

# **MUSQUEAM NEWSLETTER**

**Thursday November 17, 2016**

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

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



## **REMINDER ~ DISTRIBUTION/DIVIDEND IMPORTANT INFORMATION**

Reminder that everyone must fill out their own forms.

The Distribution Clerk cannot fill out the forms for you over the phone, everyone is required to fill out and sign their own forms.

Once all forms are filled and signed, please feel free to drop it off, mail, fax or email.

**Please note: that new born registration date deadline is November 18<sup>th</sup>, 2016 and direct deposit deadline is November 18<sup>th</sup>, 2016.**

For any questions regarding the upcoming distribution and dividend please contact:

Krista Point, Distribution Clerk, Phone number: (604) 263-3261 Ext: 3396

Toll Free number: 1 (866) 282 3261, Fax number: (604) 269 3369

Email: [mibdistribution@musqueam.bc.ca](mailto:mibdistribution@musqueam.bc.ca)

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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.**

A Special Thank you "shout out"!!! On behalf of the Musqueam Elders' ... (Heather Pritchard)... expresses a special thank you to VCC/MIB Indigenous Pathway to Baking & Pastry Arts Pgm.

"Tea with Musqueam Elders' ", it was a wonderful gesture!!!



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

# **ROBERTS BANK TERMINAL 2 PROJECT WORKSHOP**

**HELLO MUSQUEAM COMMUNITY  
AND STAFF!**

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

Date: Monday, November 21, 2016

Time: 5:30 to 7:30 PM

Location: Boardroom 1 at the MIB  
Administration Building

Dinner will be served  
(Rhea's Chowder!)

# **MUSQUEAM INDIAN BAND NOTICE OF ELECTION & NOMINATION MEETING**

## **Notice pursuant to the First Nations Elections Act**

Notice is hereby given that **Musqueam Indian Band** has called an Election in accordance with the ***First Nations Election Act***, for the purpose of electing one (1) Chief and ten (10) Councillors on November 30, 2016 for the next ensuing Term of Office.

## **NOTICE OF ELECTION**

NOTICE IS HERBY GIVEN THAT THE ELECTION WILL BE HELD AT THE MUSQUEAM COMMUNITY CENTRE GYMNASIUM (6777 SALISH DRIVE VANCOUVER, BC V6N 4C4) ON NOVEMBER 30TH, 2016 FROM 9:00AM TO 8:00PM.

### **NOTICE OF VOTING PLACE**

**NOVEMBER 30, 2016**

**9:00 AM TO 8:00 PM**

**Musqueam Community  
Centre Gymnasium**

**6777 Salish Drive  
Vancouver, BC V6N 4C4**

Any elector may vote by mail-in ballot by submitting a *Request for Mail-in Ballot Form*, which can be obtained from the electoral officer, along with a copy of identification, prior to November 30<sup>th</sup>. The elector is responsible for ensuring they request their mail-in voting package in a timely manner to ensure it can be received by you, and returned via regular post and received by the Electoral Officer on or before November 30<sup>th</sup>, 2016.

All ballots cast at this election will be counted at the Musqueam Community Gymnasium immediately following the close of the poll on November 30<sup>th</sup>, 2016.

Given under my hand at Victoria, British Columbia, this 24th day of August, 2016.



*Lawrence Lewis, Electoral Officer*

For more information, please contact Lawrence Lewis, Electoral Officer

Ph: **250 889-1582** TF: **1-855-458-5888** Fax: **250 384-5416** Email: **lewis.l@telus.net**  
PO Box 35008 Hillside, Victoria, BC V8T 5G2

**WWW.ONEFEATHER.CA/NATIONS/MUSQUEAM**

# MUSQUEAM INDIAN BAND ELECTION NOTICE

Notice pursuant to the First Nations Elections Act

Notice is hereby given that Musqueam Indian Band has called an Election in accordance with the *First Nations Election Act*, for the purpose of electing one (1) Chief and ten (10) Councillors on November 30, 2016 for the next ensuing Term of Office.

## FINAL CANDIDATE LIST

These are the Candidates who were properly nominated and seconded during the Nomination Meeting in Vancouver, B.C., on the 18<sup>th</sup> of October, 2016; and who completed the Candidate Acceptance Form and submitted their \$100.00 candidate deposit before the deadline on the 21<sup>st</sup> of October, 2016.

