

Musqueam Community Newsletter Wednesday November 30, 2022

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

SAFETY & SECURITY PATROL: 604-968-8058



COMMUNITY DINNER RESCHEDULED

Due to weather warnings on November 29 the Musqueam community dinner for UBC Campus Vision 2050 was postponed.

NEW DATE: Tuesday December 13, 2022 5:30-8:30pm Musqueam Cultural Centre

Please contact Tecla Van Bussel (tvanbussel@musqueam.bc.ca) with any questions!

The \$500 prize draw and survey open to Musqueam community members is extended until December 14, 2022. campusvision2050.ubc.ca/musqueam-engagement

Share your thoughts and contribute to Musqueam's voice in planning the future of UBC's campus.

UBC campus vision 2050



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

Thank you, Jeannie Campbell—

604-781-5641

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MUSQUEAM INDIAN BAND SPECIAL PURPOSE MEETING

Consolidated Financial Statements Audit Presentation by MNP

Attention to all Musqueam band members the consolidated statements for the fiscal year ending March 31, 2022 will be presented to the Musqueam membership, this is an important meeting that you are encouraged to attend.

What: Special Purpose Meeting - Presentation of the March 31, 2022 M.I.B Consolidated Statements by MNP

When: Wednesday December 14, 2022 (5:30pm dinner 6:00pm meeting called to order)

Where: Musqueam Gymnasium 6777 Salish Drive, Vancouver, BC V6N 4C4

If you have any questions please contact the Musqueam Finance Department at 604 263-3261.



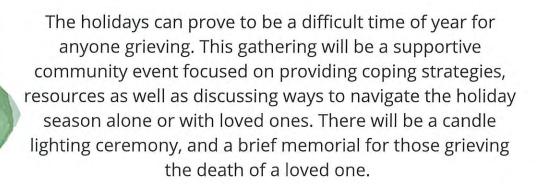


Coping Through The Holidays

Coping strategies & resources

For those who have suffered the death of a loved one

No charge to participate



The event is facilitated by the Vancouver Hospice
Bereavement Counselling Team and is open to Vancouver
residents.

Where: Celebration Hall - 5445 Fraser Street, Vancouver When: December 2nd - 7:00pm - 9:00pm No charge to participate - *Registration is required*

To register, please email:

alison@vancouverhospice.org

For more information, please contact:

phone: **604-737-7305 ext 216**



MUSQUEAM 101 Wednesday, December 7, 2022 stem? (what?) FINAL MUSQUEAM 101 for 2022!

Musqueam 101 Holiday Dinner

Please join us for our annual Musqueam 101 Hoiday dinner!

After dinner there will be a short presentation followed by our annual game of Musqueam Bingo!

ni? ?əncə? (where?)

Musqueam Elders' Centre

təmtem? (when?)

Wednesday, December 7. Dinner will be served at 6:00 p.m.

PLEASE JOIN US!



MUSQUEAM CHILDRENS CHRISTMAS PARTY

DATE: SATURDAY DECEMBER 10, 2022

TIME: 10:30 AM-1:30PM

LOCATION: MUSQUEAM COMMUNITY CENTRE

(6777 Salish Drive, Vancouver BC V6N 4C4)

Breakfast with Santa and Friends, balloon twisters, face
Painting, animal petting zoo and more!

*Please note that you have to register online to receive a gift (registration closes Nov. 25, 2022)

https://woobox.com/f3j3wx



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We invite you!

Come and celebrate with the həndəminəm language classes

?əmi \e? ?ə\tən!

Dinner, followed by Student Language Presentations

təmtem: Tuesday, December 6th, 2022

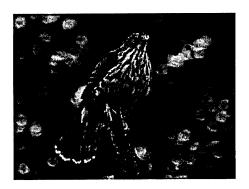
4:30 p.m.

ni? ?anca: Musqueam Cultural Pavilion

4000 Musqueam Ave

A collaborative initiative of the Musqueam Indian Band and the UBC Musqueam Language Program

ANNUAL VANCOUVER CHRISTMAS BIRD COUNT SATURDAY DECEMBER 17, 2022



8AM TO 4PM - RAIN OR SHINE

Are you interested in Birds & Nature?Come join us in our quest to count all the birds in the Musqueam area on December 17.

Contact Donna or Alan McKenzie at **604-261-1929**

or <u>admckenzie@shaw.ca</u> for further information.

No experience or equipment is needed. Pre-registration is required as group sizes

are limited. Participants under 16 must be accompanied.

This Count is organized by Nature Vancouver, as part of an annual international citizen science volunteer effort to document bird populations and status. The counts have been running annually for over 120 years.





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The Children's House

Hours of Operation:

Preschool Program Hours: Monday - Friday 9:00am-3:00pm

Daycare Hours: Monday - Friday 7:45 - 5:00pm

The Children's House Staff

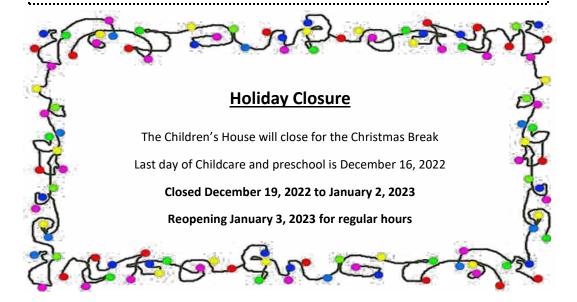
Manager: Renee Stogan

Phone: 604-269-3302

Email: childcaresup@musqueam.bc.ca

Infant/Toddler Staff: Christy Friesen, Kelly Herman, Ernestine Herman

Preschool/Daycare Staff: Alice Stogan, Sherry Point, Stacy George



Musqueam Education Notice Friday Dec 2, 2022

SCHOOL CHEQUES



DECEMBER HIGH SCHOOL CHEQUES WILL BC AVAILABLE FOR PICK UP AT THE BAND OFFICE ON NOVEMBER 30th.

POST SECONDARY WILL REMAIN DIRECT DEPOSIT.

JANUARY SCHOOL CHEQUES WILL BE MAILED, PLEASE MAKE SURE WE HAVE THE CORRECT MAILING ADDRESS WHEN YOU PICK UP YOUR DECEMBER CHEQUE. ANYONE WHO DOESN'T PROVIDE AN ADDRESS CAN PICK UP THEIR CHEQUE WHEN THE BAND OFFICE REOPENS AFTER THE NEW YEAR.

Homework Club

Homework club runs 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

Meet the Bridge Through Sport Tutors!!

The tutors will be helping students at Homework club and the Youth Centre on Tuesday, Wednesday and Thursdays.



