



## Musqueam Community Newsletter

Friday March 11 , 2022

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

SAFETY & SECURITY PATROL: 604-968-8058



### Attention: Social Assistance Clients

It is that time of year again where we need all clients on income assistance to come in and renew their applications. Please book an appointment with Leanne or Michele a.s.a.p. Cut off date will be Friday March 25/22. When you come in please bring with you 2 pieces (1 picture) of ID for adults and 1 piece for children.

Thank you !

Social Assistance Dept.

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#### INSIDE THIS ISSUE:

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### SPRING BREAK



#### ST. MICHAEL'S CHURCH

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



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## Drug Checking Alerts Form

<b>Date: Monday 7th March 2022</b>	<b>Location/Site: Vancouver</b>
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<b>Expected Substance</b>	Methamphetamine
<b>FTIR Spectrometer Result</b>	Fentanyl Positive, bought in Vancouver
<b>Test Strip Result</b>	
<b>Colour &amp; Texture</b>	Colourless crystals
<b>Area Purchased</b>	Vancouver
<b>Sent for Confirmatory Testing</b>	NO
<b>Reason for Alerting</b>	Causing overdoses and fentanyl positive

### Notes (including picture if available):

Do not use alone. Use at an OPS/SCS [www.vch.ca/overdose](http://www.vch.ca/overdose)  
or visit [www.lifeguarddh.com](http://www.lifeguarddh.com) and [www.brave.coop](http://www.brave.coop) for OD support

Get your drugs tested

[www.vch.ca/drugchecking](http://www.vch.ca/drugchecking)

When in doubt use naloxone and call 911.

**ALERT ISSUED: 8TH MARCH 2022**

**REMOVE POSTER BY: 8th APRIL 2022**



## **17<sup>th</sup> Annual Musqueam/UBC Youth Soccer Tournament**

### **Tournament Announcement**



After a 2 year break we are excited to announce that we will once again be hosting the Musqueam/UBC Youth Soccer Tournament at the beautiful xʷməθkʷəy̓əm sports fields. Musqueam and the UBC are happy to be able to continue to strengthen our partnership and host this event that we all look forward to each year.

As usual the tournament will take place on May long weekend. This year the weekend lands on May 21<sup>st</sup> and 22<sup>nd</sup>, 2022. All age categories will be co-ed and will include 5 & Under, 7 & Under, 10 & Under, 13 & Under, 16 & Under and 21 & Under.

Registration information will be shared in April. This initiative is supported by Courtenay Gibson, Musqueam Recreation Manager and Rynne James Manager of Student Engagement and Community Programs at UBC First Nations House of Learning. If you are interested in joining our mailing list please email Courtenay Gibson, [cgibson@musqueam.bc.ca](mailto:cgibson@musqueam.bc.ca) Please note that this announcement is subject to change and please keep an eye out for any safety measures that we may announce in order to keep our communities safe during this pandemic.

Wayne Sparrow  
Musqueam Chief

Eduardo Jovel  
Interim Director UBC FNHL

# **MUSQUEAM YOUTH NIGHTS ARE BACK!**

Join us on March 19<sup>th</sup> 2022 at 5PM where we will be Glow-In-The-Dark-Bowling at Grandview Lanes! Food and drinks will be served at the bowling alley.



And then for the next 3 Saturdays:

- March 26<sup>th</sup> 5PM we'll be doing a walk with the VPD in the Down Town East Side. Food and drinks served after the walk.
- April 2<sup>nd</sup> at 5PM we'll be going swimming at Watermania in Richmond! Food and drinks will be served after.
- April 9<sup>th</sup> at 6PM we'll be doing a movie night in the Youth Center! Dinner, drinks and snacks will be served.

**ALL EVENTS, EXCEPT BOWLING, ARE SUBJECT TO CHANGE.**

PLEASE MEET AT THE COMMUNITY CENTER FOR ALL OF THESE EVENTS!

*Please contact Bethany Jones at 604 997 6758 if you are interested in any of these events! (Ages 11-18).*



# The Children's House

## Hours of Operation:

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

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

The Children's House phone # 604 269-3302

Renee Stogan Manager email: [childcaresup@musqueam.bc.ca](mailto:childcaresup@musqueam.bc.ca)

## The Children's House Staff

Renee Stogan Manager: 604 269-3302 email: [childcaresup@musqueam.bc.ca](mailto:childcaresup@musqueam.bc.ca)

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

Preschool Staff: Ernestine Herman, Sherry Point, Stacy Louis

## "My Promise to You"

I promise you every day your child will learn something.

Some days they will bring it home in their hands.

Some days they will bring it home in their heads,

and some days they will bring it home in their hearts.

-Valerie Welk.



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Musqueam **Housing** presents



**MARCH 17TH, NOON TO 2PM**

**CULTURAL CENTRE**

**FUN. FOOD. FREEBIES.**



**JOIN US FOR OUR MARCH MADNESS TOURNAMENT**

**WIN SOME SUPER PRIZES FOR YOU**

**AND YOUR NEIGHBOURS!**

**GET TIPS ON PREVENTING SLIPS, TRIPS AND BROKEN HIPs**

**AND TAKE HOME SOME GREAT GIVEAWAYS!**



RSVP for your free food tickets to: [ronette.stogan@musqueam.bc.ca](mailto:ronette.stogan@musqueam.bc.ca)





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## MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ MARCH 11, 2022

PLEASE BE KIND TO OUR STAFF IN THESE DIFFICULT TIMES.

WE ARE WORKING HARD TO LOOK AFTER YOU.

**URGENT:** Please see attached two **VCH Drug Checking Alerts** issued March 8th 2022 for:

- Colourless crystals bought in Vancouver
- Methamphetamine causing OD's and tested positive for fentanyl

Check your drugs at any [OPS/SCS](#) and visit sites with drug checking services: [www.vch.ca/drugchecking](http://www.vch.ca/drugchecking)

Help the Vancouver community stay safe by helping warn people about contaminated street drugs and receiving drug contamination alerts. You can report and fill out an anonymous form online - <https://redcap.ubc.ca/flex/>

You can also share an alert via text by texting '**bad dope**' to **236 999 3673** - and follow the prompts; or if you would like to just receive alerts - text '**alert**' to the same number to start receiving drug alert notifications to your phone. These alerts are always shared via this email group also!

