



FRIDAY AUGUST 4, 2017

## MUSQUEAM NEWSLETTER

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

### To the Musqueam Community

On Behalf of Joel (Kojak) Becker's Family

We wish to express our deepest thanks and gratitude for your thoughts, prayers and love.

We raise our hands to each one of you for your kind contributions of food, time and attentiveness in our time of sorrow.

Your presence during this trying time was uplifting and the many stories of our Joey warmed our hearts.

Our time spent together shared with your laughter and hugs proved to be the best medicine.

We will forever be grateful for your time spent with our family.

hay čx<sup>w</sup> qə

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#### Musqueam Administration and Cigarette Shop

Will be closed on  
Monday August 7, 2017 for  
B.C. Day  
(B.C. Day is a statutory holiday in B.C.)

And will re-open Tuesday  
August 8th, 2017 for regular  
office hours.

Thank you,  
Administration

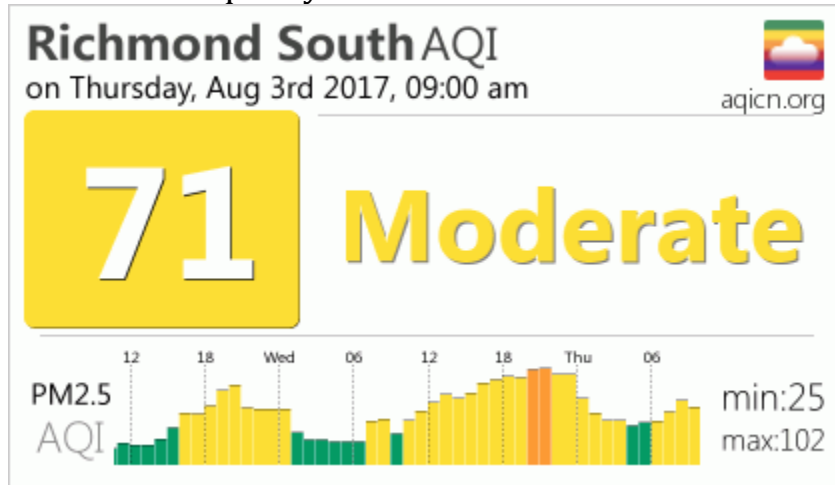


PLEASE BE INFORMED THAT THERE WILL BE CHURCH THIS SUNDAY.... AUGUST 6, 2017 .....AT ST. MICHAEL'S CHURCH. ...  
COME JOIN US. GOD BLESS ....

# MUSQUEAM HEALTH NEWSLETTER

August 4, 2017

Musqueam falls within the AIR QUALITY Index for Richmond; and as we are so close to the Fraser River – our air quality is much better than the rest of Vancouver!



AQI	Air Pollution Level	Health Implications	Cautionary Statement (for PM2.5)
0 - 50	Good	Air quality is considered satisfactory, and air pollution poses little or no risk	None
51 - 100	Moderate	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.	Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion.
101-150	Unhealthy for Sensitive Groups	Members of sensitive groups may experience health effects. The general public is not likely to be affected.	Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion.
151-200	Unhealthy	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects	Active children and adults, and people with respiratory disease, such as asthma, should avoid prolonged outdoor exertion; everyone else, especially children, should limit prolonged outdoor exertion
201-300	Very Unhealthy	Health warnings of emergency conditions. The entire population is more likely to be affected.	Active children and adults, and people with respiratory disease, such as asthma, should avoid all outdoor exertion; everyone else, especially children, should limit outdoor exertion.
300+	Hazardous	Health alert: everyone may experience more serious health effects	Everyone should avoid all outdoor exertion

# The Children's House



**Daycare Hours:** Monday—Friday 7:45—5:00pm

The Children's House phone # 604 269-3302

Renee Stogan Supervisor email: [childcaresup@musqueam.bc.ca](mailto:childcaresup@musqueam.bc.ca)



## Preschool Registration

Preschool Registration for children who are ages 3-5 will open.

If you would like to register your child for preschool please contact Renee Stogan Supervisor at:

604 269-3302 or email: [childcaresup@musqueam.bc.ca](mailto:childcaresup@musqueam.bc.ca)



Renee Stogan Supervisor: 604 269-3302 email: [childcaresup@musqueam.bc.ca](mailto:childcaresup@musqueam.bc.ca)

Infant/Toddler Staff: Kelly Herman, Angela Point, Christy Charles, Natasha Stogan

Preschool Staff: Ernestine Herman, Sarah Hussain, Sherry Point

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**MUSQUEAM INDIAN BAND**

6735 Salish Drive  
Vancouver, B.C. V6N 4C4  
Telephone: 604 263-3261  
Fax: 604 263-4212

**JOB POSTING**  
**Corporate Administrative Assistant**  
**Regular Full-time**

**Position Summary:**

Reporting to the Office Supervisor the Corporate Administrative Assistant is responsible for the providing administrative support for the Band Administration's four Divisional Standing Committees and other general office administrative duties as needed. This position will work closely with the Secretary to Chief & Council.

**Responsibilities:**

- For all meetings, prepare pre-meeting documents, attend the meetings, record minutes, and prepare follow-up documents within the 5 day deadline.
- Prepare/transcribe minutes, assist with agendas, notices, and follow-up correspondence as required.
- Assist with communication and updates regarding meetings and briefings as required.
- Available to cover for the Secretary to Chief & Council for back up and vacation relief.
- Maintain attendance of Committee members.
- Distribute honourariums for community members.
- Order supplies for Council and Committee meetings.
- Assist with travel arrangements; arrange per diem payments
- Assist with external meeting set-up; coordinate with venues
- Assist with administrative projects.
- Provide reception and other administrative support as needed and as time permits.

