



## **MUSQUEAM NEWSLETTER**

**Friday January 19, 2018**

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

"THANK YOU "

hay čx<sup>w</sup> qə,



I, Margaret (Rose) Point, children and grandchildren would like to express their deepest appreciation for the out pouring love and support they received from the Musqueam community.

This was a difficult and trying time for them, losing their Beloved Wayne Maurice Point.

Thank you again, from the bottom of our hearts....

### **Inside this issue:**

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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



**EVERYONE WELCOME!**

## **MUSQUEAM 101 – Wednesday January 24, 2018**

**stem? (what?) Musqueam 101 January 24, 2018**

### ***Kaska Code-Switching***

Patrick Moore will share with us about his work on code switching among the Kaska. Code-switching is when a speaker alternates between two or more languages in a single conversation. Amongst the Kaska, speakers alternate in the same sentence between Kaska and English.

**Presenter:** Patrick Moore is an Associate Professor in Anthropology at UBC. He works on language and cultural revitalization projects with Dene Tha in northern Alberta and with Kaska in the Yukon and British Columbia, as well as with other Dene groups.

#### **ni? ʔəncə? (where?)**

Musqueam Administration Offices

#### **təmtem? (when?)**

Wednesday, January 24 Dinner will be served at 6:00 p.m. The presentation will start at 7:00 p.m.

**PLEASE JOIN US!**

# Musqueam Education Notice

Friday January 19, 2018



**Answer to last weeks riddle:** The number one

**This week:** Two bodies have I, though both joined in one. The more still I stand, the quicker I run?

## 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.

## Featured Career:

**WHAT DO SOFTWARE ENGINEERS DO?** Software Engineers design, develop, test, and evaluate the software and systems that enable computers to perform their many applications.

**IS IT RIGHT FOR ME?** Software engineer is a good job for you if you have good communication skills, are a critical thinker, and enjoy working with a team.

**HIGH SCHOOL PREREQUISITES?** To become a software engineer you should take Math 12, Physics 12, and English 12.

**POST SECONDARY EDUCATION?** You need to complete a Bachelor of Computer Science degree (120 credits) at a post-secondary institution. Many employers also look for candidates that have completed internships, or a graduate degree program in Computer Science.

**WHAT CAN I EXPECT MY SALARY TO BE?** The median annual salary for a software engineer is \$90,001.

## 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. 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**

# Musqueam Health Department NEWSLETTER

January 19, 2018



## Community Health Program

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

Hello Musqueam,

As some of you may have heard, the **Mobile Mammography Bus** was in our community last week! **Thank you** to all the women who registered and participated to make it a very successful turn out!



Unfortunately, some women were unable to make it on this particular day, however, we would like to get the Bus back **as soon as possible** for those that would still like to get the procedure done.

Once we have a good sized list of **women who are interested** and leave their **information** with Crystal (CHN) or Evelyn (Nurses' Assistant) in the MIB Health Department – we can make the arrangements to request the bus to come back to Musqueam!

**Please phone or email if you are interested to sign up for the next mobile mammography (date TBD):**

- Crystal 604 269 3313; [chn@musqueam.bc.ca](mailto:chn@musqueam.bc.ca)
- Lyn 604 269 3354; [nurseassist@musqueam.bc.ca](mailto:nurseassist@musqueam.bc.ca)



## UBC Active Kids will be starting soon!

The MIB Health Department + Recreation would like to invite a community member who is interested in participating & assisting in this 6-week program! We are looking for someone who is energetic, positive, great with kids who can assist the coaches in the role of:

### **"COMMUNITY CHAMPION."**

#### **Eligibility:**

- Can be a student (High School Age) looking for some extra experience, looks great on your resume!
- Parent of a participant of Active Kids—willing dedicate their time to assist the coaches!

#### **Job Description:**

- Be a familiar face between Musqueam and the UBC Coaches, send reminders as needed
- Assist the coaches during activities / sports, training available
- Working in a friendly, informal, active, positive environment with both coaches and participants!

**Contact Crystal in the Health Department—for more details and/or if interested in this role!**

**(604 269 3313; [chn@musqueam.bc.ca](mailto:chn@musqueam.bc.ca))**





# 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. Please call Evelyn to pick up your vouchers.

**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.

# Diabetes<sup>®</sup>

## SELF-MANAGEMENT

In partnership with Self-Management BC and the MIB Health Department.

We would like to bring this 6-week program back to Musqueam!

