

MUSQUEAM NEWSLETTER

Friday January 06, 2017

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

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

Hay ce:p q'ə

The Campbell family wishes to express our gratitude to all friends and family who were by our side during the recent loss of our loved one. Your support during this difficult time is acknowledged, will be always remembered and was comforting when we needed it most.

The family thanks all the cooks who provided nourishment to keep our bodies strong and thanks all friends and family who were by our side to nourish our spirits.

Roberta and Lance wish to express their gratitude to the Sparrow sisters for wrapping each of them with the "ten" (mother) blanket.

With Respect and Love to All,

The Campbell Family



Inside this issue:

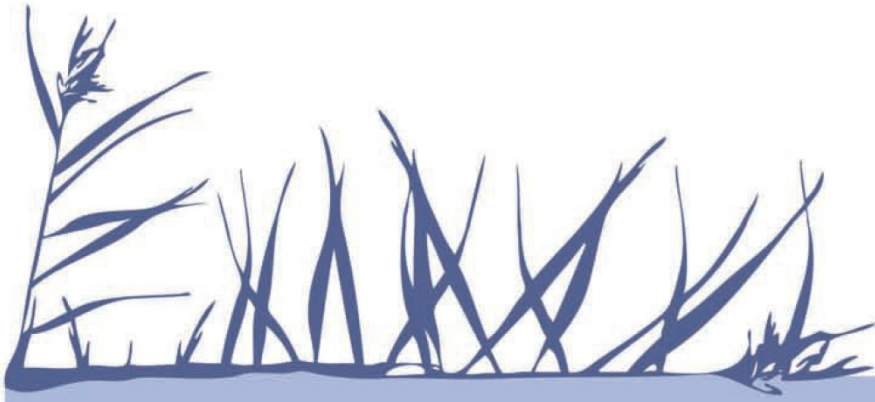
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St. Michael's Church

**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 :)**



Xʷməθkʷəy̓əm
Musqueam

LAND CODE

Musqueam Land Code Committee - Request for Expression of Interest

The Musqueam Land Code Committee of Council invites an expression of interest in writing from any interested Band Member to have their name be considered for an appointment to serve on the Musqueam Land Code Committee.

The Musqueam Band Council is the deciding body as to who will be selected to serve on the committee comprised of a total of seven members.

There are four people required to be appointed:

- **Two Musqueam Band Member at Large;**
 - **One Musqueam Band Youth Representative;**
 - **One Musqueam Band Elder Representative.**
-
- The duties of the Committee are to assist in the completion of pre-conditions to the Musqueam Land Code:
 - Requisite Staff
 - Development of Matrimonial Property Law;
 - Finalize draft Risk Management Study;
 - Computerized Inter-Departmental Systems Development;

Musqueam is currently in a transition period of the Land Code Project, and require the dedication of the working group to complete the Musqueam Land Code Pre-conditions, to bring Musqueam into the operational stage of the project subject to the Band Council determination.

Deadline January 30, 2017 Application Deadline

Please submit a cover letter stating your intention to serve on the Musqueam Land Code committee to the attention of Kim A. Guerin, Coordinator. Ph. 604-263-3261

Kim@musqueam.bc.ca or hand deliver to the Band Office. Date of Notice: Jan. 6, 2017

Musqueam Land Code Committee – “Land Code Committee” (In Transition before Land Code Implementation)

May 24

Terms of Reference

I. Community Objectives:

- a. To continue to exercise authority to govern/manage Musqueam Lands and Resources, from the perspective of cultural beliefs and practices, and Framework Agreement on First Nation Land Management, and subject to the detailed provisions of the Musqueam Land Code (Musqueam Land Code)
- b. The Council may, subject to the terms of the Land code, make laws respecting most aspects of its lands. (Musqueam Land Code)
- c. Certain land laws and other important land matters require input from and/ or the approval of the Musqueam Eligible Voter's of the community (Musqueam Land Code)

II. Purpose:

The Land Code Committee (Transition) is formed by Council in order to make recommendations to Council on policy and matters related to transition to the Musqueam Land Code Implementation & completion of the pre-conditions.

