

Musqueam Community Newsletter Friday October 28, 2022

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

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

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



x^wməθk^wəÿəm

Musqueam Indian Band



Administration closed Tuesday, November 1 for Musqueam Day

Every year, Musqueam recognizes November 1 as Musqueam Day – a holiday to celebrate the strength and determination of our ancestors to seek justice and protection of our inherent rights.

On November 1, 1984, Musqueam won R. v. Guerin, the landmark Supreme Court of Canada case regarding the Shaughnessy Golf Course lease.

Musqueam Administration will be CLOSED on Tues. Nov. 1, 2022, reopening for regular working hours on Wed. Nov. 2. Essential services will remain open.

-- Musqueam Administration & Council



City of Vanouver is reporting rain in the forecast for the next two weeks, here are some helpful tips to prepare for it:

- Keep your gutters and downspouts clear of leaves and debris.
- Have your perimeter drains inspected by a qualified

inspector.

- Make sure the storm drains in front of your property are kept clear, this will enable rain water to get into the storm water system and help to prevent or minimize flooding.
- Be mindful around the creek and river, they can fill up quickly with faster moving water with the rainfall.
- Store important items and documents in water-tight containers and placing them on the high place or upper floor.
- Strong winds may down trees (especially those weakened by drought conditions) and power lines.
- On the road, drive carefully, slow down, and give yourself more time to get where you are going. If you come upon a flooded street, take an alternate route.
- Never attempt to drive through floodwater. The roadbed may be washed out under the water and sink holes could exist but be unseen.
- About 15 centimeters (six inches) inches of water will reach the bottom of most cars, causing loss of control and possible stalling. Approximately 30 centimeters (a foot) of water will float many vehicles.

Most importantly, watch out for each other!

To report flooding or rain water issues

Please reach out to

Grant Mayers (604)362-5861

gmayers@musqueam.bc.ca



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 101

stem? (what?) Musqueam 101, Wednesday, November 2

Indigenous Learning Pathways Online Training

Join us to learn about UBC's new Indigenous Learning Pathways (ILP) training for staff & faculty, scheduled for release in Fall 2023. This online training will cover a variety of topics: learning about Musqueam; meaningful land acknowledgements; the history & legacy of UBC's First Nations Longhouse; and enacting systemic change at UBC. The ILP Project team will be attending Musqueam 101 to share our ideas for the Musqueam focused module and seek input on how we might do this in a good way.

Presenter: Kyle Shaughnessy, Education Consultant and Amy Miedzwiecki, Instructional Designer from the Indigenous Initiatives at the Centre for Teaching, Learning and Technology at UBC

ni? ?əncə? (where?)

Musqueam Elders' Centre

təmtem? (when?)

Wednesday, November 2. Dinner will be served at 6:00 p.m. at the Elders Centre with the presentation starting at 7:00.

PLEASE JOIN US!



Call for Expressions of Interest: An invitation to xwməθkwəyəm artists

Staff from the Sustainability Hub and Center for Sustainable Food Systems at UBC Farm at the University of British Columbia invite all interested x^wməθk^wəyəm artists to join us for a meal, a tour of the Centre for Interactive Research on Sustainability (CIRS), and conversation about the potential for a commissioned artwork to be installed in this space.

Beginning the dialogue

As UBC staff, our work intersects with reconciliation and the climate emergency. The idea for a commissioned artwork from a $x^wm = \theta k^w = y^2 = \pi t$ opportunity to learn from and with our $x^wm = \theta k^w = y^2 = \pi t$ hosts as we address shared climate and sustainability goals.

NOTE: Emerging and established artists welcome to join!

RSVP by October 25

Join us for lunch and building tour on **November 2 or November 24 from 12-2pm**, at the Centre for Interactive Research on Sustainability at 2260 West Mall. Please contact Natalie Hawryshkewich (natalie.haw@ubc.ca) by October 25 to RSVP, sharing any dietary requests.

NOTE: Transportation available. Just let Natalie know if you would like us to arrange transportation for you to and from the building,

Expressions of Interest due by December 15

Unable to join the tour but still interested in the opportunity? Get in touch anyway. Following the luncheon and tour, we invite Expressions of Interest via oral submission (ie. a structured conversation) with our team up until December 15.

