

# Musqueam Community Newsletter Thursday October 6, , 2022

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

SAFETY & SECURITY PATROL: 604-968-8058

# **MUSQUEAM 101**

stem? (what?) Musqueam 101, Wednesday, October 12

# Salmon species and fishing in the distant past

In this presentation Camilla Speller will discuss some of her research identifying



salmon bones from ancient villages. Understanding which salmon species were harvested in which places can help us to document Indigenous fishing strategies over time as well to understand how salmon populations have been impacted by colonial fisheries, development and climate change.

**Presenter:** Camilla Speller is the Director of the Lab of Archaeology at UBC. She is a bioarchaeologist who uses molecular methods to identify archaeological animal bones. Camilla has been working with the Musqueam Archaeology Department on a number of projects. She hopes to learn more about Musqueam's fishing strategies past and present, and if and how the molecular methods she uses can help Musqueam in the management of Pacific salmon today.

## ni? ?əncə? (where?)

Musqueam Elders' Centre

# təmtem? (when?)

Wednesday, October 12. Dinner will be served at 6:00 p.m. at the Elders Centre with the presentation starting at 7:00.

#### Inside this Issue:

THANKSGIVING TURKEYS—2

MUSQUEAM 101-3

Health Dept.—4-9

JOB POSTINGS-10-13

MIB CREEKS WORK-14

MIB XMAS CRAFT FAIR
-15





hay čx<sup>w</sup> qo



# While Quantitates Last!

### Timings:

From 12pm – 3pm on Saturday, October 8<sup>th</sup> Turkeys will be delivered for on reserve households. Please leave an ice chest or cooler outside if you will be unavailable to receive your turkey. If you would not like a Turkey, please let Christina know by e-mailing <a href="mailto:execassist@musqueam.bc.ca">execassist@musqueam.bc.ca</a> or phone 604-263-3261.

From 5pm – 7pm, while quantities last, Off-reserve members will be able to Pick-up at the Cultural Center, no deliveries will be made to off reserve households.

Options for will be: A Turkey or Rolled Breast, Gravy, Stuffing and Herbs.

Thank you, Musqueam C&C and Admin.

# **MUSQUEAM 101**

# stem? (what?) Musqueam 101, Wednesday, October 12

# Salmon species and fishing in the distant past



In this presentation Camilla Speller will discuss some of her research identifying salmon bones from ancient villages. Understanding which salmon species were harvested in which places can help us to document Indigenous fishing strategies over time as well to understand how salmon

populations have been impacted by colonial fisheries, development and climate change.

**Presenter:** Camilla Speller is the Director of the Lab of Archaeology at UBC. She is a bioarchaeologist who uses molecular methods to identify archaeological animal bones. Camilla has been working with the Musqueam Archaeology Department on a number of projects. She hopes to learn more about Musqueam's fishing strategies past and present, and if and how the molecular methods she uses can help Musqueam in the management of Pacific salmon today.

#### ni? ?əncə? (where?)

Musqueam Elders' Centre

# təmtem? (when?)

Wednesday, October 12. Dinner will be served at 6:00 p.m. at the Elders Centre with the presentation starting at 7:00.

**PLEASE JOIN US!** 



stem? (what?)	ni? ?əncə? (where?)	təmtem? (when?)
Covid-19 & Flu  Immunization  Clinic	Musqueam Gym	Oct.17, 2022 9:30am- 4:30pm



## All other doses are welcome!

⇒ 6 months since your last vaccine

# **Register Monday to Friday**

Speak to Ashlee, Arlene, or Lisa in the Health Department
@ 604 263 3261

At the Flu and Covid clinic on October 17 you will be asked to self-identify as Indigenous

There will be an Indigenous person there to assist you. If you are willing to self-identify this will help connect you with culturally safe services when accessing health services. These services include Indigenous Patient Navigators as well as letting the service providers know you are covered through the First Nations Health Authority.



MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM (NNADAP

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

# Harm Reduction supplies Available

Please Contact



Nicolette: 236-558-8482 (Hours 8:30 -4:30 Mon to Fri )

**<u>Brad</u>**: 604-269-3454 (Hours 6-9 pm Wed – Fri & 1-5 pm Sat & Sun)

Or you can also contact the Musqueam Clinic for a kit

We have drug testing kits ~Nasal & needle naloxone ~clean units ~

Addiction education~ treatment or detox support &

1-1 counselling

If you or someone you know would benefit from the harm reduction gear please contact us, were here to help the community stay safe. Test your drugs if you're unsure, keep a kit you could save a life.



#### **COMMUNITY HEALTH COVID-19:**

**Rapid antigen testing kits** are free for residents of B.C. 18 years and older who have a Personal Health Number (PHN).

1 kit contains 5 individual tests. You are allowed 1 kit every 28 days.

A test should only be used by people who develop symptoms of COVID-19 and want to confirm a positive or negative result. The tests are not suitable for international travel requirements.

#### Pharmacy staff will:

 Ask for your PHN. You can find your PHN on the back of your B.C. driver's license, BC Services Card or Care Card A pharmacy should never ask you to pay for a kit. Members residing off reserve may now pick up a test kit at their local pharmacy.