Hello! My name is Ana (she/her) and I am a third-year student majoring in Gender, Race, Sexuality and Social Justice at the University of British Columbia. I am originally from Southern Mexico but have spent most of my time living abroad in Costa Rica. During my free time, I like to learn new things! To me, that usually means cuddling up with a good book or trying out new recipes in the kitchen. I find that food is a great way to connect with other people and with my culture, so that is something I'm always happy to share.

Ana is in the community from 3:30 to 5:30 on Wednesday's in the library space.



Aanii. My name is Amanda, and I am Anishinaabe from Batchewana First Nation in Ontario. I am a 4th year student at UBC majoring in First Nation and Indigenous studies and minoring in Early Childhood Education. One fun fact about me is I love the Scooby-Doo series, and my favourite movie is Scooby-Doo and The Ghoul School.

Amanda is in the community from 3:30 to 6:30 on Tuesdays in the youth centre.





TD Scholarship for Indigenous Peoples

by ahnationtalk on November 18, 2022



TD Scholarship for Indigenous Peoples

November 18, 2022

TD Bank Group (TD) launches the TD Scholarship for Indigenous Peoples, a new scholarship program tailored specifically for students from the Indigenous community, managed by AFOA Canada. TD understands the unique challenges and systemic barriers we face as Indigenous Peoples. Which is why we have worked closely with TD to customize a scholarship program focused on the needs of students from the Indigenous community.

"It's important that students from Indigenous communities have equitable access to education. The TD Scholarship for Indigenous Peoples aims to help provide students from Indigenous communities with the financial freedom and stability to explore the benefit of a post-secondary education and work education. I am thrilled to see this program launch and look forward to continuing our relationship with AFOA Canada." – Doris Bear, Vice President, Indigenous Banking, TD Bank Group

The scholarship program will provide 25 successful applicants with \$15k annually (with a maximum of \$60k across 4 years) to be put towards tuition costs and living expenses for the duration of their studies. Additionally, recipients will be offered an internship opportunity with TD to gain valuable work experience aligned to their career aspirations. Internship opportunities will be available for students throughout their time as a recipient.

"The new TD Scholarship program will be transformational in the lives of the Indigenous students" says Terry Goodtrack, President and CEO, AFOA Canada. "It will set them up for success in achieving their academic goals and chosen career path"

Scholarships are available for First Nations, Métis and Inuit who are members / citizens of a First Nation, Métis or Inuit community. You must be a permanent resident of Canada and have applied for or are currently enrolled in a full-time, minimum 2-year program with an approved post-secondary institution in Canada.

Applications will open Friday, November 18, 2022, at 4:30pm ET, and must be submitted by no later than January 16, 2023, at 5:00pm ET. For complete information about the program, please visit: www.afoa.ca/td.

Background:

AFOA Canada

AFOA Canada, founded in 1999, strives towards their mandate to help Indigenous Peoples better manage and govern their communities and organizations through a focus on enhancing management, finance and governance practices and skills. It is the only organization in Canada that focuses on the capacity development and day-to-day needs of those Indigenous professionals who are working in all areas of management, finance, band administration, leadership, and program management—We are Building a Community of Professionals.

TD Bank Group

At TD, we recognize there is more work to be done on our collective journey towards Truth and Reconciliation. Supporting community initiatives that promote a connection to the land, enhance financial education, and foster a sense of belonging is important. We believe society is stronger when we work together and that we can help be a catalyst for dialogue to bring people, communities, and cultures together.

NT₅

This article comes from NationTalk:

https://nationtalk.ca

The permalink for this story is:

https://nationtalk.ca/story/td-scholarship-for-indigenous-peoples

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Emerging Artist Scholarships Apply by Friday, January 27, 2023 at 4:00 PM PST

Emerging Artist Scholarships are for British Columbia and Yukon Indigenous artists (age 17-29 at the time of intake) to work with a Master Artist/Mentor, or attend a school of art or art training program. Scholarships are awarded at **\$5,000** each and scholarship recipients will have the option to display their artwork at the YVR Vancouver International Airport in 2024.

Who May Apply

To be eligible for a YVR Art Foundation Emerging Artist Scholarship, applicants must:

- Be of BC or Yukon First Nations ancestry
- Reside in BC or Yukon
- Be between the ages of 17 and 29 in 2023 (born between 1994 2006)
- Create visual* art that engages with BC or Yukon First Nations culture, and/or significant to the artist's ancestry, research practice, or community. *We encourage artists practicing outside of traditional visual arts mediums, or engaging in multidisciplinary art practices to still apply
- Have the goal of becoming a professional artist
- Have been accepted to study with a Master Artist or Mentor

Have been accepted to attend a school of art or training program

See our Emerging Artist Scholarship Guidelines for more details.

Note: An Emerging Artist Scholarship can be awarded to an individual a maximum of two times.

Go to our webpage to find out more **HERE**.

Or fill out our Online Application Form.

Mid-Career Artist Scholarships

Apply by Friday, January 27, 2023 at 4:00 PM PST

Mid-Career Artist Scholarships are for British Columbia and Yukon Indigenous artists (age 30+ at time of intake) to work with a Master Artist/Mentor, attend a school of art, or work on a special project that is of cultural significance to their community. Scholarships are \$5,000 each and Mid-Career Artist Scholarship recipients have the option to display their artworks at the YVR Vancouver International Airport in 2024.

Who May Apply

To be eligible for a YVR Art Foundation Mid-Career Artist Scholarship, applicants must:

- Be of BC or Yukon First Nations ancestry
- Reside in BC or Yukon
- Be age 30 or older in 2023 (born in 1993 or before)

- Create visual* art that engages with BC or Yukon First Nations culture, and/or significant to the artist's ancestry, research practice, or community. *We encourage artists practicing outside of traditional visual arts mediums, or engaging in multidisciplinary art practices to still apply
- Wish to further their artistic career by expanding their work or practice
 into a new scale or area by working with a Master Artist/Mentor,
 attending a school of art, or working on a visual art project that is of
 cultural significance to their community
- Have completed art training including, but not limited to, formal education in visual arts, worked with an artist mentor, or a combination of similar experience
- Have achieved local and/or provincial recognition through public presentation(s) of their artwork
- Be able to submit a portfolio of artwork that demonstrates the artist's commitment to their practice
- Be able to submit confirmation/acceptance of an opportunity to work with a Master Artist/Mentor, attend a school of art, or a proposal to work on a project that is of cultural significance to the artist's community

See our Mid-Career Artist Scholarship Guidelines for more details.

Note: A Mid-Career Artist Scholarship can be awarded to an individual **one time only**.

Go to our webpage to find out more **HERE**.

Or fill out our Online Application Form.

Please forward this email to those who are eligible and interested in applying. Contact YVR Art Foundation with any questions at programs@yvraf.com or by phone to **604.276.6261**.



BRIDGE WATCH RATING PROGRAM

NEXT COHORTS: FEBRUARY 6, 2023 AND MARCH 6, 2023

LIMITED SEATS AVAILABLE - FIRST COME FIRST SERVE!