Musqueam Education Notice Friday Oct 28, 2022

SCHOOL CHEQUES—OCTOBER



NOVEMBER HIGH SCHOOL CHEQUES WILL BE AVAILABLE FOR PICK UP AT THE BAND OFFICE ON OCTOBER 31st.

POST-SECONDARY WILL REMAIN DIRECT DEPOSIT.

Homework Club

HOMEWORK CLUB IS CANCELLED THIS MONDAY, OCTOBER 31st.

Homework club will now run every **Monday and Wednesday** from 3:30-5:30 in the Library Space. Bring your homework and join us!! Snacks will be available.



SCHOOL BUS INFO

If your child(ren) is planning on riding the school bus this year, please contact the Education department to fill out the MIB School Bus Form.

<u>Children are required to wear a mask at all times on the bus.</u> If your child is sick please keep them home.

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



Education Department:

Faye Mitchell, Education Manager:

fmitchell@musqueam.bc.ca

April Campbell, Learning Facilitator:

learningfacilitator@musqueam.bc.ca

Lucetta George-Grant, Education Advocate:

education.advocate@musqueam.bc.ca

Cary Campbell, School Bus Driver

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

Toll free: 1-866-282-3261



DRIVE FORWARD WHAT THE 'L' WORKSHOP

LOOKING TO OBTAIN YOUR CLASS 7L LICENSE?

Dates:

Session #1: Wednesday, November 2, 2022

5:00PM - 8:30PM

Session #2: Thursday, November 3, 2022

5:00PM - 8:30PM

Session #3: Friday, November 4, 2022

3:00PM - 4:30PM

Location: Musqueam Cultural Centre

Requirements:

Completed PIF, direct deposit information and valid photo ID.

CONTACT AN E&T STAFF MEMBER:

Krista Brisk, Program Coordinator
604-269-3461 | kbrisk@musqueam.bc.ca
Angela Nahanee, Job Coach
604-269-3316 | anahanee@musqueam.bc.ca
Alicea Bradley, Data & Communications Officer
604-269-3355 | abradley@musqueam.bc.ca



