



MUSQUEAM NEWSLETTER

Friday October 20, 2017

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

IMPORTANT: DECEMBER 4, 2017

DISTRIBUTION/DIVIDEND

Amount Of Distribution/Dividend:

Amount of distribution and dividend will be
sent out next week

Issue Date: Monday, December 4, 2017

Time: 9:00am—7:00pm

Location: Musqueam Administration Office -
Boardroom #1 (Main Boardroom)

Documents: Forms will be sent out next
week

Krista Point, Distribution Clerk

Phone Number: (604) 263-3261 Ext: 3338

Toll Free Number: 1 (866)282-3261

Fax Number: (604)269-3369

Email: mibdistribution@musqueam.bc.ca

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Smoke Shop Hours

Monday-Friday

9:00am-5:45pm

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





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, One Year Leave of Absence

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 Community Notice

Musqueam Fisheries Department

October 20th, 2017

Chum Salmon Fishery Opening

Section 35.1

Dates & Times: Saturday October 21st, 2017 0600h(6am) – 1800h(6pm)

6 1/4" Minimum Mesh Restriction with a 3 to 1 hang ratio

All net is subject to inspection by Musqueam AFOs for compliance

Species and Quantity

The Fishery is limited to a harvest of: **Chum salmon and incidental harvest of chinook, pink, and coho salmon.**

All efforts and attempts shall be made to return all non-target species including sockeye, steelhead and sturgeon to the water alive.

Use of Fish

Fish caught under this licence are for food, social and ceremonial purposes. Without prejudice to future agreements, regulations, sale of fish caught under this licence is not permitted.

Gear

Drift Nets on condition that:

- (i) Nets do not exceed a maximum of 50 fathoms or 300 feet in length and a maximum depth of 60 meshes & **6 1/4" Minimum Mesh Restriction with a 3 to 1 hang ratio**
- (ii) Each Participant fishes only one net.
- (iii) Only one net is fished from any vessel.
- (iv) Each net is attended at all times by the Participant who is fishing the net.
- (v) No vessel fishing under the authority of this licence has on board, in a hung condition, any net that does not meet the conditions in (i) above.
- (vi) Spare nets on board a vessel actively fishing are kept in a stowed condition.

Set Nets on condition that:

- (i) Nets do not exceed a maximum of 10 fathoms or 60 feet and a maximum depth of 60 meshes & **6 1/4" Minimum Mesh Restriction with a 3 to 1 hang ratio**
- (ii) All Set Nets are identified by a floating buoy prominently displaying the Participant's designation number, and the Participant's designation number is the only numbers displayed on the buoy,
- (iii) All Set Nets fished from poles have buoys attached to the end of the net farthest from the beach by means of a tag line of sufficient length to allow the buoys to be on the surface of the water and clearly visible for inspection at all times.

All harvesters must have a valid Musqueam Fisheries Communal Fishing Card.

Musqueam Fisheries Department

Information line 604.269.3393

AFO Contact #s: 604-551-3044 / 778-997-5510

604-369-1932 / 604-396-6575

MUSQUEAM 101 – Wednesday October 25, 2017

stem? (what?) Musqueam 101 October 25, 2017

Programming at UBC's Morris and Helen Belkin Art Gallery

Join us for an evening with the curators from the Morris and Helen Belkin Art Gallery at UBC. They will introduce us to their roles at the University of British Columbia's Morris and Helen Belkin Art Gallery. They will share the programming that is currently underway within the gallery's spaces and across the campus, and their thoughts about future directions.

Presenters:

Barbara Cole, new UBC Curator of Outdoor Art. Barbara is an artist, curator, educator and curatorial consultant in public art.

Lorna Brown, Associate Director/Curator of the Belkin Art Gallery.

Jordan Wilson, Curatorial intern at the gallery.

ni? ʔəncə? (where?)

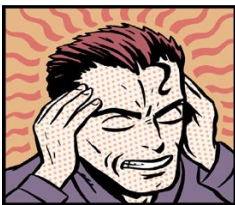
Musqueam Administration Offices

təmtem? (when?)

Wednesday, October 25. 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 October 20, 2017



Answer to last weeks riddle: CARPET

This week: What type of pet does Dracula have?



