



FRIDAY MARCH 9, 2018

MUSQUEAM NEWSLETTER

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

**IMPORTANT MEETING DATE
SEE BELOW**



REMINDER IMPORTANT

\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$

Fiscal Year 2018/2019 ANNUAL BUDGET MEETING PRESENTATION

Attention to all Musqueam Community Members, the annual budget for the band will be presented for approval by the membership . This is an important meeting and you are encouraged to attend.

WHEN: Tuesday, March 27, 2018

TIME: 6:00 PM –Meeting will be called to order

WHERE: MUSQUEAM CULTURAL CENTRE

DINNER WILL BE SERVED AT 5:30 PM

Thank you from
The Chief and Council

Inside this issue:

MIB Job Opportunities	2-13
Health	14-22
MIB 101	23
Remaining News	24-29

MARCH



Smoke Shop Hours

Monday - Friday

9:00am-5:45pm

Closed during Lunch

12:00-1:00

Must be 19 years of age

Must have proper/valid ID





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

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 INDIAN BAND

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

JOB POSTING
Accounts Payable Clerk
Regular Full-time

The Musqueam people have lived in our present location for thousands of years. Our traditional territory once occupied much of what is now Vancouver and surrounding areas. The name Musqueam relates back to the River Grass, the name of the grass is məθkʷəy̓. There is a story that has been passed on from generation to generation that explains how we became known as the xʷməθkʷəy̓əm (Musqueam) - People of the River Grass.

Although a metropolitan city has developed in the heart of Musqueam territory, our community maintains strong cultural and traditional beliefs. Today our population flourishes and we are a strong community of over thousand members. To learn more about Musqueam, please visit www.musqueam.bc.ca

Musqueam Indian Band is seeking an **Accounts Payable Clerk**. This position is responsible for accurate and timely processing of vendor invoices, preparing payments to vendors and reconciliation of vendor account statements. This position reports to the Finance & Administration Manager.

Responsibilities

- Process vendor invoices in accurate and timely manner as per internal policies & procedures
- Ensure vendor payment terms are met and raise issues to manager for direction
- Ensure appropriate authorizations are in place prior to processing payments; follow up with signing authorities as required
- Process cheque payments
- Release payments to vendors
- Reconcile vendor statements
- Enter invoices into automated accounts payable system
- Prepare adjustments as required
- Match purchase orders to vendor invoices
- Prepare account analysis using Excel spreadsheets
- Maintain A/P sub ledger
- Process electronic fund transfer invoices and cheque requisitions
- Manage corporate credit cards (i.e. maintain log, sign out, collect receipts) and reconcile credit card Visa statements
- Reconcile petty cash
- Maintain vendor information in accounting systems
- Maintain accounts payable files and other related administrative duties
- Assist with preparations of dividend and distribution cheques

- Assist with preparations of audit working papers related to A/P function
- Communicate with internal/external vendors including Chief & Council, as needed
- Process bi-monthly Chief & Council cheques
- Update travel claims and mileage amounts quarterly according to Treasury Board & policy
- Perform other duties as required

Job Knowledge

- Professional accounting designation with minimum of 5 years of experience in a similar role
- Basic accounting/bookkeeping experience (focus on A/P is preferred), supplemented with some accounting courses
- Minimum of one year accounts payable experience with working knowledge of AccPac/Sage (current versions) is preferred
- Must possess strong communication and interpersonal skills
- Must have extensive experience using Excel and Word
- Able to work to deadlines
- Able to handle multi tasks in a fast paced office
- Have a professional attitude and a willingness to learn
- Ability to work independently and as a member of a team

Working Conditions:

- Work is performed in an office environment
- Successful Criminal Record Check

Please email cover letter and resume to: jobs@musqueam.bc.ca

and write **"Accounts Payable Clerk"** on the subject line

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

Position will remain open until filled.

** We thank all those who apply, however, only those short-listed will be contacted.*



MUSQUEAM INDIAN BAND

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

JOB POSTING

Housing Executive Assistant

The Musqueam people have lived in our present location for thousands of years. Our traditional territory once occupied much of what is now Vancouver and surrounding areas. The name Musqueam relates back to the River Grass, the name of the grass is məθkʷəy̓. There is a story that has been passed on from generation to generation that explains how we became known as the xʷməθkʷəy̓əm (Musqueam) - People of the River Grass.

Although a metropolitan city has developed in the heart of Musqueam territory, our community maintains strong cultural and traditional beliefs. Today our population flourishes and we are a strong community of over thousand members. To learn more about Musqueam, please visit www.musqueam.bc.ca

Musqueam Indian Band is seeking a **Housing Executive Assistant**. The Housing Executive Assistant assists in the administration of the Housing Department at the Musqueam Indian Band. Reporting to the Housing Manager, this position administers goods and services contracts required to maintain Band owned Housing and oversees contractors in the absence of the Housing Manager. The Housing Executive Assistant is responsible for ensuring quality products and services are being provided to the Musqueam Indian Band.