PASSENGER
ASSISTANCE
GENERAL BAGGAGE
OPERATIVES SYSTEMS
CUSTOMER
SERVICE



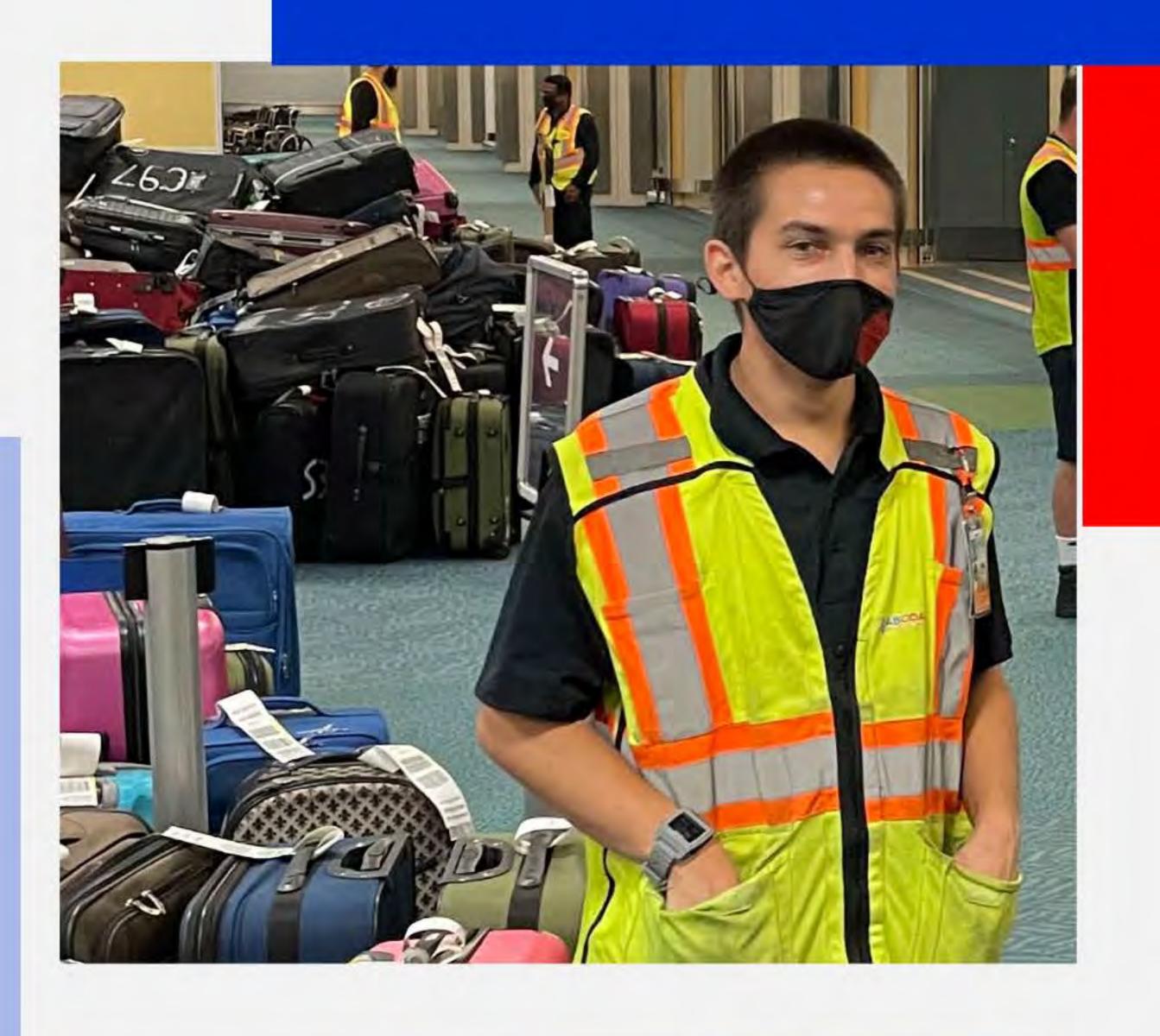
APPLY NOW

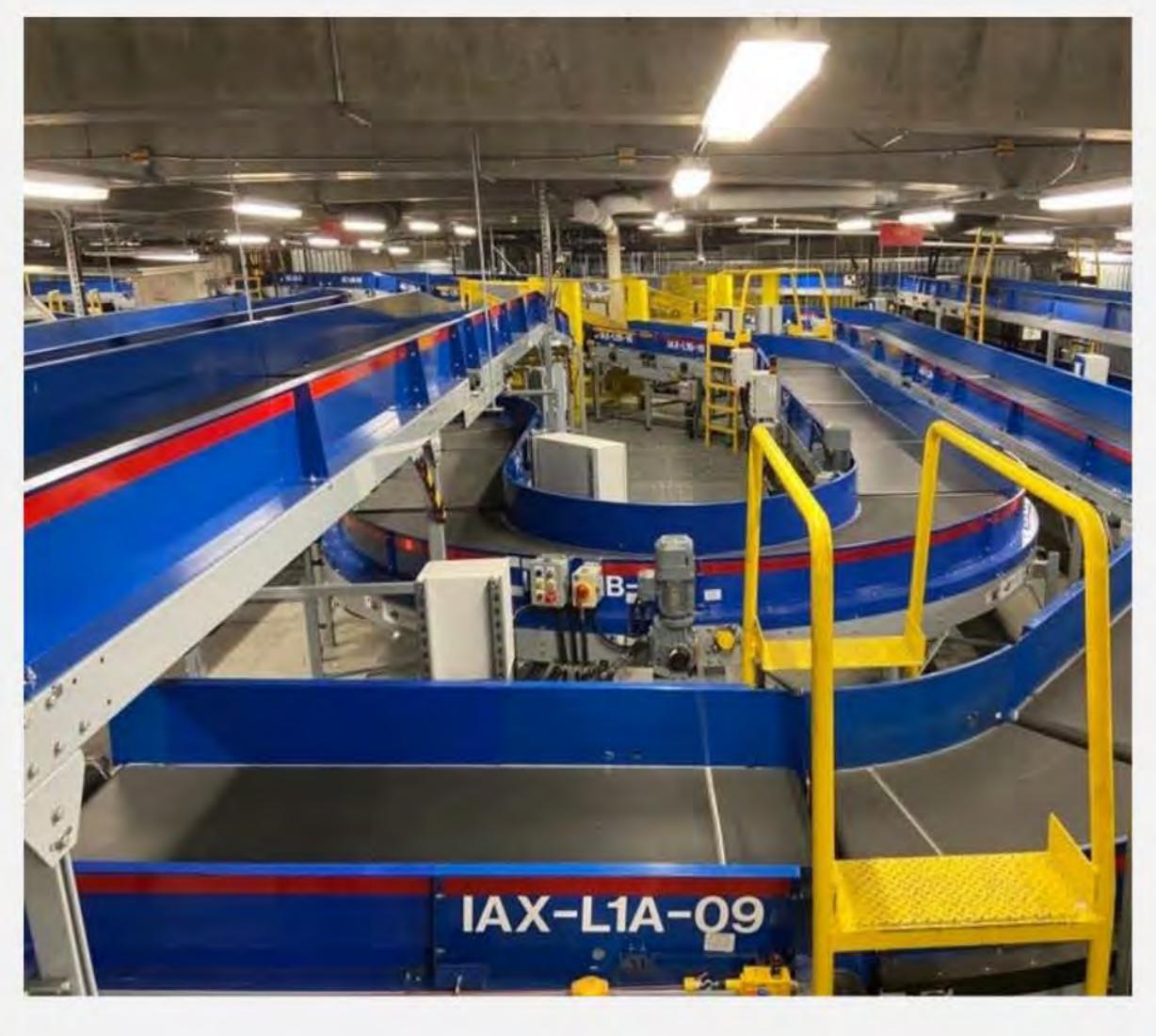
ABCOAST.CA/JOBS

STARTING WAGE \$21 TO \$24 P/H WITH BENEFITS

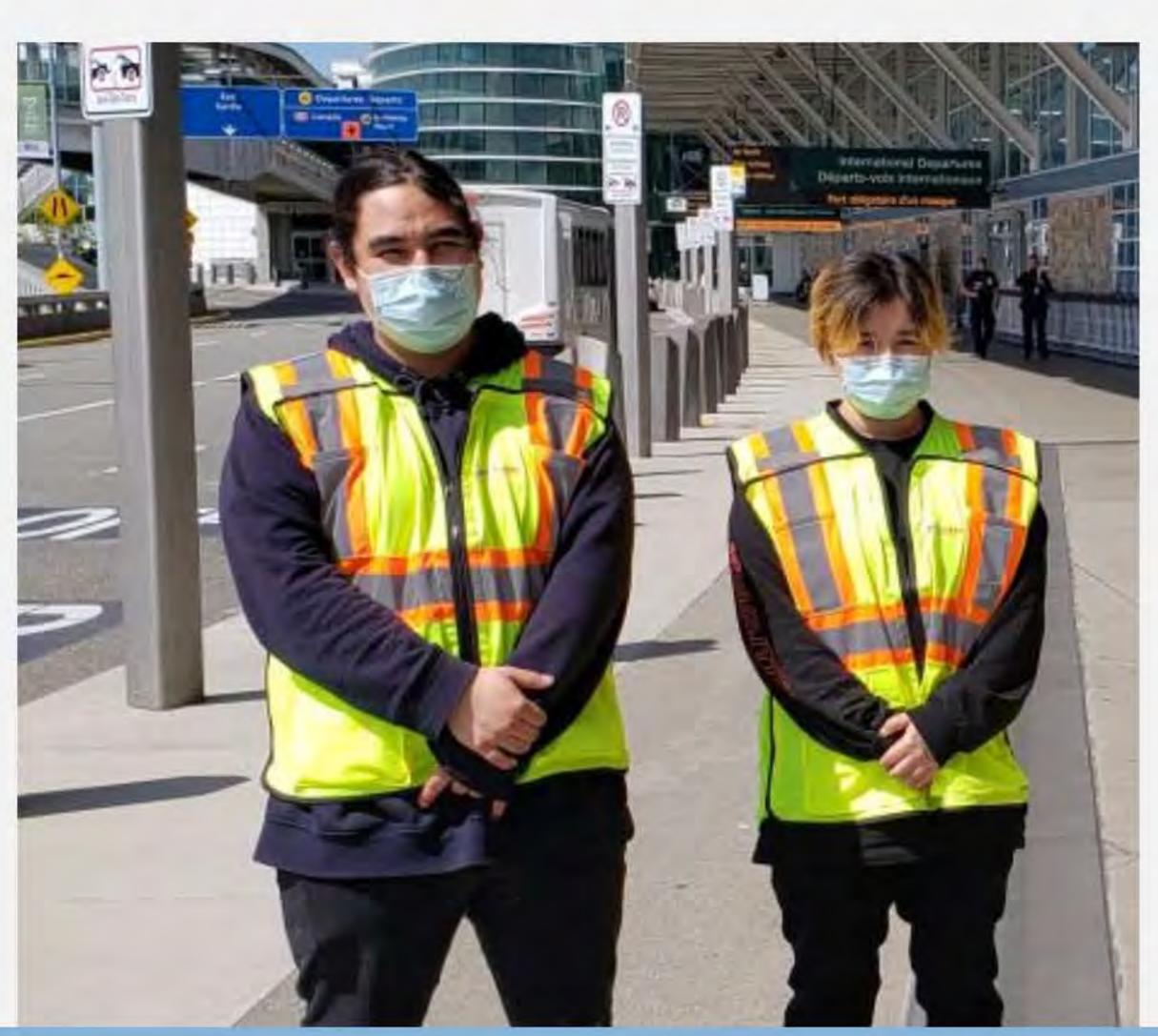


- SCAN TO APPLY















CALLOUT FOR LOCAL ARTISTS

Are you a Musqueam community member who is interested in selling your artistry products at our event??



We are hosting our Harm
Reduction Event on Thursday
November 24 2022 from 3-9 pm
in the Musqueam community
center give a me a call if you are
interested.





HARM REDUCTION EVENT & LIVE CONCERT

When: NOVEMBER 24 2022

Time: 3PM-9PM

Where: MUSQUEAM COMMUNITY CENTER

SPEAKERS, DANI & LIZZY DOING A COMMUNITY ENGAGEMENT, BAR B Q DINNER, TRADITIONAL DESERTS/DRINKS, LIVE CONCERT BY CELEBRITY LOCAL ARTISTS, DOOR PRIZES & GIFTCARDS

Learn about our NNADAP services & browse the many resources coming out we partner with around Addiction, Mental Health treatment, detox, 1-1 & Family Intervention. We have 9 Celebrity Artists to bring you a great live concert as well a meet & greet. We have huge doors prizes & every Musqueam participant will receive a grocery gift card