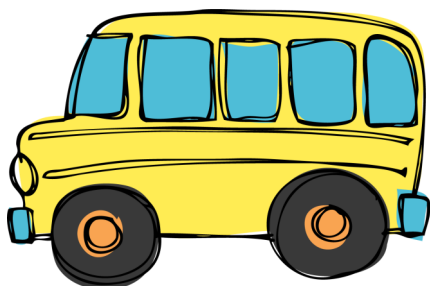
ATTENTION: Bus Safety Information



There is concern that during busy periods people are neglecting school bus safety and passing when the bus lights are flashing.

Please note that the law states that you cannot pass a school bus when the lights are flashing and the stop sign is out, this applies to vehicles approaching from the front or rear of the bus.

This rule is to ensure the safety of the children entering and exiting the school bus, therefore please wait until the bus has moved or turned off the flashing lights before moving.



Scholarships and Bursaries

Robert Caton and David Bates Scholarship is open for students currently enrolled in a University Program in BC or have completed a Bachelor's or Master's degree in BC and are enrolled in a graduate level program outside BC. Applicants should demonstrate a commitment to studies, volunteering, or employment in the area of atmospheric sciences or air quality or health. Scholarship may be a single award or two separate awards to a total of \$4000. Deadline is Nov 26, 2017. Applications can be found at: https://www2.gov.bc.ca/assets/gov/environment/air-land-water/air/reports-pub/research-funding/2017_rbc-dvb_application_final.pdf

If you need any assistance you can contact April (Learning Facilitator)

**SCHOOL
CHEQUES WILL
BE ISSUED
OCTOBER 30,
2017**

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



October 20, 2017

LUNCH AND LEARN

WHEN:

October 26th, 2017
12 pm

WHERE:

Musqueam Cafe

6777 Salish Drive

For Community Members & Staff

MEN & WOMEN'S HEALTH

Guest speakers

SPONSORS

Musqueam Health Department

INFORMATION On

Breast Cancer

Ovarian Cancer

Prostate Cancer

You're Invited!!



Please Join Us on
October 26th for
our *Bra's* + *Briefs*
LUNCH & LEARN



12pm—2:30pm (Café) Lunch will be provided!

*Participate in decorating and display your art in the community centre to raise Awareness!

*We will also have a Memorial Wall—a space for Inspirational Words or photos that can be shared by

Community Members



Gent's can register for a Movember Challenge!

MUSQUEAM HEALTH NEWSLETTER



October 20, 2017

COMMUNITY HEALTH PROGRAM

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

SAVE THE DATE: Musqueam Flu shot clinic & Village of Wellness will be held November 6, 2017.

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.

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.



A 6-week series to run during the regular Pre/Postnatal group time: 12:00 – 2:00pm

Starting Tuesday Sept. 26th – Oct. 31st.

Location: Musqueam Yoga Room.

Workout with Melanie Osmack, followed by light lunch.

Babies/toddlers welcome

- Week five – goal check in, ergonomic movements for pregnancy/parenting + workout
- Week six – goal check in + workout

Dress comfortably

Crystal Point's Office hours: 9am-4pm Monday – Friday Ph: 604-269-3313

Lyn's office hours: 8:30-4:30 Monday – Friday Ph: 604-269-3354



Musqueam Health Department
Musqueam Recreation Department



UBC Active Kids Multi-Sport is coming to the Musqueam Community Center!

Active Kids Multisport & Playtime (1.5 – 3 YRS)

NEW START DATE: AGES: 1.5 to 3 year olds | TIME: 4:30pm—5:00pm (Oct.26-Nov.23rd)

This fun and high energy class, will introduce your child to agility, balance, coordination, and basic movement skills including running, jumping, kicking, throwing, and catching through a variety of sports and games.

***A parent or guardian is required to participate.*

Active Kids Multisport & Games (4 & 5 YRS)

NEW START DATE: AGES: 4 + 5 year olds | TIME: 5:00—5:30pm (Oct.26-Nov.23rd)

This class will introduce your preschooler to basic sport specific skills and reinforce movement skills including running, jumping, kicking, throwing, and catching. Trained instructors will use a variety of sports and games.

Parents do not participate in this class.



