructed to provide a high quality viewing experience and maintain access during high flood levels of the Fraser River freshet.

Recent completion of plant maintenance and the installation of Large Woody Debris in the intertidal channels at Surrey Bend is complete.
<http://www.metrovancouver.org/services/parks/parks-greenways-reserves/surrey-bend-regional-park>

STOP BY FOR A VISIT DURING PARK HOUR.

Silver Highway Project

The Silver Highway Project objectives include;

1. FNFLF to host a conference that facilitates the collection and integration of Western and Indigenous knowledge systems relating to Salmon, Eulachon and Sturgeon habitats and interactions.
2. FNFLF to develop discussion papers identifying any gaps in knowledge and identify areas to address.
3. Through interpretive signage promote education and awareness of Salmon, Eulachon and Sturgeon that can provide a vehicle to commemorate the partnerships of the six FN's and provide a legacy that fosters understanding for all communities that enjoy the Lower Fraser ecosystems.
4. Through public art installation educate surrounding populations about Eulachon, the sensitive habitat in the area for greater understanding and preservation.
5. FNFLF to build communication between FN's, their neighbors and partners in regards to Salmon, Eulachon, Sturgeon and the Lower Fraser River ecosystems.



Katzie
First Nation



Kwantlen
First Nation



Kwikwetlem
First Nation



Musqueam
First Nation



TSAWWASSEN FIRST NATION
sčawaθən məsteyax"

Tsawwassen
First Nation



Tseil-Waututh
First Nation



MUSQUEAM HEALTH NEWSLETTER

PRIMARY CARE CLINIC

Introducing First Nations Physician Doctor Michael Dumont, MD, CCFP.

Michael is Anishinaabe with family ties to the Shawanaga First Nation. He is a family doctor with a focus in Aboriginal Health and takes a holistic approach to health and wellness. He is accepting new patients! Book your first appointment by calling our Primary Care Clinic.

Clinic hours are Friday from 10am to 4pm

Phone 604-266-0043

Located at the Musqueam Elder's Centre

To book an appointment or have questions, please contact Mackenzie at our Primary Care Clinic.

Our Clinic is providing a strong foundation for the health and wellness of our community, our goal is to improve access to culturally safe health services for generations to come!

**FOR EMERGENCIES CALL 911 For Non-emergency Questions CALL 811*

NNADAP National Native Alcohol & Drug Awareness Program

Our NNADAP worker Cyndi Bell will be away from the office until further notice. Please see below contact list for your reference.

Access Central (detox, Daytox) 1 866 658 1221

BC 211 (referral service) 211

BC HEALTH Crisis and Information Lines

ALCOHOL & DRUG INFORMATION & REFERRAL SERVICE

Lower Mainland: 604 660-9382

This service is available to people across B.C. needing help with any kind of substance abuse issues 24 hours a day. It provides information and referral to education, prevention and treatment services and regulatory agencies.

CRISIS LINE ASSOCIATION OF BC

In Crisis? Call 1-800-SUICIDE (1-800-784-2433) to speak with crisis line workers anytime of the day or night.

Looking for **information and support**? Call **310-6789** to reach the Mental Health and Information and Support Line, from anywhere in the province. You will receive emotional support, and information on appropriate referral options and a wide range of support relating to mental health concerns.



INSIDE THIS ISSUE

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- NNADAP program services available while Cyndi Bell is away
- MIB Community Health Updates from Natalie Frandsen, CHN, RN.
- Safe Drinking Water Monitor Program
- Home Care Program Info
- FNHA "Creating Healthy Lunches"
- Youth Centre Schedule
- CDMP Schedule
- Green Zebra Market





YOUTH CAFÉ'

The youth team nurses from Pacific Spirit Health Centre will be hosting a health education session for youth in the Youth Centre.

Snacks provided!

Monday,

September 26th

3:30-5 PM

COMMUNITY HEALTH UPDATES

Pre and Post Natal Group: Tuesdays noon-2 PM

The pre- and post-natal drop in group is held on Tuesdays at noon-2 in the youth centre. Light lunch is provided. If you have any topic ideas for our sessions, 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.

Save the date! The annual MIB flu clinic and Village of Wellness Health Fair will be held on November 24, 2016...

