



Musqueam Community Newsletter

THURSDAY APRIL 14, 2022

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

SAFETY & SECURITY PATROL: 604-968-8058

NOMINATIONS

MUSQUEAM FISHERIES COMMISSION

THREE (3) CANDIDATES TO BE ELECTED
FOR A TWO (2) YEAR TERM

Notice is hereby given to the ON RESERVE electors of the Musqueam Indian Band that a Nomination Meeting will be held to nominate THREE (3) candidates for the Fisheries Commission of the Musqueam Indian Band consisting of THREE (3) being elected for a TWO (2) year term, and that such nominations will be open from 4:00PM until 7:00PM at the Musqueam Administration Office in the Main Boardroom, on MONDAY, APRIL 25, 2022.

NOTE: THIS ELECTION PROCESS IS INTERNAL AS PER THE TERMS OF REFERENCE OF THE MUSQUEAM FISHERIES COMMISSION, PLEASE INFORM YOUR FAMILY MEMBERS OFF RESERVE AS THERE WILL NOT BE AN OFF RESERVE MAIL OUT.

Jocelyn Campbell-Axson
Electoral Officer

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(SOCCER TOURNAMENT—
PKG.—INSERT)



ST. MICHAEL'S CHURCH

Please join us every
Sunday @ 1:00 PM.
For Mass.





SALISH SEAS

Musqueam. Tla'amin. Tsleil-Waututh.

Salish Seas Fisheries Limited Partnership is a commercial fishing business partnership between Musqueam, Tla'amin, and Tsleil-Waututh Nations. Salish Seas has issued a Request for Proposals (RFPs) for community members interested in leasing an **Area I Crab Licence** for the 2022 fishing season (opening around June 2022).

To pick up an RFP packages, please contact:

Lawrence Guerin at salishseaslg@gmail.com or 778-997-5510

All Proposals must be submitted to the TWN reception or via email to:

salishseaslp@gmail.com

Proposal Due Date: 4:30 pm April 22nd, 2022

The Children's House

Hours of Operation:

Preschool Program Hours: Monday—Friday 9:00 am—3:00pm.

Daycare Hours: Monday—Friday 7:45—5:00pm

The Children's House phone # 604 269-3302

Renee Stogan Supervisor email: childcaresup@musqueam.bc.ca

The Children's House Staff

Renee Stogan Supervisor: Phone # 604 269-3302

Infant/Toddler Staff: Christy Friesen, Kelly Herman, Alice Stogan

Preschool Staff: Ernestine Herman, Sherry Point, Stacy George

The Children's House will be closed April 15 and April 18, 2022 for Easter long weekend.



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ APRIL 14, 2022

PLEASE BE KIND TO OUR STAFF IN THESE CHALLENGING TIMES.

WE ARE WORKING HARD TO LOOK AFTER YOU.

Musqueam Health

April 12th 2022

Covid-19 Updates

Layers of Protection- Continue using masks, hand sanitizer, and physical distancing to protect yourself from Covid-19.

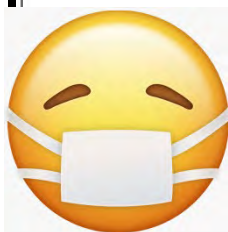
Stay home if you are sick!

Covid cases are on the rise & there are a number of people who are becoming **REINFECTED with Covid-19 for the second time.**

Symptoms:

If you have any symptoms of cold or flu, you can use one of your rapid antigen tests to test for Covid-19:

1. Headache
2. Body aches
3. Runny nose / congestion or feeling "stuffed up"
4. Fatigued/low energy
5. Sore throat
6. Sore chest or 'tight' chest
7. Fever/chills
8. Loss of sense of taste or smell (or sense of taste is "off")
9. Cough
10. Nausea vomiting (in more recent positive cases; very small percentage of cases)



These are the most commonly reported symptoms according to our data collection in our test positive clients from January 2022 to present.

