

MUSQUEAM NEWSLETTER

Friday January 13, 2017

**Tel: 604-263-3261, Toll Free: 1-866-282-3261,
Fax: 604-263-4212...Safety Patrol: 604-968-8058**

Courtenay Gibson – Ch’nook Business Idea

I would like to expand the reach of Musqueam artists by creating a business that would represent these artists and connect them with opportunities. I would start by creating a base of Musqueam artists who do “crafts” such as weaving, jewelry, painting, carving etc. I would create a small business that would advertise for these artists, connect them with grant opportunities and other funding, help them create professional portfolios and also create a client base of external partners who would hire these artists. I do foresee some roadblocks that I am not sure how to overcome but I would like to find a way to help our very talented artists grow and reach a greater potential, and to show the local communities what talented art and artists we have in Muqueam.

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Cedar Weaving

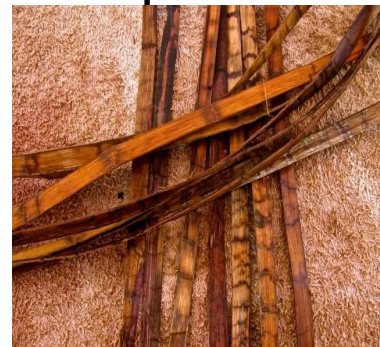
Todd Giihlgiiigaa DeVries, Haida Cedar Weaver

Many community members have been attending classes with Todd downtown for a number of months. The ladies have requested some space in the community centre to participate in this drop in program closer to home. Please feel free to come and join the fun. The setting is informal and on a drop in basis. Please ensure to arrive at the start of the session to make full use of the teachingtime.

You can learn different weaving techniques such as twinning. Projects include anything from bracelets, headbands, baskets, rope etc...**Mondays 5:00 pm –**

8:00 pm Community Centre Café ~~Starting January

16th, 2017 Cost - \$15 per session including cedar. \$10 if you have your own cedar etc. Potluck meal before each session .



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 :)**

CONSTRUCTION UPDATE

Musqueam Boat Ramp Replacement Project

Construction update:

Due to unforeseen weather conditions, construction of the project has been delayed. The project is now estimated to be completed by February 20, 2017.

Due to tidal restrictions, some night works continue to be required and contractors will be present on site through the remainder of the construction period.

About the project:

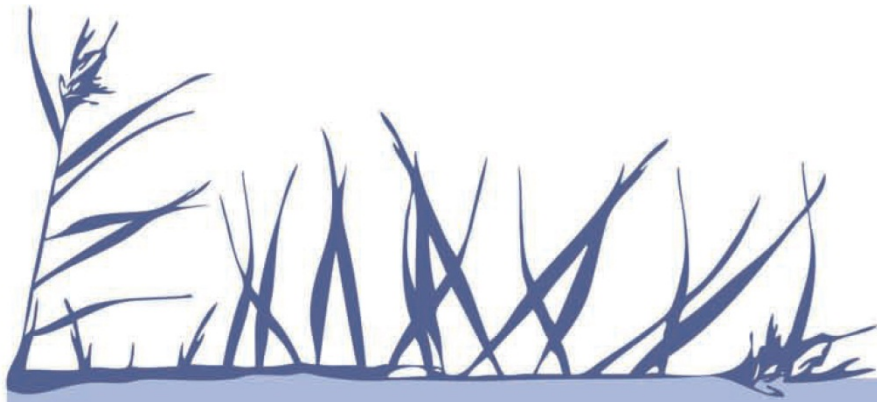
The Musqueam Indian Band is working with the Vancouver Fraser Port Authority on the Musqueam Boat Ramp Replacement Project. The project site is located on the north arm of the Fraser River within the Musqueam Indian Reserve. This collaborative effort will involve the demolition of an existing concrete boat ramp and the installation of a safer, more functional concrete boat ramp on the Musqueam foreshore.



For more information, please contact:

Laura Sparrow 778.994.2905
Norm Point 604.269.3376





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. 13, 2017



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.*

EVERYONE WELCOME!

MUSQUEAM 101 – Wednesday January 18, 2017

stem? (what?) Musqueam 101 January 18, 2017

Through an Aboriginal Lens

The intergenerational effects of our colonial history, Indian Residential Schools, particularly, are broad. Today, we have disproportionate numbers of Indigenous peoples impacted by physical and mental health traumas and who have criminal justice encounters. Samaya Jardey, Program Manager, Through an Aboriginal Lens, will speak to the work Through an Aboriginal Lens does with Indigenous youth who are experiencing intersecting health and justice related challenges.