Steps:

- 1. PIF for MIB E&T Department
- 2. Application form to obtain CDN this is a required document for your Medical Examination required to enter the program
- 3. Once form is completed, it is returned to the Transport Canada and you are given a CDN for your medical exam
- 4. Medical exam
- 5. High school transcripts to meet BCIT entrance requirements or write and intake assessment to get your transcripts, you will need to know your Personal Education Number (PEN)
- 6. Create a myBCIT account



We are here to help in any way we can, please reach out if you have any questions or concerns:

Krista Brisk, Program Coordinator

kbrisk@musqueam.bc.ca | 604-269-3461

Angela Nahanee, Job Coach

anahanee@musqueam.bc.ca | 604-269-3316

Alicea Bradley, Data & Communications Officer

abradley@musqueam.bc.ca | 604-269-3355





PASSENGER
ASSISTANCE
GENERAL BAGGAGE
OPERATIVES SYSTEMS
CUSTOMER
SERVICE



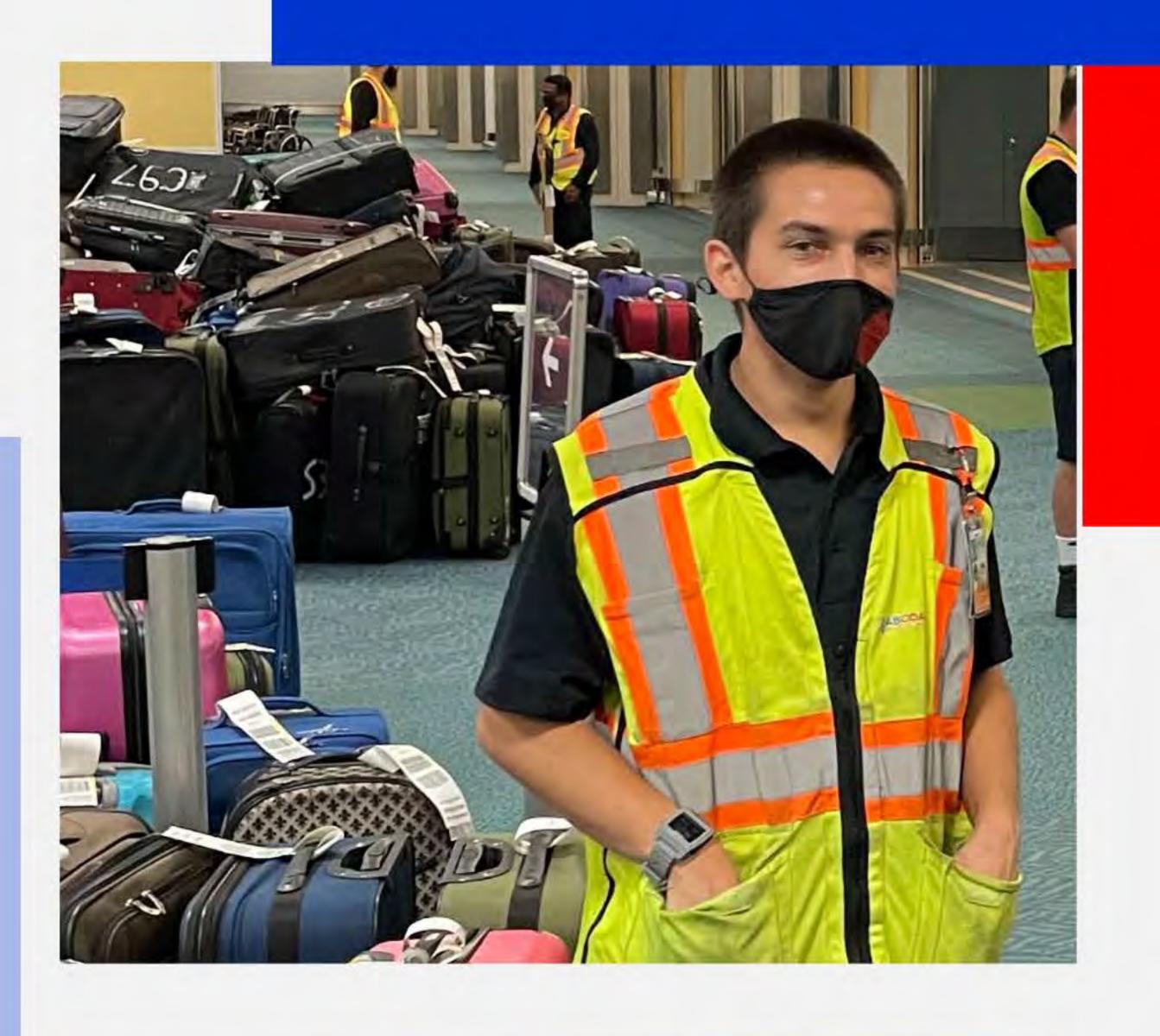
APPLY NOW

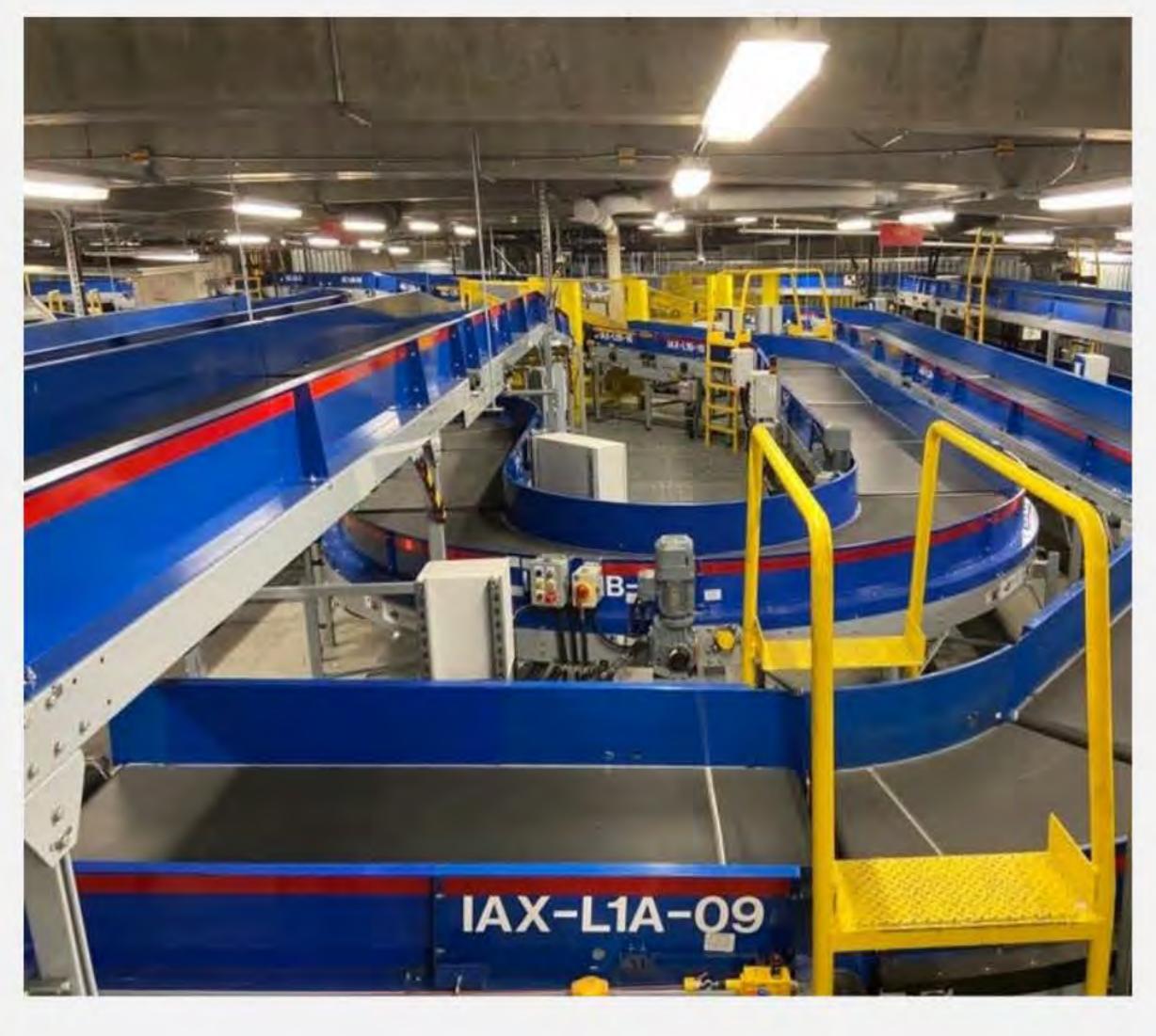
ABCOAST.CA/JOBS

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