**Knowledge and Abilities:**

- Three (3) years' experience in a similar role, post-secondary education in office administration and or an equivalent combination of education and experience.
- Knowledge of Roberts Rules of Order.
- Musqueam Indian Band First Nation Member is an asset.
- Familiarity with First Nations Governance is an asset.
- Strong computer skills in Microsoft Office and Adobe
- Good interpersonal skills.
- Excellent verbal and written communication skills.
- Strong administrative and organizational skills.
- Ability to meet deadlines.
- Strong attention to detail.
- Ability to maintain confidentiality.
- This position requires availability to work a minimum of 4 evenings a month, and flexible to work variable hours for Committee support, including some weekend work.

**Working Conditions:**

- Work is performed in an office environment.
- Successful Criminal Record Check

Please apply by emailing your cover letter and resume to Musqueam Indian Band, HR at:  
[jobs@musqueam.bc.ca](mailto:jobs@musqueam.bc.ca)

Please write « *Corporate Admin Assistant* » on the subject line.

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

***Please apply by August 18, 2017. Posting will remain open until filled.***

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

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**JOB POSTING**  
**Human Resources Manager**

Musqueam Indian Band is seeking a Human Resources Manager. This position is responsible for recruitment and retention, employee relations, compensation and benefits administration, performance, attendance management, training and development, and health and safety, ensuring consistency within the organization. Reporting to the CAO/Band Manager, and Chief and Council as requested, also works in consultation with the Finance Manager, CFO and Legal Counsel.

Key responsibilities include:

**Recruitment & Workforce Planning**

- Participate in the full cycle recruitment process for new and experienced hires; ensuring adherence to the MIB strategy
- Provide advice to managers to enable the attraction and selection of talent in order to meet business needs
- Work with team to conduct role evaluations, post job requisitions, and confirm recruitment plan to attract top talent

**Performance Management / Onboarding / Succession Plans**

- Provide advice to managers to enable the attraction and selection of talent in order to meet business needs
- Project manage promotions, transfers, job classifications, annual performance evaluations and succession planning
- Develop people; provide constructive on-the-job feedback/training to Divisional Leaders, Program Managers and Administration

**Communication**

- Advise managers and staff on organizational policies and procedures matters and recommends revisions to the Musqueam Indian Band's personnel policies in accordance with current legislation and employment standards
- Where appropriate, consult and mentor on issues related to legal, procedural, compliance, employee relations, problem resolution, total rewards, recruitment and performance management

**Annual Compensation & Benefits**

- Keeping with MIB strategic direction, work with our customized compensation approach and ensure the efficient delivery of our annual compensation cycle as it relates to classifications, base pay
- Maintain compensation plan by conducting periodic pay surveys; scheduling and conducting job evaluations
- Administer, analyze and modify compensation and benefits plans to establish competitive programs and ensure compliance with legal requirements

**Learning & Development**

- Responsible for learning and development programs and processes
- Assist with the identification of training needs, the selection, development and delivery of appropriate training programs
- Assist in the development and implementation of programs that will drive increased employee satisfaction and commitment level

**Risk Management & Compliance**

- Manage terminations as appropriate, escalate as required; produce documentation and ensure proper HRIS updates
- Interpret policies
- Assist in the investigation of complex situations as they arise and provide guidance as needed
- Manages and Chairs the Health and Safety Committee

**Job Knowledge:**

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

- A bachelor's degree and accreditation with Human Resource Management specialty. A degree in Business Administration, Commerce, Psychology, Industrial Relations and/or a related field.
- Minimum 7-10 years' experience in a senior Human Resources role and/or an equivalent combination of education and experience
- Training provided for suitable Musqueam Indian Band candidate
- CPHR designation or CPHR candidate preferred
- Solid knowledge of Canada Labour Code, Employment Standard Act, Human Rights and other applicable employment legislation
- Strong employee relations and conflict resolution skills
- Excellent communication skills, both written and verbal and successful track record in working with staff at all levels
- High level of critical and logical thinking, analysis, and reasoning skills to lead operational excellence
- Business minded to recommend strategic HR solutions to the Management/Executive team
- Proactive; demonstrates time management, planning, and organization skills
- Excellent relationship-building skills: you have the ability to influence without authority, develop consensus, and build rapport with a wide variety of people.
- You can bring clarity to grey areas, using a communication style adapted to your internal customers
- You are process-oriented with a 'hands-on' approach
- Ability to build strong relationships to influence and coach the management team
- Proven ability to deliver results when working both independently and within a team environment
- Ability to maintain confidentiality and impartiality while being empathetic
- Participate in budgeting, forecasting and reporting for administrative operations
- Support metric reporting and developing KPI's for business departments
- Responsible for HR and training related expenses and budget
- Previous experience with First Nations organization preferred
- Cultural competency and knowledge of the MIB's cultural traditions is preferred

Please send cover letter and resume to Musqueam Indian Band, HR, at:

[jobs@musqueam.bc.ca](mailto:jobs@musqueam.bc.ca)

Please write "HR Manager" on the subject line.