You can pick up a kit for someone else, like a parent or grandparent. Make sure you know their full name, date of birth and PHN, the pharmacist will ask you for that information.

**Travel:** if you choose to travel and are required to selfisolate by the Canadian Border Services, this is your responsibility and Musqueam Health Department does not provide supports, please make prior arrangements with your family and friends.

#### MWSU MENTAL WELLNESS COUNSELLOR

#### Janice Cross

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

Email: mentalwellness@musqueam.bc.ca

For Private Counseling Call: 236-558-9977

#### 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.

Email: jcarroll@musqueam.bc.ca

Cell: 778-829-0242

#### **MUSQUEAM PATIENT NAVIGATOR**

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 Jordan's Principal please do not hesitate to contact me.

I am available Monday-Friday from 8:30am to 4:30pm.

Lisa Mitchell, Musqueam Patient Navigator. Phone: 604-764-5349 or email: navigator@musqueam.bc.ca



#### **MUQUEAM ELDERS**

Brenda Campbell, Elders Coordinator

Ph: 604 263 - 6312



**Ladies Night** 

**Every Tuesday** 

Time: 6-8pm

Location: Elders Centre



**Next Elder's Luncheon:** 

Wednesday, Oct.19

Time: 12:00 Noon

Location: Elders Centre



**Elders Chair Exercise** 

Thursday Oct.20, 2022

Time: 1-2pm

Location: Elders Centre

Charlene Campbell-Wood

#### Safe Drinking Water

Looking at what the weather in Vancouver will be in the next week, it looks pretty warm. It's one of those weeks where the heat is high and your mouth gets dry. That's your body's way of saying your dehydrating. Especially if you are playing sports or not. Please do your body good! If you like a little flavour, slice some lemons or limes and leave a pitcher or your water jug/bottle refrigerated! Enjoy!

KUU Crisis Line Society - A First Nations and Indigenous specific crisis line available 24 hours a day, 7 days a week, tollfree from anywhere in British Columbia. KUU-US Crisis Line can be reached toll-free at 1-800-588-8717. Alternatively, individuals can call direct into the Youth Line at 250-723-2040 or the Adult Line at 250-723-4050.

First Nations and Inuit Hope for Wellness Helpline - If you're experiencing emotional distress and want to talk, contact the toll-free Hope for Wellness Help Line at 1-855-242-3310 or the online chat at hopeforwellness.ca open 24 hours a day, 7 days a week.

- Experienced and culturally safe Help Line Counsellors can help if you want to talk, are distressed, have strong emotional reactions, and/or are triggered by painful memories.
- The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Phone and chat counselling is available in English and French. On request, phone counselling is also available in Cree, Ojibway, and Inukitut.

# MUSQUEAM PRIMARY CARE CLINIC



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

<u>Located in the Primary Care Trailer</u>

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

Monday	Tuesday	Wednesday	Thursday	Friday
Oct.10	Oct.11	Oct.12	Oct.13	Oct.14
Closed For	Dr. Dumont, GP	Karen Chandra, NP	Karen Chandra, NP	Alexa Lesperance, GP
Thanksgiving	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.

Due to province-wide shortages of healthcare practitioners, the Musqueam Primary Care Clinic will be temporarily reducing its hours.

Please reach out to the following alternate resources during our reduced hours. In the event of an emergency, please go to an urgent care facility.

**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

#### Walk-In Clinics Nearby

Highroads Medical: 5960 E Boulevard (Kerrisdale)

WELL Health: 2077 W 42<sup>nd</sup> Avenue (Kerrisdale)

Check wait-times for BC Walk-in Clinics at

http://medimap.ca

Thank you for your patience as we are working hard to resolve this.

We will be updating our schedule on a weekly basis.

**Musqueam Primary Care Team** 



#### **COMMUNITY HEALTH**

#### 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

Due to Public Health Guidelines, the Pre-Natal program is currently not meeting in person.

Please call Arlene Haldane, Assistant to register for the Prenatal Program, call Arlene Haldane:

Phone: 604 269 3354

Email: nurseassist@musqueam.bc.ca

#### MUSQUEAM HOME & COMMUNITY CARE PROGRAM

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

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

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

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

Phone: 604-269-3463

Email: <a href="mailto:homecare@musqueam.bc.ca">homecare@musqueam.bc.ca</a>

Arlene Haldane: Monday - Friday 8:30-4:30

Phone: 604 269 3354

Email: nurseassist@musqueam.bc.ca

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

\*For Emergencies Call 911 \*



#### Assistant Manager

Job Description

#### NATURE AND SCOPE:

Reporting to the Store Manager, the Assistant Manager is responsible for the day-to-day operations of the café in the absence of the Store Manager or other senior management.

