

MUSQUEAM NEWSLETTER

Friday December 9, 2016

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

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



MUSQUEAM INDIAN BAND

- Information for Membership Audit Meeting -

Please be advised of the following update:

The Musqueam Chief & Council, the Finance and Administration Committee and KPMG (the Auditors) had arranged for a meeting on October 05, 2016 to present the 2015/2016 Audit to the Musqueam Membership. Due to a passing in the Community the meeting was postponed.

A number of dates were proposed, but unfortunately due to schedules and another passing in the Community the new dates were not feasible.

The Musqueam Chief & Council and the Finance and Administration Committee are ensuring the Community that a new date will be set to present the 2015/2016 Audit findings in the near future. Once a date has been selected in which all required attendees are available a notice will be sent to the Community.

Inside this issue:

Turkey Vouchers	2
MCC—Block F	3
Seeking Members	4
MIB Jobs	5-13
Education	14-15
Family Outreach	16
Health	17-20
Remaining News	21-29

St. Michael's Church

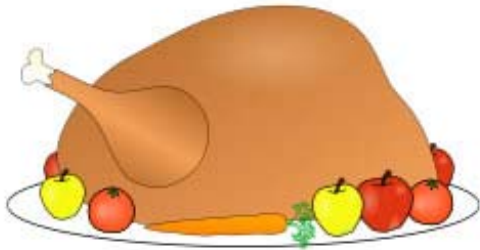
**Please join us at
Church, Every Sunday
@ 12:45 PM**

**St. Michael's Church
on Crown Street.**



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

ATTENTION:



TURKEY VOUCHERS

If your family has children living with you, and you are on social assistance on reserve, you are registered for a Christmas turkey voucher.

If you are registered as a person with disability on social assistance on reserve, you qualify for a turkey voucher.

Vouchers can be picked up in person at:

Musqueam Café

Wednesday, December 14th

8:30am to 4:30pm

Call Leanne in social development for more details: 604-263-3261



Musqueam Capital Corp
Block F Site Clearing project.

The Musqueam Capital Corp (MCC) has obtained official ministerial consent to proceed with the Block F real estate development project, located across from the Musqueam–Owned University Golf Club. The site clearing phase for this project will begin in mid to late January 2017, and be completed within a month.

There has been identified several species of wood, such as red cedar, alder, and fir, in addition to various plants and vegetation that could be repurposed for Musqueam member usage.

The MCC intends to repurpose the available wood in areas such as: Fir for the Musqueam Longhouse, Alder for Musqueam members who smoke fish, and Red Cedar for Musqueam artists who carve or weave.

There are other plants and the like that could be harvested/collected for use as medicines, or for making natural dyes.

There is a very short window of opportunity to access the Block F site, so it is key that interested parties be mobilised effectively. An initial orientation session at the MCC, then a site visit is planned for the first week of January 2017.

Please feel free to register with Jay, Sandra, or Caroline at the MCC if you have an interest in gaining access to any of the above-mentioned items.

Musqueam Capital Corp
(604) 559-5400

Jay Mearns
jaymearns@musqueam.bc.ca

Sandra Fossella
sfossella@musqueam.bc.ca

Caroline Thomas
mccadmin@musqueam.bc.ca



Chief and Council Seeking Band Members for Committees

Musqueam Chief and Council will be appointing members to the 4 standing committees and request applicants from community members for the following:

Intergovernmental Affairs

Description: To provide policy recommendations and guidance related to: Government relationships Federal and Provincial Partnerships and Authorities (e.g. FNHA) Liaison with other First Nations Bands, Constitutions, Referrals, Energy Projects, AHRP, Fisheries Conservation and Community fish Distribution.

Vacant:

- Elder Community Committee Member
- 2 Community Committee Members

Finance and Administration

Description: To provide policy recommendations and guidance related to Finance Management, Taxation, Grants, overall operation of the Administration, Human Resources and staff capacity development, Communications and Protocol and I.T.

Vacant:

- Elder Community Committee Member
- 2 Community Committee Members

Lands, Capital and Housing

Description: To provide policy recommendations and guidance related to Community planning, assets and infrastructure, Housing, Public Works, Capital Projects, Facilities, Membership, Land Code, Land Management and Land Use Planning.

Vacant:

- Elder Community Committee Member
- 2 Community Committee Members

Community Services

Description: To provide policy recommendations and guidance related to Social Development, Employment and Training, Health, Education, Language and Culture, Elders, Youth, Safe Home, Long House, Security and Justice and Recreation.

Vacant:

- Elder Community Committee Member
- 2 Community Committee Members

Please submit a cover letter stating the Committee or Committees you would like to sit on; attention of the Band Secretary, Leslie Loubert bandsecretary@musqueam.bc.ca.

Appointments would start from February 2017 and run until January 2021. Community Members are eligible to sit on a maximum of 2 committees at a time.



Musqueam Indian Band
6735 Salish Drive
Vancouver, BC V6N 4C4
Tel.: 604-263-3261
Fax: 604-263-4212

Job Posting

MUSQUEAM COMMUNITY ARCHIVES ASSISTANT

Full-time Term Position for Training & Capacity Development – 4 months

****NOTE: This position is open to community members who are under 30 years of age and who have graduated from high school.**

The Musqueam Indian Band, located in Vancouver, BC, is seeking a motivated individual to join our Archives team on a 4 month, Young Canada Works-sponsored position.

