



FRIDAY, SEPTEMBER 29, 2017

MUSQUEAM NEWSLETTER

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

MUSQUEAM 101 – Wednesday October 4, 2017

stem? (what?) Musqueam 101 October 4, 2017

Metis Stories and Poetry

Join us for dinner and an evening with June Scudeler. June will use her Metis family history to talk about the importance of using Indigenous ways of knowing to explore Indigenous texts and gender. We will be listening to stories and poetry by Maria Campbell (Metis author and elder) and Marilyn Dumont (Cree/Metis).

Presenters:

June Scudeler (Metis) is the Shadbolt Fellow at Simon Fraser University and is also cross-appointed in the First Nations Studies Program. She received her B.A. and M.A. in English at SFU and her PhD in English from UBC. Her research examines the intersections between gender studies, Indigenous literature, film, and art.

ni? ʔəncə? (where?)

Musqueam Administration Offices

təmtəm? (when?)

Wednesday, October 4. Dinner will be served at 6:00 p.m. The presentation will start at 7:00 p.m.

PLEASE JOIN US!



ST. MICHAEL'S CHURCH BEGINS AGAIN EVERY SUNDAY @ 12:45 PM.... PLEASE COME AND JOIN US AND HAVE COFFEE AFTER WARDS

Inside this issue:

2 day Workshop	2
Rodent—Notice	3
Childrens' House	4
Education	5-7
Emp. & Trg.	8-10
Helath Dept.	11-15
Home Maintenance	16-21
Family Project	22
Rugby Fall Pgm.	23
Remaining News	24-26



Smoke Shop Hours

Monday - Friday

9:00am-5:45pm

Closed during Lunch

12:00-1:00

Must be 19 years of age



Must have
proper/valid ID



INDIGENOUS COMMUNITY SAFETY

2 day workshop provided by Ending Violence
Association of BC

Where: 51st Hall, Musqueam
Dates: October 3 & 4, 2017
Time: 9:00 am to 3.30 pm

Be a part
of the
solution

Free training for interested Musqueam community members,
family heads, leaders, elders, and administrative staff.

Sessions and talks explore the cause and impact of intimate
partner violence, and how to support survivors to recover.

Lunch will be provided / limited seating available.

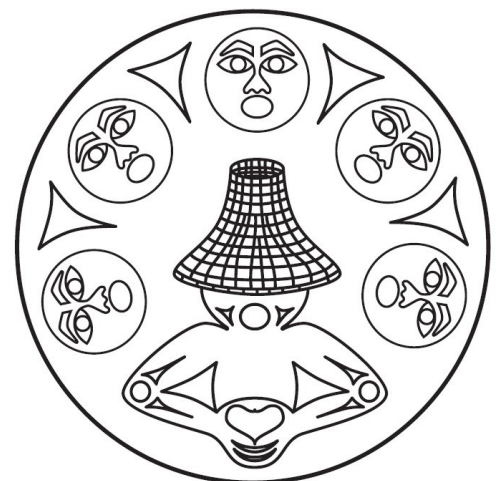
Please join us for this important talk about ending violence in
Musqueam community—your VOICE matters!

**To Register for the
Workshop:**

**Theresa Hood
Family Outreach Worker**

604-364-6551

E: thood@musqueam.bc.ca





MUSQUEAM INDIAN BAND

6735 SALISH DRIVE
VANCOUVER, BC
CANADA V6N 4C4
TELEPHONE: 604-263-3261
FAX: 604-267-4819

September 20, 2017

Dear Band Members,

The rodent activity in Musqueam is high, but due to the major community clean up, the rodent activity is even higher. To control the rodent issue there have been more exterior bait stations placed around the reserve where the activity is very high.

We would like to caution all band members to be aware of this and to be sure that your pets do not eat the bait from the box, as it will harm them.

To help, residents please keep the perimeter of your houses clean and free of clutter and keep windows and doors closed or screened when not in use to stop access of rodents into your residence.

Should you have any questions or concerns, please contact the taxation department.

Thanks for all your efforts in this ongoing endeavour.

Respectfully,

Lorna A. Stewart
Housing Manager



MUSQUEAM INDIAN BAND

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

JOB POSTING

Secretary to Chief & Council Full Time, One Year Leave of Absence

Musqueam Indian Band is seeking a Secretary to Chief & Council. Reporting to the Office Supervisor, **the Secretary to Chief & Council** (the Secretary) is responsible for providing a full secretarial service to the Band Council. The Secretary records and produces the minutes of Council meetings, General Band Meetings, Shareholders meetings, and other meetings as required. The Secretary ensures that the Band Council is provided with all related documentation required in their meetings by assembling a Council Meeting Kit and is responsible for distribution of their motions and decisions. The Secretary is also responsible for the development and maintenance of a tracking system to provide easy access to Council motions and decisions. The Secretary also coordinates any necessary travel arrangements for Band Council and the assembly of briefing materials and travel itinerary for Council Travel.

Duties:

- Prepares and ensures appropriate agenda items, information, and Council kits are ready, complete, and available for respective meetings. For weekly Council meetings this is on the Friday prior to the Monday meeting for approval of notes by Band Manager). Ensures the availability of any necessary equipment for the meeting.
- Coordinates the attendance of the appropriate Council members for special or extraordinary meetings. Establishes that a quorum will be present, or advises of meeting cancellation or postponement.
- Maintains up to date database of recipient of meetings and extraordinary meetings.
- Records, transcribes types, distributes, and tracks minutes, motions, and council or General Band decisions. Take minutes at weekly meetings held on a weekday evening and in extraordinary weekend meetings. Records decisions, capable of giving insight into why decisions were made, and ensuring non present Chief and Council are familiar with decisions in meetings.
- Drafts and writes letters and reports when called upon.
- Ensures minutes are accurate and despatch final working draft of the minutes to the following weekly meeting, and 4 weeks after General Band Meetings and extraordinary retreats.
- Finalizes any amendments to the Council minutes, once passed by Council, by making any changes and then creating and completing a meeting folder both hardcopy and electronic that includes the final minutes and all meeting materials both pre and post meeting.
- Ensures that all materials and preparations are made for Council meetings both regular, special, and weekend; and, all preparations for Council Retreats (materials, travel arrangements, meals, refreshments, etc.)
- Assists Council by making necessary Band related travel arrangements.
- Prepares and distributes isolated motions for the Band Manager and program heads for the management meeting and their follow up action.
- Maintain calendar of important dates for the Band. Arrange agenda; coffee/food for meetings.
- Maintain the Chief's calendar/schedule.
- Help organize special events for Chief and Council.
- Ensure all files are confidential, in a safe place, and in order. Responsible for the hard copy and electronic copy of all Council materials and minutes including Council meetings, Special

Community Meetings, General Band Meetings etc.; and all correspondence related to Council business.

