



Musqueam Community Newsletter

FRIDAY August 11, 2023

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

SAFETY & SECURITY PATROL: 604-968-8058



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SELF-GOVERNMENT & RIGHTS RECOGNITION

BBQ DINNER AND DISCUSSION

Tuesday August 15, 2023

Time: 6:00 P.M.

Where: Field @ Cultural Centre

What is self-government ?

What does "rights recognition" mean ?

Join Councillor Rosiland Campbell, Tim Raybould and team for dinner and discussion around what self-government and rights mean for Musqueam.

Please come and share a meal and relax by the river with us!

St. Michael's Church

Please join us every Sunday at St. Michael's Church @ 1:00 P.M.

Thank you:)

Jeannie Campbell—
604-781-56541





Notice of Community Meeting:

2024 Supplementary Budget

Discussion Meeting

Attention to all Musqueam Band Members a 2024 supplementary budget discussion meeting will take place. This is an important meeting and you are encouraged to attend.

Date: Thursday September 21, 2023

Time: 5:30 pm Dinner/6:00 pm meeting called to order

Location: Musqueam Cultural Centre (4000 Musqueam Avenue)

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

August 11, 2023

Musqueam Indian Band
6735 Salish Drive
Vancouver, BC
Canada V6N 4C4



FIRST NATIONS NIGHT

OPPORTUNITY:

The Vancouver Canucks will be hosting our third annual First Nations Night in the 2023-24 season. The Night will be an opportunity to share and celebrate the experiences, contributions, and accomplishments of First Nations Communities in BC, including those with connections to hockey.

We're looking for an artist to design two Vancouver Canucks inspired logos to be applied for retail, content, and marketing purposes leading up to and on the night of celebration. Proceeds of the sales connected to these logos will be donated to a local charitable organization.

GOALS:

To have a local First Nations artist collaborate and consult with the Vancouver Canucks to produce logo artwork to be featured on the night. The creation will represent a blend of our team's spirit, First Nations Community and the artist's identity, style and lived experience. Applicants must show proof of membership to your nation of either (Musqueam), Skwxwú7mesh (Squamish), or səliwətał (Tsleil-Waututh).

DELIVERABLE:

- Primary Logo - EPS logo file built using Pantone Colour Swatches
- Secondary Logo - EPS logo file built using Pantone Colour Swatches

The design needs to incorporate elements of the Canucks brand/hockey, however, will focus on the First Nations Community's culture and influence. The design should reflect important visual identifiers of the First Nations Community within Vancouver and British Columbia.

- Consider how your personal experience and First Nations Community elements (colours, figures, etc.) intersect with core Canucks values (Diversity & Inclusion, Hustle, Innovation)
- Design within the orca logo (do not include the logo within a larger work) and maintain overall depiction of the logo. When using the orca, try to represent the face in some way.
- Where possible avoid large objects (e.g., animals, people, symbols, etc.). The design should either be a mural-based depiction of a scene or a collection of smaller symbols that represent the community.

COMPENSATION:

- The sum of CAD\$2,500 plus applicable taxes
- 4 tickets to the event game
- Canucks First Nations Night merchandise package

TIMELINES:

Call-out to artists: August 1, 2023

Artist selection + contracted: August 14, 2023

First draft review of sketches/concepts: August 28, 2023

Final Artwork due: September 11, 2023

CONTACT:

Pierre Chan
Pierre.Chan@canucks.com

Johnna Sparrow
Johnna.Sparrow@aquilini.com



Friday, August 11, 2023

ATTENTION: RESIDENTS OF THE MUSQUEAM COMMUNITY

RE: 2023 CPKC Women's Open

Golf Canada will be hosting the 2023 CPKC Women's Open (CPKCWO) at Shaughnessy Golf & Country Club from August 21st to 27th. The CPKC Women's Open is the only Canadian stop on the LPGA Tour, featuring many of the world's top players including 2018 champion and Canadian icon, Brooke Henderson. More importantly, through hosting the event, our title sponsor CPKC will make a significant donation to the BC Children's Hospital. Our collective goal is to raise over \$2.5 million which will support the hospital purchasing new equipment for their cardiac department.

The championship will welcome nearly 65,000 spectators to the golf course throughout the entirety of the week. A professional golf tournament is a unique event as the host venues does not have the necessary space on-site to park the majority of tournament vehicles and a shuttle program is required. Repeating the same plan that was used during the 2011 RBC Canadian Open at Shaughnessy, Golf Canada will run a bus drop-off and pickup program on the corner of Salish & Kullahun Drive. To ensure the safety of everyone, there will be restricted access and no street parking on Kullahun Drive as well as Salish Drive between Sennok Crescent and Kullahun Drive. Additionally, the northbound lane of Kullahun Drive will be entirely closed for spectator admissions. Kullahun's south lane will become a two way road. These lane restrictions will be in effect starting on Thursday August 17th and run until the conclusion of the tournament on Sunday August 27th. These closures allow us to run a safe and effective shuttle program and keep pedestrians safe as they head to and from the golf course. The tournament has partnered with the Vancouver Police Department and Paid Security Firms to support the restricted access on the corner of SW Marine & Kullahun as well as Salish & Sennok to only allow accredited vehicles to enter.

Residents living within the roadblock on Kullahun & Salish Drive will be provided with vehicle passes to ensure they can easily get through these blockades and enter their residents.