Testing for Covid-19

- If you test too early there may not be enough viral load to be detected on the test and you risk wasting your rapid tests
- **Do NOT test too early;** test on DAY 2 or 3 of Symptoms or later
- If you test negative, but your symptoms worsen you can test again
- You **DO NOT** need to re test after recovering from Covid-19; some people will still test Positive for up to 3 months later, after having Covid
- Rapid tests are available from the local pharmacies if you run out



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Dexcom G6 – Continuous Glucose Monitor

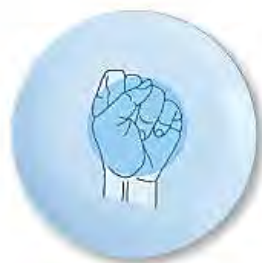
- ▶ Do you have Diabetes?
- ▶ Do you use insulin to manage your diabetes?
- ▶ Are you tired of poking your finger for blood sugar readings daily?
- ▶ The Dexcom G6 is a **“Continuous Glucose Monitor”** - meaning it continuously sends glucose readings for you to view every 5 minutes & compatible with most smart phones
- ▶ It has audible alarms to alert you of high or low blood sugars so that you can treat accordingly
- ▶ The Dexcom is now covered with Special Authority under Plan W (First Nations Health/Status health coverage)
- ▶ Speak to the Community Health Nurse, Crystal Point, or your Primary Care Provider for more information & to see if this system would be a good fit for you!



Crystal's contact information: 604 362 9200 or chn@Musqueam.bc.ca

Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



Grains and starches*/Fruits*

Choose an amount the size of your fist for grains or starches, or fruit.

Milk and alternatives*

Drink up to 1 cup (250 mL) of low-fat milk with a meal.



Vegetables*

Choose as much as you can hold in both hands. Choose brightly coloured vegetables (e.g., green or yellow beans, broccoli).



Meat and alternatives*

Choose an amount the size of the palm of your hand and the thickness of your little finger.



Fat*

Limit fat to an amount the size of the tip of your thumb.



Glycemic Index Food Guide

The glycemic index (GI) is a scale that ranks a carbohydrate-containing food or drink by how much it raises blood sugar levels after it is eaten or drank. Foods with a high GI increase blood sugar higher and faster than foods with a low GI.

There are three GI categories:



Green = Go

Low GI (55 or less) Choose Most Often

Yellow = Caution

Medium GI (56 to 69) Choose Less Often

Red = Stop and think

High GI (70 or more) Choose Least Often

Foods in the high GI category can be swapped with foods in the medium and/or low GI category to lower GI.

A low GI diet may help you:

- decrease risk of type 2 diabetes and its complications
- decrease risk of heart disease and stroke
- feel full longer
- maintain or lose weight

Try these meal planning ideas to lower meal GI:

- Cook your pasta al dente (firm). Check your pasta package instructions for cooking time.
- Make fruits and milk part of your meal plate (Figure 1). These foods often have a low GI and make a healthy dessert.
- Try lower GI grains, such as barley and bulgur.
- Pulses can be grains and starches or meat and alternatives. Swap half of your higher GI starch food serving with beans, lentils or chickpeas. For example, instead of having 1 cup of cooked short grain rice, have ½ cup of cooked rice mixed with ½ cup of black beans.

Diabetes Canada recommends choosing lower GI foods and drinks more often to help control blood sugar.

Work with your Registered Dietitian to add foods and drinks to your lists, create action plans that include choosing lower GI foods, adapt your favourite recipes, and find ways to swap/substitute low GI foods into your meal plan.

Checking your blood sugar before, and 2 hours after, a meal is the best way to know how your body handles certain foods and drinks.



Figure 1: The Plate Method. Using a standard dinner plate, follow this model to control your portion sizes. www.diabetes.ca/mealplanning

Some carbohydrate-containing foods and drinks have so little carbohydrate that they do not have a GI value. This does not mean they cannot be included as part of a healthy diet. Examples include green vegetables, lemons, and some low-carbohydrate drinks. Diabetes Canada calls these foods and drinks “free” because they do not impact the blood sugar of people living with diabetes. You can put free foods in the green category, but they do not have a GI and have not been included in the food lists.



Items with this symbol are “sometimes foods”
(foods and drinks eaten only on occasion)



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“ABATE” the stress: understanding the stress response

These are the 4 elements of the stress response:



B BODY
(Physiology)

A ACTIONS
(Behaviour)

T THOUGHTS
(Cognition)

E EMOTIONS
(Affect)

Identifying which element of the stress response will help us understand what purpose it is serving- even though it might be a unhealthy coping strategy.