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

**Position will remain open filled.**

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



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**JOB POSTING**

**Mentors**

**(Employment & Training Program)**

***Employment & Training is undertaking an exciting new project – the Skills Partnership Fund – and is hiring Mentors to support the project activities. These positions will be on-call, depending on program/client activities.***

**Position Summary:**

Mentors are vital to the Musqueam Skills Partnership Fund (SPF) project and will serve as advisors, educators, role models and leaders giving back to participants in the Musqueam community, and contributing knowledge and skills through the sharing their professional and personal experiences with multi-barrier client group. Our mentors are to build strong and stable mentoring relationships through trusting, respectful, honest and genuine relationships. These relationships are created to support the personal and professional growth and development of achieving individuals and assisting them to achieve their career goals. The primary functions of our mentors are to build a strong mentor relationship through listening, guidance, advice, teaching, and professional support.

**Duties:**

1. Provide one-on-one mentoring to clients via face-to-face, telephone and email meetings.
2. Meet with the client on a regular basis as per an agreed schedule, to review program progress and plan future activities, including areas for improvement.
3. Assist the client in setting developmental goals and plans to achieve them
4. Discuss work related concerns impeding performance or career growth
5. Share organizational knowledge gained from personal experience
6. Provide objective honest feedback
7. Attend mentor training program to learn mentoring and communication standards.
8. Work with the Mentor Coordinator and the Job Coach to ensure the participants are working on Development Plan activities and goals and what they can expect on the job.

**Knowledge and Abilities:**

- Knowledge of the English language with verbal and written skills at a level usually associated with Secondary School completion, and a business program certificate, counseling degree or economic development training; or an equivalent combination of skill, knowledge, and experience.
- Able to demonstrate a clear and solid understanding of a specific topic, subject, or area that can assist the personal and professional growth and development of the project participants.

- Able to work independently, with minimal direction and oversight. Strong organizational skills and punctuality to scheduled meetings with project participants. Proficiency required using Microsoft products, the Internet, and email.
- Superior communication, presentation and interpersonal skills with individuals and groups. Demonstrates a high level of ease and professionalism to work with a diverse group of management-level and executive-level business professionals.
- Previous experience with First Nations organizations preferred.
- Cultural competency and knowledge of the MIB's cultural traditions is preferred
- Knowledge of the local labour market, resource agencies, education and training institutions that may be accessible to project participants
- Ability to maintain confidentiality.
- Ability to drive and provide a licensed vehicle for work purposes.

**Licenses:**

- Valid BC Driver's License

**Reporting Relationship:** Reports to the Mentor Coordinator

**Please apply by emailing a cover letter and resume to Musqueam Indian Band to [jobs@musqueam.bc.ca](mailto:jobs@musqueam.bc.ca)**

**Please write "Mentor" on the subject line.**

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

Positions will remain open until filled.

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

# **Musqueam Education Notice**

**Friday August 4, 2017**



**Answer to last weeks riddle:** A snail.

**This week:** If you throw me out the window, I'll leave a grieving wife. Bring me back, but through the door, you'll see someone giving life. What am I?



## **Education Awards**



Education awards are now available for band members, deadline to submit report cards is Friday September 1, 2017!!

**GRADE 12 GRADUATES**– If you graduated this June, please submit your final report card, Dogwood Certificate, and BC Ministry of Education transcripts to the Education Department, to receive your award.

**GRADE 8 - 11**– If you are interested in receiving an academic award please submit your final report card to the Education Department. The top academic student in each grade will receive an award.



## **Bus Information for Parents**

**ELEMENTARY**- If your child will be riding the school bus, and is a Band Member, please fill out a bus form and return it to the Education Department (form on following page). If you prefer an electronic copy, please email April at [learning-facilitator@musqueam.bc.ca](mailto:learning-facilitator@musqueam.bc.ca)

**HIGH SCHOOL**– If your child will be attending high school, and will require a monthly bus fare cheque, please contact the Education Department to ensure they are on the list.

## **Post Secondary Students**

Please make sure that you register for classes as soon as they become available to ensure that you get into the classes you need. If you delay your registration then you may be put on a waitlist or miss out on the class altogether.

### **Scholarships and Bursaries**

The YVR Art Foundation is pleased to announce that the call for grant applications for the Masterpiece Study Program is now open. Grants are for BC and Yukon First Nations artists or small groups to travel to one of six partner museums to research/study the museums' collections of First Nations art and artifacts. The deadline to submit applications is 4:00 pm September 29, 2017

Applications can be found at: [www.yvraf.com/programs](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,**

**Cary Campbell, School Bus Driver,**

**Charlene Campbell-Wood, School Bus Supervisor**

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

**Toll free: 1-866-282-3261**

## MIB SCHOOL BUS FORM

PARENT/GUARDIAN INFORMATION		Date:		
Parent/Guardian's Name				
Relationship to Child				
Street Address				
City		Postal Code		
Home Phone		Work:		
Email address		Cell:		
Alternate Contact		Alternate ph:		
STUDENT INFORMATION:				
Student First Name		Student Surname		
Grade		Student PEN#		
Status Number		Date of Birth		
School attending (mark with a check)	<input type="checkbox"/>	Southlands Elementary	<input type="checkbox"/>	Immaculate Conception
<b>Medic Alerts:</b> (Please identify any medic alerts or special needs that the bus supervisor should be aware of)				



**COMPUTER AIDED DESIGN & DRAFTING**

## **ACCESS PROGRAM**

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### **Preparation program**

For Aboriginal people who are 18 years and older, who are no longer in Secondary School