- Maintain confidentiality and comply with data protection in respect of databases of recipients of minutes.
- Distributes the finalized minute's weekly, to those Band Members and other distribution lists as may be developed from time to time, and to the Member section of the Band's web site.
- Liaise with Executive Assistant regarding amendments.
- Develops and maintains effective working relationships with Council, Band Manager, colleagues and the Band membership; works closely with the Executive Assistant to the Band Manager.
- Performs related duties for Band community meetings as required.
- Ensures full supplies for all correspondence and minutes to the Chief and Council and executives at all times.
- Other duties as required.

Job Knowledge and Abilities:

- Skill and knowledge usually attained by successful completion of High School and courses and post-secondary training and certification in Business Administration, legal secretarial, or journalism and /or advanced Secretarial Courses combined with at 3-5 years in a First Nations or similar administration office in a secretarial role to senior administrative manager or elected Council; or an equivalent combination of skill, knowledge, and experience.
- Ability to take minutes, type minimum 60 wpm, audio typing.
- Expertise software applications and equipment related to the position (Microsoft Office, advanced copy machine operation, digital recording equipment, smart boards, etc.)
- Knowledge of Roberts Rules of Order in order to advise management and Council.
- Excellent communication skills, with the ability to communicate effectively with all levels of the organization, from community members to senior business leaders. This includes a pleasant, professional and assertive communication manner.
- Knowledge and experience of similar program delivery in the context of Musqueam or First Nations culture and history.
- Is self-directed with the ability to meet deadlines, as well as to prioritize under tight deadlines.
- Excellent organizational skills and is detailed oriented.
- Ability to understand and describe complex governance and business issues.
- Ability to use tact and good judgement in dealing with sensitive and complex issues.
- Ability to maintain confidentiality.
- Ability to drive and provide a licensed vehicle for work purposes.

Working Conditions:

- Work is performed in an office environment.
- Attendance is mandatory at all Chief & Council weekly evening meetings and off site weekend quarterly retreats
- Valid Driver's License
- Successful Criminal Record Check

Please apply by emailing your cover letter and resume to Musqueam Indian Band, HR at:

jobs@musqueam.bc.ca

Please write « *Secretary to C & C* » on the subject line.

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

Posting will remain open until filled.

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

The Children's House

Hours of Operation:

Preschool Program Hours: Monday—Thursday 9:00 am—12:00pm.

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

The Children's House phone # 604 269-3302

Renee Stogan Supervisor email: childcaresup@musqueam.bc.ca

The Children's House Staff

Supervisor: Renee Stogan

Infant/Toddler Staff: Christy Friesen, Kelly Herman, Angela Point

Preschool Staff: Ernestine Herman, Sherry Point, Sarah Hussain

Important Reminder

October 9, 2017 The Children's House is closed for Thanksgiving.

November 1, 2016 The Children's House will be closed for Musqueam Day Holiday.



hay čx^w qə



Answer to last weeks riddle: A snake

This week: What goes up and goes down but does not move?



ATTENTION: Bus Safety Information



There is concern that during busy periods people are neglecting school bus safety and passing when the bus lights are flashing.

Please note that the law states that you cannot pass a school bus when the lights are flashing and the stop sign is out, this applies to vehicles approaching from the front or rear of the bus.

This rule is to ensure the safety of the children entering and exiting the school bus, therefore please wait until the bus has moved or turned off the flashing lights before moving.

Bus Form



If your child will be riding the school bus, please fill out a bus form and return it to the Education Department, this information is necessary to make sure the children on the bus are safe and parents can be contacted in case of emergency.

Thank you to everyone that has already returned the form.

Reminder

VSB registration is open from Nov 1– Jan 31, please make sure that you register your child for their Catchment school, even if you plan on submitting cross boundary or private school applications.

Tuition Fee Waiver Program

The BC Government is expanding the Tuition Fee Waiver program for former children and youth in care to all BC public post-secondary institutions. Eligible students must be from BC, aged between 19-26, and have been in care for a min of 24 months. Students can apply through their institutions financial aid office. 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,

