



## Musqueam Community Newsletter

Friday February 19, 2021

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

SAFETY & SECURITY PATROL: 604-968-8058



### MUSQUEAM A LIVING CULTURE

#### LUNCHTIME QI GONG

- \* qi gong inspired movement
- \* stress relief tools
- \* meditation

#### BENEFITS

Helps with anxiety, fatigue,  
concentration, and  
Joint pain!

THURSDAYS—MARCH 11TH TO APRIL  
15TH

12:00 TO 12:45 PM

Zoom link—<http://bit.ly/3oJxcuZ>

Meeting ID—933 8840 9945

Passcode—721721

Meghan @ 604-671-1258

[mhajash@musqueam.bc.ca](mailto:mhajash@musqueam.bc.ca)

Diane@ 604-916.0289

[exart@dianefarnsworth.com](mailto:exart@dianefarnsworth.com)



#### INSIDE THIS ISSUE

Lunchtime Qi-Gong—2

Health Dept.—3-7

MOA News—4—5

V.H.Foundation—6- 10



#### LATE MERV POINT PAMPHLET:

Usually the Memorial Pamphlets are given out during the procession.

(Unfortunately, this did not take place, we apologize, and if you wish to get a copy—you can email Paula Point @

[paula@musqueam.bc.ca](mailto:paula@musqueam.bc.ca), upon your request, or call the Band Office 604-263-3261. hay cxw qe'



**x<sup>w</sup>məθk<sup>w</sup>əyəm**



**MUSQUEAM PRIMARY CARE CLINIC**

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

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

Monday Feb.22	Tuesday Feb.23	Wednesday Feb.24	Thursday Feb.25	Friday Feb.26
Karen Chandra, NP	Dr. Dumont, GP	Karen Chandra, NP	Karen Chandra, NP	Karen Chandra, NP
9:30am – 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm



**If you missed your telehealth appointment, you will need to REBOOK for the next available date; please be available 15 minutes before and after your scheduled appointment call.**

**IMPORTANT UPDATES:**

The Musqueam Clinic is at capacity, with 700+ patients registered.

We cannot accommodate walk-ins/same day appointments → be mindful of your prescription running low, and make an appointment prior to running out of your medication.

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

**Family Physician (Dr. Dumont) is in on Tuesday's; the Nurse Practitioner is the rest of the week!**

**We now have the COVID-19 Mouth Rinse testing option available, review the following:**

- **Do not eat or drink for 1 hour before your mouth rinse test**
- Do not have anything in your mouth that can alter the results of the test, for up to **1 hour before the test** (no chewing gum, smoking, brushing your teeth, eating or drinking anything); If you have done any of these, then you will have to do the alternate test which is the nasopharyngeal swab.
- This test is approved for ages Kindergarten to Grade 12 children, and adults (Children <4 will have to have the nasopharyngeal swab test)

**For an appointment please contact 604. 266. 0043**

Clinic is **CLOSED** for lunch 12:00 – 1:00pm

Charlene Point - MOA



x<sup>w</sup>məθk<sup>w</sup>əyəm

Health Dept. notice – Feb.19, 2021

## Musqueam National Native Alcohol & Drug Abuse Program

Hannah Green, Drug & Alcohol Counsellor

Hannah Green is our new NNADAP Worker for Musqueam. Her role is to support Musqueam band members with their substance use and help them get connected to the supports they need. She can also lend a judgement-free ear to listen and support you where she can in your personal journey with substances. She would love to connect with you.

Hannah Green Contact Info:

Email: [nnadap.hannahg@musqueam.bc.ca](mailto:nnadap.hannahg@musqueam.bc.ca)

Cell: 236 818 7686

Facebook: facebook.com/hannah.green musqueam.1

## Brad Morin, Drug & Alcohol Counsellor

Provides one to one, family, and group counselling whenever necessary and refer clients to other appropriate professionals. Follows up with clients returning from treatment and continue to offer them support as they maintain their sobriety. I conduct outreach to community and band members. Lastly, makes referrals to detox, recovery houses, and treatment centres.

Thank you, Brad Morin.

