

MUSQUEAM NEWSLETTER

Friday December 07, 2017

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

SHARON'S BINGO NIGHT

WHERE:

MUSQUEAM COMMUNITY

CENTRE

DATE:

TUESDAY DECEMBER 12, 2017

TIME:

6:15 PM

*** START PLAYING GAMES AT 7:00 P.M.

COME OUT AND HAVE A FUN NIGHT

THERE WILL BE A CONCESSION STAND !!!





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)...



Inside this issue:			
MIB Job Postings	2-7		
LOGO DESIGN	8		
EDUCATION	9-12		
EMP. & TRG.	13-16		
HEALTH	17-23		
CHRISTMAS FAIR	24		
Remaining News	25		



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



Calling All Artists! Logo-Design Contest

December 8 - 29, 2017

Dear members of the Musqueam community,

The School of Kinesiology recently launched the Indigenous Studies in Kinesiology program. This program is the first of its kind in Canada. Our goal is to develop university courses dedicated to Indigenous social and health issues.

We are seeking artists to design a logo for our new program. In this logo-design contest, we will be accepting submissions of artwork until Friday, December 29, 2017 at 6pm Pacific time. The winner will be notified by phone or email.

A monetary prize of \$1000 will be awarded to the artist with the winning design.



Contest Details:

- Submission: hardcopy or electronic copy
- Logo details: circular design
- Rights to the winning logo will be owned by the School of Kinesiology, and used for branding and promotional purposes

Contact: Henry Lai

Email: henryphlai@gmail.com
Our unit is located on the Vancouver campus:
2259 Lower Mall Research Station, V6T 1Z4

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.



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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 8, 2017

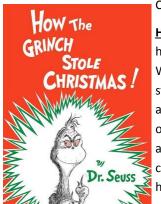


Answer to last weeks riddle: A bell

This week: What lives in winter, dies in the summer, and grows with its roots upward?

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.



Children's Christmas Book Recommendation:

How the Grinch Stole Christmas, by Dr. Seuss: No holiday season is complete without the Grinch. Written in 1957, in Suess' classic rhymed verse this story continues to be a favourite of both young and old. This heartwarming story about the effects of the Christmas spirit will grow even the coldest and smallest of hearts. Like mistletoe, candy canes, and caroling, the Grinch is a mainstay of the holidays and is the perfect story to read with your children this holiday season.

Scholarships and Bursaries

YVR Art Foundation 2018 Youth and Mid-Career Art Scholarships— the YVR Art Foundation is now accepting applications from BC and Yukon First Nations artists 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.



Justice for Girls Internship Position

Posted December 1, 2017

Posting closes at noon on December 15, 2017

Justice for Girls (JFG) is looking for passionate and committed young women, 16 - 25 years old, to train as Interns with our organization.

Justice for Girls promotes social justice, and the health and wellbeing of teenage girls who are low income, marginalized or homeless in British Columbia. We advocate for girls and work to enhance laws, policies, and practices that promote and protect girls' rights to safety, dignity, and equality. We also advocate for young women to be at the forefront of law, policy, and programs affecting their lives.

The 5-month full-time internship is available to young women who are interested in achieving a high school graduation certificate and are working to complete their grade 12 course credits. In collaboration with the Vancouver School Board, interns will earn course credits in addition to their wage. Young women who have completed high school graduation are also encouraged to apply.

Duration: January 22, 2018 – June 29, 2018

Hours:

35 hours per week

Work hours will most often take place between 9:30am - 4:30pm, Monday to Friday, but there may be activities that take place outside

of these hours

Wage / Credits: \$16/hour training wage

Interns will also earn up to four grade 12 elective credits upon

successful completion of the internship

Requirements: By noon on December 15, 2017, please submit resume or summary

of work/volunteer/educational experiences and references to

iusticeforgirls@iusticeforgirls.org or call 604-343-6567

Contact: Tracey McIntosh

Posting date: December 1, 2017 - December 14, 2017

Short list candidates will be contacted on December 15, 2017

to meet for an interview

Interviews: December 18 - 22, 2017

All candidates will be contacted on December 22, 2017

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.