Through an Aboriginal Lens is a partnership between the Native Courtworker and Counselling Association of BC and the Asante Centre. This first of its kind project in BC provides holistic outreach support to Indigenous youth referred to the Youth Justice FASD Program. The approach to the work is through an Indigenous cultural lens that is deeply rooted in and respectful of Indigenous worldviews, values and teachings.

Samaya was the first ever student co-ordinator of Musqueam 101. She is looking forward to seeing everyone and we are looking forward to welcoming her back!

Presenter:

Samaya Jardey – is of Snuneymuxw descent. For more than twenty years she worked directly with former students of Indian Residential School (IRS), and their families. Based on her grandmother's teachings, her guidance and support are holistic in nature and rooted in an Indigenous worldview, values and teachings.

Special Guest:

Tiffany Gallagher – Tiffany was the first note taker and recorder of Musqueam 101. She is looking forward to seeing everyone and we are looking forward to welcoming her back as well!

ni? ʔəncə? (where?)

Musqueam Administration Offices

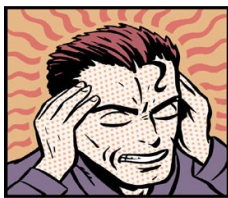
təmtəm? (when?)

Wednesday, January 18 Dinner will be served at 6:00 p.m. The presentation will start at 7:00 p.m.

PLEASE JOIN US!

Musqueam Education Notice

Friday January 13, 2017



Answer to last weeks riddle: Sunglasses

This week: Wednesday, Tom and Joe went to a restaurant and ate dinner. When they were done they paid for the food and left. But Tom and Joe didn't pay for the food.

Who did?

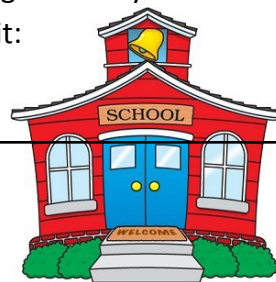


ATTENTION PARENTS: KINDERGARTEN REGISTRATION



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>



CALL FOR ABORIGINAL ARTISTS

DEADLINE: MARCH 30

Britannia Art Gallery reserves its June exhibition slot for aboriginal artist(s) to exhibit their work. Accepted artist(s) are responsible for hanging and taking down their own show.

The gallery is in the Britannia Library and is a dual purpose space used also as the adult reading lounge. The gallery provides a non-alcoholic opening reception, a small honourarium of \$200 total and artists showing in the gallery handle their own sales.

The gallery produces both electronic and hard copy invites, handles publicity through its in-house system.

Also available is the opportunity for an Artist's Talk and/or facilitating a 3 hour workshop both have small honourariums as part of the contract.

For application please go online at www.britanniacentre.org and find Applications under "Services" where you click on Arts and Culture. Under the gallery section are applications for exhibitions or workshops.

Any questions please email:

Haruko Okano/curator

harokano@telus.net



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

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.

HAS THE FOLLOWING POSITIONS AVAILABLE



OPEN POSITIONS:

Cage

- Relief Cage Supervisor (Casual) (1)
- Relief Drop Count Supervisor (Casual) (2)
- Cage Cashier (Casual) (4)
- Drop Count Team Member (Casual) (1)

Customer Development

- VIP Services Host (Casual) (1)

Finance

- Project Assistant – Contract (1)

Food Beverage

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

Table Games

- Incoming Professional Dealer (10)
- Dealer Training (February class) (20)

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

C15 WAR CANOE JOB CREATION PARTNERSHIP

Boat Builder

As a member of War Canoe Team you will gain valuable work experience that could lead to a job in boat building, carpentry & joinery, cabinet making, fibreglassing, painting or boat restoration.

You will work with other participants and a skilled boat builder to develop a C15 War Canoe from drawings to hull and interior build-out, followed by finishing work. Skills learned will include lofting, carpentry and joinery, fibre-glassing, painting, wood restoration, and use of multiple finishes. Hand tools and power tools used. All safety clothing will be supplied.

You will also take part in community outreach activities to help promote the project and the supporters.

Project will run Monday to Thursday, 9am to 5pm and Friday 9 to 12 pm.