Hosted by the Musqueam NNADAP and Health Teams Contact: Nicolette, 236-558-8482



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



Your personal toolkit









There are many tools that can help protect you and your family from COVID-19, especially if you are at higher risk of severe illness.

You can decide how and when to use these tools while ensuring you are supporting your overall physical and mental health.

It's important to remember that COVID-19 is one of many things that can impact our health. The tools below can also help prevent other illnesses.



- Your community can support each other.
- Call 8-1-1 or chat with a health care provider about your concerns.



Your personal toolkit





Let's unpack the tools



COVID-19 vaccines

Staying up-to-date with your vaccines, including booster doses, will give you the best protection against serious illness from COVID-19 and its variants.



Masks

Wear a mask in places where it is required, if you are sick and cannot stay away from others, and as a personal choice.



Clean hands

Wash your hands with soap and water or use hand sanitizer often, such as before eating and after being in public spaces or handling shared objects.



Clean surfaces

Regularly clean things that are shared or touched often, like light switches, door knobs, cell phones, counters and toilets.



Gathering options

If you want to take additional measures, consider smaller groups, stay apart, wear a mask and meet outdoors if possible.



Open spaces, good airflow

If meeting indoors, open windows and doors to bring in fresh air and if possible, have good ventilation and air filtration systems.



At home tests

Rapid test kits are available for free in pharmacies and testing centres to use if you have symptoms. <u>Testing</u> can help you access treatment quickly.



Treatment options

COVID-19 treatment options are available for some people who may be at higher risk of severe COVID-19. Check if you are eligible at the <u>BC Gov website</u>.



