

MUSQUEAM NEWSLETTER

Friday December 01, 2017

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

MUSQUEAM DISTRIBUTION AND DIVIDEND 2017



WHEN: MONDAY DECEMBER 4, 2017

TIME: 9:00 AM-7:00 PM

LOCATION: MUSQUEAM ADMINISTRATION

OFFICE ~ BOARDROOM #1





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

At St. Michael's Church on Crown Street.

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



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Smoke Shop Hours

Monday-Friday

9:00 am—5:45 pm

Please Note the shop will be closed during lunch hour.

12:00 Noon - 1:00pm

Must bring your valid/ current Status Card and be 19 years or older



MUSQUEAM INDIAN BAND



6735 SALISH DRIVE VANCOUVER, B.C. CANADA V6N 4C4

TELEPHONE: 604 263-3261

FAX: 604 263-4212

Janitor Full-time (Leave of Absence Term Position)

Position Summary:

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

Duties:

Tasks will include, but not be limited to:

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

Job Knowledge and Abilities:

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

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

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

Relationships:

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

Working Conditions:

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

Please email a cover letter and resume to Musqueam Indian Band, HR at jobs@musqueam.bc.ca

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

Please apply by December 15, 2017.

Position will remain open until filled.

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





MUSQUEAM INDIAN BAND

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

Fax: 604 263-4212

JOB POSTING

Mentors

(Employment & Training Program)

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

Position Summary:

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

Duties:

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

Knowledge and Abilities:

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

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

Licenses:

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

Reporting Relationship: Reports to the Mentor Coordinator

Please apply by emailing a cover letter and resume to Musqueam Indian Band to jobs@musqueam.bc.ca

Please write "Mentors" on the subject line.

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

Posting will remain open until filled.

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



MUSQUEAM INDIAN BAND

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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 Education Notice

Friday December 1, 2017



Answer to last weeks riddle: Dust

<u>This week:</u> It can speak, with its hard metal tongue. But can not breathe for it has no lung. What am I?

Reminder for Parents

VSB registration for the 2018/19 school year is open from Nov 1– Jan 31, please make sure you register your child for their Catchment school early, even if you plan on submitting cross boundary or private school applications. This includes children that will be starting Kindergarten in September.

Scholarships and Bursaries

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 or \$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

YVR Art Foundation 2018 Youth and Mid-Career Art Scholarships—the YVR Art Foundation is now accepting applications from BC and Yukon First Nations artists for the 2018 Youth and Mid-Career Art Scholarships. Each Scholarship Award is for \$5,000 and up to seven Youth Art Scholarships and up to three Mid-Career Artist Scholarships will be awarded. Youth Art Scholarship recipients will be brought to Vancouver for an award reception and their art work will be exhibited at Vancouver International Airport for one year. For the Youth Art Scholarship applicants must be between the ages of 16 and 26, and have been accepted to study with an artist mentor or at a formal art institution. For the Mid-Career Artist Scholarship applicants must be 27 or older, and have been accepted to study/work with a master artist at a formal art institution or a special project that is of cultural significance to the artist's community. The deadline to apply is January 26, 2018 at 4pm. Applications can be found at: www.yvraf.com/programs

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



Sleeps until Christmas



Education Department:

Faye Mitchell, Education Coordinator,

April Campbell, Learning Facilitator,

Delphine Campbell, Education Assistant,

Cary Campbell, School Bus Driver,

Charlene Campbell-Wood, School Bus Supervisor

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

Toll free: 1-866-282-3261

SCHOLARSHIP OPPORTUNITY

West Point Grey Academy First Nations Scholarships

West Point Grey Academy is pleased to offer three full tuition scholarships to promising First Nations students for the 2018-2019 school year. Preference will be given to students entering grades 1, 4 or 8, but applications to all grades will be accepted.

Application Deadline

Our application deadline is January 15.

