

Musqueam Community Newsletter Friday October 21, 2022

TOLL FREE: 1-866-282-3261, FAX: 604-263-4212 SAFETY & SECURITY PATROL: 604-968-8058



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TO: Our Musqueam Community

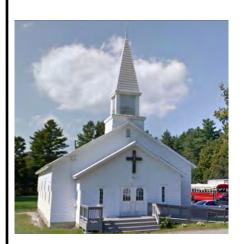
From: The Charles & Williams' Families

On behalf of the Charles and William Families, we raise our hands and thank you for your support during our difficult time. We acknowledge your thoughts, prayers and support. We felt the strength and love.

Its during these difficult times ~ where our people come together to lift up our spirits and continue to be with our Culture & traditions!

Osiem!





Please come and join us for Mass at St. Michael's Church Every Sunday @ 1:00 pm.

Musqueam Community Notice Musqueam Fisheries Department October 21st, 2022

Sockeye Salmon Opening Section 35.1

Dates & Times: 67 Hours

Sunday, October 23rd, 2022 0001h (12:01am) to Tuesday, October 25th, 2022 1900h (7pm)

Species and Quantity

The Fishery is limited to a harvest of: Chum Salmon with by-catch of Chinook Salmon & Hatchery Marked Coho

All efforts and attempts shall be made to return all non-target species including all Wild Coho Salmon, Steelhead and Sturgeon to the water alive and unharmed.

Use of Fish

Fish caught under this license are for food, social and ceremonial purposes. Without prejudice to future agreements, regulations, sale of fish caught under this license is **not permitted**.

Gear

The following gear is permitted to be used:

6 1/4" Maximum Mesh restriction with a 3 to 1 hang ratio

Drift Nets on condition that:

- (i) Nets do not exceed a maximum of 100 fathoms or 600 feet in length and a maximum depth of 60 meshes.
- (ii) Each Participant fishes only one net.
- (iii) Only one net is fished from any vessel.
- (iv) Each net is attended at all times by the Participant who is fishing the net.
- (v) No vessel fishing under the authority of this licence has on board, in a hung condition, any net that does not meet the conditions in (i) above.
- (vi) Spare nets on board a vessel actively fishing are kept in a stowed condition (Must also be a maximum 6 1/4" mesh with a 3 to 1 hang ratio).

Set Nets on condition that:

- (i) Nets do not exceed a maximum of 10 fathoms or 60 feet and a maximum depth of 60 meshes.
- (ii) All Set Nets are identified by a floating buoy prominently displaying the Participant's designation number, and the Participant's designation number is the only numbers displayed on the buoy,
- (iii) All Set Nets fished from poles have buoys attached to the end of the net farthest from the beach by means of a tag line of sufficient length to allow the buoys to be on the surface of the water and clearly visible for inspection at all times.

Musqueam Designated Fishers ONLY! All non-designated fishers will be escorted off the fishing grounds

All Vessels Must Hail In/Out of the Fishery to Jocelyn Grant by phone call or text between the hours of 8am and 8pm. That means Jocelyn needs to be notified of heading out to the fishing grounds and what was caught after the fact. Any vessel found to be in contradiction of this order will lose Chum Fishing Privileges.

Copies of the License are available upon request

COMMUNITY NOTICE



Due to a service agreement with the City of Vancouver:

The sale of fireworks and firecrackers is prohibited on Musqueam Lands.

Musqueam does not condone setting off fireworks or firecrackers on Musqueam Lands.

- Musqueam Council & Administration



Musqueam x EA Sports

Community Soccer Game

Saturday, November 5 1pm Musqueam Field



Celebrate Musqueam's collaboration with EA Sports!



Join us for a showcase game to debut the new x^w mə θ k w ə \dot{y} əm soccer jerseys from FIFA 23.

MUSQUEAM

Native Plant Guide



WHAT IS THE PROJECT?

ESD is developing a Native Plant Guide of plants found in Musqueam's territory. As part of the guidebook, we will be including scientific and cultural information about various plants.

WHAT WE ARE LOOKING FOR?

We are looking for community members who are interested in contributing stories or traditional knowledge about plants.

WHO IS THE GUIDE FOR?

The Native Plant Guide will only be made available for community members and information provided will not be shared outside the community.

TO PARTICIPATE OR LEARN MORE CONTACT:

Marc-Andre Hervieux: mhervieux@musqueam.bc.ca Mark Guerin: mark.guerin@musqueam.bc.ca

MAINTENANCE OF YOUR LAWN & DWELLING SURROUNDING.

