



## **MUSQUEAM NEWSLETTER**

**Friday January 5, 2018**

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

### **"THANK YOU"!**

The Family of late "Wayne Maurice Point", take this time to express their appreciation to the community for coming together in helping them during the  
Difficult time.....

The hard work that was put in, (as they laid their  
Loved one to rest that went too early)....

Was recognized and appreciated by the community members and especially, Chief Wayne Sparrow, supporting and guiding with the Funeral  
Arrangements.

hay čx<sup>w</sup> qə

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

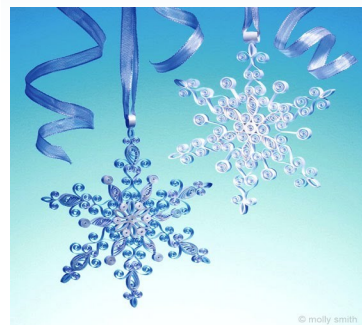
At St. Michael's Church on Crown Street.

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



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<b>HAPPY NEW YEAR !!!</b>	



#### **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





# **SELF-GOVERNANCE COMMUNITY ENGAGEMENT KICK-OFF!**

**&**

# **FRAMEWORK FOR FEDERAL RECOGNITION AND IMPLEMENTATION OF MUSQUEAM RIGHTS AND TITLE INFO SESSION**

**MUSQUEAM COMMUNITY CENTRE  
WED. JAN. 17TH, 2018 FROM 4:00 – 8:00 PM**

Please join us at the Community Centre for an open-house style update on upcoming community engagement on Self-Governance and **Constitution building** and information on the **Framework Agreement** signed between Musqueam and the Federal government. Dinner will be provided. Main presentation provided with dinner. Prizes, including an iPhone X, will be given!

**Dinner Served and  
Presentation  
at 6:00 pm**

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**A chance to win an  
iPhone X**

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**Other prizes**

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**Musqueam  
Community Centre**

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**January 17<sup>th</sup>, 2018  
4:00 – 8:00 pm**

## **CONTACT**

Self-Governance  
Community Coordinator,  
Faith Sparrow-Crawford

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

604.263.3261

**EVERYONE WELCOME! FIRST 101 of 2018!**

## **MUSQUEAM 101 – Wednesday January 10, 2018**

**stem? (what?) Musqueam 101 January 10, 2018**

### ***The Fabric of Our Land – Salish Weaving***

Join us for a tour of *The Fabric of Our Land - Salish Weaving* at the Museum of Anthropology. We will start the evening with dinner at the Musqueam Administration Offices and then car pool up to the museum.

If you can't attend dinner but would like to come on the tour of the exhibit you can meet us at the Museum around 7:00 p.m. The museum is closed to the public on Wednesday evenings so you will need to knock on the door to be let in.

#### **ni? ʔəncə? (where?)**

Musqueam Administration Offices and the Museum of Anthropology

#### **təmtəm? (when?)**

Wednesday, January 10 Dinner will be served at 6:00 p.m. We will then drive up to the Museum of Anthropology. If you are meeting us at the Museum please arrive at 7:00 p.m.

**PLEASE JOIN US!**

**Janitor**  
**Full-time**  
**(Leave of Absence Term Position)**

**Position Summary:**

Keep buildings in clean and orderly condition. Perform cleaning duties, such as cleaning floors, washing walls and glass, and removing rubbish. Duties may include performing routine maintenance activities, notifying management of need for repairs, and debris from cleaning areas.

**Duties:**

Tasks will include, but not be limited to:

- Clean building floors by sweeping, mopping, scrubbing, or vacuuming them
- Service, clean, and supply restrooms. Wash and disinfect all washroom floors, toilets, toilet seats, urinals, washroom stalls, hand dryers and fixtures, clean all mirrors; replenish toilet tissue, paper towel, hand soap, and hand sanitizer as needed
- Clean all touch surfaces, such as door knobs, push doors, elevator buttons, hand rails, light switches, desks, table tops
- Empty all waste baskets and garbage cans; place garbage in outside storage bin – clean and sanitize indoor garbage cans as needed
- Clean entrance, exit, and stairwells including glass, doors and hardware
- Clean windows, glass partitions, and mirrors, using soapy water or other cleaners, sponges, and squeegees
- Dust furniture, walls, machines, and equipment
- Clean kitchen sinks and counters, put dirty dishes in dishwasher
- Mix water and detergents or acids in containers to prepare cleaning solutions, according to specifications
- Strip, seal, finish, and polish floors
- Follow procedures for the use of chemical cleaners and power equipment, in order to prevent damage to floors and fixtures
- Monitor building security and safety by performing such tasks as locking doors and windows after operating hours
- Complete, sign, and submit daily sanitation task lists to Facilities Manager
- Notify Facilities Manager concerning the need for major repairs or additions to building operating systems
- Submit requisitions for supplies and equipment needed for cleaning and maintenance duties to Facilities Manager
- Perform other related duties as required

**Job Knowledge and Abilities:**

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

- Knowledge of the Workplace Hazardous Materials Information System
- Knowledge of standard cleaning procedures, chemicals, products and equipment
- Ability to read and understand labels and instructions, particularly on the use and application of cleaning chemicals and products

- Ability to organize work effectively using time management skills
- Ability to communicate effectively both orally and in writing
- Be honest and trustworthy with the ability to maintain confidentiality on the job
- Physical ability to perform the duties of the job
- Ability to operate related equipment

**Relationships:**

- Work with other members of the Facilities departments
- Staff and members of MIB

**Working Conditions:**

- Work is performed both indoors and outside
- Working after hours and alone
- Successful Criminal Record Check

**Please email a cover letter and resume to Musqueam Indian Band, HR at [jobs@musqueam.bc.ca](mailto:jobs@musqueam.bc.ca)**

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

**Please apply by December 15, 2017.**

Position will remain open until filled.