COMMUNITY HEALTH WORKSHOPS

Annual Flu Clinic and Village of Wellness Health Fair: November 24, 2-6 PM

Save the date! The annual flu clinic and wellness fair will be held on November 24, 2-6 PM at the community centre. You will be able to get your annual flu shot, gather some great health information and have some health screening done as well (e.g., blood sugar, blood pressure). For questions, call Natalie (604-269-3313) or Patricia (604-269-3354).

Facilitation and HIV Education Workshop for Youth: September 17-18

The Yúusnewas Program (Youth Co) is hosting a "Core Training" at their office (568 Seymour St on September 17 and 18th (a Saturday and Sunday)). This training is offered to anyone under the age of 30 and are interested in learning more about HIV, social justice and facilitation. It's a really fun weekend and we provide breakfast/lunch as well as bus tickets if needed. You can sign up through the link or you can contact Olivia Reynolds (604-688-1441 | www.youthco.org). See the link for more information: http://www.youthco.org/core_training_fall_2016

Burn Prevention Workshop: October 27, 10-1 PM

The health department will be hosting a burn prevention workshop on October 27th from 10-1 PM in the community centre. During the workshop, you will be taught about how to prevent toddlers from being injured from burns. If you have or care for young children or you work with children, please join us for this free workshop. Register with Patricia Mathison (604-269-3354 nurseassist@musqueam.bc.ca).



ARE YOU PREGNANT? HAVE YOU RECENTLY HAD A BABY?

The Musqueam Health Department offers some valuable incentives to pre-natal and post-natal Mothers:

- From the onset of pregnancy until 3 months postpartum we offer weekly \$25.00 Save on foods Gift cards.
- Nursing pads, one box per week as needed
- A one time gift of an Electric Breast pump. One per family
- Welcome gift for your new baby

Please come join us Tuesdays at 12 noon in the Musqueam Youth Centre for an informal drop-in group. We provide lunch, friendship with other young mothers, and special guests who educate us on topics related to pregnancy and babies.

For more information on how to register for the program, contact Natalie Frandsen, CHN (604)269-3313 or Patricia Mathison, Nurse assistant, (604)269-3354



**Burnaby
Orthopaedic
& Mastectomy**

302-4900 KINGSWAY
BURNABY, BC, V5H-2E3

TEL: 604-436-6092
FAX: 604-436-6094

www.burnabyorthopaedic.com
info@burnabyorthopaedic.com

Friday, Sept 23 from 9:00am - 12:00pm at the Musqueam Elder's Centre

Service available includes:

- Custom made foot orthotics
- Orthopaedic bracing: knee, ankle, wrist, back, etc...
- Compression socks, sport socks, calf sleeves
- Knee braces for Osteoarthritis - custom and off-the shelf
- Knee braces for Ligament Injuries (ACL/ PCL/ MCL)
- Mastectomy prosthetics and supplies.

To be covered by **First Nations Insured Health Benefits or Extended Benefits** you must get a prescription from a doctor.

Dr. Dumont will be in the Musqueam Care Clinic to assist with any prescriptions as necessary.

More information can be found at
www.burnabyorthopaedic.com

Call Patricia Mathison to make an appointment 604-263-3261

The MIB water monitor collects weekly water samples throughout the Musqueam community to be tested to ensure the safety of our drinking water within the community.

SAFE DRINKING WATER MONITOR PROGRAM

Submitted By Charlene Campbell-Wood

Drinking Water Safety Monitor

How much water should I have for an emergency and how should I store it safely?

Water quantity

You should have at least four litres of water per person per day - for drinking, food preparation, personal hygiene and dishwashing. So for example, if you have three family members, you should have 12 litres a day for at least a three-day period, i.e. 36 litres of bottled water in a

cool, dark place, in washed and disinfected plastic bottles that are easy to carry.

Record the date that you bottled or stored the water in on the label. Replace stored water every six months and store-bought bottled water every year.

If you have pets or a service animal, don't forget to store approximately 30 millilitres of water per kilogram of the animal's weight per day. For example an average cat or small dog would require at least 1/5 of a litre (or half a cup) of water per day.

MIB HOME & COMMUNITY CARE PROGRAM

Romeo Cosio, RN. MIB HCN

Patricia Mathison, Assistant

Patricia's Schedule:

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

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.