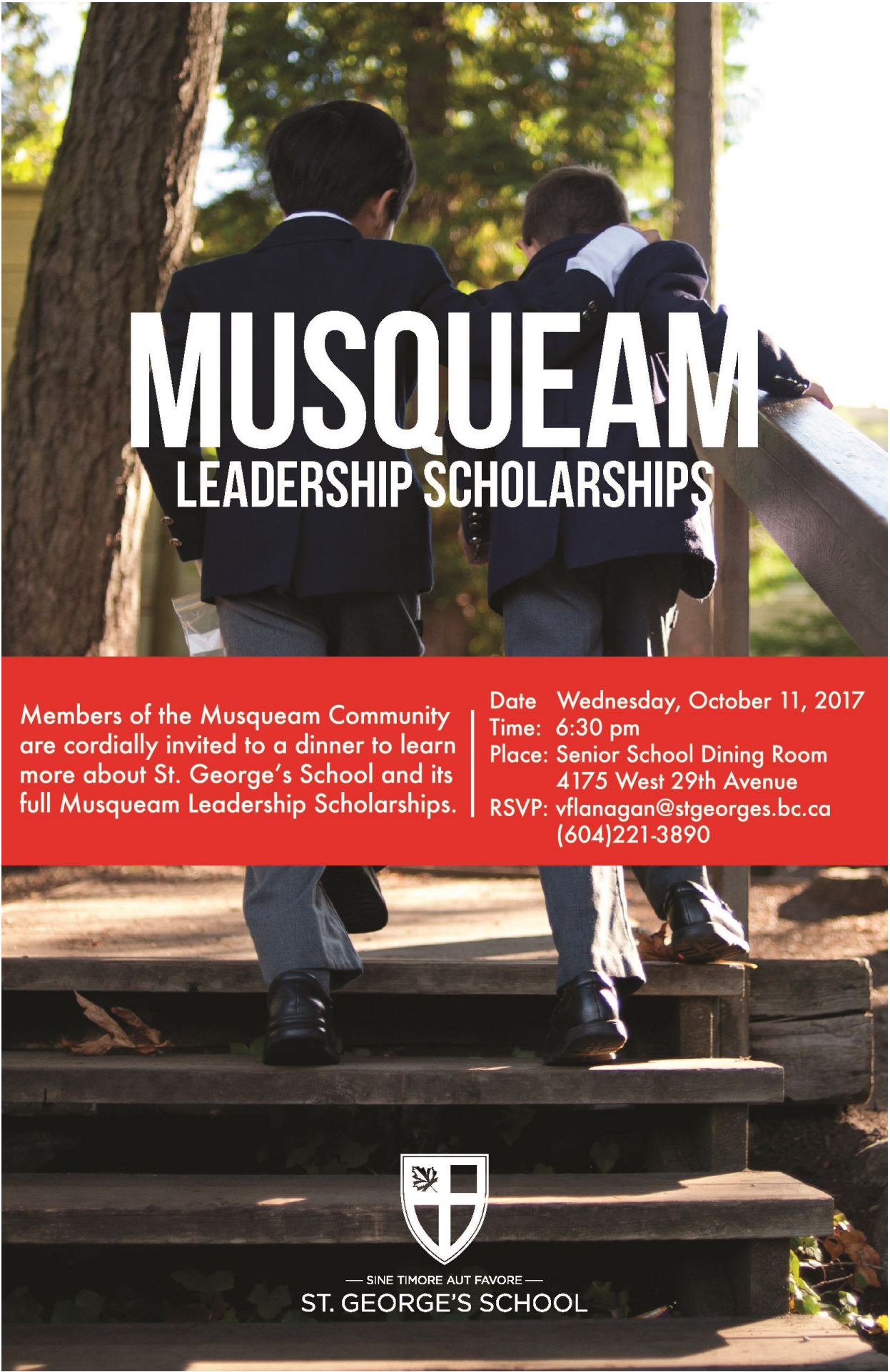
Charlene Campbell-Wood, School Bus Supervisor

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 Person		Alternate contact phone:		
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
Medic Alerts: (Please identify any medic alerts or special needs that the bus supervisor should be aware of)				



MUSQUEAM

LEADERSHIP SCHOLARSHIPS

Members of the Musqueam Community are cordially invited to a dinner to learn more about St. George's School and its full Musqueam Leadership Scholarships.

Date: Wednesday, October 11, 2017

Time: 6:30 pm

Place: Senior School Dining Room
4175 West 29th Avenue

RSVP: vflanagan@stgeorges.bc.ca
(604)221-3890



— SINE TIMORE AUT FAVORE —
ST. GEORGE'S SCHOOL

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 – Employment & Training Assistant
Phone: 604-269-3461
Email: employassist@musqueam.bc.ca

Lindsay Gibson – Job Coach
Phone: 604-269-3355
Email: lgibson@musqueam.bc.ca

Terry Sparrow – Job Coach
Phone: 604-269-3367
Email: jobcoach@musqueam.bc.ca

Joanne Kern – Mentor Coordinator
Phone: 604-269-3311
Email: jkern@musqueam.bc.ca

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



**HAS THE FOLLOWING
POSITIONS AVAILABLE**

OPEN POSITIONS:

Cage

- Drop Count Team Member
- Cage Cashier

Executive

- Executive Assistant

Customer Development

- Casino Host (5)

Food Beverage

- Shift Manager

Table Games

- Incoming Professional Dealer
- September Dealer Training Class
- Dealer Supervisor 2 (10)

Finance

- Executive Assistant

Security

- Security Officer
- Security Manager

Guests Services

- Guest Services Representative

Facilities

- Maintenance Technician-Contract

Human Resource

- Benefits & Compensation Specialist – Contract
- HR Assistant (Compliance)

Slots

- Slot Attendant

Marketing

- VIP Relations Host (16)
- VIP Services Call Centre Supervisor
- VIP Services Call Centre Specialist (10)

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.

OR

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

Employment and Training Department News

Upcoming Opportunity:

What: ArrowMight

About ArrowMight:

At ArrowMight Learning for Life, we know that academic struggles are often symptomatic of overwhelming personal challenges. That is why our Learning for Life literacy program is designed to develop skills and build self-confidence.

The ArrowMight program forms a human connection—a mutual friendship between onscreen teachers and adult learners. Humble, respectful and warm, the TeleTeachers present curriculum content through conversation. A student voice asks questions, contributes knowledge from his own life experiences, and shares his worries and insecurities. As a result, lessons unfold in a smooth-flowing, culturally-sensitive dialogue to which people at home can relate.

Captivated, motivated and encouraged, students gain a deeper appreciation of their cultures, learn valuable skills, and begin to recognize the many rewarding life opportunities open to them. They are supported in their learning by community-based Facilitators who offer encouragement and mentorship, and add a critical human component to the multimedia program.

Are you interested?

Please contact anyone in the Employment & Training Department and let them know. Lindsay Gibson & Terry Sparrow can even give more information if you have any questions about the program.

Opportunity:

Class: Essential Skills & Carpentry Foundations

Where: Musqueam Community Centre

What:

This program is five days a week, starts out as Essential Skills and turns into Carpentry Foundations October 2, 2017. We are still accepting applicants if you are interested in either brushing up on your numeracy and literacy or you would like to do both programs.