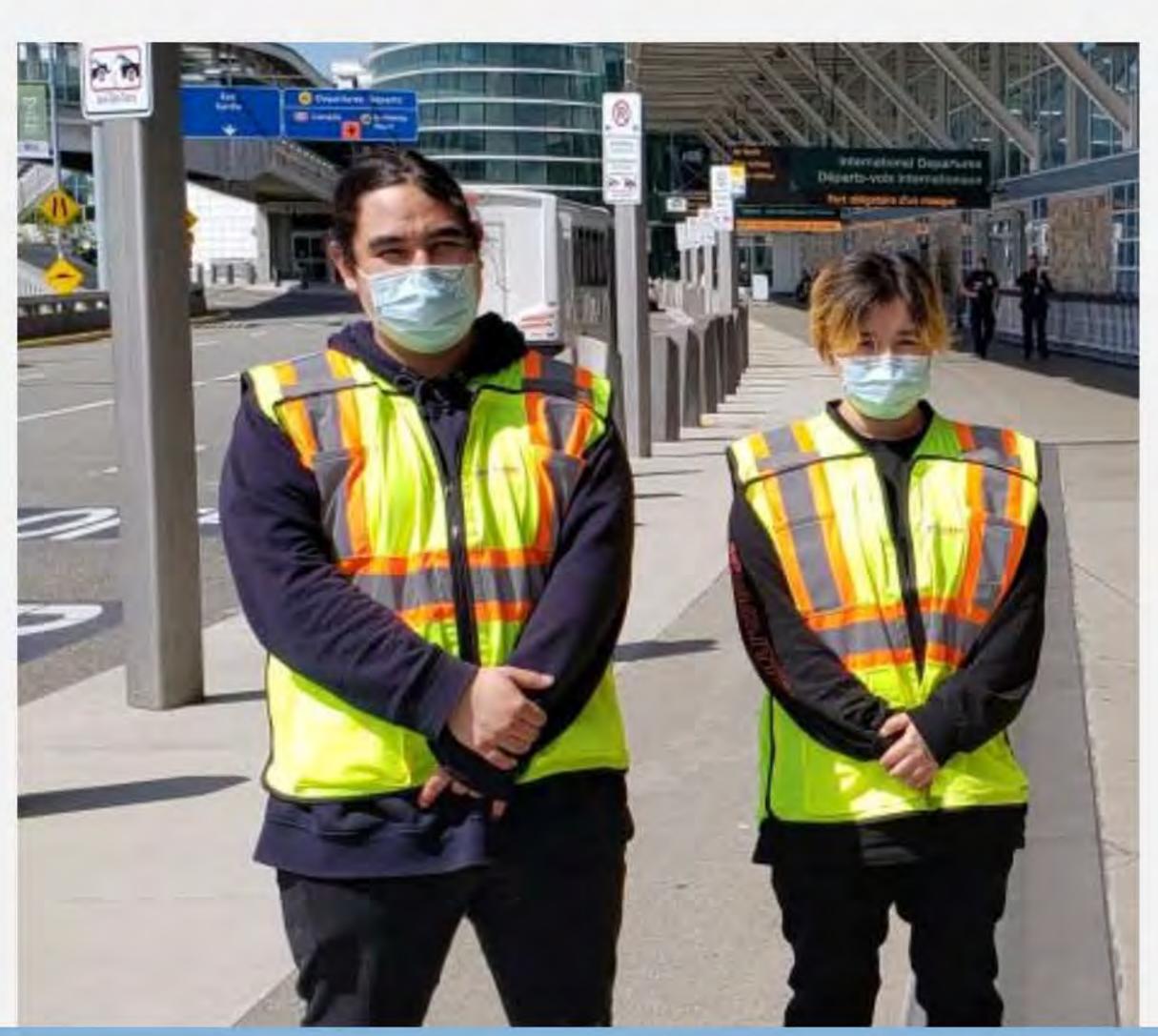


- SCAN TO APPLY











INDIGENOUS TRADES

CAREER INFO SESSION ONLINE

DECEMBER 12, 2022 5:30PM-6:30PM







Curt Thomas Owner & President



Dave Thomas Foreman



Michael Lumberjack **ACCESS Training and Employment Coach**

WHAT YOU'LL LEARN:

Warrior Plumbing is hosting a **LIVE** online info session for local Indigenous and non-Indigenous **Youth** to explore a career working with Warrior Plumbing in Metro Vancouver's rapidly growing Indigenous real estate development market.

There are numerous developments across the lower mainland that require talented journeymen and journeywomens' help to build beautiful and sustainable residential housing. Join us with your questions!



SIGN UP NOW!

https://bit.ly/3sU6557

More information 604-687-2004 @warriorplumbing



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NEWSLETTER | DEC.1, 2022 |

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(what?)	(where?)	(when?)
Covid-19 & Flu Immunization Clinic	Musqueam Gym	Dec.5, 2022 1:00pm-4:00pm



All other doses are welcome!

