

Tsleil-Waututh Nation Community Newsletter| October 14



In This Issue:

- Annual General Meeting
- Garbage Bin
- Income Assistance
- Health and Wellness
- Public Works

Next Community Newsletter:

October 28, 2020

November 10, 2020

Any questions? email

communications@twnation.ca

Reminder

What: 2020 Annual General Meeting

When: Thursday, October 15th

Start time: 5:30 pm

How: www.slido.com

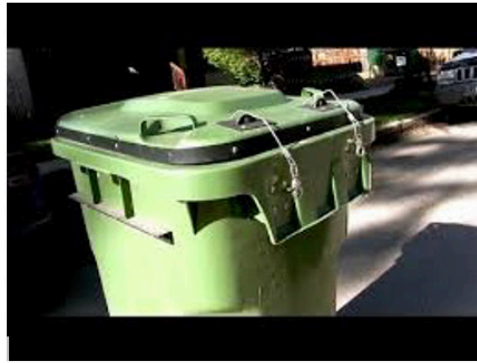
Enter Hashtag: TWNAGM

Agenda:

1. Opening
2. Audit Report Overview (45 minutes)
3. COVID-19 Money Update
4. COVID-19 By-law Enforcement
5. Housing Update
6. Department Updates (5 minutes each)
 - a. Public Works
 - b. Economic Development
 - c. Community Development
 - d. Health and Wellness
 - e. Treaty, Lands, and Resources
 - f. Sacred Trust
7. Closing

Important Information

Page 4: Garbage Bin Reminder
Page 5: Happy Birthday Trystin
Page 6: Income Assistance Update
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Page 11: Welcome Sandra- Expressive Art Therapist
Page 12: Public Works: Land Tenure Survey
Page 13: External Opportunity



Reminder: To lock your garbage bin

Attention Community,

Living with wilderness in our backyards is one of the biggest blessings of living in the TWN Community, but it comes with a unique set of responsibilities. With the great outdoors so close to home, it is important to remember that we share these spaces with wildlife. It's up to each of us to take measures to keep our neighbourhoods safe for all.

Please make sure that you are locking and rinsing out your garbage bins after garbage collection.

This will deter the bears from breaking into the garbage bins, and reducing spread of garbage throughout the community.

The bylaw requires that containers for garbage, food waste, yard trimmings and recyclable material be placed out for collection no earlier than 5:30 a.m. and no later than 7:30 a.m. on designated collection days.

Happy Belated Birthday



Happy 17th Birthday to Trystin Coleman, who celebrated his birthday on October 12, 2020

Community Development

INCOME ASSISTANCE/ PWD CLIENTS

REMINDER!!

DUE TO THE COVID – 19 VIRUS COMMUNITY
DEVELOPMENT STAFF ARE STILL PRACTICING SOCIAL
DISTANCING, PLEASE KEEP
2 METERS APART FROM OTHER.

**Cheque day will be 10-minute *SCHEDULED*
appointments only for each client.**

We don't want a crowd outside, so please make sure you are
here on time for your appointment AND follow our Covid-19
protocols.

If you have any symptoms of sickness please call and let us
know if you can have someone pick up your chq.

Please call Danielle 604-404-8754 (***New work cell**) to make an
appointment.



Tsleil-Waututh Nation

Cećawət leləm "Helping House"



TWN Flu Vaccination Clinic

The Tsleil-Waututh Nation annual influenza vaccination clinic is scheduled for:

Friday, 16 October, 2020 from 8:30am to 8:30pm

Due to COVID-19 precautions, the clinic will be staged in tents in the parking lot in front of the Administrative Building. For our Elders with mobility issues, we are pleased to offer drive-through options.

To minimize line-ups and follow COVID-19 recommendations for flu clinics, we also ask you to **pre-book your appointment with Krista at the Helping House at 604-679 0782**. For the same reasons, please also **fill-out the Influenza Vaccine Report form** and bring it to your appointment (see on back page).

Don't Let The **Flu** Get to **You**

Get Immunized
Cover Your Cough
Wash Your Hands
Stay Home When Sick

Tsleil-Waututh Nation Cećawət leləm
"Helping House" - Flu Clinic:
Friday, 16 October 2020
8:30am to 8:30pm



Tsleil-Waututh Nation

Cećawət leləm "Helping House"

