



Musqueam Community Newsletter

Friday January 8, 2021

TOLL FREE: 1-866-282-3261, FAX: 604-263-4212

SAFETY & SECURITY PATROL: 604-968-8058

Community Meeting and Information Session

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#### Community Meeting

**Attention to all Musqueam Community Members, the audited financial statements for Fiscal Year March 31, 2020. This is an important meeting and you are encouraged to attend.**

2020 Audited Financial Statement Presentation

**When:** Thursday, February 11, 2021

**Time:** 5:30 pm

**Where:** Via Zoom (Zoom details to follow)

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Information Sessions

There will be an information session in advance of the above Community Meeting to cover the following topics:

2020 Audited Financial Statement

1. Community Info Sessions

When: Thursday, January 21st and Thursday February 4th 2021

Time: 5:30 pm

Where: Via Zoom (Zoom Details to follow).

Video/zoom arrangements for the above meeting dates will be made to accommodate everyone.
Further details will follow.

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Health Dept. notice – Jan.8, 2021

Musqueam National Native Alcohol & Drug Abuse Program

Hannah Green, Drug & Alcohol Counsellor

Hello! My name is Hannah Green and I am the new NNADAP Worker for Musqueam. My role is to support Musqueam band members with their substance use and help them get connected to the supports they need. I can also lend a judgement-free ear to listen and support you where I can in your personal journey with substances. I would love to connect with you. My contact information is below.



I just moved to Vancouver from Victoria a few months ago to support my partner in his journey through dental school at UBC. I graduated from UVIC with a Bachelor of Social Work in 2019 and have experience working with children, families, and harm reduction. When I'm not working, I enjoy going to the gym, hiking, and watching reality tv.

Contact Info:

Email: nnadap.hannahg@musqueam.bc.ca

Cell: 236 818 7686

Facebook: facebook.com/hannah.green musqueam.1

**CONNECT WITH
NNADAP
WORKER
HANNAH GREEN**

CONNECT WITH NEW NNADAP
WORKER HANNAH GREEN! FIRST
5 PEOPLE TO CONNECT VIA
TEXT, EMAIL OR PHONE IN
JANUARY GET A GIFTCARD TO
SAVE ON OR STARBUCKS!

TELL HANNAH ABOUT YOUR
DRUG USE, ASK FOR SUPPORT
OR JUST TELL HER ABOUT
YOUR DAY!

TEXT/CALL: 236 818 7686
EMAIL: NNADAP.HANNAHG@
MUSQUEAM.BC.CA

Musqueam National Native Alcohol & Drug Abuse Program

Brad Morin, Drug & Alcohol Counsellor



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Health Dept. notice – Jan.8, 2021

My name is Brad Morin and I am your Musqueam NNADAP worker. I started working for the community in July of 2017. I am an avid golfer and one of my favorite hobbies is being a coin/medal collector. Since my time working at Musqueam, I have met many great people and I really love helping the community in any way I can. As your Musqueam NNADAP worker, I screen and assess community or band members needs when they are seeking help with substance use addiction issues. I run programs about drugs and alcohol abuse, such as support circles, Zoom groups, youth drug prevention workshops, etc. I collaborate and network with other departments and community organizations within Musqueam and outside of Musqueam. I maintain case files on a fully confidential basis. I write quarterly, annual reports upon request, and contribute to Musqueam's regular newsletter articles. I provide one to one, family, and group counselling whenever necessary and refer clients to other appropriate professionals. I follow up with clients returning from treatment and continue to offer them support as they maintain their sobriety. I conduct outreach to community and band members. Lastly, I make referrals to detox, recovery houses, and treatment centres.

Thank you, Brad Morin.

Brad's office hours: Mon-Fri: 5:00pm-9:00pm & Sat-Sun: 10:00am - 5:00pm

E: nnadap.bmorin@musqueam.bc.ca

T: 604-652-1368

All texts are anonymous

Vancouver Coastal Health

BAD DOPE

(236) 999-DOPE
3 6 7 3

Text "alert"
to get overdose
alerts

Text "bad dope"
if you see an
overdose

OVERDOSE PREVENTION SITES AND SUPERVISED CONSUMPTION SITES:

OCTOBER 2020



- 1 **THOMAS DONAGHY OPS**
CORNER OF COMOX & THURLOW
(NORTHEAST CORNER OF PARKING LOT)
11AM - 10:30PM EVERY DAY
- 2 **MOBILE OPS VAN**
CORNER OF SEYMOUR & HELMCKEN
1PM - 7PM
- 3 **OPS TENT**
58 WEST HASTINGS
10PM - 3PM EVERY DAY
- 4 **OPS**
58 / 62 EAST HASTINGS
(ALLEY FOR SMOKING)
12PM - 9PM MONDAY
8AM - 9PM TUESDAY-FRIDAY

- 5 **INSITE**
139 EAST HASTINGS
9AM - 2:00AM EVERY DAY
- 6 **MOLSON**
166 EAST HASTINGS (ALLEY)
7AM - 10:30PM EVERY DAY
**OPEN 24 HOURS TUE/WED/THU
OF CHEQUE WEEK**
- 7 **VANDU**
380 EAST HASTINGS
10AM - 9:30PM
EVERY DAY EXCEPT THURSDAY
- 8 **POWELL STREET GETAWAY**
528 POWELL STREET
9AM - 8:30PM EVERY DAY

- 9 **HOPE TO HEALTH**
611 POWELL STREET
9AM - 6PM EVERY DAY
- 10 **SISTERSPACE**
135 DUNLEVY AVENUE
WOMEN ONLY
6PM - 12PM (18 HRS) EVERY DAY
- 11 **SISTERSPACE TENT**
CORNER OF JACKSON & POWELL
WOMEN ONLY
24/7
- 12 **GET YOUR DRUGS TESTED**
880 EAST HASTINGS STREET
12PM - 8PM EVERY DAY

STAY SAFE * NEVER USE ALONE * MAKE SURE YOU OR YOUR FRIENDS HAVE A NALOXONE KIT

www.vch.ca/overdose

Vancouver Coastal Health
Promoting wellness. Ensuring care.



