



Musqueam Community Newsletter

Friday October 22, 2021

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

SAFETY & SECURITY PATROL: 604-968-8058

ANNUAL FLU CLINIC (& COVID CLINIC)

WHEN: MONDAY OCTOBER 25, 2021

WHERE: MUSQUEAM GYM

TIME: 2PM—6PM *(Last appt.—5:40 PM !!)*

Call the Main MIB Reception to speak to one of the MIB Health Staff listed to complete registration!

INFORMATION REQUIRED AT REGISTRATION:

Full name, date of birth, care card number, address & contact information

For each registration!

Covid Vaccines will be available at the Flu Clinic!

Important information if you want a Covid Vaccine-

- All those who are born in 2009 and earlier are eligible for dose 1
- **All members who have a minimum of 28 days between doses can get dose 2 (September 27th or earlier, you can get your 2nd dose at this years Flu Clinic)**
- We do not have control over which Covid Vaccine we receive (Moderna or Pfizer)
- 3rd dose eligibility criteria is **very strict**, and BCCDC recommends ALL 3rd dose Covid vaccines will be the Moderna Vaccine regardless of which dose 1 and 2 you have had

If you have questions regarding Covid vaccines please contact the CHN, Crystal Point at 604 362 9200 or by email: chn@musqueam.bc.ca

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FEDERAL INDIAN DAY SCHOOL INFO....

Federal Indian Day School application is due by July 13, 2022.

If you need help filling out forms please contact Family Outreach—Theresa Hood @ C: 604-364-6551...or you can call Office of the Federal Indian Day School @ 1-888-221-2898.

Thank you.

Family Outreach Worker



Finally back!

MUSQUEAM 101 – Wednesday, October 27, 2021

We're really happy to announce that Musqueam 101 is starting again this week with:

Basket by the River

On July 25 of this year, Cyler Sparrow-Point found an amazing basket on the shore of the Fraser River. Caked in mud it was transported to the Museum of Anthropology (MOA) for cleaning and conservation. Join us for a wonderful evening with Cyler Sparrow-Point and Heidi Swierenga (MOA Conservator). Heidi will bring the basket to the Elder's Centre. We'll talk about its discovery, its cleaning, its age, and discuss the different ways it can be preserved for the future.

ni? ʔəncə? (where?)

Musqueam Elders Centre

təmtəm? (when?)

Wednesday, October 27. Dinner will be served at 6:00 p.m. The presentation will start at 7:00 p.m.

Please note: At this time Musqueam 101 is only for community members.



Musqueam Fitness Area

Hours: 8:30 am – 8:00 pm Monday to Friday

Drop-In / Maximum # of people = 6

MASKS ARE MANDATORY

You may **ONLY** take them off while actually doing an exercise

This is not meant to inconvenience the user but to protect the safety of our community

You must have a mask on when you:

- Enter the building
- Walk between machines
- Go to grab a weight
- Go near anyone else

Vaccine Passports

Reminder that proof of vaccination is required to enter the facility (scanned QR Code).

As of **October 25th, 2021 you will need to be FULLY VACCINATED** to use the workout area and present your proof of vaccination.

Thank you for doing your part to help keep our community and loved ones safe.

Musqueam **Housing** says

Winter is Coming

So come visit the Cultural Centre on October 28th for the

GAME OF HOMES



Get *safety & emergency preparedness tips* @ **GAME OF ZONES**

Grab *bite to eat* @ **GAME OF BONES**

Learn how to *keep your home warm & cozy* @ **GAME OF FOAMS**

Take home *winter preparation ideas* @ **GAME OF HOMES**

RSVP to ronette.stogan@musqueam.bc.ca / servicerequest@musqueam.bc.ca
for your free food tickets

Musqueam Education Notice Friday Oct 22, 2021



SCHOOL CHEQUES

October high school bus pass cheques are available for pick up at the band office. **November** high school cheques will be available to pick up on OCT 29th at the band office, Post-Secondary will remain direct deposit.

West Point Grey Academy - First Nations Legacy Scholarships

WPGA is a coeducational independent school that provides a strong academic foundation balanced by our commitment to character building, global awareness, outdoor education, community service and student wellness.

WPGA looks forward to receiving applications from students from the Musqueam, Squamish and Tsleil-Waututh Nations. We encourage motivated, engaged and dynamic students interested in pursuing a WPGA education to apply. Although preference is given to applicants applying to grades 1, 4 and 8 (intake years), we accept applications for all grades.

All students will be invited for an assessment and to attend a family interview. Successful candidates will receive full tuition scholarships for their time at WPGA.

Applications must be submitted by November 1, 2021. Should you have any questions, please contact the enrolment office at enrolment@wpga.ca or 604-222-8750, ext. 1533.



2022 Graduates

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

2021 Graduates

Musqueam band members that graduated from High School in 2021 may be eligible for a Musqueam Education Award; please submit a copy of your Dogwood Certificate and BC of Ministry of Education transcripts to the Education Department, contact us for more information.

Tutoring

If students require tutoring for the upcoming school year 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

EXPERIENCE VCC

Explore 140+ programs at our virtual open house.

OCTOBER 26 & 27 9:30 AM-5 PM

vcc.ca/experience

Riddle

I'm tall when I'm young, I'm short when I'm old, and I make heavy pumpkins light. What am I?

Answer: A candle

Educational Quote

“Live as if you were to die tomorrow. Learn as if you were to live forever.”

-Mahatma Gandhi



TRAIN + UPGRADE YOUR SKILLS WITH US!

THE ESSENTIALS PROGRAM

CULINARY AND BAKING & PASTRY ARTS



Do you love cooking? Thinking about a career in food and hospitality? The new WorkBC Community Workforce Response program from the provincial government provides free skills training for qualified individuals. Call one of our Admission Advisors today to find out more information and to see if you qualify.