### CANDIDATES FOR THE OFFICE OF CHIEF

POINT, R. JORDAN	SPARROW, WAYNE
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### CANDIDATES FOR THE OFFICE OF COUNCILLOR

CAMPBELL, ROSALIND M.	GUERIN, VICTOR F.
CHARLES, DREW D.P.	HARKEY, TAMMY A.
CHARLES, HENRY K.	KENORAS, AMANDA F.S.
CHARLES, NOLAN D.	LOUIS, F. KELLY
DAN, ALEC R.	MCKAY, MYRTLE (BUN)
FRASER, ALLYSON R.	MEARNS, D. JAY
GRANT, CHARLEEN M.	POINT, (MARNY) MARGARET
GRANT, GORDON W.	POINT, MICHELE V.
GRANT, HOWARD E.	SPARROW, DESIREE L.
GRANT, KYLE A.	SPARROW, GAIL Y.
GRANT-JOHN, WENDY D.	SPARROW, RICHARD S.
GUERIN, KIM A.	SPARROW, VICTORIA (VICKI)
GUERIN, MORGAN J.	STOGAN, NORA S.

FOR MORE INFORMATION PLEASE CONTACT:

**LAWRENCE LEWIS, ELECTORAL OFFICER**

Ph/Txt: 250 889-1582 TF: 1-855-458-5888 Fax: 250 384-5416 Email: lewis.l@telus.net  
PO Box 35008 Hillside, Victoria, BC V8T 5G2

**WWW.ONEFEATHER.CA/NATIONS/MUSQUEAM**

# MUSQUEAM NEWSLETTER

## UPDATE ON LDB PROJECT

### THE PARTNERSHIP AND PROJECT

In 2014 the Musqueam Community, at a General Band Meeting, approved the formation of a partnership consisting of the Musqueam Nation, the Squamish Nation, the Tsleil-Waututh Nation, and the Aquilini Investment Group. The partnership was formed to acquire and develop the property that is currently the Liquor Distribution Branch (LDB) on Broadway in Vancouver. The Partnership will develop the property at LDB and to assist with implementing this vision, a member from each partnering Nation was hired by Aquilini in March 2016 to act as the Development Coordinator for their First Nation.



This property at 3200 E. Broadway is approximately 36,000 m<sup>2</sup>. We hope to create a mixed-use area that will add value to the neighbourhood in terms of employment and housing while providing sustainable profit for the partnership.

Tara Felix was hired as the Development Coordinator for Musqueam and will be working alongside the Musqueam Chief and Council, Musqueam Capital Corporation, as well as with our partnering Nations, Squamish and Tsleil-Waututh. The main objective in this position will be to keep our Communities informed as the Project progresses through its various stages.

**\*Due to scheduling conflicts we are unable to hold any community information sessions until after the New Year. If you have any questions or comments please feel free to contact us and we will provide you with more information.\***

### *The Team:*

#### Development Coordinators

Tara Felix – Musqueam	<a href="mailto:tara.felix@aquilini.com">tara.felix@aquilini.com</a>	604-362-6047
Shamantsut, (Mandy Nahanee) – Squamish	<a href="mailto:amanda@aquilini.com">amanda@aquilini.com</a>	604-561-6566
Heidi Martin – Tsleil-Waututh	<a href="mailto:heidi.martin@aquilini.com">heidi.martin@aquilini.com</a>	604-360-4135

#### Aboriginal Relations Advisor

Johnna Sparrow	<a href="mailto:johnna.sparrow@aquilini.com">johnna.sparrow@aquilini.com</a>
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#### Vice-President, Development

Jake McEwan	<a href="mailto:jake.mcewan@aquilini.com">jake.mcewan@aquilini.com</a>
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**EVERYONE WELCOME!**

**MUSQUEAM 101 – Wednesday November 23, 2016**

**stem? (what?) Musqueam 101 November 23, 2016**

***New Masterworks Gallery and other building changes at the Museum of Anthropology***

The Museum of Anthropology has recently been gifted with a collection of works from the Northwest Coast. In addition MOA has received funds to build a new gallery space within the museum to open in June of 2017. Karen Duffek, Jordan Wilson and Bill McLennan are co-curating the first show in this new space and will be sharing and gathering feedback on some of the ideas and plans they have. In addition, Anthony Shelton will be talking about some other building changes happening at the museum over the next few years.