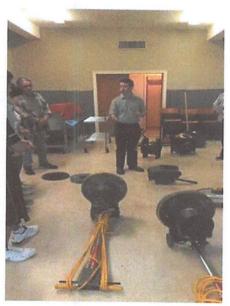




Building Service Worker Training Program

Are you over the age of 19 and want to work in the building services/cleaning industry?

Call today to set up an interview Class starts on... Monday, January 8, 2018



This FREE course will include:

- Building Service Worker Certificate from "Clean Safe Training™
- First Aid Level 1
- WHMIS Certificate
- WCB Health and Safety training (6 modules)
- Common Building Maintenance Certificate
- Life Skills/Goal Setting

Including Building Service Industry specialized training such as:

- Custodial safety
- Chemical safety and use
- General housekeeping practices
- Infection control and much more...

This Program is open at ALL Nationalities and is FREE

All candidates will undergo an interview and a criminal records check and must be bondable.

To qualify for this program you must also be physically fit, be unemployed and work ready, have 2 valid pieces of Government issued ID and be non-El eligible.

If you have any questions or wish to sign up, call and put your name on our wait list for an interview

Or drop by 390 Main Street (entrance on Hastings Street) (Classes will be held at 100 SW Marine Drive in Vancouver)

604-688-9116

Contact Jennifer Nielson bladerunners@accessfutures.com





Funding provided by the Government of Canada through the Canada-British Columbia Job Fund.



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



EARLY CHILDHOOD CARE & EDUCATION



1 1

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.

December 6, 2017

MUSQUEAM ELDER'S PROGRAM

Brenda Campbell



Musqueam Elder's Christmas Dinner

Thursday Dec 14/17@5:00pm, at the Musqueam Elders Centre

Elder's Christmas Pictures will be done at this time!



Elder's Art Group with Janice Monday, December 11, 2017 @ 1pm (**for Elder's only)



HOME AND COMMUNITY CARE PROGRAM

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

Presently our Home Care Program is at capacity! For this reason, we have had to cut back on some of our home care hours - because of the number of people that we are providing service to. If you have a family member in the hospital and you need assistance with hospital discharges, home care or medical equipment please call us! Also, remember we need a Doctor's note! Home care services & medical equipment require a note from your doctor with your needs specified. Home Care Phone: 604-263-6539

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

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.

Office Hours

Romeo Cosio: Mon. 8:30-5:30 **Tuesdays-Off**, Evelyn's Schedule:

Wed. Thurs. Friday 8:30-5:30 Monday-Friday 8:30-4:30

Ph: 604-269-3463 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! *

December 6, 2017

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

<u>Hours:</u>

Mon, Tues & Thurs 9:30-4:30 pm

Wednesday 12-7pm

Friday 9-4 pm



Brad Morin – NNADAP worker <u>Hours:</u> Wed, Thurs & Friday 6-9pm 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 a Community AA meeting every Tuesday from 8-9 pm @ the 51st Hall

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood



Our Drinking Water Source

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

Where does it come from?

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

The rain and melting snow flows downhill through small lakes and streams into large collection lakes called a reservoir. Water is stored year round in the reservoirs, then treated and distributed to the cities.

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

December 6, 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 upstairs in the Health Department) at 604-269-3453, or jcarroll@musqueam.bc.ca.

COMMUNITY HEALTH PROGRAM

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

Pre- and Post-Natal Program

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
- 4 A one-time gift of an Electric Breast pump. One per family
- Welcome gift for your new baby
- lack 4 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.





Last Group before Holidays is on December 12th. We have a special lunch, and will do a Christmas Craft- please bring any baby photo for this craft.

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.