III. Responsibilities, Duties, Expected Results:

Overall, carry out the purpose and recommend to Council while achieving the following:

1. Promote the philosophy and vision of our community;
2. Support the strategic goals developed and approved by Council;
3. Draft and evaluate policies that fully support the land code implementation and pre-conditions and recommend to Council in order to best meet the needs and priorities of the community;
4. Council's expectation for specific results:
 - a. Marital Real Property Law
 - b. Communications
 - c. Business systems (computerized) for an integrated approach of all relevant departments
 - d. Compliance system for land-based policies and procedures – e.g. allotment of land, designation of lands
 - e. Risk management study (for planning purposes)– by December 31, 2013

IV. Accountability:

The Musqueam Land Code Committee (Transition) is accountable to Council. The Musqueam Land Code Committee (Transition) Chairperson will report to Council at least once per month and/or in a timely way, with the Group's meeting minutes being documented and included in Council's Report

section of the Agenda

V. Membership Composition / Selection / Appointment:

Appointed by Council, the Land Code Committee (Transition) is comprised of seven members, the number being based on how many are needed to carry out the responsibilities and expected results:

Chairperson – as appointed the Lands Committee from among its members.

Alternate-chair – Land Code Committee shall appoint one of the other Lands Committee members, or an Eligible Voter, to act as or be the Chairperson, subject to confirmation by the Council.

Members:

3 Councillors (Chief, Ex-Officio member)

2 members at large (one off-reserve; one on-reserve)

1 Elder

1 Youth (age 29 or under)

To avoid any apparent or real conflict, a Land Code Committee (Transition) member shall not be a staff member of the Lands Department, which is responsible for delivery of services or implementing Council policy.

Land Code Committee (Transition) members would have some of these important credentials, skills or special talents:

Persons who are eligible to be members: e.g. Musqueam members who live on and off reserve;

Persons, not eligible to be members:

- (a) any person convicted of an offence involving fraud or dishonesty that was prosecuted by way of indictment;
- (b) any person who is an undischarged bankrupt and
- (c) any person convicted of a corrupt practice in connection with an election, including accepting a bribe, dishonesty or wrongful conduct.

VI. Term of Policy Task Group Appointment:

The Council appoints the Land Code Committee (Transition) members for the duration of the Council's term of office. Council may review and recommend the appointment every January as needed. (C&C term is 4 years, but the committee is reappointed every year) A Land Code Committee (Transition) member who is absent three consecutive meetings can be replaced.

VII. Technical Support/ Resources:

The technical support provides information for the Land Code Committee and does not participate in decision-making. The Land Code Committee technical support is as follows:

Lands Manager

Coordinator, Musqueam Land Code

Legal Counsel

Lands Advisory Board member

Other staff members as may be required from time to time

The Musqueam Land Code Committee (Transition) does not direct the actions of the technical support and resource people.

VIII. Meetings:

The Land Code Committee (Transition) will meet on a minimum quarterly basis.

The meetings will be set in advance to ensure adequate time for planning. The Chairperson and Coordinator/Program Manager will draft the agenda one week in advance. The Land Code Committee will be given materials, with the consent of the Chairperson, one week or as many days as possible prior to the meeting to ensure that members have adequate time to review the documents. Preference is for consensus to be reached on the recommendations to be made for Council.

A Land Code Committee (Transition) meeting consists of the following procedures:

- i. Adoption of current agenda
- ii. Review and adopt minutes of previous meeting
- iii. Business arising from the past meeting
- iv. New business
- v. Address other business
- vi. Schedule next meeting
- vii. Adjournment.

Participation by Communications Facilities:

If all the Committee members consent, a member may participate in a meeting of the Committee by means of conference telephone or other communications facilities by means of which all members participating in the meeting can hear each other. A member participating in a meeting in accordance with this section will be:

- (d) deemed to be present at the meeting;
- (e) deemed to have so consented;
- (f) counted in the quorum; and
- (g) entitled to speak and vote at the meeting.

Quorum: a quorum for committee meetings will be four members

IX. Remuneration:

All Land Code Committee members are provided an honoraria as per Band Policy.

X. Code of Conduct:

All Musqueam Land Code Committee members are guided by the Musqueam Council's Code of Conduct and will sign the document as part of the orientation package at or before the first meeting of the Musqueam land Code Committee.

