

Musqueam Community Newsletter Friday February 5, 2021

TOLL FREE: 1-866-282-3261, FAX: 604-263-4212 SAFETY & SECURITY PATROL: 604-968-8058

Community Meeting and Information Session

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)

INSIDE THIS ISSUE:

FAMILY DAY- 2

PRIMARY CLINIC-3

EMP. & TRG. -4-7

HOUSING DEPT.—8—15

LOGO DESIGN-16





Musqueam households are invited to pick up a frozen turkey from the band office on Wednesday, February 10 to enjoy over the Family Day long weekend.

FAMILY DAY TURKEY PICK UP
Wednesday, February 10, 2021
1 - 6pm
Musqueam Band Office

One per household. Limited quantity (250 turkeys available).

No registration required and no reservations.

First come, first served. Members are encouraged to come early.



$x^w m = \theta k^w = \dot{y} = m$



MUSQUEAM PRIMARY CARE CLINIC

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

(Clinic closed 12:00pm - 1:00pm for lunch)

Monday Feb.8	Tuesday Feb.9	Wednesday Feb.10	Thursday Feb.11	Friday Feb.12
Karen Chandra, NP	Dr. Dumont, GP	Karen Chandra, NP	Karen Chandra, NP	Jane Estey, NP
9:30am - 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm



If you missed your telehealth appointment, you will need to REBOOK for the next available date; please be available 15 minutes before and after your scheduled appointment call.

IMPORTANT UPDATES:

The Musqueam Clinic is at capacity, with 700+ patients registered.

We cannot accommodate walk-ins/same day appointments → be mindful of your prescription running low, and make an appointment prior to running out of your medication.

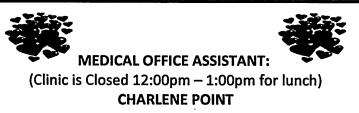
Please leave a voicemail if you cannot get through, we will return your call as soon as possible!

Family Physician (Dr. Dumont) is in on Tuesday's; the Nurse Practitioner is the rest of the week!

We now have the COVID-19 Mouth Rinse testing option available, review the following:

- Do not eat or drink for 1 hour before your mouth rinse test
- Do not have anything in your mouth that can alter the results of the test, for up to **1** hour before the test (no chewing gum, smoking, brushing your teeth, eating or drinking anything); If you have done any of these, then you will have to do the alternate test which is the nasopharyngeal swab.
- This test is approved for ages Kindergarten to Grade 12 children, and adults (Children <4 will have to have the nasopharyngeal swab test)

For an appointment please contact 604, 266, 0043





E&T JOB POSTING FLYER January 17, 2021 to February 12, 2021

		3.000			000000 3.
					123.23 %
MI	JSC	7111	- A.		###### #
					·
98 <u>-200-6</u> 6	22.00	30,000		200	
# E N	4 D I	ΔV	/ N.A.E	- 7 To	- 0
	1PL		0 M -	- 17 1	
Marie San Salah	O atroit Olivera	Carry 1000 or		JOHN CHARL	119 an 120
	PAI				1000000
999 1 3 1	7 D I I	uin		3 P L	

	POSITION	EMPLOYER	TYPE
Г&. Э.	Labourer, Office + Technical, Pile Driver, Teamster, Operator	BCIB	Temporary
	Labourers	Hall Constructors	Temporary
	Biling Administrator, Shoring positions; Drillers, Nozzleman, Leadheads, Labourers and Foreman, Junior Parts Person	NorLand Limited	Temporary
	Clerk Typist 3 (Transcription)	City of Burnaby	
	Spill Response Technician Deckhands	WCMRC	Temporary
	Power Line Technician Pre-Apprentice	BC Hydro	Temporary
Pal C	Indigenous Intern Leadership Program, Material Handler, Materials Tade Driver, Pipeline + Right of Way Inspector	Fortis BC	
	Labourer 1/Truck Driver Solid Waste & Recycling Engineering, Labourer 1 Water Operations Engineering Department	City of Burnaby	