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

Creating Healthy Lunches

Lunchbox Tips:

- Keep it simple and easy to eat but healthy and tasty.
- Eating Well with Canada's Food Guide - First Nations, Inuit and Metis (vegetables and fruit, grain products, milk and alternatives and meat and alternatives).
- Kids love to eat what they create. Let your child choose his or her lunch from a healthy list of choices.
- It is normal for a child's taste to change often. It can take many exposures to new foods before children learn to like them.
- Speed-up the process by cutting extra veggies when you're preparing dinner or by making extra at meals to use as 're-runs' for lunches the following day.
- On a cold day, pack a small thermos of soup, pasta, or other hot item.



Instead of Sandwiches

Build your own pizza with bannock or pita, tomato sauce, vegetables and grated cheese; Whole grain pancakes or waffles with fruit & yogurt; Falafel (chick peas) in a whole wheat pita, carrot sticks; Pasta salad, milk, small apple; a hard cooked egg, whole grain crackers, red pepper strips; a Burrito with salsa; Homemade, whole grain muffins, e.g., oatmeal carrot muffin and cottage cheese, cornmeal muffin with BBQ chicken or chili, Banana bran muffin with yogurt and veggie sticks. Eat traditional meats and wild game as often as possible!

Wrap or Pita Pocket Combos

(Mix one or more of the following with mustard, salsa, or other sauces/spreads)

Hard cooked egg, chopped cucumber, green onion; Chicken chunks with sliced seedless grapes; Turkey with grated carrot and shredded lettuce; Salmon or another cooked fish with red and green pepper slices; Chopped ham with pineapple; Hummus (bean dip) and vegetables; Shredded cheese, and sliced cucumber. Instead of a pita or a tortilla, try a "lettuce leaf" wrap with any of the above combos.

Traditional Food Treats

Fish, shellfish, moose or deer meat makes an excellent snack and provides a great meat and alternatives choice. You may also include berries, seaweed, various nuts and seeds but be sure to find out if your school has any food restrictions that must be followed as a result of food allergies to make sure it is safe.

Creating Healthy Lunches

Versatile Veggies & Fast Fresh Fruits

- Choose in-season produce when possible.
- Freeze summer fruits and berries to enjoy all year round.
- Pack a fruit smoothie in a thermos.



Offer a variety of different choices over the week such as: cauliflower, broccoli, baby corn, fresh sweet radishes, pepper strips (yellow, green, red, orange), turnip or zucchini sticks, beans, squash and corn, peas in a pod or snow pea pods, cherry tomatoes, melon pieces, cherries, berries, kiwi, pears, peaches.

Dunk a Lunch

Finger food and dunking are always fun! Here are some healthy choices: Bean dip like hummus, yogurt dip or another dip served with veggies and whole wheat pita bread cut into triangles; Fresh cut or canned fruit mixed with plain yogurt; Whole grain bread sticks with fresh tomato salsa and guacamole.

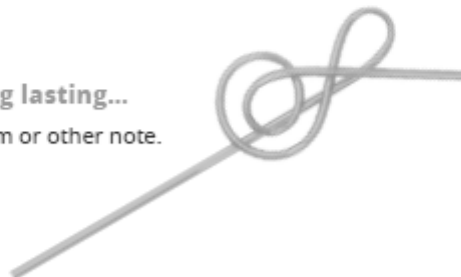
Last Night's Leftovers make a Tasty Lunch!

Not all lunches have to be hot – Leftovers can be sent cold, or hot, in a thermos

Leftover pizza; Chicken drumstick; Stew; Curry; Chili; Casserole; Stir fry; Perogies; Spaghetti and meatballs; Macaroni and cheese; Baked beans; Soup or Stew.

Little Extras: Non-food treats are special and long lasting...

A special napkin or straw; sticker, picture, a funny joke, poem or other note.











Pack a Safe Lunch

- Use clean kitchen tools to make lunches.
- Refrigerate lunches that are made ahead of time.
- Use an insulated bag with a freezer pack or chilled thermos to keep food cool. Chill milk or freeze drinking water or juice in plastic containers to keep food cool.
- Use a wide mouth thermos to keep hot food hot. Pre-heat the thermos with hot water before filling.
- Wash all vegetables well, even if the package says "pre-washed".
- Wash lunch containers every night and clean them with baking soda once a week to get rid of odours.
- Don't reuse plastic bags – they can hold bacteria.