Eligibility: ⇒ 6 months since your last Covid Vaccine

Register and book an appointment Monday to Friday

Speak to Ashlee, Arlene, or Lisa in the Health Department

@ 604 263 3261



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MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | DEC.1, 2022 |



THE FLU SHOT

A healthy choice



Flu season typically runs from November to April each year.

Influenza (the flu) is a dangerous respiratory illness that can lead to serious health complications and even death. Getting vaccinated is recommended as the best way to prevent influenza.

THE FLU SHOT IS:

HEALTHIER



It's important to get the flu shot every year. Keeping our bodies healthy makes it easier to fight off respiratory illnesses, such as COVID-19 and pneumonia.

SAFE



The flu shot is tested extensively for effectiveness and for safety. The vaccine prevents serious illness or hospitalization from

the flu.

FOR EVERYONE



Everyone over the age of six months should be immunized. Elders (65+) and children under five are at the highest risk of hospitalization from flu complications.

The flu shot is free for all First Nations people in British Columbia. Contact your local health centre, nurse practitioner, or pharmacy.





LATHER UP.



SLEEVE UP FOR THE FLU SHOT.



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MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | DEC.1, 2022 |

Information for families and caregivers on children's fever and pain medication

WHAT TO DO WHEN YOUR CHILD HAS A FEVER

Community and hospital pharmacies all over Canada are working with manufacturers, distributors, federal, provincial, and territorial governments, and others to address the current supply challenges affecting pediatric formulations of fever and pain medication.

This tip sheet was developed in collaboration with health-care providers to offer guidance on when and how to use these products, and when you should speak with a health-care professional for advice.



WHAT IS A FEVER?

- A fever is a rise in body temperature above normal range.
- It is usually a sign that the body is fighting an infection.
- A fever itself is generally harmless and possibly even
- Fevers don't always need to be treated.
- To learn more, please see "Fever and temperature-taking" from the Canadian Paediatric Society.



Your trusted health-care provider can help decide if taking medicine is recommended.

Method	Normal temperature range
Rectum	36.6°C to 37.9°C (97.9°F to 100.2°F)
Mouth	35.5°C to 37.5°C (95.9°F to 99.5°F)
Armpit	36.5°C to 37.5°C (97.8°F to 99.5°F)
Ear	35.8°C to 37.9°C (96.4°F to 100.2°F)



HOW CAN I HELP A CHILD WITH A FEVER AND/OR PAIN?

When a child is sick, one of the main goals is to relieve discomfort and promote rest. Treating a fever does not impact the length of time you are



You may use **acetamin ophen** or ibuprofen when an infant or child is in pain or is uncomfortable because of a fever.



Acetaminophen and ibuprofen both help to manage fever and pain, but they work in the body differently.

Ibuprofen will also help to reduce swelling, bruising, redness and pain/tenderness related to these symptoms following an injury.



Canadian

Association des Pharmacists pharmaciens Association du Canada













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MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | DEC.1, 2022 |

Information for families and caregivers on children's fever and pain medication

HOW TO USE THESE MEDICINES WISELY

WHAT SHOULD I DO IF I NEED TO USE ACETAMINOPHEN OR IBUPROFEN?



Your pharmacist can help you choose. the right formulation for an infant or child's needs based on what products are available.



It is best to use a pediatric measuring cup, spoon or syringe to give liquid medications to



These drugs come in a variety of dosage forms, such as liquids, chewable tablets and rectal

- These different formulations will vary in strength.
- Always refer to the package for product-specific dosing instructions or speak with a pharmacist to ensure a safe dose is being given.



In some cases, tablets that are used for adults can be modified for children with caution depending on the child's age, size, and ability to swallow solid medications (e.g., tablets

Always talk to a health-care provider to discuss what options are appropriate and safe for your child.

WHAT SHOULD I NOT DO?



Do not give more than the maximum number of doses per day as noted on the medication package.



Do not use aspirin (acetylsalicylic or ASA) to treat a child's fever as it can increase the risk of a serious illness called Reve's Syndrome when used during various viral infections.



WHAT CAN I DO TO HELP MAKE SURE ALL CHILDREN AND CAREGIVERS HAVE ACCESS TO THESE MEDICINES?

- Do not buy more product than you need (i.e., large quantities); this will help share the available supply so those who require medicine will be able to find it when they need it.
- Speak to a pharmacist about safe and accessible options that are best. suited for your individual needs.

This information is provided for educational and informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Please speak with a trusted health-care provider if you have questions or concems about the health needs of any infant or child.



CHILDREN'S TYLENOL & ADVIL

There is a Canada-wide shortage of children's Tylenol & Advil.

If you cannot find them on the store shelves please speak to your doctor or pharmacist.

Not all pharmacies have prescription Tylenol or Advil available right away - they can take up to a week to fill prescriptions.

Don't wait until your child is sick and in need – speak to your doctor or pharmacist now!





Please be advised that the Musqueam Health Department <u>does not</u> distribute medications.



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

4 counselling

Treatment referrals

Detox support

Relapse prevention planning

4 Family Interventions

Referrals to outside mental health agencies

In office Harm reduction gear

Drug testing strips

Clean supplies



SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

How Much Water Is Enough?

Since water is so important, you might wonder if you're drinking enough. There is no magic amount of water that kids need to drink every day. Usually, kids like to drink something with meals and should definitely drink when they are thirsty. But when it's warm out or you're exercising, you'll need more. Be sure to drink some extra water when you're out in warm weather, especially while playing sports or exercising.

When you drink is also important. If you're going to sports practice, a game, or just working out or playing hard, drink water before, during, and after playing. Don't forget your water bottle. You can't play your best when you're thinking about how thirsty you are!

When your body doesn't have enough water, it is called being dehydrated. Dehydration also can keep you from being as fast and as sharp as you'd like to be. A bad case of dehydration can make you sick. So keep that water bottle handy when the weather warms up! Not only does water fight dehydration, but it's awfully refreshing and has no calories.

Your body can help you stay properly hydrated by regulating the amount of water in your system. The body can hold on to water when you don't have enough or get rid of it if you have too much. If your pee has ever been very light yellow, your body might have been getting rid of excess water. When your pee is very dark yellow, it's holding on to water, so it's probably time to drink up.

You can help your body by drinking when you're thirsty and drinking extra water when it's warm out. Your body will be able to do all of its wonderful, waterful jobs and you'll feel great!



