



MUSQUEAM NEWSLETTER

Friday OCTOBER 13, 2017

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

MUSQUEAM 101 – Wednesday October 18, 2017

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

Sunrise over the Salish Sea: Sacred Space and Ancestral Time

For time immemorial, the Stó:lō people have understood the enduring connection between time, space, and the material/ spiritual realms. Land, water, the heavens, and all living things are interconnected with names, histories and spirit. In this talk we look at how ancestral knowledge can be traced over thousands of years—connecting buildings, monuments and locations still visible on the landscape with practices, place names and histories that are taught to Stó:lō youth of today. The speakers discuss how Stó:lō archaeological and historical research carried out during the past thirty years has helped bring some of these connections to light and how Stó:lō communities are working to protect their tangible and intangible heritage under constant threat of erosion by settler culture and practices.

Presenters:

Naxaxalhts'i, Albert (Sonny) McHalsie, Stó:lō Research and Resource Management Centre for Stó:lō Nation

Michael Blake, Anthropology, UBC

ni? ʔəncə? (where?)

Musqueam Administration Offices

təmtem? (when?)

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

PLEASE JOIN US!



**PLEASE NOTE: THIS SUNDAY THERE WILL BE "NO MASS"!!
BUT ... EVERY SUNDAY AFTER ~ PLEASE JOIN US IN MASS AT
12:45 PM... THANK YOU... JEANNIE CAMPBELL, ON BEHALF OF
MUSQUEAM :)**

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Smoke Shop Hours

Monday-Friday

9:00 am—5:45 pm

Please Note the shop will be closed during lunch hour.

12:00 Noon – 1:00pm

Must bring your valid/ current Status Card and be 19 years or older





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.*



MUSQUEAM CAPITAL CORPORATION - JOB POSTING

We are growing! Here is your opportunity to join the MCC team at a very exciting time. MCC was formed by Musqueam Indian Band for the purpose of managing Musqueam's various land holdings, business assets and providing business advice. Our mission is to provide economic return to the Membership, today and for future generations while respecting Musqueam's cultural values.

JOB TITLE

Chief Financial Officer (Permanent, Full-time)

PRIMARY ROLE AND RESPONSIBILITIES

Reporting to the CEO, the CFO will be responsible for the overall Finance and Accounting function of MCC. With a balance in strong business finance, accounting and management leadership skills, the successful candidate will be a key member of the executive management team. The primary duties and responsibilities are as follows:

- Prepare and present financial reports as required to assist senior management and the MCC Board in making effective decisions related to acquisitions, developments, businesses and other opportunities; Includes investment appraisals, project summaries, financing scenarios, cash-flow plans.
- Oversee full-cycle financial statements and accounting functions while enforcing effective controls, procedures and policies.
- Oversee requirements related to statutory filings and reporting.
- Maintain and continue to evolve internal controls and operating policies and procedures.
- Prepare and present external financial and management reporting to banks, institutions and government funders.
- Preparing and presenting effective financial reporting to various audiences and stakeholder groups including, Chief and Council and Musqueam Membership.
- Managing the full year-end audit cycle and tax related requirements.
- Arranging various financing requirements related to acquisitions, developments and other capital as required.
- Assist in establishing and managing various project and administration budgets to ensure full control.
- Lead tax planning for MCC and related entities under management; requires strong collaboration with MIB Finance.
- Perform complicated financial modeling and analysis; analyze legal agreements, documents and other third-party reports as required.

INTERPERSONAL SKILLS

- Behave Ethically: Understand ethical behaviour and business practices, and ensure that own behaviour and the behaviour of others is consistent with these standards and aligns with the values of Musqueam and the organization.