Responsibilities

- Provision of a complete administrative service for the Musqueam Housing Department covering all aspects of office and operational administration.
- Assists in preparation and administration of the Housing Department budget under the supervision of the Housing Business Manager. Ensures that all departmental expenditures comply with the approved budget.
- Responsible for preparation and timely submission of all narrative and financial reports as directed by the Housing Business Manager.
- Prepares meeting agendas, briefing materials, meeting kits, takes minutes and transcribes, makes travel arrangements, prepares correspondence, weekly reports, and notices; performs filing; copying; faxing; room bookings; and other clerical duties.
- Ensures that departmental administrative activities comply with administrative policies.
- Develops and maintains a departmental filing system.
- Coordinates the ordering and maintains the inventory of office, maintenance and other supplies for the Housing Department.
- Prepares and arranges for distribution of community notices as required.
- Develops and maintains effective working relationships with colleagues, subordinate staff, outside governments, agencies, boards, and industry.

- Advises all homeowners and tenants of the Housing policies and applies the enforcement policies in a fair and equitable manner.
- Alerts the HBM of any developing or escalating issues that may impact the Housing Department and or Musqueam Indian Band.
- Identify required Housing renovations, prepare scope of work and cost estimates, prioritize the renovations according to Housing Policy.
- Greets Clients and visitors and directs them to the appropriate contacts or services.
- Answers, screens and forwards telephone calls, takes messages and provides information to clients and visitors as required.
- Monitors Housing maintenance projects and work orders directly and reports their progress to the Housing Business Manager directly. Maintaining and administers insurance Executive for all MIB residences.
- Develops all forms and templates for MIB Housing department.
- Responsible for the application and maintenance of CMHC R.A.P.P. grant/ AANDC funding.
- Ensures contracts are in place for all work done within the scope of the MIB Housing Department.
- Resolves administrative concerns by coordinating preparation of reports, analyzing data, and identifying solutions.
- Assists Housing Manager with Housing partnerships / projects with other Partners such as the current partnerships with BC Hydro and UBC.
- Work with the Equalization Administrative Clerk on expenditures and Equalization Portfolio implementation
- Ensures annual home inspections take place with proper notice and that all contractors have set times to conduct work with homeowners consent, prioritization through Asset Management Data Base. Identifies funding source.
- Ensures all service requests and maintenance requests are processed, executed and closed in a timely manner.
- Alternates with Equalization Portfolio Administration Clerk to prepare notes and documents for Lands, Capital & Housing Standing Committee meetings.
- Be responsible for outgoing and incoming letters and correspondences.
- Be engaged in policy, data system and Executive development for the benefit of the MIB Housing Department.
- Participate in special projects when assigned.
- Maintains positive and effective relationships with homeowners, vendors and contractors.
- Meets with homeowners regarding rent arrears, repayment plans and all related revenue collections when necessary.
- Ensures eviction process is followed correctly, when applicable.
- Provides HBM with supporting by-laws when applicable

Job Knowledge

- Successful completion of High School with courses in business/office management and/or construction/building, property management, maintenance trades; or an equivalent combination of skill, knowledge, and experience.
- Training and/or experience in office management, including finance and computer skills.
- Knowledge of housing maintenance methods and materials.
- Knowledge and experience of similar executive delivery in the context of Musqueam or First Nations culture and history.
- Ability to use tact and good judgment 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 and periodically in the community

Licenses/Certificates

- Valid BC Driver's License
- Successful Criminal Record Check
- Access to a vehicle for business purposes.

Please email cover letter and resume to: jobs@musqueam.bc.ca
and write **"Housing Executive Assistant"** on the subject line
Applicants of Musqueam and/or Aboriginal ancestry are encouraged to apply.
Position will remain open until filled.

** We thank all those who apply, however, only those short-listed will be contacted.*



MUSQUEAM INDIAN BAND

6735 SALISH DRIVE
VANCOUVER, B.C.
CANADA V6N 4C4
TELEPHONE: 604 263-3261
FAX: 604 263-4212

JOB POSTING

National Native Alcohol & Drug Abuse Program Worker (NNADAP)

**Full-time Casual (Leave of Absence) Position
35 hours/week**

Musqueam Indian Band has an opportunity for an experienced National Native Alcohol & Drug Awareness Program (NNADAP) Worker. This is a full-time position to cover an undetermined leave of absence. The NNADAP Worker provides counselling and activities that support individuals and families dealing with alcohol and drug dependency and its related issues. This will include community outreach, presentations and workshops, creating activities and programs, assessments and referrals.

This position is responsible for the development, maintenance and coordination of a Drug and Alcohol activities and awareness program. As a NNADAP Worker, the incumbent assesses and refers individuals for drug and alcohol treatment, makes home and medical facilities visits, and coordinates, prepares and presents workshops to the Band membership.

The NNADAP Worker provides the Musqueam Indian Band with a preventive health program to deal with alcohol and drug issues and dependency. The incumbent meets with clients (and when appropriate their families), assesses their needs, and makes referrals to outside agencies and/or treatment centres. The NNADAP Worker makes home and occasional institutional visits to provide support for the client Band members. The actions and decisions made by the incumbent have a broad, and in some cases life-long effect on their clients, the families, and the community.