We understand that this event is a large undertaking and whether you are living within will be disruptive to the daily routine of many residents. If you have any questions regarding the tournament or shuttle plan outside the course, please do not hesitate to reach out.

The CPKC Women's Open features something for everyone, from our signature 'rink hole', a par three hole on course that is surrounded by hockey boards, and the Fare Way food experience. We hope to see you there!

Sincerely,

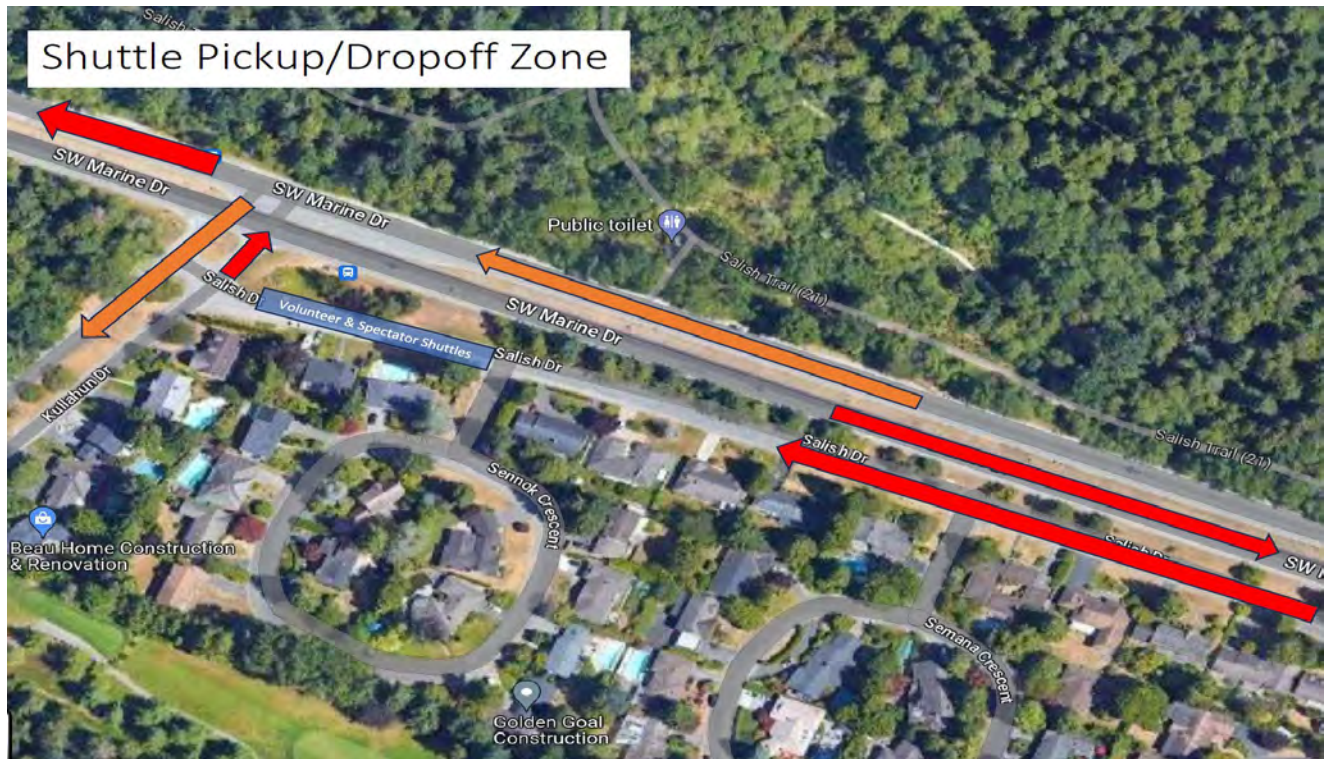
Ryan Paul

Tournament Director, CP Women's Open

rpaul@golfcanada.ca

289-230-7287





HEAT EXHAUSTION



What are the
**SIGNS AND
SYMPTOMS**
of heat illness?

Skin rash



Muscle
cramps



Dizziness or fainting



Nausea or vomiting



Heavy sweating



Headache



Rapid breathing and heartbeat



Extreme thirst



Dark urine and
decreased urination



If you experience any of these symptoms during extreme heat, immediately **move to a cool place** and **drink liquids**; water is best.

HEAT STROKE

High body
temperature



Confusion
and lack of
coordination



Dizziness/
Fainting



No sweating,
but very hot,
red skin

Heat stroke is a medical emergency! **Call 911 or your local emergency number immediately.** While waiting for help—cool the person right away by:

- moving them to a cool place, if you can;
- applying cold water to large areas of the skin; and
- fanning the person as much as possible.



Who is **MOST AT RISK?**

FACT 1 **OLDER ADULTS**

Older adults may be faced with compounding factors that could put them at increased risk during extreme heat events. These factors may include chronic illnesses, medications that interfere with the body's cooling mechanisms, social isolation, and poverty.

FACT 2 **INFANTS AND YOUNG CHILDREN**

Given the unique physiological characteristics of children's bodies and their high dependency on caregivers, they are likely to be at risk during extreme heat events.



