



## Musqueam Community Newsletter

Friday March 19, 2021

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

SAFETY & SECURITY PATROL: 604-968-8058

### **MUSQUEAM** **A LIVING CULTURE**

#### **LUNCHTIME Qi Gong**

e qi gong-inspired movement  
e stress relief tools  
e meditation

Thursdays - March 11th to April 15th

12:00 to 12:45 pm

zoom link - <http://bit.ly/3olxcuZ> Meet-  
ing ID - 933  
88409945

Passcode - 721721

Meghan@604-671-1258

Diane@604-916-0289

exart@diane

Farnsworth.com



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**KEEP  
CALM**

## COVID-19 Update from Musqueam Administration



Over the past two weeks, Musqueam vaccinated over 900 community members.

This is a very exciting time for our community, but **please remember that the vaccine doesn't provide full immunity to COVID-19**. If you've been vaccinated, you can still potentially contract and transmit the virus, especially initially while immunity is building.

### COVID-19 guidelines still followed after vaccination

It takes about two weeks for the first dose to develop significant protection against COVID-19, and even after that there is a small chance you can infect others.

We all must remain focused on minimizing opportunities for the virus transmitting, and that means we need to follow the same COVID-19 rules we've gotten so familiar with this past year.

*Please, continue to:*

- *wash your hands regularly*
- *wear a mask in public*
- *maintain a safe distance from people outside of your household*

The First Nations Health Authority says that public health officials "don't know how long the vaccine will last or how well it prevents us from transmitting COVID-19 to others, even if we don't have symptoms. **To stop the spread of the virus, enough people need to be immune** either through natural infection or immunization."

### Same COVID-19 health orders in place

Earlier this month, BC loosened restrictions so up to 10 people can now safely gather outdoors. Indoor gatherings are still restricted to your immediate household only. **These guidelines apply whether you've been vaccinated or not.**

The end is in sight, but we can't lose our dedication to protecting one another, including our loved ones who have not yet been vaccinated.

*Let's keep working together to keep #MusqueamStrong*

## To create a safe social circle, follow these five simple steps:



### Step 1:

Start with your current circle: the people you live with or who regularly come into your household.



### Step 2:

If your current circle is under 10 people, you can add members to your circle, including another household, family members or friends.



### Step 3:

Get agreement from everyone that they will join the circle.



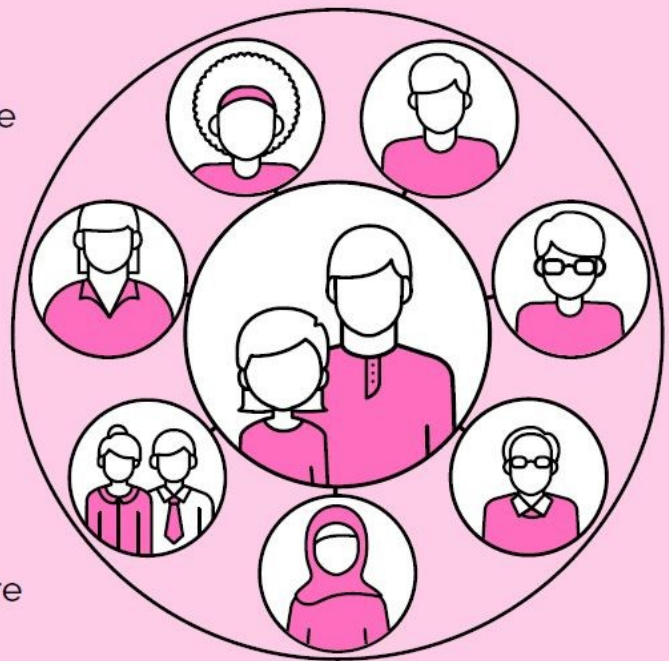
### Step 4:

Keep your social circle safe. Maintain physical distancing with anyone outside of your circle.



### Step 5:

Be true to your social circle. No one should be part of more than one circle.





# Youth Podcasting Project opportunity

Open to self-identifying  
Indigenous youth ages 18-30.

All levels of experience welcome.  
Training, mentorship  
and honoraria provided.



The Residential School History and Dialogue Centre at UBC is looking for three self-identified Indigenous youth (ages 18-30) to participate in a new podcast pilot series. The podcast will bring together youth and Elders for intergenerational dialogue about the legacies of residential schools and the ongoing impacts of colonialism in Canada. Youth participants will receive training and support to work collaboratively to write and record the series, with support from RSHDC staff, Cited Media production company, an Indigenous Elder, and an emotional and cultural support worker.