Canada



Funding provided by the Government of Canada through the Canada-British Columbia Workforce Development Agreement.

THINKING ABOUT A CAREER IN FOOD?
FIND OUT IF YOU QUALIFY FOR THIS FREE PROGRAM



FULFILL ONE OF THE FOLLOWING TO QUALIFY:

- ☐ Currently unemployed or employed part-time
- ☐ Currently on Employment Insurance or Income Assistance
- ☐ Unemployed or Underemployed
- ☐ Ages: 19 to 55
- ☐ First Nations
- ☐ Part-time workers or unskilled workers



THE ESSENTIALS PROGRAM

- ☐ 8 weeks hands-on training
- ☐ Two programs: Culinary Essentials or Baking & Pastry Essentials
- ☐ Employment assistance included
- ☐ Equipment, uniforms, & supplies included
- ☐ Evening classes from 5:30pm to 10pm

CALL NOW! 604.734.4488 OR CAREERS@PICACHEF.COM

101-1505 WEST 2ND AVENUE, VANCOUVER AT THE ENTRANCE TO GRANVILLE ISLAND

PICACHEF.COM

Open call for art submissions from Youth Indigenous artists under 30 years.

What does freshwater mean to you, your family, and your community?



Are you an
Indigenous
artist?

Enter our
art contest
and win
great prizes!

**Naut'sa mawt Tribal Council and Island Trust
invites you to show us what freshwater
means to you, your family, and community
through your art!**

Prizes:

1st place - \$500 and cool swag
2nd place - \$250
3rd place - \$150

How to enter:

visit www.nautsamawt.org/water

Submission Deadline:

October 31, 2021

Learn more at: www.nautsamawt.org/water



Are you passionate about native plants? Are you curious about the connection between plants and clean water?



Islands Trust and Naut'sa mawt Tribal Council are looking for the Indigenous community to participate in our “Native Plants/Clean Water Connection Virtual Talking Circle” this October.

Forests are an important part of a healthy watershed. Trees and other plants collect and filter rainwater, stabilize streambanks, and provide food and habitat for salmon and other animals. Each plant has a special role to play. Join youth, elders, and ethnobotanist J.B. Williams (Tsawot and Ahousat descent) in a Virtual Talking Circle to learn more about the ecological, cultural, and spiritual significance of native plants.

Virtual Talking Circle:
October 25, 2021 from 1pm - 3:00pm
October 27, 2021 from 1pm - 3:00 pm

Honorarium will be provided. Contact George Van at youthcouncil@nautsamawt.com or 778-700-5990 for more info or to register.

Additional Opportunity: Youth participants will be invited to apply their learning to a short-term employment opportunity restoring native plants along a stream on Salt Spring Island later this fall. Contact islandstrust@nautsamawt.com to learn more.





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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ OCTOBER 22, 2021

Annual Flu Clinic (& Covid Clinic)

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OCTOBER 25TH, 2021

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MUSQUEAM GYM



2PM–6PM ***LAST APPT: 5:40PM!!***

Please see below for the BCCDC recommendations and criteria for a 3rd dose of the Covid Vaccine. Those with health conditions which make them severely immunocompromised (extremely weakened immune system) will receive a letter from their physician/Doctor (Doc, stating they qualify to receive a 3rd dose of the Covid Vaccine. Contact your Primary Care Provider for further questions around the 3rd dose.

Any questions pertaining to the Flu/Covid Clinic, or the Covid Vaccines please contact the Musqueam CHN, Crystal Point, at chn@musqueam.bc.ca or 604 362 9200.

Covid Vaccines will be available at the Flu Clinic!

Important information if you want a Covid Vaccine-

- ✚ All those who are born in 2009 and earlier are eligible for dose 1
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If you have questions regarding Covid vaccines please contact the CHN, Crystal Point at 604 362 9200 or by email: chn@musqueam.bc.ca



COVID-19 3RD DOSE ELIGIBILITY:

The Public Health Office has set out specific criteria for those who are eligible for a 3rd dose (booster shot) of the Covid-19 vaccine. It is a very specific list, please review below. You may also receive notification like a personalized letter sent to you by your specialist or doctor. If you fit into one or more of the categories below follow up with your Primary Care Provider (family Doctor or Nurse Practitioner) to further discuss if you are eligible:

- You have had a solid organ transplant (received one of the following organs: heart, lung, liver, kidney, pancreas or islet cells, bowel or combination of a transplant)
- Since January 2020 have received an anti-CD20 drug for a malignant condition
- Since March 2020, have received or receiving systemic therapy (including chemotherapy, molecular therapy, immunotherapy, targeted therapies including CAR-T, monoclonal antibodies, hormonal therapy for cancer). This includes tumors as well as hematologic cancers within this time period.
- Since September 2019, have had bone marrow or stem cell transplant or are still taking immunosuppressant medications related to transplant.
- On active treatment with specific immunosuppressive therapies.
- Have had combined immune deficiencies affecting T cells, immune dysregulation, have a moderate to severe primary immunodeficiency, or have had prior AIDS defining illness.
- On dialysis (hemodialysis or peritoneal dialysis) or have stage 5 chronic kidney disease.



Important Additional Note:

BCCDC recommends that the 3rd dose (booster shot) will be the Moderna vaccine, regardless of which vaccines you received for dose 1 and dose 2.



MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM

Nicolette Moore & Brad Morin, Drug & Alcohol Counsellor are BACK in the Community Centre!!

~Nicolette Moore offers support in:

- Addiction support
- Treatment referrals or questions
- Addiction education
- Family Interventions

Nicolette's hours: Monday- Wednesday 8:30-4:30 pm | Thursday 1-8 pm | Friday 8:30-4:30 pm

T: 236-558-8482 | **E:** nnadap.nmoore@musqueam.bc.ca

~Brad Morin provides:

- One to one, family, and group counselling whenever necessary and can also refer clients to other appropriate professionals. Follows up with clients returning from treatment and continue to offer them support as they maintain their sobriety.
- Conduct outreach to community and Band Members
- Makes referrals to detox, recovery houses, and treatment centres.