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Health Dept. notice – Jan.8, 2021

Home & Community Care Program

Home Care Nurse: Romeo Cosio, RN

The Home Care Program is available to our community members to assist with hospital discharges, home care aides, and all medical supplies & equipment. Home care services & medical equipment require a note from your doctor with your needs specified.

Home Care Office Phone: 604-263-6539

Romeo's Office Hours: Monday, Wednesday Thursday & Friday from 8:30-5:30 **Tuesdays - Off**

Phone: 604-269-3463 or email: homecare@musqueam.bc.ca or nurseassist@musqueam.bc.ca

The Arjo Tub Program is available at the Elder's Centre between 7-9am Mon.-Fri. Please provide 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. Please call the Nurse Assistant for an appointment @ 604 655 0580.

Please note: Home Care Clients: If you will not be home during your scheduled hours - please contact the Nurse Assistant, Arlene Haldane – 604 269 3354 or 604 655 0580.

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

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

Community Health Program

Crystal Point, RN, CHN

Musqueam Pre- and Post-Natal Group

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 for nutritious foods such as – **milk, eggs, cheese, fruits & vegetables.**
- ✚ Nursing pads, one box per week as needed
- ✚ A one-time gift of an Electric Breast pump. One per family
- ✚ Welcome gift for your new baby
- ✚ *If you are pregnant, please sign up by calling Crystal Point, in the Health Dept.*

Please call **ARLENE** to pick up your vouchers.

Crystal Point, RN, CHN: Email: Crystal Point (chn@musqueam.bc.ca) Ph: 604-269-3313

Arlene Haldane, Assistant: Email: Arlene: (nurseassist@musqueam.bc.ca) Ph: 604-269-3354



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Health Dept. notice – Jan.8, 2021

Health Benefits

For assistance with your health benefits such as: vision care (eye glasses), dental, pharmacy, counselling, you may call Ashlee Point or Candice Sparkes in the Health Department Ph: 604-263-3261 or First Nations Health Benefit 1-866-317-7878.



Chronic Disease Management Program

Merv Kelly

Due to COVID-19 restrictions, the Chronic Disease Management program has had to amend its programs to keep the Musqueam Community safe. When weather permits, I have been able to join with the Elders who want to keep active by going on their walks throughout the community. My purpose to go along on their walks to ensure they are safe and assist them in keeping proper form as they walk in order to ease any ailments they may have, making it easier to go the distance.

I was approached by community members to do Circuit Training – however, due to COVID-19 restrictions, we have put group activities on hold. Hopefully in the near future we can start again and keep everyone safe.

Art Therapy for Children, Youth & Adults

Janice Carroll,

My name is Janice Carroll and I work as the Art and Play Therapist in the Sexual Abuse Intervention Program for Musqueam, though my work entails working with trauma in all of its presentations. I have been with the Musqueam band for 14 years and work with children, youth and young adults. Before COVID-19, I held counselling sessions in my office or at various schools, currently I hold sessions via Zoom or phone calls.

Often the word "art" in art therapy frightens people as we think we have to be great artists, but if you can doodle you can do art therapy! When our left brain is speaking and usually censoring our words, our right brain is doodling without being censored. Combining the information from both sides of our brain can really show us things we didn't realize we were carrying.

I am working from home and available for phone calls, emails or text conversations

Hours: Monday to Thursday from 830-430.

I can be reached on my cell at 778-829-0242 or my email is jcarroll@musqueam.bc.ca

Wellness Program

Janice Cross













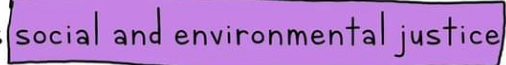



**VIRTUAL
COUNSELLING**



The end of the year is often a time of reflection, and planning for the upcoming year. With the new year, people will often talk about their goals or resolutions and things that they'd like to accomplish in the coming year. With wellness as the foundation of the work we do within the Health Department, my challenge to all of you is to take a look at the below new moment resolutions, and reflect on how you can answer each of these statements and move forward in 2021 with a focus to your own self-care, health, and wellness.

10 IT'S A NEW MOMENT RESOLUTIONS

1. I will be  kinder to myself by...
2. Something I've been  scared to do but  will try anyway is...
3. A  relationship I will cultivate and nourish is with...
4. I will be more  present and  mindful when...
5. A  mistake I will try to  repair is...
6. A way I will bring more  laughter, play and  fun into my life is...
7. Something  I will let go of is...
8. A  boundary I will better honor is...
9. I will work towards  social and environmental justice by...
10. I will  listen to my wise voice within and...



If you'd like to learn more about self-care, how you can reduce stress, anxiety, and/or depression, call 604-250-2913 or email: mentalwellness@musqueam.bc.ca and set up a time to talk to Janice.

Janice Cross' hours:

Monday-Friday: 830- 4pm

Youth Centre Program

Sandra Dan

Hey everyone, I'm Sandra! As you may already know I'm the new youth outreach worker. Starting off the new year, I was wondering what the youth would like to do this year. So if you have any ideas or suggestions of somethings that you would like to do, you can reach me at **the Youth Centre** phone: 604-360-9171 | Email address: youthcentre@musqueam.bc.ca



Safe Drinking Water Monitoring Program

Charlene Campbell-Wood, Water Monitor



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Health Dept. notice – Jan.8, 2021

What should you pack in your emergency kit during a pandemic? By St. John's Ambulance

Does your emergency kit need a pandemic makeover?

