

Musqueam Community Newsletter Thursday April 6, 2023 TOLL FREE: 1-866-282-3261, FAX: 604-263-4212 SAFETY & SECURITY PATROL: 604-968-8058

# Musqueam Easter Parade 2023!

When: Sunday April 9, 2023 Where: Musqueam Reserve

When: 11:00am

# For children under 12yrs of age!

Will start on Stautlo Ave., then Salish Dr., Crown Street, Crown Pl., back onto Crown St., Thellaiwhaltun Ave., Salish Dr., W. 51<sup>st</sup> Ave., Si-lu Dr., Hum-lu-sum Dr., back onto 51<sup>st</sup> Ave., & then Salish Dr., Mali Ave., Jericho Dr., back onto Mali Ave. & then finish on Musqueam Ave.

Weather permitting of course, if not we will be at the MIB gymnasium.

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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

# Musqueam Recreation Community Center Holiday Hours

Thursday April 6th - regular hours

Friday April 7th - 10:00 am - 5:00 pm

Saturday April 8th - 10:00 am - 5:00 pm

Sunday April 9th - 10:00 am - 5:00 pm

Monday April 10th - 10:00 am - 5:00 pm

We would like to wish everyone a very Happy Easter. Good luck to our Musqueam teams travelling to the Totem Soccer Tournament to represent Musqueam!

# Musqueam Blue's Men's 1st Game

Friday April 7th 9:00 am vs Nisga'a Warriors @ Topaz

# Musqueam Blue's Women's 1st Game

Friday April 7th 1:00 pm vs Rainbow Stars @ Braefoot

Please keep an eye on our Facebook Page and next week's newsletter for some activity announcements!



### MUSQUEAM 101

stem? (what?) Musqueam 101, Wednesday, April 12th

# Musqueam 101 Spring Dinner

Please join us for the last MUSQUEAM 101 of this academic year.

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, April 12. Dinner will be served at 6:00 p.m. at the Elders Centre with activities starting at 7:00.

PLEASE JOIN US!

# Musqueam Education Notice Friday April 7, 2023

## **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.



# **Graduating Musqueam High School Students**

If you are considering going to a post-secondary institution in September, please contact the Education dept to discuss your plans and get a copy of the MIB Post Secondary Funding Application. If you need any help or would like to discuss your options or find out more information about post-secondary funding for students graduating from high school please feel free to email or call.

Grade 12 Musqueam band members are eligible to receive support for graduation costs including dinner tickets, outfits, and photos. Please contact the Education Department for more information.

#### 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

Lucetta George-Grant, Education Advocate:

education.advocate@musqueam.bc.ca

Cary Campbell, School Bus Driver

Kymberlee Stogan, School Bus Supervisor

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

Toll free: 1-866-282-3261

Hours of Operation:			
Preschool Program Hours:	Monday—Friday 9:00 am—3:00pm.		
aycare Hours:	Monday—Friday 7:45—5:00pm		
The Children's House phone # 60 Renee Stogan Manager email:			
The Children's House Staff			

Renee Stogan Supervisor:	604 269-3302 email: childcaresup@musqueam.bc.ca
Infant/Toddler Staff:	Christy Friesen, Kelly Herman, Ernestine Herman
Preschool Staff:	Sherry Point, Stacy George, Alice Stogan

"If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales." Albert Einstein



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#### **MUSQUEAM EMPLOYMENT & TRAINING DEPARTMENT**

# **UPCOMING TRAINING**

In collaboration with Musqueam Employment & Training, YVR and ITBC



**SERVING IT RIGHT** 



**FOOD SAFE** 



**WHMIS** 

DAY 1: SERVING IT RIGHT WEDNESDAY, APR 26, 2023 | 9:00 AM - 4:00 PM COMPUTER LAB, COMMUNITY CENTRE

DAY 2: FOODSAFE THURSDAY, APR 27, 2023 | 9:00 AM - 4:00 PM

DAY 3: WHMIS FRIDAY, APR 28, 2023 | 9:00 AM - 12:00 PM

LOCATION: MUSQUEAM CULTURAL CENTRE 4000 MUSQUEAM AVE VANCOUVER, BC V6N 4C4

ELIGIBILITY: COMPLETED E&T APPLICATION, 19+ (SERVING IT RIGHT)

