

MUSQUEAM NEWSLETTER

Thursday August 25, 2016

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

Fax: 604-263-4212...Safety Patrol: 604-968-8058

BLOCK F

BRANDING AND PLACEMAKING

Please join Musqueam Capital Corp. for a very important discussion to develop the stories relating to the real estate development project currently known as Block F located in the University Endowment Lands.

Where: Musqueam Community Centre

Classrooms 1 & 2

When: Wednesday September 14, 2016

Dinner: @ 5:30 PM

Presentation to begin @ 6:00 PM

We will be working with David Allison Inc. in developing the placemaking and branding elements for Block F. We would appreciate your input!

A brief update on Block F will also be presented.

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ST. MICHAEL'S CHURCH

Please join us at
Church, Every Sunday
@ 12:45 AM

St. Michael's Church
on Crown Street.



* Please be informed that you can view the MIB Newsletter and any Upcoming Meetings's and/or Workshops etc. On the Musqueam website ~ www.musqueam.bc.ca ~ under the "Newsletter Section".... Thank you :)



BC Wild Fire

Effective at 12noon Monday, August 22, 2016 within the Coastal Fire Centre's jurisdiction (BC Parks, Crown lands and private lands), campfires will only be allowed on northern Vancouver Island, the mid-coast portion of the mainland and on Haida Gwaii.

Fires: **Backyard fire** (open fires) **BANNED:** a fire bigger than 1ft 8inches in height and in width and is used by any person for recreational purpose, or by a first nation for a ceremonial purpose, due to hot and dry conditions of the summer predictions

Campfire (semi-closure) **BANNED:** a fire no higher than 1ft 8inches in height and in width and is used by any person for recreational purpose, due to hot and dry conditions of the summer predictions

River fire (open fire) **BANNED:** is bigger than a backyard fire close to a dry grassy area, due to hot and dry conditions of the summer predictions

Propane fire (controlled) **Permitted:** controlled propane fire-pit is permitted even when all others are banned

Musqueam Social Development



This is an invitation to parents and community members to join our 8-week beading class!

stem? (What?): Learn to Bead

təmtem? (When?): July 21 to Sept 8 Every Thursday 6pm to 8pm

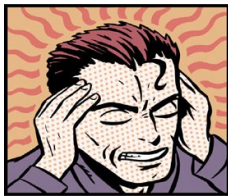
ni? ʔəncə? (Where?): Community Centre Café 6777 Salish Dr.

Come out to learn how to bead or brush up on your skills. This group will run every Thursday evening for 8-weeks.

- ◆ All beads and materials will be provided
- ◆ This group will be taught by Megan Harkey who is very skilled at bead work
- ◆ A light snack and refreshments will be provided

If you are interested in joining or would like more information, please call Virginia Scotchman or Karen Dan-Wilson **604-558-4677**

Musqueam Education Notice **Friday August 26, 2016**



Answer to last weeks riddle: Gloves

This week: I have a tongue but cannot taste. I have a soul but cannot feel. What am I?

Post Secondary Policy Manual Presentation to Students and the Community

Come out to learn about Musqueam's Post-Secondary Policy Manual, refreshments will be provided.

DETAILS: August 30, 2016 5:00pm in the classrooms at the Community Centre



Education Awards

Education awards are now available for Musqueam Band members!!

GRADE 12 GRADUATES– If you graduated this June, please submit your final report card, Dogwood Certificate, and BC Ministry of Education transcripts to the Education Department, to receive your award.

GRADE 8 - 11– If you are interested in receiving an academic award please submit your final report card to the Education Department. The top academic student in each grade will receive an award.

Bus Information for Parents

ELEMENTARY- If your child will be riding the school bus, and is a Band Member, please fill out a bus form and return it to the Education Department (form on following page). If you prefer an electronic copy, please email April at learningfacilitator@musqueam.bc.ca

HIGH SCHOOL– If you child will be attending high school, and will require a monthly bus fare cheque, please contact the Education Department to ensure they are on the list.

Thank you!



