

Musqueam Community Newsletter Friday July 9, 2021

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



To our dear Friends and Family,

On behalf of the Fraser Family, we raise our hands and thank you for your contribution and support during our difficult time. It is during these sad moments in our lives, a lot is on our minds and it can feel like a tough process to get through, but we are forever grateful to each and every one of you.

Johnny Fraser was a loving father, grandfather, great grandfather, uncle, brother, cousin and most of all a true friend to us all. He had a strong presence grounded by culture and language; a hard-

working fisherman; great sense of humor; so much pride in his family. We will forever cherish our memories we had with him and carry on his traditional teachings.

Without the support of all of you, the funeral services would not have gone as smoothly as it did. We take this time to acknowledge your thoughts, prayers and support. Each of you has given us the

strength to move forward. We greatly appreciate the community for coming together as one.

nəlca?mat tə šxwqweləwən ct We are of One Heart and Mind All our relations, Fraser Family.... INSIDE THIS ISSUE: Farewell Luncheon— For Father Paul—2 Language Classes—3

<u>Dwelling</u> / Responsibility—3

Education-4-6

Health Dept.-7-10

RECREATION—11-13
Remaining News—16-17





MUSQUEAM SECURITY AND SAFETY PATROL: 604-968-8058



This Photo hy Unknown Author is

~INVITATION~

TO: MUSQUEAM COMMUNITY

~FAREWELL LUNCHEON~

FOR FATHER PAUL....

WHEN: SATURDAY JULY 10, 2021

TIME: 12:00 NOON

PLACE: ST. MICHAELS' CHURCH – CROWN STREET



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Register now for MIB-UBC hənqəminəm language classes!

Introductory level:

FNEL 101 (Sept 7 - Dec 9, 2021) FNEL 102 (Jan 11 - Apr 7, 2022) 4:30pm to 6:00 pm Tuesdays and Thursdays

Intermediate level:

FNEL 201 (Sept 8 - Dec 9, 2021) FNEL 202 (Jan 10 - Apr 7, 2022) 4:30 to 6:00 pm Mondays and Wednesdays

All classes to be held in the MIB Community Center.

Questions? Want to find out about high school credit?

How to Apply for UBC Admission and Register?

Please contact Jill Campbell, MIB Language & Culture:

jill.campbell@musqueam.bc.ca

by June 30th 2021



Responsibility and Maintenance of Dwelling Surroundings

The Musqueam Housing Department would like to inform the community of the Policy on the grounds around the dwellings, sidewalks, walkways, driveways and lawns.

Musqueam Indian Band Housing Policy, May 2006 states that all occupants of homes in Musqueam are responsible for:

 "Maintaining the grounds surrounding the premises in a neat and tidy condition, and are not to remove or damage any trees or shrubs on Band Land."

It also states in the <u>Musqueam Indian Band Housing Rental Agreement</u>, Sec. 7.1(b):

• "The Tenant shall be responsible for maintaining the grounds in a safe and clean condition."

Please ensure the maintenance of your lawn and dwelling surroundings.

Thank you.

The Musqueam Housing Department

Musqueam Education Notice Friday July 9, 2021

Summer Learning Program!

The Education Department will be running a Summer Learning Program from July 19-30 and August 16-27. The program will run from 9:00am-12:00pm for children ages 5-12. Children must be registered to participate, there will be no drop ins if interested please email: learningfacilitator@musqueam.bc.ca or fmitchell@musqueam.bc.ca or call: 604-263-3261



Musqueam Graduation Celebration

Any graduates that were unable to attend the Musqueam Grad on June 24th, please contact the Education Department to insure that you receive your gift. You can email or call to make arrangements.



Scholarships and Bursaries

KEL, KELOTEN &E S, ISTEW Education Fund—Is inviting all Indigenous, First Nations, Inuit, and Métis students pursuing careers in architecture and engineering to apply. The award is \$5000. Aplication form can be found at: https://indigenousaeaward.ca/application. The application process is open from June 21, 2021 to September 31, 2021



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

\$5,000 INDIGENOUS LAW STUDENT SCHOLARSHIP APPLY NOW

DEADLINE:

JULY 31

Open to Indigenous law students committed to serving and advancing the interests of Indigenous Peoples.

