



## Musqueam Community Newsletter

Friday April 23, 2021

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

SAFETY & SECURITY PATROL: 604-968-8058

### MUSQUEAM NOTICE

#### Members Meeting

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**Attention Musqueam members:**  
Presentation of operating budget for the 2021/22 fiscal year will happen at a members meeting on April 29, 2021.

This is an important meeting and you are encouraged to attend.

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#### Operating Budget for Fiscal Year March 31, 2022

**When:** Thursday, April 29, 2021

**Time:** 5:30 pm

**Where:** Online via Zoom (details to follow)

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**This meeting is online due to COVID-19 restrictions.**

Accommodations can be made for members without access to the internet.

More information to come.

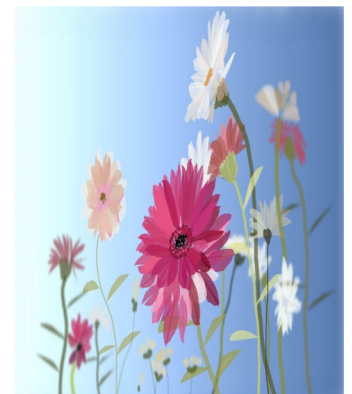
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**KEEP  
CALM**



## MUSQUEAM INDIAN BAND SEEKING MEMBERS FOR COMMITTEES OF COUNCIL

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The Musqueam Indian Band is updating their governance model to better reflect Musqueam cultural values. The Musqueam Chief & Council and Administration are seeking Musqueam Members to sit on the five Standing Committees of Chief & Council for a one year term. Each Committee is required to have Musqueam Members as part of the committee structure. The Committees of Council are:

- Community Services
- Finance and Administration
- Intergovernmental Affairs
- Lands, Capital and Housing
- Transition

Terms of Reference for Committees and Mandates for each of the five Committees of Council are available on the Musqueam Indian Band website <https://www.musqueam.bc.ca/>.

Each Committee will include three community members: one Elder (over 65 years of age), one youth (18-35 years of age), and one member at large.

Referencing the Mandate letter for each of the Committees, a person with an interest to serve on any one of the particular committees should complete the attached application to the attention of Devin Sharma, C.A.O. Musqueam Indian Band. The applicant should identify their particular interest in being appointed and include their background, knowledge and experience (this should include their life experience, education and knowledge). The applicant should speak about their ability to work respectfully and constructively in bringing community knowledge and views to the Committee.

The C.A.O. and two respected Elders with knowledge of the Musqueam members will be responsible for making the selection and presenting it to Chief & Council for ratification. In making their recommendations, the C.A.O. and the Elders will consult with the Chairs (Heads of Family) of the Committees for fit and suitability.

### How to Apply:

Please fill out the attached application form to the attention of the Devin Sharma, C.A.O., Musqueam Indian Band and email to [execassist@musqueam.bc.ca](mailto:execassist@musqueam.bc.ca).

April 16, 2021

Musqueam Indian Band  
6735 Salish Drive  
Vancouver, BC V6N 4C4  
604 263-3261



# MUSQUEAM INDIAN BAND

## EXPRESSION OF INTEREST FOR COMMUNITY MEMBERS TO SERVE ON MIB COMMITTEES

### Applicant Information

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
*Last First*

Address: \_\_\_\_\_  
*Street Address*

\_\_\_\_\_  
*City Province Postal Code*

Phone: \_\_\_\_\_ Email \_\_\_\_\_

Which of the five (5) Committees would you like to apply for?

**Intergovernmental Affairs Committee** – the mandate of the Committee is to help align to Council's priorities and to provide policy recommendations and guidance related to:

- Negotiation of the Self-Government Agreement; Constitution; Intergovernmental Relations with Federal, Provincial and Municipal Governments; Relationships with other First Nations; Partnerships with other authorities such as FNHA; and Fisheries

**Finance and Administration Committee** – the mandate the Committee is to help align to Council's priorities and to provide policy recommendations and guidance related to:

- Overall operations of the Administration; Financial management and Own-Source Revenue (OSR); Taxation; Human Resources and capacity development; A comprehensive plan for legal matters supported by a budget; Communication and protocol; Membership; Information Technology; and Grants

**Lands, Capital and Housing Committee** – the mandate of the Committee is to help align to Council's priorities and to provide policy recommendations and guidance related to:

- Community Planning, Assets and Infrastructure; Housing; Public Works; Capital Projects; Facilities; Land Code, Lands Management and Referrals; Land Use Planning, and Security and Justice

**Community Services Committee** – the mandate of your Committee is to help align to Council's priorities and to provide policy recommendations and guidance related to:

- Social Development; Employment and Training; Health; Education; Language and Culture; Elders; Youth; Safe Home; Long House; and Recreation

**Transition Committee** – the mandate of the Committee would include:

- Guiding the work needed across five identified areas to prepare the Musqueam Public Service for Self-Government (Legal; Core Institutions; Administrative Services; Intergovernmental Strategy; and Communications and Consultation); Guiding the work on the in-depth administrative review including a Gap Analysis; Equipping the organization and people to move out from under the Indian Act; Overseeing development plans for staff; and Overseeing the development of communications material and identifying spokespeople.

Are you an Elder (over 65 years of age)? YES NO  
☐ ☐

Are you a Youth (18-35 years of age)? YES NO  
☐ ☐

Are you a Community Member at Large?      YES      NO  
                                                                 ☐      ☐

### Life Experience and Education

What in your background makes you a good candidate for the Committee you would like to serve on:

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Highest Level of Education Completed and the Name/Address of the School:

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From: \_\_\_\_\_ To: \_\_\_\_\_ Did you graduate?      YES      NO  
                                                                                                 ☐      ☐

### Specialized Knowledge

Please outline any specialized knowledge that you have that would make you an asset to the Committee:

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### Communication Skills

What do you perceive as your strengths and weaknesses in Communication:

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How would you deal constructively and respectfully in representing your Community views with the Committee?

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### Signature

*I certify that my answers are true and complete to the best of my knowledge.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_





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Musqueam Health Dept. Newsletter – April 23, 2021

### **Did you miss the Musqueam 1<sup>st</sup> dose COVID-19 vaccine clinic?**

If you missed the Musqueam COVID-19 vaccine clinic (dose 1), you can still register for your vaccination through the Musqueam Health Department.



If you would like to register for your dose 1 COVID vaccine, call the Musqueam COVID Liaison at:

**604-417-7391**

Or email

**[cpiotrowska@musqueam.bc.ca](mailto:cpiotrowska@musqueam.bc.ca)**

Please stay tuned for information regarding your dose 2 vaccination, available this summer.