**We are looking for 12–16 community members to register!**

**Workshop will start in late February 2018—details to come**

**This workshop will cover topics like:**

- 🔧 Techniques to deal with symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, and stress
- 🔧 Appropriate exercise for maintaining and improving strength & endurance
- 🔧 Healthy Eating
- 🔧 Appropriate use of medication
- 🔧 Working more effectively with health care providers

If you or someone you know is interested—please register with **Merv Kelly** (Chronic Disease Management Program) or **Crystal Point** (Community Health Nurse), @ **604 263 3261**





## National Native Alcohol & Drug Abuse program (NNADAP)

Brad Morin, NNADAP worker offers one to one counselling, treatment referrals, outpatient resources, information and support in relation to drug and alcohol use.

Brad is extending his hours to:



### **Brad Morin – NNADAP worker**

#### Hours:

Wed- Fri.	6:00-9:30pm	- Evenings
Saturdays - Sunday	10:00am-5:00 pm	- Weekends



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

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

**Please note: Cyndi Bell our NNADAP worker is away until further notice.**

## 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

**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).

I will still see children for Art & Play Therapy Monday - Thursday

## 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 Thursday: 8:30 am to 2:00 pm / 5:00 pm to 6:30 pm // Friday 8:30 – 3:30**

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



## BC SERVICES CARD

**All eligible adults must renew enrolment in MSP (CARECARD) by February 2018 and get a BC Services Card.**



- ✓ The BC Services Card has replaced the CareCard and the Gold CardCard.
- ✓ The BC Services Card can also be combined with a driver's licence.
- ✓ One card = easy access
- ✓ personal information more secure and helps prevent fraud such as identity theft

### MSP CHANGES

Adults 19 to 74 years of age are required to renew enrolment in MSP.

The BC Services Card has replaced the CareCard **and the Gold CardCard**. In the future, the BC Services Card will provide easy access to many other provincial services.

### FEES

There is no fee to get a BC Services Card. However, if you're combining your BC Services Card with your driver's license, fees that apply to the regular driver's license issuance process still apply.

### WHERE TO GET A BC SERVICE CARD

Visit an ICBC driver licensing office with two pieces of ID. Bring your CareCard if you have it. **\*\*Musqueam Health can no longer assist with these applications\*\***

### ID REQUIREMENTS

Bring one of the following:

PRIMARY ID: Canadian Birth Certificate OR valid Canadian passport

SECONDARY ID: ALSO bring ONE of the following:

- government issued health care card
- signed credit card or bank card with your name printed on the front
- school ID card (student card)
- Passport (includes new USA Passport cards)
- Driver's licence
- BC Identification card
- BC services card (with photo)

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

### USING YOUR BC SERVICES CARD TO OBTAIN HEALTH CARE SERVICES

*As long as you are a resident of B.C. and are enrolled in MSP, you can use your card to obtain insured medical and health care services. Your card can be used as of the date your MSP coverage begins. For those under 19, and some adults, the date is indicated on the paper attached to the card when it is delivered. If you have questions about when your coverage begins you can contact HIBC. Your card is also used to obtain PharmaCare prescription drug benefits.*

# Musqueam Health Department NEWSLETTER

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## Home & Community Care Program

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

**Please Note: Emergency Generators** that are delivered by Safety & Security belong to the Home Care Department & are strictly for use for people who have special health requirement. Romeo Cosio, HCN will determine distribution prior to any power outages.

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! \***



The Musqueam Health Department and EVA BC, wish to invite you to **Be More Than a Bystander presentation**. This is presented by Grey Cup 2011 football star **JR LaRose** from the BC Lions in coordination with Ending Violence Association of BC.

**Held on: February 15, 2018 from 5-8pm**

**Location: Musqueam Community Centre**

Be More Than a Bystander, a groundbreaking partnership between the BC Lions and EVA BC aimed at increasing awareness and understanding about the impact of men's violence against women.



## Safe Drinking Water Monitoring Program

*Charlene Campbell-Wood*



The Water Services utility provides clean, high-quality drinking water to 2.5 million Metro Vancouver residents in the Lower Mainland. Over one billion litres of water flows through our taps every day.

Where does it come from?

Our water comes from rainfall and snowmelt in the mountainous areas called watersheds, north of the cities. There are three watersheds, Capilano, Seymour and Coquitlam. The mountains receive about 3.5 meters of rain (more than the city), mostly from October through April. In addition to the rainfall there is, on average, a 4.5 metre snowpack in the higher elevations each year.

The rain and melting snow flows downhill through small lakes and streams into large collection lakes called reservoirs, where it is stored year round.