Overdose Emergency Response and Regional Addiction Program Teams

Substance Use and Priority Populations [Vancouver Coastal Health](#)



### Drug Checking Alerts Form

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or visit [www.lifeguarddh.com](http://www.lifeguarddh.com) and [www.brave.coop](http://www.brave.coop) for OD support

Get your drugs tested

[www.vch.ca/drugchecking](http://www.vch.ca/drugchecking)



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# Musqueam NNADAP Community Awareness

Musqueam Health Department Bulletin March 4, 2022

## COMMUNITY AWARENESS AROUND DRUG PARAPHENELIA

### Steps to take

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

## HERE'S MY CONTACTS



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

## NEEDLES CAN CARRY DISEASES



## WHITE, BROWN OR YELLOW POWDER SUBSTANCE



## WHO DO WE CALL

CST JOHN  
GRAVENGARD

SECURITY

CLINIC

NNADAP  
Dept





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### MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM (NNADAP)

#### THE MUSQUEAM NNADAP TEAM AND MUSQUEAM PRIMARY CARE CLINIC MEDICATION SUPPORT FOR ADDICTION

The Musqueam Primary Care Clinic offers Musqueam community and band members addiction support through the issuance of prescribed medications. We offer support for opioid addiction (i.e. methadone, suboxone), and for alcohol addiction (i.e. naltrexone), and for overdose prevention (i.e. naloxone).

Call the Primary Care Clinic to make an appointment with the NURSE PRACITIONER or DOCTOR regarding medication support for addiction. Please call to book an appointment at 604-266-0043.

Hours of operation: Mon-Fri, 9:30am-3:30pm (closed 12:00pm-1:00pm for lunch)

#### NNADAP Workers:

☐ **Brad Morin**

604-652-1368 Wed.-Fri. 6-9pm Evenings & 1-5pm weekends

☐ **Nicolette Moore** - 236-558-8482 M-F 8:30-4:30

### HEALTH PATIENT NAVIGATOR

*Lisa Mitchell*

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

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

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

604-764-5349 or email: [navigator@musqueam.bc.ca](mailto:navigator@musqueam.bc.ca)

### ART THERAPY FOR CHILDREN, YOUTH & ADULTS

*Janice Carroll, RCAT*

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

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

### MWSU MENTAL WELLNESS COUNSELLOR

*Janice Cross*

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

**Email:**

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

**For Private Counseling Call:**

**236-558-9977**

### BRIGHTER FUTURES BREAKFAST CLUB

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

If your Child Is **younger than 7** they must have a guardian who is **older than 14** with them at all times who will care for them.

**Children 0-6 without a parent or guardian will be sent home.**

**Breakfast Club phone number:**  
**604-269-3465**



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## ***Health Staff & Covid-19 Updates***

**For Musqueam Band/Community members please call the MIB Covid Liaison**

**Covid Liaison Contact Information CALL For test kits and supports:**

**Monday to Friday 8:30am—4pm**

**CALL 236-688-4821**

**Evenings 4:00pm-8:00pm & Weekends**

**CALL 236-889-3637**

**Or Email: [covid@musqueam.bc.ca](mailto:covid@musqueam.bc.ca)**

**The Covid Liaison is the **first point** of contact for our Musqueam Community & assists with:**

- > COVID questions & concerns
- > Can Refer you to our on call COVID Nursing staff.
- > Assistance with questions about the At-Home TEST KIT provided by the MIB Health



With Public Health Order restrictions easing, Musqueam Leadership and the Health Department is going to gradually transition to also follow Public Health guidelines.

MIB Health delivered to each home with rapid test kits; an updated MIB Covid-19 guide; and masks. As we do this we want to provide advance notice that MIB Health will start phasing out certain supports and encourage self-management.

Band Members that live off reserve, we have some Kits available for pick up, please call the COVID Liaison to arrange pick up.

SYMPTOMS		WHAT TO DO
<ul style="list-style-type: none"><li>• <b>Fever (above 38° C)</b></li><li>• <b>Chills</b></li><li>• <b>Cough</b></li></ul>	<ul style="list-style-type: none"><li>• <b>Loss of sense of smell or taste</b></li><li>• <b>Difficulty breathing</b></li></ul>	<p>MANAGE YOUR SYMPTOMS like any other cold/flu with appropriate medications, plenty of rest and fluids.</p> <p>If your symptom worsen or last longer than 3 days, go to your nearest testing centre. Or contact the MIB Covid Liaison.</p>
<ul style="list-style-type: none"><li>• <b>Sore throat</b></li><li>• <b>Loss of appetite</b></li><li>• <b>Headache</b></li><li>• <b>Body aches</b></li></ul>	<ul style="list-style-type: none"><li>• <b>Extreme fatigue or tiredness</b></li><li>• <b>Nausea or vomiting</b></li><li>• <b>Diarrhea</b></li></ul>	<p>Musqueam Health will not provide tests for anyone who hasn't had symptoms for less than 3 days as there is not enough viral load to be detected on the test yet, and may provide a false negative.</p>



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### COMMUNITY HEALTH PROGRAM

*Crystal Point, RN, CHN*

#### MUSQUEAM PRE- AND POST-NATAL GROUP

Are you pregnant or have you recently had a baby?

The Musqueam Health Department offers some valuable incentives to pre-natal and post-natal families:

From the onset of pregnancy, until 3 months postpartum we offer weekly \$25.00 Save-on Foods Gift cards for nutritious foods such as – milk, eggs, cheese, fruits & vegetables to support healthy nutrition during pregnancy and breastfeeding.

- Nursing pads, as needed
- A one-time gift of an Electric Breast pump. **One per family**
- Welcome gift for your new baby

To register for the Program, call the Community Health Nurse, Crystal Point, RN in the Health Department.

**Due to Public Health Guidelines**, the Pre-Natal program is currently not meeting in person. The Community Health Nurse is available to assist with maternal child health supports (electronically, virtually and/or home visit.