TO REGISTER PLEASE CONTACT: Evelyn Thomas (Nurses Assistant), Health Department

This program has been developed in collaboration with Musqueam Recreation department, Musqueam Health Department and UBC Active Kids.

nurseassist@musqueam.bc.ca; Ph: 604-269-3354 or Crystal Point, CHN., Ph: 604-269-3313

MUSQUEAM HEALTH NEWSLETTER



October 20, 2017

HOME AND COMMUNITY CARE

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

The Home Care Program is available to our community members to assist with hospital discharges, home care aide, and all medical equipment. Home care services & medical equipment require a note from your doctor with your needs specified. **Home Care Phone: 604-263-6539**

The Arjo Tub Program: Is available at the Elder's Centre between 7-9am Monday to Friday. You will need a doctor's order for the use of the Arjo tub, describing your condition, and how often you are advised to use the tub per week. For assistance with Arjo tub appointments or Home Care service scheduling changes or cancellations call Lyn Thomas.

Romeo's Office Hours: Mon. 8:30-5:30 **Tuesdays-Off**,
Wed. Thurs. Friday 8:30-5:30
Ph: 604-269-3463

Evelyn's Schedule: Monday-Friday 8:30-4:30
PH: 604-269-3354

***Please note, the home care nurse may be on a house call so please leave a message.*

***For Emergencies Call 911 right away! ***

CHRONIC DISEASE MANAGEMENT PROGRAM (CDMP)

Merv Kelly

Do you want to exercise but don't know what's best for you? I am available to assist all ages and levels of fitness for all community members, call me or drop by my office. We also offer assistance with health information about Diabetes, high blood pressure, arthritis, etc., and how to help manage these.

Please provide a doctor's note for clearance to workout with Merv for strength training.

Hours – Monday to Friday: 9:30 am to 3:00 pm / 5:00 pm to 6:30 pm

Merv Kelly,
Chronic Disease Management Facilitator
604-263-3261 – Extension 3455
Email: merv@musqueam.bc.ca



MUSQUEAM HEALTH NEWSLETTER



October 20, 2017

BC SERVICES CARD ALL ELIGIBLE ADULTS MUST RENEW ENROLMENT IN MSP 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.

HOW 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.



MUSQUEAM HEALTH NEWSLETTER



October 20, 2017

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

With all of the natural disasters going on around the world, you never know when you are going to be in an emergency situation! Be prepared! Here are some safety tips for an emergency:

How much water should I have for an emergency and how should I store it safely?









- You should have at least four litres of water per person per day - for drinking, food preparation, personal hygiene and dishwashing. So for example, if you have three family members, you should have 12 litres a day for at least a three-day period, i.e. 36 litres of bottled water in a cool, dark place, in washed and disinfected plastic bottles that are easy to carry.
- Record the date that you bottled or stored the water on the label. Replace stored water every six months and store-bought bottled water every year.
- If you have pets or a service animal, don't forget to store approximately 30 millilitres of water per kilogram of the animal's weight per day. For example an average cat or small dog would require at least 1/5 of a litre (or half a cup) of water per day.

YOUTH CENTRE

Abigail Speck at the Youth Centre, 604-269-3465

Email: youthcentre@musqueam.bc.ca



Monday October 23rd	Tuesday October 24th	Wednesday October 25th	Thursday October 26th	Friday October 27th
Pool night 	Bridge Through Sport  Arts & Crafts 	Scattergories  MYP 	Bridge Through Sport  	Movie Night 

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

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

MUSQUEAM HEALTH NEWSLETTER



October 20, 2017

ART THERAPY FOR ADULTS

Janice Carroll

I have been a counselor here for the last 11 years; working with children and youth, using Art and Play Therapy. My hours have been structured from Tuesday - Friday though **I will now be available for Counselling Adults, on Monday's from 9am-2pm**. The sessions are one hour, once a week, for Musqueam community members. For more information please call my office (located in the Health Department) at 604-269-3453, or jcarroll@musqueam.bc.ca.

MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM (NNADAP)

We have two NNADAP workers who are available 7 days a week for; 1:1 counselling, treatment referrals, outpatient resources, information and support in relation to drug and alcohol use.

Cyndi Bell - A&D Counsellor

Hours

Mon. Tues.Thurs 9:30-4:30 pm
Wednesday 12-7 pm
Fri 9-4 pm

Brad Morin – NNADAP worker

Hours

Wednesday, Thursday, Friday 6-9 pm
Saturdays & Sunday 1-5 pm



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

Coffee Time with Cyndi

Every Wednesday evening from 5-6 pm in the Community Centre Café

Stop by for a coffee! I will be in the café to provide information, support and resources for anyone who is looking for help with substance use issues concerning yourself or a loved one.