Youth interested in media studies, storytelling, art, Indigenous activism and journalism, or podcasting are welcome to apply. All levels of experience are welcome, and all participants will receive training and mentorship. The project will take place over eight months from April to December 2021, with a time commitment of approximately 5 hours per week. All participants will receive an honorarium of \$22 per hour.

For eligibility criteria and specifics on how to apply, see the posting on the IRSHDC website:  
<http://ow.ly/8kkg50DK4zX> **Apply by April 2, 2021.**

For questions about the series or for additional information, contact Jess Boon, Project Lead, at  
[jess.boon@ubc.ca](mailto:jess.boon@ubc.ca).



THE UNIVERSITY OF BRITISH COLUMBIA

Indian Residential School History and Dialogue Centre





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## COVID-19 Vaccination Aftercare



What to expect over the next few days:

### Possible side effects

Side effects are common a day or two after getting the COVID-19 vaccine. These can include:



**Pain, redness, itchiness or swelling**  
right away and/or  
7 days after



**Swollen lymph nodes under armpit**



**Tiredness or headache**



**Fever and chills**



**Muscle or joint soreness**



**Nausea and vomiting**

### TIPS FOR SIDE EFFECTS

**Painful areas:** apply a cool damp cloth or a wrapped ice pack.

**Discomfort from side effects:** take medication such as acetaminophen (Tylenol®) or ibuprofen (Advil®). ASA (e.g., Aspirin®) should not be given to anyone under 18 years of age.

Most side effects are not serious and should go away on their own.

### Symptoms to look out for

- Some of the side effects of the vaccine are similar to symptoms of COVID-19. The vaccine will NOT cause or give you COVID-19.
- Symptoms such as a sore throat, runny nose, cough or other problems breathing are NOT side effects of the vaccine.
- If you experience ANY symptoms of COVID-19, use the BC COVID-19 Self-Assessment tool at [bc.thrive.health/covid19/en](https://bc.thrive.health/covid19/en)
- If you are worried, contact your health care provider or call 8-1-1.
- Serious side effects after receiving the vaccine are rare. If you develop any serious side effects or a severe allergic reaction (including hives, swelling of your face, tongue or throat, or difficulty breathing), seek medical attention or call **9-1-1** right away. Tell them you've received a COVID-19 vaccine.



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## COVID-19 Vaccination Aftercare



### Returning for the second dose of vaccine

- The person giving you the vaccine will let you know when you can return for your second dose. It is important to get both doses of the vaccine to protect you against COVID-19.
- Bring your immunization record with you for the second dose. A record of your COVID-19 immunization will also be available online through Health Gateway. To register, visit [www.healthgateway.gov.bc.ca](http://www.healthgateway.gov.bc.ca)

### Things to remember

- If you need to get another vaccine before you get your second COVID-19 vaccine dose, talk to your healthcare provider first about when you can receive other vaccines.
- It will take about two weeks after getting the first dose to build immunity to the virus. If you are exposed to someone with COVID-19 before or during this time, you may not yet be fully protected, so you can still get COVID-19.
- You might be contacted to participate in safety monitoring for COVID-19 vaccines. For more information go to [CANVAS-COVID.ca](http://CANVAS-COVID.ca)

### CONTINUE TO FOLLOW PUBLIC HEALTH GUIDELINES EVEN AFTER YOU ARE VACCINATED



Maintain physical distance of 2 metres (6 feet)



Clean your hands regularly



Wear a mask



Follow Public Health precautions and restrictions





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*Supporting the **Fighters**,  
Admiring the **Survivors**, Honouring the **Taken** &  
Never Giving Up **Hope**!*



### WHAT?

**Mobile Mammography Bus** is returning to Musqueam, have your mammogram right on site, a 10 minute procedure!

### WHEN?

**March 25th 2021**

**10am—12:50 | 2pm—4pm**

### WHAT NEXT?

- ⇒ Fill out registration form, **email** to **Arlene:**  
**nurseassist@musqueam.bc.ca**
- ⇒ Contacts: **Crystal 604 362 9200** or **Arlene @ 604 655 0580**

### COVID PROTOCOLS:

-Facial Coverings **mandatory** (we can supply a mask if needed)

**Do NOT** attend the appointment if you have **ANY signs/symptoms of cold/flu**, no matter how mild

-Hand Hygiene, keep 2m distance from those outside of your household; we respectfully ask that you **do not** visit with others before or after your appointment





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Attention: Kendal

### **SCREENING MAMMOGRAPHY PROGRAM OF BC REGISTRATION FORM**

SMPBC provides screening mammograms to **eligible BC residents age 40 and over**. If under 40 a doctor's referral is required. Please contact Central Office for more information – 1-800-663-9203.