To apply and learn more, contact:

Faye Mitchell, Education Coordinator, 604-263-3261

OR Lynne Stanger, WPGA Director of Admissions

Istanger@wpga.ca I 604.222.8750 x. 1530

OR April Campbell, Learning Facilitator, 604-263-3261

About West Point Grey Academy

Established in 1996, West Point Grey Academy (WPGA) is one of Canada's leading independent schools, offering future-focused teaching and learning to 940 students in junior kindergarten to grade 12 in Vancouver. With a mission to shape lives of inquiry, action and joy, WPGA provides exceptional academic and cocurricular programs to ensure each child fulfills his or her life potential.



West Point Grey Academy First Nations Scholarship Overview

West Point Grey Academy

Established in 1996, West Point Grey Academy (WPGA) is one of Canada's leading independent schools, offering future-focused teaching and learning to 940 students in junior kindergarten to grade 12. With a mission to share lives of inquiry, action and joy, WPGA provides exceptional academic and co-curricular programs to ensure that each child fulfills his or her life potential.

Scholarship Overview

West Point Grey Academy is committed to honouring our location on unceded Coast Salish Territories and enriching our curriculum by welcoming and supporting first nations families into our community. By removing the financial barrier that may exist in pursuing an independent school education, we provide an opportunity for one to three new first nations students to join our community each year.

Eligibility

We accept scholarship applications for all grades but preference is given to applicants entering our intake grades of grade one, grade 4 and grade 8. A successful applicant is a student who demonstrates potential, a willingness to learn and has the support from his or her family.

Terms

The scholarship is a full tuition scholarship. The amount covers the difference between the WPGA tuition and the education grant received by the government. Provided a student remains in good standing throughout the year, the scholarship is renewed annually until graduation. The scholarship covers tuition only and all additional expenses such as a computer, uniform, extra tutoring or special assessments are the responsibility of each family. If for any reason a family is unable to afford these expenses, they are invited to speak directly to Mr. Matthews, Head of School.

How to Apply

Interested applicants are encouraged to contact the Admissions Office to book a student-led tour and/or meet with Ms. Stanger to get to know WPGA. Families apply on-line by December 1 and each applicant will be invited to take an assessment and attend a family interview. We will let all families know the outcome of their application by March 16, 2018.

More Information

If you would like more information, please contact Lynne Stanger, Director of Admission and Enrollment at 604.222.8750 extension 1530.



EARLY CHILDHOOD CARE & EDUCATION



1 1 4

Worker Training Program

This 12 week program is full time, all classroom training. This program will provide the students with the academic entry requirements for the ECCE Assistant Worker training program.

January 8—March 30, 2018

2

Education Assistant Program

The course introduces the students to the basic licensing regulations, safety and hygiene measure related to child care facilities. Gives the basic knowledge on child development & important tips needed for an ECCE Assistant job.

April 30-June 1, 2018

3

Early Childhood Care & Education Certificate

The certificate program is a 41 week program that is classroom and work experience setting. Successfully completing allows the students to work as Early Childhood Educators in licensed preschool & daycare centers. Graduates are also eligible for advanced specialized training in the future if desired.

June 11, 2018-March 30, 2019



To Sign Up:
Come on in or
you can call
Diane Herman
at 604-2693461
E & T Dept.



ACCESS Trades

One Stop Shop for Aboriginal Apprentices

CONSTRUCTION SAFETY OFFICER (CSO) TRAINING

Jan 8 – 19, 2018 BCIT Campus in Burnaby



A Construction Safety Officer (CSO) is responsible for ensuring that required safety protocols are followed on a work site. CSOs will conduct safety orientation for new workers, and give crew-talks to keep personnel informed about safety. CSOs **conduct and document** safety inspections, site hazard audits and maintain site safety plans to ensure that work is being done on a site follows all safety regulations. Field trips and shop tours require CSA approved hard hat, high-vis vest, steel-toed safety boots, safety glasses and appropriate clothing. The CSO class will be offered at:

BCIT BURNABY Campus
NE25, room 117 - 3700 Willingdon Avenue, Burnaby BC
7:30 am to 4:30 pm Monday through Friday.