Carpentry Foundation program prepares students to begin work in the construction industry. Students who successfully complete the training program will develop practical skills through an organized approach to safety, building codes and the use of hand and power tools. Practical projects are performed in indoor and outdoor environments to provide opportunities to erect, install, maintain and repair structures and components of structures made of wood, wood substitutes and other materials.

When:

Essential Skills: Now! Come in today to see us to sign up right away.

Carpentry Foundations: October 2nd, 2017 – December 8th, 2017



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

Employment and Training Department News

Opportunity:

Class: 2 Weeks Construction Safety Training Course

Where: Musqueam Clubhouse

When: October 23 – November 3, 2017

What:

If you need to upgrade your certificates, if you are an entry level construction or carpentry worker, or if you want to make your resume stand out from the group these might be the courses for you!



This two weeks includes aerial work platform certificate, OFA 1 (Occupational First Aid Level 1), Traffic Control Personnel (TCP), plus some others to be announced!

This is a great two week course to take that will lead into some upcoming potential programs here on Musqueam. This course's certificates are really great to have on your resume to make you stand out for the employer.



How to Apply:

If you want to sign up please come in as soon as possible to talk with one of us in Employment & Training to sign up as we will have limited amount of seats.

*Photo Information: Top picture is Keith Duerden demonstrating TCP. Bottom picture is Keith Duerden & Sean Campbell demonstrating a lift exercise.

For more information, a copy of the full posting or assistance applying for any opportunities listed please feel free to come by the office or contact Diane Herman at (604)269-3461 or employclerk@musqueam.bc.ca

MUSQUEAM HEALTH NEWSLETTER

September 29 2017

COMMUNITY HEALTH PROGRAM

Crystal Point, RN, CHN
Lyn Thomas, Assistant

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

SAVE THE DATE: Musqueam Flu shot clinic & Village of Wellness will be held November 6, 2017.

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
- ✚ *If you are pregnant, please sign up by calling Crystal Point, in the Health Dept.*



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.

Your New Baby and First Nations Health Benefits Coverage: For information on how to register your baby with First Nations Health please call Ashlee or Candice in the health department.



A 6-week series to run during the regular Pre/Postnatal group time: 12:00 – 2:00pm
Starting Tuesday Sept. 26th – Oct. 31st.
Location: Musqueam Yoga Room.

Workout with Melanie Osmack, followed by light lunch.

Babies/toddlers welcome

- Week two –Pre/postnatal fitness goal setting + workout
- Week three – goal check in, core focus in + work out
- Week four – goal check in, posture focus + workout
- Week five – goal check in, ergonomic movements for pregnancy/parenting + workout
- Week six – goal check in + workout

Dress comfortably

MUSQUEAM HEALTH NEWSLETTER

September 29, 2017

COMMUNITY HEALTH PROGRAM



Musqueam Health partnership with UBC ACTIVE KIDS —Is Returning to Musqueam Thursdays 4:30-5:30

Starting October 19th until November 23rd (No classes Nov 6th & 13th*)

Active Kids Multisport & Playtime—Parent + Tot

AGES: 1.5 to 3 year olds | TIME: 4:30pm—5:00pm

This is a fun, high energy class that will introduce your child to agility, balance, coordination & basic movement skills (i.e. running, jumping, throwing & catching) through a variety of sports and games

****Parent Participation is required for this age group ****

Active Kids Multisport & Games

AGES: 4 + 5 year olds | TIME: 5:00—5:30pm

This class will introduce your preschooler with basic sport specific skills and reinforce movement skills including running, jumping, kicking, throwing & catching.



Trained Instructors will use a variety of fun, sports and games to develop fundamental literacy skills your child can build upon in future sports activities!!~



REGISTRATION: Sign up at the **MIB Daycare**, or Contact:
Crystal Point @ 604 269 3313 or **Lyn Thomas @ 604 269 3354** for
more details & to register your child/children!

MUSQUEAM ELDER'S PROGRAM

Brenda Campbell

Next Musqueam Elders Luncheon: Thursday Oct.12 12:00 noon

Musqueam Ladies Group: Tuesday evenings 6:00-9:00pm

Location: Musqueam Elders Centre

The Elder's centre is open daily, please drop by for a coffee or tea with Brenda Campbell. Ph: 604-263-6312

MUSQUEAM HEALTH NEWSLETTER

September 29, 2017

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood



The [Guidelines for Canadian Drinking Water Quality](#) and the [Guideline Technical Documents](#) (formerly known as Guideline Supporting Documents) are developed by the [Federal-Provincial-Territorial Committee on Drinking Water](#) and have been published by Health Canada since 1968.

<https://www.canada.ca/en/health-canada/services/environmental-workplace-health/water-quality/drinking-water/canadian-drinking-water-guidelines.html>

If you have any questions regarding drinking water guidelines, you may go to any one of the above links or go to [FAQ in the Guidelines for Canadian Drinking Water Quality](#).

Remember to drink enough water daily to maintain a healthy body and healthy joints!

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



HOME AND COMMUNITY CARE

Home Care Nurse: Romeo Cosio, RN.

Lyn Thomas, Nurse Assistant

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

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.

Romeo's Office Hours:

Evelyn's Schedule:

Mon. 8:30-5:30 **Tues-Off**, Wed. Thurs. Friday 8:30-5:30

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

***Please note, the home care nurse may be on a house call so please leave a message.*

***For Emergencies Call 911 right away! ***

MUSQUEAM HEALTH NEWSLETTER

September 29, 2017

MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM (NNADAP)

We have two NNADAP workers who are available 7 days a week for; 1:1 counselling, treatment referrals, outpatient resources, information and support in relation to drug and alcohol use.

Cyndi Bell - A&D Counsellor

Hours

Mon. Tues.Thurs 9:30-4:30 pm
Wednesday 12-7 pm
Fri 9-4 pm



Brad Morin – NNADAP worker

Hours

Wednesday, Thursday, Friday 6-9 pm
Saturdays & Sunday 1-5 pm



APPOINTMENTS: DROP-IN OR CALL TO MAKE AN APPOINTMENT: 604-269-3454

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.