Under the direction of the Senior Archivist and Records Specialist, this position offers the successful candidate an opportunity to learn a variety of practical archival skills and to enhance connections between the Musqueam Community and its Archives. The Musqueam Community Archives Assistant will be trained to digitize and process a variety of media – including audio, photographic, and textual materials; prepare and participate in community presentations (e.g., how to care for photographs) and write community bulletins on archival care; and collaboratively develop/launch a microexhibit which will be hosted in the Musqueam Community Archives Reading Room.

This position is a unique opportunity for a recent college or university graduate to learn more about Musqueam, its community, the hən̓q̓əmiñən language, and archival practices.

Responsibilities for this position include:

- digitization of cassettes, open reel audio, photographic prints and negatives, and textual records as directed (full training will be provided), and entering descriptive metadata into spreadsheets and our database (AtoM) in the prescribed manner;
- performing light conservation and processing activities under the guidance of the Senior Archivist and Assistant Archivist;
- increasing community awareness of the Archives and its associated services available through presentations, bulletins, posters, and other community engagement initiatives;
- collaboratively developing, installing, and launching an exhibit in the Musqueam Community Archives Reading Room, including consultation with the community throughout all phases to ensure that appropriate materials are presented in a manner that conforms to community values and protocols;
- researching and designing forms for use during the project;
- attending and participating in weekly Archives team meetings;
- writing and submitting reports to supervisors on request;
- other related duties.

Job Knowledge:

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

- knowledge of the Musqueam Indian Band and/or experience working with First Nations is preferred;
- interest and willingness to engage with community members in a culturally appropriate way is required;
- understanding of Microsoft Office is required, as well as an ability to learn new programs and software;
- must be able to work independently and escalate issues appropriately

YOUNG CANADA WORKS IN HERITAGE ORGANIZATIONS – WHO CAN APPLY

Please note that this is a position that is funded in part by the Young Canada Works in Heritage Organizations program. As such, candidates must conform with Young Canada Works eligibility criteria, as well as those of our delivery organization, the Canadian Council of Archives. A candidate may be eligible for this position if they:

- are a Canadian citizen or a permanent resident, or have refugee status in Canada;
- are legally entitled to work in Canada;
- will be between 16 and 30 years at the start of employment;
- are willing to commit to the full duration of the work assignment;
- will not have another full-time job during the Young Canada Works assignment;
- **are an unemployed or underemployed high school graduate;** and
- are not receiving Employment Insurance benefits while employed with YCW.

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

Please email a cover letter and resume to Musqueam Indian Band, Human Resources at:

jobs@musqueam.bc.ca

Please write "Archives Assistant" on the subject line.

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

Please apply by December 14th.

** We thank all applications, 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

Band Manager/Chief Administrative Officer Regular Full Time

Reporting to Chief and Council of Musqueam Indian Band, this position is responsible for Band Administration and Budget. The Band Manager/Chief Administrative Officer administers a wide range of programs and services under the direction of the elected council members. Program and services to the 1000+ Musqueam Band Members are community- based and focus on respect for the strength and knowledge of both traditional and contemporary values. These programs and services cover the broad spectrum of community social and cultural services ordinarily provided by First Nation governments.

Purpose:

Administer and oversee Band programs and affairs including but not limited to; public works, education, housing, social development, health, recreation, by- law enforcement, security, community planning, feasibility studies, contracts, land entitlement/land selection process, financial management, membership, Band events, capital improvements, and office services. Responsible for day –to- day activities of Musqueam in accordance with Musqueam values, community plan, the Musqueam Band Administration bylaws, policies and direction from Chief and Council.

Responsibilities

Administration

- Supervise Band staff and programs, and ensure that the daily operation of Band government departments and services run smoothly and efficiently.
- Implement Band Council policies, decisions, and regulations.
- Conduct research, correspondence, and completion of reports, etc. arising from the decisions made by the Council, or as instructed by the Council.
- Make recommendations for the efficient operation of all programs and activities.
- Provide annual employee evaluation for the Administration Services staff and for senior staff positions in other departments; assists with other employee evaluations when requested.
- Handle crisis matters which arise on a day-to-day basis, and pass on relevant information to the appropriate Band staff or Council member.
- Upon authorization, negotiates agreements on behalf of the Chief and Council, with final approval provided by Chief and Council.

Public Works

- Works with committees, managers, and staff to deliver an efficient, coordinated program of construction, maintenance and other public works on Band property.
- Assists Program Managers in preparing annual budgets and planning priorities for housing and other public works for Band Council consideration.
- Prepares service contracts with Indian and Northern Affairs Canada, and ensures their compliance and completion.

Advice to Band Council

- Provides Chief and Council and Committees with background information on issues necessary for sound and informed decision making.
- Attends Chief and Council meetings;
- Provides Chief and Council with monthly reports on programs and operations.
- Recommends to Chief and Council changes and/or improvements to Band facilities, services, programs and policies.
- Seeks alternate sources of funding, and upon Council direction, submits proposals to funding sources.

