

MUSQUEAM NEWSLETTER

Friday March 2, 2018

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



REMINDER IMPORTANT

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

Fiscal Year 2018/2019 ANNUAL BUDGET
MEETING PRESENTATION

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

WHEN: Tuesday, March 27, 2018

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

WHERE: MUSQUEAM CULTURAL CENTRE

DINNER WILL BE SERVED AT 5:30 PM

Thank you from
The Chief and Council

Inside this issue:			
S/A Clients—	2		
Upcoming Meetings	3-5		
MIB JOB Postings	6-21		
Education	22		
Emp. & Trg.	23-26		
Health Dept.—	27-33		
Remaining News	34-46		

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





To all Social Assistance Clients

Friday March 2, 2018

It is that time of year again! You need to come in and renew your application. Please make an appointment with Leanne or Michele. When you do come please bring with you two pieces of ID (1 photo) for adults and 1 piece for each child.

Reminder: Cut off date is always the 20th of the month, cheque issue for APRIL 2018 will be on Friday March 30, 2018.

Please bring the hydro, gas and phone (landline only) bills as soon as they arrive.

All "employable" clients are expected to pick up their own cheques if you are not direct deposit. If you are in need of someone else to pick up your cheque you need to call us or send a note as to who will be picking up your cheque.

Thank you,

Social Dev. Dept.

EVERYONE WELCOME!

MUSQUEAM 101 – Wednesday March 7, 2018 stem? (what?) Musqueam 101 March 7, 2018

Settler Colonialism

In this talk, Lisa Cooke invites participants to think about the ways that settler colonialism operates as a structure—not an event—and how things like policies, laws, knowledge systems, and practices work in the maintenance (or disruption) of this structure. Together we'll think about land and place and who we are in relation to it, and each other. From there we can consider the various ways how we behave can either reinforce settler colonial structures of domination and dispossession, or interrupt them, in the spirit of actualized reconciliation.

Presenter: Lisa Cooke is an Associate Professor of Cultural Anthropology at Thompson Rivers University in Kamloops, BC. Her research and teaching focus on Indigenous-Settler relations in the territory now most dominantly known as Canada and the ways that contemporary settler colonial cultural forms work to reconstitute particular relations of domination and dispossession.

ni? ?əncə? (where?)

Musqueam Administration Offices

təmtem? (when?)

Wednesday, March 1. Dinner will be served at 6:00 p.m. The presentation will start at 7:00 p.m.

PLEASE JOIN US!

Musqueam's
Career/PostSecondary Fair

Thursday
March 15, 2018

We invite to you to come out to our Career/Post-Secondary Fair! We are hosting this fair Thursday March 15, 2018. Our doors open at 4:00pm and close at 7:30pm. We will have great vendors for you to check out! Dinner is being served and we will have amazing door prizes!

Employment &
Training and Education
Departments



MUSQUEAM MEMBERSHIP DEPARTMENT

~COMMUNITY DISCUSSION~

The Government of Canada has made a commitment to a collaborative process with First Nations on the broader issues relating to Indian Registration, Band Membership, and First Nations Citizenship.

The Musqueam Indian Band would like to have a community discussion with leadership and members to discuss Musqueam's concerns related to the issues outlined above.

DATE: THURSDAY, MARCH 22, 2018

PLACE: Musqueam Community Centre, Classroom 1

TIME: 6:00pm Discussion and Dinner

PURPOSE: Consultation on the Design of the Collaborative Process on Indian Registration, Band Membership, and First Nations Citizenship with Musqueam Band Members.

DINNER WILL BE PROVIDED AND DOOR PRIZES!

If you have any questions, please contact:

Jocelyn Campbell-Axson, Membership Registrar Musqueam Indian Band Telephone: 604-263-3261 ext. 3304 Email: jcampbell@musqueam.bc.ca



MUSQUEAM INDIAN BAND

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

JOB POSTING Accounts Payable Clerk Regular Full-time

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

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

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

Responsibilities

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

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

Job Knowledge

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

Working Conditions:

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

Please email cover letter and resume to: jobs@musqueam.bc.ca and write "Accounts Payable Clerk" on the subject line

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

Position will remain open until filled.

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



JOB POSTING

Communications Protocol Officer

Full-time Casual Position 4 Month Leave of Absence

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

Position Summary

The Communications Protocol Officer is the central point of contact for all communications for the Musqueam Indian Band and reports to the Band Manager.

Responsibilities

Protocol

- Be the conduit and contact for the Musqueam Indian Band for all requests for Chief and Council and the Administration official attendance at 3rd party functions and activities
- Develop internal procedures and policies so that Musqueam can be more effective and efficient
- Coordinate all bookings with those assigned to attend; provide confirmations (internally and externally), develop and provide itineraries, develop and provide necessary briefing materials and talking points
- Develop relationships with similar positions with external agencies and First Nation organizations
- Develop and maintain contact information logs and documentation
- Provide assistance with bookings, reservations and travel arrangements where necessary (primarily for the Chief and Council)
- Although a standard 35-hour workweek is prevalent, deadlines often rearrange set schedules; conferences, speeches, meetings and community activities require individuals to be flexible in their time allotment

Communications

- Develop public relations strategic plan for Musqueam
- Develop, implement and evaluate communication strategies and programs designed to inform
 Musqueam members, employees and the general public of Musqueam initiatives
- Develop and maintain ongoing communications and information-sharing channels with business, government and other partners
- Develop and maintain media networks and associated PR networks
- Serve as the primary public relations contact for media for Musqueam and the general public
- Identify and execute against a range of public relations opportunities, including identification of media opportunities
- Develop a calendar of public relations opportunities for Musqueam
- Maintain and develop contacts within Musqueam
- Initiate and maintain contact with local, regional and national media

- Arrange interviews and news conferences when required
- Arrange for the representatives of Musqueam to attend events as requested
- Develop briefing materials, speaking notes, and kits for Musqueam representatives
- Arrange agenda and travel for Chief and Council and Musqueam representatives, including itineraries and advances for events
- Produce correspondence on behalf of Chief and Council and Musqueam when needed
- Assist in the preparation of brochures, reports, corporate content for newsletters, press releases and other material
- Assist the organization with invitation mail outs and attendance for and including, meetings, events and open houses
- Document control of fact sheets, newsletters, brochures, handouts, etc.
- Surveillance and assembly of news content related to Musqueam and Aboriginal Affairs and interests
- Develop and maintain media contact information and a database of media, partners and other pertinent information
- Assist in the design of the website and maintain all website changes and updates
- Although a standard 35-hour workweek is prevalent, deadlines often rearrange set schedules; conferences, speeches, meetings and community activities require individuals to be flexible in their time allotment