WEEKLY AA MEETING: There is an AA meeting every Tuesday from 8-9 pm at the 51st Hall

ART THERAPY FOR ADULTS

Janice Carroll

I have been a counselor here 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 Adults, on Monday's from 9am-2pm.** The sessions are one hour, once a week, for Musqueam community members.

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



MUSQUEAM HEALTH NEWSLETTER

September 29, 2017



x^wməθk^wəyəm

MUSQUEAM PRIMARY CARE CLINIC

Regular hours Mon - Thurs 10-3 and Friday 10-4

Don't forget to take care of yourself

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

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.

Home Maintenance Schedule

REGULAR MAINTENANCE IS THE KEY

Inspecting your home on a regular basis and following good maintenance practices are the best way to protect your investment in your home. Whether you take care of a few tasks at a time or several all at once, it is important to get into the habit of doing them. Establish a routine for yourself, and you will find the work is easy to accomplish and not very time-consuming. A regular schedule of seasonal maintenance can put a stop to the most common—and costly—problems, before they occur. If necessary, use a camera to take pictures of anything you might want to share with an expert for advice or to monitor or remind you of a situation later.

By following the information noted here, you will learn about protecting your investment and how to help keep your home a safe and healthy place to live.

If you do not feel comfortable performing some of the home maintenance tasks listed below, or do not have the necessary equipment, for example a ladder, you may want to consider hiring a qualified handyperson to help you.

SEASONAL HOME MAINTENANCE

Most home maintenance activities are seasonal. Fall is the time to get your home ready for the coming winter, which can be the most gruelling season for your home. During winter months, it is important to follow routine maintenance procedures, by checking your home carefully for any problems that may arise and taking corrective action as soon as possible. Spring is the time to assess winter damage, start repairs and prepare for warmer months. Over the summer, there are a number of indoor and outdoor maintenance tasks to look after, such as repairing walkways and steps, painting and checking your chimney and roof.

While most maintenance is seasonal, there are some things you should do on a frequent basis year-round:

- ☐ Make sure air vents indoors and outdoors (intake, exhaust and forced air) are not blocked by snow or debris.
- ☐ Check and clean range hood filters on a monthly basis.
- ☐ Test ground fault circuit interrupter(s) on electrical outlets monthly by pushing the test button, which should then cause the reset button to pop up.
- ☐ If there are young children in the house, make sure electrical outlets are equipped with safety plugs.
- ☐ Regularly check the house for safety hazards, such as a loose handrail, lifting or buckling flooring, inoperative smoke detectors, and so on.

Timing of the seasons varies not only from one area of Canada to another but also from year to year in a given area. For this reason, we have not identified the months for each season. The maintenance schedule presented here is, instead, a general guide for you to follow. The actual timing is left for you to decide, and you may want to further divide the list of items for each season into months.

Photocopy or print this maintenance schedule

To be effective, home maintenance must be done on an ongoing basis, from year to year. We suggest you make a photocopy of this maintenance schedule to use as your checklist. That way, you will always have an unmarked original to make more copies. Alternatively, you can print this maintenance schedule from CMHC's website, at www.cmhc.ca

Fall

- ☐ Have furnace or heating system serviced by a qualified service company every two years for a gas furnace, and every year for an oil furnace, or as recommended by the manufacturer.
- ☐ If you have central air conditioning, make sure the drain pan under the cooling coil mounted in the furnace plenum is draining properly and is clean.
- ☐ Lubricate circulating pump on hot water heating system.
- ☐ Bleed air from hot water radiators.
- ☐ Disconnect the power to the furnace and examine the forced-air furnace fan belt, if installed, for wear, looseness or noise; clean fan blades of any dirt buildup.
- ☐ Check chimneys for obstructions such as nest before turning on your furnace.
- ☐ Vacuum electric baseboard heaters to remove dust.
- ☐ Remove the grilles on forced-air systems and vacuum inside the ducts.
- ☐ Turn ON gas furnace pilot light (if your furnace has one), set the thermostat to "heat" and test the furnace for proper operation by raising the thermostat setting until the furnace starts to operate. Once you have confirmed proper operation, return the thermostat to the desired setting.
- ☐ Check and clean or replace furnace air filters each month during the heating season. Ventilation system, such as heat recovery ventilator, filters should be checked every two months.
- ☐ Check to see that the ductwork leading to and from the heat recovery ventilator is in good shape, the joints are tightly sealed (aluminum tape or mastic) and any duct insulation and plastic duct wrap is free of tears and holes.
- ☐ If the heat recovery ventilator has been shut off for the summer, clean the filters and the core, and pour water down the condensate drain to test it.
- ☐ Check to see that bathroom exhaust fans and range hoods are operating properly. If possible, confirm that you are getting good airflow by observing the outside vent hood (the exterior damper should be held open by the airflow). See the *About Your House* fact sheet *CMHC Garbage Bag Airflow Test* for a simple way to estimate the airflow.
- ☐ Check smoke, carbon monoxide and security alarms, and replace batteries.
- ☐ Clean portable humidifier, if one is used.
- ☐ Check sump pump and line to ensure proper operation, and to ascertain that there are no line obstructions or visible leaks.
- ☐ Replace window screens with storm windows.
- ☐ Remove interior insect screens from windows to allow air from the heating system to keep condensation off window glass and to allow more free solar energy into your home.
- ☐ Ensure windows and skylights close tightly; repair or replace weatherstripping, as needed.

- ❑ Ensure all doors to the outside shut tightly, and check other doors for ease of use. Replace door weatherstripping if required.
- ❑ If there is a door between your house and the garage, check the adjustment of the self-closing device to ensure it closes the door completely.
- ❑ Cover outside of air-conditioning units and shut off power.
- ❑ Ensure that the ground around your home slopes away from the foundation wall, so that water does not drain into your basement.
- ❑ Clean leaves from eavestroughs and roof, and test downspouts to ensure proper drainage from the roof.
- ❑ Drain and store outdoor hoses. Close interior valve to outdoor hose connection and drain the hose bib (exterior faucet), unless your house has frost-proof hose bibs.
- ❑ Have well water tested for quality. It is recommended that you test for bacteria every six months.
- ❑ If you have a septic tank, measure the sludge and scum to determine if the tank needs to be emptied before the spring. Tanks should be pumped out at least once every three years.
- ❑ Winterize landscaping, for example, store outdoor furniture, prepare gardens and, if necessary, protect young trees or bushes for winter.