Presenter:

Anthony Shelton – Director of the Museum of Anthropology and Professor in the Anthropology Department at UBC

Karen Duffek – Curator Northwest Coast at MOA

Jordan Wilson – Canada Council Aboriginal Curator in residence at MOA

Bill McLennan – Curator emeritus at MOA

**ni? ʔəncə? (where?)**

Musqueam Administration Offices

**təmtəm? (when?)**

Wednesday, November 23 Dinner will be served at 6:00 p.m. The presentation will start at 7:00 p.m.

**PLEASE JOIN US!**

# MUSQUEAM 2016 COMMUNITY CENSUS



Participate before it closes!

## The Census will close after the Musqueam Election

Paper responses due Friday, December 2<sup>nd</sup>

Online responses due Monday, December 5<sup>th</sup>

Online: **[census.musqueam.bc.ca](http://census.musqueam.bc.ca)**

On paper: Email **[CCP@musqueam.bc.ca](mailto:CCP@musqueam.bc.ca)** or  
visit our table on Election Day, Nov 30<sup>th</sup>

x<sup>w</sup>əʔiʔənt k<sup>w</sup>ə k<sup>w</sup>ə ʔəθ weʔ ʔəθ x<sup>w</sup>q<sup>w</sup>eləwən?

What do YOU think about it?

A Comprehensive Community Planning Initiative  
of the Musqueam Indian Band



## Musqueam Education Notice

**Friday November 18, 2016**



**Answer to last weeks riddle: Teeth**

**This week:** What has a single eye but cannot see?



### Graduating High School Students

Are you considering going to a post-secondary institution next year? Have you looked into your options? Have you started your application? If you need any help or want to discuss your options, I'm available and happy to help. Stop by the band office or phone April (learning facilitator)

Attention any students considering a post secondary education the Musqueam Career and Post Secondary Fair is fast approaching!! Stop by to meet representatives from local schools and learn about programs.

When: December 8th at 4:00pm

Where: Recreation Centre in the Gymnasium

Dinner Will Be Served

### Scholarships and Bursaries

The First Citizens Fund student bursary program is now open. For eligible students the level of assistance will be \$700 per semester.

Funding is distributed to students on a first come, first serve basis.

**Deadlines: Fall Semester 2016- Due Aug 31st 2016; Winter Semester 2017– Due Dec 31st 2016; Summer Semester 2017– Due Apr 30 2017**

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

The YVR Art Foundation is now accepting applications for the 2017 Youth Scholarship and Mid-Career Artists Scholarship awards for BC. Awards is valued at \$5000. Deadline is January 27, 2017

Applications can be found at: [http:// www.yvraf.com/programs](http://www.yvraf.com/programs)

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

The Elementary Homework Club is on Tuesday's 3:30-5:30 in the Library Space. Bring your homework and join us for snacks and fun!!



### 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

## Bridge Watchman Program-BCIT Marine Campus

ACCESS is partnering with the BCIT Marine Campus to deliver a Bridge Watchman Program starting November 21 2016. We are currently gathering a list of interested applicants.

Bridge watchmen form part of a team involved in the following activities:

- Keeping a lookout Steering the vessel Operating communication systems
- Handling ropes/chains Anchoring and mooring Responding to emergencies
- Assisting in cargo operations

This program will be 20 weeks in length and include 8 weeks of skills upgrading at our Essential Skills for Aboriginal Futures (ESAF) in New Westminster. The final 12 weeks will take place at the BCIT Marine Campus which is located one block west of the Seabus Terminal.

If you are of Aboriginal heritage and meet the following criteria for the program, you may be eligible for free tuition, supplies, transportation and living allowance.

Applicants must meet all entrance requirements prior to applying to this program. If you are uncertain or don't meet the requirements we strongly recommend you complete any applicable Trades Pre-entry Tests before applying.

- **English:** two years of education in English in an English-speaking country with **one** of the following:
  - English 12 (50%) or
  - Communications 12 (67%) or
  - Three credits of post-secondary English, Humanities or Social Sciences (50%) from a **recognized institution** or
- **BCIT English Trades Pre-entry Test** (for applicants who have two years of education in an English-speaking country only)
- **Math:** **one** of the following:
  - Any Math 11 or
- **BCIT Math Trades Pre-entry Test**
- **Medical certificate** from a **Transport Canada-approved physician**. Go to Transport Canada site for a list of physicians in your area.