LUNCH AND COMPLETION BONUS PROVIDED

## **CONTACT US TODAY!**

PROGRAM COORDINATOR: KRISTA BRISK T: 604-269-3461 | E: KBRISK@MUSQUEAM.BC.CA

JOB COACH: ANGELA NAHANEE T: 604-269-3316 | E: ANAHANEE@MUSQUEAM.BC.CA

DATA & COMMUNICATIONS: ALICEA BRADLEY T: 604-269-3355 | E: ABRADLEY@MUSQUEAM.BC.CA



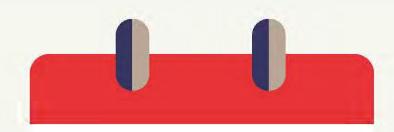


# FREE IDEATION WORKSHOP

2-hour class to explore **YOUR** business idea or discover an idea

# **HOW TO SAVE YOUR SPOT**

- 1. Interested in the FREE Ideation Workshop?
- 2. Select the workshop date you want to attend
- 3. Contact Lara via email, lara@employtoempower.com or call 778-719-0805
- 4. That's it! You're all set to go :)



WORKSHOP DATE Coming Soon!

## WORKSHOP LOCATION

Musqueam Community Centre 6735 Salish Dr, Vancouver, BC



- interested in selfemployment?
- or have a business idea?
- want to meet new friends?



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NEWSLETTER | APR.6, 2023 |

COMMUNITY HEALTH

Amana Lalli, Community Health Nurse, & Arlene Haldane, Assistant.



Amana Lalli is our new Community Health Nurse for Musqueam Indian Band.

Amana Lalli is born and raised in Vancouver, B.C. Canada but is currently residing in Burnaby, B.C.

Amana has been working as a Registered Psychiatric nurse since 2011. Amana began her career as Registered Psychiatric nurse on an acute psychiatric unit on the North shore for 5 years then moved on to gain some experience with working with client's with acute

psychiatric and substance use issues. Amana then furthered her career by working as a Health Services nurse in the community. In the community Amana provided assessment and consultative services for residents in low income housing across B.C. with complex social and health care needs and or behavioral problems. This gave me an opportunity to work with different health authorities and other relevant external agencies to connect clients to appropriate services to help them maintain their housing and well-being. Prior to coming to Musqueam Indian Band I worked as a community health nurse where I provided direct nursing care to clients, supported families, managing emergencies, administering medications, carrying out treatments and monitoring clients as needed. I worked very closely with an interdisciplinary team and other health care professionals and providers and families of client's. I participated in a lot of crisis counselling to clients who presented to the emergency departments and medical wards, including follow up after discharge as their case manager. Grateful to have been able to work with clients from different walks of life and challenges and to be able to promote person centered care that demonstrated empathy for clients, families and caregivers, sensitivity to diverse cultures and preferences, including advocating for special populations.

In her personal life, Amana was born into a Sikh Family who migrated to Canada in the late 1960's.

Amana has a younger brother and an older sister with whom she is very close to. Amana is a sports fanatic and is a diehard Vancouver Canucks fan. Amana's hobbies include hiking, biking, nature walks, family time, and travelling.

I am grateful for this opportunity to work as the Community Health Nurse for Musqueam Indian band. I am looking forward to working with you all. Please come and say hello.



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#### 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.

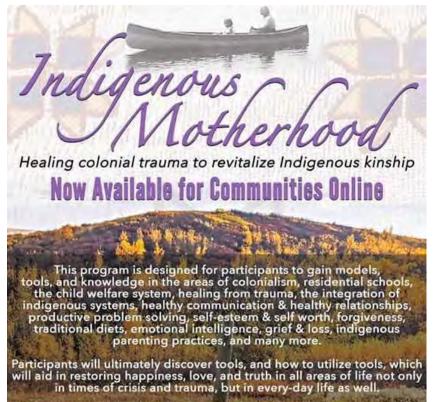
- 🖌 Nursing pads, as needed
- 🖊 🛛 A one-time gift of an Electric Breast pump
- One per family, Welcome gift for your new baby