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## A message from Richard Jock, Interim Chief Executive Officer (CEO), FNHA

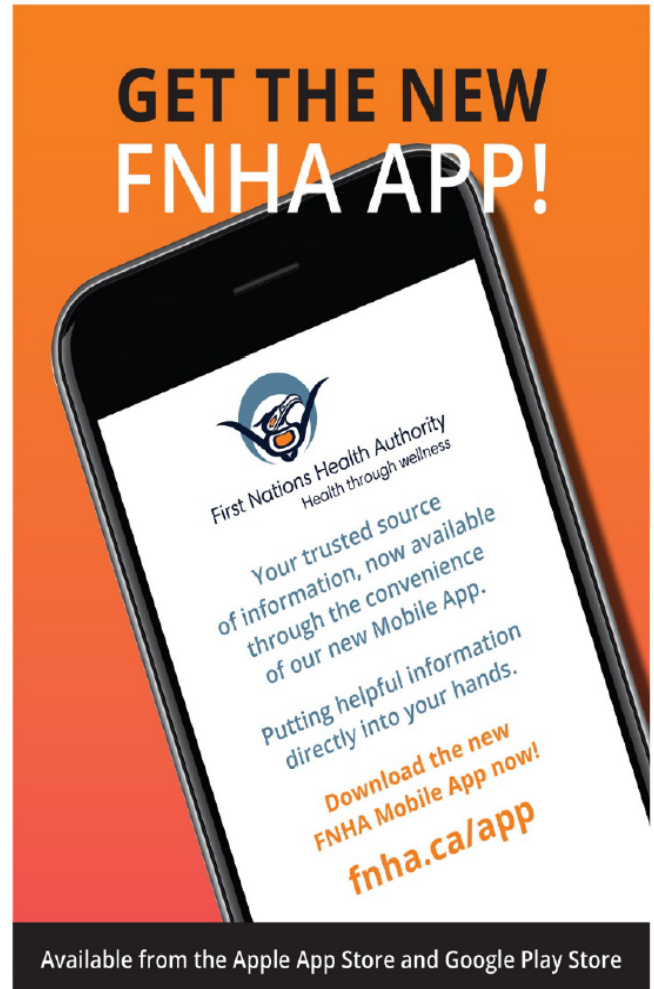
The FNHA strives to find the best ways possible to serve First Nations and Indigenous people in BC, and we are always exploring ways to better connect with those we serve. In response to feedback received from communities, we are excited to announce the launch of the new FNHA Mobile App.

The Mobile App creates the opportunity to receive direct information to support the health, wellness, and safety of BC First Nations. The current COVID-19 pandemic has emphasized the importance and value of immediate access to urgent and evolving information, and the Mobile App serves as a simple platform for important updates and resources.

As always, FNHA will continue to be your trusted source of information, now with the added convenience of a Mobile App. It will provide a direct link to our services and information, and will help to keep you up to date on FNHA's COVID-19 resources, as well as other holistic health information, support and tools.

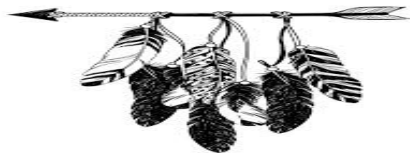
Providing meaningful, useful online support to BC First Nations has been a priority for the FNHA, especially during these times, and we thank you for all you have done to help protect our communities, Elders, and history.

Beyond the pandemic, the Mobile App will be a helpful companion on your wellness journey. It will provide benefits with a focus on health and wellness, including physical and mental health. Depending on the settings you choose, the Mobile App can send emergency notifications and alerts about urgent, health related events.



FNHA is here for you when you need us, putting helpful information directly into your hands. I invite you to download the FNHA Mobile App today from the Apple App Store or Google Play Store.

[www.fnha.ca/app](http://www.fnha.ca/app).



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## Register your Newborn

### Online Birth Registration

Online birth registration is the simplest way to register your child's birth, and apply for a birth certificate, the Medical Services Plan, Canada Child Benefits, and a Social Insurance Number. Register your Newborn Birth registration is free, but you'll need a credit card to order a birth certificate at the same time.

### Required Information

You need the following information to register your child's birth online:

- date of your child's birth
- names you have chosen for your child
- name of the hospital or other place in B.C. where the birth took place
- parents' surnames as they appear on *their* current birth certificates or change of name certificates
- parents' dates and places of birth, and current ages
- parents' Personal Health Numbers (*BC CareCard*)

Use the Vital Statistics Agency's [secure online service](#) to register your child's birth. It takes 3-4 weeks to register a birth and issue birth certificates. Incomplete or late documents can cause delays. For more information, see [Birth Registration](#).

Link: <https://www2.gov.bc.ca/gov/content/life-events/birth-adoption/births/birth-registration>

### Why should I use this service?

Electronic Birth Registration is the fastest and easiest way to register your child, get a birth certificate, and apply for MSP coverage, Canada child benefits, and a SIN. Applying online saves you the extra work of repeating the same information

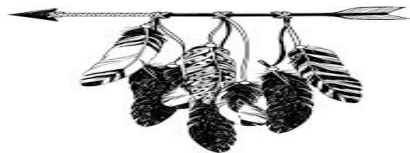
## First Nations Health Authority INFANT ENROLLMENT

First Nations infants up to 18 months are eligible

for Health Benefits as long as at least one parent meets the Health Benefits eligibility criteria. To register an infant under an eligible parent, clients should submit the following documents to FNHA Health Benefits by mail or fax:

- A copy of the infant's birth certificate; and
- An MSP Change Request Form, available online at <http://www.fnha.ca/benefits/MSP>

After 18 months, the infant will no longer be covered under the eligible parent and will need to be registered with



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Health Benefits under their own status number. To register an infant for Health Benefits under their own account clients must:

- Register the infant for Indian Status at a local band office or Indigenous Services Canada (ISC); and
- Once “Temporary Confirmation of Registration” is received, call Health Benefits at 1.855.550.5454 with the child’s new status number to complete the registration process.

### First Nations' Basic Medical Coverage

The [First Nations Health Authority](#) enrolls and administers MSP to all Status Indians who are residents of B.C. (excluding persons who receive health benefits by way of a First Nations organization pursuant to self-government agreements with Canada).

#### **FNHA Health Benefits and MSP**

The Health Benefits Program manages MSP for First Nations people in BC. If you have status and need to register for MSP, do so through Health Benefits.

MSP registration forms are available **online** or by calling Health Benefits at 1-855-550-5454.

If you are Metis or Inuit and have questions about the BC Medical Services Plan, please call Health Insurance BC at 1-800-663-7100.