Qualifications and Skills

- Degree, diploma or certificate in communications, public relations or journalism and two to four years' related experience in a similar role and or an equivalent combination of education and experience
- Musqueam Indian Band First Nation member an asset
- Highly professional with a positive attitude, is reliable, proactive, creative and a team player who
 works collaboratively with others and can be counted on to deliver responsibilities on time
- Knowledge of internal and external communication strategies
- Excellent communication and interpersonal skills
- Excellent writing skills, grammatically exact and in a conversational style complimented with editing skills to develop reports, presentations and briefing materials
- Strong computer skills
- Strong administrative and organizational skills
- Strong attention to detail.
- Ability to use tact and good judgment
- Proven ability to maintain confidentiality
- Thrives in a fast paced deadline driven environment
- Flexible to work variable hours
- Successful criminal record check

Working Conditions

• Work is performed in an office environment

Please email cover letter and resume to jobs@musqueam.bc.ca
and include "Communications Protocol Officer" on the subject line.

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

This position will be open until filled.

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



MUSQUEAM INDIAN BAND

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

JOB POSTING Housing Executive Assistant

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

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

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

Responsibilities

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

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

Job Knowledge

- Successful completion of High School with courses in business/office management and/or construction/building, property management, maintenance trades; or an equivalent combination of skill, knowledge, and experience.
- Training and/or experience in office management, including finance and computer skills.
- Knowledge of housing maintenance methods and materials.
- Knowledge and experience of similar executive delivery in the context of Musqueam or First Nations culture and history.
- Ability to use tact and good judgment in dealing with sensitive and complex issues.
- Ability to maintain confidentiality.
- Ability to drive and provide a licensed vehicle for work purposes.

Working Conditions

Work is performed in an office environment and periodically in the community

Licenses/Certificates

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

Please email cover letter and resume to: jobs@musqueam.bc.ca and write "Housing Executive Assistant" on the subject line

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

Position will remain open until filled.

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



MUSQUEAM INDIAN BAND

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

JOB POSTING Finance & Administration Manager

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

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

Musqueam Indian Band is seeking a **Finance & Administration Manager.** Reporting to the Chief Financial Officer, this position is responsible for the overall management of the Musqueam Indian Band's (MIBs) accounting and general administration functions. This includes supervision of the Finance Department and central administrative staff. This role also plans, manages, monitors and controls all financial management functions and provides professional oversight to the Finance Department. In addition, this role participates in various Band committees and advises the CFO and committees of financial issues that impact decision making.

Responsibilities

- Oversees the following accounting functions and provides support as required:
 - Full cycle accounting including maintaining accurate books and records and accounting for all financial items on a daily basis
 - Monthly, quarterly and annual reporting, month-end and year-end close and audit processes
 - All financial reporting and ensuring that financial statements are prepared in accordance with Canadian public sector accounting standards
 - Day to day banking and cash management operations
- Ensures all financial reporting are completed in full and within specified time frames to meet obligations specified within funding agreements
- Oversees the payroll and benefit processing, payroll reporting and filings
- Day-to-day management/supervision of finance/administration team
- Recommends, implements and controls all policies and procedures related to financial and general administrative functions
- Oversees the following administrative functions and provides support as required
 - Office administration functions
 - IT support functions

- Negotiating, purchase, and disposal of office equipment, supplies and service contracts
- Project management for special projects (i.e. dividend and distribution, RFP processes)

Job Knowledge

- Professional accounting designation with minimum of 5 years of experience in a similar role
- Advanced skills in MS Office and AccPac/Sage 300 and other related accounting software
- Working knowledge of public sector accounting standards
- First Nations administration and/or accounting experience is an asset
- Cultural competency and knowledge of the cultural traditions and practices of the Musqueam Nation is an asset
- High level of business acumen and strong analytical and decision making skills
- Strong organizational skills with the ability to manage priorities and deliver on timelines
- Ability to build and maintain strong cross-functional working relationships and liaise with diverse stakeholder groups
- Effective leadership skills with ability to develop teams and build team capabilities
- Strong verbal and written communication skills

Please email cover letter and resume to: jobs@musqueam.bc.ca and write "Finance & Administration Manager" on the subject line

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

Position will remain open until filled.

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



MUSQUEAM INDIAN BAND

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

FAX: 604 263-4212

JOB POSTING

National Native Alcohol & Drug Abuse Program Worker (NNADAP)

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

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

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

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

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

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

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

Duties:

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

Job Knowledge:

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

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



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

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

Please write "NNADAP" on the subject line.

Position will remain open until filled.

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

We thank all applicants for expressing interest in this position, however, only those short-listed will be contacted.





MUSQUEAM INDIAN BAND

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

Fax: 604 263-4212

JOB POSTING

Mentors

(Employment & Training Program)

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

Position Summary:

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

Duties:

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

Knowledge and Abilities:

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

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

Licenses:

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

Reporting Relationship: Reports to the Mentor Coordinator

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

Please write "Mentors" on the subject line.

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

Posting will remain open until filled.

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



MUSQUEAM INDIAN BAND

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

Fax: 604 263-4212

JOB POSTING Secretary to Chief & Council Full Time, Leave of Absence Vacancy

Musqueam Indian Band is seeking a Secretary to Chief & Council. Reporting to the Office Supervisor, the Secretary to Chief & Council (the Secretary) is responsible for providing a full secretarial service to the Band Council. The Secretary records and produces the minutes of Council meetings, General Band Meetings, Shareholders meetings, and other meetings as required. The Secretary ensures that the Band Council is provided with all related documentation required in their meetings by assembling a Council Meeting Kit and is responsible for distribution of their motions and decisions. The Secretary is also responsible for the development and maintenance of a tracking system to provide easy access to Council motions and decisions. The Secretary also coordinates any necessary travel arrangements for Band Council and the assembly of briefing materials and travel itinerary for Council Travel.