**Brad's office hours: Mon-Fri: 5:00pm-9:00pm & Sat-Sun: 10:00am - 5:00pm**

E: [nnadap.bmorin@musqueam.bc.ca](mailto:nnadap.bmorin@musqueam.bc.ca)

T: 604-652-1368

## Youth Centre Program

Sandra Dan

If you have any ideas or suggestions of somethings that you would like to do, you can reach me at the **Youth Centre phone: 604-360-9171** | Email address: [youthcentre@musqueam.bc.ca](mailto:youthcentre@musqueam.bc.ca)



## Chronic Disease Management Program

Merv Kelly

Due to COVID-19 restrictions, the Chronic Disease Management program has had to amend its programs to keep the Musqueam Community safe. When weather permits, I have been able to join with the Elders who want to keep active by going on their walks throughout the community. My purpose to go along on their walks to ensure they are safe and assist them in keeping proper form as they walk in order to ease any ailments they may have, making it easier to go the distance.

I was approached by community members to do Circuit Training – however, due to COVID-19 restrictions, we have put group activities on hold. Hopefully in the near future we can start again and keep everyone safe.



x<sup>w</sup>məθk<sup>w</sup>əyəm

Health Dept. notice – Feb.19, 2021

## Home & Community Care Program

*Home Care Nurse: Romeo Cosio, RN*

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

**Home Care Office Phone: 604-263-6539**

**Romeo's Office Hours:** Monday, Wednesday Thursday & Friday from 8:30-5:30 **Tuesdays - Off**

**Phone: 604-269-3463 or email: [homecare@musqueam.bc.ca](mailto:homecare@musqueam.bc.ca) or [nurseassist@musqueam.bc.ca](mailto:nurseassist@musqueam.bc.ca)**

The Arjo Tub Program is available at the Elder's Centre between 7-9am Mon.-Fri. Please provide a doctor's order for the use of the Arjo tub describing your condition, and how often you are advised to use the tub per week. Please call the Nurse Assistant for an appointment @ 604 655 0580.

**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! \***

## Art Therapy for Children, Youth & Adults

*Janice Carroll,*

Art and Play Therapist in the Sexual Abuse Intervention Program for Musqueam, though my work entails working with trauma in all of its presentations. Currently holds sessions via Zoom or phone calls.

I am working from home and available for phone calls, emails or text conversations

Hours: Monday to Thursday from 830-430.

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



x<sup>w</sup>məθk<sup>w</sup>əyəm

Health Dept. notice – Feb.19, 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](mailto:chn@musqueam.bc.ca)

### Arlene Haldane, Assist:

Ph: 604-655-0580

Email: [nurseassist@musqueam.bc.ca](mailto:nurseassist@musqueam.bc.ca)



## Health Benefits

For assistance with your health benefits such as:

- Vision care (eye glasses)
- Dental
- Pharmacy
- Counselling

You may call Ashlee Point or Candice Sparkes in the Health Department Ph: 604-263-3261

Or First Nations Health Benefit 1-866-317-7878.

HEALTH  
BENEFITS





x<sup>w</sup>məθk<sup>w</sup>əyəm

Health Dept. notice – Feb.19, 2021

## Wellness Program

Janice Cross



**VIRTUAL  
COUNSELLING**

If you'd like to learn more about self-care, how you can reduce stress, anxiety, and/or depression:

**Call:** 604-250-2913

**Email:** [mentalwellness@musqueam.bc.ca](mailto:mentalwellness@musqueam.bc.ca) and set up a time to talk to Janice.

**Janice Cross' hours:** Monday-Friday: 830- 4pm

## Safe Drinking Water Monitoring Program

*Charlene Campbell-Wood, Water Monitor*

### Bottled water

Tap water is perfectly safe for most Canadians. Despite this, the bottled water industry generates \$2.5 billion in sales, mainly through Nestlé and its brands: Pure Life, Perrier, S. Pellegrino, Acqua Panna or Montclair.