Brad's hours: Wednesday-Friday: 6pm-9pm | Saturday-Sunday: 1pm-5pm

T: 604-652-1368 | **E:** nnadap.bmorin@musqueam.bc.ca

MUSQUEAM MENTAL HEALTH AND WELLNESS PROGRAM

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

ART THERAPY FOR CHILDREN, YOUTH & ADULTS

Janice Carroll, RCAT

I am available Monday to Thursday from 830-430, 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



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ OCTOBER 22, 2021

2SLGBTQ+ SUPPORT: TWO SPIRIT TUESDAY- OUR NEXT SESSION WILL BE TUESDAY, OCTOBER 19TH.

Dawn Marie, Trans Care Program Coordinator

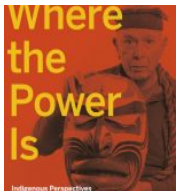


Hello Lovely People!

It's hard to believe that we are almost through October! Dawn-Marie, our 2SLGBTQ+ facilitator, has found some noteworthy events:



Thursday October 28th, 2021 4pm-5pm Museum of Anthropology



Book Launch

Where the Power is: Indigenous Perspectives on Northwest Art by Karen Duffek, Musqueam Curator Jordan Wilson, and Bill McLennan.

WHERE THE POWER IS a landmark volume that brings together over eighty contemporary Indigenous knowledge holders with extraordinary works of historical Northwest Coast art, ranging from ancient stone tools to woven baskets to carved masks and poles to silver jewelry. For more information visit <https://moa.ubc.ca/event/where-the-power-is-indigenous-perspectives-on-northwest-coast-art/>



Saturday November 13 & 20, 2021

Fish leather skin workshop with JANEY CHANG

Learn the process of transforming raw fish skins into a beautiful, durable textile that can be used to make clothing, pouches, wallets, footwear, art, and anything you would use leather for. In this two-part class we will explore tanning with tannins and fats using simple and natural ingredients found in your kitchen. You will know everything you need to know to have your own

Home Tannery and enjoy a new connection to an old ancestral skill.

Dates: This event is one workshop divided in two parts

- Saturday, November 13, 2021 (**Part I**)
- Saturday, November 20, 2021 (**Part II**)

Time: 9:30 AM-12:30 PM **Location:** Museum of Vancouver

Tickets: \$130 for non-members, \$120 for members, and \$100 for Indigenous peoples

Call 604-736-4431 during MOV business hours to obtain a discount code if you are an MOV Member or Indigenous.

****Musqueam Youth Interested** please call: Jasmine Wilson, Indigenous Programs and Community Engagement Coordinator (604) 730-5317.

Dawn-Marie's office hours in the Health Department are Thursdays 10am – 3pm.

She can be reached at LGBTQ@musqueam.bc.ca



Dawn-Marie (She/Her/Hers)
Trans Care Program Coordinator
2SLGBTQ+ Group
Musqueam Indian Band
x^wməθk^wəyəm
6735 Salish Drive/Van. B.C/ V6N 3P2
Phone: 1(236)558-9948
Email: dmariem@musqueam.bc.ca



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ OCTOBER 22, 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, 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

NEED HELP REGISTERING BABY FOR MSP/FNHA HEALTH BENEFITS? GIVE US A CALL!

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

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

**** Please stay tuned for updates on Musqueam's Pre- and Post-Natal Luncheons – coming soon! ☺ .**

HOME & COMMUNITY CARE PROGRAM

The Home Care Program is available to our community members to assist with hospital discharges, home care aides, all medical supplies & equipment.

Home care services & medical equipment require a note from your doctor with your needs specified.

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

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

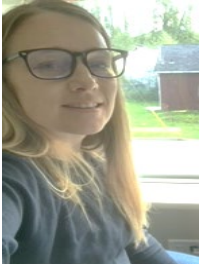
HOME CARE CLIENTS: If you will not be home during your scheduled HCA visit, please contact the Nurse Assistant, Arlene Haldane – 604 269 3354 or 604 655 0580.

If there is no answer please leave a message. ***For Emergencies Call 911 ***



LAND BASED HEALING COORDINATOR

Patricia Isaack



Hello family and friends,

My career has been focused on the health field since I graduated as a home care worker from University of FV in 2000. Some work highlights include working as Nurse assistant for MIB as well as a health administrator at INSITE, Vancouver's first safe injection site. Most recently I've worked at Canadian Red Cross in the Health equipment loan program.

I am passionate about health promotion and support in community.

As always I am excited and honoured to get back to work in Musqueam and be of service to the community members. Please never hesitate to reach out to me.

Elders, would you like to do some *gardening* in an easy to reach garden box?

The "Land Based Healing" program in the Health Dept. is providing garden boxes to Elders with limited mobility. The Land Based Healing program is new to Musqueam and we need your knowledge and insight! This program is created to facilitate community members connecting to the land as a wellness practice. We will deliver the box and soil to you, as well as some seasonal plants.



Please contact Trish in the Health Department to sign up for delivery during the month of October.

What: Garden boxes that are accessible for elders

When: Month of October

Patricia Isaack (Trish) Hours of work: Monday to Thursday 9-4

Direct number: (778)239-4325

HEALTH PATIENT NAVIGATOR

Lisa Mitchell



My name is Lisa Mitchell and I am the Patient Navigator in the Musqueam Health Department. 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 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








Youth Centre

October 25th-29th

Sandra Dan at the Youth Centre, **604-269-3452** Cell Phone **604-360-9171**

Email: youthcentre@musqueam.bc.ca

Monday Oct. 25 syə'lewətnet	Tuesday Oct. 26 sθəmants	Wednesday Oct. 27 stix ^w s	Thursday Oct. 28 sxaʔaθəns	Friday Oct. 29 st ⁻ qecəss
Board games  3:00-8:30	Arts & Crafts  4:00-7:30	Bingo  4:30-7:30	Rock painting  4:00-7:00	Movie Night  3:00-8:30

The 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.**

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

Community Watersheds

The majority of British Columbians get their drinking water from surface water. These sources range from small streams to large reservoirs. Community watersheds play an important part in protecting water quality for communities and private water users that rely on surface water sources.

