

MUSQUEAM NEWSLETTER

Friday December 15, 2017

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

HAPPY HOLIDAYS

Please find attached / insert, the OFFICE
CLOSURE and EMERGENCY CONTACTS, GYM &
YOUTH CENTRE HOURS, CIGARETTE SHOP
HOURS, AND SAFETY & THEFT INFORMATION.

Thank you,
Musqueam Administration



Every Sunday—Please join us in Mass at 12:45 PM

At St. Michael's Church on Crown Street.

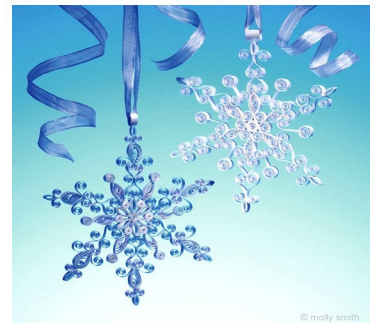
Thank you. (Jeannie Campbell on behalf of Musqueam)...



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Merry Christmas !!!



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





Answer to last weeks riddle: An icicle

This week: How did Darth Vader know what Luke Skywalker was getting for Christmas?

Reminder for Parents

VSB registration for the 2018/19 school year is open from Nov 1– Jan 31, please make sure you register your child for their Catchment school early, even if you plan on submitting cross boundary or private school applications. This includes children that will be starting Kindergarten in September.

**SCHOOL CHEQUES WILL BE
ISSUED DECEMBER 29,
2017, THE OFFICE WILL BE
OPEN FROM 9am-12pm.**



10

Sleeps until Christmas



© turnart.com

Scholarships and Bursaries

YVR Art Foundation 2018 Youth and Mid-Career Art Scholarships– the YVR Art Foundation is now accepting applications from BC and Yukon First Nations artists for the 2018 Youth and Mid-Career Art Scholarships. Each Scholarship Award is for \$5,000 and up to seven Youth Art Scholarships and up to three Mid-Career Artist Scholarships will be awarded. Youth Art Scholarship recipients will be brought to Vancouver for an award reception and their art work will be exhibited at Vancouver International Airport for one year. For the Youth Art Scholarship applicants must be between the ages of 16 and 26, and have been accepted to study with an artist mentor or at a formal art institution. For the Mid-Career Artist Scholarship applicants must be 27 or older, and have been accepted to study/work with a master artist at a formal art institution or a special project that is of cultural significance to the artist's community. The deadline to apply is January 26, 2018 at 4pm. Applications can be found at: 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

SCHOLARSHIP OPPORTUNITY

West Point Grey Academy First Nations Scholarships

West Point Grey Academy is pleased to offer three full tuition scholarships to promising First Nations students for the 2018-2019 school year. Preference will be given to students entering grades 1, 4 or 8, but applications to all grades will be accepted.

Application Deadline

Our application deadline is January 15.

To apply and learn more, contact:

Faye Mitchell, Education Coordinator, 604-263-3261

OR Lynne Stanger, WPGA Director of Admissions

lstanger@wpga.ca | 604.222.8750 x. 1530

OR April Campbell, Learning Facilitator, 604-263-3261

About West Point Grey Academy

Established in 1996, West Point Grey Academy (WPGA) is one of Canada's leading independent schools, offering future-focused teaching and learning to 940 students in junior kindergarten to grade 12 in Vancouver. With a mission to *shape lives of inquiry, action and joy*, WPGA provides exceptional academic and cocurricular programs to ensure each child fulfills his or her life potential.



West Point Grey Academy First Nations Scholarship Overview

West Point Grey Academy

Established in 1996, West Point Grey Academy (WPGA) is one of Canada's leading independent schools, offering future-focused teaching and learning to 940 students in junior kindergarten to grade 12. With a mission to share lives of inquiry, action and joy, WPGA provides exceptional academic and co-curricular programs to ensure that each child fulfills his or her life potential.

Scholarship Overview

West Point Grey Academy is committed to honouring our location on unceded Coast Salish Territories and enriching our curriculum by welcoming and supporting first nations families into our community. By removing the financial barrier that may exist in pursuing an independent school education, we provide an opportunity for one to three new first nations students to join our community each year.

Eligibility

We accept scholarship applications for all grades but preference is given to applicants entering our intake grades of grade one, grade 4 and grade 8. A successful applicant is a student who demonstrates potential, a willingness to learn and has the support from his or her family.