YOU WILL GAIN VALUABLE WORK EXPERIENCE IN:

THE IDEAL CANDIDATE

- Currently on or eligible for EI over past 36 months
- Interested in valuable work experience that could lead to jobs in carpentry and joinery, cabinet making, painting, fibre-glassing, painting and boat restoration.
- Your character is typically described as dedicated, hardworking and detail-oriented
- You are a team player and have a positive attitude
- To apply, please register with your local Work BC office, followed by emailing warc canoe@dragonboatbc.ca or calling Ann at 778-386-4248.

FOR THE FULL POSTING PLEASE CONTACT LINDSAY GIBSON AT 604-269-3355

JCP Event Production and Marketing Coordinator Job Experience

An event coordinator is responsible for the planning, implementing, supervision and evaluation of special events. This includes setting the budgets, executing on budget, choosing and confirming venues, contract negotiations, volunteer management including recruitment, organizing, training and appreciating volunteers, liaising with sponsors, partners, government and community stakeholders, working with media and leadership volunteers, developing creative briefs to direct marketing, assisting with the development of marketing materials and events.

You:

- Are eligible or have been eligible for EI in the past 36 months.
- Wish to build a career in special events production, marketing or non-profit management
- Want to build on past customer service experience (from any industry)
- Values the diversity of others and their perspectives
- Is adaptable
- Is positive, calm, and level-headed
- Likes to work independently with little supervision or as a team
- Can exercise good judgement
- Has the ability to respond to sensitive and/or controversial situations with maturity and sound judgment
- Values confidentiality; as much of the work and records are confidential

To apply, please register with your local Work BC office, followed by emailing

warc canoe@dragonboatbc.ca or calling Ann at 778-386-4248.

FOR THE FULL POSTING PLEASE CONTACT LINDSAY GIBSON AT 604-269-3355

Employment and Training Department News

Job Postings

DISHWASHER

Dishwasher Needed. Friday to Sunday. Fun working environment. 5:00pm to 10:30 pm. \$12.00 per hour, plus tips. DROP OFF RESUME at 3510 West 4th Avenue. Double DD Pizza

Burgoo Bistro Kitsilano is hiring a Sous Chef!

Burgoo Kitsilano is hiring a Sous Chef to assist in the day to day running of our fun and fast-paced kitchen. We're looking for someone who is. .

Lively, Eager to learn, Energetic, Fun, Committed, Awesome, Passionate, Driven
If this is you then check us out.

Your general duties will include:
Going above and beyond guest expectations
Training, motivating and mentoring team members
Ensuring the highest quality and consistency of our food
Production and line supervision
Daily kitchen maintenance and organization
Meeting and exceeding outlined labour and food cost targets

We look forward to meeting you!

Interested candidates are asked to please apply with Burgoo Bistro's *one minute online application* today:

[APPLY ONLINE to Burgoo Bistro](#)

Part-Time Administrative Assistant

Location: **Vancouver, BC**

of openings: **1**

Salary Range: **20.98**

Description

Working at the Canadian Diabetes Association offers our employees with so much more than just a job; we offer an opportunity to make a difference.

Job Overview

*****This is a unionized role. This role is part-time 26 hours/week*****

About The Part-Time Administrative Assistant Role

The Part-time Administrative Assistant will be responsible for providing general administrative and clerical support to the team including preparing correspondence and reports, data entry, mail and maintenance of filing systems, as well as purchasing supplies as required. The Part-time Administrative Assistant will support mission funding efforts through organizing donor mailings and maintenance of records, coordinating and assisting with stewardship and events as well as volunteer engagement. In addition, the Part-time Administrative Assistant will be responsible for maintaining petty cash, addressing service requests and issuing and tracking parking passes and keys to the office.

About You

If you have a minimum of a Grade 12 education and at least 3 years of administrative work experience along with excellent planning, and interpersonal communication skills you may be interested in this role. Your organizational and problem solving along with your attention to detail will be necessary to be successful in the role. In addition, you must have a proven ability to prioritize, be flexible and be able to work well under pressure.

Go to <http://www.diabetes.ca/> and click on career to apply and to view the full posting.



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



There will be PIZZA, activities, games and information to gather.



Doors prizes: Ipad mini & PS4!

This event is for all ages.

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*



Musqueam Health Dept. Newsletter—Jan.13, 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**

Please Note: A pair of glasses were left at the clinic a few weeks ago. Brand is Aristar rectangle shape with metal frames and dark brown arms, the case is black and has Dunbar Eyecare Optometry Dr. Kriekenbeek on them, please call the clinic to claim them.

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.



Musqueam Health Dept. Newsletter—Jan.13, 2017

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

CHN Newsletter

Multi-sport and Playtime for Toddlers!