Metro Vancouver captures, stores and treats your drinking water, then distributes it wholesale to our local government members using a network of dams, treatment facilities, water mains, pump stations, and storage reservoirs. The drinking water flows seamlessly into local governments' distribution systems which deliver it to properties for businesses and residents.

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## Musqueam Elders Program

*Brenda Campbell, Coordinator*



### **Musqueam Elders Luncheon**

**When: Thursday January 25, 2018**

**Time: 12:00 Noon**









**Place: Musqueam Elders Ctr.**

*Thank you, Brenda Campbell | Elders Coordinator | Phone: 604-263-6312*

# Musqueam Health Department NEWSLETTER

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Monday January 22nd	Tuesday January 23rd	Wednesday January 24th	Thursday January 25th	Friday January 26th
<b>Bridge Through Sports 3:30-5:30</b>  <b>Journals</b> 	<b>Bridge Through Sports 3:30-5:30</b>  <b>Pool Night</b> 	<b>Card Games</b>  <b>MYP</b> 	<b>Colouring</b> 	<b>PJ MOVIE NIGHT</b> 

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

*Opened during professional days @9:00 am*

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

## Breakfast Program

If your child is sick or not going to school on that day can you phone to let us know, at the Breakfast Program. The sandwich that we make is wasted, we have to throw it away.

We get to the café at 6:30 am.

The telephone number to the Breakfast Program is 604-269-3465.





## MUSQUEAM PRIMARY CARE CLINIC

**x<sup>w</sup>məθk<sup>w</sup>əyəm**

Clinic hours Monday-Thursday 9:30 am to 3:30 pm and  
Fridays 9:30 am to 4:00 pm. Closed for lunch 12-1pm

**HAVING A HEALTHY MIND  
IS JUST AS IMPORTANT  
AS A HEALTHY BODY**

### 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.

# U13 MUSQUEAM SPURS

## PRACTICE NIGHT



When: Tuesday Evenings starting on January 23rd

Where: Musqueam Turf Field

Time: 5:00 PM—6:30 PM

Coach: Cyler Point

All New Players Welcome

For any information or questions, please call 604-396-7832

# Bill Reid Gallery

of Northwest Coast Art

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[What's Ahead For 2018](#)  
[Emerging Artist Program](#)  
[Satellite Shop Feature](#)  
[Construction Update](#)  
[Community Partner News](#)



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## What's Ahead For 2018

The Bill Reid Gallery honours the legacy of Bill Reid and celebrates the diverse Indigenous cultures of the Northwest Coast. It's the only public gallery in Canada devoted to contemporary Indigenous art from this geography.

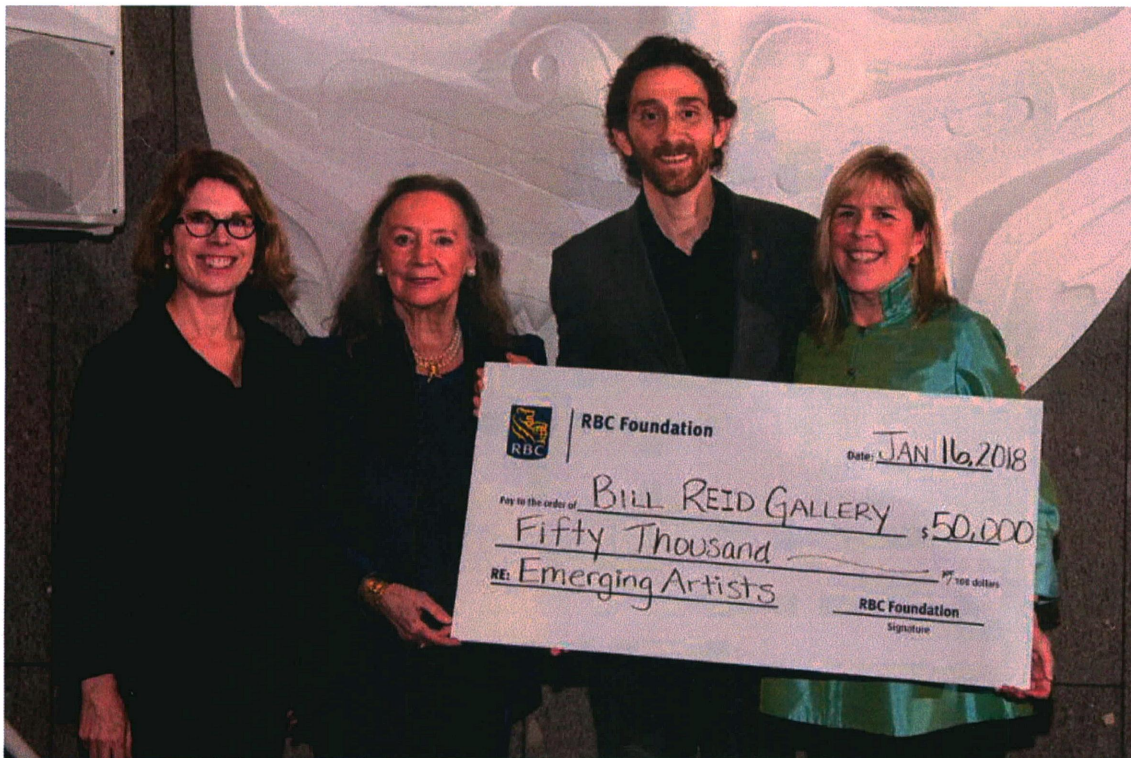
The Gallery is on track to reopen in the spring of this year after a transforming renovation. The new mezzanine gallery and gathering space created will allow the Gallery to engage a greater number and diversity of Indigenous curators, educators, elders and other knowledge keepers from the Northwest Coast. It will also allow the Gallery to offer more exhibitions and programs for Indigenous peoples that are of interest to all peoples.