Eligibility Requirements

- Must be of Aboriginal ancestry
- Must be a tradesperson, flagger, construction worker or labourer
- Must have 1 year's work experience
- CSO training is very intense code/regulations based so grade 11 equivalency is required.
- Must be reliable and willing to attend BCIT every day and commit to this two-week program
- Transportation, Lunch vouchers will be provided

FOR MORE INFORMATION ON THIS PROGRAM, PLEASE CONTACT AN EMPLOYMENT COUNSELLOR AT ONE OF THE EMPLOYMENT ASSISTANCE SERVICES OFFICES LISTED BELOW:

ACCESS Employment Assistance Services (EAS)

Suite 110-1607 East Hastings Street, Vancouver, BC Telephone: 604 251 7955

ACCESS Aboriginal Connections to Employment (ACE)

390 Main Street, Vancouver, BC Telephone: 604 687 7480

Musqueam First Nation Employment & Training

6735 Salish Drive, Vancouver, BC Telephone: 604 263 3261

Bridging To Technology



Basic Computer Training

This is a 3 week program that helps the students learn basic computer skills. Such as keyboarding, internet usage, basic email information, and computer vocabulary.

January 8—January 26, 2018

Computer Orientation & College Preparedness Program

Training is 8 weeks full time, will provide people with a general orientation to computer literacy and upgrades to skills essential for entry to and successful completion of the Bridging to Technology Certificate Program.

January 29—March 23, 2018

Bridging to Technology Certificate Program

This is a full time 12 week, in class program as well as a practicum work experience. The students will be provided with a working knowledge of computer applications in Office Work, IT (Information Technology) Fundamentals for Technicians, Basic Coding, Communications, Software Testing and Mapping (GIS) Skills.

April 9-June 29, 2018



To Sign Up:
Come on in or
you can call Diane Herman at
604-269-3461
E & T Dept.



Musqueam Art Makers Gala



Dec. 12th
5:30 to 8:30pm

Please join
us in
celebrating
with all
participants
Musqueam's
art
creations.

Theresa Hood: 604-364-6551

Cultural Centre ~ All Welcome

• FREE 20 MINUTE HEALINGS

6 to 8pm in the Yoga Centre

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
- HELP YOUR BODY REPAIR ITSELF
 - PLEASE JUST DROP IN
- Last two healing nights before Christmas December 6th and 13th
 - COME CHECK US OUT
 - PRANIC HEALING IS A NON TOUCH ENERGY HEALING SYSTEM
- HEALINGS GENERALLY START AROUND
 6:40pm





SEACRETTM MINERALS FROM THE DEAD SEA

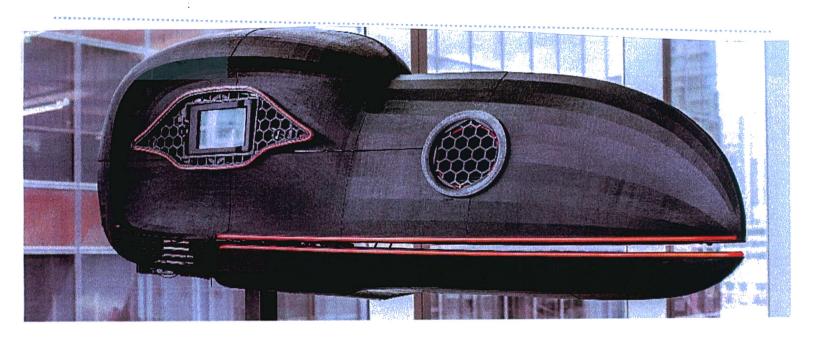
SEACRET?