UBC and MIB Health Department are partnering to host “Active Kids Multisport and Playtime” for Musqueam Toddlers

1.5-3 year olds: Mondays, 430pm-5pm (January 16 - March 6); *parent or guardian participation Required; NB: No classes January 23 and February 13*

3-5 year olds: Mondays, 5-5:30 pm (January 16 - March 6); no parent or guardian participation; *NB: No classes January 23 and February 13*

Location: community centre gym—sign in will be in the community centre lobby

Registration: For more information or to register, please contact Patricia Mathison (604-269-3354; nurseassist@musqueam.bc.ca).

Take Home Naloxone Training: January 17, 6– 7:30 PM (community centre)

Facilitator: Sarah Levine, RN

Where: Community Centre Classrooms 1 & 2

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. For more information on the Take Home Naloxone Program, see: <http://towardtheheart.com/>
Dinner is not provided but light refreshments will be available.

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

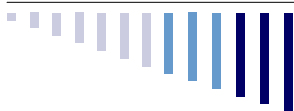
Community Health Nurse, Natalie Frandsen can register you for the “Healthy pregnancy, Healthy Babies” Program. If you are pregnant you may sign up by calling Natalie Frandsen, CHN at 604-269-3313 or Patricia Mathison at 604-269-3354.

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 class on January 17th.

January 24th: fun art project with Janice Carroll!



Musqueam Health Department
Musqueam Recreation Department



UBC Active Kids Multi-Sport is coming to the Musqueam Community Center!

Active Kids Multisport & Playtime (1.5 – 3 YRS)

Date & Time: Mondays, 4:30 pm – 5 pm (January 16 - March 6)

NO CLASSES on January 23 and February 13

This fun and high energy class, will introduce your child to agility, balance, coordination, and basic movement skills including running, jumping, kicking, throwing, and catching through a variety of sports and games.

A parent or guardian is required to participate.

Active Kids Multisport & Games (3 – 5 YRS)

Date & Time: Mondays, 5 - 5:30 pm (January 16 - March 6)

NO CLASSES on January 23 and February 13

This class will introduce your preschooler to basic sport specific skills and reinforce movement skills including running, jumping, kicking, throwing, and catching. Trained instructors will use a variety of sports and games.

Parents do not participate in this class.



**TO REGISTER PLEASE CONTACT: Patricia Mathison (Nurses Assistant),
Health Department nurseassist@musqueam.bc.ca; Ph: 604-269-3354**









This program has been developed in collaboration with Musqueam Recreation department, Musqueam Health Department and UBC Active Kids.



Musqueam Health Dept. Newsletter—Jan.13, 2017

Youth Centre

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

Monday January 16th	Tuesday January 17th	Wednesday January 18th	Thursday January 19th	Friday January 20th
Bridge through Sports 3:30—5:00  Pool 	<u>Home Work Club</u> 3:30—5:00  Colouring Contest 	D&A Night 	Bridge Through Sports 3:30—5:00  Card Games 	Movie Night  2:00—9:00

The Youth Centre will be open from 2:00 pm—9:00pm Monday—Friday

Children under 7 years old will be sent home; unless accompanied by a parent or guardian, who is at least 15 years old or older

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

Chronic Disease Management Program

Merv Kelly

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
604-263-3261 – Extension 3455
merv@musqueam.bc.ca

Safe Drinking Water Monitor Program

Charlene Campbell-Wood

How Much Water Do You Need?

Your body weight is more than 50% water. Without water, you couldn't maintain a normal body temperature, lubricate your joints, or get rid of waste through urination, sweat, and bowel movements.

Not getting enough water can lead to dehydration, which can cause muscle weakness and cramping, a lack of coordination, and an increased risk of heat exhaustion and heat stroke. In fact, water is so important that a person couldn't last more than five days without it.

Taken from www.drinkingwaterquality

Free Energy-Saving Upgrades



Help your tenants save money and increase the comfort of their homes.

The Energy Conservation Assistance Program (ECAP) provides qualified* tenants of non-profit housing providers with FREE home energy assessments and no-cost installation of energy-saving products.

Products installed may include:

- Energy-saving light bulbs
- Water-saving showerheads & faucet aerators
- Door weatherstripping

Tenants living in houses and townhouses may even qualify for an ENERGY STAR® fridge, insulation (wall, attic and/or crawlspace) and a high-efficiency gas furnace.

Get started today! Visit bchydro.com/ecap or call our approved ECAP contractor at 1 877 806 3242.