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MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | DEC.1, 2022 |

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



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NEWSLETTER | DEC.1, 2022 |

MUSQUEAM PRIMARY CARE CLINIC

Musqueam Elders Centre, 4010 Si Lu Drive, Vancouver BC V6N4K4

Located in the Primary Care Trailer

Dec. 06	Dec. o7	Dec. o8	Dec. 09
Or. Dumont, GP	Karen Chandra, NP	Karen Chandra, NP	Dr. Lesperance, GP
9:30am - 3:30pm	9:30am-3:30pm	9:30am-3:30pm	9:30am-3:30pm
	r. Dumont, GP	or. Dumont, GP Karen Chandra, NP	Pr. Dumont, GP Karen Chandra, NP Karen Chandra, NP

Call 604-266-0043 to book and appointment

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

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

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

FNHA Virtual Doctor of the Day Walk-In Clinics Nearby Call 1-855-344-3800 to book an appointment Highroads Medical: 5960 E. Boulevard (Kerrisdale) Available 7 days a week from 8:30am-4:30pm. WELL Health: 2077 W 42nd Avenue Telephone or virtual appointments via Zoom. (Kerrisdale) Available to First Nations people and their family Check wait-times for BC Walk-In Clinics at Members, even if those family members are not http://medimap.ca. indigenous.

Thank you for your patience as we are working hard to resolve this. We will be updating our schedule on a weekly basis.

> Thank you, Musqueam Primary Care Clinic



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MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | DEC.1, 2022 |

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

Arlene Haldane office hours: Tuesday – Friday 8:30-4:30 (off on Mondays)

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: nurseassist@musqueam.bc.ca

*If there is no answer please leave a message.



ENVIRONMENTAL STEWARDSHIP

NEWSLETTER

VOLUME 6, ISSUE 2

VISION

ċħi:yaÿəstəl ct tə ħnimə† xwməθkwəÿəm kw s xaʔ†əmət ct tə sʔa:n† təməxw. stəʔe ʔə tθeʔ wə †əq̈əlləxwəs ʔal kwθə mis yəʔeÿəqtalxw wə scəkwəlaməxəs kwθə nəxwskwəyxθət. nəʔeməstəxw ct ceʔ kwθə sʔa:n† syəθ ʔiʔ \$ xəw haʔkwəx tə snəẅeyə† \$ kw s xaʔ†əmət ct kwθə məkw wet ʔiʔ kwθə məkw stem.

"We, the Musqueam, will work together to take care of our territory so the following generations will know how to be self-reliant. We will remember our own history and as well, use our traditional teachings to take care of everyone and everything on this earth".

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FROM THE EDITOR

Happy December Everyone!

On behalf of the Environmental Stewardship Department we hope everyone has had a relaxing Autumn, despite the cold weather. As we approach the new year, it is a good time to reflect on all that we have accomplished over the last year. We look forward to continue working on initiatives, and projects, that will leave a positive impact for the community and the environment. We hope everyone continues to stay safe, and has an enjoyable holiday season.

Happy Holidays,

Yeganeh Asadian, M.Sc., P.Ag., Environmental Stewardship Manager

AFTER THE FRASER VALLEY FLOODS, FIRST NATIONS CALL TO BUILD BACK MORE SUSTAINABLY



Last year's catastrophic flooding in the Fraser Valley is still fresh on the minds of its residents. The flood destroyed infrastructure, resulted in 5 fatalities and hundreds of thousands of farm animals, cost billions of dollars in damage, and caused weeks of blocked highways and railways. In spite of this flood, there is hope that the disaster will act as a catalyst to incorporate First Nations' perspectives into a strategy of "building back better", working with the water and land rather than against it.

While climate change is resulting in conditions that create more intense storms, it is only one part of the issue. Immediately apparent, especially in the Fraser River Valley, are the design choices of our infrastructure that are at risk of failure when faced with changing environmental conditions. Urban development and sea rise have resulted in the loss of 85 percent of floodplain habitat in the Lower Fraser River. City sprawl has resulted in impermeable surfaces which interrupts the ability of water to infiltrate into the soil, increasing runoff which increases flood risk. Animals such as beavers, which had maintained wetland ecosystems and slowed water flow throughout North America, had dropped from up to 400

million to the edge of extinction after colonization. Many urban centers around the world are built below sea level, and as such, their very existence is reliant on dikes and dams to redirect the flow of natural watercourses. Our continued entrenchment in this system, building larger dykes and redirecting more rivers, may set us up for more disasters, especially as record flooding events become commonplace. "If this road was washed out, what's the likelihood of that road washing out again?" asked Tyrone McNeil, Stó:lō Tribal Council Chief and chair of the First Nations Emergency Planning Secretariat. "Let's relocate that road and put in a bridge instead of a culvert. That will actually save us money over time". He also says, "we need to be included in discussions as rights holders, not stakeholders. From there we put forward principles of salmon habitat, ecology, slowing the water, water storage".

A hundred years ago, Semá:th Xó:tsa (also called Sumas Lake) ebbed and flowed from 36 square kilometers to 65, and far more in flood years, according to Chad Reimer, author of *Before We Lost the Lake: A Natural and Human History of Sumas Valley*. The Semá:th Xó:tsa "was the provider for our people," and provided a wealth of sturgeon, salmon, mussels, trout, ducks, and deer. The bands of the Stó:lō Nation worked with the water rather than against it, and built no permanent structures on the wetlands surrounding the lake. "My grandfather said the Stó:lō — which means river or water — is regarded as the great giver of life, but you need to be careful when you're out there, travelling or harvesting fish", Silver said. He continued, "Water is also a very powerful entity that can take your life as well". However, settlers did not see the lake that way, only an obstacle to farmland. "The view of the western world is very much a binary one", Reimer said. "Stuff is either land or water. And where you have water on top of good land, you've got to get rid of that water". Restoring the lake would also be a step towards reconciliation and righting colonial wrongs. McNeil asks, "how do we come together for our collective long-term aspirations that speak to resilience, that speak to promoting salmon and a broader ecological footprint here in the valley, rebuilding a lot of what was here before development started?".

There is a growing chorus of people around the world who echo the sentiment of many First Nations, believing that returning space to water can help protect communities and create climate resilience. The Build Back Better, Together Collaborative is an Indigenous-led working group formed shortly after the flood. This month, they issued a press release calling on the provincial government to use billions of dollars of unspent federal funding announced in December 2022 to support nature-based solutions and to rethink standard practices, rather than using the money to build more dikes. "Governments at all levels have been making significant investments in flood recovery to deal with immediate impacts of the November 2021 floods, but we can't stop at repairs; we need to prepare for future events", said Lina Azeez, Campaign Manager at Watershed Watch Salmon Society. "Instead of rushing to build back exactly what we had before, as currently required under provincial legislation, we are urging the BC Government to use this window of opportunity to build back better to address vulnerabilities and inequities for a safer, more resilient future". Some of the nature-based proposals in the press release include directing at least 15 percent of the disaster recovery costs to restoring stream connectivity for salmon. Fish friendly flood boxes and pump stations, as well as green infrastructure on family farms, illustrate a multifaceted and multi-level approach.