- An advanced Dead Sea skin care line established in 2005
- Sold over a billion dollars in retail product sales in 40 countries through kiosks in the malls
- Transitioned to Relationship Marketing in 2011 bringing the SEACRET experience into the comfort of your home
- Relationship Marketing gives customers a better value & a lucrative opportunity to our SEACRET Agents

For more information on SEACRET Products
please contact Marie
Tel: 778-887-2718
E: mscotchman@hotmail.com
Or check out our SEACRET website at
www.seacretdirect.com/Marie0920

NEXT AT MOA





Shawn Hunt's Transformation Mask

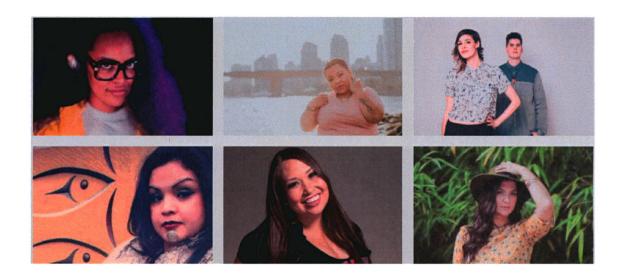
November 30, Thursday | 6:30 – 8:30 pm (Shawn Hunt's Artist Talk, 5:30 p.m.)

December 2, Saturday | 1 – 5 pm

December 3, Sunday | 1-5 pm

The Raven, the ultimate trickster, has become an interactive cyborg. In this creative collaboration, Heiltsuk artist Shawn Hunt and Microsoft have created a sculpture that allows viewers to experience holographic visions by stepping into the **Transformation Mask**.

The viewing experience lasts for approximately 30 seconds and will be available on a first come, first serve basis. The mask is not suitable for children 13 and under.



Night Shift: Supernatural Vibes

December 7, Thursday

Bar + Music | 7 pm

Live Show | 8 pm

Free with museum admission

Move aside, boys! Emcee Suzette Amaya curates an all-female lineup of Indigenous spoken word and hip-hop performers from around the Northwest Coast. Supernatural Vibes celebrates Northwest Coast matriarch voices to honor women's stories, talents and histories.

Free for Indigenous peoples, MOA members, UBC students, faculty and staff.



Coast Salish Cedar Basket Weaving Workshop

December 9, Saturday | 10 am – 4 pm Tickets available here

Join master weaver Jessica Silvey for a one-day cedar basket weaving workshop and learn about the cultural significance and traditional techniques of Salish weaving. Using the cedar that was harvested and prepared by Jessica herself, participants will get to take home their own cedar basket creations.

Calendar of Events

Thurs, Nov 30 / Shawn Hunt's Transformation Mask and Artist Talk Sat, Dec 2 / Shawn Hunt's Transformation Mask Sun, Dec 3 / Shawn Hunt's Transformation Mask Thurs, Dec 7 / Night Shift: Supernatural Vibes

Sat, Dec 9 / Coast Salish Cedar Weaving Workshop

You are invited!



Nature Vancouver will hold its annual Christmas Bird Count on Sunday, December 17th, 2017 from 8 am to 5 pm.

They will be surveying Musqueam lands and Musqueam's traditional territory in Pacific Spirit Park. Musqueam members are invited to participate – No experience is necessary.

If you have any questions or would like to participate please call 604.261.1929 and ask for Alan McKenzie.

The starting point is at the comer of Crown and SW Marine Drive.

Please state that you are a Musqueam band member.





ENVIRONMENTAL STEWARDSHIP

NEWSLETTER

VOLUME 1, ISSUE 2

VISION

"We, the Musqueam, will work together to take care of our territory so the following generations will know how to be self-reliant. We will remember our own history and as well, use our traditional teachings to take care of everyone and everything on this earth".

ċłhi:yayʻəstəl' ct tə ⁴nimə† x^wməθk^wəyʻəm k^w s xa?⁴əmət ct tə s?a:n¹ təməx^w. stə?e ?ə tθe? wə †əqʻəlləx^wəs ?al' k^wθə nis yə?eyʻəqtal'x^w wə scək^wəlaməxəs k^wθə nəx^wsk^wəyχθət. nə?eməstəx^w ct ce? k^wθə s?a:n¹ syəθ ?i? \mathring{x} əw ha?k^wəx tə snəẅeyə¹ k^w s xa?¹əmət ct k^wθə mək^w wet ?i? k^wθə mək^w stem.