MCC_Chief Financial Officer, October 12, 2017



- Communicate Effectively: Speak, listen and write in a clear, thorough and timely manner using appropriate and effective communication tools and techniques. Present to and engage with internal and external parties with a clear understanding of the range of audiences.
- Creativity/Innovation: Develop new and unique ways to improve operations of the organization and to create new opportunities.
- Foster Teamwork: Work cooperatively and effectively with others to set goals, resolve problem, and make decisions that enhance organizational effectiveness.
- Lead: Positively influence others to achieve results that are in the best interest of the organization; take on a mentorship role.
- Make Decisions: Assess situations to determine the importance, urgency and risks, and make clear decisions which are timely and in the best interests of the organization.
- Organize: Set priorities, develop a work schedule, monitor progress towards goals, and track details/data/information/activities.
- Plan: Determine strategies to move the organization forward, set goals, create and implement actions plans, and evaluate the process and results.
- Solve Problems: Assess problem situations to identify causes, gather and process relevant information, generate possible solutions, and make recommendations and/or resolve the problem.

QUALIFICATIONS

Education

- Bachelor's degree in real estate, finance, accounting or related discipline or equivalent combination of education and experience
- CPA designation

Professional designation/Work Experience

- Minimum 5 years related experience in senior management role in real estate and/or asset management finance preferable
- Experience working in First Nations environment preferable
- Strong relationships with banks, institutions and other lenders

Knowledge, skills and abilities

- Developed knowledge of the practices, procedures and principles of finance, accounting, legal and taxation sufficient to analyze detailed concepts, and apply these in a range of related subjects or functional areas
- Ability to interpret and work within a robust governance model

Closing date: Monday November 13, 2017

Applications may be submitted to Stephen Lee, MCC CEO (slee@musqueam.bc.ca)

MCC_Chief Financial Officer, October 12, 2017



MUSQUEAM CAPITAL CORPORATION - JOB POSTING

We are growing! Here is your opportunity to join the MCC team at a very exciting time. MCC was formed by Musqueam Indian Band for the purpose of managing Musqueam's various land holdings, business assets and providing business advice. Our mission is to provide economic return to the Membership, today and for future generations while respecting Musqueam's cultural values.

JOB TITLE

Development Coordinator (Permanent, Full-time)

PRIMARY ROLE AND RESPONSIBILITIES

Reporting to the Vice President, Real Estate, the Development Coordinator is focussed on project management of MCC's development and related projects and assistance in leasing, marketing, financial analysis and administration. Overall, the Development Coordinator plays a key role through direct ownership or support in the following areas:

- assist VP, Real Estate in managing and controlling project budget, specifications and schedule of specific projects undertaken by MCC;
- assist in preparing and updating project budget estimates by working with internal team, outside consultants, contractor, sub-contractors and suppliers;
- monitoring projects to ensure on time and on budget;
- assist in administering, preparing and negotiating contracts with consultants, contractors, subcontractors and suppliers, administration, as well as approving payments;
- assist in managing all change orders relating to project construction;
- involvement in undertaking field reviews and assist in preparing progress reports;
- assisting VP, Real Estate in managing all project matters by working with general contractors, related consultants and internal team;
- assist in other aspects of the development process including leasing and related documentation, managing marketing consultants, obtaining municipal and provincial approvals and financial analysis;
- develop process to ensure that all project information is appropriately documented and secured;
- establish a communication schedule to update stakeholders (internal and external) including appropriate staff in the organization on the progress of the project;
- write reports on the project for management and third parties;
- communicate with any third parties as outlined in any agreements;
- other duties as may be assigned by MCC



INTERPERSONAL SKILLS

- Behave Ethically: Understand ethical behaviour and business practices, and ensure that own behaviour and the behaviour of others is consistent with these standards and aligns with the values of Musqueam and the organization.
- Communicate Effectively: Speak, listen and write in a clear, thorough and timely manner using appropriate and effective communication tools and techniques. Present to and engage with internal and external parties.
- Creativity/Innovation: Develop new and unique ways to improve operations of the organization and to create new opportunities.
- Foster Teamwork: Work cooperatively and effectively with others to set goals, resolve problem, and make decisions that enhance organizational effectiveness.
- Lead: Positively influence others to achieve results that are in the best interest of the organization; take initiative; be a self-starter.
- Make Decisions: Assess situations to determine the importance, urgency and risks, and make clear decisions which are timely and in the best interests of the organization.
- Organize: Set priorities, develop a work schedule, monitor progress towards goals, and track details/data/information/activities.
- Plan: Determine strategies to move the organization forward, set goals, create and implement actions plans, and evaluate the process and results.
- Solve Problems: Assess problem situations to identify causes, gather and process relevant information, generate possible solutions, and make recommendations and/or resolve the problem.