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



October 20, 2017

Youth Drug and Alcohol Prevention Upcoming Workshops & Intervention

Drug Board Educational Workshop November 2nd

Musqueam Community Services, Health, Safety and Security and our VPD Liaison Constable Steve Hanuse are currently working together on Drug and Alcohol prevention. As part of this initiative, we will be hosting an educational, drug prevention workshop that is open to all individuals, aged 7 and up. We have had a number of parents let us know that they would like their children involved and we want to make sure we are reaching out to as many people as possible.

When: Thursday November 2nd, 2017 from 5-7:30. Dinner will be served at 5pm, followed by the drug board presentation by detectives from the VPD Drug Squad.

Where: Community Centre (location to be determined)

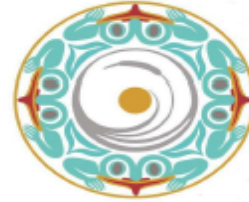
Please join us for this important and informative workshop!

For more information, please contact the NNADAP office at 604-269-3454 and speak with either Cyndi or Brad.



October 20, 2017

FAMILY MEETINGS



COMMUNITY

Drug & Alcohol Intervention and Prevention Program Planning

The Musqueam Health Department and the NNADAP workers, Cyndi Bell and Brad Morin, wish to invite all families to participate in a discussion forum regarding alcohol and drug use in the community. Topics will include how you, as a Musqueam person, would approach the issue of substance abuse, what initiatives you would like to see instituted, and how the substance use problem has/is affecting you and your family.

WE ARE WORKING ON A
INTERVENTION & PREVENTION PLAN
AND WE NEED YOUR INPUT!

Date to be
determined

Extended families originating from
Charles, Grant, Dan, Joe, Roberts, August
Including all sub families

Date to be
determined

Extended families originating from
Point, Thomas, Louis/Louie, Guerin
Including all sub families

Date to be
determined

Extended families originating from
Sparrow, Campbell, Stogan, Rice/Johnny
Including all sub families

Time: Dinner served @ 5:30
Meeting starts at 6:00

Location: Classrooms 1 & 2 in the
Community Centre

Questions?
& Comments

Please call or email Cyndi Bell in the Health department
NNADAP@musqueam.bc.ca



October 20, 2017

SAVE THE DATE!



What: Annual flu clinic and health fair

Where: Musqueam Community Centre

When: Monday, November 6th, 2017, 2-6PM.

For appointments Call: Ashlee Point at 604-263-3261

- Flu shots (all ages)
- Health information and screening
- Refreshments & snacks will be provided
- Prizes

✓ **Bring your
Carecard**

✓ **Wear short
sleeves**

~Hosted by the Musqueam Health Department

MUSQUEAM HEALTH NEWSLETTER



October 20



x^wməθk^wəyəm

MUSQUEAM PRIMARY CARE CLINIC

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

NEW CLINIC HOURS: Mon-Thurs 9:30am-3:30pm & Fri 9:30am-4pm

Please note: A schedule change for next week only: **Dr. Dumont** will be in the clinic **Tuesday, Oct 17th** and **Sarah Mahon, NP** will be in the clinic on **Friday Oct 27th**

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

We have more Naloxone kits now and 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 if needed and have practice kits as well.

Want to Learning how to Crochet Free Classes Everything is provided

Place: Elder's Centre

Start Date: Wed October 18, 2017

- **There will be 6 evening classes**
- **Start Date**
- **Wed Oct 18, 2017**
- **Finished Date**
- **Wed Nov 22, 2017**
- **Time 6:00 —8:00 pm**

**Snacks
Provided**

- **Come and
enjoy a night
out and socialize**

Musqueam Indian Band

**For more information please contact
Theresa Hood
Family Outreach Worker**

- **604-364-6551**
- **thood@musqueam.bc.ca**





Musqueam First Nation

Registration for Crochet Class Workshop

Date: _____

Name: _____

Address: _____

Allergies/Medical: _____

Email: _____

Contact Phone #: _____ (circle one): home work cell

May we leave voicemail on your contact phone? Yes No

Age: ☐ 15 – 20 ☐ 20 - 30 ☐ 31- 40 ☐ 41- 50 ☐ 51- 60 ☐ 60 +

Emergency Contact:

(Print name)

(phone #)

(Relationship)

Your emergency contact may be called if there is an emergency situation where your immediate well-being is at risk, so please provide the name of someone you trust.