**Tuition:** FREE (Note: Regular tuition will apply for students who successfully complete the CADD Preparation and would like to enter the CADD Diploma program)

**Start Date:** September 12 2017

**Duration:** Fall 2017 and Spring 2018 Semesters (10 weeks per semester)

**Hours:** Tuesday / Thursday 4 pm – 8 pm

**Location:** KPU Tech (5500 180<sup>th</sup> Street, Surrey BC)

**Courses:** **CAPA 0110 - Numeracy for CADD Preparation**

Prepares the student to meet the outcomes for Foundations of Math 11 with C+ Curriculum provided by Eagles of Tomorrow Education Society ([www.eaglesoftomorrow.ca](http://www.eaglesoftomorrow.ca))

**CAPA 0120 - Literacy for CADD Preparation**

Prepares the student to meet the outcomes for English 12 with C+

**CAPA 0130 - Introduction to Computer Aided Design and Drafting**

Introduces the concepts of Drafting Fundamentals

**Qualifications:** All levels of Math and English are acceptable

**Contact:** [cadd@kpu.ca](mailto:cadd@kpu.ca)

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**NAME:** \_\_\_\_\_ If you are interested in this opportunity, please fill in the form below, or email this information to [cadd@kpu.ca](mailto:cadd@kpu.ca)  
\_\_\_\_\_  
\_\_\_\_\_

**EMAIL:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**LAST HIGH SCHOOL ATTENDED:** \_\_\_\_\_ **YEAR:** \_\_\_\_\_

**LEVEL OF MATH COMPLETED** \_\_\_\_\_ **OR** \_\_\_\_\_ **I DON'T KNOW**

**LEVEL OF ENGLISH COMPLETED** \_\_\_\_\_ **OR** \_\_\_\_\_ **I DON'T KNOW**

**WHICH ABORIGINAL COMMUNITY DO YOU IDENTIFY WITH?** \_\_\_\_\_

# Employment and Training Department News

Hi all!

If any of you need any help looking for work or even a training to get you on the path to employment please come pop in our office and check in with us. Our Job Coaches (Lindsay Gibson & Terry Sparrow) are here to help you.

If there is a program you are interested in, and is under a year length please feel free to come see us as we do have funding for individual seat purchases! This includes for any tickets you would like to go get renewed for work. If you know the dates for a program you are interested please come in as soon as possible to start the process for you.

Sincerely,

Employment & Training Crew

Diane Herman – Employ Assist  
Phone: 604-269-3461  
Email: [employassist@musqueam.bc.ca](mailto:employassist@musqueam.bc.ca)

Lindsay Gibson – Job Coach  
Phone: 604-269-3355  
Email: [lgibson@musqueam.bc.ca](mailto:lgibson@musqueam.bc.ca)

Terry Sparrow – Job Coach  
Phone: 604-269-3367  
Email: [jobcoach@musqueam.bc.ca](mailto:jobcoach@musqueam.bc.ca)

Wanona Scott – Manager of Employment & Training  
Phone: 604-269-3316  
Email: [wscott@musqueam.bc.ca](mailto:wscott@musqueam.bc.ca)

## HAS THE FOLLOWING POSITIONS AVAILABLE



### OPEN POSITIONS:

#### Cage

- Drop Count Team Member
- Cage Cashier

#### Food Beverage

- Shift Manager

#### Table Games

- Incoming Professional Dealer
- August 14 Dealer Training Class

#### Finance

- Director of Internal Audit

#### Surveillance

- Operator

#### Security

- Security Officer

#### Guests Services

- Guest Services Representative

#### Facilities

- Maintenance Technician-Contract

#### Human Resource

- Benefits & Compensation Specialist - Contract

#### Slots

- Slot Attendant

#### Marketing

- Executive Assistant
- VIP Services Call Centre Supervisor
- VIP Services Call Centre Specialist

### To Apply:

- 1) Go to [www.edgewatercasino.ca](http://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.

### OR

Submit your resume directly to Talent Acquisition Specialist Angela Lee. 604-687-3343 or email

[alee@edgewatercasino.ca](mailto:alee@edgewatercasino.ca)

# Employment and Training Department News

## **Job opportunity:**

**Company:** Matcon Civil Constructors Inc.

Matcon Civil Constructors Inc. are industry leaders specializing in site preparation, land remediation, heavy road construction and underground utility installations.

**Position:** Specialty Labourer – Landscaping

**Full-Time/Part-Time:** Full-Time Summer to Permanent

**Deadline:** Position available until filled

### **Description:**

This opportunity an excellent fit for someone with landscaping and irrigation experience as well as a desire to work with local First Nation communities. For the right person there is opportunity to grow this role into a full-time permanent position.

The primary function of this position:

- LABOURING AS DIRECTED including but not limited to such tasks as installation of silt/exclusion fencing, landscaping including mowing and brush cutting, hand and mechanical weeding, habitat construction, monitoring and maintenance, invasive species control.

- Operating basic heavy machinery as directed such as walk-behind and ride on compactors/rollers.

### **Position Skills:**

- Able to follow complex instructions
- Physically fit and able to perform manual labour at a fast pace to meet project schedule
- Available from 7:30AM – 3:30PM Monday to Friday and some weekends
- Overtime as required
- First Aid as required
- Driving as required

### **Preferred minimum Experience:**

- Previous experience in a landscape maintenance or construction role
- Irrigation Installation
- Hand tool and power tool competency
- Vegetation planting

### **How to apply:**

To submit your resume or for more information please email Nicci Bergunder at [nicci@matconcivil.com](mailto:nicci@matconcivil.com)

You can even email Diane Herman at [employassist@musqueam.bc.ca](mailto:employassist@musqueam.bc.ca) and she can send you the posting as well how to apply.