QUALIFICATIONS

Education

- Post-secondary education in business management or real estate related program
- University/College degree or diploma in project management preferable

Professional designation/Work Experience

- Project management experience preferable
- Experience in real estate industry preferable
- Experience working in First Nations environment preferable
- Related experience in managing a variety of projects in multi-business setting from start to end

Knowledge, skills and abilities

- Developed knowledge of the practices, procedures and principles of project and operations management, sufficient to analyze detailed concepts, and apply these in a range of related subjects or functional areas
- Ability to interpret and work within a robust governance model



Proficiency in the use of computers for:

- Business communications
- Financial data management
- Data base management
- Spreadsheets
- Presentations
- E-mail
- Social Media

Closing date: Monday November 13, 2017

Applications may be submitted to Doug Avis VP, Real Estate (davis@musqueam.bc.ca)

Youth Drug and Alcohol Prevention Upcoming workshops & Intervention

Parents we want to hear from you!

Musqueam Community Services, Health, Safety and Security and our VPD Liaison Constable Steve Hanuse are currently working together on Drug and Alcohol prevention. We would like to target some more programming at youth (including teenagers) and will be looking for support, ideas, volunteers and much more.

We have had a number of parents let us know that they would like their children involved and we want to make sure we are reaching out to as many people as possible. We will host workshops, bring in VPD, do some healthy activities, provide direct intervention where needed, and much more.

If you feel like this is a good fit for your child or family member please get in touch with us so we can be sure to reach out the them, especially if you feel this need is more urgent.

If you are interested please email cgibson@musqueam.bc.ca or text/phone 604—781-1470 you can also come by the Safety and Security office to talk to Steve Hanuse or Laurence Paul.

AQUATIC HABITAT RESTORATION PLAN

WELCOME FALL & CHANGES

Newsletter

October 2017

Let It Rain!

Close up view of the creek...



Good News:

Currently behind Shalimar Properties, there is no connected flow in the creek; however, in just a few more rain events, there should have a connected flow for this years' Coho spawn!

"I am truly grateful for the opportunity to work with the AHRP Team and MIB employees; not to mention, to be a part of the community. I have met many wonderful people! However, I say with mixed feelings, I will be embracing a new career opportunity."

All my Relations,

*Sonia Bear, BBA
AHRP Office Lead*



AHRP CREW

The AHRP Team is seeking volunteers to join in a community GREEN event: Planting shrubbery near the creek banks. If you are interested, please contact Woody Sparrow, AHRP Advisor, at email: wsparrow@musqueam.bc.ca

Date: TBA

Musqueam Education Notice

Friday October 13, 2017



Answer to last weeks riddle: The temperature

This week: 1-2-3-4-5-6 I am a 6 letter word. Letters 6-5-2 spell out a drink. Letters 4-5-2-3 spell out a fruit. Letters 1-2-6 spell out a pet. Letters 3-2-6 spell out a pest, which often gets eaten by 1-2-6. What am I? ?



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.

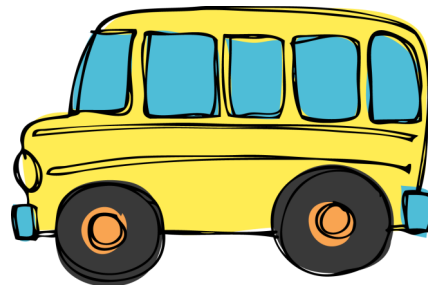
Please note that the law states that you cannot pass a school bus when the lights are flashing and the stop sign is out, this applies to vehicles approaching from the front or rear of the bus.

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.