Link: <https://www.fnha.ca/benefits/msp>

### First Nations Health Benefits and Pacific Blue Cross (PBC)

FNHA Health Benefits has partnered with Pacific Blue Cross (PBC) to deliver [Dental](#), [Vision Care](#), [Medical Supplies and Equipment \(MS&E\)](#) and [some Pharmacy items](#) benefits.

**You can find out what items and services are covered on your PBC Member Profile** on the Pacific Blue Cross (PBC) website: <https://pac.bluecross.ca/>

[Login or Create an Account \(Member Profile\)](#)

[Download the PBC App](#)

**Mailing Address:** Pacific Blue Cross PO Box 7000 Vancouver, BC V6B 4E1

Link: <https://www.fnha.ca/benefits/coverage-details>

### Need Help? Musqueam Health Department can assist:

For assistance with registering your Newborn you may call Candice Sparkes: 604-269-3312.

For questions or concerns about your Health Benefits or assistance with the PBC website or APP? You may contact: Ashlee Point 604-269-3395



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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)

## 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)

**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! \***



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## Musqueam Wellness Program

Janice Cross

This confidential service is available Monday-Friday: 830- 4pm to our Musqueam people via phone or virtually. Call or email to and set up a time to talk to Janice.

**Call:** 604-250-2913      **Email:** [mentalwellness@musqueam.bc.ca](mailto:mentalwellness@musqueam.bc.ca)



**VIRTUAL  
COUNSELLING**

## Art Therapy for Children, Youth & Adults

Janice Carroll,

I am working from home and available Monday to Thursday from 830-430, for phone calls, emails or text conversations, and also, hold sessions via Zoom.

I can be reached on my cell at 778-829-0242 or my email is [jcarroll@musqueam.bc.ca](mailto:jcarroll@musqueam.bc.ca)

## Youth Centre Program

Sandra Dan

The Youth Centre phone: 604-360-9171 | Email address: [youthcentre@musqueam.bc.ca](mailto:youthcentre@musqueam.bc.ca)



## First Nations Health Authority Benefits

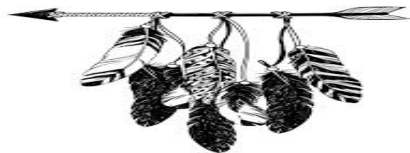
### If You Receive an Ambulance Bill

If you receive an ambulance bill, please send it to FNHA Health Benefits by email, fax or mail. Please be aware that ambulance bills as a result of a motor vehicle accident or a workplace incident will not be covered by the Health Benefits Program, and should be forwarded to ICBC or WorkSafe BC, respectively.

Coverage for ambulance transport services in BC is based on the rules and rates set out by [BC Emergency Health Services](#). Most ambulance bills will be sent to Health Benefits directly, if you provide BC Emergency Health Services with your status number.

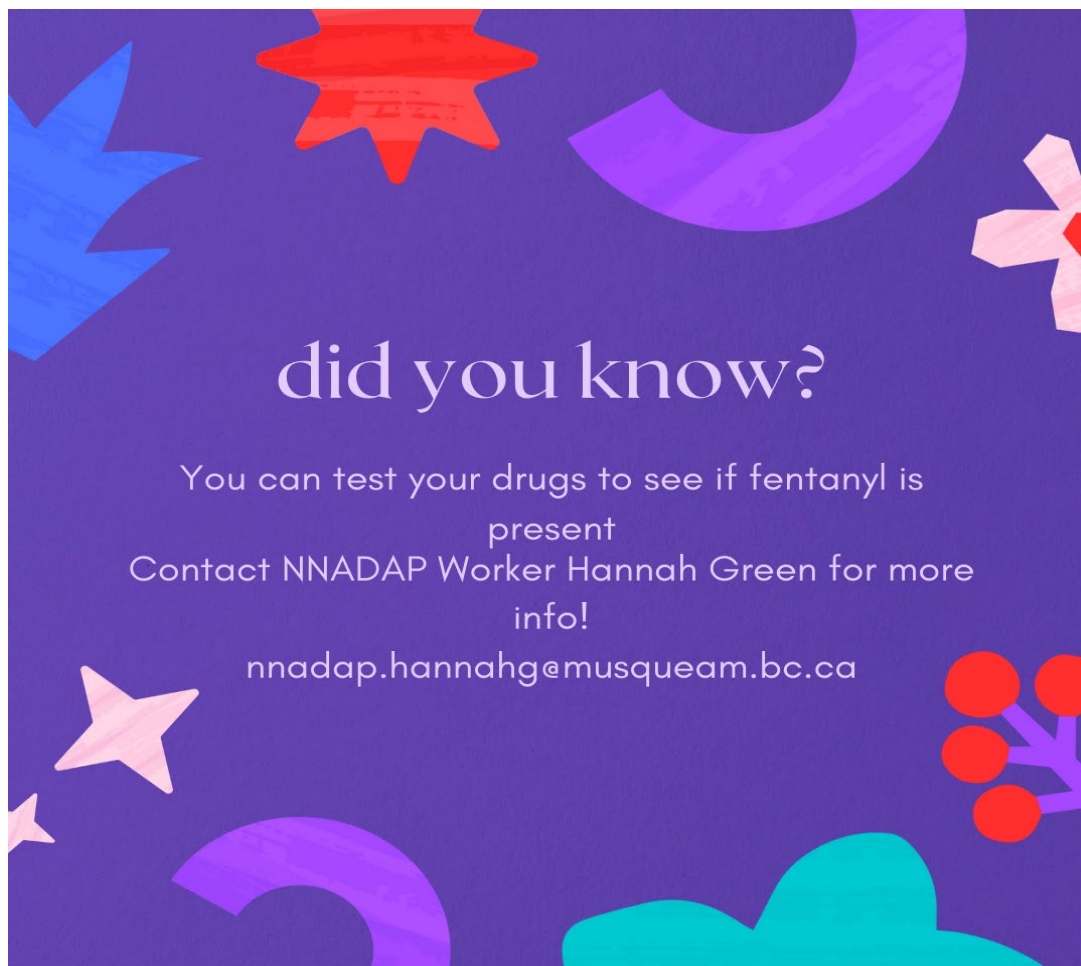
**If you have any questions, please call Health Benefits at 1-855-550-5454.**





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## 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



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## Musqueam Health Dept. Newsletter – April 23, 2021

### Safe Drinking Water Monitoring Program

*Charlene Campbell-Wood*

#### 5 Reasons Why Everyone Deserves Clean Drinking Water

[According to Dr. Tedros Adhanom Ghebreyesus](#), the Director-General of WHO, “Safe water, sanitation and hygiene at home should not be a privilege of only those who are rich or live in urban centers. These are some of the most basic requirements for human health, and all countries have a responsibility to ensure that everyone can access them.”