The NNADAP Worker works with the clients and their families to educate and assist them in coping with the dependency problem. The NNADAP Worker may encounter high emotional resistance or adverse reactions to their intervention requiring the use of tact and diplomacy and a high level of professionalism to defuse highly charged situations. The incumbent of this position is also required to prepare and present educational, informational workshops on drug and alcohol issues, dependencies and treatment to community groups.

The NNADAP Worker must develop multiple strategies to deal with the continually changing circumstances of the clients. In order to do so, the incumbent must keep up-to-date on the latest developments in methods of treatment, the changing drug scene, and changes to treatment availabilities. The position requires sensitivity and understanding of the social and cultural history of the Band. In particular, the incumbent must deal with the issues in the context of the long-term effects of the segregationist systems of Residential Schools and Reserves.

The successful applicant will have completed a Post-Secondary degree or certificate in Social Work, Counselling, Psychology or Nursing and have a minimum of 2 years related experience, or an equivalent combination of skills, knowledge, and experience. Experience in delivering services in a First Nations environment is preferred. This position is subject to on-going funding.

Duties:

- Develops and maintains a drug and alcohol counselling program
- Maintains a statistical base on program delivery
- Prepares and delivers reports on program status and community trends
- Plans and coordinates **workshops and presentations for the community** on drug and alcohol education, awareness and abuse
- Supports and assists Band members dealing with drug and alcohol and chemical dependency issues
- Assesses clients and makes necessary referrals to treatment centres or outside agencies
- Maintains accurate and **confidential** records relating to individual clients
- Communicates with clients and their family members on treatment plans or programs, and with community groups on treatment programs
- Attend various community functions
- Develops and maintains effective working relationships with Band members, colleagues, and outside agencies
- Provide orientation and guidance to volunteers and coworkers on a routine basis
- The NNADAP Worker is responsible for being aware of band and community members and their well-being at treatment, as well as being self-aware of hazardous situations
- Performs other duties as required

Job Knowledge:

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

- Skill and knowledge usually attained by successful completion of a Post-Secondary degree or certificate in Social Work, Counselling, Psychology, or Nursing; strong knowledge of the problems of drug and alcohol dependencies and their treatment gained through the appropriate level of education and at least two years' experience in the field; or an equivalent combination of skill, knowledge, and experience
- Working knowledge of traditional healing methods used by First Nations people; awareness of methods of dealing with post-traumatic stress; and community resources available to clients
- Knowledge and experience of similar program delivery in the context of Musqueam or First Nations culture and history
- Knowledge of community resources available to clients and their families
- Ability to use tact and good judgment in dealing with sensitive and complex issues
- The NNADAP Worker must have strong written and verbal communication skills



- In order to deal with the highly emotional issues involved the incumbent is required to have some counselling skills and strong conflict resolution skills
- The sensitive nature of the work requires the NNADAP Worker to have the ability to maintain the confidentiality of client information
- The position requires the ability to research and develop local programs to deal with drug and alcohol education, awareness and dependency; identify local trends; and write reports and recommendations on assessments, program status, and client progress
- The incumbent requires skill in the preparation and presentation of workshops and information seminars in order to garner client and community support
- A good knowledge of the social services systems, the educational system, the courts and penal system is essential for the NNADAP Worker to be successful in the delivery of service to the Band. Likewise, a good knowledge of the social and cultural outcomes of the Residential School and Reserve system is required
- Ability to drive and provide a licensed vehicle for work purposes
- Must be addiction free

Please email a cover letter and resume to Musqueam Indian Band, HR at:

jobs@musqueam.bc.ca

Please write **"NNADAP"** on the subject line.

Position will remain open until filled.

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

We thank all applicants for expressing interest in this position, 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

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 Health Department Newsletter

March 9, 2018

Free Income Tax Clinic for Musqueam Community

Hosted by the Musqueam Health Department

Date: Tuesday March 27, 2018

Time: 9:00pm-4:00pm (closed from 12-1pm for lunch)

Location: Musqueam Community Centre (1st floor board room before the elevator)

Please note: this tax clinic is by appointments. Those who want to walk-ins are welcome to try but subject to a wait time of 15 minutes. First come first served basis with a volunteer from Revenue Canada.