**Crystal Point, CHN:** Ph: 604-362-9200 | Email: [chn@musqueam.bc.ca](mailto:chn@musqueam.bc.ca)

**Arlene Haldane, Assist:** Ph: 604-655-0580 | Email: [nurseassist@musqueam.bc.ca](mailto:nurseassist@musqueam.bc.ca)

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

#### FNHA HEALTH BENEFITS? GIVE US A CALL!

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

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

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

### MUSQUEAM HOME & COMMUNITY CARE PROGRAM

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

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

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

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

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

**Arlene Haldane:**

Phone: 604 269 3354

Email:

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

\*If there is no answer please leave a message.

**\*For Emergencies Call 911 \***



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### **Elder's Annual Distribution & Travel Allowance will be:**

**Date:** Thursday April 14, 2022

**Time:** 9:00am – 7:00pm

**Location:** Musqueam Administration Office – Board Room 1

#### SAFE DRINKING WATER MONITORING PROGRAM

*Charlene Campbell-Wood*

#### **The importance of drinking enough water daily.**

One of our body's basic functions, is often disrupted by the lack of water. One of the most considerable implications this has is that it affects how we regulate body temperature. The body uses water to cool off when the body is too hot through perspiration. It cools the body and lowers it back to normal when we sweat.

Too little water in the body increases heat storage and makes the person more vulnerable to heat strain. It can also increase physical strain when we walk or exercise.

Sweat, urine, and feces can only be formed using water. Water is vital in eliminating harmful toxins in the body. Many by-products of metabolism and digestion require water to remove them from the body. Without water, there is a high chance these toxins would stay in the body, leading to problems in our organs such as our liver and kidneys.

Blood becomes thicker and viscous when we are dehydrated. Dehydration often results in the kidney releasing renin, resulting in sodium and water retention in the body to correct the low fluid volume. If this response stays constant, it often results in high blood pressure.

Maintaining the right blood pressure is essential so as not to damage our arteries and prevent chest pain. Hypertension makes arteries less elastic, decreasing blood and oxygen flow to the heart, lessening the risk for heart disease. Decreased blood flow to the heart can also cause angina or chest pain.

Water helps break down food to help the body absorb the nutrients found in food. Without it, most of the nutrients we eat would not be processed or used by the body. Aside from that, water also helps soften stool and prevents constipation. Dehydration can cause many gastrointestinal problems such as constipation and high pH in the stomach, increasing the risk for ulcers and heartburn.





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## MUSQUEAM PRIMARY CARE CLINIC

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

Located in the Primary Care Trailer

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

Monday Mar. 14	Tuesday Mar. 15	Wednesday Mar. 16	Thursday Mar. 17	Friday Mar. 18
<b>Karen Chandra, NP</b>	<b>Dr. Dumont, GP</b>	<b>Karen Chandra, NP</b>	<b>Karen Chandra, NP</b>	<b>Karen Chandra, NP</b>
9:30am - 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm

### Call 604-266-0043 to book an appointment

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



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

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



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



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



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



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



The MIB Primary Care Clinic

**will not be testing**

for Covid-19.

Please call COVID Liaison 236-688-4821

### Alternate Resources

#### **FNHA Virtual Doctor of the Day**

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

Telephone or virtual appointments via zoom.

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

#### **Walk-In Clinics Nearby**

Highroads Medical: 5960 E Boulevard (Kerrisdale)



## Musqueam Education Notice Friday March 11, 2022



### SCHOOL CHEQUES

March high school cheques have been mailed, if we don't have your address on file the cheque is available for pick up at the office. Post-secondary will remain direct deposit.

### Important Notice: Musqueam School Bus Information

Children boarding the bus will be asked to sanitize their hands, they will also be asked Covid-19 health screening questions.

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

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

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

### 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.

#### Planning for Post-Secondary in Grade 12

- Check that the Grade 12 courses you are taking meet the admission requirements of the program/institution you want to attend
- Make sure you have the following information available to you: Social Insurance Number, Personal Education Number, transcripts
- Check the admission and documentation deadlines for the institutions you plan on applying to on their website; for most institutions the deadline is between Jan-Mar
- The Education Dept will cover the cost of post-secondary application fees for band members in grade 12, submit receipts for reimbursement

### Tutoring

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



#### Education Department:

**Faye Mitchell, Education Manager:**

fmitche@musqueam.bc.ca

**April Campbell, Learning Facilitator:**

learningfacilitator@musqueam.bc.ca

**Cary Campbell, School Bus Driver**

**Dona Grant, School Bus Supervisor**

Ph. # 604 - 263 - 3261 Fax # 604 - 263 - 4212

Toll free: 1-866-282-3261



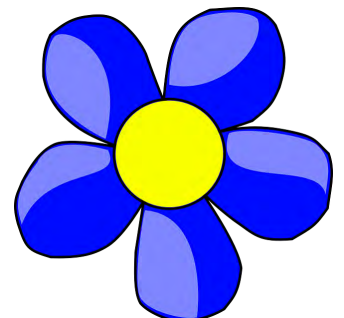
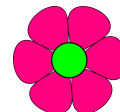
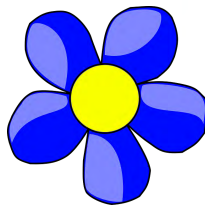
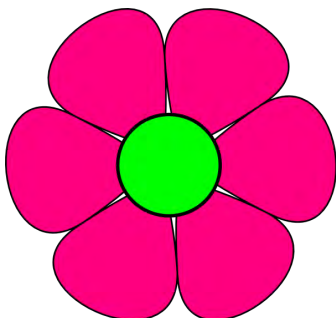
## Portrait of a Southlands Student

Vincent is a student in grade 1 at Southlands. His teacher says, "Vincent is enthusiastic, positive and creative. He is a conscientious learner who shows care with his classmates and his school work." Vincent is well-liked by his friends because he is always kind. Vincent likes T-ball, Lego, playing tag and watching YouTube. Vincent sets a good example for others at Southlands.

## Riddle

Flowers in bloom and rain showers I bring. I live in your mattress and even a trampoline. What am I?

Answer: Spring



# Message for our Reading Club Participants

If you would like to Borrow a Book you can come to the Library anytime between  
3:30-4:30pm Or @ Drop-In Time

\*\*\*For Participants in the Reading Club I have a record sheet to keep track at home\*\*\*

You may join anytime!!!