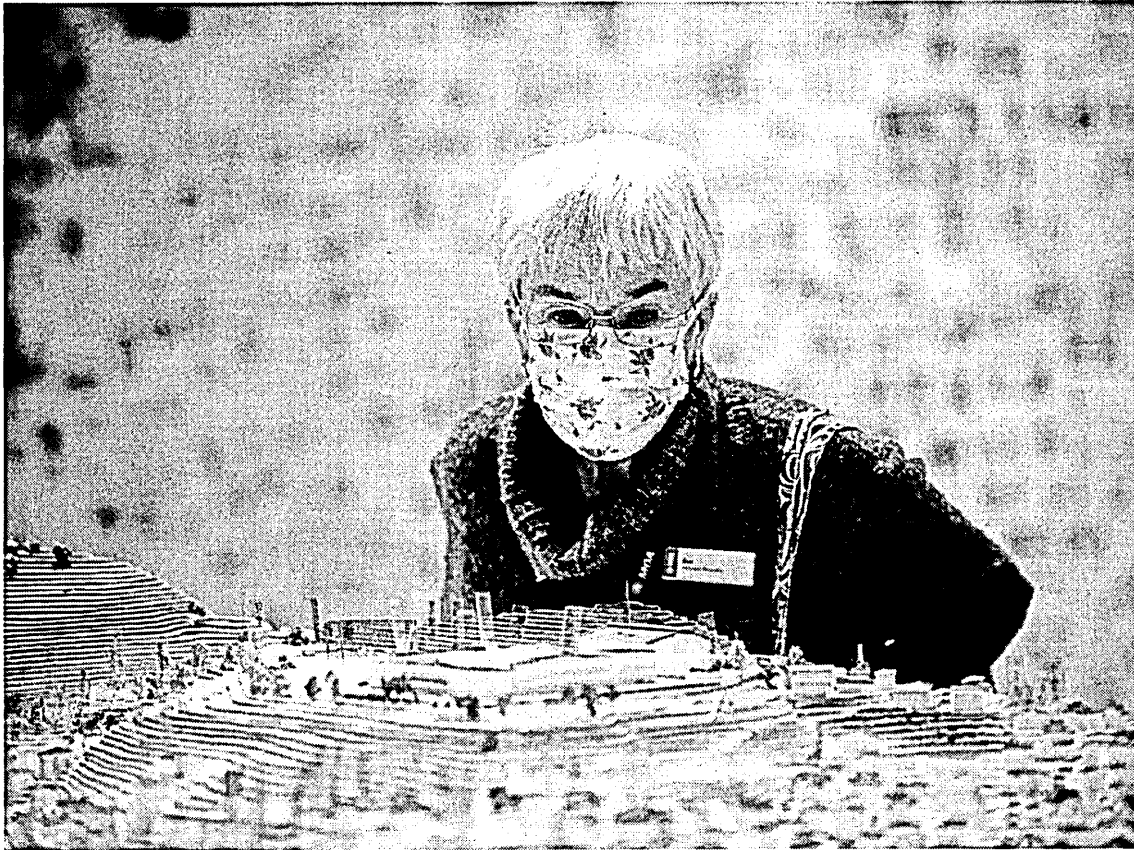
Plastic bottles can take up to 400 years to decompose. Most of those that are not recycled, end up abroad – generating more greenhouse gas. The good news is that over 75% of the plastic bottles sold in British Columbia are returned. That is because British Columbia runs a bottle bill and you will be refunded between \$5 and \$20 for each plastic bottle when returning them to the retailer. All ready-to-drink beverages sold in the province are required to be offered for sale in recyclable or refillable containers.

Not only does bottled water have a negative environmental impact, it is interesting to note that **it costs more than gasoline per gallon**. Moreover, in 25% of cases, bottled water is just filtered municipal water sold at a premium according to the Canadian Bottled Water Association. **Pepsi's Aquafina brand uses filtered municipal tap water from Vancouver.**

To reduce your environmental footprint, the best solution is to use reusable bottles and fill them with tap water filtered tap water.

### Conclusion

- Drinking water in Vancouver comes from rainfall and snowmelt
- Water is safe to drink according to criteria established by the Federal Agency.
- Bottled water is considered a food, and is subject to the "Food and Drugs Act.", which does not define strict criteria.
- Chlorine which is added to the water for disinfection can be removed with a carbon-block filter
- Lead leaching from old infrastructure in buildings constructed prior to the BC Plumbing Code revision in 1989, can be removed using a carbon-block filter
- Bottled water often comes from municipal tap water, and is often more expensive than gasoline per gallon
- The British Columbia bottle bill covers all ready-to-drink beverages sold in the province
- There are over 500 water fountains spread across Vancouver.