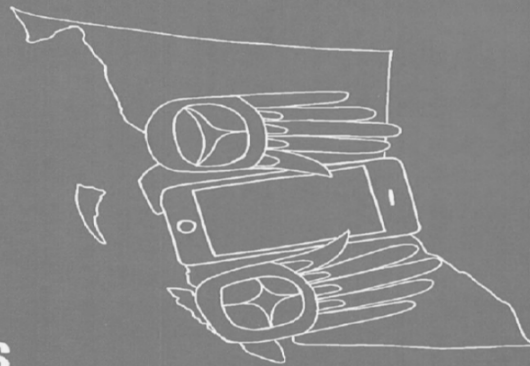
To book an appointment contact: Ashlee Point @ 604-263-3261

KUU-US
CRISIS RESPONSE SERVICES
1-800-KUU-US17 | 1-800-588-8717
CHILD/YOUTH: 250.723.2040 ADULT/ELDER: 250.723.4050

**CULTURALLY SAFE
HELP AVAILABLE**

**24 HOURS A DAY
7 DAYS A WEEK**

**FIRST NATIONS AND
ABORIGINAL PEOPLES
HELPING FIRST NATIONS
AND ABORIGINAL PEOPLES**



Musqueam Health Department Newsletter

March 9, 2018

Community Health Program

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

UBC ACTIVE KIDS for M A R C H 2018

A FREE 4 week series for Children aged 1.5—5 years old!

WHAT? — Coaches from UBC will be here Monday evenings; going over fun games and activities for parents and children. It will teach the kids the beginning fundamentals while playing different sports each week!

WHEN? — Mondays, in March (5th, 12th, 19th, 26th)

Sign up with Crystal (CHN) or Lyn (Nurses' Assistant) in the Health department: 604 263 3261

WHERE? — Musqueam gym (back half)

Thank you!

UBC Coaches + MIB Health Department



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 22—March 29, 2018 | starting at 5pm for 2.5hrs

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**

Musqueam Health Department Newsletter

March 9, 2018

National Native Alcohol & Drug Abuse Program

Brad Morin

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

Brad Morin – NNADAP worker

Hours:

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



COMING SOON: "CRIB NIGHT with Brad"

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 Children, Youth & Adults

Janice Carroll

I am available for Counselling Adults, on Monday's from 9am-2pm. The sessions are one hour, once a week, for Musqueam community members.

Counselling for children & youth Tuesday to Friday.

For more information, please call my office (located in the Health Department)

Ph: 604-269-3453, | Email: jcarroll@musqueam.bc.ca .

Wellness Counselling

Charlene Hellson

Introducing Charlene Hellson to the Musqueam Health Program.



Charlene Hellson is a proud grandmother and proud member of the Siksika Nation which is part of the Blackfoot Confederacy. She is honoured to be here as a visitor on the unceded homelands of the Musqueam, Squamish and Tseil'Watuth Nations. Her background is in Indigenous Health, including Mental Health, as well as in the Arts. Charlene is the new Mental Wellness Resource Coordinator at the Aboriginal Wellness Program at Vancouver Coastal Health will be joining the health team at Musqueam Nation where she will be hosting friendship groups. Please join her every Friday morning in the youth room to share tea and snacks and take time to connect. Charlene also has a background in forum theatre and will be hosting forum theatre workshops every Monday afternoon in the yoga room...come see what it's all about.

Hours: Monday afternoons 1:00-4:30

Friday mornings 8:30 – 12:00pm

Place: Musqueam Health Department, Community Centre, 2nd floor.

Musqueam Health Department Newsletter

March 9, 2018

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 supplies & 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 Mon.-Fri. You 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. call Lyn Thomas for an appointment.

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! ***

Safe Drinking Water Monitoring Program

Charlene Campbell-Wood



Our Drinking Water Source

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 snow 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 a reservoirs. Water is stored year round in the reservoirs, then treated and distributed to the cities.

Metro Vancouver captures, stores and treats your drinking water, then distributes it wholesale to our member municipalities using a network of dams, water mains, pumping stations, storage reservoirs and secondary disinfection stations. The drinking water flows seamlessly into member municipalities' distribution systems which deliver it to properties for businesses and residents.

Musqueam Health Department Newsletter

March 9, 2018



MUSQUEAM PRIMARY CARE CLINIC

x^wməθk^wəyəm

Clinic hours Monday-Thursday 9:30 am to 3:30 pm and Fridays 9:30 am to 4:00 pm

****With Spring Break coming, if your children are behind on Vaccinations or just want to stop in for a regular check-up, call in to book an appointment ****



PRIMARY CARE FAMILY PHYSICIAN – New Hours: Friday 9:30am – 4:00pm

PRIMARY CARE NURSE PRACTITIONERS – New Hours: Monday to Thursday 9:30am— 3:30pm

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.

Services provided every day are:

- ✚ check-ups (PAP, STI (STD), 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:






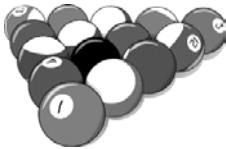



Mental Wellness Counseling & family group healing, available to Musqueam Band Members at the Lu'Ma Medical Clinic on Wednesdays. For more information, & appointments call: Mahara Allbrett at: 604-312-2258.

Musqueam Health Department Newsletter

March 9, 2018

Youth Centre

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

Monday March 12th	Tuesday March 13th	Wednesday March 14th	Thursday March 15th	Friday March 16th
Reading club 	Math & Science Club 	Scattergories 	D&A Night 	Movie Night 
Pool Night 	Colouring Contest 	MYP 	GOV MEETING 	
	& Arts and Crafts			

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

Facts about Influenza (the Flu)

What is influenza?