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



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 office hours: Tuesday – Friday 8:30-4:30

Phone: 604 269 3354

Email: <u>nurseassist@musqueam.bc.ca</u>

*If there is no answer please leave a message.

*For Emergencies Call 911 *



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.31	Nov.1	Nov.2	Nov.3	Nov.4
Alexa Lesperance, GP	Dr. Dumont, GP	Karen Chandra, NP	Karen Chandra, NP	Alexa Lesperance, GP
9:30am – 3:30pm	9:30 – 3:30	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



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.2, 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

Why is Clean Water inaccessible to Indigenous communities?

Despite Canada possessing the world's third largest freshwater reserves, many Indigenous communities are not supplied with clean safe drinking water, a crisis that has been going on for decades.

In Canada, drinking water advisories are issued to warn people not to drink unsafe water. These are issued when there are problems with the water treatment system or the water has viruses, bacteria, parasites or chemical pollutants causing diseases and health problems.

Some reasons why these water advisories exist:

- Marginalization
- Contamination
- Remote areas
- Maintenance of systems

Remote areas:

Governments only give a certain amount of money when it comes to this issue and some reserves may be more remote from a water source or a city, causing it to be more costly for the reserves affected and some reserves do not have the funds to support themselves and keep up continuous maintenance. Retrieving the materials needed for the water systems can also be a huge factor due the remoteness of a reserve, communities may lack certain types of equipment or transportation needed to ensure that everything runs smoothly and they have safe water systems in place.

PREVENTATIVE MAINTENANCE - PLUMBING

There a high number of calls regarding plumbing issues, please follow the tip and tricks to prevent plumbing issues and reach the life expectancy for each element.

- > FATS, OILS, OR GREASE DO NOT POOR DOWN THE DRAIN
 - FATS DAIRY PRODUCTS, SALAD DRESSINGS, MARGARINE, SHORTENING, ETC
 - OILS COOKING OILS (OLIVE, COCONUT, CANOLA, VEGETABLE) AND SAUCES
 - GREASE MEET DRIPPINGS, LARD
 - Pour all used cooking oils and grease into a small container so it can cool and harden.
 - Dry wipe all pots, pans and plates before washing in sink or dishwasher. Use paper towels and wipe grease and food contents into a garbage container.
 - If you have a kitchen sink garburator, use this as little as possible since food
 particles and grease from the grinded material will still clog your pipes and affect
 the downstream sewer system.
- Inspect all visible pipes for corrosion, if you notice any signs of corrosion on your pipes, whether it's blue/green deposits or rust, this is a sign that you will have a leak on your hands soon.
- Examine toilet tanks: remove the lid off of your toilet tank and inspect for any signs of wear.
- Maintain your hot water tank every year; flush your water heater. Also check for leaks on the tank regularly and keep clutter away.
- > Turn the water shut off for hose bibb in the winter and remove the hose; if this is not done it is possible for the frozen pipe to burst.
- > If any leaks occur, use your water shut off valve.
- > Be aware of the location of all the shut off valves.
- Do not flush anything other than toilet paper down.
- Check for leaks around your hot water tank, kitchen sink, dishwasher, bathroom sink, laundry sink and washer machine.
- Check the caulking around showers/bathtubs and sinks; if it's cracked or wore away reseal with more caulking.
- If you have poor water pressure out of a faucet, the aerator is the likely culprit and it's can be easily fixed.

Turning on your furnace for the first time?

Follow the steps below for your safety and to check the furnace is properly functioning.