Please call our new Community Health Nurse, Amana Lalli to register for the Prenatal Program:

Phone: 604-269-3313, | Email: chn@musqueam.bc.ca

Amana & Arlene office hours: Monday – Friday 8:30-4:30 – with a lunch break from 12-1pm

Arlene Haldane - Phone: 604 269 3354 | Email: nurseassist@musqueam.bc.ca



This important program presented by Andrea Landry is coming to Musqueam via zoom online sessions

Program for 6 Sessions: <del>Apr 5th</del>, Apr 12th, Apr 17th, Apr 19th, Apr 24th, Apr 26th

Please contact Trish by email <u>lbh@musqueam.bc.ca</u> Or call/text (778)239-4325

For more info: www.indigenousmotherhood.com





# TRAIN LIKE A SALMON EVERYONE IS WELCOME!

STARTING MARCH 7, 2023

TUES & THURS\_ 6:00 PM - 7:00PM

BRING A WATER BOTTLE & TOWEL!



MUSQUEAM COMMUNITY CENTRE IN THE GYMNASIUM 6735 SALISH DR, VANCOUVER, BC





#### Charlene Campbell-Wood

#### Why water regulations on First Nations land are important

All Canadians should have access to safe, clean, and reliable drinking water. While provinces and territories have their own legally binding safe drinking water standards, First Nations communities do not have comparable legally enforceable protections. The Government of Canada has a <u>Protocol for Safe Drinking Water for First Nations</u> <u>Communities</u>, which sets out clear standards for the design, operation and maintenance of drinking water systems; as well as other <u>protocols and guidelines</u> to support First Nations in providing community water and wastewater services comparable to the levels of service that would generally be available in off-reserve communities of similar size and circumstances.



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Brenda Campbell, Elders Coordinator Ph: 604 263 – 6312

#### LADIES GROUP

When: Every Tuesday

Time: 1-4pm Location: Elders Centre



**ELDER'S LUNCHEON:** 

Wednesday, Apr.19, 2023 Time: 12:00 Noon Location: Elders Centre

Elder's only



**ELDERS CHAIR EXERCISE** When: Thursday Apr.13 Time: 1pm Location: Elders Centre

#### 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: <u>homecare@musqueam.bc.ca</u>

Arlene Haldane office hours: Tues.- Fri. 8:30-4:30 | Phone: 604 269 3354 | Email: nurseassist@musqueam.bc.ca

\*If there is no answer please leave a message. \*For Emergencies Call 911 \*

# **YOUTH CENTRE**

#### Phone: 604-269-3465

The Youth Centre hours will be open from: 2pm—9:00pm Tuesday—Friday

**Closed** Monday April 10, 2023 for Easter Monday.

If your Child Is **younger than 7** they must have a guardian who is **older than 14** with them <u>at all times who will</u> <u>care for them</u>. **Children 0-6 without a parent or guardian will be sent home.** 



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

# Brad & Nicolette are both away.

If you or someone you know is struggling, and need immediate help please call:

- Crisis Line: 1-800-784-2433
- KUU-US Crisis Response: 1-800-558-8717
- Mental Health Support Line: 310-6789

If you need counselling services, please reach out to Janice Cross: 236-558-9977



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# MUSQUEAM PRIMARY CARE CLINIC



Musqueam Elders Centre, 4010 Si Lu Drive, Vancouver BC V6N 4K7 Located in the Primary Care Trailer

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

Monday Apr. 10	Tuesday Apr. 11	Wednesday Apr. 12	Thursday Apr. 13	Friday Apr. 14
CLINIC CLOSED For Easter Monday	Dr. Dumont, GP	Karen Chandra, NP	Karen Chandra, NP Jessica Peart, NP (locum)	Karen Chandra, NP
	9:30am - 3:30pm	9:30am – 3:30pm	9:30am - 3:30pm	9:30am – 3:30pm

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

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



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

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



Naloxone kits available. (Injectable or Nasal Spray) <u>Please do not leave kits in a car during freezing weather</u>. Contact Nicolette, Brad, or our clinic to replace an expired kit.