Sadly, clean water is still inaccessible for many and will remain that way until governments are willing to take a stand. Here are five reasons why everyone needs access to clean drinking water and safely managed sanitation, right at home.

##### 1. Provides Nourishment

Water is life. The sooner those in power understand this, the sooner this law of water being available to everyone can be implemented. Water is the number one source of nutrition. The human body is made of 60% water, and this is a clear enough indication of the importance of water. Humans need to be [adequately hydrated for their physiological systems to function](#). Additionally, water helps maintain organ health and allows the blood to maintain the consistency it requires to flow freely and transport oxygen and nutrients to every cell of the body.

##### 2. The Prevention of Diseases

Did you know that if people are unable to drink safe and clean water, it gives rise to various kinds of diseases? Fatal medical conditions like [cholera, typhoid, and hepatitis A](#) all occur because of the consumption and or the presence of contaminated water. Imagine the risks that people are exposed to when the only thing they can drink is water that comes from sewage and contaminated sites like industries. Clean water is essential not only to remain safe from disease but also to maintain good health.

##### 3. Helps in Getting Rid of Toxins

Clean, fresh and safe water also helps in getting the body rid of all kinds of toxins, whether they are created due to bodily reactions, obtained from outside sources or ones that occur because of the consumption of contaminated water.

##### 4. Needed for Agriculture and Food Production

When it comes to the [production of food](#), clean water is an essential ingredient. If the crops and grains are given contaminated water, the bacteria and disease will spread to those who consume the fresh produce. Therefore, water that is used for agriculture must also come from safe and clean resources.

##### 5. Improved Sanitation Facilities

Clean water is not just needed for drinking but for sanitation purposes as well. If clothes are washed, or the body is washed with contaminated water, this too will result in the rise of diseases. Same is the case for cooking, cleaning and other similar tasks that are an integral part of our lives. Clean water is necessary for good health





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Musqueam Health Dept. Newsletter – April 23, 2021

## Province-wide restrictions



Dr. Bonnie Henry, Public Health Officer (PHO), strengthened province-wide restrictions, in an effort to help stop the spread of Covid-19. The restrictions came into effect on March 29<sup>th</sup> at 11:59pm and will last until May 25<sup>th</sup> at midnight. They include:

- The variance allowing indoor religious gatherings and worship services between March 28<sup>th</sup> and May 13<sup>th</sup> has been suspended
- Indoor low intensity group exercise classes are cancelled
- Restaurants, pubs, and bars are closed for indoor dining. Outdoor patio seating and take out or delivery is allowed
- Workplaces with a COVID-19 exposure may be ordered shut down for a minimum of 10 days

### Safety recommendations:

In addition to the orders, the **PHO strongly recommends:**

- Working from home whenever possible, unless it is essential to be in the workplace
- Keeping your child home from school if he/she feels sick or have any signs of illness
- Getting tested immediately if you or anyone in your family feels sick

### Indoor gatherings

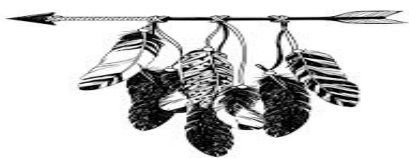
No indoor or social gatherings of **any size** at your residence with anyone other than your household or, if you live alone, your core bubble.

- Do not invite friends or extended family inside your residence or vacation accommodation
- Do not host a party or event inside your house

### Outdoor gatherings

Up to 10 people can gather outdoors, for example:

- Up to 10 people can gather at a park or beach
- Up to 10 people can gather in the backyard of a residence



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## Musqueam Health Dept. Newsletter – April 23, 2021

*Continued....*

Important Notes: do not gather with several groups of **new** people. **Stick to the same people.** To increase your safety and protection use the layers of protection: masks, keeping a safe distance of 6 feet apart, maintain hand hygiene, do not share food/drinks/smokes/vapes.

### Order restricting non-essential travel:

Premiere John Horgan announced earlier this week a sweeping new order restricting non-essential travel.

**More information and an official announcement is said to be held tomorrow, Friday, April 23<sup>rd</sup>.** These orders are also said to take effect starting on April 23<sup>rd</sup>.

- **Travel bookings**- the Premiere says BC is going to eliminate travel bookings from outside the health region and says people should not try book holidays or accommodations outside of their immediate area until after the end of the May long weekend.
- **Camping bookings** – not considered a reason for essential travel, and the recreational trips will need to be cancelled if they are outside of someone's health authority.
- **Ferry Travel** – BC Ferries will not be adding additional sailings. Reservations that include a camper or trailer will be cancelled.

All current guidelines and orders will remain in place for the next five weeks,  
through the May long weekend.

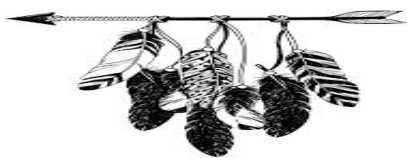
Stay in your local community, unless it's for essential travel.

We must all keep working together to reduce transmission.

### Public health orders and restrictions: extended

|                                                                                                                                                            |                                                                                                                             |                                                                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Indoor dining at<br/>restaurants and<br/>pubs suspended</p>         |  <p>Essential travel<br/>only</p>        |  <p>All adult group<br/>fitness classes are<br/>suspended</p>                        |
|  <p>Special PHO order for<br/>indoor religious<br/>services on hold</p> |  <p>Work from home<br/>when possible</p> |  <p>Only individual or<br/>one-on-one activities<br/>in gyms and fitness centres</p> |

**COVID-19 IN BC**



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## Musqueam Health Dept. Newsletter – April 23, 2021

The province released this breakdown of different boundaries within each health region. Our region (Vancouver Coastal Health) and the Fraser Health Region is considered one; mainly due to many people who need to commute for work or school. More info to be released tomorrow April 23<sup>rd</sup>, please watch or stream our local news stations for that briefing.