Duties:

- Prepares and ensures appropriate agenda items, information, and Council kits are ready, complete, and available for respective meetings. For weekly Council meetings this is on the Friday prior to the Monday meeting for approval of notes by Band Manager). Ensures the availability of any necessary equipment for the meeting.
- Coordinates the attendance of the appropriate Council members for special or extraordinary meetings. Establishes that a quorum will be present, or advises of meeting cancellation or postponement.
- Maintains up to date database of recipient of meetings and extraordinary meetings.
- Records, transcribes types, distributes, and tracks minutes, motions, and council or General Band
 decisions. Take minutes at weekly meetings held on a weekday evening and in extraordinary
 weekend meetings. Records decisions, capable of giving insight into why decisions were made,
 and ensuring non present Chief and Council are familiar with decisions in meetings.
- Drafts and writes letters and reports when called upon.
- Ensures minutes are accurate and despatch final working draft of the minutes to the following weekly meeting, and 4 weeks after General Band Meetings and extraordinary retreats.
- Finalizes any amendments to the Council minutes, once passed by Council, by making any changes and then creating and completing a meeting folder both hardcopy and electronic that includes the final minutes and all meeting materials both pre and post meeting.
- Ensures that all materials and preparations are made for Council meetings both regular, special, and weekend; and, all preparations for Council Retreats (materials, travel arrangements, meals, refreshments, etc.)
- Assists Council by making necessary Band related travel arrangements.
- Prepares and distributes isolated motions for the Band Manager and program heads for the management meeting and their follow up action.
- Maintain calendar of important dates for the Band. Arrange agenda; coffee/food for meetings.
- Maintain the Chief's calendar/schedule.
- Help organize special events for Chief and Council.
- Ensure all files are confidential, in a safe place, and in order. Responsible for the hard copy and electronic copy of all Council materials and minutes including Council meetings, Special

- Community Meetings, General Band Meetings etc.; and all correspondence related to Council business
- Maintain confidentiality and comply with data protection in respect of databases of recipients of minutes.
- Distributes the finalized minute's weekly, to those Band Members and other distribution lists as may be developed from time to time, and to the Member section of the Band's web site.
- Liaise with Executive Assistant regarding amendments.
- Develops and maintains effective working relationships with Council, Band Manager, colleagues and the Band membership; works closely with the Executive Assistant to the Band Manager.
- Performs related duties for Band community meetings as required.
- Ensures full supplies for all correspondence and minutes to the Chief and Council and executives at all times.
- Other duties as required.

Job Knowledge and Abilities:

- Skill and knowledge usually attained by successful completion of High School and courses and
 post-secondary training and certification in Business Administration, legal secretarial, or
 journalism and /or advanced Secretarial Courses combined with at 3-5 years in a First Nations or
 similar administration office in a secretarial role to senior administrative manager or elected
 Council; or an equivalent combination of skill, knowledge, and experience.
- Ability to take minutes, type minimum 60 wpm, audio typing.
- Expertise software applications and equipment related to the position (Microsoft Office, advanced copy machine operation, digital recording equipment, smart boards, etc.)
- Knowledge of Roberts Rules of Order in order to advise management and Council.
- Excellent communication skills, with the ability to communicate effectively with all levels of the organization, from community members to senior business leaders. This includes a pleasant, professional and assertive communication manner.
- Knowledge and experience of similar program delivery in the context of Musqueam or First Nations culture and history.
- Is self-directed with the ability to meet deadlines, as well as to prioritize under tight deadlines.
- Excellent organizational skills and is detailed oriented.
- Ability to understand and describe complex governance and business issues.
- Ability to use tact and good judgement in dealing with sensitive and complex issues.
- Ability to maintain confidentiality.
- Ability to drive and provide a licensed vehicle for work purposes.

Working Conditions:

- Work is performed in an office environment.
- Attendance is mandatory at all Chief & Council weekly evening meetings and off site weekend quarterly retreats
- Valid Driver's License
- Successful Criminal Record Check

Please apply by emailing your cover letter and resume to Musqueam Indian Band, HR at: jobs@musqueam.bc.ca

Please write « Secretary to C & C » on the subject line.

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

Posting will remain open until filled.

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

Musqueam Education Notice

Friday March 2, 2018



Answer to last weeks riddle: Tomorrow

This week: Until I am measured I am not known, Yet how you miss me when I have flown.

Graduating High School Students

Are you considering going to a post-secondary institution in September? Have you looked into your options? Have you started your application? If you need any help or want to discuss your options, I'm available to help, stop by the band office or phone April (learning facilitator).

Graduation Fees:

Grade 12 Musqueam band members are eligible to receive support for graduation costs including dinner tickets, outfits, and photos. Please contact the Education Department for more information.

<u>Local College/University Deadline for applications:</u>

VCC- one month before program starts

Langara- May 31 *this is a suggested deadline they will still accept applications after the date

The Education Department will cover application fees for grade 12 grads, please keep your receipt and submit it to the Education Department for reimbursement.

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



Scholarships and Bursaries

2018 YVR Aspiring Artist Award—The application is now open for the 08 Aspiring Artist Awards. YVR Art Foundation offers Aspiring Artist Awards to BC and Yukon First Nations youth between the ages of 13 and 19 years of age who reside in BC of the Yukon. These are awarded on an annual basis to aspiring artists who create visual art that reflects BC or Yukon First Nations' culture and who wish to explore their artistic potential. Up to 10 awards will be awarded, each award is worth \$500, the deadline to apply is March 29, 2018 at 4:00pm. Application can be found at: http://yvraf.com/programs/apply-aspiring-artist-award

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

School cheques are available for pick-up on February 28, 2018. Reminder to students that school cheques are issued on the last day of the month.

Aboriginal Development Intern – Summer 2018

About Polygon and Dentons

Polygon Homes Ltd. and Dentons Canada LLP have partnered to offer a paid summer internship. Polygon is one of BC's leading multi-family homebuilders, having built more than 27,000 homes throughout the Lower Mainland. Dentons is proud to be Vancouver's local law firm with a global reach. Both Polygon and Dentons share a deep commitment to contributing to the local communities in which we live and work.