To learn more information about this program go to <http://www.bcit.ca/study/programs/2925acerts> Interested applicants should contact Lindsay Gibson at 604-269-3355.

## Key to Employment Program

Learn new employment related Skills

- Personal Development
- Essential Skills
- Industry Certification
- Technology Integration
- Career Development
- Customer Care

Start Date: January 3, 2017

Location: 345 5<sup>th</sup> Street West,  
North Vancouver, BC

To Register: Contact Lindsay Gibson at  
[employassist@musqueam.bc.ca](mailto:employassist@musqueam.bc.ca)  
or 604-269-3355



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](mailto:employassist@musqueam.bc.ca)

# EMPLOYMENT AND TRAINING DEPARTMENT NEWS

## CONSTRUCTION SAFETY OFFICER (CSO) TRAINING

January 9 – 20, 2017  
BCIT Campus in Burnaby



A Construction Safety Officer (CSO) is responsible for ensuring that required safety protocols are followed on a work site. CSOs will conduct safety orientation for new workers, and give crew-talks to keep personnel informed about safety. CSOs **conduct and document** safety inspections, site hazard audits and maintain site safety plans to ensure that work is being done on a site follows all safety regulations. Field trips and shop tours require CSA approved hard hat, high-vis vest, steel-toed safety boots, safety glasses and appropriate clothing. The CSO class will be offered at:

**BCIT BURNABY Campus**  
**NE25, room 117 - 3700 Willingdon Avenue,**  
**Burnaby BC**  
**7:30 am to 4:30 pm Monday through Friday.**

### Eligibility Requirements

- Must be of Aboriginal ancestry
- Must be a tradesperson, flagger, construction worker or labourer
- Must have 1 year's work experience
- CSO training is very intense code/regulations based so grade 11 equivalency is required.
- Must be reliable and willing to attend BCIT every day and commit to this two-week program
- Transportation, Lunch vouchers and Completion bonus will be provided

Please call Lindsay Gibson or Terry Sparrow to sign up at 604-263-3261

## Alternatives to Craigslist

[www.raisinfoods.com](http://www.raisinfoods.com)

Job postings are centered on the food and beverage industry.

[www.eluta.ca](http://www.eluta.ca)

Provides direct links to original job posting

[www.charityvillage.com](http://www.charityvillage.com)

Non Profit Job Opportunities

[www.unya.bc.ca/about-us/employment-volunteering](http://www.unya.bc.ca/about-us/employment-volunteering)

[www.accessfutures.com/jobs](http://www.accessfutures.com/jobs)

Opportunities posted by ACCESS

[www.indeed.com](http://www.indeed.com)

[www.aboriginalcareers.ca](http://www.aboriginalcareers.ca)

[www.kijiji.ca](http://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**  
**Starbucks 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](mailto:employassist@musqueam.bc.ca)

# EMPLOYMENT AND TRAINING DEPARTMENT NEWS

## Aboriginal Training January 2017

Are you of Aboriginal Heritage and  
interested in a Bright Future  
as an **Electrician**?

You may be eligible for free training!

To Determine your eligibility contact ACCESS  
Employment Services at 604-251-7955 to locate  
an office near you. Or Call Lindsay Gibson or Terry  
Sparrow for assistance.



This is provided by Skills plan, ACCESS and EJTC.

THE UA Piping Industry College of  
BC

Welding Foundation

November 21, 2016 to June 16, 2017

FUNDING AVAILABLE FOR ELIGIBLE  
PARTICIPANTS!!!

UA Piping Industry College of British  
Columbia Delta Campus  
101-1658 Fosters Way, Delta BC,  
V3M 6S6

Financial assistance, such as funded  
tuition, child care and transportation  
may be available for eligible  
Aboriginal People, Women,  
Immigrants and Youth.