[This Photo](#) by Unknown Author is licensed

## Art Club



[This Photo](#) by Unknown Author is licensed under [CC](#)

**Light snacks will be provided- Pre-Registration Limited Space**

Monday14 <sup>th</sup>	Tuesday15 <sup>th</sup>	Wednesday16 <sup>th</sup>	Thursday17 <sup>th</sup>	Friday18 <sup>th</sup>
<b>10am-12pm</b> Drop-in All ages welcome!	<b>10am-12pm</b> Ages 5-8 Walkabout & Painting w/ Leaves	<b>10am-12pm</b> Drop-in All ages welcome!	<b>10am-12pm</b> Ages 5-8 IR2 Master Plan Activity	<b>10am-12pm</b> IR2 Master Plan Activity All ages welcome!
Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
<b>1:00-3:30pm</b> Ages 13+ Teen Drop-In	<b>1:30-3:30pm</b> Ages 9-12	<b>1:30-3:30pm</b> Ages 13+ Teen Drop-In	<b>1:30-3:30pm</b> Ages 9-12 IR2 Master Plan Activity	<b>1:00-3:30pm</b> Ages 13+ Teen Drop-In IR2 Master Plan Activity

**Pre-registration Required – Call Sara Louie 236-688-4693**

Name & Age of Child	Parent/Guardian Contact Information



# Experience NVIT 2022

***Want to learn more about Nicola Valley Institute of Technology?  
Attend info sessions with the Department Heads of our programs!***

**February 28**

**Bachelor of Social Work:**  
Presented by  
Ursula Katic

**March 1**

**Indigenous Human Services:**  
Presented by  
Rae Porterfield

**March 2**

**College Readiness:**  
Presented by  
Yvonne Mensies

**March 3**

**University Transfer Programs (General Arts, Criminology, and First Nations Studies):**  
Presented by  
Lara Condello &  
Margaret Hohner

**March 4**

**Environmental Resource Technology:**  
Presented by  
Tom Willms &  
Margaret Hohner

**March 7**

**Health Care Assistant:**  
Presented by  
Ivy McRae

**March 8**

**Meet the Elders:**  
Presented by  
Merritt & Burnaby  
Campus Elders

**March 9**

**Access to Practical Nursing:**  
Presented by  
Heather Klatt

**March 10**

**Renewable Energies Technology AND Trades Programs:**  
Presented by  
Brandon Williams &  
Margaret Hohner

**March 11**

**Office Admin. and Executive Assistant:**  
Presented by Beverly  
Currie-Mclean &  
Margaret Hohner

**March 14**

**Indigenous Language Fluency:**  
Presented by  
Mandy Na'zinek  
Jimmie

**March 15**

**Indigenous Holistic Wellness and Addictions:**  
Presented by  
Jessica Stepp &  
Laurie Ahdemar

**March 16**

**Community and Public Safety Professional:**  
Presented by  
Kelly Donaldson

**March 17**

**Business Administration:**  
Presented by  
Heather Williams,  
Dr. Catharine Crow &  
Margaret Hohner

**March 18**

**Culinary Arts Professional Cook:**  
Presented by  
Kim Wallace &  
Margaret Hohner

***Attend to have a chance to WIN A \$20 GIFT CARD!  
Guaranteed 5 PRIZE WINNERS each day!***

***The event will be held virtually online, between 12:00pm-1:00pm each day. To attend, please register at [www.nvit.ca/experiencenvit.htm](http://www.nvit.ca/experiencenvit.htm) to receive an emailed link to the event. For more information, please contact [recruitment@nvit.ca](mailto:recruitment@nvit.ca)***



## Musqueam Fitness Centre Update

### Notice – March 10<sup>th</sup>, 2022

Provincial Health orders will change on March 11<sup>th</sup>, 2022. As we have done in the past Recreation has consulted with relevant departments to plan for these next steps. Provincial Health Orders and the current outbreak in our community were taken into consideration and safety plan was drafted. We will be taking a phased approach to changes in the Fitness Centre and will send out updates as needed. We are proud of how we have worked together as a community and relied on our values as Musqueam people to be respectful and focused on our shared responsibility. We hope that this continues to be the approach we take as we continue to keep our community safe during this pandemic.

**The Fitness Centre will operate with these updated measures starting March 11<sup>th</sup>, 2022 at 9:00 AM**



**Pre-booking 1 hour sessions (starting on the hour throughout the day)**



**4 people maximum per session**



**Masks are not required but we ENCOURAGE you to continue to wear them for your safety and that of other Fitness Area users.**



**All users must be fully vaccinated (QR Code and ID must be presented)**

Please note we will scan QR codes and create a list of approved users; due to new users