Reporting to Polygon's Vice President First Nations Relations, Anne Bancroft-Jones, this position is for three (3) months, between May 1st and August 31st. Assisting in various aspects of real estate development at Polygon's head office in Vancouver, the specific responsibilities of this position will be tailored to the successful candidate and the pressing needs of the company.

Responsibilities

- You will work closely with the Vice President First Nations Relations to identify areas of interest for your business
 and career development, so that a unique and flexible work plan can be set out for the internship
- Working in a professional office environment, you will be a part of Polygon's Union Gospel Mission fundraising committee, and you will have opportunities to join in on Polygon and Dentons' corporate activities
- You will have business and mentoring opportunities at Dentons' downtown Vancouver office
- You may assist with data collection and analysis for Polygon's land, development, construction, customer service or marketing groups
- You may assist with administrative duties for Polygon's development group, such as filing and document storage
- You may assist Polygon's sales group with new project openings
- You may attend project meetings and assist with meeting minutes
- You may attend public information meetings with member(s) of a project team and provide assistance
- You may attend city council meetings with member(s) of a project team
- You may attend site meetings with construction personnel (appropriate site safety wear will be provided)
- You may assist with the documentation and recovery process for our project bonding
- You will prepare a brief report for presentation to Dentons at the end of the internship which summarizes your experience

Requirements

- A team player, with good communication skills
- A committed and flexible individual, willing to try new tasks
- Someone interested in working with a large homebuilding company
- Someone motivated by personal and professional growth, who will use this experience to leverage future career benefits
- Someone attending a post-secondary business program or who has a demonstrated interest in business
- Affiliation to a local aboriginal community
- Basic computer skills are required
- A valid driver's license is an asset
- · References may be requested of shortlisted candidates

If we are a match

Polygon and Dentons offer a competitive salary for this summer internship, along with reputable corporate cultures as leaders in our industries.

Please email your resume and cover letter (referencing Aboriginal Development Intern – Summer 2018) to: christin.tschacher@dentons.com by Thursday, March 29, 2018. We thank all applicants for their interest.

Employment and Training Department News

Two Week Safety Training

Class: 2 Weeks Construction Safety Training Course

Where: Musqueam Clubhouse When: March 19 to March 29, 2018

What: If you're an entry level construction/carpentry worker or need to upgrade your certificates

sign up today.



This two weeks includes:

Aerial work platform certificate, OFA 1 (Occupational First Aid Level 1), Traffic Control Personnel (TCP), plus some others to be announced!

This two week course has the potential to lead into some prospective programs in the near future. Sign up and upgrade your resume with safety tickets today! Photo Information: Top picture is Keith Duerden demonstrating TCP.

Trauma Tech - Level 3 First Aid

We will be offering Level 3 First Aid in late April or early May, exact dates are to be determined. If you are interested in becoming a First Aid Attendant, Paramedic, or Construction safety officer please feel free to stop by the E&T office to apply.



Young Drivers of Canada – Young Drivers Training to get your Novice licence

Is transportation a barrier to employment? Want to earn high school or college credits? Sign up for this course to get your Novice Licence.

DATES:

March 12th- 28th Every Monday & Wednesday night from 5:45 – 9:00pm. (dinner will be provided)

In car lessons included and to be scheduled individually. Road test also included, so you will be able to use the car for your road test and have the support of you instructor.

What you NEED?

In order to sign up for this course you must have your Learners licence and NO outstanding tickets or claims with ICBC. Feel free to drop by the E&T office to apply.



EARLY
CHILDHOOD
CARE &
EDUCATION

APRIL 30-JUNE 1, 2018

Phase 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.

The program is brought to us by Vancouver Community College. The class in in the community center's classroom. Applications are still being accepted!

Stop by the Employment & Training Office today!

Job coaches
Lindsay Gibson &
Terry Sparrow are
available for more
information.

MUSQUEAMS EMPLOYMENT & TRAINING

6735 Salish Drive Vancouver, BC V6N 4C4

604.269.3461

employassist@musqueam.hc.ca



-BROADENING THE SCOPE OF PLANNING ---

School of Community and Regional Planning (SCARP) Symposium @ UBC

ATTENTION MUSQUEAM YOUTH!

Have you been following Musqueam's Comprehensive Community Planning process?

Do you have an opinion about pipelines and economic development?

Do you want to meet planners working to build affordable housing?

Planners from across North America will be discussing these issues and more...

...and they would like to meet and connect with YOU!

Friday, March 16th, 2018 8:00am to 5:30pm

The 10th Annual School of Community and Regional Planning (SCARP) Symposium is happening at the University of British Columbia in the AMS Nest.

Topics include:

First Schools of Planning discusses Indigenous Community Planning in our region **Decolonizing Environmental Impact Assessment** discusses how ceremony and Indigenous law can become a meaningful part of development review processes

5 FREE tickets for MUSQUEAM YOUTH to attend!

Tickets include **lunch and snacks/refreshments** during the day.

Please contact Jess Carson jcarson@musqueam.bc.ca for more information. Please let us know if you need help with transportation.

Students, faculty, and alumni from the **Indigenous Community Planning** program will be available to chat and **help you network** throughout the day.

Learn more at http://scarpsymposium.ca/about/

We look forward to seeing you there!

Community Health Program

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

seniors first BC

Bullying Between Older Adults in Communal Settings

Free Workshop

Date: March 7, 2018

Time: 10:30 am to 12 noon

Location: Musqueam Elders Centre

4010 Si Lu Drive, Vancouver

- Learn about bullying between older adults in communal settings
- Identify types of bullying behaviours and impacts on victims and bystanders
- Discuss strategies to deal with bullying

Contact:

Crystal Point or Lyn Thomas for details 604 263 3261, ext 3313 or 3354

Musqueam Health Department Newsletter

March 2, 2018

Community Health Program

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

UBC ACTIVE KIDS Is returning in M A R C H 2018

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

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

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

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

WHERE? — Musqueam gym (back half)

Thank you!

UBC Coaches + MIB Health Department



In partnership with Self-Management BC and the MIB Health Department. We would like to bring this 6-week program back to Musqueam! We are looking for 12—16 community members to register!