For More information, please  
contact **UAPIC BC**

Uapicbc.ca  
604-540-1945  
e.registrar@uapicbc.ca



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](mailto:employassist@musqueam.bc.ca)

Nov.18, 2016

MUSQUEAM INDIAN BAND

## Health Dept. Newsletter

# VILLAGE OF WELLNESS



## HEALTH FAIR & FLU CLINIC

**What:** Annual flu clinic and health fair

**Where:** Musqueam Community Centre

**When:** November 24, 2-6 PM

- ☞ Refreshments and snacks will be provided
- ☞ Health information & screening (blood pressure; blood sugar, HIV)
- ☞ Flu shots (all ages)
- ☞ Prizes

Please remember  
to bring your:

CARE CARD &  
wear short sleeves  
for your flu shot

Hosted by Musqueam Health Department

**TO MAKE AN APPOINTMENT FOR YOUR FLU SHOT CALL**

**Ashlee Point or Candice Sparkes 604-263-3261**

Nov.18, 2016

## Musqueam Elders—Brenda Campbell, Elders Coordinator



### Musqueam Elders next Luncheon

Thursday Dec.1, 2016

Time: 12:00 NOON

Location: Musqueam Elders Centre

### Musqueam Ladies Group

We meet every Tuesday evenings.

Time: 6:00 pm – 9:00 pm

Location: Musqueam Elders Centre

Thank you: Brenda Campbell

*Any questions please call: 604 263 - 6312*

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## Safe Drinking Water Monitor Program—*Charlene Campbell-Wood*

### FACTS ON DRINKING WATER

#### Coliform Bacteria – Total Coliforms & E.Coli

- Total coliforms are a group of bacteria commonly found in the environment, for example in soil or vegetation, as well as the intestines of mammals, including humans.
- Total coliform bacteria are not likely to cause illness, but their presence indicates that your water supply may be vulnerable to contamination by more harmful microorganisms.
- Escherichia coli (E.coli) is the only member of the total coliform group of bacteria that is found only in the intestines of mammals, including humans.
- The presence of E.coli in water indicates recent fecal contamination and may indicate the possible presence of disease-causing pathogens, such as bacteria, viruses, and parasites.
- Although most strains of E.coli bacteria are harmless, certain strains, such as E.coli 0157:H7, may cause illness.

#### Sources

Total coliforms and E.coli are used as indicators to measure the degree of pollution and sanitary quality of well water, because testing for all known pathogens is a complicated and expensive process. The main source of pathogens in drinking water is through recent contamination from human or animal waste, from

- Improperly treated septic and sewage discharges
- Leaching of animal manure
- Stormwater runoff
- Domestic animals or wildlife

During and after precipitation, bacteria and other harmful microorganisms from any of these sources may be washed into rivers, lakes, or groundwater. Poor well construction or poor maintenance can increase the risk of groundwater contamination.

Canadian Drinking Water Guidelines



Nov.18, 2016



### Chronic Disease Management Program—Merv Kelly

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

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

I'm available to assist all ages and levels of fitness for all community members.

Merv Kelly, Chronic Disease Management Facilitator

Phone: 604-263-3261 – Extension 3455 / email: [merv@musqueam.bc.ca](mailto: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.*



Nov.18, 2016



### MUSQUEAM PRIMARY CARE CLINIC

4010 Si-lu drive  
Vancouver, BC, V6N 4K7  
p-604-266-0043  
f- 604-266-0048

With Doctor Michael Dumont, MD, CCFP. He is a First Nations 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. To book an appointment please call. Messages are checked Friday mornings.

Clinic hours are Friday from 10am to 4pm

Phone 604-266-0043

Located at the Musqueam Elder's Centre

Dr. Dumont will be away on November 18, November 25th, and Dr. Judy Kwan will fill for those dates.

*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!*

\*IN CASE OF AN EMERGENCIES CALL 911 For Non-emergency Questions CALL 811

### MUSQUEAM HEALTH HOME & COMMUNITY CARE PROGRAM

*Romeo Cosio, RN*

**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

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.

**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

PLEASE BE REMINDED: Private or Semi-Private Hospital rooms are not a benefit of First Nations Health Authority or Health Canada. If you request this you will be responsible for the charges as the MIB Health does not receive funding for these extra charges. Thank you.

Nov.18, 2016

## CHN Newsletter

### Dental Screening for Toddlers: November 29, 0930-noon

Please join us for a dental screening and education event with dental assistant, Debbie Hadikin. Learn new tips for caring for your children's teeth and receive a free toothbrush. Open to all children ages 1-5 years old. Please book your appointment with Patricia Mathison (604-269-3354). Location: community centre yoga room.