View the full application at firstpeopleslaw.com



Fundamentals of Forest Harvesting Practices

The August 23, 2021 intake of this program is TUITION FREE. There is no cost to the student for tuition, housing or PPE. The value of this exceeds \$12,000!

Applications are being accepted for the August 2021 intake

About the Fundamentals of Forest Harvesting Practices Program

The future of the coast forest sector is bright and career opportunities in forestry look promising. Working in the harvesting sector of the forestry industry provides you with the opportunity to work outside in some of the most beautiful terrain in the world.

By working in a harvesting environment, you become an important part of a team tasked with moving wood from the hillside to the end customer. This can involve roles in road building, falling, yarding and transportation.

The Fundamentals of Forest Harvesting Practices Program is designed to provide students with the foundation skills and knowledge required to work safely, productively and sustainably in a harvesting environment.

The program content is based on competencies identified by the BC Forest Safety Council (BCFSC). The competencies were identified in consultation with industry subject matter experts and include the key skills, knowledge and attributes required for entry-level workers to have a strong safety philosophy and be successful.

Program Location

The program is held in Woss, BC

Program Outline

The program consists of a combination of classroom and hands on training led by an instructor with over 10 years of coastal harvesting experience.

Program Content

- Essential employability skills
- Forestry operations in British Columbia
- Safe work practices used in forestry
- Communication in the forestry environment
- Hazards found in the forest environment
- Basic rigging practices and components
- Documentation required in forestry
- Emergency Response Plan and First Aid requirements
- Ergonomics related to the job

- Attributes required in the forestry industry
- Chainsaw operation
- Forestry laws and regulations
- Safe operation of light duty trucks/trailers on resource roads

In addition, students will complete training in:

- WHMIS
- Fall Protection
- S-100 Fire Suppression and Safety
- Level 1 First Aid with Transportation Endorsement

You will learn to identify and assess hazards, communicate and move safely as you set chokers on logs, rig stumps, buck logs and work safely around equipment. You will leave the program confident and ready for an entry level logging position.

During the Fundamentals of Forest Harvesting Practices Program, many hours will be spent in the actual logging operations in the vicinity of the training facility.

Program Details

• Program length: 12 weeks Start date: Mid August 2021

Program Requirements and Application

https://tradesappliedtech.viu.ca/fundamentals-forest-harvesting-practices/program-details-costs-and

Contact Us

For more information on the Fundamentals of Forest Harvesting Practices Program at VIU email herostructure/ herostructure/herostructure/h



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Musqueam Health Dept. Newsletter – July 9, 2021

First Nations Health Directors Association and IRSS Supports

We know that in order to take care of others, we must also take care of ourselves. To take care of our hearts, minds, and spirits, the following health, wellness and cultural supports are available for all First Nations people, 24 hours a day:

Tsow-Tun-Le-Lum (cultural support and counselling):

• 1-888-403-3123

Indian Residential School Survivors Society:

- 1-800-721-0066 or
- 604-985-4464

The Kuu'us Crisis Line Society:

- Adults and Elders: 250-723-4050;
- Children and Youth: 250-723-2040;
- Toll-free 1-800-588-8717



The Indian Residential School Survivor Society (IRSSS) has a wealth of experience delivering wellness and healing services to Indian Residential School Survivors and intergenerational Survivors throughout B.C. IRSSS provides essential services to Residential School Survivors, their families, and to those dealing with intergenerational traumas. These impacts affect every family and every community across B.C. and Canada.

IRSS services include:

- · grief and loss counselling
- crisis counselling
- <u>trauma</u> counselling
- clinical therapy
- art therapy
- alternative healing therapy
- energy healing
- emotional support for people in the settlement process
- family and group counselling
- basic life skills coaching
- educational workshops on a broad range of health issues
- traditional healing methods and medicines
- traditional foods sourcing and preparation
- crisis support





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Musqueam Health Dept. Newsletter – July 9, 2021

Musqueam National Native Alcohol & Drug Abuse Program

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.

Brad's office hours: Mon-Fri: 5pm-9pm | Sat-

Sun: <u>10am - 5pm</u>

E: nnadap.bmorin@musqueam.bc.ca

T: 604-652-1368



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.