Workshop will start in late February 22—March 29, 2018 | starting at 5pm for 2.5hrs

This workshop will cover topics like:

- 🖶 Techniques to deal with symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, and stress
- 🖶 Appropriate exercise for maintaining and improving strength & endurance
- Healthy Eating
- Appropriate use of medication
- Working more effectively with health care providers

If you or someone you know is interested—please register with Merv Kelly (Chronic Disease Management Program) or Crystal Point (Community Health Nurse), @ 604 263 3261

March 2, 2018

National Native Alcohol & Drug Abuse Program

Brad Morin

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

EVENINGS

WEEKENDS

Brad Morin - NNADAP worker

Hours:

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

COMING SOON: "CRIB NIGHT with Brad"

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

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

*Please note: Cyndi Bell our NNADAP worker is away until further notice.

Art Therapy for Children, Youth & Adults

Janice Carroll

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

Counselling for children & youth Tuesday to Friday.

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

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

Wellness Counselling

Charlene Hellson

Introducing Charlene Hellson to the Musqueam Health Program.



Charlene Hellson is a proud grandmother and proud member of the Siksika Nation which is part of the Blackfoot Confederacy. She is honoured to be here as a visitor on the unceded homelands of the Musqueam, Squamish and Tseil'Watuth Nations. Her background is in Indigenous Health, including Mental Health, as well as in the Arts. Charlene is the new Mental Wellness Resource Coordinator at the Aboriginal Wellness Program at Vancouver Coastal Health will be joining the health team at Musqueam Nation where she will be hosting friendship groups. Please join her every Friday morning in the youth room to share tea

and snacks and take time to connect. Charlene also has a background in forum theatre and will be hosting forum theatre workshops every Monday afternoon in the yoga room...come see what it's all about.

Hours: Monday afternoons 1:00-4:30

Friday mornings 8:30 – 12:00pm

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

Musqueam Health Department Newsletter

March 2, 2018

Home & Community Care Program

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

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

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

The Arjo Tub Program: Is available at the Elder's Centre between 7-9am Mon.-Fri. You need a doctor's order for the use of the Arjo tub, describing your condition, and how often you are advised to use the tub per week. call Lyn Thomas for an appointment.

Romeo's Office Hours: Mon. 8:30-5:30 Tuesdays-Off,

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

Ph: 604-269-3463

Evelyn's Schedule:

Monday-Friday 8:30-4:30

PH: 604-269-3354

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

*For Emergencies Call 911 right away! *

Safe Drinking Water Monitoring Program

Charlene Campbell-Wood

Canadian Council of Ministers of the Environment



From Source to Tap: The Multi-Barrier Approach

We recycle water, meaning we withdraw it, use it, sometimes clean it, and then return it to the lake or river to be used again by others downstream. This process is called "Source to Tap."

It is important that drinking water is kept clean, safe and reliable. In order to do so, the components of the water supply system, from source protection to the treatment and distribution of drinking water to consumers, need to be understood and managed as a whole.

Even though no approach will guarantee 100% protection all of the time, it has been demonstrated that the most effective way to manage drinking water systems is to implement a multi-barrier approach. The multi-barrier approach is an integrated system that prevents or reduces the contamination of drinking water, from source to tap, in order to reduce risks to public health.



MUSQUEAM PRIMARY CARE CLINIC

x^wməθk^wəÿəm

- **Please take note our NP will not be in on Monday March 5th **
 - **Regular clinic hours will resume Tuesday March 6th ,2018**

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

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

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.



By March 1, 2018, eligible residents of B.C. are expected to renew enrolment in the Medical Services Plan (MSP) and get a B.C. Services Card. The B.C. Services Card is replacing the CareCard, which was introduced in 1989 and had not been significantly updated over the last 20 years.



- The BC Services Card has replaced the CareCard and the Gold CareCard.
- √ 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 CareCard. 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. **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 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.

USING YOUR BC SERVICES CARD TO OBTAIN HEALTH CARE SERVICES

As long as you are a resident of B.C. and are enrolled in MSP, you can use your card to obtain insured medical and health care services. Your card can be used as of the date your MSP coverage begins. For those under 19, and some adults, the date is indicated on the paper attached to the card when it is delivered. If you have questions about when your coverage begins you can contact HIBC. Your card is also used to obtain PharmaCare prescription drug benefits.

Youth Centre

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

Monday March	Tuesday March	Wednesday March	Thursday March	Friday March
5th	6th	7th	8th	9th
Bridge Through Sport Reading Club Scattergories	Bridge Through Sport SCIENCE D&A NIGHT	Dental Hygiene MYP	GOV MEETING	MOVIE NIGHT

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

Opened during professional days @9:00 am

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





I AM HOSTING A QUICK COAT DRIVE FOR THE UNION GOSPEL MISSION IN DOWNTOWN VANCOUVER.

THERE IS A SHORTAGE OF WARM WINTER WEAR FOR THE HOMELESS.

IF YOU HAVE ANY GENTLY USED JACKETS/COATS, SWEATERS, TOQUES, GLOVES ETC., PLEASE CALL ME AND I CAN PICK UP YOUR DONATIONS.

CALL ME AT 604-561-2786.

I WILL BE MAKING THE DELIVERY THIS SUNDAY.

THANK YOU,
ALEEN SPARROW

Vancouver-Coastal Spirit Lacrosse

Learn 2 Play Program

March 1st – March 29th, 2018



Every Thursday from 5pm - 6:30pm

Location: Musqueam Community Centre 6777 Salish Drive, Vancouver

Program lead by Scott Jensen

Open to all Indigenous youth athletes in the Vancouver-Coastal Area. Join us for a FREE 4-5 week Entry Level Lacrosse Program designed for Youth Ages 5-8.

All Equipment will be provided.

Parents or Guardian must sign a waiver form.

Registration: Call Courtenay or drop in.

Free t-shirt to those who attend all sessions



To Register Contact:

Courtenay Gibson

Email: cgibson@musqueam.bc.ca









Wednesdays 6 to 8pm in the Yoga Room

Guided Meditation at 6pm

. FREE 20 MINUTE HEALINGS



Another way to Connect with your Ancestors

Musqueam Indian Band



- Phone: 604.263.3269

mhajash@musqueam.bc.

E-mail: ca

- PRANIC HEALING:
- FEEL MORE RESTED AND CALM
- HELP YOUR BODY REPAIR ITSELF
 - DROP INS WELCOME
- PRANIC HEALING IS A NON TOUCH ENERGY **HEALING SYSTEM**
 - COME AND GET BLESSED OUT!