"I was extremely impressed with BC Hydro's ECAP..from the very first contact with the program, I felt that they cared and wanted to help our housing co-op." - Lisa, Friendship Co-op

* Must meet the income requirements.. For example, a family of four with an annual household income under \$58,800 would be eligible for the program. Housing providers can pre-qualify their tenants on the income requirement. Tenants must have a BC Hydro or City of New Westminster residential account. Visit bchydro.com/ecap for full eligibility details. Offer subject to change.

We're working together to help BC save energy.

BChydro 
powersmart

 **FORTIS BC**

Save energy and save money on your utility bills with BC Hydro and FortisBC's **FREE** **Energy Conservation Assistance Program**

A few simple changes can make all the difference when it comes to using less energy and lowering your utility bills, especially in the winter. The Energy Conservation Assistance Program (ECAP) is designed to help households on limited income make these changes – **FREE of charge**.

As a member of Musqueam First Nation, your home has been pre-qualified, to participate in the ECAP program.- By participating you will receive:

- ✓ **FREE** home energy evaluation
- ✓ **FREE** installation of energy saving products, such as:
 - Energy saving light bulbs
 - Efficient shower heads and faucet aerators
 - Fridge/freezer thermometers
 - Door weather-strip
- ✓ **FREE** personalized energy efficiency advice, tailored to your home.

Some homes may even qualify for upgraded insulation, new high efficiency gas furnace and/or an Energy Star® replacement fridge! You can read more at bchydro.com/ecap.

Participation is Easy. **SIGN and RETURN THE ENCLOSED CONSENT ASAP..**

- Return your completed form to **Sacheen Point at the Musqueam Housing Office or contact at 604-269-3397**
- **REMEMBER:** Include your BC Hydro account number and Fortis account number; the account holder(s) is the person who should sign the consent form.

Musqueam Indian Band is working with Carillion Canada, the Approved Contractor for Energy Conservation Assistance Program across BC. Sacheen Point will call you to book your free energy assessment. If you have questions, please contact our rep: Sacheen Point at 604-269-3397.

Thank you for your time and interest!

Sincerely,

Lorna A Stewart

Housing Manager, Musqueam Indian Band
Tel: 604-269-3382



Approved Contractor



Energy Conservation Assistance Program application

For aboriginal communities and residents of non-profit housing



Bulk reference number

Musqueam Indian Band

To apply for the FREE Energy Conservation Assistance Program, please complete each of the following before submitting the application:

☐ Complete the application in full (or we will not be able to process your application).

☒ ~~Attach the Landlord Consent form (if you rent from a private landlord).~~

☐ Sign the declaration at the bottom of the page (highlighted in yellow below).

If you require assistance completing this application form please call the program contractor Carillion Canada at 1-877-806-3242.

1. Account holder information

BC Hydro account

First name (on BC Hydro bill)	Last name (on BC Hydro bill)	BC Hydro account number	
Account address	City	Province	Postal code
	Vancouver	BC	
Home phone number	Other phone number	Email address	

FortisBC account

First name (on FortisBC bill)	Last name (on FortisBC bill)	FortisBC account number

2. Property information

How many people live in your home?	Last name	Name of company (if you are a property manager)
		Musqueam Indian Band
What type of home do you live in?		
<input checked="" type="checkbox"/> Detached house	<input type="checkbox"/> Duplex	<input type="checkbox"/> Town house
<input type="checkbox"/> Other:	<input type="checkbox"/> Apartment/condominium*	<input type="checkbox"/> Mobile home

*Please see terms and conditions for eligible products and measures for apartment units.

Do you rent your home?

☐ Own ☐ Rent

(If you selected rent, and rent from a private landlord please complete and attach the Landlord Consent Form and complete the Landlord contact information below)

*If you live in a band-owned home, or non-profit housing you are NOT required to submit a Landlord Consent Form.

Landlord name (please indicate if home is band owned)	Contact phone number
Lorna A Stewart	604-269-3382

3. Income qualification and authorization for disclosure and collection

I understand that in order to qualify as a participant, BC Hydro requires proof that my household income meets the program's income requirement, and/or my building is eligible to participate in the program under the Terms and Conditions. By signing this form, I consent to BC Hydro collecting my personal information (including all items listed on this application form and income qualification status) indirectly from my band/non-profit administration office. Furthermore, I permit my Band/Non-Profit administrative office to disclose that personal information to BC Hydro for the purpose of qualification and for the administration of the program.