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FROM THE EDITOR

As fall turns into winter, many of us find ourselves spending more and more time inside. It's easy to feel disconnected from the lands and living things around us as a result, but our actions this time of year affect the environment around us, and even in the cold and dark, our natural environment has so much to offer. While it takes a bit more preparation, bundling up for a winter walk in the woods can bring us precious moments of peace during the busy holiday season, and it is a time when our cedars and other evergreens stand out in all their glory. As our team in the office grows and we settle into a busy winter of work, we will be working to make sure we stay connected to the living lands around us through monitoring work and by being aware of all that's living around us as we move through our lands.

We are excited to welcome three new members to our team: James Haldane has come onboard as an Environmental Monitor, Ruthie Speck as an Environmental Monitor Intern, and Daren Brown as a Fisheries Monitor Intern. The enthusiasm and experience that they bring to their positions will help develop our capacity to monitor our lands and ensure their health for generations to come. Monitoring activities are crucial to protecting our environment, so we are very excited to have new team members undertaking this work to sustain and protect our future.

WINTER ON THE PACIFIC NORTHWEST COAST

Air, land and water come together to create a very special climatic region on the Northwest Coast, one that has shaped the economy, culture and worldview of the peoples who have always lived here. One of the most important features of this special climate is the Cascade Mountains, the reason for the warmer and wetter winters that Coastal regions receive. The Cascades run from British Columbia some 1,100 km south into California, and the only major break in that wall is the Columbia Valley Gorge. The vast majority of the winter wind and weather systems that touch onto the Coast arrive from the Southwest, bringing warmer, moist air from the Mid-Pacific Ocean following the North Pacific Current. These heavy clouds collide and are trapped by the Cascade Mountains, causing high levels of rainfall, but also holding in heat to keep the Coast from large snowfalls or freezing during much of the winter. This "rain-trap" effect of the mountains also explains why rainfall gets heavier with elevation, with an additional 100mm of rain per 100m of rise. Thus, the average rainfall at Vancouver International Airport is 1,153mm (45.4") but the bus loop at the base of Grouse Mountain receives some 2,477mm (97.5"), almost four times the amount that London, England receives!

This combination of high rainfall and warmer temperatures result in dense stands of coastal rainforest and the large variety of plant and animal life that inhabit the region. The deposits of snow at higher elevations also created the watersheds that allow spawning fishes like salmon and steelhead to migrate, and which support the peoples of the coast. The massive Red Cedar tree, around which so much of Coast Salish life revolves, exists, like many large West Coast trees, because of the local climatic conditions. In turn, the cedar was the basis for shelter, warmth, clothing, and transportation that allowed Musqueam and other peoples to survive and thrive in this climate. The old longhouses were plank construction, built with a slanting "shed" roof of overlapping planks. The design was modular, so people could take most of the longhouses apart for transport, to follow the resources during the year. Cedar wood, naturally

resistant to rot and mildew, was held in place between double rows of logs that outlined the wall and then tied off in place with rope made of cedar bark and withes, the long tendrils that hang from under the cedar branches. The winter, though, meant weathering through at large central sites, and the largest longhouses would be raised for the long, wet season.



Figure 1. Coast Salish Longhouse

While most of the winter is relatively warm compared to the interior of the province, there are other winds that bring sudden change. While the majority of the rain and wind come from the Southwest, the wind from the Northwest brings heavy snows down from Alaska. While the Vancouver region has very few snow days (according to Environment Canada, the city places 3rd for "lowest snowfall" in Canada), when we do get snow, it very often comes in sudden large dumps of wet heavy snow from the Northwest. Finally, there is the weather from the Northeast. Imagine the interior as a large shallow bowl, higher than the Fraser Valley. When the harsh cold dry air of the North overfills that bowl, it pours over and brings sudden bitter cold down onto the Coast, mixing with the wet air and again, sudden snowfalls occur.