#### **Eligibility questions:**

***If the answer is yes to any of the questions below you are not eligible for screening mammography. Please contact your family doctor to find out about other breast health options.***

1. Are you currently pregnant?
2. Have you been breast feeding in the last three months?
3. Have you had breast enlargement surgery, such as implants or injections?
4. Have you had breast cancer?
5. Do you now have any new breast complaints such as a solitary lump or nipple discharge?
6. Have you had a mammogram on both breasts in the last 12 months?

#### **Registration form - the following information must be provided:**

Last name: \_\_\_\_\_ Title: \_\_\_\_\_ (Ms., Mrs., Miss)

First name: \_\_\_\_\_ Middle initial: \_\_\_\_\_

Birth surname: \_\_\_\_\_

Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Day Month Year

Place of birth: \_\_\_\_\_

Personal health number (care card): \_\_\_\_\_

Mailing address:

Street: \_\_\_\_\_

City/Town: \_\_\_\_\_,

Postal Code: \_\_\_\_\_

Home telephone: \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Work telephone: \_\_\_\_ - \_\_\_\_ - \_\_\_\_

Cell phone: \_\_\_\_ - \_\_\_\_ - \_\_\_\_

Family Doctor/Nurse Practitioner: \_\_\_\_\_

City/Town: \_\_\_\_\_

***For your mammogram appointment, do not wear deodorant, body powder or perfume.***

APPOINTMENT DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

LOCATION: \_\_\_\_\_

***Fax completed form to 604-877-6231***





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## 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 families:

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** to support healthy nutrition during pregnancy and breastfeeding.

- Nursing pads, as needed
- A one-time gift of an Electric Breast pump. One per family
- Welcome gift for your new baby

To register for the Program, call the Community Health Nurse Crystal Point in the Health Dept.

**Due to Public Health Guidelines**, the Pre-Natal program is currently not meeting in person. The Community Health Nurse is available to assist with maternal child health supports (electronically, virtually and/or home visit if needed).

### Crystal Point, CHN:

Ph: 604-362-9200

Email: [chn@musqueam.bc.ca](mailto:chn@musqueam.bc.ca)

### Arlene Haldane, Assist:

Ph: 604-655-0580

Email: [nurseassist@musqueam.bc.ca](mailto:nurseassist@musqueam.bc.ca)



## 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.





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## 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](mailto:homecare@musqueam.bc.ca) or [nurseassist@musqueam.bc.ca](mailto: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! \***

## Art Therapy for Children, Youth & Adults

*Janice Carroll,*

Art and Play Therapist in the Sexual Abuse Intervention Program for Musqueam, though my work entails working with trauma in all of its presentations. Currently holds sessions via Zoom or phone calls.

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](mailto:jcarroll@musqueam.bc.ca)



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## Wellness Program

Janice Cross

If you'd like to learn more about self-care, how you can reduce stress, anxiety, and/or depression:

**Call:** 604-250-2913

**Email:** [mentalwellness@musqueam.bc.ca](mailto:mentalwellness@musqueam.bc.ca) and set up a time to talk to Janice.

**Janice Cross' hours:** Monday-Friday: 830- 4pm



**VIRTUAL  
COUNSELLING**

## Musqueam National Native Alcohol & Drug Abuse Program

Hannah Green & Brad Morin, Drug & Alcohol Counsellor

### Hannah Green, Drug & Alcohol Counsellor.

Supports Musqueam band members with their substance use and help them get connected to the supports they need. She can also lend a judgement-free ear to listen and support you where she can in your personal journey with substances. She would love to connect with you.