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



Our clinic has <u>reached capacity</u>. Call the clinic to be added to the **patient waitlist**. Please note that we are **no longer a walk-in clinic**.



**Influenza vaccines** available, call the clinic to schedule an appointment. Injectable flu vaccine available for ages 6 months and up.

Alternate Resources

**Dr. Anamaria Richardson** (from Granville Pediatrics) will be working in Musqueam once a month.

Next Visit: April 12, 2023.

To book an appointment,

please call their Granville office at 604-423-4803.

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

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

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

#### Walk-In Clinics Nearby

Highroads Medical: 5960 E Boulevard (Kerrisdale)

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

Check wait-times for BC Walk-in Clinics at http://medimap.ca



#### - COMMUNITY ADVISORY – 2023 South Airfield Projects and Temporary Changes to Aircraft Operations at Vancouver International Airport

As part of our ongoing commitment to safety and to keeping passengers, planes, and cargo moving efficiently, Vancouver International Airport (YVR) will be undertaking a series of rehabilitation projects on our South Airfield, starting in April 2023. This work will also allow for modernization of a number of heritage elements of our taxiway system, including some that date back more than 50 years.

The projects include concrete panel replacements such as a full length overlay of Taxiway Lima (the main taxiway connecting the Main Apron where aircraft are parked for loading/unloading, etc., with the west end of the South Runway); rehabilitation and upgrades at several taxiway and runway intersections; as well as electrical work to improve safety and energy efficiency.

This work will require South Runway and Taxiway closures between April and early November and will result in expanded use of our North Runway for both landings and take-offs. The exact duration of this work is dependent on a number of factors, including weather conditions. Please see <a href="http://www.yvr.ca">www.yvr.ca</a> for current up-to-date information on runway use and the project schedule.

The following provides a summary of the change in aircraft operations that communities in the vicinity of the airport can anticipate during the duration of the projects:

#### Night-time (10pm-7am) Use of the North Runway

During normal operations, the North Runway is closed at night and all landings and take-offs occur on the South Runway.

To accommodate the projects, nightly closures and reduced access to the South Runway will necessitate landing and take-offs using the North Runway.

#### Daytime (7am-10pm) Use of the North Runway for Take-offs

During normal operations, the North Runway is generally used primarily for landings and the South Runway is used for both take-offs and landings.

Due to the closure of Taxiway Lima, aircraft will not be able to taxi to and from the west end of the South Runway to the Main Apron. As a result, some take-offs will be accommodated on the North Runway.

#### Engine Run-Ups

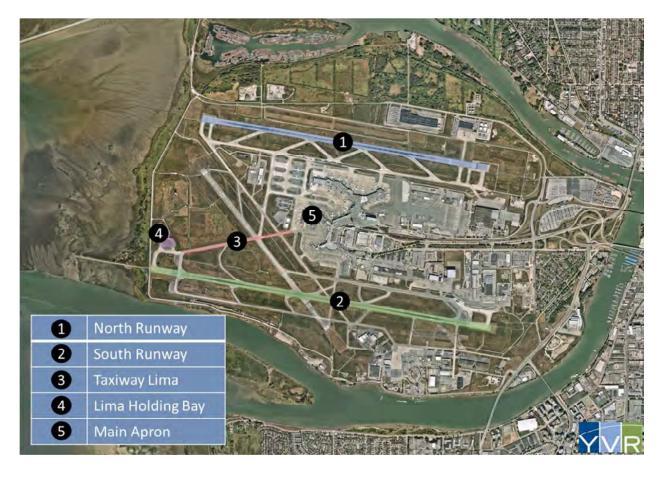
Engine run-ups are performed after maintenance work to ensure the aircraft is operating properly and is safe to return to service. This involves running the engines, sometimes at full power, in order to check aircraft systems. Run-ups are allowed at designated locations on the airfield where checks can be done safely as well as minimizing noise on the surrounding community.