**SEPTEMBER SCHOOL
CHEQUES WILL BE
ISSUED WEDNESDAY
AUGUST 31st.**



Education Department:

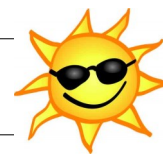
Faye Mitchell, Education Coordinator,

April Campbell, Learning Facilitator

Delphine Campbell, Education Assistant,

Ph. # 604 - 263 - 3261 Fax # 604 - 263- 4212

Toll free: 1-866-282-3261



UPDATE FOR THE MUSQUEAM PRIMARY CARE CLINIC

As the community may be aware, we have had a Nurse Practitioner Angela Remocker from Vancouver Coastal Health's *Raven Song Clinic* providing services at the Musqueam Primary Care Clinic for a while now. Sadly Angela is moving to another position at the clinic and will now be based full-time there and not visiting Musqueam anymore. She has been an amazing support for members of our community. If the NP Angela Remocker is your primary care provider ("family NP") and you wish to remain in her care she can continue to care for you and your health needs – but you will need to see her at Raven Song Clinic now. However if Angela sees you regularly in your home, she will continue to see you at home.

MESSAGE FROM ANGELA REMOCKER – NURSE PRACTITIONER

Dear Musqueam community members,

I am moving into a new position full time located at Raven Song Primary Care Clinic, 2450 Ontario Street Vancouver, BC. Phone 604-872-7984. I want to express my deepest appreciation and gratitude for welcoming me into your community as a primary care provider.

Sincerely, Angela

The Musqueam Health Department in partnership with Vancouver Coastal Health is now working hard to find a replacement Nurse Practitioner (NP) to work at the Musqueam clinic so that we can resume NP clinics as soon as possible.

However in the meantime all community members are most welcome to visit the clinic on Fridays to see our new Physician Dr Michael Dumont. He will continue to provide Friday clinics – even after the new NP comes on board. Dr Dumont is an Anishnaabe family doctor with family ties to the Shawanaga First Nation. It is so exciting to have a First Nations Doctor working in our community. He graduated from UBC Medical School in Vancouver in 2014 and has been working at the Siksika First Nation in Alberta and has a passion for supporting family medicine and indigenous health and healing. When he is not at the Musqueam Primary Care Clinic he works at the Aboriginal Lu'ma Clinic on the corner of Nanaimo and Grandview serving Aboriginal patients in urban Vancouver.

If you are currently under Angela Remocker but want to come under Doctor Dumont now so that you can visit the clinic at Musqueam (instead of travelling to Raven Song Clinic), we can arrange to have your records transferred from Raven Song clinic to Dr Dumont. You will need to come in to the Musqueam Clinic to sign a form with the Medical Assistant McKenzie Gomez, and she can get this arranged for you very quickly and easily. Dr Dumont would be excited to see you as a member of the Musqueam Primary Care clinic team.

We will announce the new replacement Nurse Practitioner as soon as we have concluded the recruitment with Vancouver Coastal Health as we are committed to resuming the NP clinics from Tuesdays – Thursdays as soon as possible.

Thank you.



Musqueam Primary Care Clinic

Dr. Michael Dumont, GP

Mackenzie Gomez, MOA

Primary Clinic Location: Musqueam Elder's Centre.

Clinic Hours: Friday 10 am- 4pm

Phone: 604-266-0043

To book an appointment or have questions, please contact Mackenzie at our Primary Care Clinic.

****FOR EMERGENCIES CALL 911 For Non-emergency Questions CALL 811**

MIB Home & Community Care Program

Romeo Cosio, RN. MIB HCN

Patricia Mathison, Assistant

MIB Home Care Program

In home care is available to our Band Members living on reserve, to assist with hospital discharges, home care aides, and medical equipment.

In-home care and all medical equipment require a note from your doctor with your needs specified.

Romeo's Office Schedule:

Mon, Wed, Thurs, Friday 8:30-5:30

Tuesdays- OFF.

You may also call Patricia Mathison for assistance with your questions about home care service, or medical equipment.

Patricia's Schedule:

Monday-Friday 8:30-4:30 PH:604-269-3354

Cancellations of service

Please notify us as soon as possible for any Cancellations; at least 24 hours in advance is helpful.