Financial Administration

- Oversees that all contracts and financial transactions are conducted according to Band policy.
- Oversees CFO and ensures Band Council is fully informed on all financial matters. Ensures the Chief and Council is provided with detailed monthly financial statements as directed in the *Financial Administration Manual*, and interprets financial information upon request.
- Supervises the CFO's records of accounts to ensure all financial transactions are complete and accurate. Oversees the accuracy of financial statements, bank reconciliations, and budgetary reports. Ensures that all records, books of account, invoices, vouchers receipts and related documents are securely filed and stored.
- Ensures lines of credit are established and maintained with suppliers and agencies.
- Ensures that all requirements are met for annual audit purposes, including an up-to-date inventory.
- Assists in the development of annual budgets, and monitors all departmental/program budgets for compliance. Authorizes expenditures approved by Band Council.

Clerk of Band Council

- Prepares agenda for Chief and Council and/or committee meetings in cooperation with Chief or Committee chairperson. Ensures distribution of agenda, previous meeting minutes and required attachments to each Council or committee member two days prior to each meeting.
- Ensures recording of all Band Council Resolutions, minutes, decisions, regulations, policies and proceedings of Council and its Committees. Ensures that properly signed, indexed, filing and the forwarding of copies to appropriate agencies has been completed.
- attends Council and Committee meetings

Administrative and media liaison

- Communicate on behalf of the Band with: other First Nation Bands; organizations; agencies; and federal, provincial, or municipal officials or departments.
- Publish Band Council programs and policies. Advises and counsels Band members on programs and policies.
- Liaise with stakeholders, and different levels of government on key issues affecting Musqueam Indian Band.

Any other relevant duties as instructed by Band Council.**Job Knowledge:****The work requires the following knowledge, skill and or abilities:**

- Significant and proven leadership skills developed through at least 8-10 years in a senior management role, preferably in band management and administration; previous experience as a Band Manager is strongly preferred.
- University degree, a graduate degree preferred, in business or public administration, or equivalent.
- Considerable high-level contacts within federal, provincial and municipal governments, other First Nations organizations, funding agencies and in the non-profit sector.

- Knowledge of and seasoned experience with the Indian Act, other relevant legislation, and Musqueam and First Nations history and culture. Political environment wisdom would be an asset.
- Ability to build effective relationships with external stakeholders and collaborative ventures with diverse constituents.
- Demonstrated success in overseeing organizational finances and budgets.
- Excellent leadership skills, including the ability to motivate managers and staff and the ability to inspire confidence in Councilors, staff, and Band members.
- Judicious and tactful communication style, necessary to coordinate staff's recommendations to Council and integrate overall strategic plan.
- Creative thinker.
- High level and respectful communication skills and the ability to influence and sway decisions internally and externally.
- Experience negotiating agreements.
- Excellent writing skills, grammatically exact and in a conversational style complimented with editing skills to develop reports, presentation and briefing materials
- High level personal qualities and ability to maintain strict confidentiality and exhibit the highest level of integrity

Relationships:

- Work requires consistent interaction with all groups, internal and external stakeholders, and interpersonal communications for the purpose of providing opportunities at Musqueam and delivering excellence to support all interested members.

Working Conditions:

- Work is performed in an office environment
- Work can include long hours to attend a variety of meetings, including Council and Committee meetings, retreats, and special requests or projects.

Licenses

- Valid BC Driver's License
- Successful Criminal Records Check and Background Check

**Please send a cover letter and resume to Musqueam Indian Band, HR at
jobs@musqueam.bc.ca**

Please indicate "Band Manager" 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 short-listed applicants will be contacted.*



MUSQUEAM INDIAN BAND

6735 Salish Drive
Vancouver, B.C. V6N 4C4
Telephone: 604 263-3261
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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 for Committee events as needed
- Arrange per diem payments
- Assist with external meeting set-up and coordinate with venues as needed
- Assist with other 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.

Position will remain open until filled.

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



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JOB POSTING

Safety & Security

Musqueam Safety & Security is looking to add to their Casual Team.

Would you like to:

- Be a part of the **team** helping to create a safer Musqueam community
- Provide **protection** and support to Musqueam community members, including Youth and Elders
- Receive basic security **training** to secure a BC Justice Department Security **License**
- Receive advanced security training to enhance your safety and **security skills** and knowledge
- Receive unparalleled '**on the job**' training from ex law enforcement investigators

And...

- This training would be **paid for** by MIB, positioning you for good employment opportunities

If your answer is **Yes!** we would like to hear from you.

This is an excellent development opportunity in a growing employment sector, which may lead to qualified and licensed Musqueam Safety and Security members to operate not only at MIB, but other environments as well.

To apply, please email your cover letter and resume to Human Resources at jobs@musqueam.bc.ca

Indicate "Safety & Security" on the subject line.

As interviews and training are being scheduled for January, please apply soon!

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

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



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JOB POSTING

Safe Home Casual Positions

Musqueam's Safe Home is looking for Casual help over the Christmas holiday period.

The Safe Home is a culturally focused place of safety for children who are considered at risk. It is also a place of change for parents and families in need of help and support.

If you would like to help provide a secure and safe environment for families within the home and you have availability over the holiday period (shifts may include day, evenings, overnight and weekends) please apply!

You will need to have:

- Food Safe & First Aid
- A successful criminal background check
- Be free of alcohol/drug addictions

To apply, please email your cover letter and resume to Human Resources at jobs@musqueam.bc.ca

Indicate "Safe Home" on the subject line.