If the last seven months has taught us anything, it's to be prepared for the unexpected — whether from earthquakes, wildfires, or yes, a global pandemic. That's why this year in the lead up to the Oct. 15 ShakeOut BC event, St. John's Ambulance has compiled an unabridged emergency kit inventory to stock up in times of global contagion.

First some basics.

Any survival kit should last, at a minimum, for 72 hours, though stocking up for a week and beyond is ideal. **Pack enough food and water for the entire household and ensure nothing expires.** While a well-supplied first aid kit is important to maintain, [knowing how to use it properly](#) is crucial.

Check to make sure wind-up or battery-powered radios and flashlights are in good working order, and maintain a cache of personalized items like prescription medication, family documents, a change of clothing and shoes, toys and games to keep kids busy, pet supplies, local maps indicating community emergency gathering points and cash.

It's also recommended you make a personal or family [disaster plan](#).

And what to add to see you through the COVID-19 pandemic and beyond?

St. John's Ambulance recommends the following:

1. **Masks:** Be prepared to have one mask for each member of your household, and extras to carry you all through at least 72 hours.
2. **Hand sanitizer and soap:** Both of these items were in huge demand at the beginning of the pandemic, and may be hard to find during the aftermath of an emergency. Be prepared to add a bottle or two of these to your kit to last each member of your household.
3. **Disinfectants:** In the event of an emergency, you may have to evacuate to a different location. Having disinfectants will help you keep the items and areas around you clean, which continues our efforts to stop the spread.
4. **Toilet paper:** Another product that was in demand during the start of the pandemic and can diminish quickly during a natural disaster. Have a few rolls in your kit to last a minimum of 72 hours for each member of your household.
5. **Solar/portable cellphone charger:** In many emergency situations, you will lose power, and a number of government emergency programs, such as the Emergency Support Services, have mobile/electronic registration. Keeping your phone charged is important to ensure you get the latest information and updates, as well as to stay in touch with emergency officials and loved ones.
6. **Organized by the BC Earthquake Alliance Society,** the annual Great British Columbia ShakeOut begins Oct. 15 at 10:15 a.m. As a training exercise, it's meant to provide opportunities to practice the "Drop, Cover and Hold On" earthquake protocol and to help prepare for an earthquake at home, school, office or while commuting.
7. **There are roughly 4,000 earthquakes recorded in Canada every year,** with many occurring in the seismically active region of B.C. Even a magnitude six earthquake — significantly less powerful than the so-called 'Big One' — could cause significant damage to the Tri-Cities, according to the city of Port Coquitlam

MUSQUEAM HOUSING DEPARTMENT

RENTAL PAYMENTS

Housing is requesting all social housing tenants to set up E-transfer.

E- Transfer information:

- etransfer@musqueam.bc.ca
- please include **your name** and **address** in the description or we will not know who the payment came from

Other payments accepted at this time are **Pre-Authorized Debit (PAD), Certified Cheques and Money Orders** for **drop off only** on **Mondays**. All of your rental receipts will be in housing files to minimize the contact between employees and tenants for safety reasons.

If you're to encounter an emergency like a **fire, major leaks that have caused damage, serious electrical problems, furnace & hot water tank malfunctions** contact Housing.

Please follow the instructions below.

1. For a FIRE, please call 911 immediately then call 604-269-3381.
2. For all other EMERGENCIES, Call the Housing Reception at 604-269-3381 If the staff member does not answer, please call 5 minutes later. If there is no answer leave a message with your contact information.
 - When speaking with you a Service Request will be created for maintenance or a vendor to attend the house for assessment.
3. After Hours, please call the same number which will call forward to the housing staff member that is on call.

For **non-emergency** calls they will be prioritized (emergency, for elders & disability). Please take no offense if your Service Request is not attended to right away or until COVID-19 cases lower again and restrictions are lifted. Housing Department only want to keep you, your family, as well as our staff members safe and free of the virus or any other illnesses. If you have already made a request please call to reschedule if you have and signs or symptoms of illnesses.

Process of Maintenance Calls:

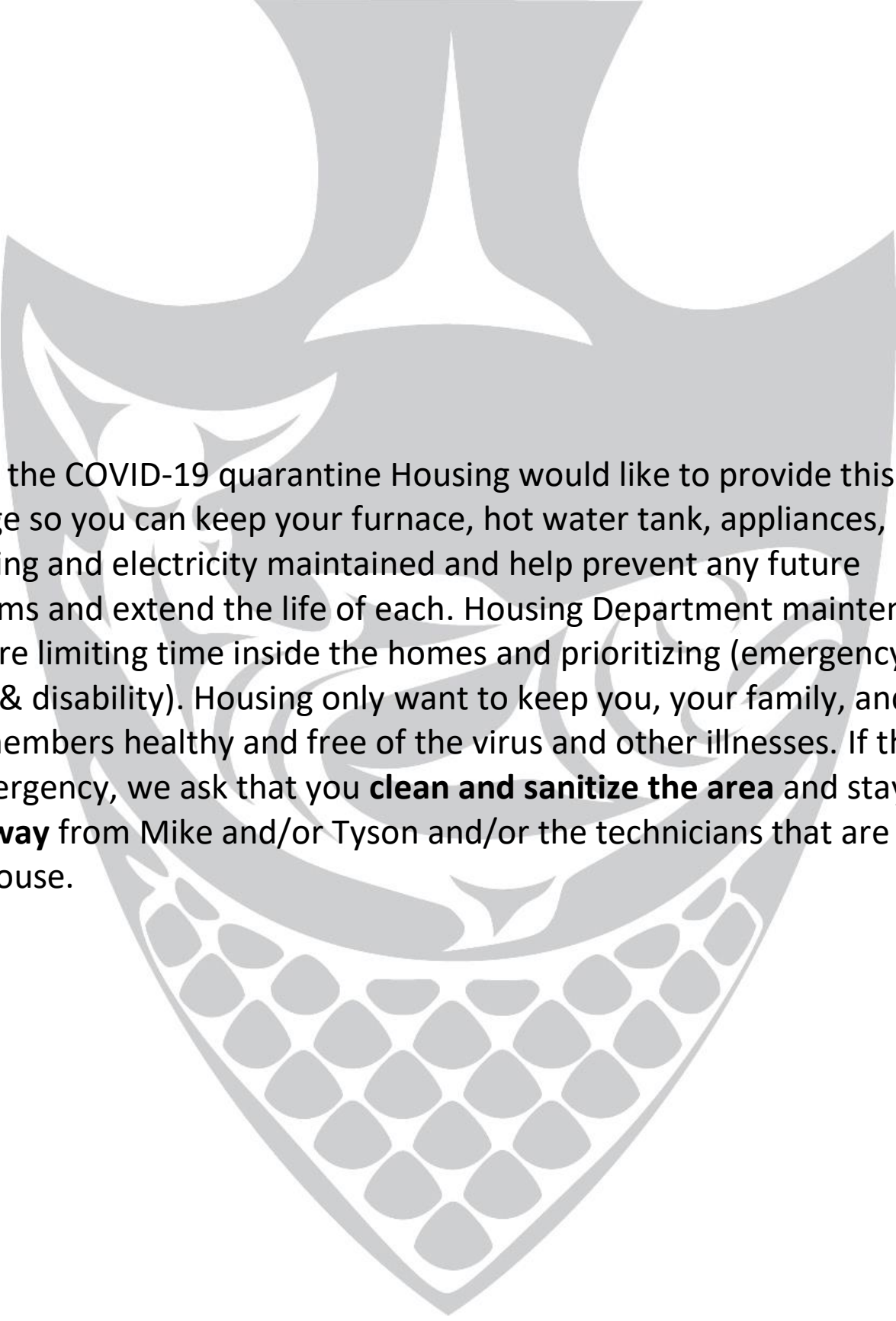
- 1) **Head of household** (name on Rental Agreement) are to contact Brittany Point, Housing Administrative Assistant at (604) 269-3381 or email servicerequest@musqueam.bc.ca to discuss the matter.
- 2) The service request is made and sent to Maintenance - Mike Point and/or Tyson Nahanee
- 3) Before the visit please have the area **clean, accessible, & sanitized**.
- 4) Mike Point and/or Tyson Nahanee to go to the house then report back to Housing Admin.
- 5) *IF any parts or services are needed - Wait for Housing Managers approval.
- 6) When approved:
 - Mike and/or Tyson to purchase/order parts.
 - If services are needed Housing Admin will have to contact vendors set up time and date.

Please understand that there is a time delay when it comes to purchasing/ordering part and when Housing Admin have to communicate with vendors. Also, let Housing Staff communicate with the vendors if others get involved it becomes a longer and more difficult process.

- 7) *** if necessary*** Mike and/or Tyson will return to the home to do repairs/replacement after receiving the parts needed **or** the scheduled technician will be there to do the work requested.
- 8) When the repairs/replacements are complete Service Request will be closed.

ANY EMERGENCIES CALL 604 269 3381

MUSQUEAM HOUSING DEPARTMENT



Due to the COVID-19 quarantine Housing would like to provide this package so you can keep your furnace, hot water tank, appliances, plumbing and electricity maintained and help prevent any future problems and extend the life of each. Housing Department maintenance crew are limiting time inside the homes and prioritizing (emergency, for elders & disability). Housing only want to keep you, your family, and our staff members healthy and free of the virus and other illnesses. If there is an emergency, we ask that you **clean and sanitize the area** and stay **six feet away** from Mike and/or Tyson and/or the technicians that are at your house.

ANY EMERGENCIES CALL 604 269 3381

MUSQUEAM HOUSING DEPARTMENT

FURNACE

Keep the area around the furnace clear of any debris, dirt and dust. Check the filter every six months to ensure the filter is not clogged and is able to breathe freely, if the filter is clogged the furnace will start over working then the sensors will start failing. Please make sure that the filter is the correct size for your furnace: having the wrong size filter could cause the furnace to prematurely wear and malfunction. If you have a re-usable filter, wash it every six months and make sure that it is 100% dry before placing it back into the furnace, if the filter is not dry the filter will develop mold. If the pilot light goes out, read the lighting instructions and follow the step by step instructions to re-light. Check the battery in the thermostat frequently and change frequently, Housing Department do not provide filters or batteries.

HOT WATER TANK

Check for any leaks from connections (TPR valve, drain valve or shut off valve). Make sure the tank is not covered in dust, debris or clutter. If the tank is in a confined space, be sure the door(s) are vented. If there is a skirt on the bottom of the tank, check and clean when necessary. If the tank shuts off, follow the Manufacturers' instructions and follow the step by step instructions to re-light. Test the pressure-relief valve located on the top or side of the water heater. This valve opens automatically if the pressure inside the tank gets too high. (Excess pressure can actually cause the tank to explode.) To test it, place a bucket below the discharge pipe on your water heater tank and gently lift the lever on the pressure-relief valve. If the valve doesn't release water when you lift the lever contact housing so we can get a plumber to replace the valve. Drain the tank to flush out sediments that have settled to the bottom of the tank. Sediment buildup shortens the life of your water heater and adds to your energy bill by reducing its efficiency. Draining two or three gallons of water is usually enough to flush out sediments, but always let the water flow until you no longer see particles in the bucket. Open the drain valve slowly and let the water run until it's clear and free of sediments.