Terms

The scholarship is a full tuition scholarship. The amount covers the difference between the WPGA tuition and the education grant received by the government. Provided a student remains in good standing throughout the year, the scholarship is renewed annually until graduation. The scholarship covers tuition only and all additional expenses such as a computer, uniform, extra tutoring or special assessments are the responsibility of each family. If for any reason a family is unable to afford these expenses, they are invited to speak directly to Mr. Matthews, Head of School.

How to Apply

Interested applicants are encouraged to contact the Admissions Office to book a student-led tour and/or meet with Ms. Stanger to get to know WPGA. Families apply on-line by December 1 and each applicant will be invited to take an assessment and attend a family interview. We will let all families know the outcome of their application by March 16, 2018.

More Information

If you would like more information, please contact Lynne Stanger, Director of Admission and Enrollment at 604.222.8750 extension 1530.



Justice for Girls Internship Position

Posted December 1, 2017

Posting closes at noon on December 15, 2017

Justice for Girls (JFG) is looking for passionate and committed young women, 16 - 25 years old, to train as Interns with our organization.

Justice for Girls promotes social justice, and the health and wellbeing of teenage girls who are low income, marginalized or homeless in British Columbia. We advocate for girls and work to enhance laws, policies, and practices that promote and protect girls' rights to safety, dignity, and equality. We also advocate for young women to be at the forefront of law, policy, and programs affecting their lives.

The 5-month full-time internship is available to young women who are interested in achieving a high school graduation certificate and are working to complete their grade 12 course credits. In collaboration with the Vancouver School Board, interns will earn course credits in addition to their wage. Young women who have completed high school graduation are also encouraged to apply.

Duration: January 22, 2018 – June 29, 2018

Hours: 35 hours per week

Work hours will most often take place between 9:30am - 4:30pm, Monday to Friday, but there may be activities that take place outside of these hours

Wage / Credits: \$16/hour training wage

Interns will also earn up to four grade 12 elective credits upon successful completion of the internship

Requirements: By noon on December 15, 2017, please submit resume or summary of work/volunteer/educational experiences and references to justiceforgirls@justiceforgirls.org or call 604-343-6567

Contact: Tracey McIntosh

Posting date: December 1, 2017 – December 14, 2017

Short list candidates will be contacted on December 15, 2017 to meet for an interview

Interviews: December 18 - 22, 2017
All candidates will be contacted on December 22, 2017

**SFU****SIMON FRASER UNIVERSITY**
ENGAGING THE WORLD

Interim Aboriginal University Preparation Program

Pathway to University for Indigenous Students

Are you:

- A high school graduate?
- Considering going to university, but want to test it first?
- Someone who has not done math or has not written something in quite some time?
- Wanting to connect with a cohort group of Aboriginal students in a smaller, safe, and supportive environment?
- Looking to open doors to more learning and working opportunities?

SFU's Interim Aboriginal University Preparation Program

We welcome First Nations, Métis and Inuit students to a university learning environment that affirms and integrates Indigenous knowledge and perspectives.

You will join a cohort of like-minded Aboriginal students and explore university together with Elders, mentors and teachers while taking courses which can transfer into first year university or college.

Where does the IAUPP Path Lead You?

SFU's IAUPP helps you pave the way for a successful transition to undergraduate studies. Our program offers first-year academic credit courses that integrate humanities and social sciences with Indigenous perspectives.

We also offer literacy and quantitative "catch-up" classes (non-academic credit) that will build your confidence.

Upon successful completion of the IAUPP, you will be granted admission to SFU and your completed credits will count towards your undergraduate degree.

Now admitting for:

January 2018 (Apply by December 10, 2017)
September 2018 (Apply by April 28, 2018)

Learn more

Web www.sfu.ca/iaupp
Email iaupp@sfu.ca
Phone 778.782.4089

Photo: Welcome pole at SFU carved by Jody Broomfield, Squamish Nation.

BRIDGING To TECHNOLOGY



Basic Computer Training

This is a 3 week program that helps the students learn basic computer skills. Such as keyboarding, internet usage, basic email information, and computer vocabulary.