Hannah Green Contact Info:

Email: [nnadap.hannahg@musqueam.bc.ca](mailto:nnadap.hannahg@musqueam.bc.ca)

Cell: 236 818 7686

Facebook: [facebook.com/hannah.green.musqueam.1](https://facebook.com/hannah.green.musqueam.1)

### Brad Morin, Drug & Alcohol Counsellor

Provides one to one, family, and group counselling whenever necessary and refer clients to other appropriate professionals. Follows 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, makes 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](mailto:nnadap.bmorin@musqueam.bc.ca)

T: 604-652-1368

## Youth Centre Program

Sandra Dan

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](mailto:youthcentre@musqueam.bc.ca)





# MUSQUEAM HOUSING DEPARTMENT

The Musqueam Housing Department would like to remind our Social Housing and Section 95 Tenants that should you have Tenants move in and/or move out that you are to advise the Housing Department per the signed Rental Agreement. Each Tenant is responsible for contributing towards the monthly rent to the Musqueam Indian Band. Rent is due on the first of each month. The acceptable forms of payment are as follows:

- Cash,
- Money order
- Cheque
- Pre-authorized debit (PAD)
- e-transfer [etransfer@musquem.bc.ca](mailto:etransfer@musquem.bc.ca) include your **name** and **address** in the description
- or payroll deduction for Musqueam Indian Band Employees

Brittany will be collecting rent Monday afternoons or call 604 269 3381 to meet at the office.

We encourage that you do e-transfer or PAD due to the pandemic.

**Please keep in mind you need to continue to keep in contact with Housing Department to update us on NEW Telephone number or Email Address.**

**Thank you**

**The Musqueam Housing Department**

Housing Manager: **Lorna Stewart**

Housing Executive Assistant: **Kerri Timothy**

Housing Admin Assistant: **Brittany Point**

Housing Clerk: **Dianne Point**

Maintenance: **Mike Point & Tyson Nahanee**

**604-269-3381**

# Maintenance for your Kitchen Appliances

## REFRIGERATOR



- ❖ Clean the appliance inside and out regularly
- ❖ 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
- ❖ 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.
- ❖ 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 TOP/OVEN



- ❖ 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.
- ❖ 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.

## **HOOD FAN**



- ❖ Clean your fan blades on occasion to prevent buildup of dirt and grease. This will help avoid excess stress on your motor and keep it from overheating.
- ❖ Wash the exposed metal often. Warm suds will usually suffice.
- ❖ Regularly check the vent to keep air flow unrestricted. If you allow grease to build up, it can pose a fire hazard.
- ❖ Clean the filter frequently as it is the part that will collect grease the fastest.

## **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.

## **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.



# Answers to your questions on paying back the Canada Emergency Response Benefit (CERB)

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## Why you would send the CERB back?

You must repay the CERB if you no longer meet the eligibility requirements for any 4-week period you received it. Your situation may have changed since you first applied, or you may have made an honest mistake when applying. This could happen if:

- You applied for the CERB but later realize you're not eligible.
  - You applied for and got a CERB payment from both the CRA and EI/Service Canada for the same eligibility period.
  - You receive social assistance benefits and realize the CERB will affect your other benefits.
  - You applied for the CERB twice in one period.
  - You earned more employment or self-employment income than expected in the period(s) you applied for.
- 

## Still not sure if you need to repay the CERB?

Go to **return or repay a payment** ([canada.ca/repay-cerb](https://canada.ca/repay-cerb)) or call 1-833-966-2099.

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## Before you repay the CERB

Make sure you know which department you got your CERB from.

- If you got the CERB from the CRA, you must repay it to the CRA.
  - If you got the CERB from Service Canada (EI), you must repay it to Service Canada.
- 

## Not sure whether you got your CERB payment from the CRA or Service Canada?

Go to **return or repay a payment** ([canada.ca/repay-cerb](https://canada.ca/repay-cerb)) or call 1-833-966-2099.



## How to repay the CERB to the CRA

To repay the CERB to the CRA, choose one of the following options:

- **Online:** using **CRA My Account**
- **Online banking:** with your financial institution
- **By mail:** mail a cheque (new or the original if you have it) or money order to the CRA. **Do not send cash through the mail.**

If you are sending a new cheque or money order:

- Make payment out to “Receiver General for Canada”
- Indicate it is for “Repayment of CERB”
- Include your Social Insurance Number (SIN)



### Mailing Address

Revenue Processing –  
Repayment of CERB  
Sudbury Tax Centre  
1050 Notre Dame Ave.  
Sudbury ON P3A 0C3



## How to repay the CERB to Service Canada

To repay the CERB to Service Canada, choose one of the following options:

- **Online banking:** with your financial institution
- **In person:** at your financial institution
- **By mail:** mail a cheque or money order to Service Canada  
**Do not send cash through the mail**

If you are sending a new cheque or money order:

- Make your payment out to: “Receiver General for Canada.”
- Write your SIN on the front of your cheque or money order.
- Indicate it is for “Repayment of CERB.”