PLUMBING

Inspect all visible pipes for corrosion, if you notice any signs of corrosion on your pipes, whether it's blue/green deposits or rust, this is a sign that you will have a leak on your hands soon. Examine toilet tanks remove the lid off of your toilet tank and inspect for any signs of wear. Maintain your hot water tank every year, flush your water heater. Turn the water shut off for hose bibb in the winter and remove the hose; if this is not done it is possible for the frozen pipe to burst. If any leaks occur use your water shut off valve. Do not flush anything other than toilet paper down. Do not drain any Fats, Oils, or Grease (FOG) down any drain, this will clog and cause backup to your home and in the city drains. Check for leaks around your hot water tank, kitchen sink, dishwasher, bathroom sink, laundry sink and washer machine. Check the caulking around showers/bathtubs and sinks if it cracked or wore away reseal with more caulking. If you have poor water pressure out of a faucet, the aerator is the likely culprit and it's an can be easily fixed. Be aware of the location of all the shut off valves.

ELECTRICAL

Do not overload your outlets. While tripping breakers can be troublesome, more often than not, they are trying to tell you something. A tripping breaker usually indicates that you have too many appliances or gadgets connected to the same circuit. It is advisable to configure a few appliances and reset the breaker. However, if this doesn't work and the breakers continue to trip, call housing so we can have a technician scheduled. For smoke detectors replacing batteries at least annually and according to the manufacturer's instructions. Do not have any exposed wires. Cover plates on your light switches and plug-ins should be on at all times. If you plan on doing electrical work do not start without turning the breaker or house / main power off also do not use an aluminum ladder use wooden or fiberglass and double check your work before turning the power on. Most importantly make sure your breaker panel is labeled correctly.

MUSQUEAM HOUSING DEPARTMENT

REFRIGERATOR

It is an imperative that you clean drips and splatters on a timely basis. If the temperature is set lower than necessary, your system will be working too hard, which can shorten its life. Defrost on schedule, make sure you follow the manufacturer's recommendations for defrosting. Clean out units to prevent crowding; the air will not be able to freely circulate in a refrigerator packed to the gills, which will make the unit work harder to maintain its set temperature. Clean frequently and keep items away from the vents inside the refrigerator. Although you may have little room to spare, it's important that you don't block the air intake and exhaust vents. If you do, your unit will have to work harder to cool and it could bring about the premature end to your system. Inspect seals and fix leaks. The gaskets or seals on your doors are ripped or loose, air can escape, which is another reason why your unit might be overworked. Minor gasket leaks can be repaired with silicone caulk. Clean the mould and mildew off your gaskets using full-strength hydrogen peroxide or vinegar in a spray bottle, spray the gasket, then wipe off all the mold with a clean cloth, then rinse with clean water leave open to dry. Make sure your unit's door hinges and latches are tightly secured. If the doors are not properly aligned, cool air is likely escaping. Coil cleaning is critical to the efficient operation of your system. Also you should inspect and clean your unit's condenser and evaporator coils. If your coils are caked in dirt and grime, it will interfere with the transfer of heat from your system.

STOVE

Clean that grimy oven window. A dirty window actually reduces the efficiency of your stove because you keep opening the door to check the food. To clean the window, rub it with a damp cloth dipped in baking soda. Clean under the hood. If your stove doesn't have a sealed cooktop, food and grease will fall down under the burners. It's easy to forget about this out-of-view debris, so remember to lift the cooktop to clean beneath it. Follow the owner's manual instructions for lifting the top without damaging it. Then clean coils and catch trays and the grease buildup with a sponge and warm, soapy water or a 50-50 solution of vinegar and warm water. Rinse with clean water and a sponge.

WASHER

Don't overload the machine. Use the appropriate amount of water for the size of the load. Wash heavy or bulky items in small loads since these are harder on the appliance. Rinse away soap residue and buildup by running store-bought washing machine cleaner, or a solution of hot water, vinegar, and baking soda through an empty load. Prevent musty odors and mildew. Leave the washer lid or door open between loads to dry out the unit and keep it smelling fresh. On front-loading washers wipe down the rubber seal around the door after doing your laundry. Always use detergent made for high-efficiency (HE) machines, and use the minimum amount (more is not necessarily better). Regular detergents produce much more suds, and over time, can build up a film on the drum and hoses that become a breeding ground for mold, and may even mechanically or electronically damage a front-load machine. Check your pockets before doing a load of laundry. This will prevent having to change the debris filter.

DRYER

Do not overload, overloading the dryer can actually cause it to breakdown. Your clothes need the circulation of hot air and when the dryer is stuffed, the air cannot circulate as much as it needs to in order to dry your clothes. Clean the lint screen before or after every load. Carefully remove the screen from your dryer, wipe away the lint and clean with a used fabric softener sheet. Clean the filter with soap and water a few times each year to remove any remaining soap and fabric softener. Check the door seal. If the door seal becomes loosened, hardened, damaged, or worn down, replace it immediately. Otherwise, warm air will escape reducing the dryer's efficiency and causing it to work harder. Check the seal by holding a tissue near door while the dryer is running. If the tissue is sucked toward the door, replace the seal. Have the ducting to the outside cleaned, if this is not cleaned regularly it becomes a fire hazard as the lint builds up.