# Ministry of Health Health Boundaries

## Health Authorities (HA)

### 1 Interior Health Authority

#### 11 East Kootenay

111 Fernie  
112 Cranbrook  
113 Kimberley  
114 Windermere  
115 Creston  
116 Golden

#### 12 Kootenay Boundary

121 Kootenay Lake  
122 Nelson  
123 Castlegar  
124 Arrow Lakes  
125 Trail  
126 Grand Forks  
127 Kettle Valley

#### 13 Okanagan

131 Southern Okanagan  
132 Penticton  
133 Keremeos  
134 Princeton  
135 Armstrong/Spallumcheen  
136 Vernon  
137 Central Okanagan  
138 Summerland  
139 Enderby

#### 14 Thompson Cariboo Shuswap

141 Revelstoke  
142 Salmon Arm  
143 Kamloops  
144 100 Mile House  
145 North Thompson  
146 Cariboo/Chilcotin  
147 Lillooet  
148 South Cariboo  
149 Merritt

## Health Service Delivery Areas (HSDA)

### 2 Fraser Health Authority

#### 21 Fraser East

211 Hope  
212 Chilliwack  
213 Abbotsford  
214 Mission  
215 Agassiz/Harrison

#### 22 Fraser North

221 New Westminster  
222 Burnaby  
223 Maple Ridge/Pitt Meadows  
224 Tri-Cities

#### 23 Fraser South

231 Langley  
232 Delta  
233 Surrey  
234 South Surrey/White Rock

### 3 Vancouver Coastal Health Authority

#### 31 Richmond

311 Richmond

#### 32 Vancouver

321 Vancouver - City Centre  
322 Vancouver - Centre North  
323 Vancouver - Northeast  
324 Vancouver - Westside  
325 Vancouver - Midtown  
326 Vancouver - South

#### 33 North Shore/Coast Garibaldi

331 North Vancouver  
332 West Vancouver/Bowen Island  
333 Sunshine Coast  
334 Powell River  
335 Howe Sound  
336 Bella Coola Valley  
337 Central Coast

## Local Health Areas (LHA)

### 4 Vancouver Island Health Authority

#### 41 South Vancouver Island

411 Greater Victoria  
412 Western Communities  
413 Saanich Peninsula  
414 Southern Gulf Islands

#### 42 Central Vancouver Island

421 Cowichan Valley South  
422 Cowichan Valley West  
423 Cowichan Valley North  
424 Greater Nanaimo  
425 Oceanside  
426 Alberni/Clayoquot

#### 43 North Vancouver Island

431 Comox Valley  
432 Greater Campbell River  
433 Vancouver Island West  
434 Vancouver Island North

### 5 Northern Health Authority

#### 51 Northwest

510 Haida Gwaii  
511 Snow Country  
512 Prince Rupert  
513 Upper Skeena  
514 Smithers  
515 Kitimat  
516 Stikine  
517 Terrace  
518 Nisga'a  
519 Telegraph Creek

#### 52 Northern Interior

521 Quesnel  
522 Burns Lake  
523 Nechako  
524 Prince George

#### 53 Northeast

531 Peace River South  
532 Peace River North  
533 Fort Nelson

If you have any questions regarding COVID-19, restrictions, or immunizations please contact Crystal Point, Musqueam CHN, or Claudia Piotrowska the CHN/Covid Liaison at 604-263-3261 during Band Office business hours Monday to Friday.

## 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**

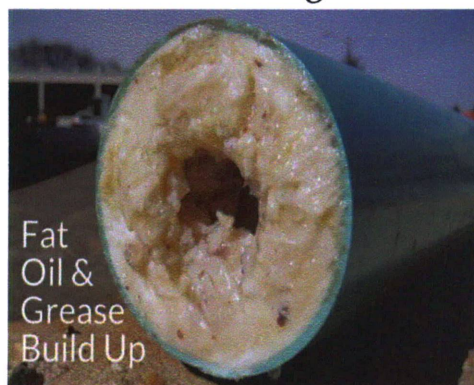
Maintenance: **Mike Point & Tyson Nahanee**

**604-269-3381**



## PLEASE DO NOT DISPOSE OF ANY COOKING FATS, OILS, OR GREASE DOWN THE DRAIN!

The Musqueam Indian Band has experienced a sewer backup in two houses on the same street due to grease build up in the sewer lines.



### WHAT HAPPENS WHEN FATS OILS AND GREASE ARE PUT DOWN THE DRAIN?

As seen in the picture fats, oils and grease that are put down your household drains cause problems further down the pipe as well resulting in a backup and blockages. Liquefied fats, oils and greases will solidify and clog pipes and contribute to blockages and blockages may cause a backup into your home.

**FATS** - DAIRY PRODUCTS, SALAD DRESSINGS, MARGARINE, SHORTENING, ETC

**OILS** - COOKING OILS (OLIVE, COCONUT, CANOLA, VEGETABLE) AND SAUCES

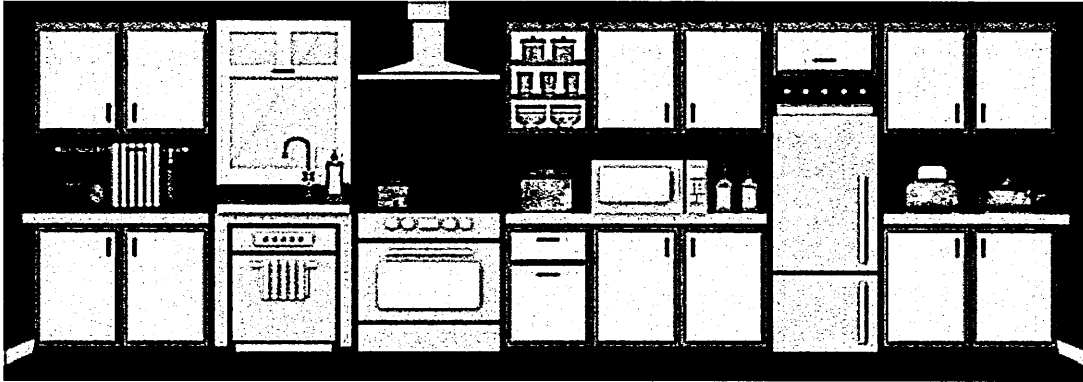
**GREASE** - MEAT DRIPPINGS, LARD



### When disposing Fats, Oils, and Grease:

- Pour all used cooking oils and grease into a small container so it can cool and harden.
- When the container is full, cap the container or cover it tightly, place in a bag to prevent leakage and put in garbage container.
- Dry wipe all pots, pans and plates before washing in sink or dishwasher. Use paper towels and wipe grease and food contents into a garbage container.
- If you have a kitchen sink garbage grinder, use this as little as possible since food particles and grease from the grinded material will still clog your pipes and affect the downstream sewer system.

# **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.





# Earn university course credit for UBC's Indigenous Teacher Education Program - NITEP!

Sign up now!