YOUTH CENTRE

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

Monday September 19th	Tuesday September 20th	Wednesday September 21st	Thursday September 22nd	Friday September 23rd
Bridge Through Sport 3:30—5:30  Scattergories 6:00—9:00 	D&A Night  4:00—8:00	Bracelets 3:30—6:00  IVITP @6:00 	Bridge Through Sport 3:30—5:30  Charades 6:00—9:00 	Movie Night  2:00—9:00

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

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

Chronic Disease Management Program

Merv Kelly, Chronic Disease Management Coordinator

Are you needing assistance with health information about Diabetes, high blood pressure, etc., and how to help manage these? Or 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 Coordinator
Phone: 604-263-3261 Extension 3455
Email: merv@musqueam.bc.ca



Green Zebra Markets @ Musqueam

Offers Farmers' Market Quality organic produce at or below Grocery Store Prices.



Thursdays 3:00-6:00pm at the Musqueam Community Centre.

Fresh, in season, Local Fruits & Vegetables & More!

**Volunteers are needed, if you would like to volunteer a few minutes of your time to help set up the market Contact Merv Kelly at the band office.*

Musqueam Social Development

This is an invitation to parents
and community members to join
our 6-week beading class!



stem? (What?): Learn to Bead

təmtem? (When?): Every Thursday 6pm to 8pm Sept 22 to Oct 27

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 6-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**



Beyond Music

Co-Create
Resonate
Celebrate

Beyond Music Violin and Song Composition Program

This partnership between UBC Shine On, Musqueam Recreation and the Vancouver Arts Colloquium Society (VACS) will bring violin and song composition lessons to the Musqueam Community.

We are limited to 9 participants in grades 5 – 8.
Students must be committed to attend every session!
The program will run for the duration of the school year.

To Register please see Courtenay Gibson, Recreation Coordinator for a form or email cgibson@musqueam.bc.ca Selection of candidates will be done by UBC and VACS based on need and commitment of students.

Please note we will have an opening event for parents and students on October 1st, 2016.

Our Story



Beyond Music blossomed under the Community Collaboration model. VACS and UBC Shine On, together with the Musqueam Community seek to bring together individuals with different cultures to build greater possibilities for our children and grandchildren.

Together with the Musqueam Community Centre, we want to build a culture that is safe and inclusive, giving Musqueam youth a place to belong and to explore their culture.

From its initial conception, Beyond Music is a program that strives to help students achieve their full potential, not only in music, but also in life.

UBC Shine On, VACS and the Musqueam Community Centre are excited to bring this new collaboration to fruition! We are grateful to the Musqueam Community for their support.



Thank You To Our Community Partners:

Forming a Community Partnership



Programming Sponsor
Vancouver Arts Colloquium Society (VACS)



VACS's mission is to widen public engagement with contemporary art in ways that involve, include and inspire. We promote the work of artists and we build cultural resilience in communities through art.

Teaching Sponsor
UBC Shine On Music

Shine On Music is a non-profit, student run organization located at the University of British Columbia. Our goal is to promote the joy of music and provide quality music education to children in a fun environment.



For more info or to get involved, please contact contact@myvacs.org. Or visit our website at myvacs.org.

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Beyond Music

**Co-Create
Resonate
Celebrate**

What Is Beyond Music About?

Beyond Music is a new pilot-program, designed to allow cross-pollination between neighboring institutions such as VACS, UBC Shine On Music and the Musqueam Community. Our idea is simple: we all have a gift to share. Our dream is one: creating a new community narrative through music for the sake of our future generations. Our doors are always open!

We want to go beyond the music...

Beyond Music is about opening our hearts to the possibilities of the world around us.

We want to inspire.

Beyond Music wants to inspire youth to reach their full potential.

We want to connect.

Through sharing our skills and stories, Beyond Music looks to foster relationships between diverse cultures and generations.

Together, we can resonate.

Our collaboration seeks to compose a bolder song with a deeper meaning... An echoing reverberation as we bounce off of each other like the notes on a page, *nurturing our sense of belonging through our interactions.*

What can you expect from Beyond Music?