Healthy Coping Strategies:





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MENTAL HEALTH SERVICES AND CULTURAL SUPPORTS

Status First Nations individuals are eligible for counselling support through First Nations Health Authority Health Benefits. Counselling and cultural support is available for Status and Non-Status Indian Residential School survivors and their families through FNHA Health Benefits. Counselling and cultural support is available for family members and loved ones of Missing and Murdered Indigenous Women and Girls through FNHA Health Benefits.

- See FNHA Health Benefits on FNHA.ca or phone 1-855-550-5454

SAFE DRINKING WATER MONITORING PROGRAM






Charlene Campbell-Wood

Why water regulations on First Nations land are important

All Canadians should have access to safe, clean, and reliable drinking water. While provinces and territories have their own legally binding safe drinking water standards, First Nations communities do not have comparable legally enforceable protections. The Government of Canada has a [Protocol for Safe Drinking Water for First Nations Communities](#), which sets out clear standards for the design, operation and maintenance of drinking water systems; as well as other [protocols and guidelines](#) to support First Nations in providing community water and wastewater services comparable to the levels of service that would generally be available in off-reserve communities of similar size and circumstances.

Youth Centre

Sandra Dan at the Youth Centre, 604-269-3452 Cell Phone 604-360-9171 | Email: youthcentre@musqueam.bc.ca

Monday April 18 syə'lewə'tnet	Tuesday April 19 sθəmənts	Wednesday April 20 s'tix ^w s	Thursday April 21 sɣaʔaθəns	Friday April 22 s'tqecəss
Closed for Easter Monday 	Game Night 	Canvas Painting 	BINGO 	Movie Night 

Youth Centre will be open from 2:00 pm—9:00 pm Monday—Friday

If your Child Is **younger than 7** they must have a guardian who is **older than 14** with them at all times who will care for them. **Children 0-6 without a parent or guardian will be sent home.**



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NNADAP WORKERS

Nicolette Moore

Contact # 236-558-8482

Email: nnadap.nmoore@musqueam.bc.ca

Monday 8:30 am to 4:30 pm

Tuesday 8:30 am to 4:30 pm

Wednesday 8:30 am to 4:30 pm

Thursday 1pm to 8 pm

Friday 8:30 am to 4:30 pm

*Addiction support & Information sharing
1 on 1 sessions*

Treatment referrals

Family Intervention support

Resource referrals

Detox support

Weekly zoom meeting group

Brad Morin

Contact # 604-652-1368

Email: nnadap.bmorin@musqueam.bc.ca

Wednesday 6pm to 9 pm

Thursday 6pm to 9 pm

Friday 6 pm to 9 pm

Saturday 1pm to 5 pm

Sunday 1 pm to 5 pm



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Musqueam NNADAP Community Awareness

Musqueam Health Department Bulletin

COMMUNITY AWARENESS AROUND DRUG PARAPHENELIA

Steps to take

- Check your area before using (parks - trail)
- DO NOT touch for any reason
- Call one of the designated numbers
- Educate your family

HERE'S MY CONTACTS



John Gravengard 604-348-6608
Musqueam Security 604-968-8058
NNADAP-Nicolette 236-558-8482
MIB Primary Care Clinic 604-266-0043

NEEDLES CAN CARRY DISEASES



WHITE, BROWN OR YELLOW POWDER SUBSTANCE



WHO DO WE CALL

CST JOHN
GRAVENGARD

SECURITY

CLINIC

NNADAP
Dept



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HEALTH PATIENT NAVIGATOR

Lisa Mitchell

I am available to assist and support community members on their healthcare journeys.

If you have any questions regarding your health care coverage, FNHA Benefits, or need assistance filling out medical forms for example Jordon's Principal please do not hesitate to contact me.

I am available Monday to Friday from 8:30am to 4:30pm by phone:

604-764-5349 or email: navigator@musqueam.bc.ca

ART THERAPY FOR CHILDREN, YOUTH & ADULTS

Janice Carroll, RCAT

I am available Monday to Thursday from 8:30am-4:30pm, for phone calls, emails or text conversations, and also, I can hold sessions via Zoom.

I can be reached on my **cell at:** 778-829-0242 or my **email is** jcarroll@musqueam.bc.ca

MWSU MENTAL WELLNESS COUNSELLOR

Janice Cross

This confidential counseling services are available Monday-Friday: 8:30- 4:00pm to our Musqueam people via phone or virtually. Call or email to and set up a time to talk to Janice Cross.