A community watershed is defined under the *Forest & Range Practices Act* (FRPA) as all or part of the drainage area that is upslope of the lowest point from which water is diverted for human consumption by a licensed waterworks. Community watersheds must also be designated under the Government Actions Regulation.

To protect the water that is diverted for human consumption, such areas require special management to:

1. Conserve the quality, quantity and timing of water flow
2. Prevent cumulative hydrological effects having a material adverse effect on water

There are currently 466 designated community watersheds in B.C. with most established in the 1980s and 1990s.

Establishing community watersheds is one of the ways the Provincial Government protects drinking water sources.

BREAKFAST CLUB



Please note: The Breakfast Club will be **closed on**: Monday, November 1, 2021 for Musqueam Day.

Breakfast Club phone number: 604-269-3465



MUSQUEAM ELDERS

Brenda Campbell, Elders Coordinator

Elders Luncheons

*Please note, that the Elder's Centre has resumed operations and our regular bi-weekly luncheons, we will no longer be delivering luncheons door to door.

The next scheduled Elder's Luncheon is:

Thursday November 4, 2021

12 noon at The Elder's Centre



Elder Ladies Night

We will be starting up our Ladies Night once again!!

Date: Tuesday Oct 26th, 2021

Time: 6:00 pm – 8:00 pm at Musqueam Elder's Centre

We bring a little snack to share with one another.

Looking forward to seeing you all.

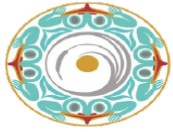
Brenda Campbell, Elders Coordinator

Musqueam Elder's Centre 604-263-6312



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ OCTOBER 22, 2021



MUSQUEAM PRIMARY CARE CLINIC

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

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

Monday Oct. 25	Tuesday Oct. 26	Wednesday Oct. 27	Thursday Oct. 28	Friday Oct. 29
Karen Chandra, NP 9:30am - 3:30pm	Dr. Dumont, GP 9:30am - 3:30pm	Karen Chandra, NP 9:30am - 3:30pm Traditional Healing and Song (Facebook Live) 2:00pm – 2:30pm	Karen Chandra, NP 9:30am - 3:30pm	Karen Chandra, NP 9:30am - 3:30pm

Traditional Healing and Song: Join Alec Dan and Iona Paul every Wednesday on the [Musqueam Health Department Facebook Page](#).



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.

Family Physician (Dr. Dumont) is in on Tuesdays.

The Nurse Practitioner (Karen Chandra) is in the rest of the week.

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

All appointments must be booked in advance. No walk-ins.

We cannot accommodate same day appointments.

Prescription running low? Please book an appointment a few days prior to running out of your medication.

Nasal Naloxone kits are available for pick-up. Please check to see if your current Naloxone Kit has expired.

**Please Note: We are now
located in the trailer next door
to the Elders Centre.**

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.

October is **Breast Cancer Awareness Month**

The Canadian Cancer Society “offers the largest support system in the country for people with cancer and their family, friends and caregivers. Access free programs and services that can help manage life with cancer.”

Visit <https://cancer.ca/en/> for more information

Walk/Drive-up Covid-19 Testing Site @ St. Vincent's

Entrance off West 33rd Avenue by Heather Street, Vancouver.

Open daily 8:00am – 7:00pm (drop-in only)

Ages 4+ ; nasopharyngeal and saline gargle available.

*Community members must identify that they are from Musqueam First Nation.

Have a great weekend! ☺

Take care,

MIB Primary Care Clinic Staff



Hello,

My name is Tamara. I am semi-recent university graduate and enjoy watching Netflix a little more than one should. If I seem like a familiar face, its likely because I am a highly skilled popcorn server at your local theatre. I truly have loved my time thus far as a Medical Office Assistant at the Musqueam Primary Care Clinic. I have been kindly welcomed into the workforce here and can already appreciate what a wonderful and special team I am now a part of. I look forward to the future of this clinic and meeting more of the amazing members of this community.



British Columbia Aboriginal Network on Disability Society (BCANDS)

Jordan's Principle Provincial Service Coordinator

Jordan's Principle was developed in memory of Jordan River Anderson from Norway House Cree Nation in Manitoba. Jordan's Principle is a child first initiative that ensures children in First Nations communities find products, services or support they need.

Some supports covered by Jordan's Principle are:

Health:

- Medical supplies & equipment
- Mobility Aids
- Therapeutic services for individuals or groups (speech therapy, physiotherapy, occupational therapy)



Social:

- Social worker
- Land-based activities
- Respite care (individual or group)

Education:

- School Supplies
- Tutoring services
- Teaching assistants

The BCANDS Jordan's Principle Service Coordinator serves the entire province of British Columbia and is available to support First Nation children/youth and their families/caregivers in identifying and accessing services for their holistic needs. We encourage you to contact us should you have any questions, need assistance accessing health, social and education supports including Jordan's Principle funding, or have any other inquiries about the program.