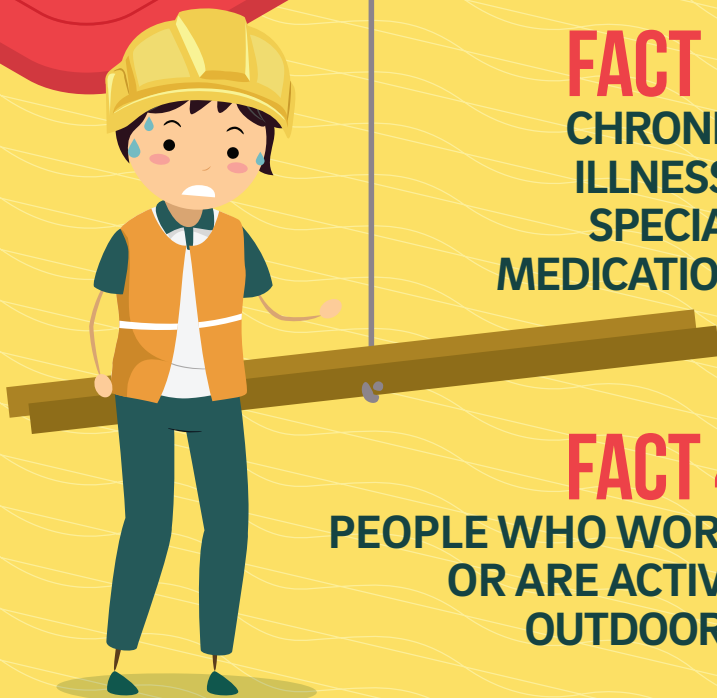
FACT 3 **CHRONIC ILLNESS/ SPECIAL MEDICATION**

Individuals with breathing difficulties, heart problems, and psychiatric illnesses are at a higher risk of heat-related health effects.



FACT 4 **PEOPLE WHO WORK OR ARE ACTIVE OUTDOORS**

People who work outdoors (e.g. construction, road repair) and physically active individuals who exercise in the heat could face greater environmental heat exposure and physical strain.





TIP 1 PREPARE FOR THE HEAT

- Tune in regularly to local weather forecasts and alerts so you know when to take extra care.
- If you have an air conditioner, make sure it works properly.
- If you don't have an air conditioner, find an air-conditioned spot close by where you can cool off for a few hours on very hot days.

TIP 2 KNOW THE SIGNS OF HEAT

TIP 3 PAY ATTENTION TO HOW YOU AND THOSE AROUND YOU FEEL

Frequently visit neighbors, friends and older family members, especially those who are chronically ill, to make sure that they are cool and hydrated.

TIP 4 DRINK LIQUIDS; WATER IS BEST.

TIP 5 STAY COOL



SAFETY TIPS

How to stay cool?



Wear loose-fitting, light-coloured clothing made of breathable fabric.



Take cool showers or baths until you feel refreshed.



Plan strenuous outdoor activities for cooler days, or choose a cooler location, like a place with air conditioning or with tree shade.



Spend a few hours in a cool place. It could be a tree-shaded area, swimming facility or an air-conditioned spot.



WE ARE HIRING!

Musqueam Administration is currently hiring these positions:

- Youth Outreach Worker
- Home Care Worker
- Lands Director
- In-House Legal Counsel
- Casual Term Data Entry Clerk
- IGA Projects Coordinator
- Chief Financial Officer
- Grounds Worker
- Primary Care Clinic Manager
- Casual Positions Available



Interested in applying?

Visit www.musqueam.bc.ca/careers to read the job descriptions.

For more information about career opportunities with Musqueam, contact Kia Coles, Musqueam HR Manager, kcoles@musqueam.bc.ca

MUSQUEAM 101

CALL FOR CATERING BIDS:

UBC&MUSQUEAM (Musqueam 101) now accepting bids for catering services to be provided for 2023-2024 session of Musqueam 101. Please note that more than 1 caterer may be selected, with a number of consecutive dates allocated to each caterer selected.

Bid Requirements

- A Cost Breakdown, per person (usually about 30 people per week)
- A Sample menu – Hot dinner, light dessert & beverage with supplies (dishes, cutlery, etc)
- A commitment to early April 2024
- Must have Food Safe

Musqueam 101 will gather at the Elders Centre from September - April on Wednesday evenings.

Food set up by 6 p.m. with clean up at 9 p.m.

Musqueam 101 will start on Wednesday, September 13.

**The deadline for Submissions is
4:00 Friday August 25th, 2023**

Proposals should be addressed to Leona Sparrow and may be dropped off at the Band Office or emailed to

Leona: lsparrow@musqueam.bc.ca



Musqueam Education Notice August 11, 2023

Post Secondary Students:

Living Allowance will be Direct Deposit on August 30, 2023

Please ensure that your information is up to date, we need the following

1. MIB Education forms
2. List of registered courses
3. Direct Deposit information

Education Awards

Education awards are now available for Musqueam Band members!!

GRADE 12 GRADUATES – If you graduated this June, please submit your final report card, Dogwood Certificate and BC Ministry of Education transcripts to the Education Department, to receive your award.

GRADE 8 – 11 – If you are interested in receiving an academic award please submit your final report card to the Education. The top academic student in each grad will receive an award.

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.