### Mailing Address

ESDC Remittances  
PO Box 1122  
Matane QC  
G4W 4S7

**For more information go to**  
**return or repay a payment** ([canada.ca/repay-cerb](https://canada.ca/repay-cerb))




## Impact on your taxes

The CERB is taxable and you will need to report any payments you received on your 2020 income tax return. This means you may need to pay taxes on the CERB you received since no tax was deducted when you received the CERB. Most individuals should have already received a T4A tax slip with the amount of CERB they received for the 2020 tax year. CERB payments, including any **CERB payments not repaid before December 31, 2020**, must be declared on a taxpayer's tax return.

If you received a T4A slip that does not accurately reflect the payments you received, contact the CRA by phone. For more information, visit **T4A: Report COVID-19 amounts**.

### Stay connected

To get updates on the CERB and other benefits, follow:


 /CanRevAgency

 @CanRevAgency

 /ESDC.GC

 @ECDG\_GC

My name is Ehsan Haghi and I am the Community Energy Specialist at Musqueam Indian Band. I am going to share tips on how we can maintain our homes more effectively and reduce our hydro and gas bills. Let's start with knowing our Fortis BC bill:



**Name:** ANNIE CUSTOMER  
**Service address:** 12345 ANY STREET  
 CRANBROOK

**Rate class:** Residential  
**Billing date:** January 1, 2021

**NATURAL GAS**

**7** Customer Service: 1-888-224-2710  
 7 am - 8 pm Mon - Fri  
 fortisbc.com

Account number	Due date	Amount due	Amount paid
555555	January 22, 2021	\$91.65	

**2 Previous bill** 168.82  
 Less payment - Thank you 168.82 CR  
 Balance from previous bill 0.00

**3 Delivery charges**  
 Basic charge (30 days at 0.4261 per day) 12.78  
 Delivery (6.4 GJ at 5.024 per GJ) 32.15  
 44.93

**4 Commodity charges**  
 Storage and transport (6.4 GJ at 1.397 per GJ) 8.94  
 Cost of gas (6.4 GJ at 2.844 per GJ) 18.20  
 27.14

**5 Other charges and taxes**  
 Municipal operating fee (3.09% of \* amounts) 2.23  
 Carbon tax (6.4 GJ at 1.9864 per GJ) 12.71  
 Clean Energy Levy (0.40% of \* amounts) 0.30  
 GST (5% of \* amounts) 4.35  
**Please pay 91.65**

**Gas usage calculation (Meter RCT673584)**

Present reading	-	Previous reading	x	Conversion factor	=	Gas used in gigajoules (GJ)
Jan '21		Dec 2, '20				
2,614		2,562 Est		0.1237279		6.4

Point of delivery: 1010157

**Comparison to previous year**

Billing period	Number of days billed	Average daily temp.	Average daily usage GJ	Total billing period usage GJ
Jan '21	30	2°C	0.21	6.4
Jan '20	30	1°C	0.24	7.2

GST #R100431592

Recycled paper

**11 NATURAL GAS**

Payment return slip - Make cheques payable to FortisBC-Natural Gas

Account number	Due date	Amount due	Amount paid
555555	January 22, 2021	\$91.65	

ANNIE CUSTOMER  
 12345 ANY STREET  
 CRANBROOK, BC

00 000 459535 0 00008900 5

96

20-168.5 12/2020

### 1. Billing date

Billing date is the date your bill was issued. Transactions after this date will appear on your next bill. Billing period is the period of time in which charges are billed to your account.

### 2. Previous bill

Less payment is the last payment amount we received from you. Balance from previous bill shows the amount owing, if any, from your previous bill and any payments or adjustments since we issued your last bill.

### 3. Delivery charges

Delivery charges are made up of a basic charge and a delivery charge. Basic charge is a flat daily fee that recovers the fixed costs of THE NATURAL GAS system because you are connected to it, whether you are using gas or not. Currently the basic charge per day is \$0.4216. The basic charge amount up to about \$13 a month.