MUSQUEAM HOUSING DEPARTMENT

DISHWASHER

Dishwashers work by spraying water out of their spinning arms onto the dishes inside. When those arms aren't spinning properly or the holes in them are full of buildup, your dishes won't be getting thoroughly cleaned. Check to make sure that the arms spin correctly and clean out any debris that has accumulated inside the holes with a small piece of wire, a toothpick, or small pliers. At the very bottom of your dishwasher is the drain, and this area can be a common place where food debris, buildup, and other matter can end up. Leaving these obstacles near the drain will eventually create a clog. When your dishwasher drain is clogged, it will become less efficient and have a harder time cleaning. Use an Acid to Remove Buildup by using white vinegar or lemon juice.

MICROWAVE

Keep the inside clean by regularly wiping out the inside of your microwave, you cut down on bad smells and keep spots and corrosion from developing. Prevent door damage; Microwave latches are more complex than many people appreciate, some latches have as many as three switching mechanisms that must close in the correct order. Closing the door carelessly may damage these switches. Pulling the door open while the microwave is running can result in a blown safety fuse. Running a microwave without anything inside it can cause serious damage.

EXTERIOR

Gutters to be cleaned at least twice a year. Check siding for any cracks or broken pieces and clean the exterior of the home annually. Keep an eye on your deck if it is soft or you see hole developing from insects. Check dryer ducting make sure there is no debris or small birds nest, it is a fire hazard. If you don't notice much exhaust, you may have a blockage, vacuuming the vent will also help the dryer's performance. Keep up with yard work, not to have too much clutter in the yard to avoid rodents. Test your outlets and outdoor lighting.

MUSQUEAM HOUSING DEPARTMENT THANKS YOU FOR YOUR COOPERATION, PATIENCE AND UNDERSTANDING DURING THESE DIFFICULT TIMES

ANY EMERGENCIES CALL 604 269 3381

Musqueam Indian Band: Career Opportunities

Human Resources has recently transitioned to using an HR Implementation System. The application process has moved onto Dayforce Ceridian, so applying has never been easier!

Visit the Musqueam careers website set up for the Community. The URL is www.musqueam.bc.ca/careers/

Work with Musqueam Indian Band

Join a First Nations administration with competitive wages, comprehensive benefits and work rooted in traditional teachings.

[Click here to view current job postings from Musqueam Indian Band.](#)

Make sure to look out for the **yellow hyperlink** which will take you to the new MIB Careers page.



Job Search

BAND HOME

BAND CAREERS

OPENINGS

Register

Sign In

Job Search

Job Title, Keywords, Req ID

Location

Search

Advanced Search

Casual Employment Opportunities at MIB

Main Office, 6735 Salish Drive, Vancouver, BC, CAN

Req #16

Posted: Wednesday, December 16, 2020

Position Summary We have an immediate opportunity for casual employment for: Drivers - must have a valid Class 5 driver's license. Safe Home Workers - you must be available to work a variety of shifts in the evenings, graveyard and weekends providing a secure and safe environment within the home We have ongoing opportunities for casual employment. These include: Administrative Services - strong administrative and computer skills needed for future assignments for clerical, receptionist and admini ... More

Apply | Share

We are currently seeking casual applications in order to rebuild the MIB casual list. Please resubmit any application you may have submitted over the past year.

The paper application MIB had for casual employees is now embedded in the job posting. Once you click "Apply Now" you will be prompted to fill out an application that requires a resume upload, current contact information, confirmation of availability, relevant work experience, references, and areas of interest to work in.

We look forward to your applications, and would love for you to join our team! If you have any questions about the application process, please contact:

- Clarke Wood, HR Manager: cwood@musqueam.bc.ca
- Raveena Shukla, HR Assistant: rshukla@musqueam.bc.ca



I.A.A.M.P

(Indigenous Action Artist Mentorship Program)

Stunt Training Apprenticeship

(Indigenous Action Artist Mentorship Program)

We want to hear from you!

Have you ever considered being an Action Artist or have an interest in the film and TV industry? Participate in a 2-Day Educational & Technical Seminar (I.A.A.M.P, Indigenous Action Artist Mentorship Program), where each participant is given the opportunity to learn some of the basic skills to gain experience as an entry-level action artist and to be educated on the protocol and etiquette of being on a film set.

Date: TBD

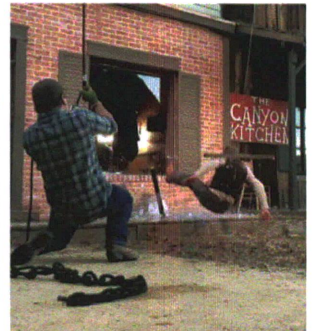
Venue: TBD

Who is invited: 20 Indigenous aboriginal athletes

- 10 women (18+)

- 10 men (18+)

Instructor: Bruce Crawford



PLEASE CONTACT E&T STAFF:



E&T Coordinator: Courtney Copoc

ccopoc@musqueam.bc.ca

Tel: 604-916-8579

Office Administrator: Krista Brisk

employassist@musqueam.bc.ca

Tel: 236-999-7263

Data Entry/Assistant: Alicea Bradley

employclerk@musqueam.bc.ca

Tel: 778-855-4047

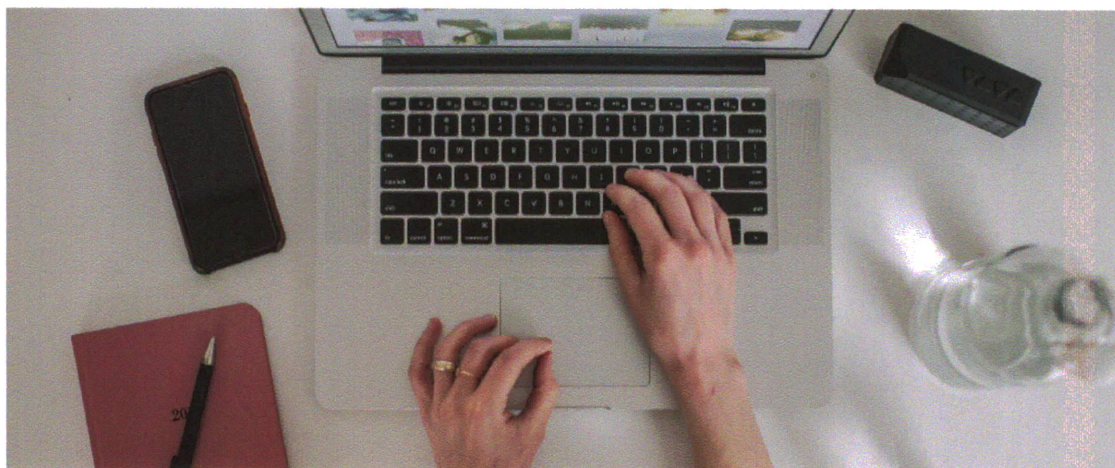


Online Marketing For Your Business



Calling All Current & Future Business Owners!

Online marketing can be an intimidating process for businesses to start, but now more than ever it is essential to have an online presence.



During this introductory online marketing course you will learn:

- What online marketing is & how it can help grow your business
- The fundamentals of building a website
- How to use Facebook, Instagram & Google for business & much more!

This course is for beginners to advanced learners, we are here to help you and your business every step of the way.

This is an 8 week evening course **with a completion bonus provided.**

Register Today - Contact:

Coordinator: Courtney Copoc
Email: copoc@musqueam.bc.ca
Phone: 604-916-8579

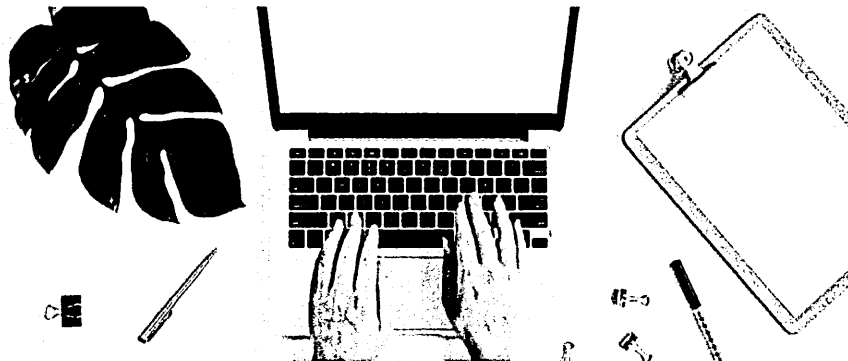
Office Admin: Krista Brisk
Email: employassist@musqueam.bc.ca



INTRO TO BOOKKEEPING

MUSQUEAM EMPLOYMENT & TRAINING

- Do you have your own business or want to start one?
- Are you interested in learning about how to keep track of your home business expenses?
- Are you interested in employment as a bookkeeper?
- From transactions, journals and general ledgers to financial statements and trial balances, this bookkeeping program will provide you with a skillset that is consistently in demand!



Please let us know via Facebook (Employment & Training Page) or email if you are interested in joining this program! We are proud to offer support and a completion bonus to those taking part.

PLEASE CONTACT:

E&T Coordinator: Courtney Copoc

E: ccopoc@musqueam.bc.ca

Office Administrator: Krista Brisk

employassist@musqueam.bc.ca

E&T Data Clerk/Assistant: Alicea Bradley

E: employclerk@musqueam.bc.ca

Mentor/ES Coordinator: Joanne Kern

E: jkern@musqueam.bc.ca

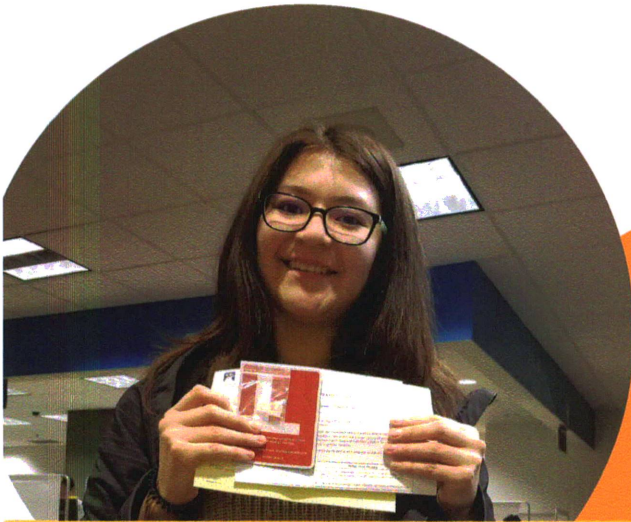
DRIVE FORWARD

Needs of the Community Society

The mission of Drive Forward is to help individuals obtain their driver's license for the purpose of greater independence and employment. Our program provides access to driver's training by eliminating barriers such as resources and costs.

ELIGIBILITY

1. Hold 2 pieces of valid I.D.
2. No outstanding fines with ICBC
3. Ability to sign parental consent form (if under the age of 19)



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Email: ccopoc@musqueam.bc.ca

E&T Office Administrator: Krista Brisk
Tel: 236-999-7253
Email: employassist@musqueam.bc.ca



CALL FOR ARTISTS

FROM MUSQUEAM, SQUAMISH, AND TSLEIL-WAUTUTH

TransLink SeaBus - "Burrard Chinook"

THE PROJECT:

TransLink is looking to commission three artists, one from each of the three host nations Musqueam, Squamish, and Tsleil-Waututh to create a public art installation on the exterior of the new TransLink SeaBus named "Burrard Chinook". The final selected artists will each create their own Chinook salmon and work collaboratively with the other artists and their designs to create one cohesive artwork that reflects the name of the vessel. TransLink expects to display this artwork for up to 5 years.