January 8—January 26, 2018

Computer Orientation & College Preparedness Program

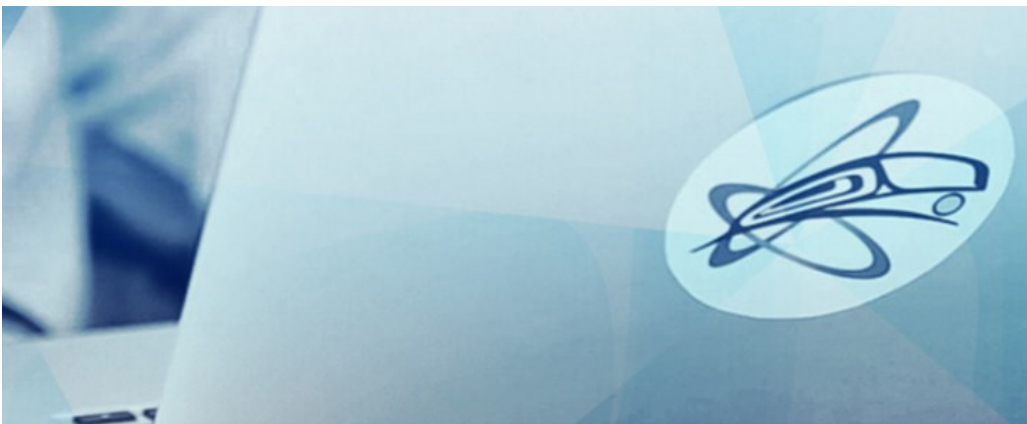
Training is 8 weeks full time, will provide people with a general orientation to computer literacy and upgrades to skills essential for entry to and successful completion of the Bridging to Technology Certificate Program.

January 29—March 23, 2018

Bridging to Technology Certificate Program

This is a full time 12 week, in class program as well as a practicum work experience. The students will be provided with a working knowledge of computer applications in Office Work, IT (Information Technology) Fundamentals for Technicians, Basic Coding, Communications, Software Testing and Mapping (GIS) Skills.

April 9—June 29, 2018



**To Sign Up:
Come on in or
you can call Di-
ane Herman at
604-269-3461
E & T Dept.**





1

Worker Training Program

This 12 week program is full time, all classroom training. This program will provide the students with the academic entry requirements for the ECCE Assistant Worker training program.

January 8—March 30, 2018

2

Education Assistant Program

The course introduces the students to the basic licensing regulations, safety and hygiene measure related to child care facilities. Gives the basic knowledge on child development & important tips needed for an ECCE Assistant job.

April 30-June 1, 2018

3

Early Childhood Care & Education Certificate

The certificate program is a 41 week program that is classroom and work experience setting. Successfully completing allows the students to work as Early Childhood Educators in licensed preschool & daycare centers. Graduates are also eligible for advanced specialized training in the future if desired.

June 11, 2018-March 30, 2019



**To Sign Up:
Come on in or
you can call
Diane Herman
at 604-269-
3461
E & T Dept.**

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER



December 15, 2017

HOME AND COMMUNITY CARE

Home Care Nurse: Romeo Cosio, RN. and Lyn Thomas, Nurse Assistant
The Home and Community

Please note that the Home Care program will continue to provide ONLY essential services during the holidays.

If you have a family member in the hospital and you require assistance with hospital discharges, home care services or medical equipment needs, please call us.

Home care services & medical equipment: The Home Care department can assist community members for these services &/or equipment that your doctor prescribes; please provide a note from your doctor specifying the kind of service/ assistance needed and length of time.

Emergency Generators: the generators that are delivered by Safety & Security belong to the Home Care Department & are strictly for use for clients who have special needs; especially during power outages.

The Arjo Tub Program: Regular schedules of Therapeutic Hot bath will resume in the new year; Jan.3/18.

For Home Care service schedules, cancellations or changes please call Romeo.

Home Care Phone: 604-263-6539.

Please leave a message and Romeo will return your message.

*For Emergencies Call 911 right away! *

MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM (NNADAP)

The NNADAP workers are available for essential services during the office closure.

Cyndi Bell - A&D Counsellor



Will be checking messages throughout the holidays.

Please call: 604-269-3454

NNADAP Contact list

- Access Central (detox, Daytox) 1 866 658 1221
- BC Nurses Line 811
- Suicide/Crisis Hotline 604-872-3311
- BC 211 (referral service) 211
- The Alcohol & Drug Information and Referral Service 604-660-9382

Brad Morin – NNADAP worker Evenings and weekends:



Wednesday, Dec.20th Office hours: 6-9pm @ MIB community centre

Office hours during the holidays:

Thurs & Friday: Dec. 21-22, 6-9pm, Available via telephone Call: **604-652-1368**

Saturday, Dec.23th in the office: 1pm-5pm @ MIB community centre

Sunday, Dec. 24th 1pm-5pm, Available via telephone: **604-652-1368**

Wed, Thurs & Friday: Dec.27-29, 6-9pm, Available via telephone Call: **604-652-1368**

Saturday, December 30th in the office 1pm-5pm @ MIB community centre

Sunday, December 31, 1pm-5pm, Available via telephone: **604-652-1368**

Regular scheduled office hours will resume January 3rd, 2018.