Furthermore, the press release calls for increased regional dialogue and a redesign of the funding programs to promote collaboration between different levels of government, First Nations, and the community. "The tragic flooding events of November 2021 drove home the pressing need to move beyond outdated approaches to flood control in the Lower Fraser", said Tyrone McNeil, President at

Stó:lō Tribal Council. "Our communities learned that we need to work together for multi-beneficial flood management that will protect communities and critical infrastructure, advance reconciliation, and ensure long term resilience in a changing climate".

ENVIRONMENTALISTS GIVE BC A FAILING GRADE FOR ITS LOGGING PRACTICES



The province of BC is failing to meet expectations of protecting old-growth forests, resulting in faulty grades from environmentalists for the government's lack of proficiency in best management practices and old growth conservation. These grades also reflect the lack of what was promised and contradicting official statements of exceeding goals on multiple report recommendations two years prior.

In the report titled *BC Government Old-growth Report Card*, developed by Ancient Forest Alliance, Sierra Club BC, STAND.earth and the Wilderness Committee, BC received failing grades for their lack of adherence to following the three-year plan, as well as its failure to prioritize ecosystem integrity and biodiversity.

BC was also granted a "D-" in two categories: 1)transparency and communication and 2) lack of follow-up action for at-risk forests. According to the report, there is "insufficient communication about the province's intentions, progress updates, and actual logging rates. There is a lack of information about where deferrals have actually been implemented, meaning entire ecosystems or regions may be left out of the deferral process". Since the last report card in March 2022, grades for four of the five major topics have declined. "We're still marching towards ecosystem and climate breakdown," said Jens Wieting, Senior Forest and Climate Campaigner at Sierra Club BC. "The B.C. government has been dishonest about progress. We have not seen the paradigm shift. At-risk old-growth forests are still being clear-cut".

Environmental organizations in BC have evaluated the province's efforts to safeguard old-growth forests from logging as failing or nearly failing grades in various instances. On September 11, 2020, the Old-Growth Strategic Review Panel presented their report, which included 14 suggestions that they claimed should be carried out by 2023. These include halting logging immediately in some of the most dangerous

regions, assisting communities in economically transitioning from logging old-growth stands, and improving communication with affected Indigenous communities.

Wieting stated that former BC Premier John Horgan had pledged to put all recommendations into practice. "It's now two years. The recommendations were shared with a three-year framework. There's only one year left but we have not seen the promised change. In fact, even some of the most at-risk old growth forests are still being logged".

An impartial Old Growth Technical Advisory Panel determined in November of last year that deferrals, or the temporary halt of logging, should be prioritized for 2.6 million hectares of unprotected, at-risk old-growth in British Columbia.

RESEARCHERS MAP LANDSLIDES IN THE FRASER RIVER TO PROTECT SALMON



In 2018 a massive landslide Southwest of Clinton BC struck the Fraser River. The Big Bar landslide, as it is now known, deposited an estimated 85,000 cubic meters of rock into the river. This debris in the river resulted in the formation of a waterfall roughly 5 meters tall, making passage for spawning salmon nearly impossible. This blocked a significant number of salmon from reaching their upstream spawning grounds. According to Fisheries and Oceans Canada (DFO) the slide was a major contributing factor to some of the worst salmon returns ever recorded in the Fraser River.

Unfortunately, the slide happened in a remote area which delayed the response. When it was discovered some fish were helped across the blockade with helicopters, trucks and a fish cannons. These were deployed until a fish ladder was built. However, a more permanent solution is still needed. The focus of natural disasters is usually their impact on people, and not ecosystems and animals, and so this landslide helped bring attention to the issue.

In response, a project based out of Simon Fraser University, SFU, called "Landslide Impact of Flow Dynamics, Fish Migration and Genetics of Fraser River Salmon" is examining how past and present landslides in the Fraser River impacts the flow of the river and migrating salmon. The project, which has received funding from both the provincial and federal governments, includes a multidisciplinary team of experts in natural hazards, geomorphology, remote sensing and salmon. While the project is being led

by SFU it also includes collaboration with many other universities and organizations, as well as First Nation communities to allow for the inclusion of traditional Indigenous knowledge.

Their field work has two components. Firstly, they are using visual inspections and Light Detection and Ranging (LiDAR) data to map the location and timing of past slides. This data can be compared to historical information about salmon abundance in the Fraser River to determine the impacts caused by past landslide events. The researchers are also identifying sites along the Fraser River that are at risk of future slides by conducting riverbed surveys, studying bank topography, and using LiDAR. These can be used to identify at risk sites that require a more detailed geotechnical assessment. This data and information can also be used by DFO and local First Nations to prepare for future slides and make plans to protect salmon and their habitat. Jeremy Venditty the lead of the project and director of SFU's School of Environmental Science highlighted the importance of this work in stating,

The 2018 landslide raised the issue that I think a lot of people knew might be possible, but no one really thought too much about: that if there was a landslide lower in the Fraser Basin, it would wipe out and cause the Fraser salmon to become extinct... We tend to think about landslides as being natural hazards in the sense that they can affect people. We don't think of them as the sorts of events that can wipe out populations of plants and animals, but they can

As part of their project, the team returned to the site of the 2018 landslide to collect data about the slide. The Big Bar landslide took place at a location that was previously studied in 2009. This allows the research to accurately compare data to see how the slide impacted the river and how to better predict these events in the future. Their fieldwork was delayed by more landslides which hit the province last fall, further emphasizing the importance of conduct this type of work.

WINTER EVENTS AROUND VANCOUVER

* Please note that all events are in accordance with BC Health & Safety Guidelines regarding COVID-19*

❖ Bill Reid Gallery presents Keeping the Song Alive, November 2 2022 – March 19 2023

This winter the Bill Reid Gallery of Northwest Coast Art is hosting the premier exhibition of *Keeping the Song Alive*. The exhibit is a mix of music, art, historical documentation, film and other art forms to explore the work of ethnomusicologist Dr. Ida Halpern and two late Chiefs of Kwakwaka'wakw. For more information visit https://www.billreidgallery.ca/blogs/exhibitions-page/keeping-the-song-alive.

Bright Nights in Stanley Park, December 1 – January 1

Come down to Stanley Park to see this dazzling display of lights all December long. This family friendly event also features food vendors and live entertainment. Admission is by donation with all proceeds going to the BC Professional Fire Fighters' Burn Fund. For more information visit https://vancouver.ca/parks-recreation-culture/bright-nights-train.aspx.

Capilano Canyon Lights, November 19, 2022 – January 22, 2023

The famous Capilano Suspension Bridge Park will be transformed into a winter wonderland this holiday season. The park, and all its suspension bridges, will be lit up with a beautiful display of

holiday lights. Enjoy a hot chocolate and festive music at this magical light display. Tickets must be purchased in advance so don't wait! For more information visit https://www.capbridge.com/.