## **Job Opportunities:**

Hi all, Canadian Utility Construction is hiring! Canadian Utility Construction (CUC), a Quanta Services company, provides quality underground construction services to utility companies throughout Western Canada. As a highly recognized company, we specialize in a full range of construction and maintenance services for the Natural Gas Distribution and Transmission industry. We are proud to be a leader in health and safety, and are committed to the safety of our employees, partners and community.

### **The positions available:**

- Concrete/Asphalt Cutter
- Equipment Operator
- Foreman
- Horizontal Directional Drill Operator
- Fleet Clerk
- Gasfitter "B" Ticket
- Hydrovac Operator
- Large Equipment Operator
- Operations Admin Support
- Project Controller
- Project Coordinator
- Project Coordinator
- Skid Steer Operator
- Skilled Laborer
- Traffic Control Person
- Warehouse Associate (Skilled Laborer)

If you are interested in applying for any of the above positions please call us at (604)269-3461 or come down and visit us in Employment & Training.

You can even email Diane Herman at [employassist@musqueam.bc.ca](mailto:employassist@musqueam.bc.ca) and she can send you the posting as well how to apply.



# Carpentry Foundations 2017

Start: August 8      Finish: March 31

Location: Musqueam Old Gymnasium

Please note, these dates include essential skills before the full program of Carpentry.



**KWANTLEN  
POLYTECHNIC  
UNIVERSITY**



Photo above: Carpentry Program 2016

The graduates of this program are prepared for employment with construction companies, carpentry contractors, and maintenance departments of factories, plants and other establishments. Progression to supervisory positions is possible with additional training and experience.

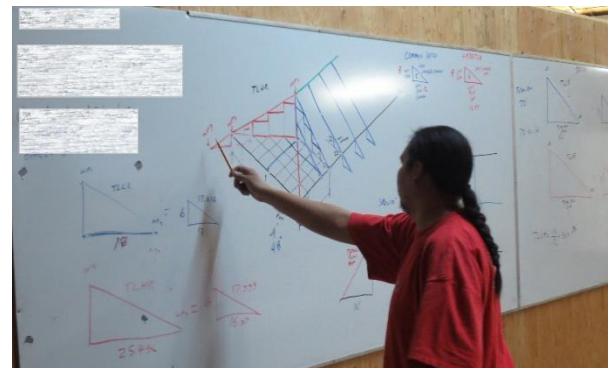


Photo above: Nelson Kenoras



Our students can easily find work after this program by working with our Job Coaches to decide how to either pursue their careers or furthering their studies in carpentry.

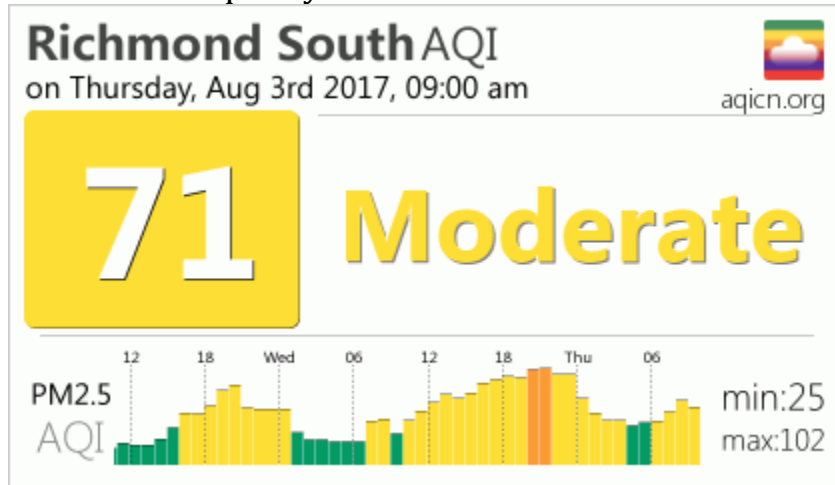
Please contact Diane Herman in Employment & Training Department to sign up for this opportunity! You can call her at (604-)269-3461.

Photo to left: Sean Campbell, Part of Salish Construction Ltd.

# MUSQUEAM HEALTH NEWSLETTER

August 4, 2017

Musqueam falls within the AIR QUALITY Index for Richmond; and as we are so close to the Fraser River – our air quality is much better than the rest of Vancouver!



AQI	Air Pollution Level	Health Implications	Cautionary Statement (for PM2.5)
0 - 50	Good	Air quality is considered satisfactory, and air pollution poses little or no risk	None
51 - 100	Moderate	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.	Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion.
101-150	Unhealthy for Sensitive Groups	Members of sensitive groups may experience health effects. The general public is not likely to be affected.	Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion.
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201-300	Very Unhealthy	Health warnings of emergency conditions. The entire population is more likely to be affected.	Active children and adults, and people with respiratory disease, such as asthma, should avoid all outdoor exertion; everyone else, especially children, should limit outdoor exertion.
300+	Hazardous	Health alert: everyone may experience more serious health effects	Everyone should avoid all outdoor exertion

# MUSQUEAM HEALTH NEWSLETTER

August 4, 2017

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## COMMUNITY HEALTH PROGRAM

*Crystal Point, RN, CHN*

*Lyn Thomas, Assistant*



**We are pleased to introduce Crystal Point as our new Community Health Nurse.**

Crystals Office hours:

9am-4pm Monday – Friday

Ph: 604-269-3313

Lyn's office hours:





8:30-4:30 Monday - Friday

Ph: 604-269-3354

*Nancy Tai (Public Health Nurse, Vancouver Coastal) will continue to come to the Mom and Baby group on Tuesdays through **AUGUST**. If you are pregnant you may sign up by calling Crystal Point or Lyn Thomas in the Health Dept.*

### **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 who live on reserve:

-  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

### **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!). Lunch is provided. \*For information on how to register your baby for **First Nations Health benefits coverage** please call Ashlee or Candice in the health department.