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)				



October 13, 2017

LUNCH AND LEARN

WHEN:

October 26th, 2017
12 pm

WHERE:

Musqueam Cafe

6777 Salish Drive

For • Staff and Community Members

MEN &
WOMEN'S
HEALTH

Guest speakers

SPONSORS

Musqueam Health
Department

INFORMATION

On

Breast Cancer

Ovarian Cancer

Prostate Cancer

MUSQUEAM HEALTH NEWSLETTER



October 13, 2017

COMMUNITY HEALTH PROGRAM

Crystal Point, RN, CHN, and Lyn Thomas, Assistant

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 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

Crystal Point's Office hours: 9am-4pm Monday – Friday Ph: 604-269-3313

Lyn's office hours: 8:30-4:30 Monday – Friday Ph: 604-269-3354



Musqueam Health Department
Musqueam Recreation Department



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

Active Kids Multisport & Playtime (1.5 – 3 YRS)

AGES: 1.5 to 3 year olds | TIME: 4:30pm—5:00pm (Oct.19-Nov.23rd)

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

***A parent or guardian is required to participate.*

Active Kids Multisport & Games (4 & 5 YRS)

AGES: 4 + 5 year olds | TIME: 5:00—5:30pm (Oct.19-Nov.23rd)

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

Parents do not participate in this class.



TO REGISTER PLEASE CONTACT: Evelyn Thomas (Nurses Assistant), Health Department
nurseassist@musqueam.bc.ca; Ph: 604-269-3354 or Crystal Point, CHN., Ph: 604-269-3313

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

MUSQUEAM HEALTH NEWSLETTER

October 13, 2017



HOME AND COMMUNITY CARE

Home Care Nurse: Romeo Cosio, RN. and 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 7-9am 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: Mon. 8:30-5:30 **Tuesdays-Off**,
Wed. Thurs. Friday 8:30-5:30
Ph: 604-269-3463

Evelyn's Schedule: 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! ***

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



MUSQUEAM HEALTH NEWSLETTER



October 13, 2017

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood



Health
Canada Santé
Canada

Canada



Health Canada

Guidance For Safe Drinking Water In Canada: From Intake To Tap

Preface

This guidance document focuses on a multi-barrier approach as the most effective way to ensure Canada's drinking water supplies are clean, safe and reliable. It addresses water quality issues from intake to tap, including treatment, verification of drinking water quality, operation and maintenance of storage and distribution systems, and public awareness. The approach recognizes that while individual barriers may be inadequate in effectively removing or preventing contamination, and therefore in protecting public health, together they provide greater assurance that the water will be safe to drink over the long term. The guidance is designed specifically for the water industry (public and private), including managers and practitioners responsible for ensuring safe drinking water.

For more information on Safe Drinking Water go to www.hc-sg.ca.

MUSQUEAM ELDER'S PROGRAM

Brenda Campbell

Next Musqueam Elders Luncheon:	Thursday Oct.26	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