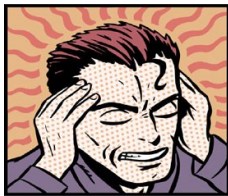
Please apply as soon as possible.

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

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

Musqueam Education Notice

Friday December 9, 2016



Answer to last weeks riddle: Frostbite

This week: What do you have in December that you don't have in any other month?

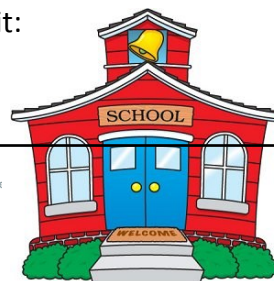


ATTENTION PARENTS: KINDERGARTEN REGISTRATION



Kindergarten registration is now open! Please make sure your children are registered for kindergarten this September. Registration is between November and January, and it is important to register early to ensure students get priority placement. For more information please visit:

<https://www.vsb.bc.ca/kindergarten>



The Elementary Homework Club will be taking a break over the holiday season, we will be starting up again January 10th 3:30-5:00.



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 are valued at \$5000. Deadline is January 27, 2017

Applications can be found at: <http://www.yvraf.com/programs>

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



Education Department:

Faye Mitchell, Education Coordinator,

April Campbell, Learning Facilitator

Delphine Campbell, Education Assistant,

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

Toll free: 1-866-282-3261

FREE Tuition for Aboriginal Learners!



Aboriginal Software Tester Certificate Program

Become certified in 6 months!
Apply your new skills in a paid
internship with our reputable
industry partner.

Call 604.873.3772 Ext. 328 to
register for classes starting
January 30, 2017



Native Education College
Phone: 604.873.3772 Ext. 328
E-mail: admissions@necvancouver.org

Requirements:

- Grade 10
- 25 WPM typing speed
- An interest in computer apps.

This is a great introduction to the IT industry! The training partner hires everyone who successfully completes the program for a minimum of eight weeks.

There are exciting learning opportunities at this organization in a variety of avenues, including coding.

MERRY CHRISTMAS FROM THE FAMILY OUTREACH PROGRAM

December 2016

Update

Family Outreach Update

Projects through the family outreach program for 2016

- Jarring Peaches

Thank you all that donated your jars it is greatly appreciated.

- Wool Weaving

Couple more class and then we will be finished . Will send out a notice to new dates and times..

- Medicine Walk and gathering of Traditional Medicine

Made the tea and put them into the Elder's baskets.

- Through our Eyes

Will begin in the new year again to finish the project.



"Family is not an important thing. It's Everything"

Michael J. Fox

We work individually and with groups to provide information and programming that will be helpful in building and maintaining healthy Musqueam Families.

When you meet with the family outreach worker, you can expect for it to be

Confidential,
non-judgemental,
respectful and safe.

We are a community support for Musqueam caregivers and their Children, & community members

Family Outreach

Contact Information

Theresa Hood

Family Outreach

-Location : 51 St Hall
Phone: 604-364-6551
Monday—Friday
8:30 am—4:30 pm

Other Resources:

MCFD After-Hours
1-604-660-7307

Kids Help Line Number
1-800-668-6868

Musqueam Security
1-604-968-8058

If you require immediate emergency assistance please call 911

Family Outreach Offer's Help In

- Family Outreach
- Parenting Information
- Parenting Skills
- Life Skills
- Safety Planning Support
- Self-care & Wellness Planning
- Finding child care and filling out subsidy applications
- Housing Search & applications
- Supervised Visits
- Attend Meeting were support is needed
- Helping fill out Old age Pension forms
- Support Letter's



Musqueam Health Dept. Newsletter—Dec.9, 2016



***Musqueam Elders* Christmas Dinner**

When: Wednesday, December 14, 2016

Time: 5:00 pm for Dinner

Where: Musqueam Elder's Centre



Free Income Tax Clinic—year– round

Organization: Tenth Church

Contact person: Reception

Phone number: 604-876-2181

Location: 11, W10th Avenue
Vancouver, BC V5Y 5R1

Clinic dates: Year-round Every Saturday
1:00pm to 4:00pm

Clinic type: With appointment

Client type: FOR ALL

Chronic Disease 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

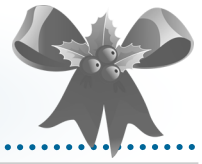
Phone: 604-263-3261 – Extension 3455 / email: merv@musqueam.bc.ca



AllPosters



Musqueam Health Dept. Newsletter—Dec.9, 2016



MUSQUEAM PRIMARY CARE CLINIC

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

Doctor Michael Dumont, MD, CCFP, 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: 604-266-0043

Clinic hours: Fridays from 10am to 4pm

*****Clinic Days during the Holidays:** Opened Friday Dec.23 & 30, 2016 from 10:00am-4:00pm***

Located at the Musqueam Elder's Centre *Messages are checked Friday mornings.

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.



Musqueam Health Dept. Newsletter—Dec.9, 2016



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

CHN Newsletter

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 families, and special guests who provide education on pregnancy and baby related topics.

Please note: there will be no classes over the Christmas break.

Next session will be January 10th, 2017.

Enjoy your Christmas Holidays !