Delivery charge is based on consumption and is the cost of delivering gas through the natural gas system to your home. Delivery charge per GJ is \$5.024. (A Gigajoule, or GJ, is a measure of the energy in the gas. One GJ is roughly the amount of energy needed to heat a typical house for one day during cold winter weather. You pay for the gas you consume, measured in gigajoules.)

#### **4. Commodity charges**

Commodity charges reflect the costs of buying and transporting natural gas by Fortis BC. Natural gas is a commodity traded on the open market like oil, coffee or lumber. As with most commodities, the price is dictated by supply and demand. When demand is high, the price rises. When supply is high, the price drops. Storage and transport is what we pay to other companies to store and transport gas through their pipelines and infrastructure. These costs are reviewed by the BCUC annually. Cost of gas is the market price of natural gas itself.

#### **5. Other charges and taxes**

Other charges and taxes you may see on your bill are set by various levels of government. Fortis BC collects them on their behalf and doesn't gain any revenue from these taxes and fees, which include:

- Carbon tax: For homeowners, the carbon tax rate on natural gas is \$1.9864 per gigajoule and the carbon tax rate on propane is \$2.4072 per gigajoule.
- Innovative Clean Energy (ICE) Fund levy: The ICE Fund levy was introduced by the provincial government to support investment in clean energy technology. The levy is 0.4 per cent of the purchase price on residential and commercial energy purchases of natural gas and propane. The levy does not apply to residential and commercial purchases of electricity.
- Municipal operating fee: An operating fee is a levy that FortisBC collects on behalf of some municipalities. This fee gets passed on to the district, municipality, city, town or village you live in. It may appear as a fee on monthly charges, excluding tax. When an operating fee is in place, the BC Utilities Commission has approved the fee. It doesn't result in additional revenue for us. For questions about operating fees in your area, contact your local government.
- Motor fuel tax: This tax applies to propane business customers only in Revelstoke, BC.
- GST and/or PST (Goods and Services Tax, Provincial Sales Tax): Fortis BC collects GST on behalf of the federal government and PST on behalf of the provincial government.

#### **6. Amount/payment due/amount to be withdrawn**

This is the balance outstanding on your account from your last bill plus new charges. If you've signed up for the Equal Payment Plan, this is the payment amount.

#### **7. Contact information**

We're here to help if you have questions about your bill. Call Fortis BC at 1-888-224-2710 or visit [fortisbc.com](http://fortisbc.com).

#### **8. Gas usage calculation**

This shows how much gas you've used over the billing period. It lists your current meter reading, and subtracts your previous meter reading. The volume is multiplied by a conversion factor that accounts for your location's standard conditions of temperature and pressure to give your gas usage in gigajoules.

#### **9. Comparison to previous year**

This table shows how much natural gas you've used compared to the previous year and includes the average daily temperature. This type of information can help you understand how you use your natural gas and if there are opportunities to conserve and save money.

#### **10. Average daily use over 13 months**

This chart shows the trends in your monthly energy use. It can help you identify any changes in your total charges during different seasons or after installing energy-efficient appliances.

#### **11. Payment return slip**

This slip gives your account number, bill due date and total amount due. If you receive a paper bill and either mail your payment or pay in person at your financial institution, please include the return slip. For more information on how you can pay your bill, visit [Ways to pay your bill](#).

**Meter reading information**

**Energy**

**Meter number 4084345**


Starting Mar 6, 2018.....	25029
Ending Mar 31, 2018.....	25314
Difference.....	285

**285 kWh used over 26 days**

**Meter number 4084345**

Starting Apr 1, 2018.....	25314
Ending May 3, 2018.....	25677
Difference.....	363

**363 kWh used over 33 days**



Step 1

Step 2

You're charged the Step 1 rate for electricity up to a certain threshold in each billing period, and a higher Step 2 rate for all electricity use beyond that threshold. This billing period you stayed in the lower Step 1 rate. You were 661 kWh below your Step 2 threshold of 1,309 kWh this billing period.

Your next meter reading is on or around Jul 4, 2018.

**Go paperless**

Get access to your account online.

To get started, visit [bchydro.com/gopaperless](http://bchydro.com/gopaperless).