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

BRIGHTER FUTURES BREAKFAST CLUB

Breakfast Club is open we do the sandwiches first thing in the morning we'd like you to pick them up between 730-8:00am

If your Child Is **younger than 7** they must have a guardian who is **older than 14** with them at all times who will care for them. **Children 0-6 without a parent or guardian will be sent home.**

MUQUEAM ELDERS

Brenda Campbell, Elders Coordinator

Next Elder's Luncheon starting:

Date: Wednesday April 20, 2022

Time: 12:00 Noon

Location: Elders Centre

Elder's Chair Exercise:

Date: Thursday April 21, 2022

Time: 1: 00 pm

Location: Elders Centre





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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, RN in the Health Department.

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.

Crystal Point, CHN: Ph: 604-362-9200 | Email: chn@musqueam.bc.ca

Arlene Haldane, Assist: Ph: 604-655-0580 | Email: nurseassist@musqueam.bc.ca

**** Please stay tuned for updates on:**

Musqueam's Pre-and Post-Natal Luncheons – coming soon! ☺ .

FNHA HEALTH BENEFITS? GIVE US A CALL!

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

Please note: All health benefits for BC registered Status Indians are covered by BC PACIFIC BLUE CROSS.

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

MUSQUEAM HOME & COMMUNITY CARE PROGRAM

Romeo Cosio, RN, Musqueam Home Care Nurse & Arlene Haldane, Assistant.

The Musqueam Home Care Program is available to our community members to assist with hospital discharges, home care aides, all medical supplies & equipment. All Home care services & medical equipment require a note from your doctor with your needs specified.

HOME CARE CLIENTS: If you will not be home during your scheduled HCA visit, please contact the Nurse Assistant,

Home Care Nurse Romeo's Office Hours: Monday, Wednesday - Friday from 8:30-5:30 Tuesdays - Off

Phone: 604-269-3463 | **email:** homecare@musqueam.bc.ca

Arlene Haldane: Phone: 604 269 3354 | Email: nurseassist@musqueam.bc.ca

*If there is no answer please leave a message.

***For Emergencies Call 911 ***



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MUSQUEAM PRIMARY CARE CLINIC

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

Located in the Primary Care Trailer

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

Monday Apr. 18	Tuesday Apr. 19	Wednesday Apr. 20	Thursday Apr. 21	Friday Apr. 22
STAT HOLIDAY  CLINIC CLOSED	Dr. Dumont, GP 9:30am - 3:30pm	Karen Chandra, NP 9:30am - 3:30pm	Karen Chandra, NP Natalie Bruneau, NP 9:30am - 3:30pm	Karen Chandra, NP Natalie Bruneau, NP 9:30am - 3:30pm

Call 604-266-0043 to book an appointment

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



Missed your telehealth or in-person appointment? Call us to rebook for the next available date.

Please be available 15 minutes before and after your scheduled appointment call.



Naloxone kits available. (Injectable or Nasal Spray)
Please check to see if your current kit has expired.
Naloxone training on Wednesdays by appointment only.



Prescription running low? Please book an appointment a few days in advance. Or, ask your pharmacy to send us a refill request.



Our clinic has reached capacity; however, we are doing our best to accommodate the waitlist. Call the clinic to be added to the **patient waitlist**. Please note that we are **no longer a walk-in clinic**.



Influenza vaccines available, call the clinic to schedule an appointment.



The MIB Primary Care Clinic

will not be testing

for Covid-19.

Please call COVID Liaison 236-688-4821

For afterhours call the nurses Hotline 811

Alternate Resources

FNHA Virtual Doctor of the Day

Call **1-855-344-3800** to book an appointment. Available 7 days a week from 8:30 am to 4:30 pm.

Telephone or virtual appointments via zoom.

Available to First Nations people and their family members, even if those family members are not Indigenous.

Walk-In Clinics Nearby

Highroads Medical: 5960 E Boulevard (Kerrisdale)

WELL Health: 2077 W 42nd Avenue (Kerrisdale)

Check wait-times for BC Walk-in Clinics at <http://medimap.ca>

Musqueam Education Notice Friday April 15, 2022



SCHOOL CHEQUES

April high school cheques have been mailed, if we don't have your address on file the cheque is available for pick up at the office.