Please contact E&T Staff: Job Coach: Courtney Copoc

T: 604-916-8579 E: ccopoc@musqueam.bc.ca

Office Administrator: Krista Brisk

T: 236-999-7253

E: employassist@musqueam.bc.ca

Administrative Assistant: Alicea Bradley

T: 778-855-4047

E: employclerk@musqueam.bc.ca

Essential Skills Coordinator: Joanne Kern

T: 604-369-7660

E: jkern@musqueam.bc.ca

6735 Salish Drive Vancouver, BC V6N 4C4

I.A.A.M.P

(Indigenous Action Artist Mentorship Program) Stunt Training Apprenticeship

(Indigenous Action Artist Mentorship Program)

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.



Venue: Ancient Fire Productions

15 W. 2nd Ave Vancouver, BC V5Y 1B1

Who is invited: 20 Indigenous athletes

- 10 women (18+)
- 10 men (18+)

Instructors:

Bruce Crawford

Lauro Chartrand-DelValle

www.delvallefilmsinc.com

Tel: 778-668-1777









PLEASE CONTACT EXT STAFF8

Job Coach: Courtney Copoc ccopoc@musqueam.bc.ca

Tel: 604-916-8579

Office Administrator: Krista Brisk employassist@musqueam.bc.ca

Tel: 236-999-7263

Administrative Assistant: Alicea

Bradley

employclerk@musqueam.bc.ca

Tel: 778-855-4047

Musqueam Employment and Training Department

DRIVE FORWARD

Needs of the Community Society

The mission of Drive Foward 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)



PLEASE CONTACT:

E&T Coordinator: Courtney Copoc

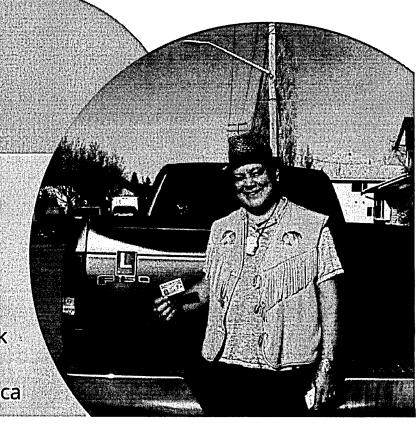
Tel: 604-916-8579

Email: ccopoc@musqueam.bc.ca

E&T Office Administrator: Krista Brisk

Tel: 236-999-7253

Email: employassist@musqueam.bc.ca



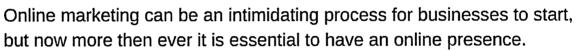




Online Marketing For Your Business



Calling All Current & Future Business Owners!





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.