#### **REQUIREMENTS:**

- Minimum High School Diploma
- Food Safe Level 1
- 1 year previous experience in foodservice or other service oriented field

#### **RESPONSIBILITIES:**

- General responsibility for running a shift to Trees' standards
- Ensures the well being and safety of customers and staff
- Customer service:
  - Greet customers and provide an offer of service
  - Use point of sale system to ring up orders
  - o Process cash, debit, credit and gift card transactions
  - o Prepare food and beverage orders
  - Provide assistance with wholesale purchases
- Ensures the restaurant is continually meeting production demands and standards for food quality and service experience, while meeting financial targets
- Assigns staff duties and break schedule during shifts
- Opens and closes the restaurant
- Cash management and banking functions
- Ordering supplies
- Assists with staff scheduling
- Assists with office duties
- Completes various tasks dependent on ability, seniority and division of tasks
- Trains and coaches new staff as directed by Store Manager
- Handling of customer concerns. Defers serious customer concerns to Store Manager (ie: food poisoning complaints).
- Provide motivation and support to staff members



• Ensures completion of shift responsibilities with respect to cleaning, stocking and equipment maintenance



# Store Supervisor *Job Description*

**Trees Cheesecake + Organic Coffee** is a mixed of truly unique BC owned corporate and franchise coffee chain, specializing in freshly roasted organic coffee and known for serving the "Best Cheesecake in Vancouver."

For us, there's nothing more rewarding than seeing people come together to enjoy our cafes. We do everything possible to make each experience at Trees positive and memorable.

We are current	ly seeking the	right individua	ıl for the posi	tion of Store	Supervisor f	or
our location at						

#### NATURE AND SCOPE:

Reporting to the Store Manager, the Shift Supervisor is responsible for the day-to-day operations of the café in the absence of the Store Manager or other senior management.

#### **REQUIREMENTS:**

- Minimum High School Diploma
- Food Safe Level 1
- 1 year previous experience in foodservice

#### **RESPONSIBILITIES:**

- Assign staff duties and break schedule during shifts
- Open and close the restaurant
- Cash management (cash-out, coin box, deposits, reconciliation of receipts)
- Ordering supplies
- Complete various tasks dependent on ability, seniority and division of tasks
- Provide motivation and support to staff members
- Train and coach new staff as directed by Store Manager
- Handling of customer concerns. Defers serious customer concerns to Store Manager (ie: food poisoning complaints).
- Ensure completion of shift responsibilities with respect to cleaning, stocking and equipment maintenance



- Cheesecake + Organic Coffee
- General responsibility for running a shift to Trees' standards
- Ensure the well being and safety of customers and staff
- Customer service:
  - o Greet customers and provide an offer of service
  - o Use point of sale system to ring up orders
  - o Process cash, debit, credit and gift card transactions
  - o Prepare and serve food and beverage orders
- Ensure the restaurant is continually meeting production demands and standards for food quality and service experience

# Musqueam Creek Emergency Sediment Removal

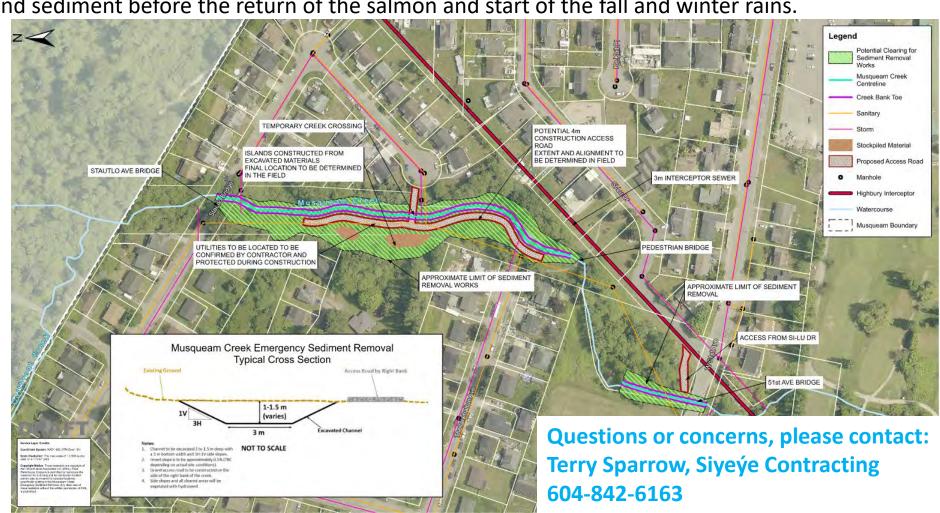
The November 2021 storm caused fine sand and other sediment to be deposited in Musqueam Creek. The sediment has filled in the creek channel and is causing problems for fish passage and increasing flood hazards by clogging stormwater outfalls and filling in the channel under the bridges.

Musqueam is working in partnership with Emergency Management BC and the BC Ministry of Environment and Climate Change to remove the sand and sediment before the return of the salmon and start of the fall and winter rains.

Excavators will be in the creek starting September 26 (Monday) and will be working until October 15. The end date is tentative and will depend on salmon returning and weather.

Dump trucks will be in the neighbourhood transporting material to a temporary stockpile near the Cultural Centre.

Crews will be working Monday to Saturday (excluding holidays)





Entry by donation: Proceeds will go to a selected program run in Musqueam.