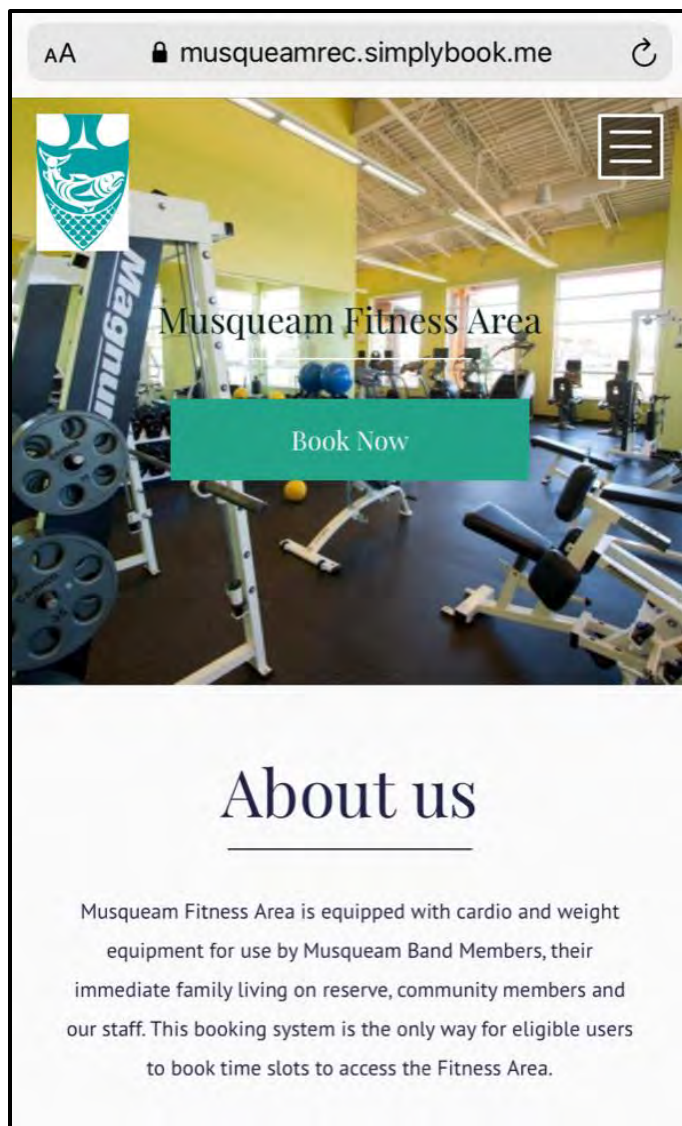
#### Additional Reminders

- Users **MUST wipe down** everything they touch (weights included)
- Everyone will enter through the rear door facing the smokehouse.
- Access to other parts of the building is not permitted (only adjacent washrooms)
- Headphones only (no speakers); to show respect for your fellow fitness area users.
- If you would like to book a session for longer than an hour please reach out to Courtenay via text @ 604-781-1470 to do so.

**Please show our staff respect and respect the measures in place to protect our community from COVID – 19**  
**Please note we will reassess the situation in the coming weeks and ensure to keep the community updated of any changes.**

**Failure to comply with any of the above safety measures will result in suspension of Fitness Area privileges for (7) days.**





## How to Book Your Gym Session(s)

**We have moved to an online booking system! Please visit:**

<https://musqueamrec.simplybook.me/v2/>

Once you put in a booking request we are notified and will process approvals. Once approved you will receive an email or text message stating that your sessions has been confirmed. Please create a user account so you can view all your bookings

**You may book for up to two people at once. BUT THEY MUST HAVE AN ACCOUNT SET UP AND BE AN ELIGIBLE GYM USER. Select 2,3 or 4 under number of services to do so. Please ensure you are booking properly to avoid needing to rebook and adjust bookings.**

Please note that by agreeing to the Terms of booking on the website you are agreeing to follow all safety regulations (and for the person you sign up with you)and that if you fail to do so your Fitness Area privileges may be suspended.

If you have any questions, please email [cgibson@musqueam.bc.ca](mailto:cgibson@musqueam.bc.ca) or text 604-781-1470

**Please not that you are permitted to book in a personal trainer with you. This person must be fully vaccinated and show their QR code, they must abide by all Fitness Area rules, and they will count towards the maximum number of people in the Fitness area. So we ask you to limit your personal training sessions to once or twice a week and to choose times when the gym does not look busy. You must also register them under the booking system as all other users do.**



# CALL FOR ARTISTS

FROM MUSQUEAM, SQUAMISH, AND TSLEIL-WAUTUTH

TransLink Burrard Station

**DEADLINE EXTENDED: MARCH 18, 2022**

## THE PROJECT:

TransLink is looking to commission three artists, one from each of the three Host Nations *xʷməθkʷəy̓əm*, *Sḵwxwú7mesh* *Úxwumixw*, and *səlilwətaɫ*, to create public art installations at the Burrard Station as part of the upcoming upgrade project. The final selected artists will each create their own two-dimensional design to be displayed within the station.

The Indigenous cultural recognition art at Burrard Station will give Musqueam, Squamish, and Tsleil-Waututh Nation artists the opportunity to create three artworks at the station that recognize and share the art, history, and cultures of the host Nations whose traditional and unceded territories encompass the downtown Vancouver peninsula.

This project is a part of TransLink's goals to expand and strengthen their relationships with the Host Nation communities and create more visibility for Musqueam, Squamish, and Tsleil-Waututh peoples and their cultures and lands.



An artist from each nation will be selected for one of three two-dimensional design opportunities. The jury will select an artist for each location based on the artists' application. The locations for art placement are as follows:

- Opportunity 1: Three glass panel balconies + four structural support columns
- Opportunity 2: Station entrance glass guard
- Opportunity 3: Floor Mosaic

Note: Images of the determined areas are on the following page.



## GLASS PANEL BALCONIES + COLUMNS



### TECHNICAL SPECIFICATIONS

Glazing on guards on all 3 balconies  
Total glass area for all 3 balconies:  
approximately 250 sq ft

### POTENTIAL MEDIA

- Digitally printed or silkscreened glass frit
- Vinyl decal



### TECHNICAL SPECIFICATIONS

Covering all surfaces of all 4 columns  
adjacent to the balconies  
Total tile area for all 4 columns:  
approximately 600 sq ft

### POTENTIAL MEDIA

- Tile or mosaic overlay







## STATION ENTRANCE GLASS GUARD



### TECHNICAL SPECIFICATIONS

Glazed guard situated around the new station headhouse entrance  
Total glass area: approximately 550 sq ft

### POTENTIAL MEDIA:

- Digitally Printed or silkscreened glass frit



## FLOOR MOSAIC

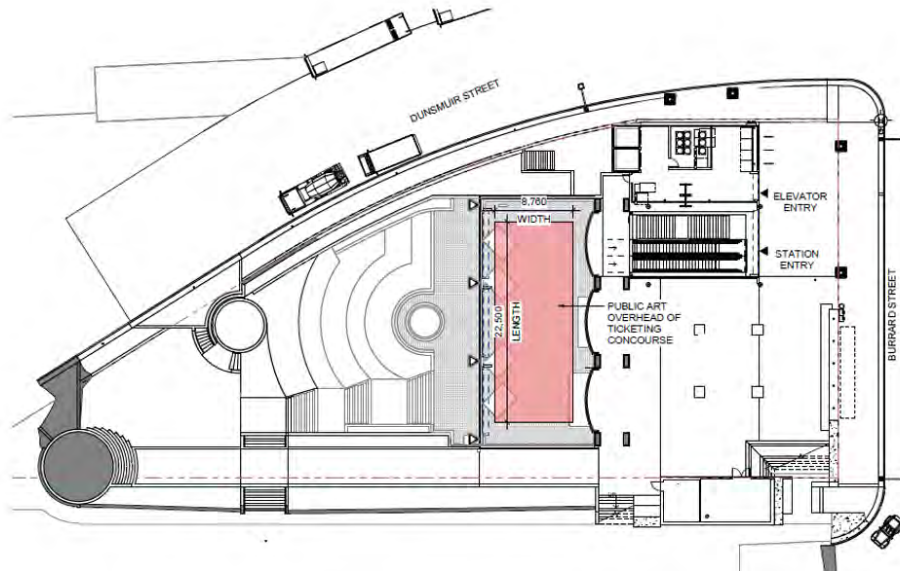


photo: BY-SA 4.0, Burrard Station Concourse 2018, Creative Commons, <https://creativecommons.org/licenses/by-sa/4.0/>