For more information, please contact:

Raylene McCreath
Jordan's Principle Provincial Coordinator
Telephone: (250) 381 - 7303 ext. 201
Cell: 250-208-3599 (TEXT ONLY)
Toll Free: 1-888-815-5511
Fax: (250) 381 - 7312
Email: jordansprinciple@bcands.bc.ca
Twitter: @IDCChildren
Website: www.bcands.bc.ca

B.C. Aboriginal Network on
Disability Society (BCANDS)
#6 - 1610 Island Highway
Victoria, British Columbia - Canada -
V9B 1H8

Jordan's Principle Call Centre: Available 24/7
1-855-572-4453

For Assistance with Jordan's Principle support services you may also contact our Musqueam Health Patient Navigator Lisa Mitchell: Monday to Friday from 8:30am to 4:30pm
by phone: 604-764-5349 or email: navigator@musqueam.bc.ca



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ OCTOBER 22, 2021



Musqueam Health will be hosting a Breast Cancer Walk

October 30th, 2021

Gather @9:45am at the Cultural Centre

Walk starts at 10am, 2 routes to choose from

Start & finish at the MIB Cultural Centre

—> 2.5km option or —>5km option



**There will be a photobooth, a donation box, and boxed lunches
for attendees to take home following the walk/run**

- Your donations will be sent to BC Cancer Foundation**





xʷməθkʷəy̓əm Archaeology

xʷməθkʷəy̓əm Archaeology is a team of thirteen archaeologists. The team is divided into two groups: one group deals with matters regarding Musqueam's Title and Rights, and the other takes on consulting contracts for clients who have proposed developments within xʷməθkʷəy̓əm territory. The two groups work together and support each other.

The xʷməθkʷəy̓əm Archaeology team will be participating in the Newsletter regularly to share the work we are doing with the community. If there are any specific archaeology topics you would like to hear about please email us at: archaeology@musqueam.bc.ca

For our first issue we would like to introduce you to our team! Below are brief bios about each of the team members. We hope you enjoy getting to know us and the work that we are privileged to do in protection of xʷməθkʷəy̓əm culture and heritage!

Meet the Team!

Richard Campbell

We asked Richard: *What is your favourite ice-cream?*

Richard: *Mint chocolate chip!*

Richard is the team's Senior Archaeological Field Technician. He is a xʷməθkʷəy̓əm Elder and a carver and has been working as an archaeologist for the past 23 years! Richard first became interested in archaeological back in 1998 when he was working as a xʷməθkʷəy̓əm grave digger and Leona Sparrow got him interested in archaeology because of Richard's experience and knowledge working respectfully with ancestral remains.

Richard has been working on processing the Locarno soil at xʷməθkʷəy̓əm by the cultural centre. You may have seen him screening, collecting, and sorting the belongings from the Locarno soil and mentoring new archaeologists. Richard's most memorable archaeological find is a quartz crystal point and carved abrader belonging found on New

Years Day! [Here](#) is Richard speaking about belongings from the Locarno soil.



Kody Huard

We asked Kody: *If you could only watch one movie for the rest of your life what would you pick?*

Kody: *Jurassic Park!*

Kody is Musqueam Archaeology Department's Field Director and Permit Holder. Kody has been doing archaeology since 2008. His current interest is learning more about new ways to date old things. Kody shared one of his most memorable archaeological sites he worked on: *While working at an archaeological site in Tonga, I was working with a Tongan person who had a tattoo on his arm - these tattoo patterns are owned by families and passed down through generations. As we were digging we found piece of pottery with same pattern as his tattoo!*



Lewis Stogan

We asked Lewis: *What is your favorite breakfast food?*

Lewis: *Rice and eggs!*

Lewis is an Archaeological Field Technician and has been with the team for 3 years. Lewis was inspired to join the xʷməθkʷəy̓əm archaeology team by his friend and fellow archaeologist Smokey (Wayne Point).

He began with the archaeology team after taking a machine operators course, as well as the Resources Information Standards Committee (RISC) Archaeological Training. Lewis' training in machine operations provides him with useful knowledge when working in archaeological settings, where machinery is often used to assist with digging. Currently Lewis is participating in remote archaeological monitoring which includes reviewing the photos, data, and information he receives from crews in the field. Lewis has also had memorable field experiences throughout the territory, and has assisted with working at a number of sites, mapping the sites.

Darnell Campbell

We asked Darnell: *If you could choose any super hero power, what would it be?*

Darnell: *Super speed – like The Flash!*

Darnell is an Archaeological Field Technician and has been with the team for just over a month. Before joining the team, Darnell was familiar with the landscape and the work that the team does, and became interested in joining because he had seen Richard and other archaeologists he knows working.

Recently, Darnell has been working on helping to screen the Locarno soil and sorting finds. He is also doing remote monitoring, which involves receiving text messages and information, photos from crews in the field. Darnell has been learning about the different sites and machinery used at these sites.

Cassandra Louis

We asked Cassandra: *What is your favourite animal?*

Cassandra: *Cats and turtles!*

Cassandra is an Archaeological Field Technician and has been with the team for a week! Cassandra has always been interested in archaeology and when her friend told her about an position she applied! Cassandra has taken courses in *Intro to Environmental Monitoring and Environmental Technician Certification*, useful for her archaeology work. Cassandra works as a remote monitor, reviewing communications from crews working in the field. She receives updates throughout the day and keeps track of archaeology work being done. Cassandra shared what she is most excited to learn about: *that I can be apart of digging into our past, finding special treasures from our ancestors. Learning more about our past and culture, and following in the footsteps of my Papa Pickle.*

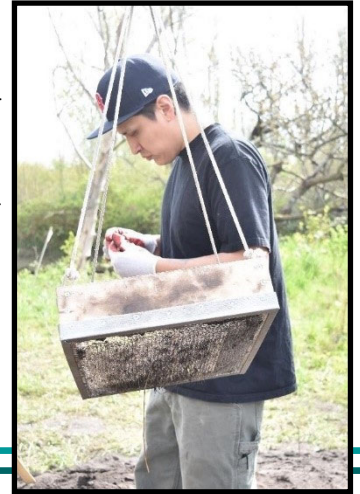
Jonathan Point

We asked Jon: *You're going to sail around the world, what's the name of your boat?*

Jon: *Old Blue*

Jon is a hunter and fisherman. Jon's role with the archaeology team is Archaeologist and Field Supervisor in training to be x̣ṃəθḳẉəỵəm's first Field Supervisor! He has been with the team for 1.5 years and became interested in archaeology because he enjoys being in the field and out at sites. Recently he has been working on screening out at the Locarno soil as well as working on some post-field reporting.