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER



December 15, 2017

COMMUNITY HEALTH PROGRAM

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

Pre & Postnatal Group: the next Pre-Natal Group will be starting on Jan.16, 2018. Please call Evelyn to pick up your vouchers. The Mobile Mammogram is coming in January 2018!

A Mammography is our most powerful breast cancer detection tool! This 10 minute procedure is a safe and effective way to save lives by finding breast cancer in its early stages!



WHAT?

Mobile Mammography Bus is returning to Musqueam!

WHEN?

January 9th from 10:40am—4pm (no appts btwn 12:50—2pm)

WHAT NEXT?

1. Fill out registration form, give to **Crystal** or **Evelyn (Lyn)** in the Health Department
2. Sign up for a time—with **Crystal 604 269 3313** or **Lyn @ 604 269 3354**

ELIGIBILITY-

- Any Musqueam Community Women over 40 years of age; who has not been diagnosed with breast cancer in the past; women who have a family history of breast cancer. ****Pls see form for more details****

HOW TO PREPARE-

- Have your care card; **DO NOT** wear deodorant, body powder, lotion or perfume on the day of your appointment.

MUSQUEAM HEALTH NEWSLETTER



December 15, 2017



BC Cancer Agency
CARE & RESEARCH

An agency of the Provincial Health Services Authority

**SCREENING MAMMOGRAPHY
PROGRAM OF BC**

Attention - Kendal

SCREENING MAMMOGRAPHY PROGRAM OF BC REGISTRATION FORM

SMPBC provides screening mammograms to *eligible BC residents age 40 and up*

Eligibility questions:

*If the answer is **yes** to any of the questions below you are not eligible for screening mammography. Please contact your family doctor to find out about other breast health options.*

1. Are you currently pregnant?
2. Have you been breast feeding in the last three months?
3. Have you had breast enlargement surgery, such as implants or injections?
4. Have you had breast cancer?
5. Do you now have any new breast complaints such as a solitary lump or nipple discharge?
6. Have you had a mammogram on both breasts in the last 12 months?

Registration form - the following information must be provided:

Last name: _____ Title: _____ (Ms., Mrs., Miss)

First name: _____ Middle initial: _____

Birth surname: _____

Date of birth: ____/____/____
Day Month Year

Place of birth: _____

Personal health number (care card): _____

Mailing address:

Street: _____

City/Town: _____, BC

Postal Code: _____

Home telephone: ____ - ____ - ____

Work telephone: ____ - ____ - ____

Family Doctor: _____

City/Town: _____

For your mammogram appointment, do not wear deodorant, body powder or perfume.

APPOINTMENT DATE: _____

TIME: _____

LOCATION: _____

Fax completed form to 604-877-6231

MUSQUEAM HEALTH NEWSLETTER

December 15, 2017



Youth Centre

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

Monday December 18th	Tuesday December 19th	Wednesday December 20th	Thursday December 21st	Friday December 22nd
Christmas Arts & Crafts  10:00—5:00	Christmas Baking  10:00—5:00	Christmas Colouring  10:00—5:00	Card Games  10:00—5:00	Christmas Movies  10:00—5:00
Monday December 25th	Tuesday December 26th	Wednesday December 27th	Thursday December 28th	Friday December 29th
CLOSED 	CLOSED	MOVIES  10:00—5:00	Arts & Crafts  10:00—5:00	New years resolutions  10:00—5:00

The Youth Centre will be open Monday—Friday 10:00am —5:00pm During Winter Break

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

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

FACTS ON DRINKING WATER

Coliform Bacteria – Total Coliforms & E.Coli

- Total coliforms are a group of bacteria commonly found in the environment, for example in soil or vegetation, as well as the intestines of mammals, including humans.
- Total coliform bacteria are not likely to cause illness, but their presence indicates that your water supply may be vulnerable to contamination by more harmful microorganisms.
- Escherichia coli (E.coli) is the only member of the total coliform group of bacteria that is found only in the intestines of mammals, including humans.
- The presence of E.coli in water indicates recent fecal contamination and may indicate the possible presence of disease-causing pathogens, such as bacteria, viruses, and parasites.
- Although most strains of E.coli bacteria are harmless, certain strains, such as E.coli O157:H7, may cause illness.