Take Home Naloxone Training: January 17, 6- 8 PM (community centre)

There were 332 illicit drug overdose deaths with fentanyl detected from January through September 2016. This is a 196% increase over the number of deaths (112) occurring during the same period in 2015. A public health emergency has been declared in BC. To ensure that community members are able to respond to overdoses, the health department (in partnership with Vancouver Coastal Health) is hosting an education session. The session is open to all Musqueam staff and community members.

Safe Drinking Water Monitor Program—Charlene Campbell-Wood

Water Monitoring

Water quality monitoring takes place throughout the system for a number of reasons. Use of accredited laboratories better ensures sampling test results are accurate.

Source water monitoring provides useful information on the water supply when selecting a source for drinking water. Data collected also influences the design of the treatment solution as it helps determine what type of treatment is needed. Once treatment is in place, on-going monitoring at the intake allows plant operators to modify treatment if water quality fluctuates. Monitoring in other parts of the treatment plant ensures treatment is working properly and that water leaving the plant is safe for human consumption. Compliance monitoring in the distribution system ensures any problems that arise can be dealt with as quickly and efficiently as possible, thus ensuring that water reaching consumers is clean, safe and reliable.

This excerpt was taken from www.hc-sg.ca



Musqueam Health Dept. Newsletter—Dec.9, 2016



YOUTH CENTRE

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

Monday December 12th	Tuesday December 13th	Wednesday December 14th	Thursday December 15th	Friday December 16th
Healthy Living Workshop Be Healthy! 	Baking Night 	D&A Night 	Charades 	Movie Night 
4:00—6:00	3:30—6:00	5:00—7:00	4:00—6:00	2:00—9:00

The Youth Centre Hours: 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: the Youth Centre will be open @9:00 AM when kids have professional days****

National Native Alcohol and Drug Awareness Program (NNADAP) -with Cyndi Bell

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

Cyndi's Office Hours

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



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 NNA-DAP@musqueam.bc.ca*

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.

Access Central (detox, Daytox) 1 866 658 1221

BC 211 (referral service) 211

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.

x^wməθk^wəyəm Recreation Notice

December 7th, 2016

Yoga

Yoga will be running Thursday evenings starting at 7:15 pm at the Community Centre. First class will be December 1st, 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:



December 7th (evening) and 8th Career Fair (set up night before)
December 9th (evening) and 10th Children's Christmas Party
December 11th Craft Fair

NEC Native Education College invites youth ages 11-15 years of age to join Cory Breland of IMPACT Fitness at a series of Youth Basketball Camps at the Musqueam Gymnasium.

December 5th, December 7th, December 12th 6:00-7:30 pm each day

Gymnasium information

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

December

2016

Musqueam Community Centre

Holiday Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16 <i>Last day of regular hours</i>	17 10:00 am – 5:00 pm
18 10:00 am – 5:00 pm	19 10:00 am – 5:00 pm	20 10:00 am – 5:00 pm	21 10:00 am – 5:00 pm	22 10:00 am – 5:00 pm	23 10:00 am – 5:00 pm	24 Closed
25 Closed	26 Closed	27 10:00 am – 5:00 pm	28 10:00 am – 5:00 pm	29 10:00 am – 5:00 pm	30 10:00 am – 5:00 pm	31 Closed
1 Closed	2 10:00 am – 5:00 pm	3 <i>Return to regular hours</i>				

If you have any questions or concerns please contact Courtenay Gibson, Recreation Coordinator 604-263-3261 or cgibson@musqueam.bc.ca

Come celebrate the season, meet new people and have fun! This is a great self-care and networking opportunity for professionals and the bereaved. Invite your colleagues, family and friends. The more people, the merrier!

RSVP
required.
By
donation.

Trout Lake
Community Centre,
Grandview Room
3360 Victoria Drive,
Vancouver

TO
REGISTER:
604-738-9950
CONTACT@
BCBH.CA

Sunday,
Dec.11, 2016
4:00 – 6:00pm

Remembering to **PLAY**



Facilitated by Vince Gowmon, the founder of Remembering to Play Events, and the author of *Let the Fire Burn ~ Nurturing the Creative Spirit of Children*. He leads keynotes and playshops for organizations, conferences and communities on topics such as Leadership, Communication, Creativity, Community Engagement and Play. His events are fun and interactive, leaving people inspired and with practical tools for work and life. For more information, see: www.vincegowmon.com.



KWANTLEN POLYTECHNIC UNIVERSITY

CCLS

Career Choices and Life Success

CITATION

for women



Opportunities Direction Meaningful Work Vision Confidence

DETERMINE A CAREER DIRECTION WITH CONFIDENCE

- Change Your Life
- Update Your Resume
- Gain Work Experience
- Hone Your Interview Skills
- Personality/Vocational Assessments

Funding available: kpu.ca/awards/aug

*Admission, tuition and student association fees apply.

PROGRAM RUNS

Jan 17–Apr 28, 2017

Classes are held on Tuesdays, Thursdays and Fridays, from 9:30 am - 2:30 pm on the Langley Campus.