The Musqueam Housing Department would like to inform the community of the Policy on the grounds around the dwellings, sidewalks, walkways, driveways and lawns.

<u>Musqueam Indian Band Housing Policy</u>, May 2006 states that **all occupants** of homes in Musqueam are responsible for:

Maintaining the grounds surrounding the premises in a neat and tidy condition, and are not to remove or damage any trees or shrubs on Band Land."

It also states in the Musqueam Indian Band Housing Rental Agreement, Sec. 7.1(b):

"The Tenant shall be responsible for maintaining the grounds in a safe and clean condition."

THANKYOU!

The Musqueam Housing Department
Housing Manager: Desirae Fraser
Housing Executive Assistant: Kerri Timothy
Housing Tenant Relations: Ronette Stogan
Housing Administrative Assistant: Brittany Point
Maintenance: Joe Charles & Tyson Nahanee
Housing front desk William Fraser 604 269 3381

MUSQUEAM HOUSING DEPARTMENT

The Musqueam Housing Department would like to remind our Social Housing and Section 95 Tenants that should you have Tenants move in and/or move out that you are to advise the Housing Department per the signed Rental Agreement. Each Tenant is responsible for contributing towards the monthly rent to the Musqueam Indian Band. Rent is due on the first of each month. The acceptable forms of payment are as follows:

<u>Pre-authorized Debit (PAD):</u> If you would like to set up direct debit, we can provide you with the required document.

<u>E-transfers are acceptable:</u> etransfer@musqueam.bc.ca please include your name and address

<u>Certified Cheque or Money Orders:</u> can be dropped off at the office or mailed.

<u>Cash payments</u>: schedule with Ronette Tuesday & Friday 9-12 or Wednesday & Thursday **1pm-4pm**.

or payroll deduction for Musqueam Indian Band Employees

We encourage that you do e-transfer or PAD due to the pandemic.

Please keep in mind you need to continue to keep in contact with Housing Department to update us on NEW Telephone number, Email Address, and occupancies in the home.

Thank you!

The Musqueam Housing Department 604-269-3381

Housing front desk Admin: William Fraser

Housing Manager: Desirae Fraser

Housing Executive Assistant: Kerri Timothy

Housing Accountant: Lenny Kishi

Housing Admin Assistant: Brittany Point **Housing Tenant Relations**: Ronette Stogan **Maintenance**: Tyson Nahanee & Joey Charles

MUSQUEAM HOUSING DEPARTMENT

FURNACE AND HOTWATER TANK MAINTENANCE

Furnace -

- Keep the area around the furnace clear of any debris, dirt and dust.
- Check the filter <u>every six months</u> to ensure the filter is not clogged and is able to breathe freely, if the filter is clogged the furnace will start over working then the sensors will start failing.
- Please make sure that the filter is the correct size for your furnace: having the wrong size filter could cause the furnace to prematurely wear and malfunction.
- If you have a re-usable filter, wash it every six months and make sure that it is 100% dry before placing it back into the furnace, if the filter is not dry the filter will develop mold.
- If the pilot light goes out, read the lighting instructions and follow the step by step instructions to re-light.
- Check the battery in the thermostat frequently and change frequently, Housing Department do not provide filters or batteries.

Hot Water Tank -

- Check for any leaks from connections (TPR valve, drain valve or shut off valve).
- Make sure the tank is not covered in dust, debris or clutter.
- If the tank is in a confined space, be sure the door(s) are vented.
- If there is a skirt on the bottom of the tank, check and clean when necessary.
- If the tank shuts off, follow the Manufacturers' instructions and follow the step by step instructions to re-light.

Housing Admin Assist William Fraser - 604 269 3381



x^wməθk^wəẏəm MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | OCT.21, 2022 |



Cold, Flu or COVID-19?













Х

Cough

Х

Х

Headache

Sneezing

Х

Х

Х



Flu

Fever

Cough

Aches &

Pains

Sore Throat

Headache

Stuffy Nose

Х

X



COVID-19

Fever

Cough

Fatigue

Aches &

Pains:

Sore Throat

Headache

Х

X

Shortness of

Breath

Diarrhea

Loss of Smell

or Taste

Prevention



Up to Date Vaccinations



Proper Hand Washing



Public Health Recommendations

Treatment





Plenty of Rest

Plenty of Water





Healthy Diet

Medication for Fever

This list is not exhaustive of every symptom

For more information visit fnha.ca/what-we-do/communicable-disease-control



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NEWSLETTER | OCT.21, 2022 |



Cold, Flu or COVID-19?