Children will not be required to wear a mask on the bus, but it is strongly recommended that they do. 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



Grades K-12

Back to School

School Cheques * Ipads * Laptops * Backpacks

WHEN

August 25, 2023
9:00 – 4:00

WHERE

Library Space
Musqueam Community Centre

We have a limited supply of Ipads & Laptops for distribution. We are looking forward to seeing you all,

Musqueam Education Department

UBC is hosting the 2nd Annual Indigenous Graduate Summer Institute next week from August 13 – 19, 2023 at UBC Vancouver. We have had a few seats open up this week and wanted to see if you might have prospective undergraduate or even current graduate students who might be interested in joining us for the week. We also have 1 or 2 dorm rooms available if the students would prefer to stay overnight on campus. They do not necessarily need to be UBC students as we want the event to be inclusive for Indigenous participants.

Here is a link to the Summer Institute page: <https://www.grad.ubc.ca/about-us/equity-diversity-inclusion/indigenous-graduate-summer-institute> and I have attached a copy of our tentative agenda. If students are interested in register, they can call me at 778-838-6323 and I can get them set up for the week. We are covering Breakfast and Lunch Monday to Friday, and will be offering dinner on Monday evening and Friday evening. Other than travel to and from campus, there are no fees for the students.

Thank you,

Rebecca Jules (Secwepemc) MPP, BA (She, Her, Hers)

Specialist, Indigenous Graduate Initiatives, Graduate and Postdoctoral Studies

The University of British Columbia | Vancouver Campus | Musqueam Traditional Territory

170-6371 Crescent Road | Vancouver BC | V6T 1Z2 Canada

Email: rebecca.jules@ubc.ca | 604-827-0829 | <https://www.grad.ubc.ca/prospective-students/indigenous-students>



THE UNIVERSITY OF BRITISH COLUMBIA

Indigenous Graduate Summer Institute

August 2023

Time	Sunday August 13	Monday August 14	Tuesday August 15	Wednesday August 16	Thursday August 17	Friday August 18	Saturday August 19
8:30am		Continental	Hot Breakfast	Continental	Hot Breakfast	Continental	
9:00 am	Student Arrivals	Musqueam	Funding Workshop	Full day with CTLT	UBC Studios	Science Lab	
10:00am		Research in and with Indigenous Communities	Belkin Decolonization Tour (Meet at bookstore)	Office of Investigations	UBC Studios	BREB (10:30)	
11:00am		Musqueam	Belkin Decolonization Tour	Equity, Inclusion Office	Patty Kelly - CWSC	BREB	
12:00pm		LUNCH at Dialogue Centre	Lunch at the Longhouse	Lunch at the Longhouse	Lunch at the Longhouse	Lunch at the Longhouse (12 – 12:30) shorter	
1:00pm		Dialogue Centre	Next generation PhD	Ombuds Office/ 23 24 CEH	Library	Centre for Community Engaged Learning	
2:00pm		Dialogue Centre	Scholarly Communications and Publishing Presentation	What I learned in Class Today	Food hub	Medicine collective	Safe Travels Home
3:00pm		Planning your Grad Journey	MOA	CTLT	Food hub	Medicine collective	
4:00pm		ᓄᓐᓇᓐᓇᓐᓇᓐᓇ Collegium	MOA	Move U - Kick Boxing	Prospective/ Current Session	Medicine collective	
5:00pm		ᓄᓐᓇᓐᓇᓐᓇᓐᓇ Collegium	BC Elders Gathering	BC Elders Gathering	ᓄᓐᓇᓐᓇᓐᓇᓐᓇ Collegium		



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | AUGUST 11, 2023 |

COMMUNITY HEALTH

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

Lice kits are available through from the community health nurse and shampoo is available from the pharmacy and covered by FNHA. If you would like more information you may contact Amana, CHN.

PRE-POSTNATAL PROGRAM

BETTER TOGETHER

DROP IN SESSION to share a meal and discuss supports and resources.

We will hold a drop-in group 2 times a month on Tuesday's from 12pm to 2PM

Please join us in the Youth Centre for our drop-in session on

Tuesday, August 22nd – Lunch and a Walk

Tuesday, August 29th 2023 – Lunch and an activity



BEFORE BABY IS BORN:

- You can receive 4 Save on \$25 gift cards per month to support with buying healthy food and snacks during prenatal period, until baby is 3 months old.
- Prenatal support and information on Labour & Delivery
- Resources to make sure you have a healthy pregnancy and healthy baby (books, pamphlets, guest speakers)

AFTER BABY IS BORN:

- Breast feeding support; includes one box of nursing pads per week as needed until baby is 6 months old
- Reimbursement for 1-2 nursing bra's, baby welcome bag & a breast pump to keep (one time only), if you haven't received one from a previous pregnancy.
- Wellness baby visit – have baby measured & weighed at the drop-in group
- Postpartum information/resources for mom and baby
- How to deal with baby's outbursts, early years from 0-5 years, sleep routines, baby formula, nutrition & more

DOOR PRIZES at the END OF THE SESSION 😊 PLEASE CALL AMANA TO REGISTER!!

Amana Lalli, Community Health Nurse, RPN (604) 263-3261; email: chn@musqueam.bc.ca

AROUND THE KITCHEN TABLE: GIRLS GROUP STARTING UP!



SEXUAL AND MENTAL HEALTH EDUCATION GROUP with Janice Carroll & Janice Cross

Come join us for an open discussion around the table while doing some activities and having lunch with friends. \$20 gift card for anyone that attends.

DATE: August 14, 2023

TIME: 12:00 – 2:00PM

LOCATION: Community Centre 6777 Salish Drive.