### Mobile Mammography in Musqueam: November 30, 10:30-4:30

The Mobile Mammogram program will be back in Musqueam with brand new digital vans for screening!

Eligible to BC residents, age 40 and up. For more information about screening and the new digital mammography van:

<http://www.screeningbc.ca/Breast/GetMammogram/Mobile.htm>. *Massage treatments (25 min) available for women who have a mammogram and for women affected by breast cancer.*

**Pre-registration is required. Please contact Patricia Mathison at 604-269-3354 to book your mammogram and massage.**

### St. John's Ambulance Save That Child (infant choking & CPR & basic first aid): December 6

Child injuries require timely action, and over 80% of these injuries are caused by accidents in the home. **Save That Child** is the ideal course for child caregivers to provide them with the confidence to handle various emergencies, through prevention, recognition, and response. Trained instructors from St. John's Ambulance will teach the course at Musqueam (community centre). For more information or to register, please contact Patricia Mathison (604-269-3354; [nurseassist@musqueam.bc.ca](mailto:nurseassist@musqueam.bc.ca)).

### Tuberculosis Screening for Elders:

#### December 6th, noon– 2 PM (Elders Centre)

Screening for TB infection can help to prevent active tuberculosis disease. Together with First Nations Health Authority, we are hosting a TB screening event for elders. Lunch will be served at this event. Please contact Natalie Frandsen (604-269-3313) or Romeo Cassio (604-269-3463) with questions about the screening process.

### Are you pregnant or 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

Community Health Nurse, Natalie Frandsen can register you for the "Healthy pregnancy, Healthy Babies" Program. If you are pregnant you may sign up by calling Natalie Frandsen, CHN at 604-269-3313 or Patricia Mathison at 604-269-3354.

### Pre- and Post-natal Group:

#### Tuesdays noon-2 PM, Youth Centre

Please join us **Tuesdays at 12 noon** in the Youth Centre for an informal drop-in group (partners welcome!). We provide lunch, friendship with other young mothers, and special guests who provide education on pregnancy and baby related topics.








### Upcoming classes:

- November 22: **NO CLASS in lieu of flu clinic and health fair on November 24.**
- November 29: Dental health with Debbie Hadikin (Vancouver Coastal Health)

Nov.18, 2016

## Youth Centre

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

Monday November 21st	Tuesday November 22nd	Wednesday November 23rd	Thursday November 24th	Friday November 25th
BTS 3:30—5:30  Charades	D&A Night 	GOV Meeting  MYP 6:00—8:30 	BTS 3:30—5:30  Village of Wellness 2:00—6:00 	Movie Night 

**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\*\***

## NATIONAL NATIVE ALCOHOL AND DRUG AWARENESS PROGRAM (NNADAP)

### Coffee Time With Cyndi



**Every Wednesday evening from 5-6 pm in the Community Centre Café**

Stop by for a coffee and a snack! I will be in the café to provide information, support and resources for anyone who is looking for help with substance use issues for yourself or a loved one.

### Cyndi's Office Hours

Mon, Tues, Thurs	9:30-4:30
Weds	12-7
Fri	9-4



**Feel free to drop in or call me to make an appointment 604-269-3454**

**I am available for 1:1 counselling, treatment referrals, outpatient resources, information and support in relation to drug and alcohol use and abuse.**

***I am looking for elders who have quit smoking and would be willing to share their story at a tobacco prevention/cessation workshop. If you are interested, please let me know.!! You can call or e-mail me at NNADAP@musqueam.bc.ca***

## Yoga - Upcoming

Yoga will be running Thursday evenings starting at 7:15 pm at the Community Centre. First class will be December 1<sup>st</sup>, 2016. Please bring your own mat if you have one, wear appropriate clothing, and bring a bottle of water.



Look forward to seeing everyone there.