We have embarked on a consultation process with the Indigenous community to ensure our programming meets their needs, and remains accessible to everyone.

We look forward to announcing our exciting exhibition and program schedule in the spring, and invite you to visit our Satellite Shop at SFU Harbour Centre while we are closed for renovation.

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## Emerging Artist Program



We are excited to announce a new partnership with the RBC Foundation supporting the Emerging Artist Program. As a result of RBC's generous support, we will be able to



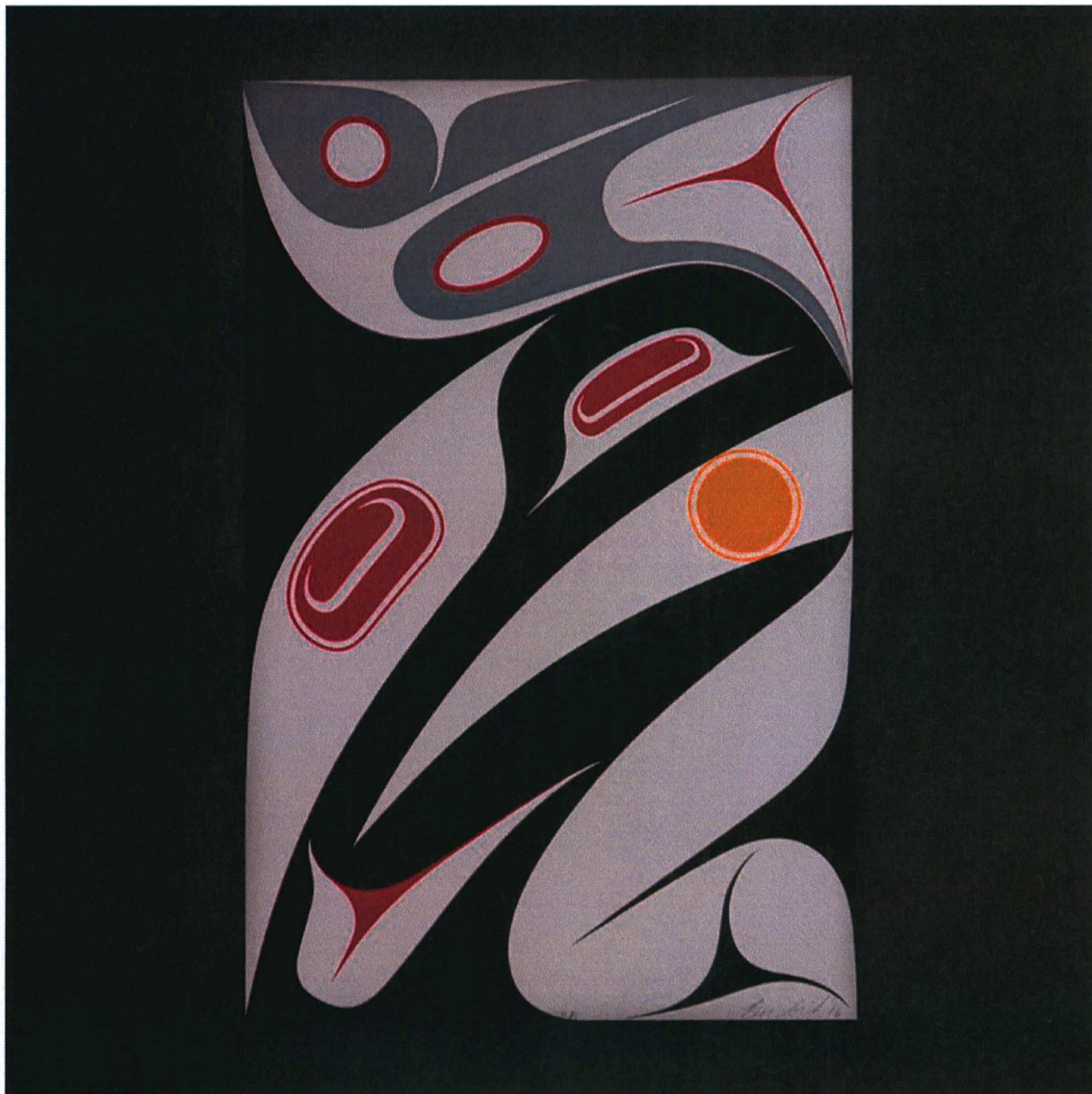
increase the mentorship opportunities available at the Gallery by offering opportunities for up-and-coming artists, curators, and interns to contribute to our exhibitions and programs.