WHO: Girls or anyone identifying as a female ages 12 years old and up. You are invited to join our sexual and mental health group. **To register please contact Amana, CHN or Arlene, Nursing assistant at 604-263-3261.**



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MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | AUGUST 11, 2023 |

MERV's Walking Challenge Continues!

join us for the

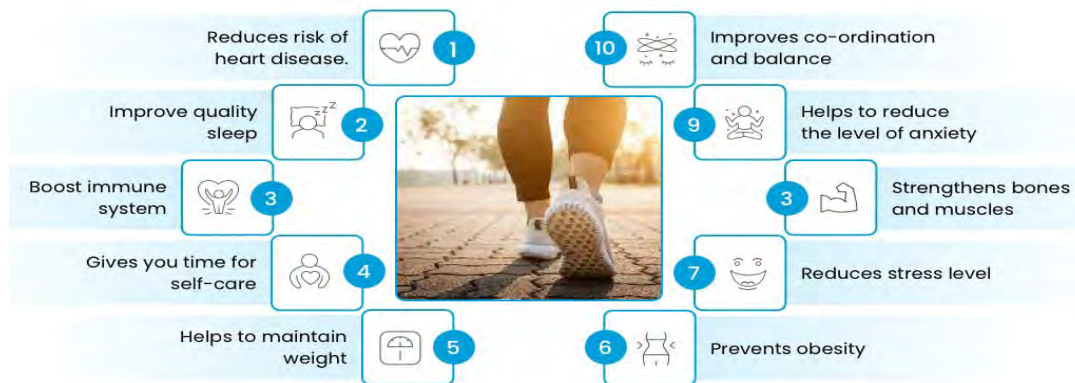
WALK-TO-WELLNESS CHALLENGE

Group sessions on: Tuesdays & Wednesdays
Location: Meet at the Elder's Centre
Time: 10:30am - 11:30am

Who: OPEN to All community members

Prizes: Participant's names will be entered in a draw to win a prize for the most groups attended.

10 BENEFITS OF WALKING DAILY



WHAT TO BRING: Wear comfy walking shoes, preferably runners. Bring a hat, wear sunscreen and please bring any mobility aids that you may use.

WHAT WILL BE PROVIDED: Walking poles, fruit and water as needed. You may bring your own snack if you like.

If you would like for us to pick you up on the way and are not able to meet at the café.

Call Merv or Amana at 604-263-3261 to register.



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | AUGUST 11, 2023 |

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

A support line for **all of life's challenges**; including 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 worker -
Contact & what our dept offers**

Brad Morin

-Wed - Fri 6-9pm

-Sat - Sun 1-5pm

Ph: 604-652-1368

What we offer

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



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MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | AUGUST 11, 2023 |



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 Aug. 14	Tuesday Aug. 15	Wednesday Aug. 16	Thursday Aug. 17	Friday Aug. 18
Karen Chandra, NP	Dr. Dumont, GP	Karen Chandra, NP Jane Estey (virtual NP)	Karen Chandra, NP Jessica Peart (locum NP) Jane Estey (virtual NP)	Karen Chandra, NP
9:30am – 3:30pm	9:30am – 3:30pm	9:30am – 3:30pm	9:30am – 3:30pm	9:30am – 3:30pm

Call 604-266-0043 to book an appointment

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



Unable to attend your in-person or virtual appointment? Please notify us as soon as possible.

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



Naloxone kits available. (Injectable or Nasal Spray)
Please do not leave kits in a car. Contact to replace an expired kit.



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



Our clinic has reached capacity. 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.

Dr. Anamaria Richardson

from Granville Pediatrics will be working in Musqueam once a month.

Next Visit: Sept.13, 2023.

To book an appointment, please call their Granville office at 604-423-4803.

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 Indigenous.

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>



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | AUGUST 11, 2023 |

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 Home Care Assistant or Romeo.

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: 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 ***

MUSQUEAM ELDERS CENTRE

Brenda Campbell, Elders Coordinator
Ph: 604 263 – 6312



LADIES GROUP

When: Every Tuesday
Time: 1:00-4:00pm
Location: Elders Centre



ELDER'S LUNCHEON:

When: Wednesday, Aug.16
Time: 12:00 Noon
Location: Elders Centre
***Elders only**



ELDERS CHAIR EXERCISE

When: Thursday, Aug.17
Time: 1:00pm
Location: Elders Centre

MUSQUEAM YOUTH CENTRE

YOUTH CENTRE

Phone: 604-269-3465

The Youth Centre hours for **August 14-18th: 1:00pm—8:00pm** Monday—Friday

If your Child Is **younger than 7** they must have a guardian who is **older than 14** with them at all times who will care for them.

Children 0-6 without a parent or guardian will be sent home.



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | AUGUST 11, 2023 |

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

10 Life-Changing Reasons to Drink More Water

Has it occurred to you today that you are thirsty? Guess what – by the time you experience the sensation of the thirst, you are already dehydrated. That thirst is your body calling for re-hydration.

Your body is composed of roughly 60% water¹. That means when we are dehydrated – and most of us spend our days constantly dehydrated to some degree – we are affecting the performance of the majority of our body. **Nearly all of our systems do not function as well without the proper water intake.**

If you don't drink water, you will die. It's that important. Depending on our environment, we can live only a few days without water - maybe a week. We can live much longer without food. For most of us, we should prioritize the consumption of water far more than we currently do.