Winter

- ❑ Check and clean or replace furnace air filters each month during the heating season. Ventilation system, such as heat recovery ventilator, filters should be checked every two months.
- ❑ After consulting your hot water tank owner's manual, drain off a dishpan full of water from the clean-out valve at the bottom of your hot water tank to control sediment and maintain efficiency.
- ❑ Clean humidifier two or three times during the winter season.
- ❑ Vacuum bathroom fan grille.
- ❑ Vacuum fire and smoke detectors, as dust or spider webs can prevent them from functioning.
- ❑ Vacuum radiator grilles on back of refrigerators and freezers, and empty and clean drip trays.
- ❑ Check pressure gauge on all fire extinguishers; recharge or replace if necessary.
- ❑ Check fire escape routes, door and window locks and hardware, and lighting around outside of house; ensure family has good security habits.
- ❑ Check the basement floor drain to ensure the trap contains water; refill with water if necessary.
- ❑ Monitor your home for excessive moisture levels—for example, condensation on your windows,

which can cause significant damage over time and pose serious health problems—and take corrective action if necessary. Refer to the *About Your House* fact sheet *Measuring Humidity in Your Home*.

- ❑ Check all faucets for signs of dripping and change washers as needed. Faucets requiring frequent replacement of washers may be in need of repair.
- ❑ If you have a plumbing fixture that is not used frequently, such as a laundry tub or spare bathroom sink, tub or shower stall, run some water briefly to keep water in the trap.
- ❑ Clean drains in dishwasher, sinks, bathtubs and shower stalls.
- ❑ Test plumbing shut-off valves to ensure they are working and to prevent them from seizing.
- ❑ Examine windows and doors for ice accumulation or cold air leaks. If found, make a note to repair or replace in the spring.
- ❑ Examine attic for frost accumulation. Check roof for ice dams or icicles. If there is excessive frost or staining of the underside of the roof, or ice dams on the roof surface, consult the *About Your House* fact sheet *Attic Venting, Attic Moisture and Ice Dams* for advice.
- ❑ Keep snow clear of gas meters, gas appliance vents, exhaust vents and basement windows.

- ☐ Monitor outdoor vents, gas meters and chimneys for ice and snow buildup. Consult with an appropriate contractor or your gas utility for information on how to safely deal with any ice problems you may discover.
- ☐ Check electrical cords, plugs and outlets for all indoor and outdoor seasonal lights to ensure fire safety; if worn, or if plugs or cords feel warm to the touch, replace immediately.

Spring

- ☐ After consulting your hot water tank owner's manual, carefully test the temperature and pressure relief valve to ensure it is not stuck. **Caution:** This test may release hot water that can cause burns.
- ☐ Check and clean or replace furnace air filters each month during the heating season. Ventilation system, such as heat recovery ventilator, filters should be checked every two months.
- ☐ Have fireplace or wood stove and chimney cleaned and serviced as needed.
- ☐ Shut down, drain and clean furnace humidifier, and close the furnace humidifier damper on units with central air conditioning.
- ☐ Switch on power to air conditioning and check system. Have it serviced every two or three years.
- ☐ Clean or replace air-conditioning filter, if applicable.
- ☐ Check dehumidifier and drain—clean if necessary.
- ☐ Turn OFF gas furnace and fireplace pilot lights where possible.
- ☐ Have well water tested for quality. It is recommended that you test for bacteria every six months.
- ☐ Check smoke, carbon monoxide and security alarms, and replace batteries.
- ☐ Clean windows, screens and hardware, and replace storm windows with screens. Check screens first and repair or replace if needed.
- ☐ Open valve to outside hose connection after all danger of frost has passed.
- ☐ Examine the foundation walls for cracks, leaks or signs of moisture, and repair as required.
- ☐ Ensure sump pump is operating properly before the spring thaw sets in. Ensure discharge pipe is connected and allows water to drain away from the foundation.
- ☐ Re-level any exterior steps or decks that moved as a result of frost or settling.
- ☐ Check for and seal off any holes in exterior cladding that could be an entry point for small pests, such as bats and squirrels.
- ☐ Check eavestroughs and downspouts for loose joints and secure attachment to your home, clear any obstructions, and ensure water flows away from your foundation.
- ☐ Clear all drainage ditches and culverts of debris.
- ☐ Repair and paint fences as necessary—allow wood fences to dry adequately before tackling this task.
- ☐ Undertake spring landscape maintenance and, if necessary, fertilize young trees.

Summer

- ☐ Monitor basement humidity and avoid relative humidity levels above 60 per cent. Use a dehumidifier to maintain relative humidity below 60 per cent.
- ☐ Clean or replace air-conditioning filter, and clean or replace ventilation system filters if necessary.
- ☐ Check basement pipes for condensation or dripping and, if necessary, take corrective action; for example, reduce humidity and/or insulate cold water pipes.
- ☐ Check the basement floor drain to ensure the trap contains water; refill with water if necessary.