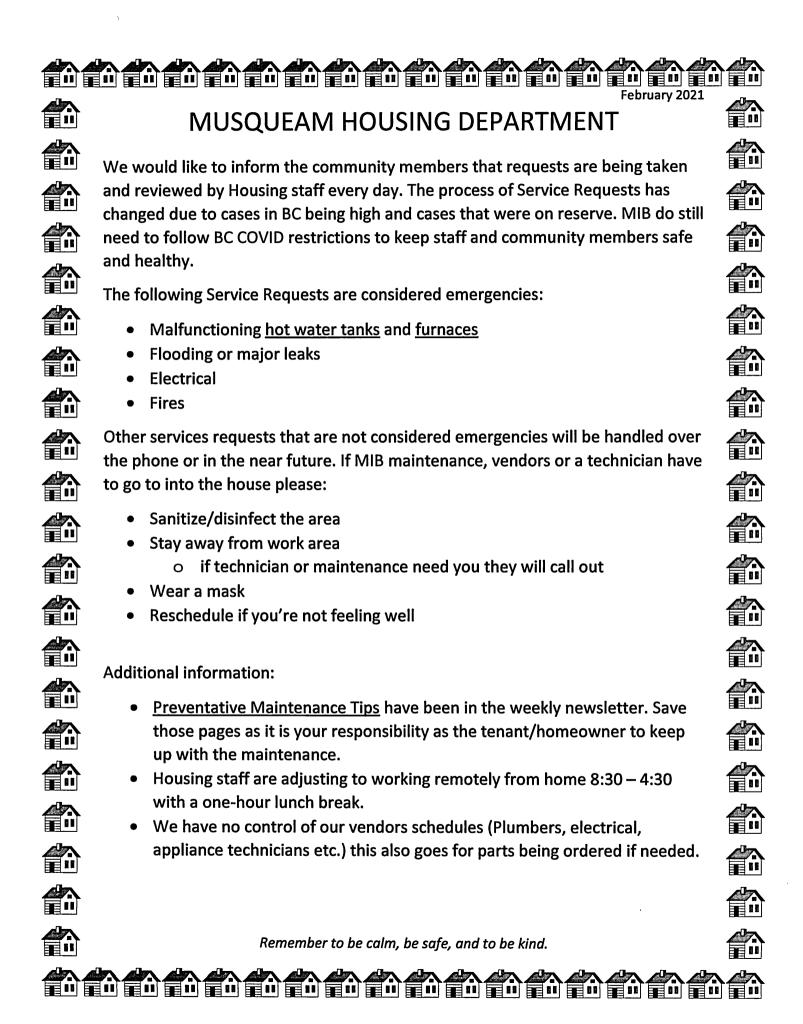
Register Today - Contact:

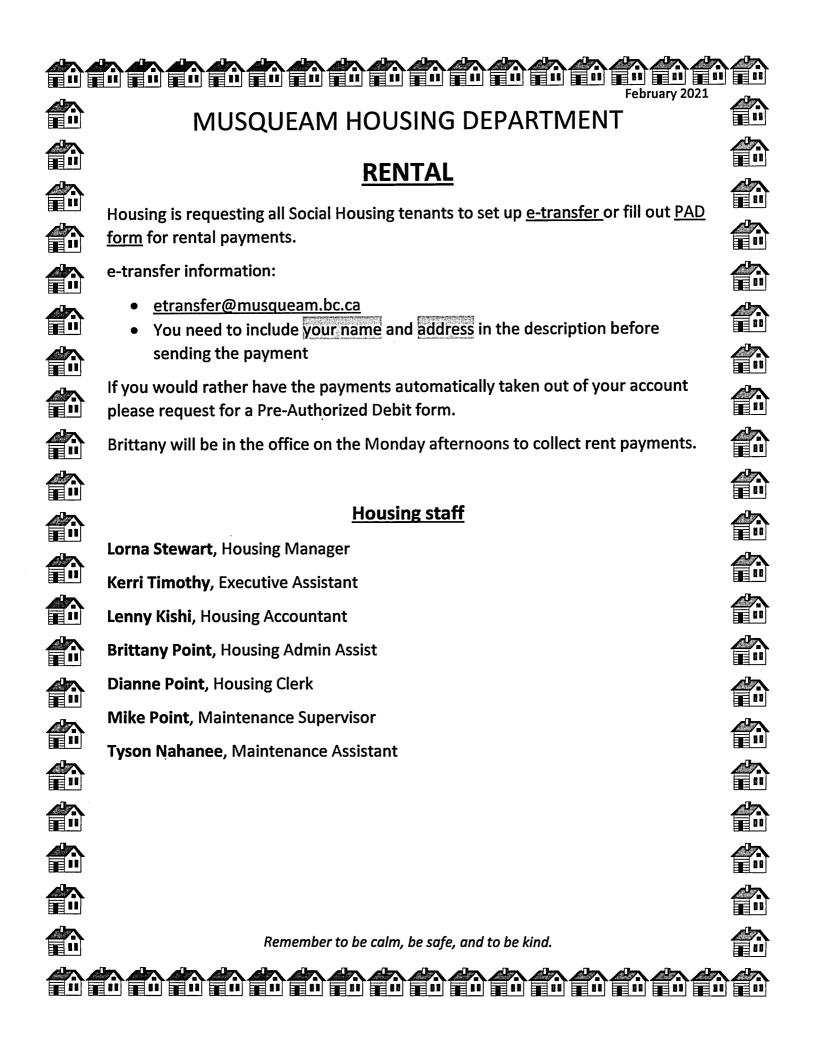
Coordinator: Courtney Copoc Email: copoc@musqueam.bc.ca