- First Peoples 12 course for credit at UBC in NITEP
- Become a teacher through NITEP
- Online course - Vancouver Learning Network (VLN)
- No fees
- Grade 10 - 12 Indigenous learners
- Cohort size - 12 students max enrollment
- Deadline to put name forward is April 20th, 2021

Please email interested student names to Chas Desjarlais,  
District Principal of Indigenous Education [cdesjarlai@vsb.bc.ca](mailto:cdesjarlai@vsb.bc.ca)



"I wanted to be a teacher because I wanted to work with youth and feel like I'm doing something to give back to the community. I'm happy that I'm here and in NITEP. I've had some really good experiences"

Lyam, 2nd Year NITEP Student



THE UNIVERSITY OF BRITISH COLUMBIA  
Faculty of Education



 SFUSIMON FRASER  
UNIVERSITY

# Indigenous University Preparation Program

*Apply now for FALL 2021*

*Early application deadline: April 30, 2021*

**Are you:**

- A high school graduate?
- Considering going to university, but wanting to test it first?
- Someone who wants to learn more about math and writing?
- Wanting to connect with a cohort group of Indigenous students in a small, safe, and supportive environment?
- Looking to open doors to more learning and working opportunities?

***SFU's Indigenous University Preparation Program***

We welcome First Nations, Métis and Inuit students to a university learning environment that affirms and integrates Indigenous knowledge and perspectives.

You will join a cohort of like-minded Indigenous students and explore university together with Elders, mentors, tutors and instructors while taking courses which can transfer into first year university or college.

***Where does the IUPP path lead you?***

SFU's IUPP helps you pave the way for a successful transition to undergraduate studies. Our program offers first-year academic credit courses that integrate humanities and social sciences with Indigenous perspectives.

We also offer literacy and quantitative classes (non-academic credit) that will build your confidence.

Upon successful completion of the IUPP, you will be granted admission to SFU and your completed credits will count towards your undergraduate degree.

**Learn more**

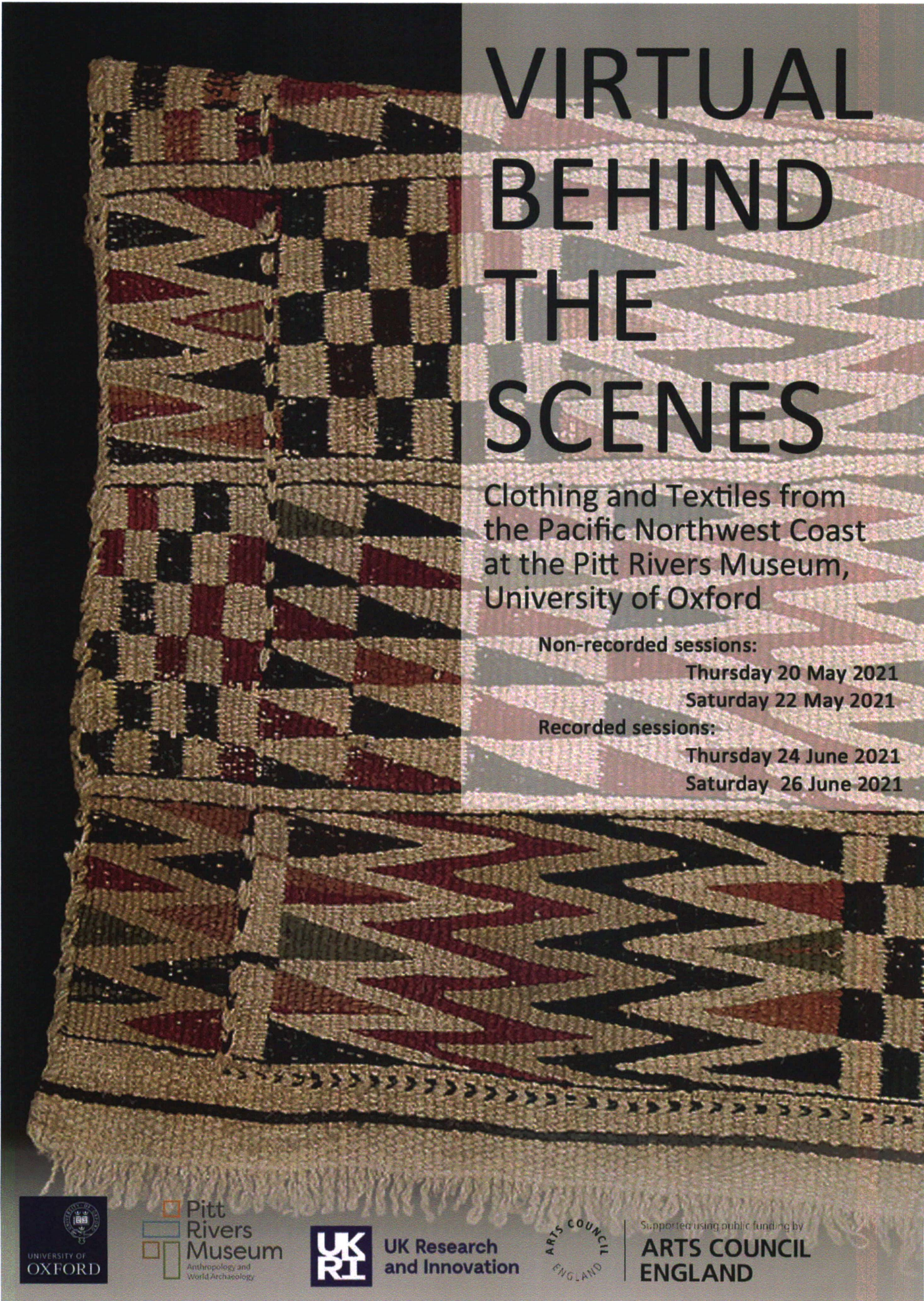
Web [www.sfu.ca/iaupp](http://www.sfu.ca/iaupp)  
Email [iaupp@sfu.ca](mailto:iaupp@sfu.ca)  
Phone 236.668.5308

***Tuition Waiver for Youth in Care or Former Youth in Care***

Cover: Welcome figure at SFU carved by Jody Broomfield, Squamish Nation.







# VIRTUAL BEHIND THE SCENES

Clothing and Textiles from  
the Pacific Northwest Coast  
at the Pitt Rivers Museum,  
University of Oxford

Non-recorded sessions:

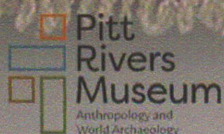
Thursday 20 May 2021

Saturday 22 May 2021

Recorded sessions:

Thursday 24 June 2021

Saturday 26 June 2021



UK Research  
and Innovation

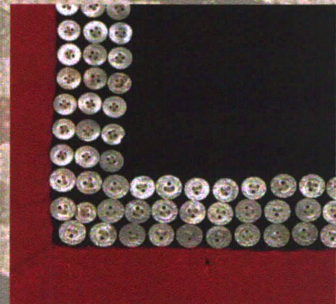


Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**





**We are offering four virtual research visit sessions for community members, weaving practitioners and specialists**



The sessions are hosted by **Talking Threads**, a project which aims to enhance museum documentation to reflect interests and uses by originating communities.