## TECHNICAL SPECIFICATIONS

The floor mosaic will be located in the ticketing hall covering approximately 20% of the entire floor surface.

Dimensions for art in the ticketing hall are subject to change, but are currently slated at approximately 400 sq ft.

## POTENTIAL MEDIA

Mosaic tile





## ELIGIBILITY:

Artists must be from a Host Nation Musqueam, Squamish, or Tsleil-Waututh. Accepting all levels of previous artistic experience. No prior experience with professional public art necessary. We encourage anyone interested to apply. This is a design-only contract with a priority on local Indigenous designs from these territories. Artists are not expected to do project management for this contract.

## HOW TO APPLY:

Your application will take the form of an Expression of Interest. This includes:

- Approximately 300-word letter of intent responding to the following question and how this theme of kinship would impact your work and design: **What does kinship between the Host Nations look like to you?**
- 5 photos of your past work
- Artist Bio (who you are, which nation you are from, your artistic experience, etc.)
- Please do not include any designs sketches for this project as we are only asking for a letter of intent. Any drafts included will not be sent to the jury. You do not need to apply for a specific installation.

Please submit by March 18, 2022, via email to [hostconsultingsubmissions@gmail.com](mailto:hostconsultingsubmissions@gmail.com). Please feel free to reach out to us before the deadline with any questions.

## SELECTION PROCESS:

A selection panel of community members from each Host Nation and staff members from TransLink will review the submissions and select three finalists. The panel will determine which of the three placements will go to which artists. The finalists will be notified after the process has been completed. The panel will be facilitated by Host Consulting Inc. but they will not have a say in the selection.

## PROJECT SCHEDULE:

Key Dates:

- **Submission Deadline:** March 18, 2022
- **Selection Panel Review:** April 11, 2022
- **Finalists Selected:** April 11, 2022
- **Concept Design Development:** April - July 2022
- **Detailed Design Development:** July 2022 - June 2023
- **Fabrication and Installation:** June 2023 - Fall 2024
- **Art Unveiling:** TBD

## ARTIST DESIGN FEE:

\$17,000 per artist

## CURATOR & FACILITATOR:

Host Consulting Inc. is a consultancy group of three Indigenous women from each of the three Host Nations: Faith Sparrow-Crawford (xʷməθkʷəy̓əm), Salia Joseph (Skwxwú7mesh Úxwumixw), Jade George (səlilwətaɬ). They will be facilitating the process and liaising with the artists and TransLink to help progress the project to completion.





# EXPRESSION OF INTEREST



## Musqueam Indian Band & Ministry of Forests, Lands, Natural Resource Operations and Rural Development

*xʷməθkʷəy̓əm Environmental Stewardship*  
& the Compliance and Enforcement Branch **Natural Resource Officer**

### **2-year Secondment Opportunity**

**Salary range: \$60,998.61 – \$62,770.07**

**CLOSING DATE: 2022-03-04**

xʷməθkʷəy̓əm Environmental Stewardship Department (ESD) & the Compliance and Enforcement Branch (CEB) are jointly undertaking an opportunity for a Musqueam Indian Band member to work and train with the CEB for two years. This initiative follows the key xʷməθkʷəy̓əm teaching – *ná̓caʔmat ct*, which is the basis of Musqueam law meaning “we are all one”; we are working together in the spirit of collaboration and co-existence. Musqueam since time immemorial continues to steward the lands and the waters of the traditional territory.

The CEB is responsible for ensuring the activities conducted by licensees, permit holders and the public across the natural resource sector comply and that any verified non-compliance is investigated, and appropriate actions are taken to deter, remediate or bring accountability to the regulated community.

The CEB delivers a full range of compliance and enforcement related activities - including education, promotion, compliance with regulatory requirements, and conducting investigations. CEB supports the management and delivery of compliance and enforcement activities in a manner that is timely, appropriate, and consistent with the mandate of the Ministry, and with the risk to public health and safety, the environment, heritage values and Crown revenue.

### **JOB REQUIREMENTS**

- Required to have a valid BC Class 5 or 7 Drivers licence or equivalent, or be immediately eligible to obtain one.
- Must be a Musqueam Indian Band member.
- Required to hold an Occupational First Aid Level 1 certificate, or equivalent (or willing and able to obtain certificate immediately/upon hire).
- Applied degree or diploma in a program of natural resource law enforcement; **OR**,
- University degree or technical diploma in natural resource management; **OR**,
- An equivalent combination of education and experience may be considered.

For those who do not meet the educational / experience requirements, the position may be under implemented.



# EXPRESSION OF INTEREST



## **Provisos / Willingness Statements:**

- Willingness to travel frequently.
- Willing to work weekends and non-standard work shifts.
- Willing and able to work outdoors in all types of weather and challenging terrain.
- Willing and able to operate a variety of equipment, including but not limited to, off road vehicles and boats (do not have to have certification at this time but be willing and able to get certification to operate).

Successful completion of security screening requirements of the BC Public Service, which may include a criminal records check, and/or Criminal Records Review Act (CRRA) check, and/or enhanced security screening checks as required by the ministry.