XI. Conflict of Interest Policy:

All Musqueam Land Code Committee members are guided by the Musqueam Council's Conflict of Interest policy and will sign the document as part of the orientation package at or before the first meeting of the Musqueam Land Code Committee members.

XII. Confidentiality Policy:

It is essential that the confidentiality policy be adhered to strictly, and will be signed as part of the orientation package distributed at or before the first meeting of the Musqueam Land Code Committee members. The Chairperson (Portfolio) will indicate when a following topic is to be discussed in strictest confidence.

EVERYONE WELCOME!

MUSQUEAM 101 – Wednesday January 11, 2017

stem? (what?) Musqueam 101 January 11, 2017

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.

Presenters:

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

təmtem? (when?)

Wednesday, January 11 Dinner will be served at 6:00 p.m. The presentation will start at 7:00 p.m.

PLEASE JOIN US!



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
Fax: 604 263-4212

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.

Musqueam Education Notice Friday January 6, 2017



Answer to last weeks riddle: New Year's Day for the next year follows 7 days after Christmas of the previous year. But for New Year's Day and Christmas in the same calendar year (2020) New Year's day comes 51 weeks and 2 days before Christmas.

This week: I sit on a bridge. Some people will look through me while others wonder what I hide. What am I?



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>



COMIC BOOK CLUB



The Comic Book Club will be starting again Wednesday January 11th from 3:30 - 5:30. We'll be in the Library Space, come by and have a snack while you learn how to create comic books!!



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.

The Elementary

Homework Club is on Tuesday's 3:30-5:00 in the Library Space. Bring your homework and join us for snacks and fun!!



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

Employment and Training Department News

Alternatives to Craigslist

www.raisinfoods.com

Job postings are centered on the food and beverage industry.

www.eluta.ca

Provides direct links to original job posting

www.charityvillage.com

Non Profit Job Opportunities

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

www.accessfutures.com/jobs

Opportunities posted by ACCESS

www.indeed.com

www.aboriginalcareers.ca

www.kijiji.ca

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

Michaels Canada

Canucks

Subway

McDonalds

Moxie's

Scotia Bank

Royal Bank

Urban Native Youth Association

HAS THE FOLLOWING POSITIONS AVAILABLE



OPEN POSITIONS:

Cage

- Relief Cage Supervisor (Casual) (1)
- Relief Drop Count Supervisor (Casual) (2)
- Cage Cashier (Casual) (2)

Food Beverage

- Bistro Cashier (Casual) (5)
- Porter (Casual) (5)
- Sous Chef (1)
- 1st Cook (1)
- Sous Chef – Asian Cuisine (1)
- Prep Cook (2)

Guest Services

- Guest Services Representative (Casual) (2)

Table Games

- Incoming Professional Dealer (10)

Finance

- Senior Financial Analyst

To Apply:

- 1) Go to www.edgewatercasino.ca
- 2) Click on "Careers" for casino positions
- 3) Click the "Click here to apply for Careers" button
- 4) Click job title
- 5) Click "Apply online"
- 6) Follow on screen directions.

Employment and Training Department News

Essential Skills for Aboriginal Futures In Partnership with the City of Vancouver

3-1-1 Contact Centre
Citizen Service Internship

Feb 6, 2017 – March 31, 2018
Paid Positions – Limited Seating

The purpose of creating this distinct internship program is to allow people from the Aboriginal community who do not meet the current base qualifications for a Citizen Service Representative (CSR1) position to develop the necessary knowledge, skills and experience to help them compete for a (CSR1) position with the City of Vancouver.

Eligibility

- Grade 12 Completion or GED
- Demonstrated Customer Service experience
- Accurate keyboarding at 30 WPM
- Communicate in English clearly and effectively, both verbally and in writing.

For more information or to apply please contact Lindsay Gibson at (604)269-3355 as soon as possible.

Aboriginal Electrician Training In Partnership with Skillplan, Electrical Joint Training Committee and ACCESS

NEW START DATE: January 23, 2017

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

You May be eligible for free training!!

To Determine if you're eligible contact Lindsay Gibson at (604)269-3355 ASAP.