**Research Visit: Online via Zoom**

Thursday 20 May 2021, 9.00 – 11.00 (PDT)

Saturday 22 May 2021, 9.00 – 11.00 (PDT)

Max. 10 participants per session

Virtual visit to Northwest Coast textiles with multi-camera view including digital microscope. The sessions are opportunities for us to show the textiles in detail. The sessions will not be recorded and there is no expectation of contribution or feedback from the participants.



**Research visit and documentation discussion:  
Online via Zoom**

Thursday 24 June 2021, 9.00 – 12.00 (PDT)

Saturday 26 June 2021, 9.00 – 12.00 (PDT)

Honorarium: CAD 100

Max. 10 participants in total

In-depth look at textiles: participants will be asked to contribute their views on what they would like to see in the museum's documentation for the use of communities. Contributions will be added to our collections database.

**To book a place, or request further details, please contact**

**[Misa Tamura \(misa.tamura@prm.ox.ac.uk\)](mailto:misa.tamura@prm.ox.ac.uk)**

**Please let us know which session you wish to join**



## **Museum of Anthropology**

### **Job Opportunity – Exhibition Construction and Installation**

The Museum of Anthropology at UBC (MOA) is currently recruiting for six Research Assistant/Technician 3 positions. These positions build, install and dismantle temporary exhibitions, including two and three dimensional, and audio-visual works. They assist with the handling of works of art and belongings when needed, following training and direction from Collections staff.

These positions are on-going hourly and can offer anywhere from one week to three months of work in the spring and the same in the fall, following the MOA exhibition schedule. Successful applicants will be placed on the auxiliary list and called as needed. These are Union positions (CUPE 116) with a starting pay rate of \$25.54-\$27.87/hour.

Carpentry and painting skills are required, art and belonging handling experience are assets.

**Closing date for applications is May 12, 2021**

Please visit [https://ubc.wd10.myworkdayjobs.com/en-US/ubcstaffjobs/job/UBC-Vancouver-Campus/Auxiliary-Research-Asst-Tech-3-1\\_JR1922-1](https://ubc.wd10.myworkdayjobs.com/en-US/ubcstaffjobs/job/UBC-Vancouver-Campus/Auxiliary-Research-Asst-Tech-3-1_JR1922-1) for full job description and to apply. A list of all UBC positions can be found here: <https://ubc.wd10.myworkdayjobs.com/ubcstaffjobs>.

## **Job Opportunity – Canadian Census Enumerator**



Statistics Canada is looking for census enumerators within the community.

### **Duties:**

- Dropping off census questionnaires at dwellings in a specified area and listing the address of each dwelling
- Conducting in-person interviews to obtain completed questionnaires
- Collecting census information from people living in collective dwellings (for example, hospitals, hotels, nursing homes and school residences)
- Contacting respondents by phone and in person to obtain completed questionnaires.

### **Period of employment:**

Start dates vary between April 29 and May 9, 2021. Start dates and length of employment will vary by assignment. End dates are undetermined at this point as the role is based on completion.

### **Rate of pay:**

Salaries range from \$16.31 to \$19.92 per hour, plus authorized expenses. Hourly rates vary depending on assignment and work location.

### **Qualifications:**

- Industrious, tactful, conscientious, reliable, energetic, and capable of exercising good judgement
- Willing to work long hours, including evenings, weekends and holidays as required
- Able to follow written instructions and read maps
- Experience dealing with people
- Strong computer skills
- 18 years of age or older prior to start of duties
- A Canadian citizen or eligible to work in Canada:
  - As a permanent resident;
  - On a work permit (temporary residents with a valid work permit, temporary residents with a study permit and valid work permit, refugees with a valid work permit); or
  - With a visitor record clearly indicating authorization to work in Canada.

### **Notes:**

- A valid driver's license and access to a vehicle are required in some areas.
- Hiring preference will be given to Canadian citizens.

If interested, please apply online on the Statistics Canada website [here](#) and inform Catherine Pyson, the Crew Leader of our district, that you have applied at [pyson.catherine3141@gmail.com](mailto:pyson.catherine3141@gmail.com).

If you have any questions or need help applying, please contact Krista Brisk at [employassist@musqueam.bc.ca](mailto:employassist@musqueam.bc.ca).

# Energy Conservation Assistance Program

We have received multiple application so far and are still accepting new application!

Musqueam housing department is working with BC Hydro and Fortis BC to bring the Energy Conservation Assistance Program (ECAP) to the community.



What is included in the ECAP?

- **FREE home energy evaluation**
- **FREE Energy upgrades:** You will receive LED light bulbs, water-efficient showerheads and faucet aerators, exterior door weather stripping, and hot water pipe insulation. Some Homes may even qualify for an ENERGY STAR® certified fridge or high efficiency gas furnace installation at NO COST.

You are eligible to receive this service if you haven't received it in 2017.

To receive the service, please fill the ECAP application form (next page). If you have a BC Hydro and a Fortis BC account, fill both sections of the application. Please drop the filled application at the reception in the band office or take a picture of your application and email it or text it to:

Ehsan Haghi – Community Energy Specialist at Musqueam Indian Band  
Email: [ehaghi@musqueam.bc.ca](mailto:ehaghi@musqueam.bc.ca), Cell: 2267924266

We will submit the forms on your behalf.

- There is no need to provide a proof of income to apply for this program.
- The home energy assessment and product installation are done while following the COVID-19 protocols. You don't need to be at home while the products are being installed. You can stay in your yard or go for a walk while the job is being done (1.5-2 hours).

# Energy Conservation Assistance Program application

For aboriginal communities and residents of non-profit housing



Bulk reference number Musqueam 2021

To apply for the FREE Energy Conservation Assistance Program, please complete each of the following before submitting the application:

- ☐ Complete the application in full (or we will not be able to process your application).
- ☐ Attach the Landlord Consent form (if you rent from a private landlord).
- ☐ Sign the declaration at the bottom of the page (highlighted in yellow below).

If you require assistance completing this application form please call the program contractor **It's On Electric 1-855-560-3227**.

## 1. Account holder information

### BC Hydro account

|                               |                    |                              |               |                         |             |
|-------------------------------|--------------------|------------------------------|---------------|-------------------------|-------------|
| First name (on BC Hydro bill) |                    | Last name (on BC Hydro bill) |               | BC Hydro account number |             |
| Account address               |                    |                              | City          | Province                | Postal code |
| Home phone number             | Other phone number |                              | Email address |                         |             |

### FortisBC account

|                               |                              |                         |
|-------------------------------|------------------------------|-------------------------|
| First name (on FortisBC bill) | Last name (on FortisBC bill) | FortisBC account number |
|-------------------------------|------------------------------|-------------------------|

## 2. Property information

|                                    |           |                                                 |
|------------------------------------|-----------|-------------------------------------------------|
| How many people live in your home? | Last name | Name of company (if you are a property manager) |
|------------------------------------|-----------|-------------------------------------------------|

What type of home do you live in?