Important Notice: Musqueam School Bus Information

Children are required to wear a mask at all times on the bus. Children are expected to practice social distancing on the bus.

If your child is unwell or is a close contact with someone with Covid-19 or suspected Covid-19 please keep them home and isolate.

It is strongly recommended that parents wait with their young children at the bus stop until they are on the bus.

UBC Farm Musqueam Student Stipend

Application Form: https://ubc.ca1.qualtrics.com/jfe/form/SV_82p11B7rKIEQczc

Applications must be received by: April 15, 2022

"This \$5,000 stipend is for a current UBC student from the Musqueam Indian Band in any UBC undergraduate, post-baccalaureate, or graduate program who is or plans to be engaging with the Centre for Sustainable Food Systems (CSFS) at UBC Farm. Applicants are required to show their Musqueam membership, how they are or will be engaging with the CSFS at UBC Farm and include a letter of support from a mentor, employer, teacher, or community member. This is a one-time stipend for 2022, if the fund is renewed, the successful student may re-apply in subsequent years."



Tutoring

If students require tutoring please contact the Education Department so that we may offer assistance.

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



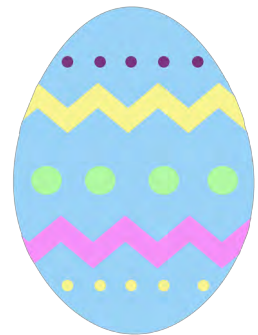
Portrait of a Southlands Student

Kristinn is a student at Southlands in kindergarten. He has recently broken his leg, but wants to be at school with his friends. He is getting very good at wheeling himself around in his little wheelchair and even plays tag and catch with his classmates. Kristinn's teacher says, "He is a happy, caring and enthusiastic student who endeavors to view situations in an optimistic way. As a balanced member of our classroom community Kristinn can be seen and heard engaging in imaginative play with his classmates. He is a risk-taker and a communicator during math, when he shares his thoughts and ideas during our class number talks. Kristinn really likes football, Roblox and playing outside with his friends."

Riddle

A box without hinges, key, or lid, yet golden treasure inside is hid. What am I?

Answer: An egg





THE UNIVERSITY
OF BRITISH COLUMBIA
Centre for Excellence in
Indigenous Health

UBC Summer Science and the Virtual Indigenous Science Experience (VISE)

2022 applications open NOW!

What is UBC Summer Science Program?

UBC Summer Science is a one-week cultural, health and science program for Indigenous students in grades 8-11. The program promotes interest in health, science, technology, engineering and mathematics (STEM) programs through firsthand experience at the University of British Columbia. The Summer Science Program is a great opportunity to meet new friends, eat great food, connect with Elders/role models while enjoying fun, laughter and learning.

Who: Students entering grades 9 - 12 in fall 2022

Where: UBC Vancouver campus

When: July 10th - 16th (Grades 10 & 11)
July 17th - 23rd (Grades 8 & 9)

Application deadline May 1st, 2022

For more information: <https://bit.ly/UBCSSPVICE>

Got Questions? Email: summer.science@ubc.ca



What is VISE?

The VISE 2022 is an online, interactive workshop program for Indigenous high school students. Students are introduced to the University of British Columbia and various science, health and STEM fields. They also learn Indigenous teachings from dedicated facilitators and Elders.

Who: Students entering grades 9 - 12 in fall 2022

Where: Online

When: July 2022 (exact dates TBD)

SCAN ME



If COVID-19 restrictions do not allow us to gather in-person for UBC Summer Science from July 10th-23rd, we will then offer VISE 2022. With respect to those that may not want to attend an in-person Summer Science this year, we are opening VISE 2022 applications to assess the demand for this program. Closer to April 2022, we will announce if one or both programs (UBC SSP & VISE 2022) will be running in July 2022.

EXPERIENCE **VCC**

Explore 140+ programs at our virtual open house.