The Arjo Tub Program

The Arjo Tub is a therapeutic bath offered through our Home Care Program and is available at the Elder's Centre between 7-10am 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 an appointment call Patricia Mathison, Nurse Assistant at 604-269-3354

Community Health Nursing Program

Natalie Frandsen, RN,

Patricia Mathison, Assistant

Community Health Updates

Prenatal group update

Pre- and Post-natal Group held on Tuesdays at noon will resume on September 6, 2016. If you have any topic ideas for our session feel free to let us know! Community Health Nurse, Natalie Frandsen is in the office and available to register you for the "Healthy pregnancy, Healthy Babies" Program. If you are pregnant you may sign up by calling Natalie Frandsen, CHN or Patricia Mathison, nurse assistant at 604-263-3261

Annual Flu Clinic and Village of Wellness Health Fair

Save the date! The annual flu clinic and wellness fair will be held on November 24, 2-6 PM at the community centre.



Community Safe Drinking Water Monitor Program

Charlene Campbell-Wood, MIB Drinking Water Monitor

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.

Chronic Disease Management Program

Merv Kelly, Chronic Disease Management Coordinator

Are you needing assistance with health information about Diabetes, high blood pressure, etc., and how to help manage these? Or do you want to workout but don't know what's best for you?

You may call me or drop by my office: **Hours – Monday to Friday: 9:30 am to 3:00 pm / 5:00 pm to 6:30 pm**

Available to assist all ages and levels of fitness for all community members.

Merv Kelly, Chronic Disease Management Facilitator Phone: 604-263-3261 Extension 3455

Email: merv@musqueam.bc.ca



Musqueam Elders

Brenda Campbell, Elders Coordinator

MUSQUEAM ELDER'S LUNCHEON:

When: Thursday Sept. 1, 2016

Time: 12:00 Noon

Location: Musqueam Elders Centre



Musqueam Ladies Group:

When: Every Tuesday Evening

Time: 6:00 – 9 : 00 pm

Location: Musqueam Elders Centre



Youth Centre

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

Monday August 29th	Tuesday August 30th	Wednesday August 31st	Thursday September 1st	Friday September 2nd
 scattergories	Colouring Contest  12:00—4:00	 Bracelet Making 	Just Dance  10:00—4:00	MOVIES  ALL DAY

The Youth Centre will be open from 9:00 am—9:00pm Monday—Friday for Summer hours

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

NNADAP National Native Alcohol and Drug Awareness Program

Cyndi Bell, D&A Counsellor

Please note: Cyndi Bell our NNADAP worker will be away from the office until further notice. Please see below contact list for your reference. You may access these programs by calling these numbers directly for assistance during Cyndi's absence.

NNADAP Contact list:

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

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MUSQUEAM CARVING SHED

CONSTRUCTION UNDERWAY!

Construction for the Musqueam carving shed has now begun.

This project is approved by Musqueam Chief and Council, and is being funded in partnership with the University of British Columbia, as part of the *Awakening the Spirit* Musqueam new canoe project.

Construction will take place in the field adjacent to the Musqueam cultural pavilion (4000 Musqueam Ave) August 22nd—October 24th, 2016 according to the work plan.

If you have any questions about this project, please direct them to either:
Doug Raines, Musqueam CAO

Corrina Sparrow, Musqueam Social Development Director

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EMPLOYMENT OPPORTUNITY

Heatherbrae Builders Co. Ltd is looking for skilled Musqueam carpenters and apprentices to assist on the Musqueam carving shed construction, currently underway.

Experience in framing for forming is necessary.

These positions are short term work (until mid October) for the shed project, but could likely lead to more long term employment opportunities through Heatherbrae.

Please contact site director, TYLER SAYER, for more information and to apply:

604-277-2315 / 604-347-9986 / E: tyler@heatherbrae.com

Contact Corrina Sparrow at Musqueam if you have trouble getting a hold of Tyler.

x^wəy̓θət



Program Overview ~ NATIVE EDUCATION COLLEGE (Free Tuition)

A 6 month certificate program with 4 months in-class followed by 2 months of a paid internship. Students prepare to take the exam to become certified internationally as a Software Tester through the International Software Tester Qualifications Board. **FREE** tuition is provided for Aboriginal learners.