For more information click on www.hc-sg.ca click on Canadian Drinking Water Guidelines

MUSQUEAM HEALTH NEWSLETTER

December 15, 2017



x^wməθk^wəyəm

MUSQUEAM PRIMARY CARE CLINIC

****Holiday hours are as follows ****

The Clinic will be **CLOSED** Dec25th,26th,27th and 28th

We will be **OPEN** Friday, Dec 29th -10-4 pm

We will be open on our regular schedule Wednesday, Jan 3rd 2018

Flu vaccines are available here at the clinic for both adults and children.

Call us to schedule an appointment .

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

Naloxone Kits Available

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 and have practice kits as well.

NEW SERVICES AVAILABLE:

Mental Wellness Counseling & family group healing, available to Musqueam Band Members at the Lu'Ma Medical Clinic on Wednesdays.
For more information, & appointments call:
Mahara Allbrett at: 604-312-2258.

MUSQUEAM HEALTH NEWSLETTER

December 15, 2017

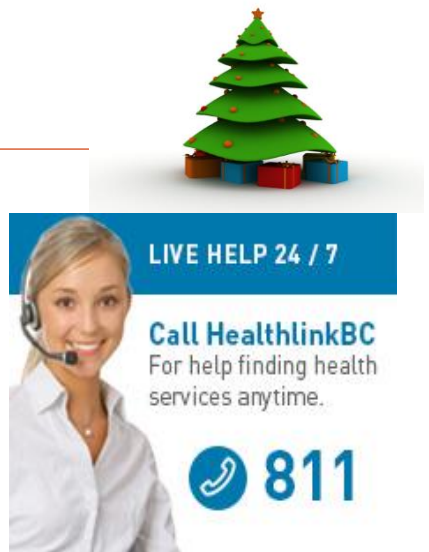
Community Contacts for Public Health Related Services

Pacific Spirit Health Centre: 604-261-6366

Raven Song Health Centre: 604- 709-6400

Robert and Lily Lee Health Centre: 604-675-3988 (public health and dental services)

Nurse Line: Dial 811 (access to nurses, pharmacists and dieticians 24 hours per day)



Mental Health Services

Mental Health Emergency Services: 604.874.7307

Addiction Services: 1.866.658.1221

Suicide Line: 1-800-SUICIDE (1-800-784-2433)

Mental Health Support Line: 310-6789 (do not add 604, 778 or 250 before the number)

Seniors Distress Line: 604-872-1234

Online Chat Service for Youth: www.YouthInBC.com (Noon to 1am)

Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1am)

For non-emergencies, call one of the mental health intake lines below:

Adults: 604.675.3997

Children and Youth: (under 19 years of age) 604.675.3895

Children and Youth emergency (under 19 years of age): 604-874-2300 (phone lines open Monday to Friday 9am -5 pm)

Older Adults: 604.709.6785

Walk in clinics:

Matters of Health Medical Clinic

5591 West Blvd

(604) 558-4633

Khatsahlano Medical Clinic

2685 W Broadway

(604) 731-9187

Employee and Family Assistance Program

Confidential assistance for any personal or work-related concern

1.800.667.0993

www.fseap.bc.ca
24/7/365

fseap Now we're talking.

2017 / 2018 Community Centre Holiday Schedule

Thursday Dec. 21 st , 2017	Friday Dec. 22 nd , 2017	Saturday Dec. 23 rd , 2017	Sunday Dec. 24 th , 2017	Monday Dec. 25 th , 2017	Tuesday Dec. 26 th , 2017	Wednesday Dec. 27 th , 2017
Open 10:00 am – 5:00 pm	Open 10:00 am – 5:00 pm	Open 10:00 am – 5:00 pm	Closed	Closed Merry Christmas	Closed	Open 10:00 am – 5:00 pm
Thursday Dec. 28 th , 2017	Friday Dec. 29 th , 2017	Saturday Dec. 30 th , 2017	Sunday Dec. 31 st , 2017	Monday Jan. 1 st , 2018	Tuesday Jan. 2 nd , 2017	Wednesday Jan. 3 rd , 2017
Open 10:00 am – 5:00 pm	Open 10:00 am – 5:00 pm	Open 10:00 am – 5:00 pm	Closed	Closed Happy New Year	Open 10:00 am – 5:00 pm	Return to regular hours

Please note that we will return to regular hours on Wednesday January 3rd, 2018

Regular hours: Monday – Friday 8:30 am – 9:30 pm and Saturday & Sunday 10:00 am – 5:00 pm.

If you have any questions or concerns please contact Courtenay Gibson, Recreation Coordinator

cgibson@musqueam.bc.ca or 604-781-1470.