APRIL 20 & 21

9:30 AM – 4 PM

vcc.ca/experience



MUSQUEAM EMPLOYMENT &
TRAINING

E&T TEAM'S SITE VISIT AT SEASPAN



APRIL 6, 2022

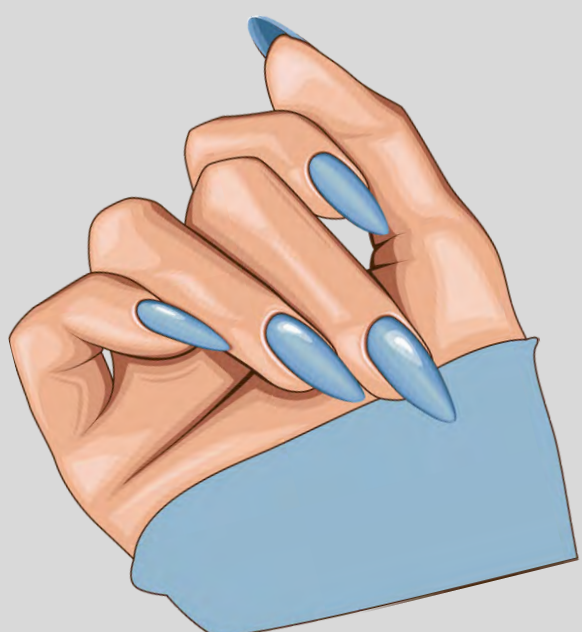


MUSQUEAM EMPLOYMENT &
TRAINING

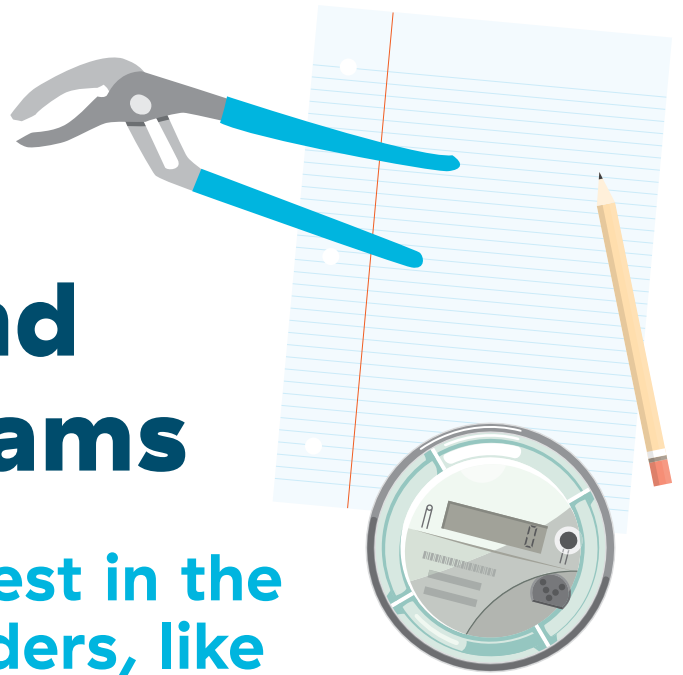
Blanche Macdonald Nail Studio Diploma Program



Musqueam Employment &
Training would like to
congratulate Brittany Point and
Shardine Gillespie for
successfully completing the
Blanche Macdonald Nail Studio
Diploma Program!



BC Hydro Indigenous Scholarship and Bursary Programs



BC Hydro wants to invest in the next generation of leaders, like you, to build a strong and healthy workforce across the province.

Our scholarships and bursaries are available to Indigenous students from BC First Nations or are an Indigenous permanent resident of BC studying at a Canadian post-secondary institution in a program that closely matches to careers at BC Hydro.

Application period: _____

Scholarships in the amount of \$5000 are available to full-time students in degree, diploma, certificate, or technical/trades programs connected to BC Hydro careers.

Bursaries in the amount of \$2000 are available to part-time students in degree, diploma, certificate, or technical/trades programs connected to BC Hydro careers.

The Randy Brant Memorial Award in the amount of \$8000 and will be awarded to the top overall applicant from all bursary and scholarship submissions.

For more information including program eligibility and application forms go to bchydro.com/scholarships or email indigenous.awards@bchydro.com.



She Wolf gifted
to BC Hydro by
Art Thompson
from the Dłtidaht
First Nation.

 **BC Hydro**
Power smart



Yard Labourer

Surrey, BC

Come build with a BC Top Employer 2022 winner!

Jacob Bros Construction is immediately hiring a **Yard Maintenance Worker** for our head office and maintenance facility in South Surrey, BC.