Phone: 604-916-8579

Office Admin: Krista Brisk

Email: employassist@musqueam.bc.ca





Process of Maintenance Calls:

- 1) <u>Head of household</u> contact Brittany Point, Housing Administrative Assistant at (604) 269-3381 or email servicerequest@musqueam.bc.ca.
- 2) The service request is made and sent to Maintenance
- 3) Before the visit please have the area clean, accessible, & sanitized.
- 4) Maintenance assess problem and report back to Housing Admin.
- 5) *If there needs to be a technician, contractor or new parts the service request will be reviewed by Housing Manager.
- 6) When approved:
 - Maintenance will purchase or order the parts.
 - Housing Admin will have to contact vendors
- **Please understand that there is a time delay when it comes to purchasing or ordering the parts. Also, remember that vendors have their own schedule.
- 7) When the repairs/replacements are complete Service Request will be closed.

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 and 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 checkyour work before turning the power on. Most importantly make sure your breaker panel is labeled correctly.

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 you your gaskets using fullstrength 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 s 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.

<u>DRYER</u>

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 its becomes a fire hazard as the lint builds up.

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. Gheck 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.



OPEN CALL FOR ARTISTS!

LOGO DESIGN OPPORTUNITY

Welcoming interest from artists of any age from the sovereign host Nations of Musqueam, Squamish and Tsleil-Waututh

As part of our ongoing Commitment to Truth and Reconciliation with Indigenous Peoples, the Indigenous Wellness & Reconciliation (IWR) Department was formally established in June 2020 at Providence Health Care (PHC).

IWR is welcoming interest from artists of any age from the sovereign host Nations of Musqueam, Squamish and Tsleil-Waututh to design a logo for this new department at PHC.

If you are interested in this opportunity, please submit your name, a brief biography and a link to your social media or website showcasing examples of your work to:

IWR@providencehealth.bc.ca
by February 25, 2021

We extend our deepest gratitude for all interest, but only one (1) artist will be selected by the Committee for this paid logo design opportunity.

For more information about IWR at PHC, please visit https://iwr.providencehealthcare.org/programs/indigenous-wellness-program/



Social Development Dept.

6735 Salish Drive

Vancouver BC V6N 4C4

Phone: 604-263-3261

February 19 2021

March 2021 cheque issue day will be issued on Monday MARCH 1, 2021 from 8:30am—4:30pm.

Please note:

Due to **COVID-19** and the office running on minimal essential service, we are asking you to please only submit your renewal slip and job search if applicable in the mail box in the back of the administration building.

If you are not on direct deposit please reconsider at this time and if you can, bring us a void cheque and or a direct deposit form from your bank or email us @

mvpoint@musqueam.bc.ca or Ihensel@musqueam.bc.ca

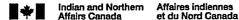
Cut off day for your paperwork this month is (renewal slips/job search) was Saturday Feb. 20th/21.

If you have not submitted your renewal slip/job search forms please do so immediately if you require continued assistance. Cannot process your cheque until we receive your renewal slip for continued assistance. Utility bills, if you are eligible for your bills (hydro, gas and phone) to be paid please bring in a.s.a.p. We cannot pay them if you do not provide your bills.

Reminder, there is a mailbox in the back of the administration building for Social and Guardian Assistance Clients.

Respectfully,

Your Social Development Dept.