Prevent cancer

Perform better

Have less joint pain

Prevent headaches

Feed your body

Be less cranky

Lose weight

Flush out waste and bacteria

Make your skin glow

Water is essential for the proper circulation of nutrients in the body. Water serves as the body's transportation system and when we are dehydrated things just can't get around as well.

Quick rules of thumb for drinking water:

- Drink half your bodyweight in ounces of water (if you weight 160lbs, drink 80oz of water each day).
- Carry a bottle everywhere with you as a reminder to keep drinking.
- Eat raw fruits and vegetables – they are dense in water. You can get water from food, not just from beverages.
- Drink water and other fluids until you urinate frequently and with light color.

WE'RE HIRING



C&C HORIZON
Contracting Ltd.

C&C HORIZON CONTRACTING LTD (BAND
MEMBER OWNED BUSINESS)

WORK COLLABORATIVELY WITH SUMMIT
HORIZONS, OUR JV PARTNERS.

**JOIN
OUR
TEAM!**

OPEN POSITIONS:

- EXPERIENCED AND NEW TO CONSTRUCTION LABOURERS
- HEAVY EQUIPMENT OPERATORS WITH EXPERIENCE AS WELL WITHOUT

REQUIREMENTS:

- APPLICANTS WITH VEHICLES PREFERRED
- MALE OR FEMALE, MINIMUM AGE 18 YEARS OLD

CONTACT E&T:

ANGELA NAHANEE, JOB COACH
E: ANAHANEE@MUSQUEAM.BC.CA



TRADES & CAREER EXPLORATION PROGRAM

OCEAN

"For 50 years Ocean Group has been part of the maritime landscape in Quebec, and now in Canada and the Caribbean. With our 1,000 expert employees who do their utmost to offer innovative and ingenious solutions, we remain focused on our goal of becoming a world-class company and a trusted business partner for our customers."



GROUP OCEAN SITE TOUR

Such a great afternoon learning more about Marine Careers and touring the tugs. We now have 3 of our students working with Group Ocean after graduating from the Bridgewatch Rating Program at BCIT, and one hired full-time at Vancouver Port.

Thank you Gord Yahn from Group Ocean and Jay Mearns and the fabulous team at MCC for building these fantastic partnerships with companies that truly care about the community.





Trades & Career Exploration Program



Last weeks presentations included Skills Trades BC, BCIB/Broadway Subway Project and C&C Horizons!

The students also got certified in Occupational First Aid: Level 1, which we're happy to share that everyone passed!

SECOND INTAKE

TRADES & CAREER EXPLORATION PROGRAM



In this program you will obtain:

- Traffic Control (TCP)
- Skid Steer Certificate
- Occupational First Aid
- Forklift Certificate
- WHMIS
- Piping Foundations (UA Local 170)

In addition, enhance your skills set in English, Math, Document Use; tour exciting places and learn about our partners and potential employment opportunities!



Spots fill up fast so get
on the waitlist now!

OCTOBER 2023
-IN COMMUNITY
-3 TIMES A WEEK
-18+
-COMPLETION BONUSES



Sign up by contacting:
Krista Brisk, Program Coordinator
604-269-3461
kbrisk@musqueam.bc.ca

Indigenous Programming Intern

Bill Reid Gallery of Northwest Coast Art

639 Hornby Street, Vancouver BC

604.682.3455

www.billreidgallery.ca

Period of employment: September 12, 2023 – January 19, 2024 (18 weeks)

Hours: Tuesday – Friday, 9:30 am – 5pm – 7.5 hours per day

Salary: \$22.00 per hour

The Bill Reid Gallery of Northwest Coast Art (BRG) is a non-profit contemporary art gallery located in downtown Vancouver. It celebrates the vital and diverse Indigenous cultures of the Northwest Coast through the extraordinary work of Bill Reid and the presentation of exceptional contemporary art. The mission of the Bill Reid Gallery is to reveal the vital and diverse indigenous cultures of the Northwest Coast through the extraordinary work of Bill Reid and inspirational contemporary art. We respectfully acknowledge the xʷməθkʷəy̍əm (Musqueam), Skwxwú7mesh (Squamish), and səl'il'wətaʔl (Tsleil-Waututh), and all the Indigenous peoples of the Northwest Coast, on whose traditional and unceded territories we live and work.

Job description:

The Bill Reid Gallery of Northwest Coast Art (BRG) is seeking an Indigenous Programming Intern to work on two main projects:

To help with general curatorial and exhibition duties. During the time of the intern's position, there will be one exhibition closing and another opening. The intern will help with the de-installation and installation of both exhibitions to gain a better understanding of how this process works.

To plan a series of interactive programs, including talks, tours, and special events to support 13 Moons Around the Lake, our newest mezzanine exhibition during the time of the interns' position. There will be a series of artist talks that the guest curator is hoping to organize to discuss the ideas of the artists involved and encourage the public to further engage with the exhibition.

The Intern must be organized and detail oriented and will perform other related duties as required. The Intern will acquire experience in curatorial and program development, engaging with visitors and community members, planning and coordination, budgets, marketing, social media, and public presentation. They will gain strategic planning, problem solving and leadership skills under direction of museum staff. The setting will provide experience in cultural diversity, working as a team, working collaboratively, and the importance of cultural preservation for future generations.