## **How to Apply**

- **To be considered for this opportunity, please submit your resume to both Yeganeh Asadian ([yasadian@musqueam.bc.ca](mailto:yasadian@musqueam.bc.ca)) and Jim Norlock ([Jim.Norlock@gov.bc.ca](mailto:Jim.Norlock@gov.bc.ca))**
- For complete details about this opportunity, including accountabilities, please refer to the attached job profile or contact [Jim.Norlock@gov.bc.ca](mailto:Jim.Norlock@gov.bc.ca). Applications must be submitted no later than **March 4<sup>th</sup>, 2022**
- Applications received after the deadline will not be accepted

## **Please Note**

- This position is up to 24 months (2 years)

Please feel free to forward to those that may be interested.

Regards,

Yeganeh Asadian, MIB Environmental Stewardship Manager

Jim Norlock, CEB Regional Manager

# Calling for x<sup>w</sup>məθk<sup>w</sup>əyəm Artists!

The Musqueam Environmental Stewardship Department  
is looking for a Musqueam artist to design App icons for  
a Field Monitoring App

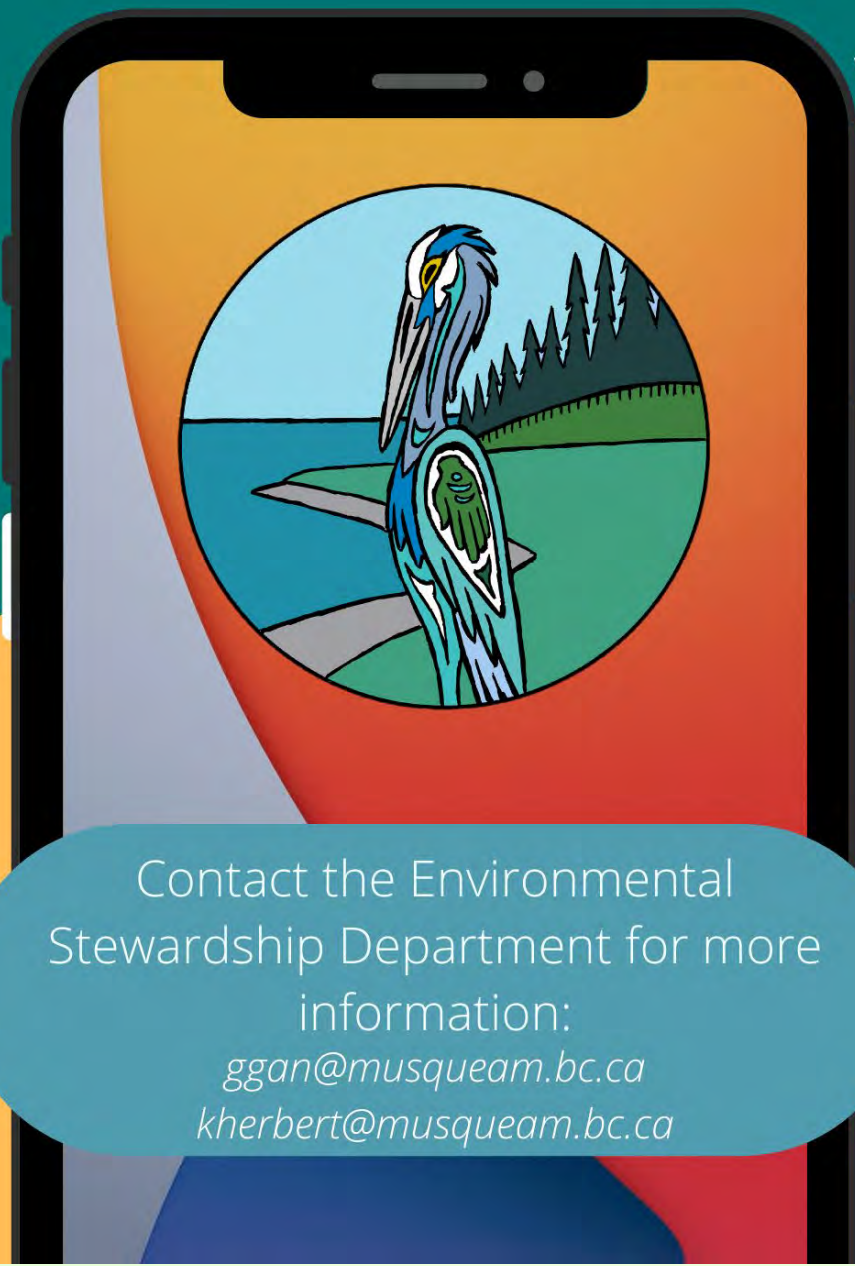
RFP here



Submit your bids  
By March 4 2022

Contact the Environmental  
Stewardship Department for more  
information:

[ggan@musqueam.bc.ca](mailto:ggan@musqueam.bc.ca)  
[kherbert@musqueam.bc.ca](mailto:kherbert@musqueam.bc.ca)





x<sup>w</sup>məθk<sup>w</sup>əyəm

Musqueam Indian Band

Environmental Stewardship Department

# Request for Proposal

## Call to Musqueam Artist

February 2022

x<sup>w</sup>məθk<sup>w</sup>əyəm

Musqueam Indian Band

6735 Salish Drive

Vancouver, BC V6N 4C4





## **Introduction and Executive Summary**

Musqueam Indian Band (xʷməθkʷəy̓əm) is an Indigenous group whose core Traditional Territory lies within the City of Vancouver. The xʷməθkʷəy̓əm people are the oldest-known residents of Vancouver, and have lived in the Fraser River estuary for thousands of years. xʷməθkʷəy̓əm's administration has developed the Environmental Stewardship Department (ESD) to work on behalf of the xʷməθkʷəy̓əm community to help steward the lands and waters governed under xʷməθkʷəy̓əm's Traditional Territory while under the direction of Chief and Council.

## **Scope of Designs**

xʷməθkʷəy̓əm ESD is seeking to contract a qualified xʷməθkʷəy̓əm Artist to develop a selection of digital graphic designs for an internal xʷməθkʷəy̓əm Application/Platform.

Please include a portfolio of previous similar work, and a cover letter in your submission. If you do not have digital copies of your work, please reach out and we can arrange a meeting.