RBC Foundation®

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## Satellite Shop



Have you visited our new Satellite Shop at the SFU Bookstore in Harbour Centre ([555 West Hastings Street, Vancouver](#))? This location features an array of expertly curated gifts including jewellery, printwork, sculptures, books, accessories and more.



Find this framed print designed by Ben Davidson entitled, Almost There, at our new location.

### **More About 'Almost There':**

In this second rendition of 'Just About', Raven has almost frilly transformed into the way we know him today.

As he continues his escape from the smoke hole, he clasps the sun in his beak - he is determined to bring the light back to the world, and thus free us from that which imprisons us. The red represents the strength he needs to complete this Journey.

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## Construction Update



The cases in the Raven's Trove have been removed to make space for something completely different and beautiful. The walls have come down in the mezzanine making way for our focus exhibitions and education space.

We will be sharing the progress monthly until we reopen in the spring. Stay tuned!

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## Community Partners

### **Upcoming Programs at SFU**





### **Salish Singing and Drumming Workshop**

*Thursday, January 25, 2018  
SFU Woodward*

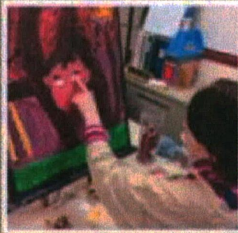
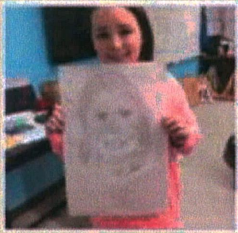
Learn traditional Salish social songs, drumming and dance with instructor Russell Wallace. Workshops are free and open to everyone!

[Click here for more information](#)

### **Current Exhibitions at the Haida Gwaii Museum**

Haida Gwaii Museum at Kay Lnagaay, #2 Second Beach Road, Skidgate





# IDENTITY MAPS

A Collaborative Art Based Project between two schools, two artists, three teachers, a memory, and a place called Haida Gwaii.

**OPENING: Friday, January 19th, 4-5:30 PM**

Please join us in celebrating the completion of three art projects (clay, photography, and painting) connected to the theme of identities and place.

Haida Gwaii Museum, Skidegate, Jan. 19th-Feb. 16th, 2018.

## Identity Maps

January 19 - February 16, 2018

[Click here for more information](#)





**Gidansda's Moon and Mountain Goat Chest, and Chief's Settee**  
*Current Exhibition*

On loan from the American Museum of History, the lineage of the Moon & Mountain Goat chest spans back at least seven generations of Hereditary Leaders from the Gakyals KiiGuwaay clan of Skedans.

[Click here for more information](#)

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Bill Reid Gallery of Northwest Coast Art  
**Closed for Renovations**

639 Hornby Street

Vancouver, BC V6C 2G3

p: 604.682.3455 | f: 604.682.3310

[info@billreidgallery.ca](mailto:info@billreidgallery.ca) | [billreidgallery.ca](http://billreidgallery.ca)

*We respectfully acknowledge the peoples of the Musqueam, Squamish, and Tsleil-Waututh Nations on whose traditional and unceded territories we live, work and play, and all First Nations of the Northwest Coast.*

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The Bill Reid Gallery is home to the Simon Fraser University Bill Reid Collection  
 All current SFU students receive free admission to the Gallery (must show valid ID)



## 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 ☐