A typical fieldwork day for Jon includes looking at the site, the type of development that is planned, and inspecting the area for archaeology. Jon is particularly interested in underwater archaeology. Some of Jon's favourite archaeology finds include: a harpoon barb belonging, an antler knife, and a stone bead, all of which he found while screening Locarno materials.



AJ Speck

We asked AJ: *What is your ideal vacation?*

AJ: *Travel across Europe to experience the different cultures across the continent.*

AJ is one of the archaeology team's Archaeological Field Technicians. This year is AJ's second year with the team. He first became interested in archaeology from his older sister who convinced him to work for the Musqueam

Archaeology team, but he has been enjoying every experience when out working in the field. A typical day for AJ usually depends on where he is working within the city: *I can be sent out into the field at a park or construction site, or I'm even just working on the reserve!*

AJ is particularly interested in learning and developing his analysis skills. His favourite archaeological finds and belongings are the stone tools including projectile points and arrowheads found while screening the Locarno soil at x̣ṃəθḳẉəỵəm.



Aeli Black

We asked Aeli: *If you could only eat one meal for the rest of your life, what would it be?*

Aeli: *Pie!*

Aeli is x̣ṃəθḳẉəỵəm's Heritage Permit Officer and has been doing archaeology for 5.5 years. Her role involves reviewing and issuing the x̣ṃəθḳẉəỵəm's heritage permits required for anyone working in the territory. Aeli also reviews and writes archaeology reports, reviews the permits issued by the government and schedules Field Technicians for fieldwork.

She has always been interested in ancient history. After excavating excavate a 12,000 – 6,500-year-old barbeque pit in Scotland she decided to pursue archaeology as a career. Aeli is most excited to learn about wool dogs and how their fur was used for weaving and making textiles. Her favourite archaeological find was a sheep bone she found in a hearth in Scotland. Aeli is very excited to be working at Musqueam!

Aviva Rathbone

We asked Aviva: *What fictional place or world would you like to visit?*

Aviva: *The Star Trek universe.*

Aviva is the Senior Archaeologist for x̣ṃəθḳẉəỵəm, and has been doing archaeology for the past 12 years. She spends most of her day-to-day focusing on building the team, training and capacity.

Aviva is always interested in learning about x̣ṃəθḳẉəỵəm culture and history and continuing to learn hə́ŋq̣əmínə́m̄. Aviva shared her favourite find: *at Hoptown, the crew found the side of canoe that had been preserved and basketry woven so fine, that you could only see it under a microscope!*



Ruthie Speck

We asked Ruthie: *What is a song you have completely memorized?*

Ruthie: *Doing Alright – by Queen*

Ruthie is a third-year student at UBC and works with the team as an Archaeological Field Technician. She has been in her current role since August 2020, but her work has always overlapped in some way with archaeology. Ruthie shared: *my first interest in archaeology was in grade 7, when we were studying ancient Egypt, it was so interesting.*

In 2018 she took the hə́ŋq̣əmínə́m̄ language course, and was interested in how archaeology and language can work together to preserve and protect culture.

Ruthie is studying education to be a teacher and incorporates social sciences, anthropology, and archaeology into her learning. She looks for opportunities in all of her school assignments to talk about x̣ṃəθḳẉəỵəm. She has also been interested in səẉq̣ẉeq̣sən (St. Mungo site). In Ruthie's spare time you can find her playing pickle ball or at the pitch and putt!

χ̣ẉəlis (Alec Dan)

We asked χ̣ẉəlis (also referred to as Alec): *If you had a time machine, would you go back in time or into the future?*

χ̣ẉəlis: *Would go back in time – to be a part of the warrior society*

Alec is an Archaeological Field Technician and has been with the team for a month. χ̣ẉəlis has always been interested in archaeology, he is a part of the long house culture and participates in long house ceremonies. He also works as a cultural tour guide in the cultural centre. He wanted to become part of the archaeology team to learn and gain further knowledge.

Recently Alec has been working at the Locarno soil screening. He has also been working as remote monitoring, receiving communications from crews in the field and keeping up to date with the work going on through photos and field descriptions. One thing that Alec is interested in learning more about is being involved with the ancestors. Alec shared that he sees archaeology as being: *a way to support the community and the ancestors by taking care of the belongings. and ensuring they are taken care of properly.*

Gabe Grant

We asked Gabe: *What movie/book/TV show have you seen or read recently and why would you recommend it?*

Gabe: *Toy Story!*

Gabe's role with the archaeology team is archaeological field technician, and he has been working with the team for 3 years. Gabe became interested in doing archaeology because of watching documentaries about archaeology and wanting to give it a try! Lately, Gabe has been working as a remote monitor. Gabe's most memorable archaeological find was three projectile points he found during screening at Locarno. Gabe is also very interested in stone belongings and faunal (animal) remains. He finds this to be the most interesting because, as Gabe describes it: *we can see how and what tools x̣ṃəθḳẉəỵəm people used to cut meat and what they were eating.*

Liz Campbell

We asked Liz: *You have to sing karaoke, what song do you pick?*

Liz: *Space Oddity – David Bowie*

Liz's role with the team is Operations Coordinator. She has been doing archaeology for 8 years. In her role, Liz helps with scheduling and with preparation and post-field tasks for x̣ṃəθḳẉəỵəm's consulting projects. Liz is excited to be working at x̣ṃəθḳẉəỵəm, and is most interested in learning more about hə́ŋq̣əmínə́m̄, and about x̣ṃəθḳẉəỵəm history. Liz's most memorable archaeological find was when she: *excavated two fire-pit hearths that were along a riverbank up north—there were lots of charred bird bones, and the pit had been used over many years.*