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



## **MUSQUEAM INDIAN BAND**

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

## **JOB POSTING**

### **Mentors**

#### **(Employment & Training Program)**

***Employment & Training is undertaking an exciting new project – the Skills Partnership Fund – and is hiring Mentors to support the project activities. These positions will be on-call, working from 5 – 25 hours/week, and may be up to 40 hours per week, depending on program/client activities and demands.***

#### **Position Summary:**

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

#### **Duties:**

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

#### **Knowledge and Abilities:**

- Knowledge of the English language with verbal and written skills at a level usually associated with Secondary School completion, and a business program certificate, counseling degree or economic development training; or an equivalent combination of skill, knowledge, and experience.
- Foster Care and Big Brother experience

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

**Licenses:**

- Valid BC Driver's License
- Successful criminal background check

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

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

**Please write "Mentors" 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 for applying; however, only those short-listed will be contacted.*



## **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, Leave of Absence Vacancy**

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](mailto: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.*



**Answer to last weeks riddle:** He felt his presents

**This week:** What travels alone but is never alone, has a name but doesn't exist?

## **Graduating High School Students**

Are you considering going to a post-secondary institution in September? Have you looked into your options? Have you started your application? If you need any help or want to discuss your options, I'm available to help, stop by the band office or phone April (learning facilitator). Please note, **MIB Post Secondary Funding Applications are due: FEB 1, 2018**; if you need another copy please contact the Education Department.

Grade 12 Musqueam band members are eligible to receive support for graduation costs including dinner tickets, outfits, and photos. Please contact the Education Department for more information.

## **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.**

## **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. 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. 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](http://www.yvraf.com/programs)

Indspire Building Brighter Future: Bursaries, Scholarships, and Awards– the Indspire Awards are now accepting applications. Scholarship and bursary amounts vary, minimum award is \$1000. The deadline to apply is February 1, 2018. Applications can be found at: <https://app.smarterselect.com/programs/38456-Indspire>

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**

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### **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.

# 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](http://www.sfu.ca/iaupp)  
Email [iaupp@sfu.ca](mailto:iaupp@sfu.ca)  
Phone 778.782.4089



January 5, 2018

## COMMUNITY HEALTH PROGRAM

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

**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.



**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***

## COMMUNITY HEALTH PROGRAM

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

### 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. 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! ....

**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.

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## 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: 8:30 am to 2:00 pm / 5:00 pm to 6:30 pm**



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

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## 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.

For more information please call my office (located in the Health Department) at 604-269-3453, or [jcarroll@musqueam.bc.ca](mailto:jcarroll@musqueam.bc.ca).

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## SAFE DRINKING WATER MONITORING PROGRAM

*Charlene Campbell-Wood*

### 10 Life-Changing Reasons to Drink More Water

[Becca Borawski Jenkins](#), University of Southern California, Managing Editor

Has it occurred to you today that you are thirsty? That thirst is your body calling for re-hydration. Nearly all of our systems do not function as well without the proper water intake. So, really, what does this mean? Why should we drink more water?

- |   |                         |
|---|-------------------------|
| 1. If you don't drink water, you will die | 2. Prevent cancer       |
| 3. Be less cranky.                        | 4. Perform better       |
| 5. Lose weight                            | 6. Have less joint pain |
| 7. Flush out waste and bacteria           | 8. Prevent headaches    |
| 9. Make your skin glow                    | 10. Feeds your body     |

### Quick rules of thumb for drinking water:

- Drink half your bodyweight in ounces of water
- Carry a bottle everywhere with you as a reminder to keep drinking.
- Eat raw fruits and vegetables – they are dense in water.
- Drink water and other fluids until you urinate frequently and with light color.

# YOUTH CENTRE

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

Monday January 8th	Tuesday January 9th	Wednesday January 10th	Thursday January 11th	Friday January 12th
<b>Pool Night</b>	<b>Journals</b>	<b>D&amp;A Night</b>	<b>Scattergories</b>	<b>Movie Night</b>
				
<b>4:00—7:00</b>	<b>4:00—8:00</b>	<b>4:00—6:00</b>	<b>5:00—8:00</b>	<b>3:00—9:00</b>

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.**  
**\*\*The Youth Centre will be open @9:00 AM whenever the kids have professional days\*\***

## 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 12-7pm  
 Fri 9-4 pm



**Brad Morin – NNADAP worker**

Hours:

Wed- Fri. 6-9pm  
 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





## MUSQUEAM PRIMARY CARE CLINIC

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## MUSQUEAM PRIMARY CARE CLINIC

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

We will be open Mon-Thurs **9:30am-3:30pm** & Fri **9:30am-4pm**

If you missed the Flu Clinic and would like to get yourself the Flu Vaccines are available here at the clinic for both adults and children. Call us to make 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 INDIAN BAND

JANUARY 05, 2018

The Musqueam Indian Band Administration and Chief & Council are inviting Musqueam Members who would like to attend a home Canucks game to fill out the sign up sheet below to have your name added to the list. You can drop off the form at the MIB Administration Office front desk or you can email to [execassist@musqueam.bc.ca](mailto:execassist@musqueam.bc.ca)

Guidelines for signing up/attending:

- \* You only have to sign up once per season.
- \* If you are unable to attend you must return the tickets to the MIB Administration Office, please do not give away.
- \* Must be able to provide own transportation to the game.

Name: \_\_\_\_\_ Contact Information: \_\_\_\_\_

Game you would like to attend: \_\_\_\_\_

Please list who you would like to bring to the game:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

If there are last minute cancellations would you like to be on the call list?

YES ☐ NO ☐