Students can choose to enroll in either the fall semester or winter semester:

2016 Fall Semester – Cohort 1

In-class: September 6, 2016 to December 16, 2016

Co-op Placement: January 3, 2017 to February 24, 2017

2017 Winter Semester – Cohort 2

In-class: December 5, 2016 to April 14, 2017

Co-op Placement: April 17, 2017 to June 9, 2017

Entrance Requirements

Native Education College Pre-Selection

- Minimum Grade 10 completion
- Computer proficiency (MS Word Applications and Internet Explorer)
- Keyboarding 25 wpm
- Ability to maintain attention to detail
- Ability to read technical manuals
- Ability to right basic reports
- Unemployed but not EI eligible OR underemployed (need documentation)
- NEC Interview with Student Advisor or Program Manager

PQA Testing – Final Selection

Interviews to be conducted tentatively on August 30-31, 2016

For more information, contact the NEC Admissions Department at (604) 873-3761 ext. 328



or email admissions@necvancouver.org.

KEEP COLLECTIVE & TUPPERWARE

Deanna Marie Point

Hello everyone in the Musqueam community. As a community member I would like to put out there that I am a Designer of Keep Collector and I am a Tupperware consultant. I am making these 2 my main jobs. As everyone knows and some who don't I struggle with a high special needs child that requires 24/7 care. I lost 2 jobs due to not enough hours or commitment because my son has so many medical appointments and gets hospitalized for sicknesses. For these 2 jobs I can work on my own hours and to provide for my family by working from home.



Keep collective: Book a Socail with your friends and family with me I can come to you or do an online Socail. You can design your own bracelets, watches, key chains, necklaces, engravings etc. Get up to half off or free items. Visit my page at ca.keepcollective.com/with/deannampoint or call 604-219-8500 for a catalog.

Tupperware: Book a party with me or order catalogs by calling my number

Collection Schedule

6635 Salish Drive, Vancouver, British Columbia, Canada



: Recycling



: Green Bin



: Garbage



: Electronics Drop-Off



: Leaf Collection Weekend



: Holiday

August 2016

S	M	T	W	T	F	S
		2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2016

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2016

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2016

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2016

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Visit vancouver.recollect.net to print this again.

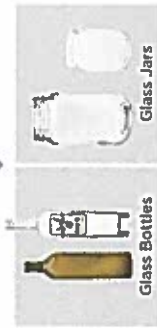
Powered by **ReCollect**

Grey Box

Glass Bottles + Jars

NEW

Start recycling glass bottles and jars in your Grey box as soon as it arrives. Recycle lids in your Blue box.



Glass Bottles

Glass Jars

ITEMS NOT ACCEPTED IN YOUR GLASS BOX



Look up your Grey box delivery date at:
vancouver.ca/recycle

Return wine, spirits, coolers, beer and juice bottles to a Return-It Depot for refund

Yellow Bag

Mixed Paper

Newspapers can be recycled in your Yellow bag.



Boxboard Boxes

Newspapers + Flyers

Moulded Boxboard

Gift Wrap + Greeting Cards (Paper Only)

Pizza Boxes (Clean)

Telephone Books

Corrugated Cardboard



PLEASE REMEMBER:



Flatten Materials Rinse Containers No Plastic Bags

Blue Box

Mixed Containers

More items are accepted including paper cups, milk cartons, Tetra Pak® and other containers.



Hard Plastic Containers/Lids

Paper Cups + Lids

Single Serve Coffee Pods (Lids in Garbage)

Steel + Aluminum Containers/Foil/Lids

Plastic Plant Pots/Trays

Spiral Wound Paper Cans

Gable Top + Tetra Pak® Cartons

Frozen Dessert Boxes

Empty Aerosol Cans (Non-Paint)



FOR MORE INFORMATION:
Phone: 3-1-1 TTY: 7-1-1
Visit: vancouver.ca/recycle

Green Bin

Food Scraps + Yard Trimmings

Wrap your scraps in newspaper. Plastic bags are not accepted.



Fruits + Vegetables

Coffee Filters, Coffee Grounds + Tea Bags

Meat + Bones

Noodles, Pasta, Grains + Bread

Fish, Seafood + Shells

Pizza Boxes (Greasy) + Food Soiled Paper

Yard Trimmings

Eggs + Dairy



CITY OF VANCOUVER
GREENEST CITY