- The contractor will work with xʷməθkʷəy̓əm ESD to develop a set of graphic designs for a custom platform in development.
- The designs will be reflective of xʷməθkʷəy̓əm's vision and it is expected that the contractor will work collaboratively and iteratively throughout the project, while demonstrating cultural safety and sensitivity.
- Development of approximately 10 pieces of art (±5 pieces)

## **Submission Details**

### **Submission Deadlines**

All submissions for responding to this request must be submitted on paper and delivered to our office or electronically, as stated below, no later than:

**Friday, March 4, 2022**  
**No later than 4:30 PST**

## Submission Delivery Address

The delivery address to be used for all paper submissions is:

**Yeganeh Asadian**  
Environmental Stewardship Manager  
Musqueam Indian Band  
6735 Salish Drive  
Vancouver, BC V6N 4C4  
Office: 604.269.3361  
Cell: 604.362.1509

## Electronic Submissions

Electronic submissions in response to this Request for Proposal will be accepted as long as they meet the following criteria:

Sent via email to: [yasadian@musqueam.bc.ca](mailto:yasadian@musqueam.bc.ca)

Document standards:

- Must be in Microsoft Word, PDF format, JPEG or PNG
- Must be encrypted to protect confidential information

## Submission Questions and Clarifications

You may contact the following person(s) if you have any questions or require clarification on any topics covered in this Request for Proposal:

**Kara Herbert**  
Environmental Stewardship Major Projects Coordinator  
Cell: 250.308.9941  
Email: [kherbert@musqueam.bc.ca](mailto:kherbert@musqueam.bc.ca)

**Gadwyn Gan**  
Environmental Stewardship Analyst  
Cell: 604.562.6756  
Email: [ggan@musqueam.bc.ca](mailto:ggan@musqueam.bc.ca)

## Terms and Conditions

Terms and conditions are to be finalized through the development of a contract between Musqueam ESD and the Artist. The Artist will be hired on a project basis, whereby they will provide services by an established date and monetary amount for compensation.

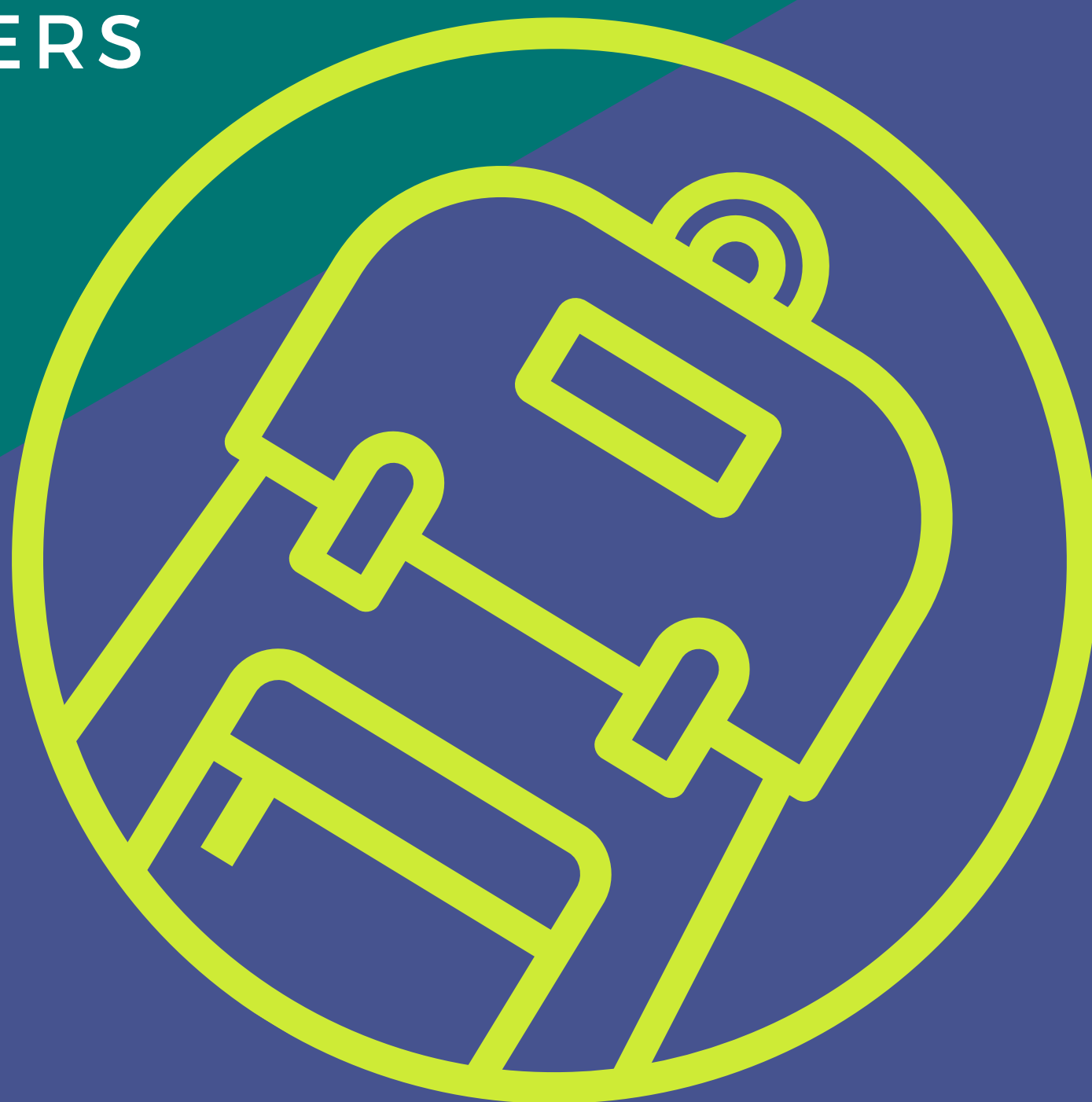
ENVIRONMENTAL STEWARDSHIP DEPARTMENT  
PRESENTS

# TRIVIA CONTEST

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

Contest runs from  
March 7 2022 to April 25 2022

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



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





# Contest Details

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

## Prizes

### Simms M's Tributary Waders

- Size S with size 7 boot
- Size MK with size 9 boot
- Size L with size 10 boot
- Size XL with size 12 boot



### MEC Aegir 20 Waterproof Pack

- Lichen Green
- Delta Blue
- 2X Black



### 4X Mustang Life Jackets + Fox 40 combo