[View this email in your browser](#)**MOA  
NEWS**

## ***A Future for Memory is now open at MOA!***

Ten years ago—on March 11, 2011—a massive triple disaster struck the eastern region of Japan: a 9.0 magnitude earthquake off the Pacific coast of Tohoku, followed by a devastating tsunami, which led to a nuclear disaster. This event is commonly referred to as the Great East Japan Earthquake, or in Japan as 3.11 (san ten ichi ichi, literally “three-dot-one-one”).

In the tenth anniversary year of this disaster, MOA shares a timely new bilingual exhibition, *A Future for Memory: Art and Life After the Great East Japan Earthquake* / 記憶のための未来 — 東日本大震災後のアートと暮らし.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

continuous efforts of survivors to rebuild their lives. There is a future for memory through the creation of connections that will be passed on for generations to come.

[Plan Your Visit](#)

## MOA's Visual + Material Culture Seminar Series



### "I am a Woman Photographer": Photography in Modern Japan and Yamazawa Eiko's Quotidian Practices of Refusal

Presented by Kelly McCormick, assistant professor in the Department of History at UBC, "[I am a Woman Photographer](#)" discusses how Yamazawa created the conditions necessary to make a life through photography as a woman in Japan from the 1930s to 1970s, through a series of "refusals."

**February 25 | 4 – 5 pm**

Online via Zoom

Free, registration required

[Register Now](#)



### The Palace of Diplomacy: 20th-Century Japan's Diplomatic World Presented in the State Guest House in Tokyo, Japan

Join Tae Yeon Eom, a Ph.D. candidate and sessional lecturer from the Department of Asian Studies at UBC, for "[The Palace of Diplomacy](#)." This seminar aims to interpret 20th-century Japan's diplomatic thoughts by analyzing the interior and exterior design and decoration of the diplomatic space.

**March 4 | 4 – 5 pm**

Online via Zoom

Free, registration required

[Register Now](#)

## MOA Online

### The Work We Do Episode 1: Journey Into the Collections

Did you miss the first event of our new series,



Share

[Click to view this email in a browser](#)

## February 16, 2021 - Heritage Week is Here + More New Events!



February 16, 2021



Hi Leona,

Heritage Week is celebrated across Canada and here in BC, offering an annual opportunity to explore and learn about cultural heritage in all its forms. We start our week with a free, virtual, community event this evening marking the 10th anniversary year of the Places That Matter program and we hope you will join us!

We continue to add more events to the calendar including Old School workshops, Evening Lectures and Virtual Strolls. Read on for details and check for updates on our Calendar of Events webpage.

### In This Issue

- Heritage Week Events
- Old School Workshop on Statements of Significance
- Virtual Stroll through Marpole: Part II
- Evening Lectures
- Spring Program - more events
- The WALL Call for Proposals
- Grants deadline is February 18th
- Lunar New Year

### ***Heritage Week is here!***

Each year, Heritage Week in February puts a spotlight on heritage in communities in BC and across Canada. This week, we are exploring the theme "Where do *you* find heritage?" with three events offering opportunities to learn and share about Vancouver's history, diverse cultural heritage and historic places. All will be presented virtually to enable safe participation.



**Places That Matter Community Celebration:  
10th Anniversary Year!  
Tonight!  
7pm – 8pm  
Free, registration required**

[Visit our Website](#)

### **Celebrate Lunar New Year!**

While traditional in-person celebrations are not possible this year, there are still ways to join in Lunar New Year festivities. Check out virtual event offerings including from the [Chinese Canadian Museum](#) on February 17th or plan a visit to Chinatown to enjoy traditional foods, support local businesses and take in the CCM's inaugural project, the temporary exhibition, *A Seat at the Table: Chinese Immigration and British Columbia*, at the 1910 Hon Hsing Building (reservation required).

The City of Vancouver's **Cultural Spaces Grants** are open for applications with a deadline of March 10<sup>th</sup>. A statement of intent to apply must be submitted by February 17<sup>th</sup>. Grants can support a range of projects with up to \$250,000.