Knowledge of winter weather patterns were an important part of the survival and flourishing of the Musqueam peoples. One aspect was knowledge of microclimate conditions. Certain regions of the Lower Mainland produce climate variations due to shape of the land and other conditions. The location of our Musqueam village takes advantage of a microclimate that keeps the area one or two degrees warmer than the surrounding area; thus, when it's snowing on most of Dunbar Street, it's usually raining on Musqueam. The relatively warmer weather, however posed its own challenges, especially in food preservation. Dried and smoked foods needed to be kept safe from moist air and while winter temperatures were low, they were not low enough to preserve by freezing. So special containers and warm, dry storage areas were part of longhouse designs to prevent spoilage. Combined with certain fresh foods like game and seafood, not only did the stored supplies allow for survival, but they provided enough bounty that the complex Musqueam society flourished, engaging in elaborate ceremonial and ritual activities through the long, wet winters.

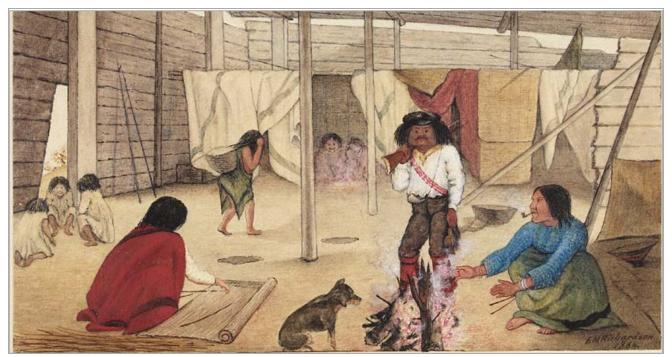


Figure 2. Interior of a Salish Longhouse, 1864.

THE CHRISTMAS BIRD COUNT

Since 1958, birdwatchers and nature groups in Vancouver have participated in the annual Christmas Bird Count, a citizen-based informal survey of what kinds and numbers of birds are found in local regions around the Western Hemisphere. Each region is a 24 km circle, and in the case of Vancouver (Region BCVA), is centered on 12th and Ontario. The Vancouver count is usually done on the second Sunday of December so that the numbers can be tallied for the end of December.

The first bird count was held in 1900 as a conservation measure. At the time, there was a local tradition of the "side hunt", a competition to see who could bag the most birds and animals on Christmas day, but without the intent of even using them for food. Organized by Frank M. Chapman, an ornithologist with the new Audubon Society, the Bird Count was a new challenge that the entire family could participate in that also required field identification skills. The tradition has continued and expanded through local nature clubs in Canada and the United States and has become a traditional family activity during the holiday season. The Musqueam Reserve is included in Area "R", which also includes UBC and Pacific Spirit Park. Musqueam band members have the special advantage of having access to a saltwaterestuarian marsh, with a number of bird species which may not be common in other parts of this area.

For more information about participating in the 2017 Bird Count (Dec 9-17), check out the following links:

- https://www.eventbrite.ca/e/christmas-bird-count-for-kids-in-stanley-park-tickets-39082578043
- https://bcfo.ca/cbc-20142015-test/

RESOURCE TRADITIONS

Winter Harvest

As autumn faded and the cold, dark, wet weather of winter came onto the Coast, the foods preserved and stored from the Summer were ready within the longhouses to sustain the people. Throughout the winter months, the business of ceremonial activities and family duties would occupy people's attentions, with dried and smoked fish, shellfish, meat and plant foods to sustain them through the day-to-day work as well as the feasts.

Fresh foods would be available as well, although not in the same amounts as during the summer. Ducks and geese would be wintering in the waterways and wetlands of the region, deer were hunted and smaller animals were trapped for fresh meat to add to the stored foods. Additionally, there were still plants that could be harvested in the wintertime. While berries and fresh greens were gone, roots provided important starches to many people's diets, and the best time to gather them was in late November and early December.

One of the most important roots was the bulb of the Blue Camas Lily, which has a sweet and slightly garlicy taste when cooked. However, an almost identical plant was the Death Camas, whose roots were very poisonous, and which grew amongst the Blue Camus, so the plants had to be marked in the springtime when the flowers would distinguish them, so that they could be safely harvested in the winter. Wild patches of Blue Camas would be tended to during the year in order to have them healthy for the cold weather when the bulbs would sweeten up.