Email: mentalwellness@musqueam.bc.ca **Call:** 236-558-9977

Art Therapy for Children, Youth & Adults

Janice Carroll, RCAT

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



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Musqueam Health Dept. Newsletter -July 9, 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 -July 9, 2021

Safe Drinking Water Monitoring Program

Charlene Campbell-Wood

BY MICHELSON FOUND ANIMALS FOUNDATION

7 HOT WEATHER TIPS TO KEEP YOUR PET SAFE

Summertime, and the living is — well, hotter than Hell and half of Georgia, to be honest. As temperatures soar into the triple digits, it's imperative that we keep our pets cool and safe, so here's 7 hot weather safety tips to help you do just that.

- 1. Leave pets at home. Dogs cool themselves by panting, which precipitates convection; that is, their panting exchanges warm body temperature for cooler air outside. If the outside air isn't significantly cooler than their body temp, their cooling system doesn't work and they can get heatstroke. Studies show that on a 75 degree day, temps inside a car (with windows cracked) can raise to 100 degrees in 10 minutes. Temps in dark colored cars can rise even more, reaching temps of 200 degrees! Is taking Fifi with you to the market worth risking her life? Didn't think so.
- 2. Keep plenty of fresh water accessible in deep bowls. All that heavy breathing takes a toll. Dogs lose lose moisture much faster than humans, so they should always have access to fresh, cool water. Deep bowls of cool water will stay chilled longer than shallow bowls, and you can also add ice to prolong the chill.
- 3. **Avoid burnt paws.** If the pavement is too hot for your bare feet, well guess what it's too hot for your dog's paws. Always check the pavement before bringing your dog outside. If you can't avoid walking your dog across hot pavement, invest in a product that protects his feet. If your dog doesn't like the feel of protective coverings such as boots, try a topical product such as Musher's Secret, which creates a protective wax barrier between your dog's paws and any surface they touch.
- 4. **Be sensible about exercise.** *Exercise early in the morning or late at night when the sun's intensity is less. Even then, watch for signs of heat stress, some of which can include: excessive panting, increased salivation, glassy eyes, and pale gums. To keep bored dogs occupied during the day, try making a "pupsicle". It will help keep your dog cool and occupied for hours. Check out our pinterest board for more ideas.
- 5. **Maintain their coat.** A shaggy coat can actually help insulate your dog against the heat. If you have a thick-coated dog or cat, try FURminating them. The <u>FURminator pet brush</u> removes thick undercoat while leaving the outer coat which insulates and protects their skin from sunburn. As long as air can circulate through the fur, this will help keep your pet cool.
- 6. **Keep up on flea prevention.** Ideally, your dog or cat should already be on a monthly flea preventative because it's much harder to eradicate fleas from your home after they've already started to reproduce. Flea larvae is practically bulletproof, and get this vacuuming actually encourages them to hatch! If you are nervous about using <u>flea medications</u> containing Fipronil and other ingredients, there are now all-natural lines you can try. Consult with your veterinary office for recommendations.
- 7. **Do you suspect heatstroke?** If you think your pet has overheated, place cool (not ice cold, as this can do more harm!), wet washcloths on his head and neck, and cool compresses on his belly and under his back legs. Call your vet's office immediately and seek their advice about next steps. Heatstroke can quickly lead to coma, cardiac arrest, and death, so don't hesitate to seek veterinary attention as soon as possible.

^{*}A brachycephalic (flat-faced) breed may have a harder time cooling themselves in hot weather. Owners of flat-faced breeds like pugs, bulldogs, boxers, pekinese etc., should keep exercise to a minimum and take extra care to keep their dogs cool.

COVID SAFE, MASKS RECCOMENDED!

AUSGUEAM REC 2021

TUESDAY, JULY 13TH, 2021
REGISTER MONDAY, JULY 12TH, 2021 @ MUSQUEAM GYM
OR CONTACT CGIBSON@MUSQUEAM.BC.CA

LIMITED SPACE!