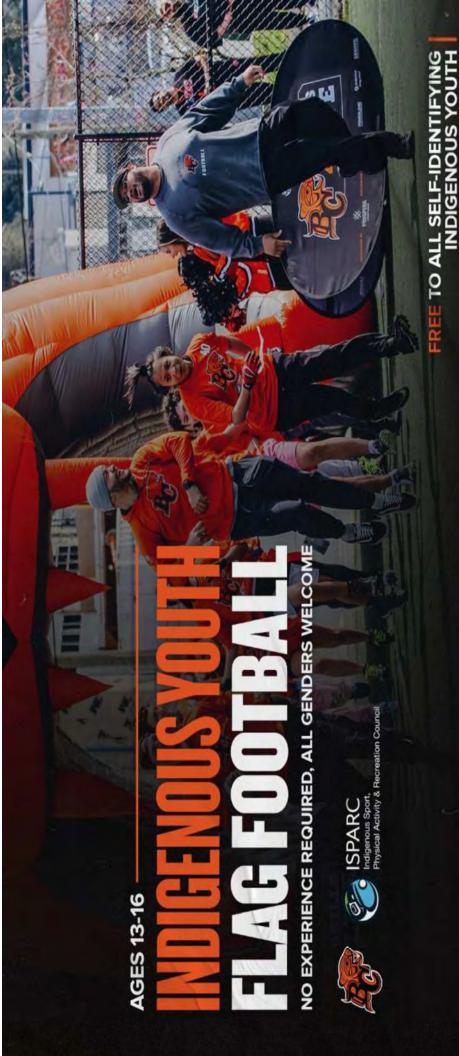


The main run-up location for large jets is the Lima Holding Bay at the west end of the South Runway, which will be out of service due to work on Taxiway Lima. Alternative locations on the airfield will be identified to allow run-ups to be performed safely. Depending on the specific situation, some of the alternate locations may result changes to noise exposure in certain communities close to the airport.

We are planning and staging our work to minimize the overall project duration. We appreciate your understanding as we complete these projects to maintain high safety standards for the travelling public.

For further information visit <u>www.yvr.ca</u>.





Tom Binnie Park, 13458 107a Ave, Surrey, BC Life Skills & Team Building Event: **Tournament and BBQ:** Time: 10am to 4pm Saturday, April 22 Sunday, April 30 Location: TBD 10AM-2PM April 12, 19 & 26 (4:00 -**MUSQUEAM PRACTICE** Wednesdays 5:30 PM) SERIES



Register at: <u>https://isparcbc.wufoo.com/forms/m1jcp2bw0zggloc/</u>

For more information, please contact: Courtenay Gibson, Recreation Manager @

cgibson@musqueam.bc.ca

Musqueam Soccer Fields

# λiλexətalə ct

we invite you





Come and celebrate with the həṅḍəmiṅəṁ language students

# ?əmi 4e? ?ə4tən

# Community Dinner & Student Presentations

təmtem: Thursday April 13<sup>th</sup>, 2023 5:00 p.m.

ni? ?əncə: Musqueam Cultural Centre

# HEATHER LANDS

RFP: FOR REGISTERED MST NATION MEMBERS: PRESENTATION CENTRE WELCOMING POSTS

Musqueam - Squamish - Tsleil-Waututh & Aquilini Partnership

89 West Georgia Street Vancouver BC V6B 0N8 | 604-899-5398 | tobias.slezak@aquilini.com



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## Introduction

MST-AQ is a partnership between Musqueam, Squamish, and Tsleil-Waututh Nations and Aquilini Development that has been formed to redevelop the Heather Lands site. Rezoned in May of this year, the Heather Lands will be redeveloped to align these lands with the City of Vancouver's 30-year Cambie Corridor Plan. This redevelopment project provides a rare opportunity to integrate the culture, storytelling, and rich history of the Host First Nations partners into the built environment of this important site. The unique character of the lands will take shape through the incorporation of Indigenous values and principles engrained in each step of this development.

Through this Request for Proposals ("RFP"), MST-AQ are seeking to retain three MST registered member artists/wood carvers to create one (1) welcoming post each (one for each Host Partner Nation); there will be a total of three posts at the main entry of the Heather Lands Presentation Centre.

