



MUSQUEAM NEWSLETTER

Thursday, December 15, 2016

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

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

MUSQUEAM INDIAN BAND

- Boat Ramp Completion Date -

Musqueam has been informed by the contractor building the Boat Ramp, that due to recent bad weather and forecasted weather conditions, the new completion date for installation of the Boat Ramp is January 20, 2017.

Thank you,

Musqueam Administration

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MUSQUEAM ADMINISTRATION CHRISTMAS CLOSURE

PLEASE BE INFORMED THAT MUSQUEAM ADMINISTRATION WILL BE CLOSED FOR THE CHRISTMAS HOLIDAYS FROM FRIDAY DECEMBER 16, 2016—JANUARY 3, 2017.

RE-OPEN REGULAR HOURS ON TUESDAY JANUARY 3, 2017, 8:30 AM—4:30 PM.

- **PLEASE SEE A LIST OF EMERGENCY CONTACT NUMBERS INSIDE THIS NEWSLETTER ISSUE***

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 :)





NOTICE OF MEETING FOR MUSQUEAM BAND MEMBERS

2015-2016 AUDIT PRESENTATION/ GENERAL BAND MEETING

Attention to all Musqueam Community Members, the annual Audit/ General Band Meeting will be presented to membership . This is an important meeting and you are encouraged to attend.

WHEN: Monday January 23, 2016

TIME: 5:30 PM—Meeting will be called to order

PLACE: Musqueam Gym—6777 Salish Drive

DINNER WILL BE SERVED AT 5:00 PM

Thank you from the
Finance and Administration Team

Please note that the Intergovernmental Affairs team will be presenting information to the community regarding various projects.



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 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

Musqueam Education Notice

Friday December 16, 2016



Answer to last weeks riddle: The letter D

This week: Christmas and New Year's Day occur exactly one week apart and therefore should fall on the same day of the week. But in the year 2020 Christmas will occur on a Friday and New Year's on a Wednesday.

Why is this?

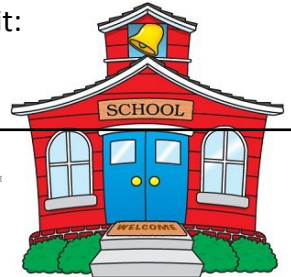


ATTENTION PARENTS: KINDERGARTEN REGISTRATION



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>



School Bus Reminder:

There is a zero tolerance policy for bullying on the school bus, incidents of bullying are taken very seriously and may result in a child no longer being able to ride the school bus.

**SCHOOL CHEQUES WILL BE
ISSUED DECEMBER 30TH
8:30am-12:00pm**

Scholarships and Bursaries

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>

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 in this organization in a variety of avenues, including coding.

Family Grief Therapy



"In order to love who you are, you cannot hate the experiences that shaped you" ~ Andrea Dyksha



Alysa sharing her Grief Tool Kit with the children's group.

Happy Holidays!

Highlights from the Year:

- Two Wellness Weeks including free hair cuts, massages and four Arts Making Exploratory workshops
- Children's Grief Workshop series where each child made a grief tool kit
- Two Pranic Healing Clinics
- One-One Sessions
- Family Group Sessions
- Two Honouring One Another Cedar hat Weaving Classes & Gala's
- Youth Movement Workshop Series
- A number of Focus Groups to gauge community needs
- A number of out-reach home visits
- Off site community chats

Quotes to enjoy:

"Our greatest strength lies in the gentleness and tenderness of our heart" ~Rumi

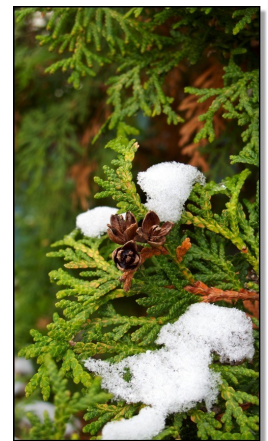
"Remember it is who you are that heals, not what you know"
~Carl Jung

Mindful Thoughts for the Holidays:

- * May you tread lightly with kindness in your heart over the holidays.
- * A good song can lift and raise you up
- * Journals are great ways to vent and engage with feelings
- * To be vulnerable and ask for help is a strength
- * Regular salt baths help disperse negative energy

Possible Benefits:

- HAVE A SAFE PLACE TO EXPLORE FEELINGS, THOUGHTS AND IDEAS
- GAIN COPING MECHANISMS
- HAVE SOMEONE HEAR YOUR STORY
- GAIN A DIFFERENT PERSPECTIVE
- LEARN ABOUT EMOTIONS



For assistance over the Holidays:

- Aboriginal Crisis Line (KUU-US) 1-800-588-8717
- BC Bereavement Helpline. (If you leave a message someone will call you back) 604-738-9950
- Vancouver Crisis Line 604-872-3311
- Rape Crisis Centre 604-255-6344; 1-877-392-7583

For more information after the holidays or to book an appointment, please call 604-263-3269 or email mhajash@musqueam.bc.ca



MIB Health Department Newsletter - Dec. 15, 2016



Community Contacts for Public Health Related Services

Pacific Spirit Health Centre: 604-261-6366

Raven Song Health Centre: 604- 709-6400

Robert and Lily Lee Health Centre: 604-675-3988 (public health and dental services)

Nurse Line: Dial 811 (access to nurses, pharmacists and dieticians 24 hours per day)

Mental Health Services

Mental Health Emergency Services: 604.874.7307

Addiction Services: 1.866.658.1221

Suicide Line: 1-800-SUICIDE (1-800-784-2433)

Mental Health Support Line: 310-6789 (do not add 604, 778 or 250 before the number)

Seniors Distress Line: 604-872-1234

Online Chat Service for Youth: www.YouthInBC.com (Noon to 1am)

Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1am)

For non-emergencies, call one of the mental health intake lines below:

Adults: 604.675.3997

Children and Youth: (under 19 years of age) 604.675.3895

Children and Youth emergency (under 19 years of age): 604-874-2300 (phone lines open Monday to Friday 9am -5 pm)

Older Adults: 604.709.6785

Walk in clinics:

Matters of Health Medical Clinic

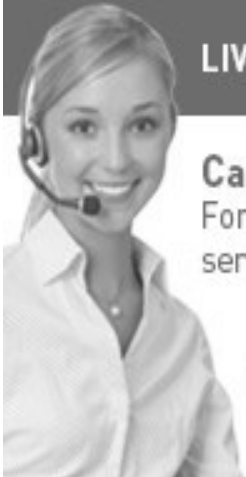
5591 West Blvd

(604) 558-4633

Khatsahlano Medical Clinic


2685 W Broadway

(604) 731-9187



LIVE HELP 24 / 7

Call HealthlinkBC
For help finding health services anytime.

 **811**



MIB Health Department Newsletter - Dec. 15, 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

Safe Drinking Water Monitor Program—Charlene Campbell-Wood

CAN WATER HELP ME LIVE LONGER?

There are lots of secondary reasons just why this is, but according to **Dr. Jeffrey Griffiths of Tuft University School of Medicine**, much of the credit for longer life spans can be attributed to clean water. Just what health effects are caused by clean drinking water?

Have a quick look at the list below to see:

1. Reduces daytime fatigue
2. Improves memory
3. Nourishes skin
4. Essential for digestion, nutrient absorption and chemical reactions
5. Helps remove toxins from your body
6. Aids circulation
7. Regulates your body's cooling system
8. May prevent kidney stones and urinary tract infections
9. Improves muscle tone

Helps lubricate joints

So the answer is yes, drinking clean water can help you live longer. On a very basic level, your body cannot store up its own supply of water. It needs fresh intake of valuable water to hydrate cells and remove toxins through your liver and later kidneys. Without this vital replenishing of water, your body dehydrates, slows down and your blood literally

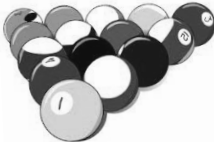




MIB Health Department Newsletter - Dec. 15, 2016



YOUTH CENTRE

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

Monday December 19th	Tuesday December 20th	Wednesday December 21st	Thursday December 22nd	Friday December 23rd
Pool  1:00—4:00	Arts & Crafts  Arts and Crafts 12:00—4:00	Scattergories  11:00—3:00	Colouring  12:00—4:00	Movie Day  10:00—5:00

The Youth Centre will be open from 10:00 am—5:00 pm 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 for holiday hours****

NNADAP—Cyndi Bell

NNADAP Contact list

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

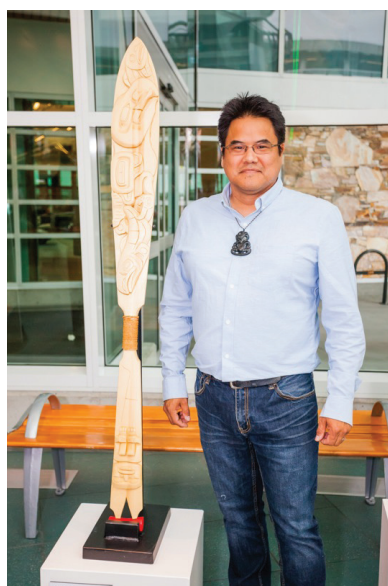
YVRART

FOUNDATION

CALL FOR 2017 SCHOLARSHIP APPLICATIONS

FROM BC & YUKON FIRST NATIONS ARTISTS

APPLICATION DEADLINE: JANUARY 27, 2017



Up to seven **Youth (age 16-26) art scholarships** for \$5,000 each will be awarded for visual artists to study with an artist mentor or attend a recognized school of art. Youth scholarship recipients will be brought to Vancouver for an Awards ceremony and their artwork will be exhibited at Vancouver International Airport (YVR) for one year.