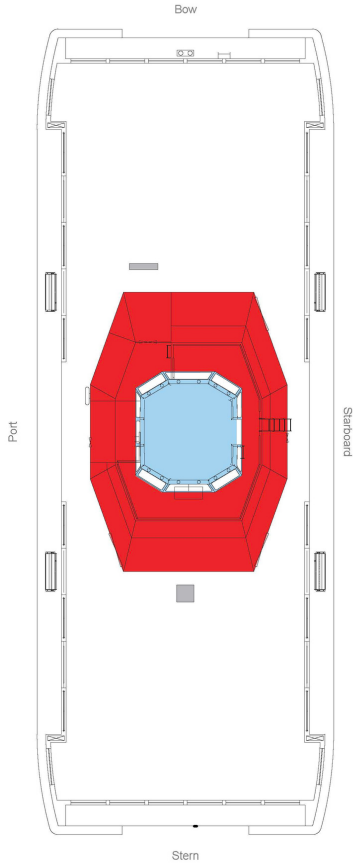
This project is a part of TransLink's goals to expand and strengthen their relationships with the host nation communities and create more visibility of MST peoples and their cultures on MST lands.



The entire SeaBus will be wrapped in design with a few exceptions. The areas that will not be wrapped are:

- Roof
- Vessel name and port of registry
- Muster station signage on all 4 locations
- Life rafts
- Muster station roller doors
- Vents on the side
- Windows including glass on the door

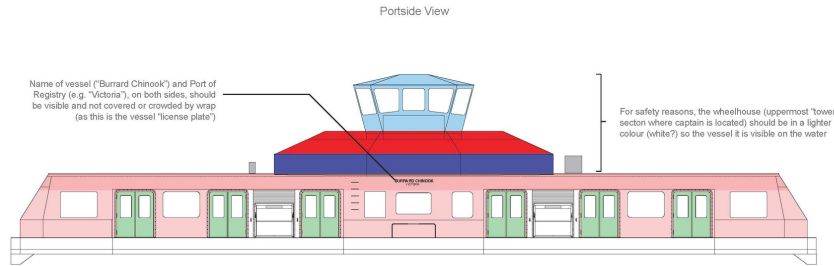
The rest of the SeaBus will be wrapped.



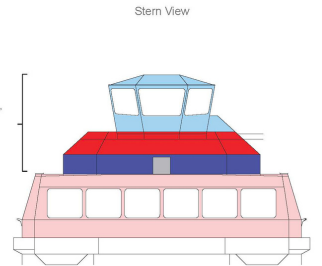
Bird's Eye

Diagram of wrap: areas shown in pink, red, dark blue, light blue and green will be wrapped. Areas shown in white will not be wrapped.

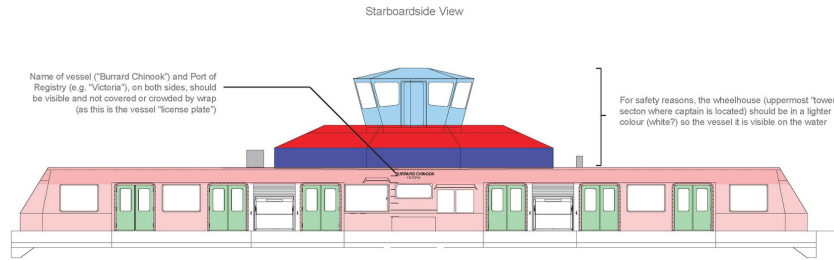
1/100TH SCALE



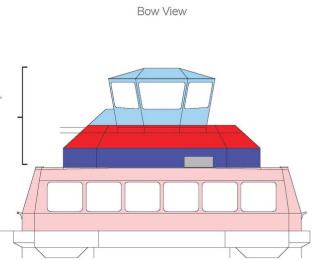
Portside View



Stem View



Starboardside View



Bow View





ELIGIBILITY:

Artists must be from a host nation Musqueam, Squamish, or Tsleil-Waututh. Accepting all levels of previous artistic experience. No prior experience with professional public art necessary. We encourage anyone interested to apply. This is a design-only contract. Artists are not expected to do project management for this contract.

ARTIST FEE:

\$10,000 per artist

HOW TO APPLY:

We are inviting proposals for a design of a Chinook salmon. This is broad and open to interpretation.

Your application will take the form of an Expression of Interest. This includes:

- Approximately 300-word letter of intent describing the concept of your design
- 3-5 photos of past work, if applicable
- Artist Bio (who you are, where you are from, your artistic experience, etc.)

**Please submit by January 15, 2021,
via email to
hostconsultinginc@gmail.com.**

SELECTION PROCESS:

A selection panel of community members from each host nation and staff members from TransLink will review the submissions and select three finalists. The finalists will be notified after the process has been completed.

PROJECT SCHEDULE:

Key Dates:

- Submission Deadline: January 15, 2021
- Selection Panel Review
- Finalists Selected: January 26, 2021
- Design Development: January - March 2021
- Fabrication and Installation: April 2021
- Art Unveiling: Date TBA

CURATOR & FACILITATOR:

Host Consulting inc are a consultancy group of three Indigenous women from each of the three host nations, Faith Sparrow-Crawford (Musqueam), Salia Joseph (Squamish), Jade George (Tsleil-Waututh). They will be facilitating the process and liaising with the artists and TransLink and helping realize the project to completion.