MUST COMPLETE

By signing below, I certify that I understand and agree to all of the preceding declarations and all terms and conditions that follow on this application. I certify that all the information is true and complete in every respect and that any willful misstatements may cause the rejection of my application.

BC Hydro account holder signature (BC Hydro account holder)

Date (Yr/Mth/Day)

FortisBC account holder signature

(If there is a FortisBC natural gas account associated with the residence.)

Date (Yr/Mth/Day)

Mall completed application to:
BC Hydro and FortisBC ECAP Operations
PO Box 8910 Ste Terminal
Vancouver, BC V6B 9Z9

OFFICE USE ONLY

Meets LICO threshold

☐ Yes ☐ No

Authorized signature

Energy Conservation Assistance Program

Aboriginal communities and residents of non-profit housing - terms and conditions



1. Residential property refers to the home occupied by a income-qualified owner or tenant at the address listed on this application and meets the qualifications set out below.
2. The applicant must at all times:
 - a. Be of a legal age of at least 18 years old as of the time of submission of this application
 - b. Be the current lawful occupant of the residential property and occupy the property as their principal residence on a year-round basis
 - c. Be an active BC Hydro residential account holder for the residential property referred to in this application, and if applicable, be an active FortisBC Energy Inc., ("FortisBC") residential natural gas account holder for the residential property referred to in this application.
 - d. Meet the income requirement that
 - i. such customers' combined gross (before tax) household income of all household members 18 years of age or older must be less than the most recent income limits as per the Household Income Thresholds Table, or in the case of buildings run by non-profit/co-op/aboriginal housing providers, if some tenants do not meet these thresholds, such participation in the program is otherwise approved by the Program through an income waiver.

HOUSEHOLD INCOME THRESHOLDS

Household Size	Maximum Household Income	Household Size	Maximum Household Income
1 person	32,000	5 persons	67,400
2 persons	39,800	6 persons	76,000
3 persons	48,900	7 or more persons	84,600
4 persons	59,400		

3. BC Hydro and FortisBC reserve the right to, at any time, verify the accuracy and completeness of any and all information provided by the applicant, and the applicant must cooperate with this verification process. The applicant must notify

Energy Conservation Assistance Program (ECAP) Operations If any information provided as part of this application changes at any time after the submission of the application.

4. The residential property must be a fully serviced existing building suitable for human habitation that is occupied on permanent year-round basis (attached garages, outbuildings, buildings under construction, and unoccupied buildings are not eligible), and deemed to be in suitable condition for the improvements available through the program.
5. BC Hydro and FortisBC may without penalty or obligation, at its sole discretion, at any time, modify any terms or conditions or any of its requirements for program eligibility, and modify or terminate the program.
6. BC Hydro and FortisBC have the right to prioritize applications for program support within available funding based on any criteria deemed appropriate.
7. The availability, timing, and amount of program support are subject to available program funding.
8. BC Hydro and FortisBC are not obligated to provide program support to any applicants including those who meet all program eligibility criteria. It is within BC Hydro's and FortisBC's sole discretion to accept or reject any applicant who meets all program eligibility criteria.
9. BC Hydro and FortisBC will decide in their sole discretion which improvements an approved applicant will receive.
10. Households (determined by service address) are not eligible to receive the program more than once every 10 years.
11. Services for applicants in remote or hard-to-service locations may vary.
12. Apartment units are eligible to receive lighting products, water-saving measures and door weatherstripping but are not eligible for refrigerator replacements or any advanced measures including insulation upgrades, advanced draft proofing, and furnace replacements. Mobile homes are not eligible to receive insulation or furnace upgrades.

FortisBC Energy Inc. does business as FortisBC. The company is an indirect, wholly owned subsidiary of Fortis Inc. FortisBC uses the FortisBC name and logo under license from Fortis Inc.