10am - Zom

Tuesday-Thursday

Ages 8-12 and 5-7

Musqueam Recreation 2021 Summer Program

We are excited to be able to offer some face to face programming for youth this summer. We want to take this opportunity to remind community that we will continue to have safety of our members and community at the forefront of all planning. We recognize that the threat of COVID-19 is still very real and that our community may be vulnerable. A 'layers of safety' approach will need to be incorporated into all activities. These layers are:

- Physical distancing
- Wearing masks
- Washing hands

- Fewer faces
- Safer spaces

Recreation has prepared a **COVID-19 Safety Plan for the Summer Recreation Program** guided by Provincial Guidelines, BC Parks and Recreation plans, BC Camps Association COVID Safety planning guidelines and most importantly our Musqueam Values and Mission. This safety plan will mean some changes to the program that will enhance safety for all participants and staff.

Highlight of program changes

- Pre-registration required (no drop in will be permitted); by registering you commit to
- Parents MUST drop off and pick up children directly at the program every day.
- Daily check in and screening processes (with designated drop off window for small groups of children ex. 9:45 9:50 pm)
- Children must bring a lunch every day Musqueam Recreation will not provide meals and children will be encouraged not to leave for lunch.
- Parents are not permitted to visit the program unless prearranged with the Recreation Coordinator.
- Program duration and hours **Tuesday, Wednesday and Thursday 10:00 am 2:00** pm until August 25th, 2021 (this will allow for highly increased cleaning, disinfecting, planning and program documentation).
- Age groups
 - o 5-7 years
 - 8 12 years
- These age groups will be kept separate from one another whenever possible.
- There will be **limited spaces** available for each age group.
- Program will be subject to change at ANY time in order to maintain community safety

We are very happy to announce our Summer Students who will be helping out this summer:

Kamryn Sparrow, Felix Grant, Kate Harkey, Meira Mathison and Scarlett Felix

The Recreation team thanks you all for helping us to keep the community as safe as possible.

Robyn, Gordon and Courtenay

If you have any questions or concerns please email cgibson@musqueam.bc.ca

Musqueam Fitness Centre Update



Starting Monday July 12th, 2021 the Musqueam Fitness Centre will be open for drop-in as follows:

Monday to Friday: 1:00 pm-7:45 pm

We have worked on a safety plan which reflects our Musqueam Values and layers of protection that will help to keep our community safe from the continued threat of COVID-19. Please read the following rules in preparation for your visit:

- Enter by the back double doors facing the smokehouse (no access through other doors will be permitted)
- Wear a mask at all times
- Bring your own full water bottle
- Upon your first visit you will be asked to sign a waiver form and Par-Q (this will help us in the case contact tracing is needed).
- For every visit you will be checked in by a staff member (this includes a COVID screening, check in and giving you cleaning supplies)
- You will need to return cleaning supplies and inform the staff member when you leave
- Must always exit through the Glass Door of the workout area.
- 5 people will be permitted to work out a time; must maintain physical distancing at all times.
- If there is a line up of people waiting for access to the facility your workout will be limited to 1-hour.
- You may use the changeroom washrooms located across the hall from the Fitness Area—no access to other parts of the building will be permitted.

Please note we will be setting up a portable phone line so that community members can call ahead to see how busy the Fitness area is. We will announce the number as soon as it is available. If you have any questions or concerns please contact Courtenay Gibson, Recreation Manager cgibson@musqueam.bc.ca

Canadian Census 2021

Notice to all Musqueam residents:

Starting Tuesday, July 6, staff from Statistics Canada will be working on Musqueam Reserve to complete the <u>2021 Canadian Census</u>.

If your household already completed the 2021 Census: Thank you for submitting your questionnaire! You will not be contacted.

If you have not completed the 2021 Census: Census staff (also called *census enumerators*) will contact you in the coming weeks to help you complete your questionnaire either online or in-person.

Musqueam Administration fully supports this initiative and encourages everyone to complete their census.

What is the census?

A census is a process to gather and record information about a population. The Canadian census happens once every five years. The <u>results are used</u> by governments, businesses and organizations to make informed decisions about programs and services like health care, employment and education. By law, every household must complete a 2021 Census of Population questionnaire.

Musqueam also conducts our own census that asks questions specific to our community. This happens separately from the Canadian census.

Why complete the 2021 Census?