## **Project Description**

The Heather Lands site is an 8.5Ha (21 acre) site, consisting of three legal parcels of land situated in the South Cambie neighborhood of Vancouver, BC. The proposed redevelopment of this site contemplates the demolition of all existing infrastructure and improvements in preparation for a large, primarily residential master planned community. The presentation centre will be located in the North-East Corner of the property on the corner of W33rd Avenue and Heather Street.

We are excited to offer this RFP to all registered MST Host First Nation members. This RFP specifically refers to the artwork in the form of three welcoming posts (one from each First Nation in our partnership) that will greet people as they enter into the Heather Lands Presentation Centre. The entire presentation centre is approximately 7,500sf and we envision the welcoming posts as a great first interaction for the visitors. They will be placed in the entry of the presentation centre and eventually they will be moved into a permanent home within the site.

# Project Timeline (From Feb 22)

Submissions by April 15th, 2023.

Draft Designs in August 2023.

Final Welcoming Post Delivery when Presentation Centre Construction is Finished (November/December 2024).

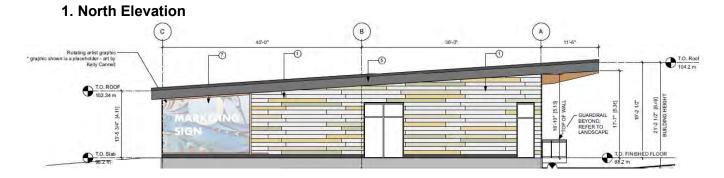
## **Context Plan**



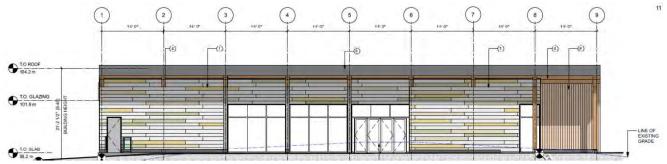
# **Development Plan**



# **Presentation Centre Elevations**



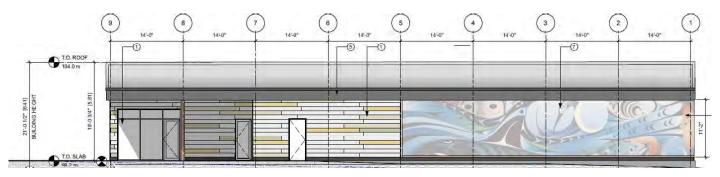
#### 2. West Elevation



#### 3. South Elevation



#### 4. East Elevation



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## Scope of Work

The artwork specified in this RFP is as follows:

- Design development of the plans for the welcoming posts.
- Meetings with Aquilini and other consultants during various stages of the Presentation Centre construction process.
- Creation of welcoming post, approximately 10ft tall.
- Pricing for the project with clarifications related to materials (ie. does pricing include wood, installation etc. or will we carry these costs)
- Delivery and installation of the artwork to be coordinated with MSTA as needed.

## Suggested Items to Include for Proposal

We are excited to receive responses from the Host MST First Nations art community and welcome all types of submissions for this work. Through your response, we are looking to get an understanding of your work and who you are as an artist to build our partnership as we move through the project. The following details will help us to understand your capacity to execute this project:

- Profile/Approach
  - Include some details about how you would approach this project.
  - About yourself
    - Background about yourself as an artist and your history in this profession.
- Experience
  - Helpful to include a small portfolio of your work.
- Project Scope Summary
  - 1-2 page document that highlights what you will be doing for this project start to finish.
- Inclusions and Exclusions (ie. Cost of Materials, Digitization of sketches, etc.)
- A list of items to clearly highlight what is included and not included in your fee.
- Personnel Charge Out Rates
  - The rate you charge per hour for additional work.

Format of Pricing Scope:

• Fixed Fee for Presentation Centre Public Art Scope

Responses for consideration should be submitted by email to <u>rohet.bains@aquilini.com</u> by April 28<sup>th</sup>, 2023. If you have any questions or would like to discuss the details of your proposal, we are happy to arrange a time to discuss the project further prior to the due date. Please reach out by email to schedule a meeting.