October 13, 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

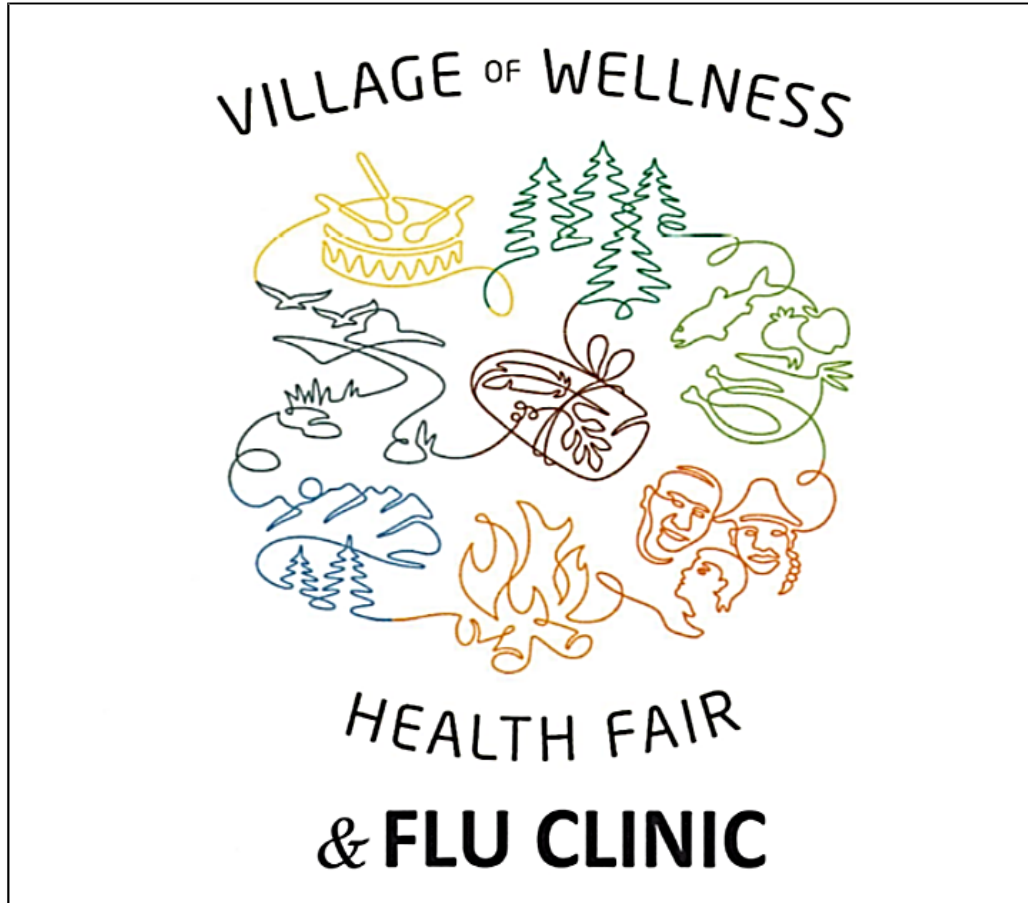
I have been a counselor here for the last 11 years; working with children and youth, using Art and Play Therapy. My hours have been structured from Tuesday - Friday though **I will now be available for Counselling Adults, on Monday's from 9am-2pm.** The sessions are one hour, once a week, for Musqueam community members.

Please call my office (located in the Health Department) at 604-269-3453, or jcarroll@musqueam.bc.ca if this is

MUSQUEAM HEALTH NEWSLETTER



October 13, 2017



What: Annual flu clinic and health fair

Where: Musqueam Community Centre

When: Monday, November 6th, 2017, 2-6PM.

For an appointment: Call Ashlee Point at 604-263-3261

- Flu shots (all ages)
- Health information and screening
- Refreshments & snacks will be provided
- Prizes

~Hosted by the Musqueam Health Department

MUSQUEAM HEALTH NEWSLETTER



October 13, 2017



x^wməθk^wəyəm

MUSQUEAM PRIMARY CARE CLINIC

****We have changed our hours****

NEW CLINIC HOURS: Mon-Thurs 9:30am-3:30pm & Fri 9:30am-4pm

Please note: A schedule change for next week only: **Dr. Dumont** will be in the clinic **Tuesday, Oct 17th** and **Sarah Mahon, NP** will be in the clinic on **Friday Oct 27th**

PRIMARY CARE FAMILY PHYSICIAN – New Hours: Friday 9:30am – 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 – New Hours: Monday to Thursday 9:30am— 3:30pm

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 – Mon-Thurs. 9:30am – 3:30pm, Friday 9:30-4pm

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.

YOUTH CENTRE

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

Monday October 16th	Tuesday October 17th	Wednesday October 18th	Thursday October 19th	Friday October 20th
 <p>Colouring Night</p> 	<p>Bridge Through Sport</p>  <p>Journals</p> 	<p>D&A</p>  <p>MUSQUEAM YOUTH PROGRAM</p> 	<p>Bridge Through Sport</p>  <p>Gathering Our Voices Meeting</p> 	<p>Movies</p> 

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

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

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