**Maintaining your account**

If we receive your payment after the due date, you may be charged a late payment fee. To learn more about your account with BC Hydro, visit [bchydro.com/customerservice/rules](http://bchydro.com/customerservice/rules).

**Privacy**

Protecting your personal information is an obligation we take seriously. For more information, visit [bchydro.com/privacy](http://bchydro.com/privacy).

**GST Registration # R121454151**

**Have a question?**

Visit [bchydro.com/gethelp](http://bchydro.com/gethelp)

Call us at 1 800 BCHYDRO (1 800 224 9376).

## Mar 6, 2018 to May 3, 2018

<b>PREVIOUS BILLING PERIOD</b>	
Previous bill.....	\$122.62
Payment received Mar 14, 2018.....	-\$122.62
<b>BALANCE FORWARD</b>	<b>\$0.00</b>
<b>ELECTRICITY CHARGES</b>	
Based on Residential Conservation Rate 1101	
Mar 6, 2018 to Mar 31, 2018	
<b>Basic Charge</b> 26 days @ \$0.18990 /day.....	\$4.94*
<b>ENERGY CHARGES</b>	
Step 1: 285 kWh @ \$0.08580 /kWh.....	\$24.45*
Step 2: 0 kWh @ \$0.12870 /kWh.....	\$0.00
Based on Residential Conservation Rate 1101	
Mar 6, 2018 to May 3, 2018	
<b>Rate rider 5%</b> .....	\$3.40*
<b>Regional transit levy:</b> 59 days @ \$0.06240 /day.....	\$3.68*
Based on Residential Conservation Rate 1101	
Apr 1, 2018 to May 3, 2018	
<b>Basic Charge</b> 33 days @ \$0.19560 /day.....	\$6.45
<b>ENERGY CHARGES</b>	
Step 1: 363 kWh @ \$0.08840 /kWh.....	\$32.09*
Step 2: 0 kWh @ \$0.13260 /kWh.....	\$0.00
<b>TAXES ON ELECTRICITY CHARGES</b>	
* GST 5% on \$75.01.....	\$3.75
<b>ELECTRICITY CHARGES SUBTOTAL</b>	<b>\$78.76</b>
<b>TOTAL DUE</b>	<b>\$78.76</b>

**1. How much are you away from paying Step 2 rates?**

Most residential customers in BC are charged under the Residential Conservation Rate. Customers are charged one rate for electricity up to a certain threshold in each billing period, and a higher rate for all electricity use beyond that threshold. This "stepped" rate is designed to encourage conservation. Currently, you are charged \$0.0935 per kWh for first 1,350 in an average two-month

billing period (22.1918 kWh per day) and charged \$0.1403 per kWh over the 1,350 Step 1 threshold.

If you go over the threshold, you will be paying 50% more for every kWh of electricity you consume. Take a look at your bill. If you are consuming considerably over the threshold, it is very important to think of ways you can reduce your consumption to keep your electricity consumption under the Step 1 threshold. Houses heated with electric heaters have a higher chance of going over the threshold.

## **2. Balance forward from previous billing periods**

This section shows the amount of money you owe to or from BC Hydro based on your previous billing and payments.

## **3. Basic Charge**

Basic charge is a daily amount that partially recovers fixed customer-related costs, including customer service channels, metering, billing, payment processing, collections, and distribution system costs that are customer-related (electrical lines and transformers). Currently, the basic charge is \$0.2206 per day which amounts up to about \$14 for every billing period.

## **4. ENERGY CHARGES**

Energy charge is the amount of money you pay based on the kWh of electricity you consume. Currently, you are charged \$0.0935 per kWh for first 1,350 in an average two-month billing period (22.1918 kWh per day) and charged \$0.1403 per kWh over the 1,350 Step 1 threshold.

## **5. Rate rider 5%**

The Rate Rider covers additional and unpredictable energy costs resulting from, for example, low water inflows or higher-than-forecast market prices. 5% Rate Rider applied to all charges before taxes and levies. You are able to reduce your rate rider charge if you lower your electricity consumption.

## **6. Regional transit levy**

BC hydro consumers in the Metro Vancouver are charged about 6 Cents a day. This charge amounts up to about \$4 for every billing period.

## **7. TAXES ON ELECTRICITY CHARGES**

You are charged 5% GST on your electricity charges. If you reduce your electricity consumption and energy charges, your tax charges will also reduce.