Career Advice for the Week

"HELP OTHERS EVEN IF THERE IS NO DIRECT BENEFIT TO YOURSELF. IT TAKES SO LITTLE ENERGY TO ANSWER QUESTIONS, PROVIDE REFERRALS, OPEN DOORS, ETC., FOR PEOPLE WHO NEED YOUR HELP, EVEN IF DOING SO OFFERS YOU NOTHING IMMEDIATE IN RETURN. YOUR EFFORTS WILL BE REWARDED IN THE FUTURE IN WHOLLY UNEXPECTED WAYS."



Musqueam Health Dept. Newsletter—Jan.5, 2017



National Native Alcohol and Drug Awareness Program (NNADAP)

Cyndi Bell, NNADAP Worker

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 concerning 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! A Small Honoraria will be provided

You can call or e-mail me at: NNADAP@musqueam.bc.ca



Tobacco Prevention/Cessation Workshop

Come join us in the Community Centre Café for an interactive tobacco prevention/cessation workshop!

Date: January 19th, 2017

Time: 5-7 pm (snacks provided)



There will be activities to try and information to gather. This event is for all ages.

Doors prizes to be won!



Musqueam Health Dept. Newsletter—Jan.5, 2017



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

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

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: Next session will be January 10th, 2017.

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.



Musqueam Health Dept. Newsletter—Jan.5, 2017



MUSQUEAM HEALTH HOME & COMMUNITY CARE PROGRAM

Romeo Cosio, RN

For emergencies please call 911.

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.



**Burnaby
Orthopaedic
& Mastectomy**

Fri, January 13, 2017

9:00am -12:00pm at the Elders Centre

Service available includes:

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

To be covered by **First Nations Insured Health Benefits or Extended Benefits** you must get a prescription from a doctor (Dr. Dumond will be in the Musqueam Primary care clinic this day)
More information can be found at www.burnabyorthopaedic.com



Safe Drinking Water Monitor Program

Charlene Campbell-Wood

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

- You should have at least four litres of water per person per day - for drinking, food preparation, personal hygiene and dishwashing. So for example, if you have three family members, you should have 12 litres a day for at least a three-day period, i.e. 36 litres of bottled water in a cool, dark place, in washed and disinfected plastic bottles that are easy to carry.
- Record the date that you bottled or stored the water on the label. Replace stored water every six months and store-bought bottled water every year.
- If you have pets or a service animal, don't forget to store approximately 30 millilitres of water per kilogram of the animal's weight per day. For example an average cat or small dog would require at least 1/5 of a litre (or half a cup) of water per day.

Chronic Disease Management Program

Merv Kelly

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

You may call me or drop by my office:

Hours – Monday to Friday: 9:30 am to 3:00 pm / 5:00 pm to 6:30 pm

Available to assist all ages and levels of fitness for all community members.

Merv Kelly

Chronic Disease Management Facilitator





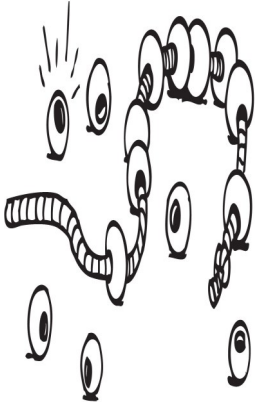
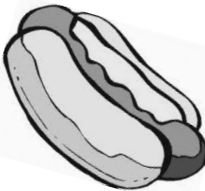
Phone: 604-263-3261 – Extension 3455

Email: merv@musqueam.bc.ca



YOUTH CENTRE

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

Monday January 9th	Tuesday January 10th	Wednesday January 11th	Thursday January 12th	Friday January 13th
Healthy Living Workshop Be Healthy! 	D&A Night 	Bridge Through Sports 3:30—5:30  GOV Meeting @5:00 	Arts & Crafts 	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****

MUSQUEAM ELDERS

Musqueam Ladies Group

We meet every Tuesday evenings.

Time: 6:00 pm – 9:00 pm.

Place: Musqueam Elders Ctr.



Musqueam Elders Luncheon

When: Thursday January 11, 2017

Time: 12:00 Noon

Place: Musqueam Elders Ctr.