Pranic Healing is a highly evolved and tested system of energy medicine developed by GrandMaster Choa Kok Sui that utilizes prana to balance, harmonize and transform the body's energy processes.



ENVIRONMENTAL STEWARDSHIP

NEWSLETTER

VOLUME 1, ISSUE 3

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".

ċħi:yayəstəl ct tə ħniməħ xwməθkwəyəm kw s xaʔħəmət ct tə sʔa:nħ təməxw. stəʔe ʔə tθeʔ wə ħəqəlləxwəs ʔal kwθə mis yəʔeyəqtalxw wə scəkwəlaməxəs kwθə nəxwskwəyxθət. nəʔeməstəxw ct ceʔ kwθə sʔa:nħ syəθ ʔiʔ λəw haʔkwəx tə snəweyəħ kw s xaʔħəmət ct kwθə məkw wet ʔiʔ kwθə məkw stem.

IN THIS ISSUE...

From the Editor	Page	2
Traditional Springtime on the Northwest Coast	Page	2
Green Hunger	Pages	2-4
Eeewww! Slugs!	Pages	5-7
Nowruz – Persian New Year	Pages	7-9
Spring Cultural Events Around Vancouver	Pages	9
Contact Us	Page	10

FROM THE EDITOR

"Springtime is the land awakening. The March winds are the morning yawn." -Lewis Grizzard

The start of March arrives, bringing hope for the warming days of spring, the return of the longer days of sunshine, the first spring growth; March is also, frustratingly, the last of winter hanging on, with winds and rain early in the month continuing to discourage us from spending much time outside. This means, however, that early March is a good time for planning your Spring garden ($\dot{q}^w i l^2 s$). In this newsletter, we've passed on some tips for dealing with slugs in the garden, some traditional harvest ideas and some upcoming local Spring celebrations to attend. Another event to watch for in the skies (assuming they will be clear enough,) is the March 7th planetary alignment. For a few nights, Mars, Jupiter and Saturn will be arranged along the path of the moon's travel and the quarter-moon will be passing or even eclipsing each planet one after another. Whichever way you choose to participate in the Spring season, it's a good time to start getting back outside and enjoy the increasing sunshine.

We at the Environmental Stewardship Department hope that this season of new beginnings and new growth finds you all well and that you are able to enjoy the warming weather!

TRADITIONAL SPRINGTIME ON THE NORTHWEST COAST

The end of the heavy rains and winds on the coast also brought the end of the long ceremonial gatherings amongst the people. While the rains may not have yet ceased, they did become gentler. The last of the early Spring storms signaled a change to clearer skies and the return to harvesting and the other work that sustained them through the last winter.

The large gatherings of families that had assembled for the winter would be breaking apart into smaller groups to follow the resources they harvested. Different branches of each family would access specific fish runs, plant resources, stone quarries, and other work sites. The large extended family longhouses would be disassembled and loaded onto the larger "freighter" canoes for transportation to these new work sites, with each component now creating smaller, separate, longhouses to shelter the different work groups.

GREEN HUNGER

Springtime did, however, present new challenges. Sometimes, the stored food from last year would have just stretched to the end of winter, or some may have been lost to accidental spoilage. While the first of the Spring Salmon runs would have begun, the major runs would not begin until sometime in April. There were still many other fresh food sources, such as shellfish or mammals, but hunting and gathering was still difficult with the leftover cold weather conditions. Sometimes these challenges meant the gathering of other food sources, especially those that presented the earliest green foods. While much of the new growth of traditional plants did not yet have edible berries, roots or parts, some

plants were harvestable as new shoots ($s\Theta e ?\Theta q \Rightarrow \dot{y}$, edible shoots), giving the first taste of fresh greens of the year.



Figure 1. From left to right: an illustration of a lady fern and a bowl of gathered lady fern shoots.

Fiddleheads

The early shoots of certain ferns, such as the lady fern (Athyrium filix-femina), ostrich fern (Matteuccia struthiopteris), and shield fern (Dryopteris dilatata) are considered edible treats and continue to be harvested today as a special gourmet item. A fourth species, bracken fern (ptek*om [Pteridium aquilinum]) is sometimes listed as edible, however they are now considered dangerous when eaten in large quantities and were not favourites of Coast Salish harvesters who called them "starvation food" to indicate they should be avoided. The shoots begin to emerge in early spring and rise up, looking like small green curls, sometimes with a brownish cluster of small, papery, scale-like leaves around them. They are harvested when still tightly curled and broken off an inch or two below the curl. The papery "chaff" is then washed off in cold water and the fiddlehead is steamed or boiled (or, nowadays, sautéed in olive oil) to prepare them (NOTE: fiddleheads must be cooked to eat, do not eat them raw). Because it is the beginning of spring, the leaves are not yet open on the plants to aid identification; this was also where traditional knowledge came into play in Coast Salish culture, as locations of the right ferns to eat would be remembered from year to year and passed down.



Figure 2. From left to right: ostrich fern and shield fern shoots.

Horsetails: Giant Horsetail (Equisetum telmateia) and Common Horsetail (Equisetum arvense)

In the spring the two species of edible horsetails send up two kinds of shoots: first, a set of brownish "fertile" shoots crop up out of the soil, looking asparagus spears but covered in a papery chaff. Afterwards, another set of shoots are feathery, green, and grow much taller. The first set of shoots are the ones to be harvested and eaten, while the others had different, non-edible uses as sandpaper or scrubbing brushes. To harvest, the brown shoots would be pinched off close to the ground, peeled of their papery covering, then the top "node" is broken off, and the remaining shaft, with a celery-like flavour, is eaten either fresh or dipped in oil. They can also be steamed or added to soups. They store large amounts of filtered water inside the stem so were also used as a source of clean drinking water.



Figure 3. From left to right: common horsetail shoots and a giant horsetail shoot.

