



Musqueam Community Newsletter

Friday May 14, 2021

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

SAFETY & SECURITY PATROL: 604-968-8058

1017 - Office & Administration - Receptionist

Main Office, 6735 Salish Drive, Vancouver, British Columbia,
Tuesday, April 27, 2021

The Receptionist provides a telephone and personal reception service for the Band Administration Office. The incumbent receives and directs telephone calls and visitors to the appropriate department or person. When required, the Receptionist provides clerical assistance as assigned.

Duties:

Answers telephone switchboard and directs callers to appropriate station.

Greets visitors, and provides direction to the appropriate department or person.

Collects and distributes mail and faxes to appropriate personnel.

Maintains a staff calendar board to track whereabouts. Distributes cheques.

Typing, filing, photocopying, faxing, telephone answering, and other clerical support work.

Assists other departments by providing clerical support on an as needed basis.

Develops and maintains effective working relationships with coworkers and office visitors.

Back up support to Administrative assistant, creates newsletter and administrative functions as needed

Oversees First Aid orders, directs calls for First Aid; updates and follows through on First Aid Attendees and oversees small budget for First Aid

Knowledge and Abilities:

Skill and knowledge usually attained by successful completion of High School with some business related courses and experience in operating a large telephone switchboard; or an equivalent combination of skill, knowledge, and experience.

First Aid Training/Certificate

Ability to take minutes at meetings/Basic Minute Taking Training

Knowledge and experience of the Musqueam Indian Band, Band administration and policies and First Nations culture and history.

Ability to use tact and good judgement in dealing with callers and visitors.

Ability to maintain confidentiality.

This is a full-time permanent position, where the employee is entitled to participate in the benefits and pension programs.

Salary Range: \$17.80 - \$18.47 hourly

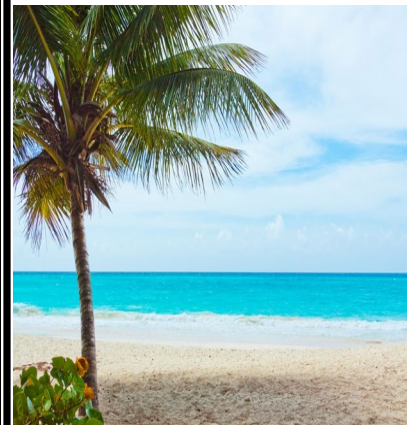
Please apply on the band website under Community Job Postings.

INSIDE THIS ISSUE:

ECAP-2-3

EDUCATION-3-4

HEALTH DEPT. -5-8



**KEEP
CALM**

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. Today, we are focusing on hot water systems:

Hot water heaters are the second-largest energy user after space heating. Depending on the number and type of people in your household, hot water consumption may account for more than 20% of your total annual energy consumption.

Take shorter showers and install a water-efficient showerhead

New water-efficient showerheads use about half to one-third of the water that some older showerheads use. Replacing even a now-standard showerhead with a WaterSense labelled model could save a family of four about \$39 a year in water heating costs. Save even more if you're replacing an older 17 to 20 litre per minute showerhead with a water-efficient model and reduce your shower time by one to three minutes every day.

Install faucet aerators in the kitchen and bathroom

If your faucets aren't already water-efficient models, you can install faucet aerators on existing taps to help save water and energy, without any noticeable difference in flow.

Insulate hot water pipes

Insulate accessible water pipes located in unheated areas, such as basements and crawl spaces, with foam or rubber pipe insulation to help keep the water hot longer. The insulation will also help protect your pipes in cold snaps.

Fix leaky faucets

A tap dripping water every second (3,600 drips per hour) could waste enough water to fill a bathtub about every two days (4,000 drips = 1 L; each bath = 45 L). A drip can usually be repaired by replacing the washer.

Are you interested in receiving FREE energy saving products such as water-efficient showerheads, faucet aerators, and LED lamps?

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

To receive the service, please fill the ECAP application form. 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. We will collect the forms and submit them on your behalf.

Questions?

If you need assistance in filling the forms and the application process, contact:

Ehsan Haghi – Community Energy Specialist at Musqueam Indian Band

Email: ehaghi@musqueam.bc.ca, Cell: 2267924266

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
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2. Property information

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

Musqueam Education Notice Friday May 14, 2021

Musqueam Graduation Celebration

This year's Musqueam Graduation Celebration will be **June 24th**, and will be a drive through event!

If you know of any band members who are graduating from **grade 7, grade 12, or post-secondary** please email the Education Department at learningfacilitator@musqueam.bc.ca so we can include them in the graduation celebration. Please include: name, school, grade or post-secondary program.

Please keep an eye on the newsletter for more information about the Musqueam Graduation Celebration.

Graduating High School Students

Are you considering going to a post-secondary institution in September? Have you applied to any schools? If you are planning on attending a Post-Secondary school, please let the Education Department know, so we can provide you with any information you need for funding.



Graduation fees

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

Scholarships and Bursaries

The Chief Joe Mathias British Columbia Aboriginal Scholarship is now accepting applications for the 2021 year. Please visit www.chiefjoemathias.ca to download both the eligibility requirements and the application.

Applications can be submitted electronically (in **one** email containing **one** combined PDF) to chiefjoemathias@gmail.ca, or mailed to the address on the application. Please note that the application must be received prior to the deadline, so please mail it no less than a week in advance of June 19, 2021.

Deadline to apply is June 19, 2021 at 11:59 pm.