Declaration and consent

- I confirm that I am the owner of the above household or, if not, that I have the owner's permission to proceed with this application and the implementation of improvements to the household as contemplated by the program.
- If I rent my home, I understand that any improvements completed under this program cannot form the basis for an increase in rent above the provincial guidelines as it is not an expenditure that my landlord will have incurred.
- If this application is approved, I grant permission for the program contractors to conduct a free energy-efficiency evaluation of my home and to install free basic energy-efficient products including but not limited to: energy-efficient lighting, weatherstripping, water-efficient shower heads, faucet aerators, pipe wrap, and night light(s).
- If during the free energy-efficiency evaluation of my home contractors determine that the property qualifies for further upgrades that would be administered by FortisBC, including, for example, insulation and furnace upgrades, I hereby grant permission to FortisBC and FortisBC contractors to conduct an advanced assessment on the property, which may include but is not limited to a basic survey of the home's air quality, assessment of the level of the insulation in the home, and an estimation of the efficiency of gas furnaces.
- I acknowledge and agree that BC Hydro and FortisBC are not the designers, manufacturers or installers of the products installed under this program and that BC Hydro and FortisBC make no representation or warranty of any kind concerning such products or their installation or any potential cost savings there from. I further irrevocably waive any and all actions, claims, suits and demands (whether based in contract, tort, equity or otherwise) that I have or may in the future have against, and irrevocably release from liability and agree not to sue, BC Hydro, FortisBC or any of their affiliates or any of their respective officers, directors, employees, agents, contractors or representatives for any type of loss or damage that I may suffer including, without limitation, property loss or damage, financial loss or damage, or personal injury that arise or accrue from, as a result of, in relation to, or in connection with my involvement in the program or the use and installation of these products.
- I understand that any improvements to be performed in my home are subject to the availability of funds, program goals, and eligibility of the household under the program guidelines.
- I have attached the most recent copy of a qualifying document for each member of the household 18 years of age and over and permit BC Hydro and FortisBC to use this information to determine the total household income at the above residential property.
- If I have indicated that in the case that I do not qualify for the ECAP, I would like BC Hydro to use the information in this application to determine my eligibility for the free Energy Saving Kit (ESK) program, I consent to BC Hydro shipping me a free ESK in the case that I do qualify for the free ESK.
- If I rent my home, I understand that work cannot be completed in my home without the permission of my landlord and that it is my task to have my landlord complete the Landlord Consent Form and attach the completed form to my application.
- If I rent my home, I understand and agree that all products installed and/or replaced in my home under the ECAP program, including but not limited to appliances (for example refrigerators and furnaces), fixtures (for example showerheads, faucet aerators) and all other improvements are the property of the building owner and I will not remove or alter them.

Consent to Use Information:

- I understand that BC Hydro is collecting my personal information on this form for the purpose of administering ECAP. BC Hydro administers this program and related activities in furtherance of BC Hydro's energy conservation mandate and obligations under the Clean Energy Act and the Utilities Commission Act. BC Hydro uses, discloses and collects my personal information in accordance with the provisions of the Freedom of Information and Protection of Privacy Act. If I have any questions regarding ECAP, and/or the information collection undertaken on this form, I can contact BC Hydro at 604 224 9376 or 1 800 224 9376 outside the Lower Mainland.
- I understand that, if I have indicated that there is a FortisBC account associated with my residence, BC Hydro may disclose my personal information on this form, any information disclosed to BC Hydro as part of my application to the program, as well as information regarding the improvements carried out in my home under ECAP to FortisBC and its contractors. This includes, but is not limited to: my name, contact information, FortisBC account number, health and safety assessment results, products installed, and building information and I consent to that disclosure. I understand that FortisBC will use and dispose of this information in accordance with the provisions of the Personal Information Protection Act.
- I consent to BC Hydro, FortisBC, and their contractors carrying out any necessary inquiry and to collect and use any information provided by me under this program for the purposes of administering, carrying out and evaluating the program including, without limitation, determining my eligibility to receive benefits under this program, conducting an evaluation of my home, recommending and installing energy-efficient measures in my home and conducting a quality assurance evaluation. Specifically, I understand that, if I qualify for further benefits under ECAP that are administered by FortisBC, BC Hydro may disclose my personal information on this form, any information disclosed to FortisBC as part of my application to the program, as well as information regarding the work that was carried out in my home under ECAP to FortisBC and its contractors. This includes, but is not limited to: my name, contact information, FortisBC account number, health and safety assessment results, products installed, and building information. I consent to such disclosure and understand that FortisBC will use and dispose of such information in accordance with the provisions of the British Columbia Personal Information Protection Act.
- I also consent to BC Hydro's, and if I have indicated that there is a FortisBC account associated with my residence, FortisBC's internal use of any information provided by me in this application and under this program and my BC Hydro and if applicable, FortisBC account information, including electricity and natural gas consumption at the above household for a period of 36 months before program participation and 36 months after program participation, for purposes of: (i) administering and verifying the effectiveness of the program, and (ii) expanding existing programs and designing new programs to better serve the needs of residential customers.
- I understand that BC Hydro and FortisBC may contact me (by phone, email, direct mail or similar method) for the purposes of program administration, implementation and evaluation and/or to provide me with further information on this or other similar conservation-related programs.