2020-2021 Annual Influenza Immunization Record



☐ 2nd dose required → Date to return to clinic for dose #2: _____

Date (YYYY/MM/DD):		Tsleil-Waututh Nation:																							
<input type="checkbox"/> No cold, flu or COVID-19-like symptoms, even mild ones, no exposure to known COVID-19 case, no international travel within last 14 days.																									
Client Please Complete This Section																									
Full Name:		Do you identify as an Indigenous Person of Canada? (check all that apply)																							
Address		<input type="checkbox"/> Yes <input type="checkbox"/> Prefer not to say <input type="checkbox"/> First Nations <input type="checkbox"/> Inuit																							
Street:		<input type="checkbox"/> Métis <input type="checkbox"/> Status <input type="checkbox"/> Non-Status																							
City:		Do you reside in a First Nations Community?																							
Postal Code		<input type="checkbox"/> Yes <input type="checkbox"/> No																							
Phone #:		Health Card Number:																							
		Date of Birth (YYYY/MM/DD):																							
		Age:																							
Please indicate if you have (or have ever had) any of the below conditions: We ask for this information to help your Nurse to determine if you are eligible for other vaccines or medical services.																									
<table border="0"><tr><td><input type="checkbox"/> Arthritis</td><td><input type="checkbox"/> Depression</td></tr><tr><td><input type="checkbox"/> Asthma</td><td><input type="checkbox"/> Acid Reflux</td></tr><tr><td><input type="checkbox"/> Cancer</td><td><input type="checkbox"/> Hepatitis B or C</td></tr><tr><td><input type="checkbox"/> Heart Disease</td><td><input type="checkbox"/> HIV</td></tr><tr><td><input type="checkbox"/> COPD (Chronic obstructive pulmonary disease)</td><td><input type="checkbox"/> High blood pressure (hypertension)</td></tr><tr><td><input type="checkbox"/> Congestive Heart Failure (CHF)</td><td><input type="checkbox"/> Osteoporosis</td></tr><tr><td><input type="checkbox"/> Dementia</td><td><input type="checkbox"/> Currently pregnant</td></tr><tr><td><input type="checkbox"/> Diabetes</td><td><input type="checkbox"/> Stroke /TIA (transient ischemic attack)</td></tr><tr><td><input type="checkbox"/> Allergies:</td><td><input type="checkbox"/> Blood clots</td></tr><tr><td></td><td><input type="checkbox"/> Heart attack</td></tr><tr><td></td><td><input type="checkbox"/> Other chronic condition:</td></tr></table>				<input type="checkbox"/> Arthritis	<input type="checkbox"/> Depression	<input type="checkbox"/> Asthma	<input type="checkbox"/> Acid Reflux	<input type="checkbox"/> Cancer	<input type="checkbox"/> Hepatitis B or C	<input type="checkbox"/> Heart Disease	<input type="checkbox"/> HIV	<input type="checkbox"/> COPD (Chronic obstructive pulmonary disease)	<input type="checkbox"/> High blood pressure (hypertension)	<input type="checkbox"/> Congestive Heart Failure (CHF)	<input type="checkbox"/> Osteoporosis	<input type="checkbox"/> Dementia	<input type="checkbox"/> Currently pregnant	<input type="checkbox"/> Diabetes	<input type="checkbox"/> Stroke /TIA (transient ischemic attack)	<input type="checkbox"/> Allergies:	<input type="checkbox"/> Blood clots		<input type="checkbox"/> Heart attack		<input type="checkbox"/> Other chronic condition:
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Nurse To Complete Below Section																									
Immunizing Agent:		Lot #:	<input type="checkbox"/> Consent Obtained																						
<input type="checkbox"/> Fluzone Quadrivalent		Dose: <input type="checkbox"/> 0.5mL	Consent Obtained From:																						
<input type="checkbox"/> Flumist Quadrivalent		<input type="checkbox"/> 2 nd dose required?																							
<input type="checkbox"/> Agriflu		Route: <input type="checkbox"/> IM <input type="checkbox"/> IN																							
<input type="checkbox"/> Fluviral		Site: <input type="checkbox"/> Left Arm <input type="checkbox"/> Left Leg	Relationship:																						
<input type="checkbox"/> Flud		<input type="checkbox"/> Right Arm <input type="checkbox"/> Right Leg																							
<input type="checkbox"/> Fluzone High-Dose																									
Immunizing Agent:		Lot #:																							
<input type="checkbox"/> Pneumo-P-23		Dose: <input type="checkbox"/> 0.5mL																							
<input type="checkbox"/> Chart or records reviewed, client is eligible for Pneumo-P-23		Route: <input type="checkbox"/> IM (preferred) <input type="checkbox"/> SubC.																							
		Site: <input type="checkbox"/> Left Arm <input type="checkbox"/> Right Arm																							

Health and Wellness

Welcome to the Health and Wellness—Ćećawet Ieləm "Helping House" Team, Dr. Georgia Kyba



Dr. Georgia Kyba is Northern Tutchone from the Selkirk First Nation in the Yukon and grew up on Coast Salish territory. She graduated with a Naturopathic Doctorate degree from the National University of Natural Medicine in Portland, OR.

Dr. Kyba is currently involved in First Nations health in the lower mainland working with Squamish Nation seeing patients as well as sitting on the First Nations and Aboriginal Primary Care Network.

Dr. Kyba's passion for health and wellbeing was instilled in her at a very young age through the humanitarian views of her family. Both of her parents have devoted their professional careers to the betterment of aboriginal peoples of BC and the Yukon. Dr. Kyba grew up with traditional healers in her family. Being surrounded by this wholistic view on health influenced her decision to go into Naturopathic Medicine.