Join VHF for storytelling and a look at the first 10 years of the Places That Matter project. The program for the evening will include:

**7pm** - Opening remarks

Territorial Welcome with Alec Guerin from Musqueam  
Proclamation of Heritage Week from Deputy Mayor Adriane Carr

**7.15pm** - The first 10 years of Places That Matter, slideshow presentation

**7.30pm** - Storytellers:

Musqueam history with Mack Paul  
Collingwood Neighbourhood House with Carmen Correal and Adriana Contreras Correal  
First Sikh Gurdwara with Tara Sidhoo Fraser  
Nellie Yip Quong with Dr. Imogene Lim

**8pm** - Concluding remarks, and ways to get involved in 2021.

*Coming up later this week:*

### **Urban Sketching Workshop**

**Thursday, February 18th**

**12pm – 1pm**

**[Register here, \\$15](#)**

Learn how to sketch with confidence with Emma FitzGerald, author and illustrator of *Hand Drawn Vancouver*. Explore how drawings can be a prompt for storytelling and get inspired to go outside to sketch your favourite neighbourhood spots or local heritage buildings and places! Emma will also share tips for drawing on location, including intimidating architecture.

### **Discovering Heritage Places: A Virtual Stroll**

**Saturday, February 20th**

**10am – 11am**

**[Register here, \\$12](#)**

Heritage is all around us – sometimes you just need to look closely! Join local historian, author and seasoned walking tour guide, John Atkin, as he explores some of Vancouver's lesser-known heritage spots and shares the history of some of the buildings that make our neighbourhoods unique on this virtual walk.

### ***NEW! Old School workshop: Drafting a Statement of Significance***

A Statement of Significance (SOS) is a key heritage conservation tool that articulates the heritage values and

[Click here to learn more.](#)

character-defining elements of a historic place. This can be for a building, group of buildings, landscape, district or structures. An SOS is a mandatory document to formally recognize a historic place at local, provincial and federal levels. An important part of conservation planning, it is used to guide how change can happen in a historic place in a way that safeguards heritage values.

This workshop, led by heritage professional Berdine Jonker, will explore the formal structure of an SOS and the types of heritage values, how to evaluate historic places, and the key principles of writing the SOS.

*This workshop earns 2 credits towards VHF's Heritage Conservation Certificate.*

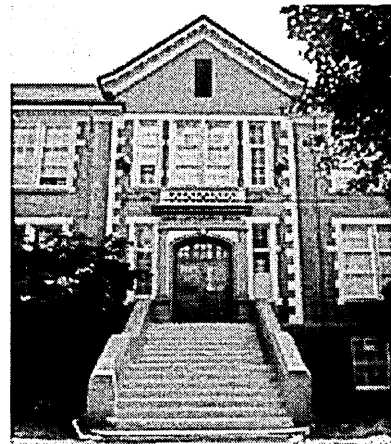
**Tuesday, March 30th**

**6pm – 9pm**

**Register here, \$45**

## ***NEW! Virtual Stroll through Marpole: Part II***

The next Virtual Stroll with historian John Atkin will return to Marpole for part two of this look at the fascinating history of this southerly neighbourhood. In this second part we are heading north of 70th Avenue where the low-rise apartment buildings give way to single family houses.



Here, many of the early residences were somewhat grander and sat on estate-like lots. Along with these we have some interesting mid-century architecture, churches and local landmarks including Historic Joy Kogawa House.

The Virtual Strolls series launched in June 2020 as a way to keep exploring local history and heritage places through virtual walking tours while we can't gather in person. Our guide is local historian, author and seasoned walking tour guide, John Atkin. Throughout and after a pre-recorded virtual stroll, there is an opportunity to ask John questions live. Please note that details of how to join each virtual event is provided to registered participants.

**Thursday, March 18th**

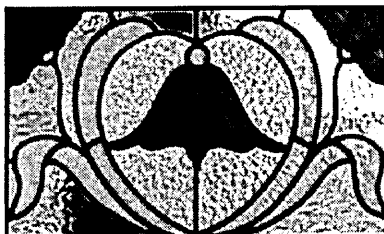
**1pm – 2pm**

**Register here, \$12**

If you'd like to catch up on the first visit to the neighbourhood, last September's *Virtual Stroll through Marpole* can currently be viewed on the [VHF YouTube channel](#).