The program provides on-site violin and song-writing workshops for students in Grades 5-8 who have never had the opportunity to participate in musical education, but are keen to learn musical skills. The Beyond Music program is tailored to Musqueam youth and will include: field trips, cultural activities, mentoring programs, and community showcases and performances.

Meet Our Featured Teachers

Max Xie - Lead Teacher

Hello, I'm Max Xie. I have been playing the violin since I was 7 and had obtained a RCM level 10 Certificate before I started university. In the past I have played for different high school strings orchestras and also youth groups. After joining ShineOn I was able to recollect my years of experience from learning the instrument to put towards the younger generation.



The Land of Deborah – Lead Mentor

Deborah is an award-winning singer-songwriter and composer who has been exploring the art of storytelling through music for many years.

As well as writing her own music she writes for many film and tv projects around the world. Whether writing for film or from the heart she believes that everyone has a story to tell and encourages people to find their own true voice.



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Through Our Eyes

Connecting Elders & Youth through Photography

We are very happy to announce the final year of the photography project here in Musqueam.

Are you a proud Musqueam Elder?

Are you looking for ways to connect with the next generation and share your experience?

Would you like to share your cultural knowledge?

Then this project is for you!

Who: 4 Musqueam Elders

When: 8 afternoon sessions starting Sept. 28th (with 1 Saturday field trip)

Where: 51st Hall

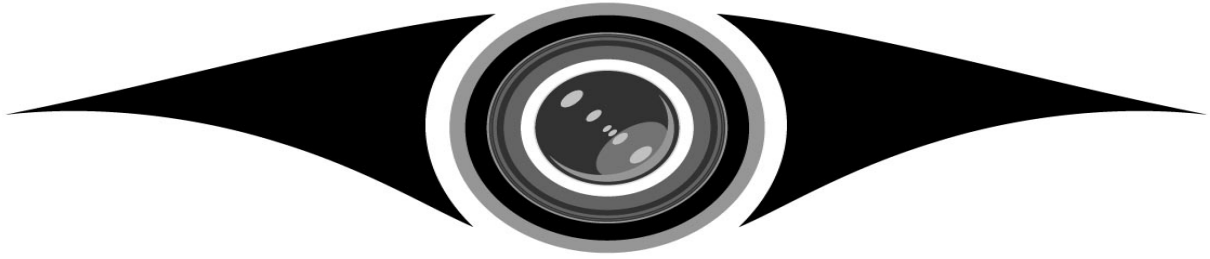
Cost: Free

Healthy snacks provided

This is a great opportunity to weave together Musqueam culture and tradition through photography.

Don't be shy! All skill levels welcome and cameras provided!





Through Our Eyes
Connecting Elders & Youth through Photography
Elder
APPLICATION FORM

Name: _____

Phone Number: _____

Please explain in your own words:

a) What is motivating you to join this project?

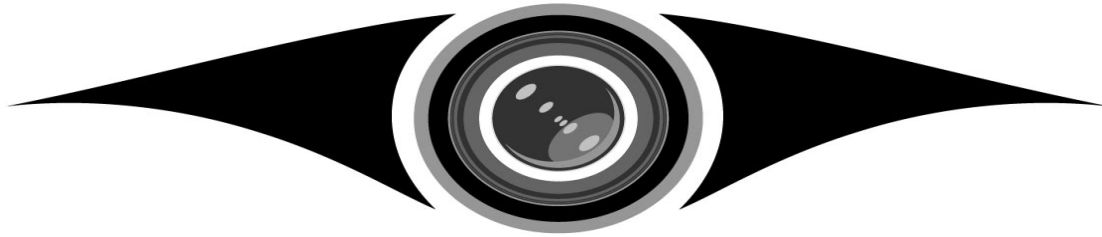
b) What do you hope to gain from participation?

Please submit to front desk at the Band Office

For more information please contact Theresa Hood

604-364-6551 thood@musqueam.bc.ca





Through Our Eyes
Connecting Elders & Youth & Children
through Photography

We are very happy to announce a new photography project here in Musqueam.

Are you a proud Musqueam Youth between the ages of 14 & 24?

Are you looking for ways to connect with Elders?

**Would you like to share what you learned
from your Elder with a child?**

Then this project is for you!