- ☐ Detached house    ☐ Duplex    ☐ Town house    ☐ Apartment/condominium\*    ☐ Mobile home  
☐ Other:

\*Please see terms and conditions for eligible products and measures for apartment units.

Do you rent your home?

- ☐ Own    ☐ Rent

(If you selected rent, and rent from a private landlord please complete and attach the Landlord Consent Form and complete the Landlord contact information below)

\*If you live in a band-owned home, or non-profit housing you are NOT required to submit a Landlord Consent Form.

|                                                       |                      |
|-------------------------------------------------------|----------------------|
| Landlord name (please indicate if home is band owned) | Contact phone number |
|-------------------------------------------------------|----------------------|

## 3. Income qualification and authorization for disclosure and collection

I understand that in order to qualify as a participant, BC Hydro requires proof that my household income meets the program's income requirement, and/or my building is eligible to participate in the program under the Terms and Conditions. By signing this form, I consent to BC Hydro collecting my personal information (including all items listed on this application form and income qualification status) indirectly from my band/non-profit administration office. Furthermore, I permit my Band/Non-Profit administrative office to disclose that personal information to BC Hydro for the purpose of qualification and for the administration of the program.

### MUST COMPLETE

By signing below, I certify that I understand and agree to all of the preceding declarations and all terms and conditions that follow on this application. I certify that all the information is true and complete in every respect and that any willful misstatements may cause the rejection of my application.

|                                                             |                   |
|-------------------------------------------------------------|-------------------|
| BC Hydro account holder signature (BC Hydro account holder) | Date (Yr/Mth/Day) |
|-------------------------------------------------------------|-------------------|

|                                                                                                                  |                   |
|------------------------------------------------------------------------------------------------------------------|-------------------|
| FortisBC account holder signature<br>(If there is a FortisBC natural gas account associated with the residence.) | Date (Yr/Mth/Day) |
|------------------------------------------------------------------------------------------------------------------|-------------------|

Mail completed application to:  
BC Hydro and FortisBC ECAP Operations  
PO Box 8910 Stn Terminal  
Vancouver, BC V6B 9Z9

## OFFICE USE ONLY

Meets LICO threshold

- ☐ Yes    ☐ No

Authorized signature



## Social Development Dept.

6735 Salish Drive

Vancouver BC V6N 4C4

Phone: 604-263-3261

Friday April 23, 2021

**MAY 2021 cheque issue day will be issued on Friday April 30, 2021 from 8:30am—4:30pm.**

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 *lhensel@musqueam.bc.ca***

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. Please drop off your paperwork in that mailbox at the back of admin. bldg.

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:<br>_____ | Name of Worker:<br>_____ | Date Declaration Reviewed:<br>_____ |
|---------------------------------------------------|--------------------------|-------------------------------------|

### Child

|           |            |             |
|-----------|------------|-------------|
| Last Name | First Name | Middle Name |
|-----------|------------|-------------|

|                                                                                                                 |                              |                             |
|-----------------------------------------------------------------------------------------------------------------|------------------------------|-----------------------------|
| 1. Is the child still in need of Children Out of the Parental Home (COPH) Assistance?                           | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Are there any changes in the composition (make-up) of persons age 18 or older living in the relative's home? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| If yes, explain change(s): _____<br>_____.                                                                      |                              |                             |
| 3. Are there any changes in the amount of financial contribution to the COPH Assistance child?                  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| If yes, explain change(s) to the amount: _____                                                                  |                              |                             |
| 4. Are there other changes concerning the COPH Assistance child or the information provided by the relative?    | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| If yes, explain change(s): _____<br>_____.                                                                      |                              |                             |
| 5. COMPLETE THIS SECTION ONLY IF THE RELATIVE'S ADDRESS HAS CHANGED                                             |                              |                             |
| New Address                                                                                                     | Telephone (       )          |                             |
| Mailing Address (if different)                                                                                  |                              |                             |

### DECLARATION

I declare that the information that I have provided on behalf of \_\_\_\_\_ is true and complete.  
(Child's Name)

I give my permission for this information to be verified and consent to a report being obtained from any reporting agency (for example, but not limited to, Canada Revenue Agency, the BC Ministry of Children and Family Development or the BC Ministry of Housing and Social Development) for that purpose.

|                            |                               |                   |
|----------------------------|-------------------------------|-------------------|
| Relative's Signature _____ | Relative's Name (Print) _____ | Date Signed _____ |
|----------------------------|-------------------------------|-------------------|





Indian and Northern  
Affairs Canada

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 Social Assistance, please complete this form and return to your local administering Authority at least 2 weeks before the next cheque issue.

1. Are you still in need of Social Assistance?

☐ Yes

☐ No

2 Has your marital / employment situation changed?

☐ Yes

☐ No

If yes, explain change

3. List any changes in your living situation (e.g. address, rent, etc.). Submit new receipts.

901-28 (6-88)

Canada

4. Have you had **any earned or unearned income this month?**

☐ Yes ☐ No

If yes, complete \*

|                      |    |
|----------------------|----|
| Earnings             | \$ |
| Child tax            | \$ |
| Family Maintenance   | \$ |
| Employment Insurance | \$ |
| Other (specify)      | \$ |
| Pension              | \$ |
|                      | \$ |

5. Has there been any change in your assets?

☐ Yes ☐ No

If yes, complete \*

|                 |  |
|-----------------|--|
| Bank Account    |  |
| Property        |  |
| Other (specify) |  |
|                 |  |
| TOTAL           |  |

6. Is there any change in your number of dependents or their school status?

☐ Yes

☐ No

If Yes, explain the change(s)

I declare that this is a true statement concerning my monthly income, assets, marital, employment, and family status. I give permission for this information to be verified and I consent to a report being obtained from any reporting agency for that purpose.

Band Name and #

Print Name

Signature of Applicant

Date

**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 64<sup>th</sup> 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 20<sup>th</sup> 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) \_\_\_\_\_

☐ Pregnancy      ☐ 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.

I understand that confirmation of my contacts may be obtained from Employers whose names I have shown

|                           |                        |       |
|---------------------------|------------------------|-------|
| Printed name of Claimant: | Signature of Claimant: | Date: |
|---------------------------|------------------------|-------|