❖ CONNECT X-Mas Market & Music Festival: Love is the Warmest Colour, December 3rd and 4th
Held in the City Center Artist Lodge, a converted hotel containing 79 artist studios, this event is
a two-day community festival that combines an open studio art sale with music and food trucks.
This is a unique opportunity to view and purchase beautiful art while also meeting the artists and
learning about their work. The event will be held December 3rd and 4th from 11 am − 7 pm. There
will also be a music festival held each day following the event from 7 pm − 11 pm. There is no
admission fee for the Open Studio Art Sale and info for the music festival can be found on
Instagram @icecreamtrucklive. For more information visit https://narrowgroup.ca/project/city-centre-events/.

Festival of Lights at VanDusen Botanical Garden, September 25 - January 2

Ever wonder what 1 million Christmas lights looks like? Starting on November 25th over 15 acres of VanDusen Botanical Gardens will come to life in a dazzling display. The lakeside will also see the return of Dancing Lights, a must-see light show. The gardens will feature different themed areas, holiday music and tasty treats. For more information visit https://vancouver.ca/parks-recreation-culture/festival-of-lights.aspx.

For many more events taking place in Metro Vancouver this winter, visit Destination Vancouver's website at https://www.destinationvancouver.com/events/calendar-of-events/.

CONTACT US

For further inquiries regarding the newsletter and our green initiatives, please contact:

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Office: 604.263.3261

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Instagram: @envirostew Facebook: Enviro Stewardship

Social Development Dept.



Thursday November 18, 2022

November 30, 2022

December 2022 cheque issue day will be issued on

Thursday December 1, 2022 8:30am -12noon - 1pm- 4:30pm

Please bring in renewal slips and job search forms by Nov.20th/22.

If you require continued assistance, please bring in your *renewal slip and job search forms* by Nov.20th. For your convenience there is a mailbox by the back door of administration building.

<u>Cheques will no longer be processed on cheque issue day! They will be processed the next business day.</u>

If you are <u>not</u> on *direct deposit* please <u>reconsider</u> at this time and bring us a void cheque and or a direct deposit form from your bank.

If you are eligible for your bills (hydro, gas and phone) to be paid please bring in a.s.a.p. We cannot pay them if you do not provide your bills.

Thank you,

From Your Social Development Dept.

Indian and Northern Affaires indiennes et du Nord Canada

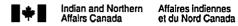
et du Nord Canada

CHILDREN OUT OF THE PARENTAL HOME **MONTHLY RENEWAL DECLARATION**

PRIVACY OF INFORMATION STATEMENT

Provision of information requested on this document is voluntary and is being collected for the purposes of determining eligibility for Children Out of the Parental Home Income Assistance. The information will be stored in a secure location by your First Nation Administering Authority, who will ensure the confidentiality of the information contained in this document in accordance with standards set out in the Social Development Policy and Procedures Manual of the Department of Indian Affairs and Northern Development (B.C. Region) and will be maintained pursuant to the *Privacy Act* and described in the personal information bank INA-PPU-240. The accuracy of the information in this document may be checked by comparing it against information held by any federal or provincial department or agency or any private agency.

OFFICE USE ONLY					
Administering Authority (AA) and Number:		Name of Worker:		Date Declaration Reviewed:	
Child					
Last Name	First Nan	ne	Middle Name		
1. Is the child still in need of Children Out of the R	Parental Ho	me (COPH) Assistance?	Yes	□ No	
Are there any changes in the composition (maliving in the relative's home?	ke-up) of pe	ersons age18 or older	Yes	☐ No	
If yes, explain change(s):					
Are there any changes in the amount of finance If yes, explain change(s) to the amount:				□ No	
Are there other changes concerning the COPH Assistance child or the information provided Yes No by the relative?					
If yes, explain change(s):					
5. COMPLETE THIS SECTION ONLY IF THE R	ELATIVE'S	ADDRESS HAS CHANGED) .		
New Address			Telephone ()	
Mailing Address (if different)					
DECLARATION					
I declare that the information that I have provided	on behalf	of		is true and complete.	
I give my permission for this information to be venot limited to, Canada Revenue Agency, the BC Development) for that purpose.	rified and co Ministry of 0	Child's Onsent to a report being obta Children and Family Develop	ined from any reporting	g agency (for example, but y of Housing and Social	
Relative's Signature	- ;	Relative's Name (Print)		Date Signed	



SOCIAL ASSISTANCE MONTHLY RENEWAL DECLARATION

PRIVACY ACT STATEMENT

Provision of the information requested on this document is voluntary and is being collected in order to make a fair decision. The information will be stored in personal information bank INA/.P-PU-020 and is protected under the provisions of the Privacy Act.

If you require continued Socia the next cheque issue.	al Assistance, please co	omplete this	orm and return to your local	administering Authorit	y at least 2 weeks before
1. Are you still in n	eed of Social Assista	nce?	Yes	No	
·	/ employment situati		? Yes	No	
If yes, explain ch	ange				
3.List any changes	s in your living situation	on (e.g. add	ress, rent, etc.). Submit ne	ew receipts.	
901-28 (6-88)					Canadä
4. Have you had any earned Income this month?		Yes	No 5. Has there been any		s? Yes No
		\$	If yes, complete *		
	d tax	\$ \$		Other (specify)	
	mily Maintenance	\$		Other (specify)	
	ployment Insurance er (specify)	\$		TOTA	L
Pen		\$			
<u> </u>		\$			
6. Is there any change in your If Yes, explain the change(s	•	or their sch	ool status? Yes	No No	
I declare that this is a true st					ıs. I give permission for
this information to be verified	d and I consent to a rep	ort being ob	ained from any reporting age	ency for that purpose.	
Band Name and #	Print Name	Si	nature of Applicant		Date

Do you want direct deposit Yes or No (please circle one)

If you are turning 65 this year, Please remember that income assistance cut off is your 65 birthday. You must apply for your Old age pension. This can be done one month after your 64th birthday!

Musqueam Indian Band

Active Job Search Statement

List dates, names and phone numbers of employers seen and results of job interviews. When completed, Sign the declaration at the bottom of this form.

Please return no later than the 20th of every month

Date contact made with Employer	Business name and address	Person contacted	Phone Number Or email	Type of Work sought	Results of your request for a job	
If you have taken No Action to find Employment, Indicate <i>why</i> : ☐ Found work ☐ Sick or Incapable (Need a Dr's note) ☐ Other (explain)						
☐ Pregnancy ☐ Attending a course of Instruction – Where?						
Declaration : I declare that All Employers listed on this form and on any attached sheets of paper have been contacted. The information I have given on this form is true. I understand that confirmation of my contacts may be obtained from Employers whose names I have shown						
Printed name of C	Claimant:	Signature of Clair	mant:	Date:		