Education Department:

Faye Mitchell, Education Manager:

fmitchell@musqueam.bc.ca

April Campbell, Learning Facilitator:

learningfacilitator@musqueam.bc.ca

Cary Campbell, School Bus Driver

Dona Grant, School Bus Supervisor

Ph. # 604 - 263 - 3261 Fax # 604 - 263- 4212

Toll free: 1-866-282-3261



Apply Now!

A banner with a background of vertical green and brown stripes, resembling a forest. The text 'Apply Now!' is written in a large, white, bold font.

YVR Art Foundation is currently accepting applications for the the Bill McLennan Masterpiece Study Program Microgrants and the Aspiring Artist Awards!

Applications for each program will be accepted on a rolling basis and up to 10 awards in each program will be distributed in 2021.

Bill McLennan Masterpiece Study Program Microgrants

The [Bill McLennan Masterpiece Study Program](#) now offers Microgrants to BC and Yukon First Nations artists who wish to further their practice through the research/study of BC or Yukon Indigenous art and artifacts currently held in the collection of a YVRAF museum partner. Microgrants are for \$500 and support virtual collections visits at our museum partners offering virtual visits or in-person attendance if travel to the museum is not required.

Click [here](#) to visit the Bill McLennan Masterpiece Study Program Microgrants page and to apply online.

Aspiring Artist Awards

[Aspiring Artist Awards](#) are for BC and Yukon Indigenous youth between the ages of 15 and 20 who reside in BC or the Yukon. Aspiring Artist Awards are \$500 each and are awarded on an annual basis to youth to support their self-directed work in the visual arts.

Click [here](#) to visit the Aspiring Artist Awards Program page and to apply online.

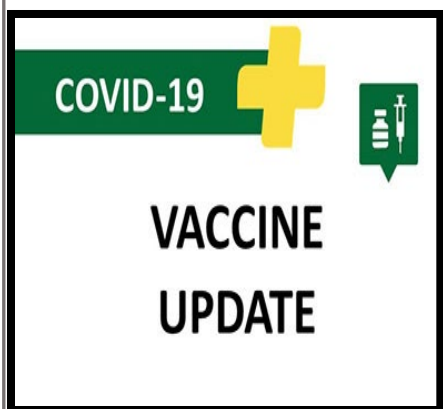
Please forward this email to those who are eligible and interested in applying. Contact YVR Art Foundation with any questions at programs@yvraf.com or by phone to **604.276.6261**.



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Musqueam Health Dept. Newsletter – May 14, 2021

Covid-19 Vaccine Update



Musqueam Leadership and Musqueam Health Department have been meeting with the local health authorities to get ready for our 2nd dose Covid-19 immunization clinics.

Right now the Public Health Order for the 2nd dose is still 16 weeks (4 months) for the COVID-19 vaccine.

There is an increased supply of vaccines coming into Canada and BC, but there hasn't been any official update yet regarding the timing of the 2nd dose.

Details for the Musqueam 2nd dose clinics are still being worked out. We are encouraging members to follow one or all of the following for future updates regarding the Covid-19 vaccine clinics:

- ✚ MIB Covid-19 Vaccine Website,
- ✚ MIB Newsletter, or
- ✚ Social media: Musqueam Health & Musqueam Bulletins Facebook pages



For all members who have had their first dose at one of our previous clinics > we have all the information we need on file, there is no need to call us. The MIB Health Department will call members when eligible and book the next appointment.

**For any members who have NOT had their first dose of the Covid-19 vaccine yet,
You will NEED to call our health department and register with us.**

For any members off reserve who require their first dose and may have difficulties making it to one of our clinics, visit your local health authority website to register for your Covid vaccine. First Nations who are 18 years and older can register for their vaccine across the province at various locations.

For any further questions please contact Crystal Point, the Musqueam Community Health Nurse

Call 604-362-9200 or email: chn@musqueam.bc.ca.



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Musqueam Health Dept. Newsletter – May 14, 2021

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

Arlene Haldane, Assist: Ph: 604-655-0580 | Email: 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 or 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 Health Dept. Newsletter – May 14, 2021



VIRTUAL COUNSELLING

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

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

Youth Centre Program

Sandra Dan

The Youth Centre phone: 604-360-9171 | Email address: youthcentre@musqueam.bc.ca

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:

Hannah's office hours

Mon-Wed. & Fri: **9am-4pm** | Thurs **12-7pm**

Email: 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: 5pm-9pm | Sat-Sun: 10am - 5pm

E: nnadap.bmorin@musqueam.bc.ca

T: 604-652-1368



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Musqueam Health Dept. Newsletter –May 14, 2021

Safe Drinking Water Monitoring Program

Charlene Campbell-Wood

Proven Ways To Treat Dehydration

By Health Prep Staff

Inadequate fluid intake and increased fluid needs can lead to dehydration. Symptoms of dehydration include thirst, dizziness, fatigue, and fainting. The complications of dehydration can be fatal and include kidney failure and coma. Feelings of thirst occur with slight dehydration while dark urine reveals a larger fluid deficit. Treatment should be implemented as soon as symptoms are recognized. Explore the best possible ways to help treat dehydration and prevent it from occurring again.

Oral Rehydration Therapy

The first line of treatment for dehydration is to increase oral intake of fluid. Simply drinking water with the first sign of thirst is appropriate, but more severe dehydration will require oral rehydration therapy (ORT). Oral rehydration therapy consists of consuming small amounts of electrolyte-containing, clear fluids, such as broth or sports drinks, on a frequent basis. Electrolytes, such as sodium and potassium, are minerals that help direct fluid in the body. These are required in order for the cells to absorb and utilize the water being consumed.