- ☐ If you have a plumbing fixture that is not used frequently, for example, a laundry tub or spare bathroom sink, tub or shower stall, run some water briefly to keep water in the trap.
- ☐ Deep clean carpets and rugs.
- ☐ Vacuum bathroom fan grille.
- ☐ Disconnect the duct connected to your clothes dryer, and vacuum lint from duct, the areas surrounding your dryer and your dryer's vent hood outside.
- ☐ Check security of all guardrails and handrails.
- ☐ Check smooth functioning of all windows, and lubricate as required.
- ☐ Inspect window putty on outside of glass panes of older houses, and replace if needed.
- ☐ Sand and touch up paint on windows and doors.
- ☐ Lubricate door hinges, and tighten screws as needed.
- ☐ Check for and replace damaged caulking and weatherstripping around mechanical and electrical services, windows and doorways, including the doorway between the garage and the house. See the *About Your House* fact sheet *Attached Garages and Indoor Air Quality* for more information on preventing garage-to-house air transfer.
- ☐ Lubricate garage door hardware, and ensure it is operating properly.
- ☐ Lubricate automatic garage door opener motor, chain and other moving parts, and ensure that the auto-reverse mechanism is properly adjusted.
- ☐ Inspect electrical service lines for secure attachment where they enter your house, and make sure there is no water leakage into the house along the electrical conduit. Check for overhanging tree branches that may need to be removed.
- ☐ Check exterior wood siding and trim for signs of deterioration; clean, replace or refinish as needed.
- ☐ Remove any plants that contact—and roots that penetrate—the siding or brick.
- ☐ From the ground, check the general condition of the roof and note any sagging that could indicate structural problems requiring further investigation from inside the attic. Note the condition of shingles for possible repair or replacement, and examine roof flashings, such as at chimney and roof joints, for any signs of cracking or leakage.
- ☐ Check the chimney cap and the caulking between the cap and the chimney.
- ☐ Repair driveway and walkways as needed.
- ☐ Repair any damaged steps.

To find more **About Your House** fact sheets plus a wide variety of information products, visit our website at www.cmhc.ca. You can also reach us by telephone at 1-800-668-2642 or by fax at 1-800-245-9274.

Priced Publications

<i>A Guide to Fixing Your Damp Basement</i>	Order No. 65886
<i>Home Care: A Guide to Repair and Maintenance</i>	Order No. 61019
<i>Homeowner's Inspection Checklist</i>	Order No. 62114
<i>Homeowner's Manual</i>	Order No. 61841

Free Publications

<i>Moisture and Air: Householder's Guide—Problems and Remedies</i>	Order No. 61033
About Your House fact sheets	
<i>Attached Garages and Indoor Air Quality</i>	Order No. 66343
<i>Attic Venting, Attic Moisture, and Ice Dams</i>	Order No. 62034
<i>CMHC Garbage Bag Airflow Test</i>	Order No. 62288
<i>Maintaining Your HRV</i>	Order No. 62043
<i>Measuring Humidity in Your Home</i>	Order No. 62027
<i>Removing Ice on Roofs</i>	Order No. 62036
<i>Should You Get Your Heating Ducts Cleaned?</i>	Order No. 62044
<i>Your Furnace Filter</i>	Order No. 62041
<i>Your Septic System</i>	Order No. 62795

©2003, Canada Mortgage and Housing Corporation
Printed in Canada
Produced by CMHC
Revised 2005, 2008, 2010

30-03-10

Although this information product reflects housing experts' current knowledge, it is provided for general information purposes only. Any reliance or action taken based on the information, materials and techniques described are the responsibility of the user. Readers are advised to consult appropriate professional resources to determine what is safe and suitable in their particular case. Canada Mortgage and Housing Corporation assumes no responsibility for any consequence arising from use of the information, materials and techniques described.

The Family project™

A Divine Reflection



RECOVER. RENEW. RECLAIM.™

The Family Project is a comprehensive, 12-part, DVD-based small-group curriculum that explores positive, hope-filled stories showcasing the beauty of God's design in our everyday lives. You'll dive deep into the theology of the family and will also be offered practical resources to help families thrive.

JOIN US FOR A SMALL-GROUP EXPERIENCE!

Date:

Time:

Location:

Register:

A PROGRAM OF FOCUS ON THE FAMILY®

THUNDER ROOKIE RUGBY

2017 FALL PROGRAM

WHERE:

Musqueam Community Centre

WHEN:

Mondays, 4-5pm
October 2, 16, 23, 30 & November 6, 13

TO REGISTER:

Stop by the centre for registration or program information. No equipment needed - Just bring indoor gym wear

HIGHLIGHTS:

- Play at half time of the Canada vs. Maori All Blacks game at BC Place on November 3rd
- Free match ticket
- Free rugby ball

QUESTIONS?

Thomas Viljoen or Courtenay Gibson
(tviljoen@bcrugby.com)
(cgibson@musqueam.bc.ca)

COST:

FREE

FOR BOYS & GIRLS AGED 8-14



HSBC

ROOKIE RUGBY

PRESENTED BY HONDA



Phil Mack,
member of Toquaht Nation &
Canadian National Team Player

Bicycle Bearista Mobile Cafe

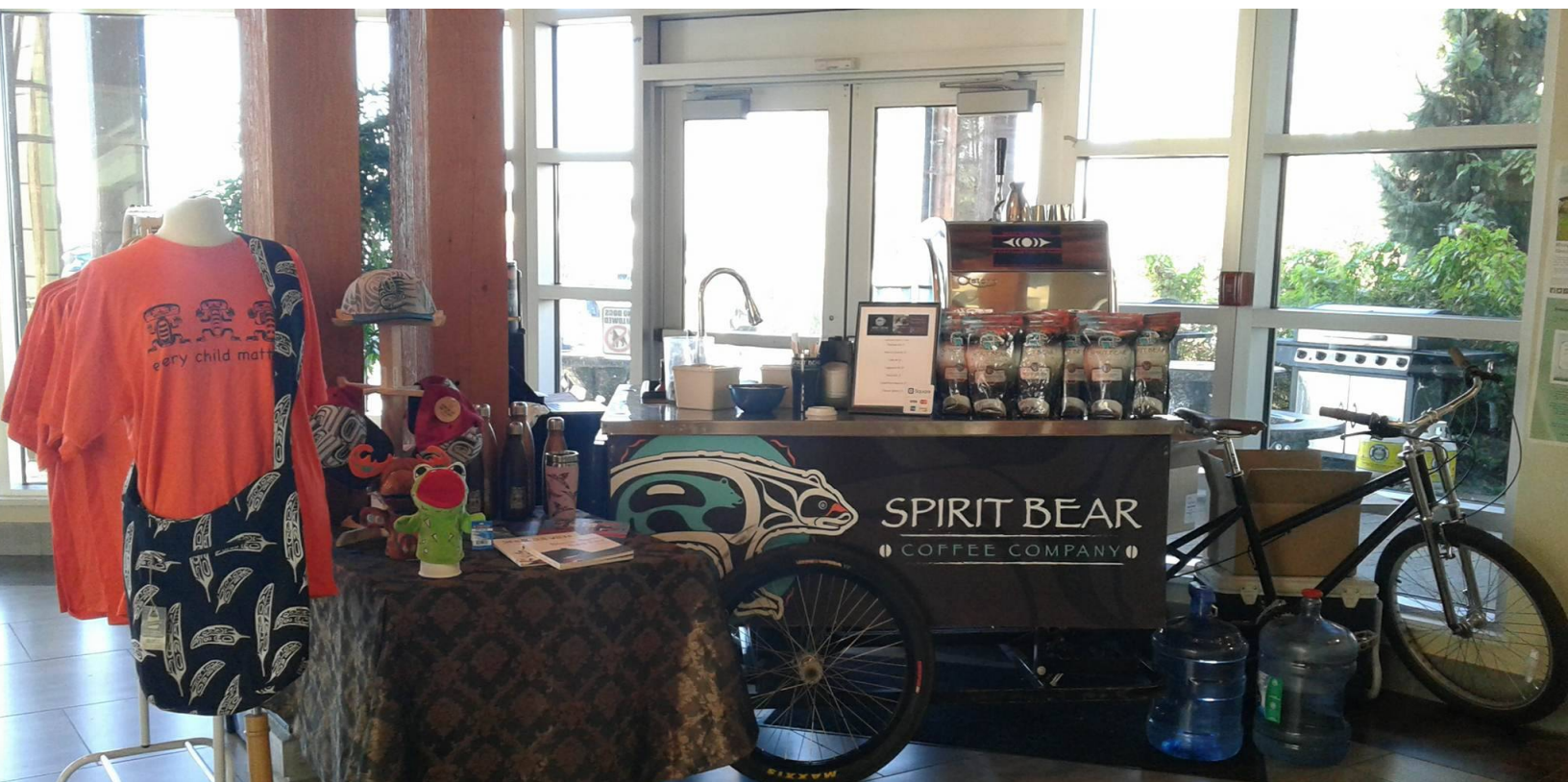
Proudly Serving



SPIRIT BEAR
COFFEE COMPANY

Need to raise funds for a Musqueam
charitable cause? Fundraising
opportunities now available in the
cafe.

Please contact us by email
coffee@bicyclebearista.com



ALL MY RELATIONS INTER-TRIBAL AA ROUND UP



DATES AND TIMES

OCTOBER 13 14 & 15, 2017

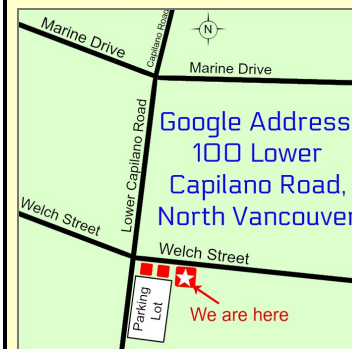
- **FRIDAY:** Registration 6-7PM, Closing Prayer 9PM
- **SATURDAY:** Registration 8-9AM, Dinner 5-6:30PM, Dance 9PM- 12AM
- **SUNDAY:** Registration 9-10AM, Pancake Breakfast 10-11AM, Closing 1-2:30PM (detailed schedule on next page)

Let Us Celebrate the revitalization of walking in the footsteps of our ancestors, an awakening journey on the sacred path of sobriety, recovery, health and wellness.

Ta, na wa nch'ú7mut skwálwen-chet
"All of our hearts are one"
nə caʔmat tə šxʷqʷeləwən ct

LOCATION

Chief Joe
Mathias Centre
100 Lower Capilano
Rd, North Vancouver
Squamish Nation
Capilano Road &
Welch Street



Salmon Dinner
and Dance
On Saturday
Music by
DJ - Rick

SPEAKERS

Art S, Opie O
Mickie C, Jerry W
Maureen K
Al-Anon Speaker
Laura

TICKETS

\$25 each

Available on

www.eventbrite.ca
Central Office/Kingsway
North Shore Alano Club,
at the door or from
committee members

HOSTED BY

All My Relations
Committee Members

CONTACT

Facebook Event "All My
Relations Inter-tribal
AA Round Up"
Ph: 778.683.6182
Em: kulsiut@gmail.com

ALL MY RELATIONS INTER-TRIBAL AA ROUND UP PROGRAM SCHEDULE

FRIDAY OCT 13, 2017

6 - 7 PM REGISTRATION

WELCOME - OPENING PRAYER

SPEAKERS

7 - 8 PM MICKEY C

8 - 9 PM ART S

CLOSING PRAYER

SATURDAY OCT 14, 2017

8 - 9 AM REGISTRATION

OPENING PRAYER

9 - 10 AM BREAKFAST

10 - 11 AM AA. MEETING

SPEAKER

11 - 12 NOON MAUREEN, K

12 - 1:30 PM LUNCH BREAK

ALANON SPEAKER

2 - 3 PM LAURA

3 - 4:30 PM "TRAILBLAZER'S" AA PANEL

HALF HOUR BREAK

5 - 6:30 PM SALMON DINNER

HALF HOUR BREAK

7 - 8 PM COUNTDOWN

SPEAKER

8 - 9 PM OPIE O

CLOSING PRAYER

9 - 12 MIDNIGHT DANCE - DJ RICK

SUNDAY OCT 15, 2017

9 -10 AM REGISTRATION

OPENING PRAYER

10 - 11 AM BRUNCH

SPEAKER

11 - 12 NOON JERRY, W

12 - 1 PM SACRED CIRCLE

1 - 2:30 PM "THANK YOU'S"- CLOSING
PRAYERS/CLOSING REMARKS