Facts to Common Myths

Myth: The flu is not a serious illness.

Fact: Influenza can lead to serious illness,

particularly older people and those with

a chronic medical condition.

Myth: COVID-19 vaccines do not work

because I still get sick.

Fact: COVID-19 vaccines may not prevent

infection but they significantly reduce

the risk of severe illness.

Myth: Getting a vaccine each year

weakens the immune system.

Fact: Getting immunized each year protects

you from different strains and creates

better protection.

Myth: Natural immunity from the disease is better than the vaccine.

Fact: Getting a vaccine is safer and creates a more reliable immunity than getting the

virus itself.

Myth: You can catch colds and flu from cold weather or getting caught in the rain.

Fact: Colds and flu are caused by viruses, not

wet climates or cold air.

Myth: I am pregnant and should not get a

vaccine as it is a risk to the baby.

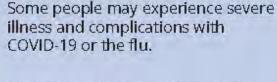
Fact: Flu and COVID-19 vaccines are safe for

both mother and baby.

High Risk Groups











If you have concerns, please visit your local health centre or nurse practitioner.

For more information visit fnha.ca/what-we-do/communicable-disease-control



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 Principel 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



MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM (NNADAP)

SAFE USING CAN SAVE YOUR LIFE

Nasal naloxone | test your drugs first | lifeguard app | safety plan around using even if recreational

Dear Musqueam Community,

The NNADAP & Health Dept would like to take this time to share with you options for Harm Reduction measures for safe using and abstinence if you choose from drugs and alcohol. We have a number of resources available to the community here are a few.

Suicide prevention line

24/7/365 (1-833-456-4566)

Dial 211

is a support line for all of life's challenges such information & obtain referrals to physical & mental health resources, housing, utility, food & employment assistance; suicide & crisis intervention

LifeGuard App & How it works

When someone is about to use, especially alone, they can open the app and record the type of substance they are using and confirm their location. The app will hold this information, and a timer is set which can be paused or extended by the app user at any time.

As the timer ends, the app will sound an alarm, flash a light, and vibrate. The user must hit a button to stop the alarm and indicate they are fine. If they are unable to stop the alarm, a text-to-voice call will go straight to 9-1-1. This alerts emergency medical dispatchers

NNADAP workers Contact & what our dept offers

Nicolette Moore

Mon-Fri 8:30am - 4:30pm

Ph: 236-558-8482

Brad Morin

Wed - Fri 6-9pm & Sat - Sun 1-5pm

Ph: 604-652-1368

What we offer

- 4 1-1, Family & Group
- counselling
- Treatment referrals
- Detox support
- Relapse prevention planning
- Family Interventions
- Referrals to outside mental health agencies
- In office Harm reduction gear
- Drug testing strips
- Clean supplies



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, Nov.9, 2022

Time: 12:00 Noon

Location: Elders Centre



Elders Chair Exercise

Thursday Nov.3, 2022

Time: 1-2pm

Location: Elders Centre

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

First Nation Health Authority

Community Based Drinking Water Quality Monitoring **Program Community Based Drinking Water Monitors** (CBWM) play a key role in the Drinking Water Safety Program as the designated person responsible for sampling, testing, recording and communicating the microbiological quality of drinking water within the community. The CBWM is also responsible for distributing results and may assist with developing and carrying out a drinking water quality awareness program. The CBWM may be a Community Health Representative (CHR), Water Treatment Plant Operator (WTPO), or another individual selected by the Band. If a community does not have a CBWM, the activities may be completed by the FNHA Environmental Health Officer or an FNHA Environmental Health Technician. Environmental Health Officers train CBWMs to sample and test the drinking water for potential microbial contamination using community lab equipment (Colilert®). WaterTrax®, an internet-based data management system, is used to securely manage all drinking water quality data to which the CBWM, Band Health Directors, and the Drinking Water Safety Program (DWSP) team have access

KUU Crisis Line Society - A First Nations and Indigenous specific crisis line available 24 hours a day, 7 days a week, toll-free 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.