December 6, 2017

Youth Centre

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

Monday	Tuesday	Wednesday	Thursday	Friday
December 11	December 12	December 13	December 14	December 15
Christmas	Bridge Through	BAKING	Bridge Through Sport	GAMES
Arts & Crafts	Sport		Reading Club	NIGHT
	Math & Science Club			
		MYP		
1 1 1 1 1 1 1 1 1 1	Colouring Contest		Movie Night	
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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.

The Youth Centre will be open @9:00 AM whenever the kids have professional days

December 6, 2017



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MUSQUEAM PRIMARY CARE CLINIC

Open Mon-Thurs 9:30am-3:30pm & Fri 9:30am-4pm

If you missed the Flu Clinic and would like to have a flu shot - the Flu Vaccines are available at the clinic for both adults and children. Call us @ 604 266 0043 to make an appointment .

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)
- ♣ Vaccines: childhood vaccines, Tetanus Shots, specialist referrals, etc.

MEDICAL OFFICE ASSISTANT – Mon-Thurs. 9:30am – 3:30pm, Friday 9:30-4pm

For an appointment call Mackenzie Gomez, Medical Office Assistant, 604.266.0043

(closed 12:00 – 1:00pm for lunch)

Musqueam Elders Centre, 4010 Si Lu Drive, Vancouver BC V6N 4K7

Naloxone Kits Available

If someone would like a kit to please contact the Health
Department in the Musqueam Band Office or the
Musqueam Primary Care Clinic in the Elders Centre at:
604-266-0043.

We can review training and have practice kits as well.

NEW SERVICES AVAILABLE:

Mental Wellness Counseling & family group healing, available to Musqueam Band Members at the Lu'Ma Medical Clinic on Wednesdays.

For more information, & appointments call:

Mahara Allbrett at: 604-312-2258.

December 6. 2017

A Mammography is our most powerful breast cancer detection tool! This 10 minute procedure is a safe and effective way to save lives by finding breast cancer in its early stages!





WHAT?

Mobile Mammography Bus is returning to Musqueam!

WHEN?

January 9th from 10:40am—4pm (no appts btwn 12:50—2pm)

WHAT NEXT?

- Fill out registration form, give to Crystal or Evelyn (Lyn) in the Health Department
- Sign up for a time—with Crystal 604 269 3313 or Lyn @ 604 269 3354

ELIGIBILITY-

Any Musqueam Community Women over 40 years of age; who has
not been diagnosed with breast cancer in the past; women who have
a family history of breast cancer. **Pls see form for more details**

HOW TO PREPARE-

 Have your care card; DO NOT wear deodorant, body powder, lotion or perfume on the day of your appointment.

December 6. 2017

NEW BC SERVICES CARD IS REPLACING YOUR CARECARD

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.

WHERE TO GET A BC SERVICE CARD

Visit an ICBC driver licensing office with two pieces of ID. Bring your CareCard if you have it.

ID REQUIREMENTS

Bring the following IDENTIFICATION:

1. PRIMARY ID: Canadian Birth Certificate OR valid Canadian passport

ALSO bring ONE of the following:

- 2. SECONDARY ID:
 - government issued health care card
 - signed credit card of 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 can no longer assist with these applications











Come down to the Community Centre to celebrate the season with Henry, Laurean, Ryanne, Abigail, Courtney, Jenna and the UBC Recreation Volunteers Amanda, Hannah, Sarah, Lamiah and Cass.

There will be face-painting, snacks, treats and holiday surprises.





MYP VS Club Row Wednesday Dec 13th



This year the MYP are focused on getting fit and trying out new things. This class is the 80s hip hop of studio fitness, disrupting what you thought a fitness class could be with the newest new moves. A rowing workout meets a sweaty dance party at an underground club. Each class and trainer has a unique rhythm, style and vibe. We will be rowing with Coach Nate!



Maggie, Kelly, Victoria, Matthew, Timber, AJ, Abigail, Henry, Kaci, Phebe, Rae-lynn, Sandra, Scarlett, Vanessa, Ryanne, Micheal, Bud, & Sylvia make sure to get your permission forms signed!

@club.row www.clubrowfitness.com