Ferns

One of the plant groups that could be harvested were ferns, which had various uses for food and cooking. The leaf fronds could be used to line steaming pits while cooking with heated stones, and even used as "place mats" to serve foods on. Many ferns also provided food sources as well.

Spiny Wood Fern (Edible Wood Fern) – *Dryopteris expansa*

The large central rhizome (root cluster) of this woods fern is notable by a "pineapple" texture on the outer skin. It was roasted or steamed, which would change the rhizome from a bitter hard root into a sweetened soft texture. The outer hard skin and tough core would be discarded, and the paste would sometimes be served mixed with other foods, like berries or grease.



Figure 3. Spiny wood fern, showing frond and longitudinally cut rootstock.

Licorice Fern – *Polypodium glycyrrhiza* (\mathring{x} sip)

Not used as a food source, but the thin rootlets could be chewed for the sweet taste or used for tea.

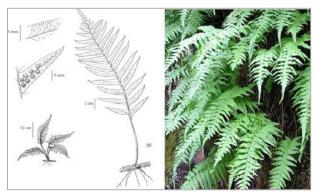


Figure 4. Licorice Fern, showing fronds, sori and root structure.

Sword Fern – *Polystichum munitum*

Although very abundant, the sword fern was known as "Starvation Food" since the bitter and tough roots had to be roasted or boiled just to make them edible, and even then, they were still mildly toxic. It was only used in smaller amounts to stave off hunger.

Wapato (Indian/Duck Potato, Broadhead Arrowleaf, Ngaku, Katniss, Chiku) – $Sagittaria\ latifolia\ (sqew\theta)$ Before the introduction of the White or "Irish" Potato much of the starch in the Coast Salish winter diet came from the Wapato. During the summer, the distinct arrowhead shaped leaves would rise on long stalks in shallow muddy waterways. By winter, the tubers would have formed on long thin roots spreading out from the main body of the plant, up to 3 meters away and as much as 0.6 meters deep in the loose mud. The harvest involved walking through the cold November and December waters digging through the mud with your toes or sticks until the tubers floated up to the surface to be gathered. Wapato tubers are small, chestnut to goose egg-sized, but would be plentiful in good conditions and even an untrained person could, it has been estimated, gather up to six pounds in an hour's work.



Figure 5. Plant of wapato.

Apparently wapatos were so important that large gardening projects were created to grow them. In 2016, a 450-square foot platform of flat stones was uncovered during road construction in Pitt Meadows on Katzie lands. Originally submerged beneath the water's surface in a wetlands area, this stone construction was designed to keep tubers from growing too deep to harvest. Along with the stones,

there were over 400 wapato tubers preserved in the remains, along with 150 wooden digging tools. The site has been dated at about 3, 800 years old, the first modern recorded hard evidence of long-term use of undomesticated food species in North America. Wapatos were also apparently an important trade item as they not only provided important starches but could be stored for long periods. The word "Wapato" even comes from the Chinook Trade Language, indicating their importance as a trade good.



Figure 6. Tubers of wapato.

The wapato has been heavily impacted by modern development. They need slow-flowing shallow, muddy-bottomed waterways to grow; however, most of their habitat in the Fraser River system has become developed, dredged or covered in shoreline anti-erosion measures that prevent their growth. The Katzie Band has recently been instituting replanting and traditional harvest programs, but the once-treasured wapato is still absent from most of its local territory today.

Recipes

Remember! Only use plants you have clearly identified and never gather too much from one plant or a growing stand of them. Traditional use was to never take more than ¼ at most from a patch of wild-growing plants so that they would continue to thrive.

Licorice Root Tea

Harvest, wash clean, and finely chop enough rhizome (roots) of the Licorice Fern to fill about a teaspoon. Add to four cups of water and boil. After the water comes to a rolling boil, remove from heat and allow the tea to steep for 20 minutes, then strain. It will have a licorice flavor and be naturally sweetened!