Who: 4 Musqueam Youth (ages 14-24)

When: Starting Sept. 28th 6 afternoon sessions to be mentored by an Elder **AND** 8 afternoon sessions to mentor a child (with 2 Saturday field trips)

Where: 51st Hall

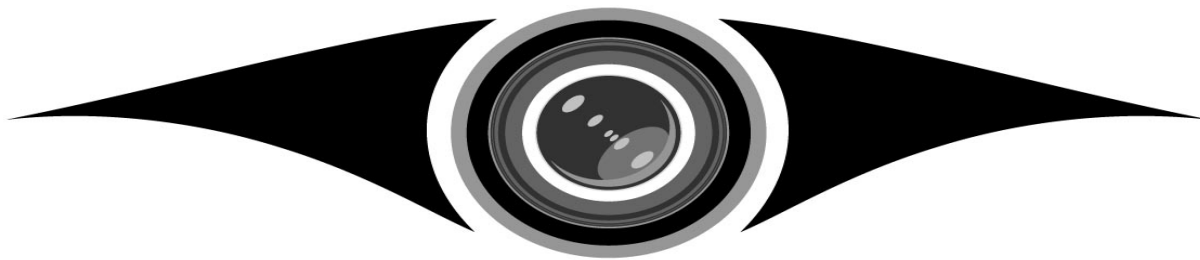
Cost: Free

Healthy snacks provided

This is a great opportunity to weave together Musqueam culture and tradition through photography.

Don't be shy! All skill levels welcome and cameras provided!





Through Our Eyes
Connecting Elders & Youth through Photography
Youth
APPLICATION FORM

Name: _____

Phone Number: _____

Please explain in your own words:

a) What is motivating you to join this project?

b) What do you hope to gain from participation?

Please submit to front desk at the Band Office

For more information please contact Theresa Hood:

604-364-6551 thood@musqueam.bc.ca



**Call for Musqueam, Squamish and Tsleil-Waututh
Artist or Graphic Designer Proposals
Strengthening our Relations | Vancouver Commemorates Canada's 150+**

Call to Artists or Graphic Designers – new logo

City of Vancouver – Canada 150+ | Vancouver, BC, Canada

Deadline for Letter of Interest: Friday, September 23, 2016, 5:00pm

Budget for selected artwork: Up to \$10,000 (all inclusive)

The City of Vancouver is seeking a **Musqueam, Squamish or Tsleil-Waututh** First Nations Artist or Graphic Designer (or team of Artists or Graphic Designers) to create a logo that will acknowledge Vancouver's plans to commemorate Canada's 150th anniversary in 2017 with the theme of Strengthening our Relations.

The opportunity is for a Musqueam, Squamish or Tsleil-Waututh Artist or Graphic Designer to create a new logo that:

- Looks back to the millennia-old aesthetics and iconography used by Vancouver's Host Nations to express their shared and individual histories, traditions, languages and lifelines
- Looks forward to a future with stronger relationships among Indigenous Peoples and all Canadians where a common future is forged between all Vancouverites
- Embodies the Vancouver Commemorates Canada's 150+ theme and activities

The logo will need to co-exist visually in relationship to the Federal Canada 150 logo as well as the City of Vancouver logo. The logo will be used widely throughout the City during 2017, on various formats and platforms, and in conjunction with the current City of Vancouver's emblem. Please consider how the proposed artwork could work alongside these colour palettes.

Eligible Artists and Designers are invited to submit a Letter of Interest and summary of credentials (i.e. a CV and visual summary of an existing body of work) for consideration by Sept. 23, 2016. *No graphic art designs are requested or required at this deadline.*

For further information on a background about Canada 150+, the City of Vancouver Graphic Standards, submission requirements, selection process, selection criteria, timeline, terms and conditions, etc., please visit the detailed Artist Call at:

Link to Artist Call:

<http://vancouver.ca/parks-recreation-culture/artist-call-for-canada-150-plus-logo.aspx>

Visit us online: <http://vancouver.ca/culture>

Like us on Facebook: [facebook.com/vanculture](https://www.facebook.com/vanculture)

Follow us on Twitter: @VanCultureBC

Peruse the Public Art Archive: <http://ourcityourart.wordpress.com/>

Subscribe to the listserv to receive notifications of cultural news & opportunities