Your Rewards:

- Full-time, permanent employment
- Work 10-12/h days, 5-6 days per week
- Earn overtime after 8 hours per day, and double time after 12 hours per day
- Group Medical, Extended Health and Dental Plan
- Group RRSP contribution
- Vacation pay
- 5 Year Service Award (Trip for two anywhere in North America)
- Eligibility for up to \$2000.00 Referral Bonus Program

Responsibilities:

- Ships, receives and handles various construction materials
- Organizes construction materials within the yard
- Delivers construction materials and small equipment to various project sites throughout the lower mainland
- Minor building maintenance
- Assists with materials inventory
- Shuttles vehicles between project sites
- Assists shop mechanics on an as needed basis
- Other general labour duties as required

Requirements:

- Two (2) years minimum experience in an active yard
- Experience working in construction yards is preferred
- Forklift ticket
- Air brake endorsement
- Must be legally eligible to work for any employer in Canada

About Jacob Bros:

At Jacob Bros, our team of talented construction professionals is taking on some the most challenging projects in British Columbia's construction industry.

We are one of BC's largest and most respected construction organizations, offering construction services in a variety of markets including heavy civil construction, major public infrastructure, and industrial, commercial, institutional and residential projects.

Jacob Bros has proudly served every major sector of Western Canada's construction industry since 2008, and has been consistently recognized as a BC Top Employer.

Jacob Bros employs over 300 construction professionals, including staff and craft employees.

Musqueam Home Energy Improvements

This time delivered by community members!

Are Your Energy Bills High?

Musqueam housing department and BC Hydro are offering energy efficiency upgrades that will improve your home comfort while saving you energy and money by:

- Installing efficient LED light bulbs
- Sealing air leaks in walls, and around windows and doors
- Installing faucet aerators and low flow shower heads
- Providing clothes-lines or racks, fridge thermometers, and smart power strips



SMART POWER BARS



How the Program Works

Step 1: A community member will visit your home to install basic energy upgrades, and identify potential future upgrades.

Step 2: The Band will keep track of future upgrades needed in your home, and make additional improvements as budget allows.

Step 3: Follow tips on how to manage energy in your home and watch your electricity bills decrease!



To sign up for the program, please
contact Richard Hazelman at
2368587747

Drive-thru native plant pick up

Musqueam Housing Department is giving away native plant bundles to all interested Musqueam members and staff. Support Indigenous food and medicine sovereignty and wildlife habitat by planting a native plant in your yard or patio!

Come pick up a plant of your choice on **Thursday, April 28th, 3:30 – 5 PM, in the front parking lot of the Band Office and Community Center.**

We have a selection of plants for you, including Red flowering currant, Kinnikinnick, Sword Fern, Deer Fern, Lady Fern, Heart-leaved arnica, Woodland strawberry, Bigleaf Lupine, Canada Goldenrod, Pearly Everlasting, Nodding Onion, Yarrow, and Tobacco.



**Thursday April 28th, 3:30 – 5 PM in
the front parking lot of Band
Office and Community Center**

Housing



This project was made possible by the generous support from the Environmental Youth Alliance.



ENVIRONMENTAL STEWARDSHIP DEPARTMENT
PRESENTS

TRIVIA CONTEST

TUNE IN TO ESD SOCIAL MEDIA
MONDAY'S AT 11:00 AM

Contest runs from
March 7 2022 to May 23 2022

MUSQUEAM MEMBERS, ENTER FOR
A CHANCE TO WIN A WATERPROOF
BACKPACK, A LIFE JACKET, OR A
SET OF WADERS



ggan@musqueam.bc.ca
rkadoranian@musqueam.bc.ca



Contest Details

- Open only to Musqueam members
- Every Monday at 11:00 am a new trivia question will be posted on ESD social media (Tuesday for week of April 18th)
- Contestants can submit an answer by commenting on the post on Facebook or Instagram
- The first 10 contestants to answer correctly will be put in a draw to win the prize
- On the Friday of each week, we will announce the winner via Facebook and Instagram and tag them
- Winners can collect their prize at the administration building Monday to Friday, from 8:30 am to 4:30 pm