Skills required:

Recent college or university graduate in the field of history, First Nations Studies, art history, anthropology, communications, museum studies, or curatorial studies.

Indigenous community members are encouraged to apply.

Must be under the age of 31 and a Canadian Citizen, Permanent Resident or have Refugee status.

Good level of computer literacy including spreadsheets, office, email, social media.

Fluent in English, Indigenous language would be an asset

Knowledge of Northwest Coast art and Indigenous cultural history and contemporary issues and protocols is essential.

Candidates will be chosen on the basis of their skill level and ability therefore we welcome all applicants regardless of race, gender or disability.

Applications:

Please forward cover letter and resume by email to:

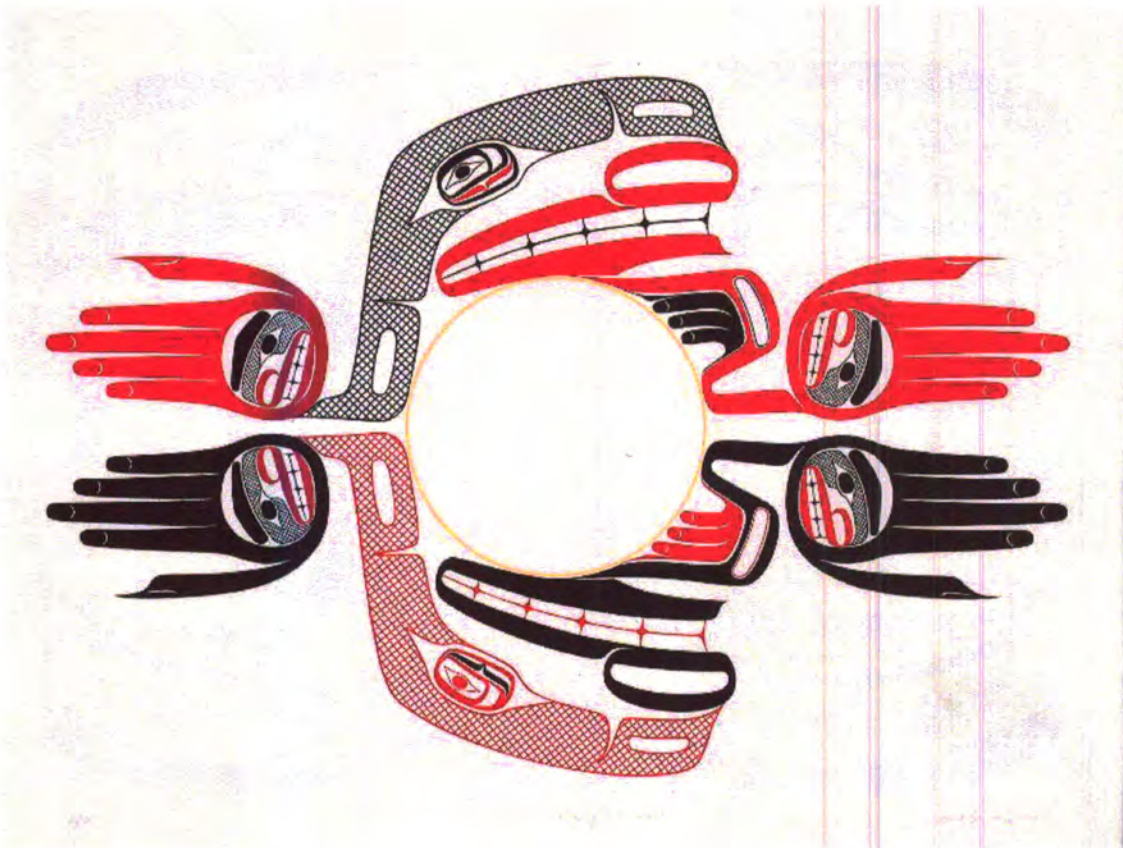
Aliya Boubard, Curator

aboubard@billreidgallery.ca

Applications will be accepted until August 21, 2023.

We thank all applicants for their interest, however, only those selected for an interview will be contacted. This position is funded by Young Canada Works, therefore each candidate must be eligible and registered through their website.

The Bill Reid Gallery of Northwest Coast Art is proud to have a dynamic and diverse team of Indigenous and non-Indigenous staff and Board. We strive to be a safe space where all voices are heard and valued and work towards accessibility, anti-racism, LGBTQ2S+ inclusion and encourage diversity in our staff team. Indigenous candidates are strongly encouraged to apply. The Bill Reid Gallery is committed to providing equitable access to everyone. Should you require any accommodations in the application process, please contact aboubard@billreidgallery.ca.

[View this email in your browser](#)**MOA
NEWS**

Honouring World Indigenous Peoples Day

Today on World Indigenous Peoples Day we celebrate the many rich cultures, languages and art of Indigenous peoples around the globe. Although MOA is best known for the Northwest Coast Indigenous collections housed here, there are in fact many different Indigenous cultures represented in the collections.

Across the world an estimated 476 million Indigenous peoples live in 90 different countries. They speak an overwhelming majority of the world's 7,000 languages and represent 5,000 different cultures.

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protect their rights.

We encourage you today, and everyday, to learn about and honour the Indigenous peoples, cultures and languages of the lands you inhabit. At MOA, we gratefully acknowledge that the Museum is built on the traditional, ancestral and unceded land of the Musqueam people.