Mailing Address
12666 – 72 Avenue
Surrey, BC V3W 2M8

Career Choices and
Life Success Program*

for women

SPEND YOUR TIME WISELY TO FIND YOUR CAREER DIRECTION

Attend ONE Information Session held on the Langley
Campus in Room 2075:

Thursday October 27, 10:30am-12:00pm

Wednesday November 9, 10:30am-12:00pm

Tuesday November 22, 7:00pm-8:30pm

Thursday December 1, 7:00pm-8:30pm

Wednesday December 14, 10:30am-12:00pm

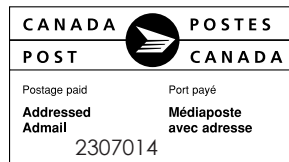
20901 Langley Bypass, Langley, BC

Program runs January 17-April 28, 2017

FOR MORE INFO: Email: ccls@kpu.ca Website: kpu.ca/ccls

Please RSVP to ccls@kpu.ca to attend one information session.

*Admission, tuition and student association fees apply.



WHAT do students learn?

Self Knowledge: Basis for Success CCLS 0800

Students gain strength through increased self-acceptance. They learn how to set and achieve goals according to their personal and career values.

Communication Skills CCLS 0810

Students learn to communicate effectively as they write a resume and cover letter and participate in a job interview.

Personal Management and Problem Solving CCLS 0820

Students practice time management and deal with procrastination and fear. They learn how to give and receive feedback effectively.

Career Assessment and Research CCLS 0900

Through a variety of engaging and insightful experiences students deepen their understanding of themselves and their career goals.

Career and Education Experience CCLS 0915

Students learn how to create and follow through with opportunities by networking and job shadowing in the community.

Career and Life Planning CCLS 0920

Students set goals and design a realistic and achievable plan of action to meet them, often achieving results they never thought possible.

WHAT does it cost?

- Admission, tuition and student association fees apply.
- The Adult Upgrading Grant is available for those who qualify (kpu.ca/awards/aug).

WHAT are the next steps?

1. Attend an information session. Dates and times at kpu.ca/aca/ccls
2. Interview with a CCLS faculty member.
3. Submit an application to KPU.
4. Register when prompted by Admissions.

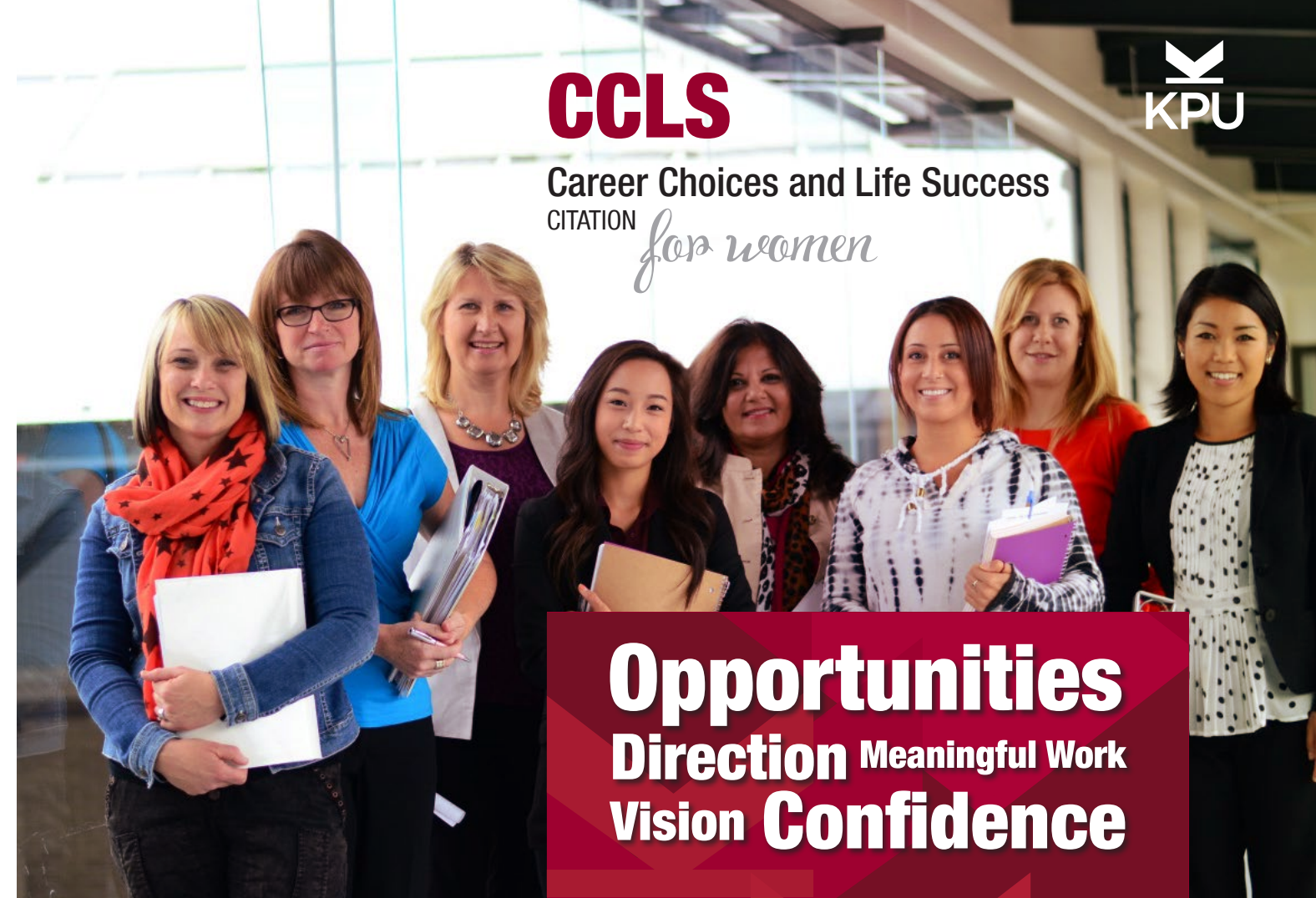
WHERE is there more information?