Please provide a brief description of why you would like to take part in the workshop series:

By registering as a participant you understand that workshops are confidential and agree to adhere to the agreements the group sets.

Sessions will run every Wednesday evening for up to 6 weeks starting Wednesday Evenings at 6:00pm til 8:00 pm. Please let me know if you will need to miss any sessions.

Print name

Participant Signature

____/____/____
dd mm yyyy

Print name

Witness Signature

____/____/____
dd mm yyyy

AQUATIC HABITAT RESTORATION PLAN

WHAT'S NEW?

Newsletter

October 2017

Good News!

The water flow in the creeks is now a seasonal continuous connect stream, no more isolated pools.



Two bank stabilization sites were recently completed using bioengineering techniques. No sheet piles, no casted cement! Instead, living plants were carefully placed in combination with round and angular basalt rock to provide protection against flood flow erosion. In addition, the vegetation will provide food and habitat for native species.

*The AHRP Field Crew has managed 13 invasive plant species, to date, in addition to other creek restoration tasks – **AMAZING!** We are so proud of our **hard-working crew!** Please note that their work is strictly **limited to creek restoration activities.** Please **follow us on Facebook and Twitter** for up-to-date info.*



AHRP CREW

The AHRP Team is seeking volunteers to join in a community GREEN event: Planting native species near the creek banks.

If you are interested, please contact Woody Sparrow, AHRP Advisor, at email: wsparrow@musqueam.bc.ca

Date: TBA

Coffee and Barista Training @ Musqueam

Get an introduction to the coffee industry and learn some Barista skills.

This 5 day intensive course includes

- an introduction to the coffee industry
- a roasting facility tour
- the story behind Spirit Bear Coffee and basic retail training at the Musqueam Cafe.

To sign up add your name to the sheet in the training department or email coffee@bicyclebarista.com



- FREE 20 MINUTE HEALINGS

**6 to 8pm in
the Yoga
Centre every
Wednesday**

Meditation for
peace at 6pm



Weekly Wednesday Pranic Healing Clinic Continues!

Musqueam Indian Band



Phone: 604.263.3269
E-mail:
mhajash@musqueam.bc.ca

- FEEL MORE RESTED AND CALM
- JOIN IN SPREADING PEACE AND LOVE FOR THE PLANET
- PRANIC HEALING IS A NON-TOUCH ENERGY HEALING SYSTEM WHICH STRENGTHENS THE INVISIBLE BIO-ENERGY THAT INTERPENETRATES THAT SURROUNDS THE BODY KEEPING IT ALIVE AND IN GOOD HEALTH.
- THIS STRENGTHENING INCREASES THE SELF REPAIRING ABILITY OF THE BODY AND MIND FOR PHYSICAL, PSYCHOLOGICAL AND RELATIONSHIP WELLNESS.



SNOWOYELH

You are Invited to

Stelmexw Stl'axwtxw

when › October 25, 2017

time › 12:00 pm to 4:00 pm

where › Charlie Longhouse, 5041 Chehalis Road

Join us in celebrating Snowoyelh Programs

We would like to invite the Musqueam Chief and Council, Community and family to our Stelmexw Stl'axwtxw Celebration which is on October 25, 2017. Snowoyelh is a department of Sts'ailes and we hold programs during the year and on this day we are celebrating our programs. As part of this celebration we have added in a ceremony which is to cover Angela Charlie as she has been recently elected as the Female Youth Rep for BCAFN. Angela's grandparents along with Sts'ailes Leadership wanted to cover/honor her for being elected into this position.

I am sending this as we recognize that not only is Angela from Sts'ailes but from Musqueam as well and we would like to invite Musqueam Chief and Council, Community, staff and family to honour and cover Angela, she was recently elected, and this ceremony was added in last minute.

If you should have any questions please call me at 604-796-1282 or by email katherine.charlie@stsailles.com.

EVERYONE WELCOME!