BC Bereavment Hotline Contact the Helpline 604-

738-9950 | Toll-Free: 1-877-779-2223

contact@bcbh.ca

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	Tuesday	Wednesday	Thursday	Friday
Oct.24	Oct.25	Oct.26	Oct.27	Oct.28
Alexa Lesperance, GP	Dr. Dumont, GP	Karen Chandra, NP	Karen Chandra, NP	Alexa Lesperance, GP
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.

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 42nd 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
- 4 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: homecare@musqueam.bc.ca

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.

View this email in your browser

MOA NEWS





Sound House: Trick or Beats— Dance the night away at MOA

Don't miss Sound House: Trick or Beats, coming up at MOA on Thursday, October 27! We welcome DJ Mynxy (Nisga'a) and DJ Beer (Ts'msyen) for a spooktacular night of beats. These Indigenous-proud DJs can be found playing shows everywhere from underground Vancouver parties to international festivals. Wear your costumes for this Halloween-themed bash and get your dance on in MOA's Haida House.

Sound House is MOA's music series now in its fourth season and features a fantastic and eclectic lineup of Vancouver bands and artists—from spoken word to hip hop to soul. Gather around the toasty bonfire outside with friends and drinks, and let the scent of cedar inhabit your senses.

Buy Tickets

Día de los Muertos (Day of the Dead) at MOA



MOA is open late on Tuesday, November 1 for a special Day of the Dead celebration! Join MOA and Latincouver for a night of festivities at the Museum. Enjoy treats, watch performances by Mariachi Los Dorados and Casa Meshiko-Mexica Aztec Dance Group, join guided museum tours, and make 'ofrendas' at the Día de los Muertos altar created by local artist Paloma Morales in MOA's Haida House.

November 1 | 4 - 9 pm

Free with museum admission (only \$10 after 5 pm)

Join Us



Culture Club: Día de los Muertos

This month for Culture Club, MOA invites families to learn about Día de los Muertos (Day of the Dead). Work with two local artists, Elvira DS Monteforte and Dolores Altin, to make your own Day of the Dead-inspired face masks.

October 30 | 11 am-12:30 pm Free with museum admission



Día de los Muertos Altar

Drop by MOA's Haida House to visit the Day of the Dead altar installation, created by local Mexican Canadian artist Paloma Morales. Visitors are encouraged to contribute photos and mementos of their own loved ones.

Nov 1 – 3 | 10 am – 4 pm Free with museum admission



Join Us

Join Us

Xicanx Exhibition Events



Not-Your-Average Xicanx Tour with Alessandra Santos

Alessandra Santos, chair of UBC's Latin American Studies Program and faculty associate of Institute for Gender, Race, Sexuality and Social Justice, offers a special 30-minute tour of MOA's feature exhibition, Xicanx: Dreamers + Changemakers / Soñadores + creadores del cambio.

October 20 | 2 – 4 pm Free with museum admission



Xicanx Speaks! Artists in Conversation

This edition of Xicanx Speaks! invties Oree Original, Delilah Montoya and Alfred J. Quiroz, featured artists in Xicanx:

Dreamers + Changemakers / Soñadores + creadores del cambio to discuss the critical issues of our time such as racism, diversity, and identity.

October 22 | 2 – 4 pm In-person and online Free with museum admission



Live From MOA: Guided Online Tour for Teens + Tweens

Join MOA and the Vancouver Public Library for a guided digital tour of Xicanx:

Dreamers + Changemakers / Soñadores + creadores del cambio with exhibition co-curators Jill Baird and Greta de León. For tweens and teens. School groups welcome (best suited for Grades 6–10).

October 24 | 10:15–11:15 am Online Free, registration required

MOA Shop



Xicanx Exibition Products: Lotería Tote Bag

Change the way you shop and be eco-friendly with this 100% cotton, reusable tote bag, based on the Mexican lotería ("lottery"), a popular board game in Mexico that is a deeply-rooted part of Mexican culture.

This tote bag features the most recognized version of lotería, the "Don Clemente Gallo" rendition, introduced into Mexico in 1887 by the French businessman, Don Clemente Jacques.

\$18.95/each

Shop Now

Photo credits (top to bottom): 1) Photos courtesy of the artists. 2) Photo by Nick Fewings (UnSplash). 3) Photo by Miguel Gonzalez (Unsplash). 4.) Photo by Sarah Race. 5) Photo coursey of Alessandra Santos. 6) Photo courtesy of Oree Original. 7) Photo by Sarah Race. 8) Photo courtesy of the MOA Shop.

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

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







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