Stinging Nettle $(\hat{t}^{\theta} \ni x^{w} \hat{t}^{\theta} \ni x^{w} [Urtica\ dioica])$

Named for the burning rash that comes from brushing up against the stems and leaves with bare skin, gloves or other protection must be used when gathering them. However, the leaves and shoots are very tender when just coming up in the spring, and drying or cooking them destroys the poison that sits on the little hairs on the plant's surface. Steamed, boiled or cooked in other ways will turn them into a spinach-like green ($s\dot{q}^w \Rightarrow \dot{q}^w i\dot{l}^t t \Rightarrow \dot{n}a \ \dot{t}^\theta \Rightarrow x^w \dot{t}^\theta \Rightarrow x^w$) that is very high in Vitamin A, Vitamin C, Calcium and Iron. Make sure to throw away the water used to cook them though. If the tender young leaves are completely dried, they make good tea.



Figure 4. From left to right: a young nettle shoot, an illustration of stinging nettle, and a meal with nettle spinach.

While they may not have formed the central food sources during the first of the warmer weather, these foods did provide an important source of vitamins and trace nutrients which had been missing from the

diet of the peoples during the late winter. Additionally, they also provided a very welcome change from the dried and preserved foods which had sustained them.

Important Note: Before harvesting wild foods, make sure you can clearly identify the species. Also, traditional wisdom is to only harvest ¼ or less of the plants from any one area so they continue to thrive.

EEEWWW! SLUGS!

The heavy rains of the Pacific Northwest create a special and diverse ecosystem that supports a wide variety of plants and animals. Amongst the wet mosses, ferns, and shrubs that cover the rainforest floor, however, crawl and slither some of the most common and widespread creatures of the Coast. Shiny little trails cover the lawns and sidewalks around Vancouver in the morning light, indicating their nighttime wanderings, as do the damaged early garden seedlings. With spring rains come... SLUGS!

Slugs are part of the *Phylum* (the Greek word for "tribe") *Mollusca*, which includes clams, octopi, squids and mussels. Slugs and snails are from the class of mollusks known as *Gastropods* ("stomachs for feet") and the Pacific Northwest has more types of gastropods than any other place on Earth (about 2,000 species), with the nearby Olympic Peninsula having the largest variety (23 species) of any one region on the planet. Slugs are a very successfully evolved land-dwelling mollusk, with a unique adaptation for survival... slime (q̂aye¾aña?† to stixom).

Slugs are mostly water, so dehydration is a serious threat, even in a wet climate like the coast. So, they have evolved a special coating of slime that protects them from drying out. Slug slime can absorb up to 100 times its own volume in water, can provide a distasteful barrier from some predators, and even has certain properties that help prevent skin infections and promote healing... for the slug.

Note: many cultures have traditional cures for skin ailments involving slug slime. Western medical science is still unclear on how effective they are. Also note that many slugs are hosts to a wide variety of parasites, so the medical value of slug slime to humans is therefore, uncertain.

Slugs form an important part of the Coastal Rainforest ecosystem, especially in helping break down dead and decomposing material so it can return to the soil. Most slugs are generalist omnivores, eating whatever material they can find, but some tend to specialize. Certain species, for example, live mostly on mushrooms and fungi. Other species are predatory, hunting for worms, snails and tracking down other slugs by following their slime trails. In turn, slugs form a valuable part of many other creatures' diets, with many birds, small mammals, and fish preying on them.

Slugs have a simple body structure: basically they are one long mouth and stomach with a long muscular "foot" underneath. They have two sets of tentacles, the upper pair for sensing changes in light, the lower pair to smell and taste. They have no sense of hearing but can feel vibrations in the ground. The top part of the slug is the "mantle" which holds the reproductive organs (slugs are hermaphrodites, like earthworms, so they have both male and female organs) and the *pneumostome*, a breathing hole which can open or close to protect the single lung inside.

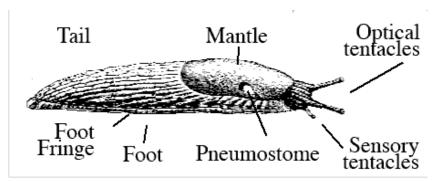


Figure 5. The basic anatomy of a slug.

Protecting Your Garden from Slugs

While a valuable part of the wild ecosystem, slugs can also be a destructive pest in the garden. Interestingly, it is mostly non-native slugs who are to blame. Accidently introduced to the Coast, two of the largest slugs, the Grey Garden Slug (*Deroceras reticulatum*) and the European Black Slug (*Arion ater*) are not only the primary destructive species to plants, but also actively hunt native slugs (especially the native Pacific Banana Slug (qayexan [Ariolimax columbianus]), which is harmless to gardens but is being endangered by the invasive slug species).



Figure 6. Pictured here (going clockwise) is the Grey Garden Slug, a Black Slug, and a Pacific Banana Slug.

Many traditional methods of keeping slugs out of the garden are not as effective in the wet climate of the coast. Surrounding the vegetable patch with a ring of wood ashes or eggshells, for example, does not work well, except during the summer months. Slug bait can be a problem since many versions with metaldehyde are also very dangerous to pets and children. Iron phosphate is safer for people and

animals, but may destroy beneficial insects and earthworms necessary for the garden's health. "Beer Traps" (bowls filled with beer) have a limited value since they can get diluted by rainfall or be drunk by animals, but if placed in a protected area, will encourage slugs to drown (in a happy state, one might assume).

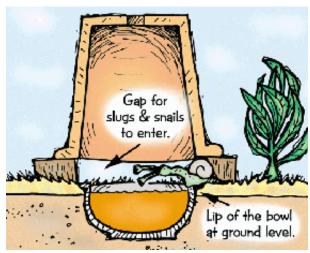


Figure 7. An illustration of a beer trap.

The two most effective methods of slug control (apart from having a pet duck) are hand picking or slug barriers. First thing in the morning, put on a pair of gloves and check out the vegetable patch or the flower bed and start (eew!) picking them by hand. If you gather them in a paper bag, they can be smushed inside the bag by placing a board over it and stepping on it (eew!) and added to the green bin. Another way is to create a board trap. Put a wooden board down in a shady spot of the garden and prop another board up over it with a little gap between. In the morning, take the prop out and step on the top board (eew!) and then prop it up again for the next night.

Or... for less EEW! moments, create slug barriers. They hate to crawl across copper (it zaps them), so if you put a 3 inch strip of copper around the garden or individual plants, it will keep the slugs at bay. Just make sure there are no overhanging branches or items that will allow them to get over the copper fence, since slugs can even use their slime as a "rope" to lower themselves down like little ninjas!