We are looking for experienced
Musqueam Canoe Pullers & Skippers

To be part of our Canoe Families, to paddle together in Tribal Journeys to
We Wai Kai (Cape Mudge) and *Wei Wai Kum* (Campbell River).

Pullers must be fully committed, and will Journey late July—early August.



x^wməθk^wəyəm
Canoe Family

This year we will do Musqueam and our ancestors proud
on our traditional highways.

Canoe Families will train together, sing together, learn
protocol and journey together as one.

Training starts in March.

Contact CORRINA SPARROW to sign up:
604-269-3319 / E: socialdev@musqueam.bc.ca



UPCOMING COMMUNITY CIRCLES



We are hosting 4 community interview circles in January/February—2 in the afternoon, and 2 in the evening. Exact dates/times of circles to be determined.

Purpose of these circles is to talk about the Musqueam new canoe and carving shed project.

We want to know:

What do you think about the canoe project so far? Did you attend the canoe launch ceremony in August? What did you think about it?

Circle participants receive an honorarium for their time, as well as a meal.

Please contact CORRINA SPARROW to get on the list to participate in a circle.

604-269-3319 / E : socialdev@musqueam.bc.ca



x^wəy'θət



BC Ferries, the First Peoples' Cultural Council and Musqueam Nation invite you to attend a special ceremony to reveal Thomas Cannell's artwork for the *Salish Raven*, the third of three new Salish Class vessels.

Date: Thursday, February 9

Time: Arrive at 10:45 am for 11:00 am artwork reveal
Lunch to follow

Location: Musqueam Cultural Education Resource Centre
4000 Musqueam Avenue
Vancouver, B.C.

Please RSVP to deborah.marshall@bcferries.com to confirm attendance by 4:00 pm on Tuesday, February 7.



KWANTLEN POLYTECHNIC UNIVERSITY'S

Tsawwassen Farm School

"Growing food and farmers"

Learn to operate a small-scale, organic farm. At the end of the program, students are eligible to access a 1/2-acre plot at the site to start their own farm businesses!

Classes from March to November include:

- Market crop production
- Soils, water and compost management
- Plant science
- Pest management
- Farm animals (bees, pigs, chickens)
- Orchard management
- Farm business planning
- Farm tools and machinery
- Indigenous food systems
- Carpentry and welding
- Farming practicum



Institute for Sustainable Food Systems

OPEN FOR 2017 REGISTRATION

REGISTRATION DEADLINE:

February 15, 2017

kpu.ca/tfnfarm

CONTACT INFO:

tfs@kpu.ca or
604.599.2538



Hope & Heal Yoga

Empowering Women to Heal & Reclaim their lives.

Please join Ratha for Gentle Yoga filled with Joy, Hope & Spirit!

Learn Skills, Gain insight & Self-Awareness through Yoga & Meditation to:

Develop Strength, flexibility and confidence.

Improve sleep, relaxation and energy

Increase mental focus to better cope with daily living.

Reduce anxiety, stress, anger and fear.

Connects the body with the mind to better manage impulses.

Reduce fight/flight stress responses to gain control and create a sense of balance.

• • • • •

Trauma-Informed Yoga

with Ratha Chek, Registered Clinical Counsellor, Certified Yoga Therapist

604.200.2153 | 2hopeandheal@gmail.com

10 WEEK PROGRAM
STARTING JANUARY 14 @ 10-11 AM

BY DONATION: \$5.00
PRE-REGISTRATION IS ENCOURAGED

LOCATION: 12895 85TH AVE, SURREY

Internal & External Elements of Addiction

A PARENTS ALTOGETHER EVENT

An evening for parents and community members to explore the challenges of parenting in today's addicted world.

Thur January 19

6:00-8:00pm

at the JCC
950 West 41st Ave.

Contact:

Leamore Cohen

leamore@jccgv.bc.ca

604-257-5111 ext. 335 or

Kathleen Muir

outreach@jccgv.bc.ca

604-257-5111 ext. 308

PRESENTERS



REBECCA DENHAM is the Director of Services for Jewish Addiction Community Services (JACS) Vancouver. She is a Master Practitioner of Clinical Counselling (MPCC) and a certified Addiction Counselor, with over sixteen years of experience in addiction, mental health and youth work.

ANNE ANDREWS, PHD, is a former principal at Temple Sholom and has recently developed 'Proactive parenting through a Jewish lens', which addresses bullying, addiction, depression and eating disorders using Jewish values.