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## HOME AND COMMUNITY CARE

*Home Care Nurse: Romeo Cosio, RN.*

*Lyn Thomas, Nurse Assistant*



**We are pleased to introduce Paige Grant Baker and Tracy Sparrow as our two new Home Care Attendants!**

The Home Care Program is available to our community members to assist with hospital discharges, home care aide, and all medical equipment. Home care services & medical equipment require a note from your doctor with your needs specified.

The Arjo Tub Program: 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 assistance with Arjo tub appointments or Home Care service scheduling changes or cancellations call Lyn Thomas.

### **Home Care Phone: 604-263-6539**

Romeo's Office Hours:

Mon. Wed. Thurs. Friday 8:30-5:30 (Tues-Off)

Evelyn's Schedule:

Monday-Friday 8:30-4:30 PH: 604-269-3354

\*For Emergencies Call 911 right away! \*

# MUSQUEAM HEALTH NEWSLETTER

August 4, 2017

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

**Cyndi Bell - A&D Counsellor**

### Office Hours

Mon, Tues, Thurs 9:30-4:30 pm

Weds 12-7 pm

Fri 9-4 pm



**Brad Morin – NNADAP worker**

### Office Hours

Weds-Fri 6-9 pm

Sat/Sun 1-5 pm



We are available for 1:1 counselling, treatment referrals, outpatient resources, information and support in relation to drug and alcohol use. Feel free to drop in or call to make an appointment: 604-269-3454

**Reminder:** There is an AA meeting every Tuesday from 8-9 pm at the 51st Hall!

## Coffee Time with Cyndi

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

Stop by for a coffee! 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.



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## ART & PLAY THERAPY FOR ADULTS

*Janice Carroll*

Hi my name is Janice Carroll.

I have been a counselor here on reserve for the last 11 years; working with children and youth, using Art and Play Therapy.

My hours have been structured from Tuesday - Friday though **I will now be available for Counselling for Adults counselling on Monday's from 9am-2pm.**

The sessions are one hour, once a week.

Please call my office (located in the Health Department) at 604-269-3453, or [jcarroll@musqueam.bc.ca](mailto:jcarroll@musqueam.bc.ca) if this is something that could benefit you or you'd like more information.



# MUSQUEAM HEALTH NEWSLETTER

August 4, 2017

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MEDIA RELEASES FROM THE

First Nations Health Authority



## Prescription Benefits for FNHA Clients Move to BC PharmaCare on October 1

### Announcement

Effective October 1, 2017, First Nations in B.C. will join BC PharmaCare—the province's largest drug insurance program. A new PharmaCare plan, Plan W, has been designed specifically for First Nations.

BC PharmaCare helps B.C. residents with the cost of eligible prescription drugs, and certain medical supplies and pharmacy services. It provides assistance through several drug plans.

Through this transfer, First Nations Health Authority (FNHA) clients will see their prescription benefits services move from Health Canada's present system to PharmaCare. This transition is intended to reduce the steps needed for prescription coverage approval for First Nations clients who must sometimes navigate both federal and provincial services.

The FNHA has approximately 143,000 eligible clients. For the vast majority, their prescription drug coverage will not change, and coverage will switch automatically. Most FNHA clients will not notice any difference when picking up prescriptions at a pharmacy. Clients will need to continue to provide their Status Card and Personal Health Number to access drug benefits under PharmaCare.

In the transition to the BC PharmaCare drug formulary a small number of clients will see a change related to specific drugs. FNHA will ensure all patients continue to receive the medications they need. Any change in drug therapy will be made in partnership between clients and their health care providers based on what is best for their health. Clients can access more information on specific drugs that are impacted by the transition to Pharmacare at [www.fnha.ca/pharmacare](http://www.fnha.ca/pharmacare), and are urged to speak to their health-care provider about their prescriptions.

PharmaCare is a provincial program, and provides coverage for prescriptions within the province, but does not cover prescriptions purchased outside the province. Clients preparing to travel out-of-province should plan ahead and fill their prescriptions before leaving B.C. A solution for reimbursement for out-of-province prescriptions is being developed.

**Any client with questions, or experiencing a need for support with coverage as a result of the transition, is encouraged to call FNHA Health Benefits at 1-855-550-5454.**

### First Nations Health Benefits Quick Facts:

*Number of FNHA clients:* approximately 143,000 (March 2017)

*Number of pharmacy clients:* approximately 99,000 (2016/17)

*Number of claims:* approximately 2.6 million (2016/17)

# MUSQUEAM HEALTH NEWSLETTER

August 4, 2017

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## BC SERVICES CARD

**By 2018 -All eligible adults must renew enrolment in MSP by February 2018 and get a BC Services Card.**

- The BC Services Card has **replaced** the CareCard and the Gold CardCard.
- **MSP Changes** - Adults 19 to 74 years of age are required to renew enrolment in MSP. **One card = easy access** - In the future, the BC Services Card will provide easy access to many other provincial services.
- The BC Services Card can also be combined with a driver's licence.