NOWRUZ – PERSIAN NEW YEAR

In the Persian language, Nowruz is the No (new) and rouz (day). It means new day, symbolizing new life, new beginnings. Every year, Nowruz coincides with the start of spring and traditionally celebrates the rebirth of nature. It also coincides with the spring equinox. The exact moment of Nowruz, on the 20th of March, varies depending on the exact calculation of when the length of the day and the night are equal. This year it falls on Tuesday March 20, 2018, 08:17:26 AM (PST). Across parts of the Middle East, the Balkans, the Caucasus, and Asia, Nowruz is a day that marks the New Year. It can also be spelled as Novruz, Nowrouz, Nooruz, Navruz, Nauroz, or Nevruz depending on the region.

The celebration is now embedded in the Iranian culture, but the roots can be traced back 3,000 years, to traditions from the *Zoroastrian* religion. Zoroastrianism, an ancient Iranian religion that respected fire,

was once the state religion of Ancient Iran. Zoroaster is the founder of Zoroastrianism. He was a prophet known for the book *Avesta*. The slogan of their religion was "Good Thoughts, Good Words, Good Deeds."

Nowruz is celebrated by 300 million people in places such as Afghanistan, Albania, Azerbaijan, the Former Yugoslav Republic of Macedonia, Georgia, India, Iran, Kazakhstan, Kyrgyzstan, the Iraqi Kurdistan, Tajikistan, Turkey, Uzbekistan, Pakistan and Turkmenistan. Crimean Tatars also celebrate it in the Ukraine.

In the beginning of Nowruz, a fictional character in Iranian folklore, Haji Firouz, appears. His face is covered in soot and he is clad in bright red clothes and a felt hat. He entertains passers-by by singing traditional songs and dancing and playing his tambourine for a few coins. He rarely knocks on a door, but begins his performance as soon as the door is opened.

The way Nowruz is celebrated depends on the country, but it is not a one-day affair. In Iran, Nowruz ceremonies start with a set of rituals of preparing for the new year and marking the end of the cold season. It begins with people carrying out a thorough cleaning of their homes.

On the last Tuesday of the year, it is *Chaharshanbeh-Soori* or bonfire night. People jump over a trail of bonfires and the youngsters make a lot of noise with firecrackers. Chaharshanbeh-Soori continues with a ritual later in the night, with people disguising themselves with long scarves and going door-to-door in the neighborhood asking for treats, which are mostly a mix of Persian roasted nuts.

The traditional rituals continue on the last Thursday of the year with many families remembering their deceased relatives. Nowruz, for Persian-speakers, is a time of deep respect for the ancestors.

The celebrations culminate with the countdown to the New Year, with families gathering around what is known as the *Haft-Seen table*. The ritual involves laying out specific objects on a tablecloth, including seven edible items beginning with 's'. As these are not eaten until after the festivities, they are often substituted with alternatives, such as 'sekke' (coins), 'sonbol' (hyacinth) or 'sabzeh' (wheat sprouts).

The rituals continue until the 13th day of the New Year. Iranians believe that it is a bad omen to stay at home and so they all go out for picnics or barbecues in parks.



Figure 8. An example of a Haft-Seen table.

A day recognized internationally.

The United Nations General Assembly recognized March the 21st as the International Day of Nowruz in 2010. In 2016 it was added to the UNESCO List of the Intangible Cultural Heritage of Humanity. Canada also passed a law recognizing March 21 as Nowruz Day.

SPRING CULTURAL EVENTS AROUND VANCOUVER

In the temperate zone of the Northern half of the world, the Vernal Equinox (March 20th this year) has always had a special meaning. The tilt of the Earth's axis, having been shifted away from the sun, now reaches the point where it begins to face the sun. This shift marks the beginning of warmer weather, longer days, and the beginning of the growing season. To those cultures of the Northern half of the world, the Vernal equinox, then, has a special place that is celebrated in various ways.

The Tsleil-Waututh Nation host a special feast that celebrates the traditional foods of early spring and tours are led to educate the young on the newly emerging plant foods and traditional medicines rising from the forest floor.

The Celtic community in the city pay heed to both the spring festivals of Saint Patrick's Day (Catholic Patron Saint of Ireland) or Beltane (Gaelic New Year). Many cultures place the beginning of the year on, or near the Vernal Equinox, as the symbol of a new beginning and new hope.

For example, soon after the Equinox (March 30), begins the observance of Passover, marking the freedom of the Jewish people from Egyptian slavery, but also observed in earlier times as a spring ritual marked by the sprouting of the new-planted barley.

Additionally, there are a wide variety of other spring activities around Vancouver, especially for children during their Spring Break:

February 29th – March 4th: The Dancers of Damelahamid First Nations Dance Festival

-Hosted in the main hall of the UBC Museum of Anthropology (6393 NW Marine Drive), the Festival Showcases First Nations dancers from BC, Alberta, Saskatchewan, the Maritimes, and the Yukon, as well as Alaska, Hawaii and New Zealand. Since the Festival is known to be popular, go early to get a good place to watch. Admission to the museum (free for Musqueam members) also grants you access to the festival during the day. Access to the evening performances are sold as separate tickets. If you are interested, be sure to try and purchase tickets well in advance because they sell out fast!

March – April: <u>The George C. Reifel Migratory Bird Sanctuary</u> (5191 Robertson Road, Delta)

-During the months of March through April, the sanctuary sees the return of huge numbers of thousands of migratory birds returning to the region, including flights of several hundreds of Lesser Snow Geese. Many species passing through, such as Arctic-bound Western Sandpipers or Northern Warblers, will briefly be seen here, resting up for their northern migration. Dress accordingly for the weather, allow about 1.5-2 hours for the walk and, for the safety of the birds, no smoking is allowed.

CONTACT US

Yeganeh Asadian, M.Sc., P.Ag.

Environmental Stewardship Coordinator yasadian@musqueam.bc.ca

Mark K. Guerin

Environmental Stewardship Analyst mark.guerin@musqueam.bc.ca

Ruthie Speck

Environmental Stewardship Intern rspeck@musqueam.bc.ca

Office: 604.263.3261

Website: www.musqueam.bc.ca