Influenza, often called the flu, is an infection of the upper airway caused by an influenza virus.

Getting sick with influenza also puts you at risk of other infections. These include viral or bacterial pneumonia which affect the lungs. The risk of complications, which can be life-threatening, is greater for seniors 65 years and older, very young children, and people who have lung or heart diseases, certain chronic health conditions, or weakened immune systems.

Healthy pregnant women in the second half of their pregnancy are at greater risk of being hospitalized following infection with influenza virus.

In Canada, thousands of people are hospitalized and may die from influenza and its complications during years with widespread or epidemic influenza activity.

How can influenza be prevented?

You can reduce the risk of getting influenza or spreading it to others by:

- washing your hands regularly;
- promptly disposing of used tissues in the waste basket or garbage;
- coughing and sneezing into your shirt sleeve rather than your hands;
- staying home when you are ill; and
- getting an influenza vaccine.

Getting an influenza vaccine can help prevent you from getting sick with influenza and from spreading it to others.

How does influenza spread?

Influenza spreads easily from person to person through coughing, sneezing, or having face-to-face contact.

The virus can also spread when a person touches tiny droplets from a cough or a sneeze on another person

or object and then touches their own eyes, mouth or nose before washing their hands.

An infected person can spread the influenza virus even before feeling sick. An adult can spread the virus from about 1 day before to 5 days after symptoms start. Young children may be able to spread the virus for a longer period of time.

What are the symptoms?

Influenza symptoms can include fever, headache, muscle pain, runny nose, sore throat, extreme tiredness, and cough. Children may also experience nausea, vomiting, or diarrhea. Although infections from other viruses may have similar symptoms, those due to the influenza virus tend to be worse.

Symptoms can begin about 1 to 4 days, or an average of 2 days, after a person is first exposed to the influenza virus. Fever and other symptoms can usually last up to 7 to 10 days, but the cough and weakness may last 1 to 2 weeks longer.

What is the home treatment?

If you get sick with influenza, home treatment can help ease symptoms. Follow the self-care advice below:

- Get plenty of rest.
- Drink extra fluids to replace those lost from fever.
- Avoid smoking and ask others not to smoke in the house.
- Breathe moist air from a hot shower or from a sink filled with hot water to help clear a stuffy nose.
- Anti-influenza drugs or antivirals are available by prescription, but these must be started within 48 hours of the start of your symptoms to work best. These will shorten symptoms by about 3 days if given within 12 hours and by about 1.5 days if given within 2 days of the start of symptoms.
- Non-prescription cough and cold medications are available for relief of influenza symptoms but these are not recommended for children less than 6 years of age.

- Disinfect bathrooms used by sick people with a freshly made 1:50 solution of bleach and water.

How to make a 1:50 (1,000 ppm) solution of bleach and water:

Mix 20 ml (3/4 of an ounce) of bleach with 1 litre (1 quart) of water.

Use Public Health Ontario's chlorine dilution calculator tool to make up the proper sanitizer strength based on the concentration of your bleach product www.publichealthontario.ca/en/ServicesAndTools/Tools/Pages/Dilution-Calculator.aspx

- Throw out any food that has been handled by a person with the virus or exposed while a person vomited.
- Wash dishes and utensils with hot water and detergent or in a dishwasher.
- Wash laundry soiled with vomit or diarrhea in a washing machine using detergent.
- People who are ill and work as food handlers or care providers should stay away from work while they are sick and for 2 days after they are better. Even when diarrhea and vomiting have stopped, the virus can still be in the stool (bowel movement) for as long as 2 weeks. Be sure to wash your hands carefully and often.
- If someone is ill with norovirus, discourage visitors to the home. It is best to wait for at least 2 days after everyone is better and the house is cleaned and disinfected.
- When a family member is sick with vomiting or diarrhea, it is a good idea for that person to try to stay in a separate room and not be around others, as the virus spreads easily. Everyone in the family should wash their hands often with soap and water. Use different towels or paper towels for drying hands to help stop the spread to other people.
- Do not eat raw or undercooked shellfish. Cooking will destroy the virus.

How can I reduce the risk of getting infected from cleaning up vomit or diarrhea?

If you are cleaning up vomit or diarrhea, follow these tips to reduce the risk of getting infected:

- Wear disposable gloves. Reusable rubber gloves may be used, but they should be washed after use.
- Use paper towels to soak up excess liquid and put the paper towels and any solid matter directly into a plastic garbage bag.
- Clean the soiled area with soap and hot water. The same cleaning cloth or sponge should not be used to clean other areas of the house as this may spread the virus.
- Disinfect the area that has been washed with a freshly made 1:50 solution of bleach and water. See the "How to make a 1:50 solution of bleach and water" text box for more information. Household cleaners other than bleach do not work as well for noroviruses.
- Put all cleaning cloths and disposable gloves into a plastic garbage bag and throw out.
- Wash your hands well using soap and water for at least 20 seconds.