Plus, using ICBC's existing identity proofing and renewal processes helps keep everyone's personal information more secure and helps prevent fraud such as identity theft or misuse of government services.

Eligible adults (19 and older) can get a BC Services Card when they enrol in MSP or when they renew their driver's licence or BCID. Children and youth under 19 do not need to renew enrolment in MSP and, if they don't have one already, are automatically issued their first Non-Photo BC Services Card when an adult on the account contacts Health Insurance BC or obtains their own BC Services Card.

**Fees** -There is no fee to get a BC Services Card. However, if you're combining your BC Services Card with your driver's license, fees that apply to the regular [driver's license issuance process](#) still apply.

**How to get a BC Service Card:** Visit an [ICBC driver licensing office](#) with [two pieces of ID](#). Bring your CareCard if you have it.

Check your driver's license and CareCard to be sure your name matches exactly on both. If not, call Health Insurance BC at 604 683-7151 or 1 800 663-7100.

# MUSQUEAM HEALTH NEWSLETTER

August 4, 2017

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## CHRONIC DISEASE MANAGEMENT PROGRAM (CDMP)

*Merv Kelly*

Do you want to exercise but don't know what's best for you? I am available to assist all ages and levels of fitness for all community members, call me or drop by my office. We also offer assistance with health information about Diabetes, high blood pressure, arthritis, etc., and how to help manage these.

*Please provide a doctor's note for clearance to workout with Merv for strength training.*

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

Merv Kelly  
Chronic Disease Management Facilitator  
604-263-3261 – Extension 3455  
Email: [merv@musqueam.bc.ca](mailto:merv@musqueam.bc.ca)



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## MUSQUEAM ELDER'S PROGRAM

*Brenda Campbell*

Musqueam Elders Luncheon: Thursday August 17 12:00 noon  
Musqueam Ladies Group: Tuesday evenings 6:00-9:00pm  
Crochet Group: Wednesday evenings 6:00-9:00pm  
Location: Musqueam Elders Centre Ph: 604-263-6312

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## SAFE DRINKING WATER MONITORING PROGRAM

*Charlene Campbell-Wood*

### Water Monitoring

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

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

*This excerpt was taken from [www.hc-sq.ca](http://www.hc-sq.ca)*

# MUSQUEAM HEALTH NEWSLETTER

August 4, 2017



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## MUSQUEAM PRIMARY CARE CLINIC

Please be advised the clinic will not be open for August 7<sup>th</sup> - 10<sup>th</sup>.

We will be open Friday August 11<sup>th</sup> 10am-4pm

Take care of your body. It's the only place you have to live in.

### PRIMARY CARE FAMILY PHYSICIAN – Friday 10:00am – 4:00pm

Welcoming all Musqueam community members including parents / caregivers with infants and children; pregnant women; youth; adults and elders. Come and join our wonderful Musqueam Primary Care clinic and become a regular patient! Our team meets the highest standards necessary to provide you with safe and confidential health care.

### PRIMARY CARE NURSE PRACTITIONERS – Monday to Thursday 10:00am— 3:00pm (last appointment at 2:30)

Services provided every day are:

- ✚ check-ups (PAP, STI, Baby growth checks) and assessments;
- ✚ diagnosis and prescriptions
- ✚ testing (X-rays, ultrasound and blood work)
- ✚ birth control options
- ✚ chronic disease management (diabetes, hypertension, C.O.P.D and lung disease)
- ✚ childhood vaccines; specialist referral

### MEDICAL OFFICE ASSISTANT – Monday to Friday 10:00am – 3:00pm

For an appointment call Mackenzie Gomez, Medical Office Assistant, 604.266.0043

(closed 12:00 – 1:00pm for lunch)

Musqueam Elders Centre, 4010 Si Lu Drive, Vancouver BC V6N 4K7



We have more Naloxone kits now and if someone would like a kit to please contact the Health Department in the Musqueam Band Office or the Musqueam Primary Care Clinic in the Elders Centre at: 604-266-0043.

We can review training if needed and have practice kits as well.

Next  
Sunday!

# musqueam bike co-op

Join the Musqueam Bike Co-op Facebook group to stay in the loop!

Sunday, August 13th | 11:00am - 3:00pm  
Outside the Community Centre (north entrance)

## Bike Repair Clinic

Volunteer and learn how to fix bikes!

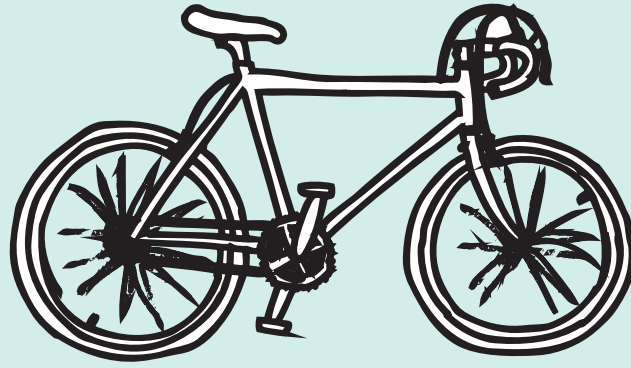


- >> by-donation bike repairs and used parts
- >> 40% - 60% off new parts
- >> youth earn-a-bike program coming soon!