Wapato Chips

Also known as "Arrowhead Chips", the wapato is also an important vegetable in Asian cuisine and these chips are a favorite snack during Chinese New Year.

Clean and peel the wapato tubers and remove the root cluster on the bottom (there might still be the sprout sticking out the end, it is edible but bland, so it's okay to cut them off). Slice very thin, maybe using a kitchen grater with a slicing blade to shave them.

Pat them dry with paper towels and allow to air dry for a few hours.

Heat oil in a wok or deep fryer. Test by inserting a chopstick or wooden skewer. If small bubbles form around it, the oil is hot enough (180 degrees Celsius). Immerse the sliced wapatos in the oil in small batches for about 30 seconds or until light golden brown. Remove chips and allow to drain. Season with salt or paprika to flavor.

THE "EVERGREEN" SEASON

Oh, Christmas Tree

The good news: having a real tree is actually a very sustainable decoration, as long as it's farm grown, not wild. Wild forests are not impacted and as long as it's recycled properly, the tree will be returned to the soil as garden mulch. Try to buy locally grown trees; not only does it minimize fuel use for transport and supports local businesses, but they will usually be fresher and less likely to drop needles or dry out as fast. Don't use artificial snow on the tree and avoid using tinsel or remove it all before putting it out for collection. The city posts collection instructions for tree pick-up here: http://vancouver.ca/home-property-development/christmas-tree-disposal.aspx

The first artificial trees were made for environmental reasons. Due to deforestation in 1800's Germany, trees made of wooden dowels, wire and goose feathers dyed green became popular crafting projects. Modern artificial trees can be a problem, though. They are almost always made of non-recyclable and non-compostable materials and will become landfill in a matter of a few years due to normal wear and tear. If choosing a new tree this year, keep this in mind.

Live trees are another possibility, since they can be used for several years and can be then planted when they become too large for the house. The advantage with live trees is that they are less of a fire hazard and don't drop as many needles. They need special care, though. They should not be brought in from the cold, straight into a heated house, but should spend a day or two in a sheltered area like a covered porch or a garage so that they aren't shocked by a sudden change in temperature. Also, as the tree gets bigger, they should be reported to give the roots room. Finally, when planting it permanently, keep in mind what the full-grown size of the tree will be and do not plant near underground pipes or cables.

Gifting

Here are few ideas for gift-giving without creating a huge pile of packaging and waste to deal with after the morning's unwrapping:

- 1. Go Big. Instead of everyone buying a bunch of smaller presents, for older kids or grown family members, consider all chipping in on one really impressive gift they would really like. Since younger children tend to like lots of presents, sometimes one large present can be divided into several smaller gifts, building up the excitement. This approach cuts down on disposed packaging and quickly forgotten and/or discarded gifts.
- 2. If you have a particular talent for making things, this might be a good time to show off your handiwork. Baked goods, a special set of canned preserves, wood carvings, or other specially made things carry a more important feel. Family heritage can also become a part of the holiday

by choosing this time to hand down special mementos or heirlooms from generation to generation.

- 3. Do things instead of buying things. This is a perfect time to give a gift of time together as family or friends. Many families use this time, and the time off from work, to take trips, but there are also a lot of local events and activities to take part in. Stanley Park and Downtown Vancouver have a variety of planned family events from the Christmas Lights Train Ride to skating, many of them inexpensive or even free.
- 4. Finally, keep in mind that a lot of the wrapping paper and packaging for the gifts that you buy can be recycled, rather than added to the landfill. Folding up the paper can make it easy to fit a lot of it into the blue box for pickup. Additionally, wrapping paper can be used for wrapping and storing fragile decorations for storage.

If you do recycle wrapping paper, remember that the shiny foil papers cannot be recycled, but must be disposed of in the garbage.

"We at the Environmental Stewardship Department wish you all a happy Holiday season and hope that our ideas can contribute to your celebration and the time you spend with your family and friends."

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