Feature image: [Hugging the World](#). [MOA Collections 1415/2]. By Guud san glans Robert Davidson (Haida), 1988. 📷: Derek Tan.

[Explore MOA's Worldwide Collections Online](#)

Upcoming Events



MOA Unmasked: August tours now sold-out

Both dates of [MOA Unmasked: Bringing Exhibitions to Life](#) on August 10 and 12 are now sold out. MOA does not run wait lists, so we recommend checking the [Facebook event page](#) to see if anyone is unable to attend and is offering up their spot.

For all other ticket inquiries, please contact the Chan Centre Ticket Office at 604.822.2697 or chan.tickets@ubc.ca.

[Visit Event Page](#)

MOA Stories

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Fish Weirs + Connecting Roots Along the Way

In this story by Spring 2023 Indigenous Internship Program participant Tannis Wilson (Henaksiala/Haisla), learn about fish weirs, Chief's chairs and how Tannis facilitated a family visit to see belongings in MOA's collection.

[Read Tannis's Story](#)



Native Youth Program: On the move

Last month MOA's 2023 Native Youth Program spent the week at the Museum of Vancouver, leading tours of their exhibition, [That Which Sustains Us](#), as well as hosting arts and crafts sessions and teaching in the Indigenous plant garden. While MOA is temporarily closed for seismic upgrades, the youth are learning and working at different cultural sites around the city.

[Follow NYP on Instagram](#)



Protecting material + cultural heritage: Expert interviews

In this MOA video series experts discuss earthquake science and technology and Indigenous knowledge and oral history about earthquakes, represented in MOA's Northwest Coast collection. Learn from Indigenous community members, seismologists, conservators and engineers who share their knowledge of earthquakes and how to protect material and cultural heritage.

[Watch Now](#)

MOA Updates

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Enjoy these photos from the past months of the progress of MOA's seismic upgrades and renewal project from the demolition of the Great Hall, to replacing sky lights, to the rebuilding process.

Follow along via [the construction live feed](#) on our website.

[Look Through the Photos](#)



Carol E. Mayer Wins Craft Council of BC Award

Congratulations to MOA Curator Carol E. Mayer on winning the 2023 Citizen of Craft Award. Carol has been a supporter of and advocate for ceramics for over 35 years, dating back to her research work in MOA's Koerner Gallery of Ceramics. Says the CCBC of the prize: "This award is specifically for someone who is not a craftsperson, but without whom the craft community would be sorely diminished."

[Read About the Award](#)

MOA Shop



Sequoia 4 Medicines: Mini Soap Gift Set

These mini soaps come in a stunning gift box and feature four uniquely scented soaps: sweetgrass, cedar, sage, sacred tobacco.

Sequoia is a company proudly 100% owned and operated by Indigenous women. It was founded in 2002 by Michaelee Lazore, who is Kanien'kehá:ka (Mohawk) from Akwesáhsne, and Northern Paiute from Nevada.

\$18.95/each

[Shop Online Now](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Vancouver Mural Festival**

Until August 14

Locations around Vancouver

Come on out to the 2023 Vancouver Mural Festival, an annual outdoor celebration of public art. Explore the creative side of Vancouver's great outdoors and discover your new favourite murals, artists, performers and communities.

**To Speak in Community: A Gathering of Philippine Languages and Cultures**

August 19

UBC Robson Square

UBC Connects presents *To Speak in Community*, an informational, interactive half-day gathering about Philippine heritage languages and cultural sharing. Enjoy storytelling circles, art installations and discussions about languages.

Photo credits (top to bottom): 1) Hugging the World. [MOA Collections 1415/2]. By Guud san glans Robert Davidson. 1988. Haida. Photo by Derek Tan. 2) Photo by Sarah Race. 3) Photo by Cait Pilon. 4) Photo by Kristi Fuoco. 5) Gigaeml Kukwits with Nininigam! (Earthquake mask). [MOA Collection A6357]. Photo by Alina Ilyasova. 6) Photo by Brannen Bell. 7) Photo by Roger Mahler. 8) Photo courtesy of the MOA Shop. 9) Photo courtesy of the Vancouver Mural Festival. 10) Photo courtesy of UBC.

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

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



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MUSQUEAM SCHOOL'S OUT SUMMER PROGRAM

Water Week

MONDAY AUGUST 14TH

**FISHING & FISH LANGUAGE ACTIVITIES
LUNCH PROVIDED**

TUESDAY AUGUST 15TH

**SWIMMING LEAVE AT 10:00 AM
BRING A CHANGE OF CLOTHES AND LUNCH/MONEY**

WEDNESDAY AUGUST 16TH

**OCEANWISE @ MUSQUEAM & CANNING FISH!
LEARN ABOUT OCEAN CREATURES FROM THE EXPERTS
LUNCH PROVIDED**

THURSDAY AUGUST 17TH

**VANCOUVER AQUARIUM
LEAVE AT 9:30 AM
BRING LUNCH OR MONEY**

FRIDAY AUGUST 18TH

**LIFECYCLE OF FISH
FISH SANDWICH LUNCH - PARENTS INVITED!
LUNCH PROVIDED**

**PROGRAM RUNS FROM 9:00 AM - 4:00 PM MON-FRI
ENDS EARLY ON FRIDAYS 3:00 PM**