Donate your old bikes and tools!

in  
partnership  
with:





# musqueam bike co-op

Join the Musqueam Bike Co-op Facebook group to stay in the loop!

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## Get Involved!

The Musqueam Bike Coop is seeking interested community members to help run bike clinics, learn some more bicycle repair skills and participate in planning for the future of the Musqueam Bike Co-op! While participation is on a volunteer basis, the MBC has a budget to pay honorariums to dedicated volunteers as a token of our thanks and gratitude.

Honorariums will range from (\$30 - \$60) per event, which are approximately 2 - 4 hours each. Most of our events happen on Sundays, but we may arrange some training sessions or planning/visioning sessions on other days based on interest.

As there is a limited budget for honorariums, we may not be able to accommodate all individuals if there is a lot of interest, but we will do our best. Honorariums will be paid by cheque at the end of August.

If you are interested in learning more, please send an email to **[communications@bikecoop.ca](mailto:communications@bikecoop.ca)** or call **604-822-2453** and let us know if you are interested in helping **run events**, receiving **bike repair training**, and/or **planning and visioning**. Don't forget to leave your contact information as well! The MBC will follow up with you as soon as possible.

# xʷməθkʷəy̓əm Recreation Notice





August 2<sup>nd</sup>, 2017

## BC Day Hours

Please note on **Monday August 8<sup>th</sup>, 2017** we will be open from **10:00 am – 5:00 pm** only. There will be no recreation program. Reminder children must be aged 7 & Up to be at the gym on their own.



## Summer Recreation Program

<b>No Program BC Day</b> 	<b>WaterMania</b> 9:00 am – 4:00 pm Leave at 9:30 am Please bring a lunch or money for a hot dog at the concession  <b>watermania</b>	<b>Drug and Alcohol Prevention Activities and Literacy Activities</b> 10:00 am – 3:30 pm Lunch Provided	<b>8:30 am - 4:30 pm</b> Please bring a lunch or enough money for the concession 	<b>Movie and Pajama Day</b> 10:00 am – 3:00 pm Lunch Provided 
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## Gymnasium Information

Hours:

Monday to Friday 8:30 am – 9:30 pm

Saturday and Sunday 10:00 am – 5:00 pm



## Contact Information:

Gym Phone: 604-269-3451

Courtenay Gibson, Recreation Coordinator

[cgibson@musqueam.bc.ca](mailto:cgibson@musqueam.bc.ca)

604-781-1470

Robyn Sparrow, Recreation Assistant

[rsparrow@musqueam.bc.ca](mailto:rsparrow@musqueam.bc.ca)

# Healthy Living Aboriginal Youth Basketball Camp



Native Education College and Musqueam Recreation have partnered together to bring this basketball camp to Musqueam.

Join us to learn about healthy living, share some culture, and learn from instructor Cory Breland about how sport can help to further your education, and his experience playing 4 years of college basketball

**When:** Monday August 21<sup>st</sup> to Thursday August 24<sup>th</sup>  
Monday August 28<sup>th</sup> to Thursday August 31<sup>st</sup>

**Time:** 6:00 pm – 8:00 pm

**Who:** Community Members aged 11 and up

We have 30 spaces available so please register with Courtenay Gibson [cgibson@musqueam.bc.ca](mailto:cgibson@musqueam.bc.ca) Registration is required.

Drumming

Elders talks

Swag & snacks!

# *Pranic Healing Musqueam Community Clinic*

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**Wednesday August 9<sup>th</sup>**

Drop in and sign up for a Healing!  
Meditation to start at 6pm, Healings begin at  
approximately 6:30pm in the **Yoga Room!**



- Clinics begin with the Meditation on Twin Hearts for Planetary Peace and the healings follow thereafter. Meditation on twin hearts from 6 to 6:30pm
- Free 20 minute healing sign ups from 6:30 to 8pm
- Last healing at 7:30pm
- People are welcome to come to the meditation or not.

Pranic Healing is a non-touch energy healing system which strengthens the invisible bio-energy that interpenetrates and surrounds the body, keeping it alive and in a state of good health. This strengthening increases the self-repairing ability of the body and mind for physical, psychological and relationship wellness.



Please call or email Meghan (604.671.1258/mhajash@musqueam.bc.ca) for any questions.



CABINET CLEARANCE

FRIDAY **AUGUST 18TH** & SATURDAY **AUGUST 19TH**

9:00 AM TO 5:00 PM

DIY CABINET WAREHOUSE  
5279 STILL CREEK AVENUE BURNABY

# **SHARON BINGO NIGHT**



**MUSQUEAM COMMUNITY CENTRE CAFÉ**

**DATE: AUGUST 10, 2017**

**TIME: 6:15**

**START PLAYING GAMES AT 7:00 PM**

**COME OUT AND HAVE A FUN NIGHT**

**THERE WILL BE A CONCESSION STAND**



## **Indian Taco Fundraiser**

Hello everyone,

A group of us woman have put in a soccer team this fall. We will be doing an Indian Taco Fundraiser on Friday August 11, 2017 at the community centre. This will go towards two sets of jerseys and corner flags. Please come out and support us ☺

When: Friday August 11, 2017

Where: Musqueam community centre (main entrance)

Time: 11:30 – until sold out

### **Prices:**

Indian Taco (includes Indaian taco, and pop)	\$10.00
Rice and chili	\$5.00
Cake and berries	\$4.00
Bannock	\$3.00
Pop	\$1.00