For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/healthfiles or your local public health unit.

Click on www.HealthLinkBC.ca or call 8-1-1 for non-emergency health information and services in B.C.

For deaf and hearing-impaired assistance, call 7-1-1 in B.C.

Translation services are available in more than 130 languages on request.



BC Centre for Disease Control
An agency of the Provincial Health Services Authority

Acetaminophen (e.g. Tylenol®) or ibuprofen* (e.g. Advil®) can be given for fever or soreness. ASA (e.g. Aspirin®) should not be given to anyone under 18 years of age due to the risk of Reye Syndrome.

*Ibuprofen should not be given to children under 6 months of age without first speaking to your health care provider.

For more information on Reye Syndrome, see [HealthLinkBC File #84 Reye Syndrome](#).

When should I see a health care provider?

Consult your health care provider early if you develop flu-like symptoms and you have a condition that puts you at higher risk of complications.

You should also call your health care provider if your symptoms get worse, such as shortness of breath or difficulty breathing, chest pain, or signs of dehydration (such as dizziness when standing or low urine output).

Is it influenza or a cold?

The following table can help you determine whether you have influenza or a cold.

For More Information

For more information, see the following HealthLinkBC Files:

- [HealthLinkBC File #12a Why Seniors Should Get the Inactivated Influenza \(Flu\) Vaccine](#)
- [HealthLinkBC File #12c Influenza \(Flu\) Immunization: Myths and Facts](#)
- [HealthLinkBC File #12d Inactivated Influenza \(Flu\) Vaccine](#)
- [HealthLinkBC File #12e Live Attenuated Influenza \(Flu\) Vaccine](#)
- [HealthLinkBC File #85 Hand Washing for Parents and Children](#)

Symptoms	Cold	Influenza (the flu)
Fever	Rare	Usual, sudden onset 39°-40°C (102.2-104°F), lasts up to 3 to 4 days
Headache	Rare	Usual, can be severe
Aches and pains	Sometimes mild	Usual, often severe
Fatigue and weakness	Sometimes mild	Usual, may last 2-3 weeks or more
Extreme fatigue	Unusual	Usual, early onset, can be severe
Runny, stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, coughing	Sometimes mild to moderate	Usual, can be severe
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia, respiratory failure, and more complications in persons with chronic diseases
Prevention	Frequent hand washing	Yearly influenza vaccine and frequent hand washing
Treatment	No specific treatment is available; symptom relief only	Antiviral drugs by prescription, which can reduce symptoms



ImmunizeBC



BC Centre for Disease Control
An agency of the Provincial Health Services Authority

For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/healthfiles or your local public health unit. For non-emergency health information and advice in B.C. visit www.HealthLinkBC.ca or call 8-1-1 (toll-free). For deaf and hearing-impaired assistance, call 7-1-1. Translation services are available in more than 130 languages on request.

EVERYONE WELCOME!

MUSQUEAM 101 – Wednesday, March 14, 2018

stem? (what?) Musqueam 101 March 14, 2018

***The "Strange Dawn," Uranium Mines, and
Resistance in the work of Simon J. Ortiz
(Acoma Pueblo)***

Since the 1940s, the nuclear industry and militarism in the American Southwest has impacted lands of the Navajo, Hopi, Pueblo, and Ute Mountain Ute people. In this talk, Kyoko will discuss how Simon J. Ortiz, an Acoma Pueblo poet, exposes and resists nuclear colonialism in his collection, *Fight Back: For the Sake of People, For the Sake of the Land*.

Presenter: Kyoko Matsunaga is an Associate Professor at Kobe City University of Foreign Studies in Japan. She specializes in American Indigenous literature, nuclear/atomic literature, and environmental literature.

ni? ʔəncə? (where?)

Musqueam Administration Offices

təmtem? (when?)

Wednesday, March 14. Dinner will be served at 6:00 p.m. The presentation will start at 7:00 p.m.

PLEASE JOIN US!



x^wməθk^wəy̓əm

BABY WELCOME CEREMONY

ALL COMMUNITY MEMBERS WELCOME

New annual celebration event to honour and recognize all babies born in Musqueam community this year (April 2017—March 2018).

Dinner and ceremony provided to all.



Friday, March 16th

5:30pm to 7:30pm

Musqueam Cultural Centre

****Come share a meal and welcome our newest additions****

For details, contact CORRINA SPARROW, 604-269-3319





February 15, 2018

Musqueam House Logos – Request for Proposals

INTRODUCTION

On behalf of the University of British Columbia and the Musqueam Indian Band, UBC Student Housing and Hospitality Services (SHHS) is seeking proposals from aspiring Musqueam artists and youth for three designs that will be used as logos for the newest houses at Totem Park Residence.

Musqueam gifted the names *həmləsəm* and *qələxən* in 2011, and the name *čəsnaʔəm* in 2017, for use at Totem Park Residence, a first-year dormitory. The storytelling committees involved in these naming processes have been collaboratively developing educational materials and opportunities for students to learn more about these names, and the traditional, ancestral, and unceded territory of the Musqueam people.