## Gym Floor Bookings

**Please note the gym floor is booked for the following until the end of December.**

**Monday and Wednesday 6:00 pm – 7:30 pm (Basketball)**

**Mondays 4:30 – 5:30 pm (Active Kids)**

**Also please note the gym floor will be closed for the following community events:**

**November 23<sup>rd</sup> Community Safety**

**November 24<sup>th</sup> Flu Clinic**

**November 29<sup>th</sup> (evening) and 30<sup>th</sup> Elections**

**December 7<sup>th</sup> (evening) and 8<sup>th</sup> Career Fair (set up night before)**

**December 9<sup>th</sup> (evening) and 10<sup>th</sup> Children's Christmas Party**

**December 11<sup>th</sup> Craft Fair**

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## Gymnasium information

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**Monday to Friday 8:30 am – 9:30 pm**

**Saturday/Sunday 10:00am – 5:00 pm**

### **Contact Information**

Gym Phone: 604.269.3464

Desk Line: 604.269.3451

Courtenay Gibson, Recreation Coordinator  
cgibson@musqueam.bc.ca/ 604.781.1470

Robyn Sparrow, Recreation Assistant  
rsparrow@musqueam.bc.ca



A photograph of the Musqueam Community Centre, a modern building with a dark roof and large windows, surrounded by greenery and a paved area.

# Musqueam Holiday Craft Fair

Please join us and explore over 50 tables of arts and crafts.

Door prizes, Concession, raffles and much more!

**December 11<sup>th</sup>, 2016**  
**10:00 am—4:00 pm**  
**Musqueam Community Centre**  
**6777 Salish Drive**  
**Vancouver, B.C**

Admission by donation.

Partial proceeds to go to the MIB Girls Mentorship Program

Vendors Please email [musqueamcraftfair@gmail.com](mailto:musqueamcraftfair@gmail.com) /or phone Courtenay Gibson 604-781-1470 for more information or to register for a table.



1<sup>ST</sup> Annual Musqueam Multi-Cultural

# Holiday Craft Fair    Nov 19-20 2016

Held by: Deanna M. Point (604) 219-8500

Email: [maavbrde@gmail.com](mailto:maavbrde@gmail.com)

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Where: Musqueam 51<sup>st</sup> Hall 6615    51<sup>st</sup> and Salish Drive

Time: 10:00 am to 7:00 pm both days

Vendors: 1 table is \$50 for both day's only 22 tables available.

Limited spaces please let me know in advance if you need extra space and if you're bringing your own tables and chairs. There will be a cafeteria selling food there as well as 50/50's please no selling food or other 50/50s thank you.

Raffles are ok to have as long as it is drawn at the fair.

# *Musqueam Children's Christmas Party*

*Saturday December 10, 2016 @ 12:00pm*



## **It is that time of year again!**

Santa is working on his list – checking it twice, checking to see who is naughty or nice.

**Children: Newborn - 12yrs must attend to receive their gift,** so please complete the registration form on the back of this notice and return to the administration office by Thursday December 1, 2016 if your Child/ren will attend.

Santa and his helpers thank you in advance for your co-operation.



# Musqueam Children's Christmas Party

## Registration Form – Newborn to 12 years

A parent/Guardian must complete the section below and return or fax to the Musqueam Band Office.

**Child/children must be in attendance at party in order to receive gift.**

Phone: 604-263-3261 or Fax: 604-263-7212

Or email @ [mypoint@musqueam.bc.ca](mailto:mypoint@musqueam.bc.ca)

When: December 10, 2016

Time: 12:00pm

Where: 6777 Salish Drive (gymnasium)

Name of Child	Age	Gender m/f	Band No.	Date of Birth

Name of Parent or Guardian  
(Please Print)

phone number

Please return to the Band Office a.s.a.p. **Deadline is Thursday December 1, 2016.** There is a box in the reception area for you to drop off your forms.  
Thank you.





You are Invited to

Katzie First Nation's Annual

# Christmas Craft Fair 2016



Katzie Health and Community Centre

19700 A Salish Road, Pitt Meadows

In the Gymnasium

**November**

**19th & 20th**

**10:00am - 4:00pm**

**Free Admission**

**Open to Everyone!**

50/50 Raffle

Crafts

Edible Items

Baked Goods

Hand Made Products

Clothing

Beaded Jewelry

and SO MUCH MORE!

Come One! Come All!

A Wonderful Day of Christmas  
Shopping and Gathering!

Snacks and Beverages will be available  
To Purchase from the Katzie Youth

**Table Rentals are Available**

Table Rental Price: \$25 per Table/Day

Tables are 8ft, and will be provided with 2 Chairs

Contact Cheryl to book your table Today!

Ph: 604-465-8921 ext. 101 or

Email: [hcreception@katzie.ca](mailto:hcreception@katzie.ca)