CHILDREN OUT OF THE PARENTAL HOME **MONTHLY RENEWAL DECLARATION**

PRIVACY OF INFORMATION STATEMENT

Provision of Information requested on this document is voluntary and is being collected for the purposes of determining eligibility for Children Out of the Parental Home Income Assistance. The information will be stored in a secure location by your First Nation Administering Authority, who will ensure the confidentiality of the information contained in this document in accordance with standards set out in the Social Development Policy and Procedures Manual of the Department of Indian Affairs and Northern Development (B.C. Region) and will be maintained pursuant to the *Privacy Act* and described in the personal information bank INA-PPU-240. The accuracy of the information in this document may be checked by comparing it against information held by any federal or provincial department or agency or any private agency.

OFFICE USE ONLY							
Administering Authority (AA) and Number:	Ne	ame of Worker:			Date Declaration Re	eviewed:	
Child							
Last Name	First Name		Middle Name				
1. Is the child still in need of Children Out of the Parental Home (COPH) Assistance?							
Are there any changes in the composition (make living in the relative's home?	(e-up) of perso	ons age18 or older		Yes	☐ No		
If yes, explain change(s):						<u> </u>	
Are there any changes in the amount of finance If wes, explain change(s) to the amount:] Yes	☐ No		
If yes, explain change(s) to the amount:							
4. Are there other changes concerning the COPF by the relative?	4. Are there other changes concerning the COPH Assistance child or the information provided Yes No by the relative?						
If yes, explain change(s):							
5. COMPLETE THIS SECTION ONLY IF THE RELATIVE'S ADDRESS HAS CHANGED							
New Address			Telephon	e ()		
Mailing Address (if different)							
DECLARATION							
I declare that the information that I have provided on behalf of							
Relative's Signature	- Dal	ative's Name (Print)	·		Data Sign		



Affaires indiennes et du Nord Canada

SOCIAL ASSISTANCE MONTHLY RENEWAL DECLARATION

PRIVACY ACT STATEMENT

Provision of the information requested on this document is voluntary and is being collected in order to make a fair decision. The information will be stored in personal information bank INA/.P-PU-020 and is protected under the provisions of the Privacy Act.

If you require continued the next cheque issue.	Social Assistance, please	complete this form	and return to your loca	l administering Authority at	least 2 weeks before
1. Are you sti	Il in need of Social Assis		Yes	No	
2 Has your III	antar / employment situe	mon onangou.	Yes	No	
If yes, expla	ain change				44.2
3.List any cha	anges in your living situa	tion (e.g. address,	rent, etc.). Submit r	new receipts.	
			<i>i</i>		
901-28 (6-88)				C	Canadä
Have you had any e Income this month	?	Yes No	o. nas mere been a	ny change in your assets?	Yes No
If yes, complete *	Earnings Child tax	\$ \$	If yes, complete	* Bank Account Property	
	Family Maintenance	\$	1	Other (specify)	
	Employment Insurance	\$	†		
	Other (specify)	\$	1	TOTAL	
	Pension	\$]		
6. Is there any change i	n your number of depender	\$ nts or their school st	atus? Ye	s No	
this information to be	true statement concerning verified and I consent to a r	my monthly income, eport being obtained	assets, marital, emplo from any reporting a	oyment, and family status. I gency for that purpose.	give permission for
Band Name and #	Print Name	Signatur	e of Applicant	Di	ate

Do you want direct deposit Yes or No (please circle one)

If you are turning 65 this year, Please remember that income assistance cut-off is your 65 birthday. You must apply for your Old age pension. This can be done one month after your 64th birthday!

Musqueam Indian Band

Active Job Search Statement

List dates, names and phone numbers of employers seen and results of job interviews. When completed, Sign the declaration at the bottom of this form.

Please return no later than the 20th of every month

Date contact made with Employer	Business name and address	Person contacted	Phone Number Or email	Type of Work sought	Results of your request for a job	

If you have taken No Action to find Employment, Indicate why: Found work Sick or Incapable (Need a Dr's note) Other (explain) Attending a course of Instruction – Where? Declaration: I declare that All Employers listed on this form and on any attached sheets of paper have been contacted. The information I have given on this form is true.						
	onfirmation of my contacts	may be obtained from	n Employers whose	names I have show	n	
Printed name of 0	Claimant:	Signature of Clair	mant:	Date:		