There are many reasons it is important for Indigenous people to complete the Canadian census, including:

- Representation: The more Indigenous households that complete the survey, the more accurate a picture of the diversity of First Nations, Inuit and Metis in Canada.
- Funding: Government funding is directly tied to the census results. The more people who complete the questionnaire on reserve, the better we can lobby governments for more funding.

Will COVID-19 guidelines be followed?

All census enumerators are fully vaccinated. In addition, they will maintain physical distance and be double-masked (unless the temperature is 25 degrees or hotter). Enumerators will not enter homes unless necessary (e.g. physical limitations).

To learn more: https://census.gc.ca

Questions? Concerns?

Sean Copeland, Crew Leader– Census 2021, Statistics Canada / Government of Canada (604) 369-5366

copeland.sean.2021@telus.net



Small Vessel Operator Proficiency (SVOP) Course

Course availability to be confirmed but please reach out to Lawrence Guerin @ 778-997-5510 or lguerin@musqueam.bc.ca if you are interested in taking the course. If we are unable to provide you with the upcoming course availability we will do our best to arrange another course soon if there is enough interest.

Jul 19th-22nd @ Location TBD

Navigation, Chartwork, Electronics, Buoyage, Weather and **What If's** are all covered to help make for safer wheel turns. No commercial fishing vessel can afford to have a weak link – make sure you're not one of them.

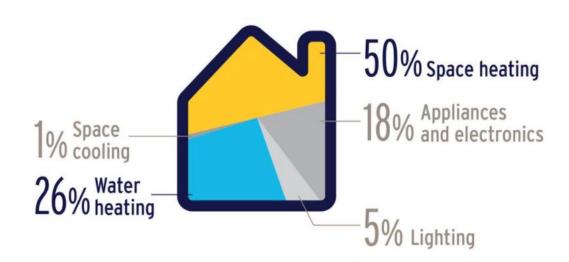
Certification: A SVOP certificate will be issued by Transport Canada to all course graduates.

- For small vessels (under 15gt) the SVOP certificate meets the Vessel Master Certificate requirements.
- For larger vessels (over 15gt) the SVOP certificate provides the training / skills for course participants to take safe wheel turns

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.

Every day, we consume energy in our homes to heat, cool, light, and use appliances. Most of our energy use is for heating our homes.

Average energy use at home1



Regardless of the heating system you use in your house (furnace or baseboard heaters), about 50% of the energy used in a home goes toward space heating. Water heating accounts for a quarter of energy (25%) use in your house. Using a more efficient hot water system, maintaining your hot water systems, using an appropriate hot water temperature will reduce your BC Hydro/FortisBC bill.

Appliances (fridge, freezer, microwave, etc.) and electronics (personal computer, TV, stereo) account for 18% of energy consumption in your house. Using more efficient devices and avoiding phantom power will reduce your BC Hydro bill.

Are you interested in receiving FREE energy saving products?

Musqueam housing department is working with BC Hydro and Fortis BC to bring the Energy Conservation Assistance Program (ECAP) to the community. Your house might be eligible to receive a free new efficient refrigerator or gas furnace.

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 202	1							
To apply for the FREE Energy Conservati Complete the application in full (or we Attach the Landlord Consent form (if y Sign the declaration at the bottom of t If you require assistance completing this a Account holder information	will not be ou rent front he page (e able to proce om a private la highlighted in	ess your applicandlord). yellow below).	cation).	J	application:	
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			address		1	
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?					1			
□ 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 priva information below)	te landlor	d please comp	plete and attac	h the	Landlord Consent F	orm and complete the	Landlord contact	
*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	ed) Contact phone number							
3. Income qualification and author	orization	for disclos	sure and col	ectio	on			
I understand that in order to qualify as a p my building is eligible to participate in the information (including all items listed on th Furthermore, I permit my Band/Non-Profit the administration of the program.	articipant, program ι is applica	BC Hydro red under the Tern tion form and	quires proof thems and Conditi income qualific	at my ons. E cation	household income r By signing this form, status) indirectly fro	I consent to BC Hydro m my band/non-profit	collecting my personal administration office.	
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 H				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	3							
OFFICE USE ONLY								
Meets LICO threshold								
Authorized signature					☐ Yes [No		
Autrorized Signature								