Up to two **Mid-career (age 27+) artist scholarships** for \$5,000 each will be awarded for visual artists to study with a master artist, attend a recognized school of art or work on a special project that is of cultural significance to their community.

**For details on eligibility requirements and to apply for
a scholarship go to: www.yvraf.com/programs**

For more information:

www.yvraf.com | info@yvraf.com | T: 604.276.6261 |



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

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



Social Development Department

DECEMBER 15, 2016

Please note:

**Cheque Issue Day for January 2017 will be on
Friday December 30, 2016
From: 8:30am—12:00pm**

(Office will be closed from Dec.19/16-Jan.2/17)

Please provide all required paper work to the “Social Dev. Dept.” so we can process payments for you accordingly. Without your **“completed paperwork”** (renewal slips, job search forms, hydro, gas & phone bills) we cannot process payment for you!

Please **COMPLETE** your paperwork, PRINT , SIGN YOUR NAME & DATE, etc.

**Please provide all necessary paperwork at your earliest
convenience, so we can serve you better!**

If you are **employable**—you are expected to pick up your own cheque. If you are a **“person with disability”** or a **“person with persistent multiple barriers”** and you will not be picking up your own cheque, please provide a note or a phone call as to whom will be picking up your cheque.

We will not see any clients on or two days prior to cheque issue day! **SORRY!** No cheque processing on “cheque issue day” - ***if your paperwork is late, so is your cheque!***

Thank you for your cooperation,

From The Social Development Dept.



[View this in your browser](#)

NEXT AT MOA: DECEMBER 2016



Coming Soon: Gallery of Northwest Coast Masterworks

In case you missed our big news last month, MOA will soon be home to a significant collection of historical and contemporary Indigenous artworks and a new [Gallery of Northwest Coast Masterworks](#). The anonymous donation of more than 200 pieces of

Indigenous art, worth an estimated \$7 million, is believed to be the largest collection of Northwest Coast First Nations art to return to B.C. in recent decades.



Work on the new gallery has already begun, and it is scheduled to open in June. We're incredibly excited by this development, and we invite you to [learn more about it on our website](#). You can see a few of the donated objects above, or take a moment to view our [Masterworks photo gallery on Flickr](#).



Make Your Own Ceramic Art with MOA's Artist in Residence

Javier Ramirez, a highly acclaimed ceramic artist from Mexico, is in residence at MOA until December 15. [Drop by and visit him](#) as he creates a Tree of Life sculpture for our collection. Or better yet, you can join Javier this Saturday for a rare chance to sculpt your own

ceramic creations and have them fired in a dugout, wood-burning kiln on MOA's grounds.

[Learn more and get tickets.](#)



Unique Gifts Galore at our Winter Art Market

If you're searching for thoughtful gifts for friends and family, you'll find plenty of ideas at our annual Winter Art Market. Our wonderful staff at the [MOA Shop](#) have gathered up their favourite seasonal items and stocked up on your favourite gifts, such as this stunning shirt by Nuxalk artist Danika Naccarella, the winner of our t-shirt contest this year. The Winter Art Market runs at the MOA Shop until December 24.



Holiday Hours

Gather your family up and bring them to MOA this holiday season for a [tour](#), or simply take in one of our [temporary exhibitions](#). We're open our [regular hours](#), with a few exceptions:

- December 24: 10 am – 2:30 pm
 - December 25: Closed
 - December 31: 10 am – 2:30 pm
-

Calendar of Events

Thu, Dec 8 / **Tour:** [Indigo Across Cultures](#)

Fri, Dec 9 / **Artist-in-Residence:** [Visit with Javier Ramirez](#)

Sat, Dec 10 / **Workshop:** [Create Your Own Ceramics](#)

Dec 13-14 / **Artist-in-Residence:** [Visit with Javier Ramirez](#)

Thu, Dec 15 / **Presentation:** [The Tree of Life](#)

Sun, Dec 25 / **Closed:** [Christmas Day](#)

Thu, Jan 5 / **Tour:** [Crocodile Man](#)

The Last Word: "Contemplating Layers of Influence, it's amazing how modern and contemporary the textiles look and how easily they would be *au courant* in today's current fashion trend of mixing patterns and textures." – [The Globe and Mail](#)