Andrew van Rijswijk 2021

Hello everyone! My name is Andrew van Rijswijk, your new Bylaw Enforcement Officer. I want to first say thank you for allowing me the opportunity to become a part of your beautiful community. I wanted to share a little about myself so everyone can get a sense in who I am and know where I am from before I start roaming the streets! I am originally from a large family in Langley and recently moved to Olympic Village over the last two years, where I met my now Fiancé. I have been in trades most of my life, owned a business and in security as a Supervisor as well a student over the last 10 years. My biggest passion when it comes to my career is finding that connection, that connection where I feel I can make a difference. I have a great deal of life lessons and knowledge I want to pass on to as many people I can connect with. Feeling accomplished is something we all strive for and I want to take this opportunity to let everyone know I am here to make positive changes and influence others that we as By-law are only here to give safe environments for kids and adults of now and the future. The sense of urgency to bring knowledge in safety has played a crucial part in my life as I've worked in various locations and different environments, as well as having seen close friends and family go through difficulties in life. My goal as a Bylaw Enforcement Officer in the Musqueam community is to bring awareness and knowledge of the bylaws. I want the community to know I'm here to work with everyone and not against. This will be a learning curve for everyone.



Its that time of year folks! If you have any unwanted vehicles, boats, trailers that are creating a mess and or you don't know what to do with them please send me an email or text with a photo with your address and phone number. I would be more then happy to deal with them for you at no cost! Unfortunately, most donation companies are not excepting cars nor are junkyards giving money for cars but I can make the problem disappear for you!



Andrew van Rijswijk

Musqueam By-Law Enforcment Officer

236-888-4216

E-mail arijswijk@musqueam.bc.ca

Musqueam housing currently has two programs open to on-reserve homes at no cost

1. **Energy Conservation Assistance Program (ECAP):** This program is open to on-reserve Musqueam membership. More than 50 on-reserve homes have applied for this program in 2021. Through this program, you will receive:
 - LED lamps – installed for all homes
 - drying rack – for all homes
 - Weatherstripping – installed for all homes
 - Water-saving shower head – installed for all homes
 - CO detectors – installed for all homes
2. **Energuide assessment:** A home energy audit – also known as an EnerGuide Home Evaluation – is the first step to improving the overall efficiency of your home. An audit will help you identify ways to improve your home's overall comfort and efficiency, which will save you money on your utility bills. An EnerGuide Home Evaluation is performed by a certified energy advisor who will examine things such as your home's air leakage, insulation, and your furnace and ductwork.

New ECAP and Energuide applicants will receive a Tim Horton's gift card.

Fill the application form and we will sign up your house for both programs.

Contact Ehsan (Community Energy Specialist) at ehaghi@musqueam.bc.ca or 2267924266 if you have any questions.

Energy Conservation Assistance Program application

For aboriginal communities and residents of non-profit housing



Bulk reference number Musqueam 2021

To apply for the FREE Energy Conservation Assistance Program, please complete each of the following before submitting the application:

- ☐ Complete the application in full (or we will not be able to process your application).
- ☐ Attach the Landlord Consent form (if you rent from a private landlord).
- ☐ Sign the declaration at the bottom of the page (highlighted in yellow below).

If you require assistance completing this application form please call the program contractor **It's On Electric 1-855-560-3227**.

1. Account holder information

BC Hydro account

First name (on BC Hydro bill)	Last name (on BC Hydro bill)	BC Hydro account number	
Account address	City	Province	Postal code
Home phone number	Other phone number	Email address	

FortisBC account

First name (on FortisBC bill)	Last name (on FortisBC bill)	FortisBC account number
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2. Property information

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

- ☐ Detached house ☐ Duplex ☐ Town house ☐ Apartment/condominium* ☐ Mobile home
☐ Other:

*Please see terms and conditions for eligible products and measures for apartment units.

Do you rent your home?

- ☐ Own ☐ Rent

(If you selected rent, and rent from a private landlord please complete and attach the Landlord Consent Form and complete the Landlord contact information below)

*If you live in a band-owned home, or non-profit housing you are NOT required to submit a Landlord Consent Form.

Landlord name (please indicate if home is band owned)	Contact phone number
-------------------------------------------------------	----------------------

3. Income qualification and authorization for disclosure and collection

I understand that in order to qualify as a participant, BC Hydro requires proof that my household income meets the program's income requirement, and/or my building is eligible to participate in the program under the Terms and Conditions. By signing this form, I consent to BC Hydro collecting my personal information (including all items listed on this application form and income qualification status) indirectly from my band/non-profit administration office. Furthermore, I permit my Band/Non-Profit administrative office to disclose that personal information to BC Hydro for the purpose of qualification and for the administration of the program.

MUST COMPLETE

By signing below, I certify that I understand and agree to all of the preceding declarations and all terms and conditions that follow on this application. I certify that all the information is true and complete in every respect and that any willful misstatements may cause the rejection of my application.

BC Hydro account holder signature (BC Hydro account holder)	Date (Yr/Mth/Day)
-------------------------------------------------------------	-------------------

FortisBC account holder signature (If there is a FortisBC natural gas account associated with the residence.)	Date (Yr/Mth/Day)
------------------------------------------------------------------------------------------------------------------	-------------------

Mail completed application to:
BC Hydro and FortisBC ECAP Operations
PO Box 8910 Stn Terminal
Vancouver, BC V6B 9Z9

OFFICE USE ONLY

Meets LICO threshold

- ☐ Yes ☐ No

Authorized signature



Musqueam Employment & Training

Looking to obtain your Class 7L License?

DRIVE FORWARD 'L' WORKSHOP

Dates:

Saturday, November 20, 2021

Saturday, November 27, 2021

Start: 9:00 AM

End: 2:00 PM

Location: TBD

Each session is 4-hours including
a 30-minute lunch break
(with lunch provided).