e: ccls@kpu.ca
w: kpu.ca/aca/ccls

CCLS

Career Choices and Life Success

CITATION *for women*



Opportunities
Direction Meaningful Work
Vision Confidence





WHY take CCLS?

The CCLS program is for women who want to find meaningful work and more. The program helps women identify and reach their full potential by assessing their career, education and life goals. Women find the necessary support to set and achieve goals, tackle procrastination and fear and practice communication skills to deal with difficult situations and people.

Women build confidence as they learn job search strategies, practice interview skills, and create multiple resumes. Information research and work placements yield valuable experience and networks with people employed in their community. CCLS provides opportunities to try out various careers to ensure the right fit.

WHO takes CCLS?

Women of all ages, cultures and walks of life! CCLS might be the right path for you too. Have you ever thought any of the following statements?

- “ I want change. I need something different.
- I want meaningful work.
- I need a vision for my life.
- I need confidence. I need help breaking the fear.
- I want plans in place. I want to know where I am going.
- I need to address my financial difficulties.
- I want to complete higher education.
- I want job stability.

WHAT does CCLS look like?

CCLS is a one-semester program with start dates in the Fall (September) and Spring (January) semesters at the Langley campus.

Daytime classes are held Tuesdays, Thursdays and Fridays from 9:30am to 2:30pm. Out of class research, data gathering and information interviews are held on Mondays and Wednesdays and the hours are flexible.

There are also multiple opportunities for work placements, job shadowing and participation in other practical activities during three 2-week practicum periods.



Albany Fitzgerald testimonial

The Career Choices and Life Success Program has taught me confidence, discipline, and accountability. Continuing my education this fall, I have a solid plan of where I want to be when I've finished. I learned that stepping out of my comfort zone is the only way I am going to see the change I want and that it's my responsibility to take action to achieve my goals.

Surbhi Thakrar testimonial

The Career Choices and Life Success program has been a life saver for me. My background was in retail management but it was not something I wanted to pursue. I was looking for a new direction in my life. The course offered me a lot of insight about myself. I felt more confident and looked forward to class and connecting with other students. I was offered a job after my second placement as an assistant property manager, which I accepted. Now, I am doing my licensing course as a property manager which will allow me to further my career. Who knew this program would have such an impact.



Pre-Apprentice Power Line Technician Program



Andrew Kiss, 2nd year Apprentice Power Line Technician, Moricetown First Nation, BC

Learn to install, maintain and repair power lines as a Pre-apprentice Power Line Technician.

As a Pre-apprentice Power Line Technician (PLT) with BC Hydro, you play an important role in ensuring the reliable delivery of electricity to homes and businesses across BC.

If you're like the majority of candidates who arrive without basic line skills, you first complete the one-year Pre-apprentice PLT program which prepares you with the skills necessary to apply for a PLT apprenticeship.



She Wolf gifted
to BC Hydro by
Art Thompson
from the Dłidaht
First Nation.



BC Hydro
Power smart

PRE-APPRENTICE POWER LINE TECHNICIAN

WHAT YOU LEARN AND EXPERIENCE

You will learn to work within a PLT crew including operating a line truck and other specialty equipment.

You will assist in the installation and removal of poles, anchors, and transformers and complete work assignments as a Level 1 Apprentice PLT.

You will develop basic climbing skills and safety procedures while working with voltages up to 120/240 single phase. PLT work is done outside in all weather conditions at heights up to 120 meters.

YOUR QUALIFICATIONS

We are looking for high school graduates with English 12, Math 11, and Physics 11 with a class 5 driver's license. You need to enjoy being outdoors and doing hands-on, physical work.

You should have construction experience or exposure to the trades as well as strong interpersonal skills.

PAY AND BENEFITS

As a pre-apprentice PLT you earn \$26.30 per hour with a comprehensive benefit package that includes paid vacation leave (minimum of 3 weeks).

Aboriginal Employment Services At BC Hydro

Email aboriginal.employment@bchydro.com

Call 1 877 461 0161, option 1

How to Apply

Visit bchydro.com/careers>Current opportunities or

Visit the 'how to apply' page to create a profile

Intake for this position occurs once per year. Set up a 'job alert' so you don't miss it.



bchydro.com/AEBD





Pathways Aboriginal Centre

OSKAYAK News

December 2016

You are Invited to Pathways Winter Dinner

When: December 7th 5:30pm-8:00pm

Where: Pathways Aboriginal Centre
100-7900 Alderbridge Way, Richmond B.C.

*Join us for a turkey dinner served by the
OSKAYAK Youth Council*

To RSVP please contact By December 1st

Phone: 604-271-7900 ext.102
E-mail: jelica.shaw@rysa.bc.ca

Family Arts Program!