Naturopathic Medicine is a natural form of health care which focuses on the diagnosis, treatment, and prevention of health conditions. The goal is to treat the body naturally whenever possible and promote health by focusing on the balance between mental, emotional, spiritual, and physical healing. Dr. Kyba looks forward to helping you achieve optimal health and wellness on your healing journey.

Dr. Georgia Kyba Started on October 6th, 2020

Health and Wellness



Online Zoom Personal Training

If you are interested in strengthening your body and mind, ***"You must expect great things of yourself before you can do them."***

Are you looking to change your exercise habits for the better?

If interested please contact our trainer, Nicole George to begin your new path of enlightenment.

Nicole George will be resuming personal training for Tsleil-Waututh Nation members, ages 13 and up through one-on-one sessions and or group sessions [Maximum 4 people, with similar abilities].

The first few sessions will be goal planning and assessment. After the assessments, Nicole will send out Zoom invites for agreed times and days.

Contact Nicole George
thezorazoo@gmail.com

Health and Wellness



Welcome to the Health and Wellness Team

Sandra Suasnabar Alberco is originally from Peru and migrated to the traditional territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), S'ólh Téméxw (Stó:lō), and Səlílwətaʔ (Tsleil-Waututh) Nations 15 years ago. She has over a decade of front-line experience serving community members of all ages through non-profit, social justice, anti-violence, harm-reduction, community and educational settings in Vancouver.

Sandra is a Certified Expressive Arts Therapist and a Registered Therapeutic Counsellor (RTC) with experience facilitating individual and group work addressing trauma & intergenerational trauma, sexual assault, depression, identity, grief & loss, anxiety, substance use, life transitions, relationship challenges and wellness. She is committed to offering a safe, nourishing, compassionate and creative space for healing. Most importantly, Sandra strives to support clients to recognize their own resilience and determine the route of their own healing journey.

Sandra draws from her lived experience and her therapeutic expressive arts practice integrates intersectional feminism, trauma informed care, anti-oppressive practice, and Indigenous knowledge and wellness approaches to healing. An art background is not needed to explore and participate in an expressive arts session. Sandra is the daughter, granddaughter, cousin, niece and auntie to her Andean Indigenous family in Peru and she loves music, dance, community, nature and laughter.

To book an appointment/session:

Email: suasnabarcounselling@outlook.com

Phone: 778-682-9884

Starting from October 28th, 2020

Public Works- Lands

Survey Reminder

It's not too late to participate in our Lands Survey! The Land Tenure project is a Nation-led initiative to update the **TWN Land Code** and **existing land tenure** on reserve. **Your participation in this survey is extremely vital to ensure that we include all TWN culture, values and needs.**

*Please note that this project does not create or change the legal status of any property on TWN reserve land. The purpose of this project is to collect historical information about TWN land and develop future land management tools.

You will be entered into a draw for a chance to win a \$100 gift card of your choice.

The link to the Land Tenure survey was sent out to all TWN members who have provided the lands office with their email and can also be found on the official **TW Nation** Facebook page.

If you or anyone in your family would like to take the survey, but don't have Facebook, or haven't provided an email address, please do not hesitate to call Deidre @ 604-929-3454 or email us at

lands@twnation.ca 😊

OUR PEOPLE GROW THE BUSINESS. CAN YOU BE ONE OF US?

Contractors | Innovators | Experts | Problem Solvers

KAYLA MOODY

Traffic Control



Kayla Moody joined the Eurovia BC Delegation team in August 2020 as a Traffic Control Person. She enjoys working with all the crews and is currently positioned on a Major Road Project for the City of Burnaby. Kayla is a graduate of Carson Graham Secondary and mentions how she always admired the liveliness of the construction environment and working amongst the traffic. Now, almost 21, she says that is she doing what she loves, and that earning great money is a bonus!

A career at BA Blacktop means the opportunity to transform our transportation network here in the Lower Mainland and create effective solutions for our communities.

We're located in North Vancouver and Surrey and we're looking to fill the following positions as soon as we can:

- ✓ Concrete Finishers (curb, gutter, sidewalk)
- ✓ Traffic Control Personnel (Flagger)
- ✓ Equipment Operators
- ✓ Carpenters
- ✓ General Labourers

ABOUT THE EUROVIA BC DELEGATION

The Eurovia BC Delegation is a major general contractor and design-builder, with a progressive and multi-disciplined group of companies delivering specialized paving, concrete, milling, reclaiming and recycling services, as well as multi-span bridge construction and innovative concrete structure solutions to clients throughout British Columbia. As part of the Eurovia group we have the flexibility of a small business with the room for growth of a large company.



Interested? We're keen to hear from you!

Apply with your resume at careers@euroviabc.com and we'll be in touch.

Don't forget to check us out on Instagram! Follow us [@euroviabc](https://www.instagram.com/euroviabc)