Requirements:

Completed PIF and valid
photo ID.

PLEASE CONTACT E&T STAFF:

Courtney Copoc

T: 604-916-8579

E: ccopoc@musqueam.bc.ca

Angela Nahanee

T: 778-919-7349

E: anahanee@musqueam.bc.ca

Krista Brisk

T: 236-999-7253

E: employassist@musqueam.bc.ca

Alicea Bradley

T: 778-855-4047

E: employclerk@musqueam.bc.ca





CASUAL JOB OPPORTUNITY: TRAFFIC COUNTERS

Musqueam Indian Band is looking to develop a Master Plan for IR2. As part of the work, we are looking for **6 casual “Traffic Counters”** who can assist us to collect traffic data to support the Master Planning work. The work involves counting vehicle, pedestrian, and bicycle movements at intersections using specialized equipment (training will be provided) under the supervision of our Transportation Consultant (Bunt & Associates Engineering Ltd.).

There may also be an opportunity for you to be included in the roster list to assist the Transportation Consultant to conduct traffic survey work in the future.

We are tentatively scheduling the traffic count for November 10th from 7 am - 9 am & 3 pm - 6 pm. A mandatory paid 2-hour training session will take place on another day prior to the traffic count. Your availability during this time is crucial. Compensation of \$200 will be provided for completion of the training and full traffic count

Please contact dfraser@musqueamcapital.ca with the subject line “Traffic Survey Opportunity”.

**DEADLINE TO
APPLY:
WEDNESDAY,
OCTOBER 25,
2021**

Introduction to Carpentry & Formwork

For Youth (18-25), Indigenous People and Women



Apply for this exciting 8-week Introduction to Carpentry and Formwork program and be prepared to become an apprentice in the carpentry trade!

- ⇒ 4 Weeks Essential Skills with a focus on trades math, reading, and interpreting documents and drawing.
- ⇒ Hands-On Training including tool safety, skills development and project work ensuring students become competent in basic carpentry tasks.
- ⇒ Safety Certifications
- ⇒ Training Wage, Daily Travel and Childcare Allowance

BUILD YOUR FOUNDATION FOR A CAREER IN CARPENTRY!

Earn industry leading wages, comprehensive benefits and retirement savings.
HUGE career growth and professional advancement opportunities.



TRAINING DATES

METRO VANCOUVER

- ⇒ Sept. 13 to Nov. 5
- ⇒ Oct. 18 to Dec. 10
- ⇒ Jan. 17 to Mar. 11

APPLY TODAY!

Contact the BCRCC Training Department:

- ⇒ Phone: 778-404-1204
- ⇒ training@bccrc.ca



BC Regional Council of Carpenters

Intro to Carpentry & Formwork Participant Intake Form

BC REGIONAL COUNCIL OF CARPENTERS

Participant Name (first / middle / last):

Date of Birth (DD/MM/YYYY):

Gender: Male Female Other Prefer Not to Say

Do you identify as Indigenous? Yes No Prefer Not to Say

Contact Info:

Phone 1:

Phone 2:

Address:

City:

Postal Code:

Email Address:

Please rank the following training dates in your order of preference (1=most preferred, 3= least preferred):

September 13 to November 5, 2021

October 18 to December 10, 2021

January 17 to March 11, 2021

Note: There is no guarantee that you will receive your most preferred training date.

How did you hear about us?





Call for Artists!

Enter to win \$1000

How does x^wməθk^wəyəm picture
“The Soul of the Fraser”?

Scan for info!



Environmental Documentary featuring Musqueam Indian
Band is looking for MUSQUEAM ARTISTS to design a
logo for the film!

No age restriction. No purchase necessary. All participants must identify as members of the x^wməθk^wəyəm (Musqueam) First Nation. NERV Productions Inc. will deliver to the grand prize winner a cheque valued at \$1000. NERV Productions Inc. has final say on how much of the interview with the grand prize winner is edited into the documentary film. NERV Productions Inc. reserves the right to decide not to use the winning artwork for any materials.

SOUL OF THE FRASER

Logo Competition

NERV Productions' newest documentary, *The Soul of the Fraser*, features Musqueam Indian Band. We are looking for Musqueam Artists to design a logo for the film! The winner will receive a \$1,000 cash prize and will have their piece featured in the film, along with an interview with the artist about the piece.

Design a logo for the film:

- Prompt: What does the soul of the Fraser Estuary mean to you?
- Create a drawing, painting or digital rendition of what you feel represents the soul of this incredible region. This art piece should be suitable as the film's title, it is encouraged that the piece includes the text "The Soul of the Fraser".
- High-Resolution Digital files or scans required in a .PNG format
- Deliver your contest entry files via email to admin@nervproductions.com with the email subject line as "Musqueam Logo Contest". Please include your full name in the email.
- All participants must identify as members of the Musqueam Indian Band.
- Competition ends on December 1st at 12:00am Midnight, a winner will be announced on December 5th!
- If you have any questions regarding the contest or submission, contact us via admin@nervproductions.com

About the Doc: In beautiful British Columbia, Canada, follow an ensemble cast ranging from a former government worker turned activist to a boat captain with an indigenous family history long forgotten, as they search for a way to save what's left of the Fraser Estuary. This documentary feature uses the estuary as a case study proving a lack of environmental stewardship as a result of indigenous suppression.

Fine Print: No age restriction. No purchase necessary. All participants must identify as members of the xʷməθkʷəy̓əm (Musqueam) First Nation. NERV Productions Inc. will deliver to the grand prize winner a cheque valued at \$1000. NERV Productions Inc. has final say on how much of the interview with the grand prize winner is edited into the documentary film. NERV Productions Inc. reserves the right to decide not to use the winning artwork for any materials.

All images are taken from the film *Soul of the Fraser*, NERV Productions Inc. 2021