## ***Evening Lectures start March 2nd***

### **Vancouver's Stained-Glass Heritage: Artists & Studios, 1889-1940**



Whether it was a church, saloon, mansion, bungalow or apartment building, art glass installations were often an integral architectural feature that became a ubiquitous component of a building's design. Join architectural historian Jim Wolf for a lecture that will trace the legacy contributed by Vancouver's historic stained-glass artisans to Vancouver's built heritage. The city developed a significant art glass industry that was among the largest in Canada and this lecture will focus primarily on windows made here. Every stained-glass window has a unique story to tell and is to be cherished as part of the city's unique heritage and history.

**Tuesday, March 2nd**

**7pm – 8:30pm**

**Register here, \$16 / \$10 (incl. tax)**

*Coming up in April and May - full details online:*

### **Race, Regulation and Resistance: Understanding Vancouver's South Asian Community History**

with Naveen Girn, Paneet Singh and Milan Singh

Tuesday, April 6th

7pm – 8:30pm

### **Building BC: The Photography of Leonard Frank and Otto Landauer**

with Michael Schwartz

Tuesday, May 4th

7pm – 8:30pm

## ***Spring Program - Events Calendar***

New virtual events have been added to our spring program! Upcoming events for the season include three Evening Lectures and an Old School workshop. The popular series of Virtual Strolls with historian John Atkin will continue, and a talk by current The WALL artist Henri Robideau is planned for April. More events will be added in the coming weeks as we confirm final details.

For the latest view of what is coming up, visit the [YHF Calendar of Events](#) page.

### ***The WALL Call for Proposals is open***

We are now accepting proposals for the 2021 The WALL installation. Artists and independent curators are invited to submit proposals by **March 15th at 5pm**, responding to the theme of Vancouver's history, heritage and built environment. This large format public art platform has featured eleven artworks to date from established and upcoming artists. You can read about past exhibits and find full details of the Call for Proposals [here](#).

The WALL is located at the CBC plaza, 700 Hamilton Street. It is made possible by a unique partnership of VHF with CBC/Radio-Canada. It is produced in partnership with the City of Vancouver Public Art Program. Additional support is provided by JJ Bean Coffee Roasters.

### ***Heritage Conservation Grants - Deadline is Thursday!***

The deadline for applications to the current intake of the Heritage Conservation Grants Program is this week on Thursday. These grants can support owners or stewards in the care of their historic building or site with financial assistance and professional guidance, helping to achieve a high standard of heritage conservation to sustain heritage places and the many benefits they offer for communities for the long term.

Anyone interested in a Heritage Conservation Grant should contact Grant Programs Manager, Meghan Lenz, [meghan@vancouverheritagefoundation.org](mailto:meghan@vancouverheritagefoundation.org).

Stay involved with Vancouver Heritage Foundation!

[Forward this message to a friend](#)



[Like us on Facebook](#)



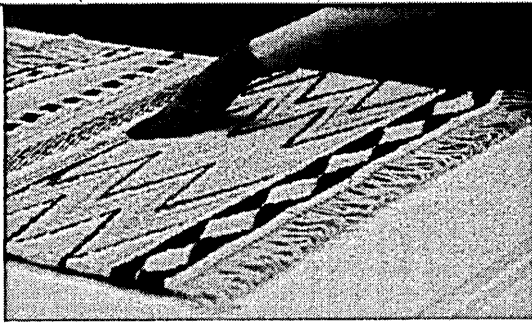
[Follow us on Twitter](#)



[Follow us on Instagram](#)



[Visit our Website](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

first event, "Journey Into the Collections" is now available. Watch it now to learn about the processes that take place when a new object joins the MOA Collection.

**[Watch Now](#)**

Photo credits (top to bottom): 1) Photo by Sarah Race. 2) Yamazawa Eiko and her loyal assistant Saiki Sachiko, "Photo Times," Vol: 17, No.4, Page 4, March 1940. 3) Photo by Tae Yeon Eom. 4) Still from The Work We Do: Journey Into the Collections.

**MOA acknowledges that it is built on the traditional, ancestral and unceded land of the Musqueam people.**

**Museum of Anthropology at UBC**  
A place of world arts + cultures



View this in your browser | [Update your profile](#) | [Unsubscribe](#) | Copyright © 2018 MOA

This email was sent to [lsparrow@musqueam.bc.ca](mailto:lsparrow@musqueam.bc.ca)  
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)  
 The Museum of Anthropology • 6393 N.W. Marine Drive • Vancouver, BC V6T 1Z2 • Canada