When: Saturday's 11:00am-3:00pm

Where: Pathways Aboriginal Centre
100-7900 Alderbridge Way, Richmond B.C.

Healing Through Art and Cultural Exploration

To register for the program and for a detailed
calendar please contact Jamie

Phone: 604-271-7900 ext.101
E-mail: jamie.holt@rysa.bc.ca

Powwow Dancing!

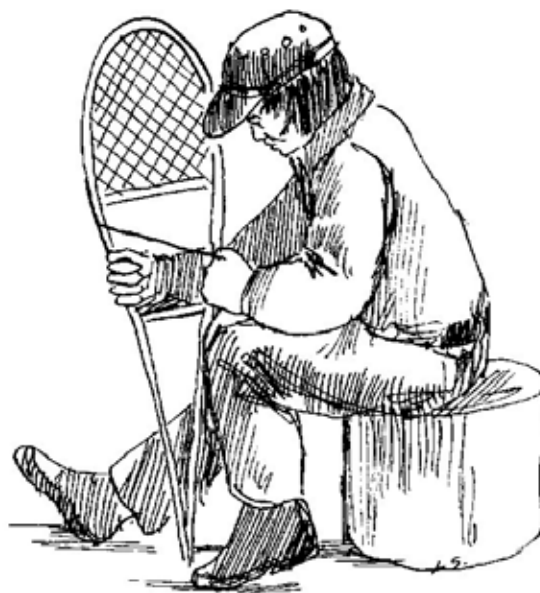
When: Alternate Tuesday's
December 13th will be the only class in
December. January 10th & 24th
3:30pm-4:45pm

Where: Pathways Aboriginal Centre
100-7900 Alderbridge Way, Richmond B.C.

All Ages and Abilities Welcome

To register for the dance class please contact
Jelica

Phone: 604-271-7900 ext.102
E-mail: jelica.shaw@rysa.bc.ca



OSKAYAK youth Council

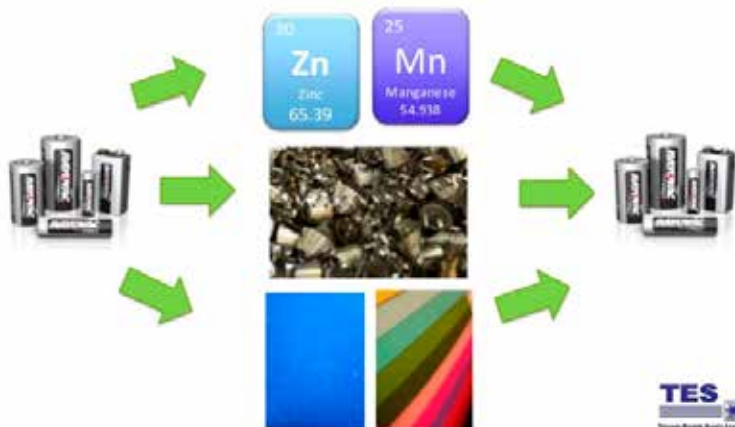
Youth Council Update

In November the Youth Council attended the WEDAY Celebration at Rogers Arena. What an amazing event! The Council left inspired to be apart of the global change. Since WEDAY the council has started a coin drive to raise money to help a women in Ecuador become self sufficient.

The youth have also learnt that more than half of the world suffers from zinc deficiency. The youth were amazed at this, they were even more amazed when they found out that they could help. By starting a battery recycling program! If recycled properly 1 battery has enough zinc to help 6 people!

What Happens To Recycled Batteries?

The zinc, manganese concentrate, steel, plastic, and paper in alkaline, zinc carbon, and zinc-air batteries are all recycled into fresh, new batteries.



Events in the Community



Christmas in Vancouver is the most wonderful time of the year as the tree-lined streets of downtown and around town become adorned in lights and other festive displays. From parades to holiday themed markets, we have the city's most comprehensive Christmas coverage.

2016 Christmas Parade in Vancouver

When: Sunday, December 7, start time 1 p.m.

Where: The parade is in downtown Vancouver, located just blocks from the Burrard, City Centre, Granville and Waterfront SkyTrain stations.

Parade route: The 1.8 kilometer parade route starts at Georgia and Broughton, travels east on Georgia to Howe, turns south on Howe, and finishes at Howe and Davie.

Christmas Tree Lighting Ceremony

The 50-foot tree will be the tallest Christmas tree in the city.

When: Friday, December 5 from 5:30 to 7:30 p.m.

Where: Jack Poole Plaza, Vancouver Convention Center



Community Resources

CHIMO Crisis Line 604-279-7070

www.chimocrisis.com

Kids Help Phone 1-800-668-6868

Ministry of Children, Youth and Families

604-660-1044

*VACFASS-Vancouver Aboriginal Children and Family
Services Society*

604-872-6723

Richmond Addictions 604- 270-9220

Aboriginal Wellness Program

604- 675-2551

Native Court Workers

604- 792-5539

*The Healthy Aboriginal: is a non-profit website
promoting of health, literacy and wellness*

www.thehealthyaboriginal.net

Thank You!



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.

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 11th, 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 /or phone Courtenay Gibson 604-781-1470 for more information or to register for a table.