This project is also in support of the core tenets of the Memorandum of Affiliation signed between UBC and Musqueam in 2006. Among the Memorandum's tenets are commitments to create a visual Musqueam presence on campus and increased Musqueam programming and curricula.

PROJECT GOALS

The goals of the project are to:

- Bring a spirit and feeling of the Musqueam community to this area of campus by reflecting the Musqueam Nation's art forms, history, and culture
- Celebrate the talent of emerging Musqueam artists and youth
- Foster a stronger connection between residents living on campus and Musqueam territory

SCOPE OF WORK

To enter the contest:

- You must be under 25 years old
- The design must be original, produced by you
- You can submit designs for 1, 2, or 3 three house logos
- You can submit multiple designs for any/all house logos

Your design must be:

- Be a single colour easily reproduced in black or white
- Able to work well in both print and digital mediums
- Have clearly defined shapes and line art
- Be scalable to fit a variety of areas
- Reflective of Musqueam art forms, if the artwork is an Indigenous, Northwest Coast design

Wildlife native to the three locations have been selected as the theme for each house logo:

House Name	Year Opened	Story	Animal
həmləsəm	2011	həmləsəm is a site of transformation (south of Wreck Beach) where ɣe:ls, the transformer who oversaw social behaviour, punished a greedy person for being possessive and wasteful of fresh water from the natural spring. While bent over to drink and unwilling to share this vital resource, he was turned to rock. His chamber pot spilled and became the smaller rock beside him.	Sawbill/Merganser Ducks ɣʷa:qʷ
qələxən	2011	qələxən was a strategic fortification site (on Point Grey) where Musqueam warriors and their families resided, including warrior of renown, qiyəplenəxʷ (Capilano). qiyəplenəxʷ is widely celebrated for leading war efforts to protect his people from invaders as well as welcoming the first Spanish and English explorers, led by José Narváez (1791) and George Vancouver (1792), to Musqueam territory and initiating trade with them.	Bald eagles pəqəs
čəsnaʔəm	2017	čəsnaʔəm, one of our Musqueam villages, existed on the staləw (now called the Fraser River) long before Vancouver was founded. For over 4000 years, generations of our ancestors lived at čəsnaʔəm. Around 2000 years ago, it grew to become one of our largest villages. Over the past 125 years, archaeologists and collectors have mined čəsnaʔəm for our ancestors and their belongings, calling them human remains and artifacts. Today, čəsnaʔəm has been paved over and built upon without our consent, yet it is still part of our territory, culture, and history. čəsnaʔəm is part of who we are.	Great blue herons sməqʷaʔ

Examples of where the logos will be used have been provided in Appendix 1.

An information package or in-person session can be provided upon request for those who are interested in participating in the contest and learning more.

SUBMISSION REQUIREMENTS

- Your name, age, and contact information
- An artist's statement not exceeding 200 words
- A hard copy of each design submission on paper (max. 8.5" x 11"), or if possible, a PDF or jpeg file

PRIZES

The artist for each house logo design selected will receive an award of \$500 from UBC Student Housing and Hospitality Services. The artists will also be publicly recognized. All costs associated with the final production and installation of the three selected designs will be covered.

INTELLECTUAL PROPERTY

Student Housing and Hospitality Services will hold all commissioned rights to the chosen designs and their use, but will ensure their artistic integrity in all cases. The artists' names will be displayed with the logos, and their biographies can be displayed on the SHHS website and in other literature.

JUDGING PROCESS

The final selections will be made by a Selection Committee composed of representatives from UBC Student Housing and Hospitality Services, and the Musqueam Indian Band. The judging will be conducted blindly up until the short-list has been chosen; the artists identities will not be revealed to the Committee until the selections have been made. The Committee's decisions are final and binding.

DEADLINE

Proposals may be hand delivered, sent by mail, or emailed. All proposals must be received at the address below by 12:00PM on Thursday, March 29, 2018. The winners will be announced no later than April 5, 2018.