- 1) Clear area by the furnace and the vents- When there covered, your home won't warm up the way it should, and anything nearby could create a fire hazard clear the area of trash, old clothing or furniture
- 2) Check the batteries in the thermostat to see if it's working properly before you turn on the furnace.
- 3) Check the CO2 monitor
 - a. According to furnace installation experts, it's not just the thermostat that you need to test before you turn the furnace on; you also need to test your carbon monoxide detectors to ensure that they're still working properly. This is an incredibly important step, as unintentionally using a damaged furnace can release toxic gas into your home, and a carbon monoxide detector will alert you to such a leak immediately.
- 4) Clean or replace the filter
 - a. Clean filters Dirt and dust can be a big problem. Some areas that you should be mindfully checking each year are the filters, coils, and other airflow parts of the unit to make sure they are free of debris and able to do their job with little effort.
 - b. Switch out old filters for new filters. Depending on your medical conditions, household size, and pets, experts recommend changing out filters every two to three months. If you have respiratory problems such as asthma, you may want to change the filter out more frequently to prevent the buildup of pollutants that aggravate your condition.
- 5) Wipe down the burners with a cloth or you can use a vacuum
 - a. While your furnace is on standby during the warmer seasons the burners collect dust, which affects your furnace's lifespan. Cleaning your burners should be a part of your furnace maintenance checklist.
- 6) Turn on the power switch. The switch is located different in each home.
- 7) Check the breaker for the furnace
- 8) Make sure the gas switch is on on the system
- 9) Check the condenser pump
 - a. Furnace may not start because of the sensor on the pump.
- 10) Slowly warm up the home Quick temperature changes put unnecessary strain on your furnace. Leave it on for a few minutes to gauge its functionality. If you hear any weird noises or smell something, you should turn it off immediately.

To prolong your system's lifespan, you should request for a furnace maintenance annually.

Musqueam Housing Dept. 604 269 3381



Vancouver Cherry Blossom Festival 2023 Haiku Exhibition

Featured in David Lam Park and VanDusen Botanical Garden from March 30 through April 2023

The 17th annual Vancouver Cherry Blossom Festival invites a unique opportunity for emerging and established artists from cultural partners of the Musqueam, Squamish, and Tsleil-Waututh First Nations to produce an exciting new work to celebrate the 2022 winning haiku and the transcendent fleeting beauty of the flowering cherry tree.

Interested artists will choose one of the six winning haiku poems and propose an original piece (or an adapted piece that works well in conversation with the poem) that integrates the poem text into the artwork. Selected artists will be chosen by a panel of artists from the Festival as well as cultural representatives from Musqueam, Squamish, and Tsleil-Waututh First Nations. The artists will then submit their work by February 1, 2023.

Fee/Compensation: \$1,500

Apply Here

Information

The installation will be located at the North West entrance to David Lam Park and the Cherry Blossom Grove at VanDusen Botanical Garden amongst a beautiful display of cherry blossoms. It will consist of 6 illuminated cylinders that wrap the tree trunks (but are independently supported).

The cylinders will be 2' diameter x 5' high wooden structures that will support a printed translucent fabric (held at top and bottom only). The translucent fabric will be backlit using LED flex light, located at the top and bottom of the cylinder.

Winning Haiku entries should be displayed in a large font easily visible from a distance of 3-4 feet on this fabric which will be imprinted with visuals by First Nations artists. The design arrangement must include the haiku text as well as the name and location of the poet. Each individual artist will design two cylinder wraps.

The format for the artwork is landscape and the original artwork should be 20×36 . The haiku text must be integrated into the design and be clear for reading. Digital or hand-drawn/painted/etc then digitalized is all allowed.

If you have any questions, please contact VCBF Executive Director Michael Dove at michael@vcbf.ca

Last year's featured artists and artwork

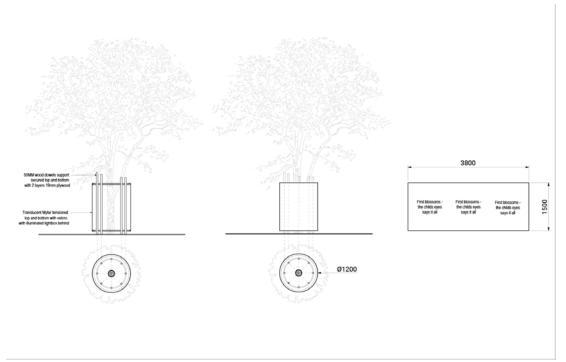
Nov 14, 2022: Deadline for Artist Applications **Nov 28, 2022:** Selected Artists Announced

December: Informational and Planning Meeting with Artists and VCBF **Feb 1, 2023:** Deadline for Final Draft of Artwork (followed by a week for any

logistical edits with the Exhibit Designer) **Feb/March 2023:** Printing and Production **March 30, 2023:** Installation at David Lam Park

March 31, 2023: Official Opening of the 2023 Festival and Exhibit April 4, 2023: Exhibition move to VanDusen Garden for 3-4 weeks

Cylinder Design Specs:









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