Prizes

Simms M's Tributary Waders

- Size S with size 7 boot
- Size XL with size 12 boot
-



MEC Aegir 20 Waterproof Pack

- Delta Blue
- 2X Black



3X Mustang Life Jackets + Fox 40 combo



Position: Summer Co-op Student – Indigenous & Government Relations Department

Term: 4 Month Term – May 1 to August 31, 2022

Wage: \$20/hour, paid bi-weekly

Hours of Work: Monday to Friday

Dress Code: Westcoast Business Casual

Number of Openings: 1

Deadline: April 11, 2022

To apply: Please email your application to trevor_boudreau@yvr.ca

Key Responsibilities:

- Indigenous Relations activities – includes employment process and related reports
- Event logistics and communications, including coordinating with stakeholder and airport partners, drafting internal and external communications materials.
- Assist in evaluating and recommending opportunities to increase representation of Musqueam across Sea Island.
- General administrative and logistics support.
- Other duties, as required.

Key Qualifications:

The individual will have the following:

- Comfort using Word, Excel and creative design platforms
- Detail oriented with strong writing and grammar skills
- Excellent interpersonal and communications skills and ability to demonstrate diplomacy and professionalism
- Proven ability to balance multiple priorities and work in a dynamic team environment
- Enjoy working in an ever-changing environment
- A motivated team player with a willingness to do what it takes to get the job done



Chief Joe Mathias British Columbia Aboriginal Scholarship Fund

2022

STATEMENT OF ACTIVITIES

The Chief Joe Mathias British Columbia Aboriginal Scholarship Fund is a nationally registered charity established in memory of the late Chief Joe Mathias to support Chief Mathias' vision of post-secondary education for all First Nation persons. The Fund is an incorporated society under the Society Act of British Columbia.

The purposes of the Society are to advance education by providing educational scholarships to deserving British Columbia First Nation students who are in financial need and who demonstrate merit, in order to improve access to post-secondary education so that deserving British Columbia First Nation persons can acquire the knowledge and skills needed to participate in a changing economy and society, including scholarships to enable deserving British Columbia First Nation students to engage in:

- ❖ Courses of study towards an academic degree, or a certificate or diploma, at an eligible post-secondary educational institution at an undergraduate level; or
- ❖ Post-graduate academic studies at an eligible post-secondary educational institution, wherever located.

ELIGIBLE RECIPIENTS

The Society will grant scholarships only to persons who:

- ❖ Are members or citizens of a British Columbia First Nation (or BC Indian Band) – British Columbia First Nation means a band (within the meaning of “band” in the *Indian Act*) that is located in British Columbia,
- ❖ Are enrolled at an eligible post-secondary educational institution as a full-time, or part-time, student;
- ❖ Are pursuing studies that lead to a degree or to a certificate or diploma from that institution; and
- ❖ Are in financial need and demonstrate merit.

Preference will be given to candidates who wish to pursue and excel in academic pursuits with the greatest potential benefit to the welfare and advancement of aboriginal communities and causes.

Examples of Ineligible Fields of Study:

- ❖ Conferences / symposiums / workshops
- ❖ Professional Fees / schools
- ❖ Education at non-recognized post-secondary institutions
- ❖ Executive / Management programs
- ❖ Fine Arts programs

ELIGIBLE POST-SECONDARY EDUCATIONAL INSTITUTION

The scholarships will be provided to eligible recipients for post-secondary studies at:

- ☐ A public post-secondary educational institution that grants degrees, certificates or diplomas; or
- ☐ A private post-secondary educational institutional that grants degrees, certificates or diplomas and that is determined by the Board to be an eligible institution.

ADDITIONAL REQUIREMENTS

The Board may in its discretion establish, amend or revoke:

- ☐ Criteria, terms or conditions, that are not in conflict with the foregoing, or the Society's constitution or bylaws, that must be met or satisfied by a person applying for or receiving a scholarship from the Society, including criteria, terms or conditions that must be met or satisfied for continuation of scholarship payments; and
- ☐ Factors to be considered by the Board in the selection of a candidate for a scholarship that are not in conflict with the foregoing, or the Society's constitution or bylaws, and that may include academic achievement, personal qualities and character, interest and participation in post-secondary educational institution and community affairs, development of a program of studies and special aptitude and qualification for that program.

APPLICATIONS

Scholarship Applications will be reviewed at least once per year by the Board or by a committee formed for the purpose of making scholarship recommendations to the Board.

Scholarship Applications must conform with all requirements of the following application Form. Should you have any questions please email chiefjoemathias@gmail.com.

Applications can be found at:
www.chiefjoemathias.ca