*Thank you, Brenda Campbell
Elders Coordinator,
Phone: 604-263-6312*



sə́yám'təl'



x^wməθk^wə́yəm Social Development *has hosted a series of sə́yám'təl' sessions, one for Elders, Women, and Men exclusively.*

During these 8 classes, participants have sharing circles lead by Meghan Hajash to discuss traditional family roles, and ways we can address violence in community. Circles are followed by lessons with Holly-Ann Campbell to make a Cedar Hat for a loved one.

MEN WANTED

If you are male over the age of 18 years, and have never made a Cedar Hat before, this is for YOU!!!

Participants must be 100% committed mind, body and spirit to attend all 8 cedar weaving classes. Dinners are provided.

Musqueam men will come with open hearts, minds and spirits to share in closed circle talks, and also create a beautiful Cedar hat to honour a significant Woman in their lives.

WHO: 6 Adult Men, age 18+ (very limited space available)

WHEN: Starts January 11th, Wednesday evenings 5pm to 9pm

WHERE: Musqueam Classroom 1/2, Community Centre

****Call Meghan to register: 604-671-1258**

*Funding for this program generously provided by
Ministry of Public Safety and Solicitor General—Civil Forfeiture office.*

CEDAR WEAVING APPLICATION FORM

MEN (age 18+)

Name:

Phone:

Please explain in your own words:

A) What is motivating you to take this course?

B) What do you hope to gain from participating in this process?

C) Is there anything you need to prepare to discuss traditional family roles or ways to end violence in Musqueam community?

Applications due by **January 9th at 4:30pm**

Please submit to Meghan Hajash in 51st Hall

T: 604-671-1258 / E: mhajash@musqueam.bc.ca



Pathways Aboriginal Centre

OSKAYAK News

January 2017

You are Invited to Pathways Winter Dinner

When: January 26th 5:30pm-8:00pm

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

*Join us for a yummy bowl of buffalo stew
and
learn to make lip balm with Jelica*

To RSVP please contact By January 19th

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: 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

What a great winter the Youth Council has had! A big thank you to all of the members who set up and helped with the craft table at the Winter Dinner! We could not have done it without all of your help!

After successfully fund raising the Youth Council was able to buy a herd of goats for a young women in Africa. The herd of goats will allow the young women to start a small business selling goats milk. The Youth Council has designed a series of greeting cards, stay tuned for a sneak peak in next months issue of the OSKAYAK Times



Events in the Community



Feature exhibit: Women on the Homefront

Dates: April 9, 2016 - March 31, 2017

Recurrence: Recurring daily

Time: 10am to 5pm

Address: 12138 Fourth Avenue, Richmond, BC

Phone: 604-664-9009

Price: Regular admission applies

Britannia Shipyards National Historic Site - Flash Tours

Presented By: Britannia Shipyards National Historic Site

Recurrence: Recurring daily

Time: 1:00 PM to 3:00 PM

Location: Britannia Shipyards National Historic Site

Address: 5180 Westwater Drive, Richmond, BC

Phone: 604.238.8050

Price: FREE

Winter Wonderland Skating at Minoru Arenas

Dates: December 9, 2016 - January 2, 2017

Recurrence: Recurring daily

Time: Public Skating Daily - check www.richmond.ca/arenas for daily schedule

Location: Minoru Arenas

Address: 7551 Minoru Gate, Richmond, BC

Phone: 604-238-8465

Price: regular admission rates apply



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!



Collection Schedule

6735 Salish Drive, Vancouver, British Columbia, Canada

Set out your garbage by 7 am.

Set out your Green Bin by 7 am containing all your food scraps and yard trimmings.



: Garbage



: Green Bin



: Leaf Collection Weekend



: Christmas Tree & Leaf Collection Weekend



: Holiday

December 2016

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

January 2017

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

February 2017

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

March 2017

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April 2017

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23	24	25	26	27	28	29
30						

May 2017

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21	22	23	24	25	26	27
28	29	30	31			

June 2017

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				1	2	3
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18	19	20	21	22	23	24
25	26	27	28	29	30	

July 2017

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23	24	25	26	27	28	29
30	31					

August 2017

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

September 2017

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17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2017

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

November 2017

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