For design inquiries, email Jasper Murphy at jasper.murphy@ubc.ca

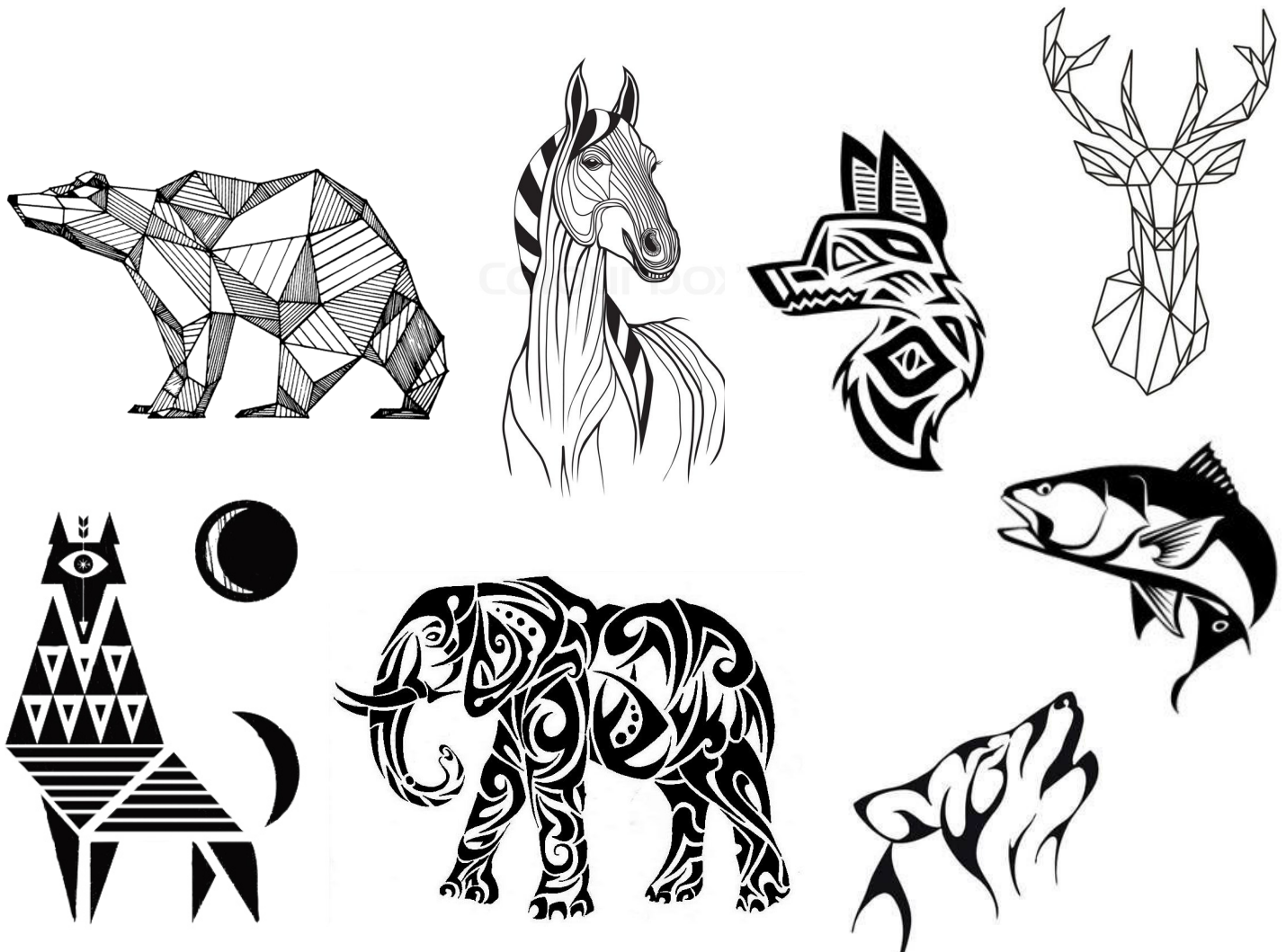
For further information or contest inquiries, email Sarah Ling at sarah.ling@ubc.ca

All proposal submissions should be emailed to Erin Harley at erin.harley@ubc.ca, or delivered/mailed to:

Musqueam Indian Band
Attn: Leona Sparrow
6735 Salish Drive
Vancouver, BC
V6N 4C4

APPENDIX 1

Logo must be one colour and with clearly defined shapes & line art. See examples below:



Example of final logo application:

Window decal:



T-shirt print:



CCP Update Newsletter

Musqueam Planner: Spring 2018

What's New ?

We are excited to announce the comprehensive community plan (CCP) update is almost complete. Your input from the community engagement sessions and surveys that took place over the last year has helped shape the new plan by helping us understand the steps we need to take to meet our community objectives. A lot has been accomplished since the CCP was first adopted by council in 2011 and your input has helped show how the priorities in the community have changed. The new actions we are creating for CCP revision come from this input and reflect the changes the community has experienced in past several years. More importantly, the actions determine the direction that our community will travel in the future.

What's Been Happening ?

The community engagement was completed in the fall of 2017 and the planning team has spent the winter sorting and analyzing all the community input, and meeting with the administration to figure out the best way to move these new ideas forward. We are at an exciting point in this process where we are nearly ready to present the final list of actions to the community for final approval.



What's Next ?

The creation of the community plan update wouldn't be possible without all of your valuable input & support. Because this is a community-based plan, the final step before the CCP update is officially completed will be to gain approval from the community. We will be hosting a series of open house style meetings where we will be showcasing the final list of actions that we have been creating over the past year. So, come down to the community center later this month to meet the planning team and have your say in the final product. Check below for event details.

Upcomming Events

WHAT: CCP update community review meeting

WHERE: Community Centre Cafe

WHEN: Monday, March 19th @ 3:30-6:30 AND Saturday March 24th @ 12:30-2:30

A **meal** will be provided at each date !

Questions ? Email CCP@musqueam.bc.ca